

PEOPLE OUTDOORS

MAY '22 NEWSLETTER



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Adventure for all

Experts at providing camps for people living with disability

COME & TRY DAY SUCCESS!

On the 8th of April, People Outdoors Ballarat held a **Come and Try Day** at UC Camp Norval. We couldn't have asked for a better day or a better experience! A variety of campers, ranging in ages 8-50 attended. All had positive experiences in activities including high ropes, canoeing and archery. It was so good to see people give it a go and try something new! Finishing up with a hearty BBQ lunch with the best sausages ever by UC Camp Norval and their amazing staff. A special thanks to Hayden and Manny for their inclusive activity instruction on the day. The **Come and Try Day** was an excellent way to introduce participants to People Outdoors. We have more planned throughout the year so spread the word!



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Image Description: (Image Left) Two Campers on a low ropes course, holding hands and wearing helmets and safety gear. One camper has their back to the photo while the other is smiling and looking to the side. (Image Right) A camper in front wearing a harness smiling to the camera with a Campsite Staff Member behind holding the rope and smiling to the camera. Photos: Sequoiah Holbrook.

CAMPER PROFILE- CHRISTIAN

Name: Christian

How many camps have you been on with People Outdoors? I would say around 10 or 12.

Have you got any brothers or sisters? I have one brother and two sisters .

Do you have any pets? I have two dogs. A Japanese Spitz and a Toy Poodle Cross, Bichon.

Have you met any famous people? Yes I have met Bill Shorten when I was working at a community centre. I have also met Jamie Whincup and the Holden V8 racing team at the Formula One a couple of years ago. As well as Tom Hafey the AFL hall of famer when I was in year 12.

What are your hobbies or special interests? I enjoy watching movies, TV shows, WWE, I enjoy going camping, helping others, I love going to the gym and spending time with friends and family.

What is your favourite campsite? So far my favourite camp site would have to be Philip island.

What makes you laugh the most? Jim Carrey

What's been your best camping experience or memory from People Outdoors? All the lovely staff, campers and of course the activities. Going to People Outdoors changed me a lot just by being around great people who just want to be happy and enjoy the simplest things in life.



Image Description: Christian standing beside a bike with his thumb up and looking at the camera.



Image Description: Christian is swinging on the Giant Swing. Two People Outdoors Staff Members are holding ropes of the swing.

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PO STAFF PROFILE – SANDRA

I'm **Sandra Murphy** and I am part of the People Outdoors branch of the Australian Camp Association. I work as the Camp Coordinator as well as attend camps as a Program Leader and Disability Support Worker. My first People Outdoors camp was as a Disability Support Worker in December 2020 (right after the second lockdown). After a few months I began working as a Program Leader on camps and then in June 2021 I began in the office full time as the Camp Coordinator.

A little about me: I was born in Ireland and have been living here in Melbourne for the last 10 years now. I trained as an Intellectual Disability nurse and I have had many different roles in the disability field over the last 10 years here in Australia. Back in Ireland I did voluntary work to a disability camp organisation. I am very lucky to have found a paid job in something I adore and use to do as a volunteer in Ireland. Some of my hobbies include ultimate frisbee, yoga and meditation, swimming, dancing and listening to music. I am extremely grateful to be part of the People Outdoors Team to support more kids and adults with disabilities to get out of their comfort zones, get into nature and make new friends!

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Image Description: Sandra standing behind flyers from People Outdoors on a trestle table and smiling to the camera.



Image Description: Sandra leaning towards a horse to feed the horse some hay. The horse is eating some hay on the ground.



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VOLUNTEER PROFILE - ZAK

Name: Zak

Interests: Sports, cooking, camping, being outdoors.

When did you join People Outdoors as a Volunteer and why?

I became a volunteer at the end of 2021. I had heard many great things about People Outdoors and I thought I would give it a go. I love to empower and support others. Camp is a wonderful environment where campers can be themselves.

What are your favourite activities on camp?

My favourite activity is any of the water activities. I love to go canoeing

What is your favourite memory of camp you have made so far?

I think my favourite camp memory would be when we went canoeing and we accidentally fell in. We all had great time splashing around as it was a warm day.

What would you say to people interested in volunteering with People Outdoors?

Give it go. People Outdoors is a great community. Camp is so much fun and very rewarding.



Image Description: Zak is on a low ropes course holding a rope and looking down.

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MELBOURNE DISABILITY EXPO

On the 1st and 2nd of April 2022, the People Outdoors team Sandra, Olivia, Athena and our CEO Rod attended the **Melbourne Disability Expo** as an exhibitor. It was held at the Melbourne Convention and Exhibition Centre (MCEC). The expo featured over 100 providers promoting their products and services to the community. It was wonderful to meet and network with support coordinators, allied health professionals, families and individuals to promote who we are and what services we offer. We look forward to having new campers, disability support workers and volunteers joining us and contributing further to the growth of People Outdoors. The next expo will be at the **Source Kids Expo** on the **18th-19th June**. We look forward to seeing some of our campers and parents there.



Image Description: (Left Image) Inside the Melbourne Disability Expo. Shows multiple booths and people gathering around the booths. (Right Image) Sandra and Olivia standing behind the People Outdoors booth at the Melbourne Disability Expo. There is a trestle table with the People Outdoors logo on it and there are some forms on the table.

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VENUE PROFILE- CAMP MANYUNG

Want to learn more about one of People Outdoors' Camp venues?

Camp Manyung is a coastal adventure site for groups and schools on the stunning Mornington Peninsula run by YMCA Camps. Camp Manyung takes advantage of its beautiful environment and surrounds, offering accessible activities from water activities such as snorkelling and sea kayaking to challenge activities including the giant swing and flying fox and group activities like beach carnival.

All camp activities are run by qualified program instructors, who use a comprehensive framework to encourage participants to experience personal growth, appreciate their natural surroundings through outdoor education and connect with the community.



EXPO DATES

Source Kids Expo 2022 18-19 June 2022
Melbourne Convention and Exhibition Centre
MCEC

SOURCEkids
DISABILITY EXPO

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HOW TO CHOOSE THE BEST PEOPLE OUTDOORS CAMP FOR YOU!

Camp is an amazing opportunity to go for an adventure and spend some time outdoors. People Outdoors provides an opportunity to make friends, engage in a variety of activities and enjoy what the outdoors has to offer. Operating under the NDIS scheme, People Outdoors offers a range of camp experiences. There are different support options available: 1:3, 1:2 and 1:1 Support (Staff: Camper). Camps are a wonderful way for people to connect with one another by “unplugging”.

Types of People Outdoors Camps:

- **Overnight Camps** - you can enjoy a mix of adventure-based activities, time outdoors as well as chance to spend time with friends old and new. This type of camp is perfect for those new to People Outdoors or to going on camp. It's also very suited to those who only want one night away from home.
- **Weekend Camps** - are a two-week-long experience that is perfect for reuniting with friends you've met on previous People Outdoors camps. You always get the opportunity to meet new campers as well. More time at camp means more fun & adventure-based activities to participate in.
- **Four-day Camps** - these camps run during the school holiday period. It is perfect for gaining new skills, adding some excitement and spending time outdoors over the holidays.
- **“Adventure For All” Camps** - provide the opportunity for camper’s friends or siblings to join us on a camp. No parents allowed! These camps could be weekend, overnight or school holiday. It is a great occasion to spend some quality time with your friends or siblings in a new setting.

When choosing your camp ask yourself or the person attending:

What do you want to get out of this camp?

What are your interests?

Are there any activities you really want to try?

Are you comfortable being away from home? If so, for how long?

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FUN PAGE



Cooking – Easy Buttermilk Scones

15 mins to prepare. 25 mins to cook. Makes 16 - Scones are perfect as afternoon tea snack and quick and easy to make. The secret to good scones is a 'light hand' (so don't knead them too much)!



Ingredients

- Plain flour for dusting
- 3 cups self-raising flour
- 80g butter, chilled and cubed
 - 1¼ cups milk
 - Jam to serve
- Whipped cream to serve

Method:

1. Pre heat oven to 200 degrees C. Sift self-raising flour into a large bowl.
2. Using your fingertips, rub butter into flour until mixture looks like breadcrumbs.
3. Make a well in the centre. Add 1 cup of milk. Mix with a flat-bladed knife until mixture forms as soft dough, adding more milk if needed. Turn onto a lightly floured surface. Knead gently until smooth (don't knead dough too much or scones will be tough).
4. Lightly dust a flat baking tray with plain flour.
5. Pat dough into a 2cm thick round. Using a 5cm round cutter (or mug) cut out 12 rounds. Press dough together and cut out remaining 4 rounds. Place scones onto prepared baking tray 1cm apart. Sprinkle tops with a little plain flour. Bake for 20-25 mins until golden and well risen. Transfer to a wire rack. Serve warm with jam and cream.

PROGRAM CALENDAR FOR MELBOURNE DEPARTURE

JULY 2022 – JANUARY 2023

These camps will depart from Melbourne unless otherwise specified.

Participants will need to arrange their own transport to / from the Melbourne Program Departure point.

Program Dates	Program Type	Location	Near Town	Age Group	Cost
22 nd - 24 th July, 2022	Weekend Camp (2 Nights)	YMCA Anglesea Recreation Camp	<i>Anglesea</i>	Combined Kids and Teens (6 - 17yrs)	<p>People Outdoor is a registered NDIS Provider.</p> <p>Please call 03 9863 6824 or email peopleoutdoors@auscamps.asn.au for a quote or to book!</p> <p><i>Our prices are based on March 2022 NDIS Price Guide and the ratio of support required for the camper. Prices are effective March 2022 and valid until 30 June 2022.</i></p> <p><i>*Please note all 'Four Day Camps (3 nights)' are held during the School Holiday period.</i></p> <p><i>**'Adventure for All' camps provide the opportunity for campers' friends and siblings to join us on a camp.</i></p>
12 th - 14 th August, 2022	Weekend Camp (2 Nights)	YMCA Camp Wyuna	<i>Queenscliff</i>	Adults (18yrs+)	
2 nd - 4 th September, 2022	Weekend Camp (2 Nights)	YMCA Lake Dewar Lodge	<i>Myrning</i>	Combined Kids and Teens (6 - 17yrs)	
19 th - 22 nd September, 2022	Four Day Camp (3 Nights)	CYC The Island	<i>Phillip Island</i>	Adults (18yrs+)	
26 th - 29 th September, 2022	Four Day Camp (3 Nights)	YMCA Lady Northcote Recreation Camp	<i>Bacchus Marsh</i>	Combined Kids and Teens (6 - 17yrs)	
21 st - 23 rd October, 2022	Weekend Camp (2 Nights)	YMCA Camp Manyung	<i>Mount Eliza</i>	Combined Kids and Teens (6 - 17yrs)	
11 th - 13 th November, 2022	Weekend Camp (2 Nights)	YMCA Anglesea Recreation Camp	<i>Anglesea</i>	Adults (18yrs+)	
2 nd - 4 th December, 2022	Weekend Camp (2 Nights)	UC Camping Grantville Lodge	<i>Grantville</i>	Combined Kids and Teens (6 - 17yrs)	
10 th - 13 th January, 2023	Four Day Camp (3 Nights)	CYC The Island	<i>Phillip Island</i>	Combined Kids and Teens (6 - 17yrs)	
17 th - 20 th January, 2023	Four Day Camp (3 Nights)	YMCA Lady Northcote Recreation Camp	<i>Bacchus Marsh</i>	Adults (18yrs+)	



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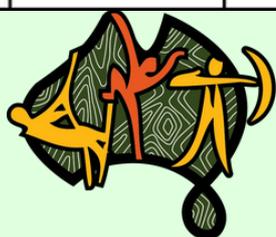
PROGRAM CALENDAR FOR BALLARAT DEPARTURE

APRIL - DECEMBER 2022

These camps will depart from Ballarat unless otherwise specified.

Participants will need to arrange their own transport to / from the Ballarat Program Departure point.

Program Dates	Program Type	Location	Near Town	Age Group	Cost
29 th April - 1 st May, 2022	Weekend Camp (2 nights)	Roses Gap Recreation Centre	Stawell / Horsham	Adults (18yrs+)	<p>People Outdoors is a NDIS Service Provider.</p> <p>If you're from the Ballarat area, please call Simon on 0455 514 879 or email simon@auscamps.asn.au for a quote or to book!</p> <p>Our prices are based on March 2022 NDIS Price Guide and the ratio of support required for the camper. Prices are effective March 2022 and valid until 30 June 2022.</p> <p>*Adventure for All' camps provide the opportunity for camper's friends or siblings to join us on camp.</p>
20 th - 22 th May, 2022	Weekend Camp (2 nights)	Camp Kookaburra	Echuca	Combined Kids and Teens (6 - 17yrs)	
27 th - 29 th May, 2022	Weekend Camp (2 nights)	YMCA Lady Northcote Recreation Camp	Bacchus Marsh	Teens (13 - 17yrs)	
17 th - 19 th June, 2022	Weekend Camp (2 nights)	Log Cabin Camp	Creswick	Kids (6 - 12yrs)	
25 th June 2022	Come and Try Day	Log Cabin Camp	Creswick	All ages and families	
8 th - 10 th July, 2022	Weekend Camp (2 nights)	Log Cabin Camp	Creswick	Adults (18yrs+)	
29 th - 31 st July, 2022	Weekend Camp (2 nights)	Log Cabin Camp	Creswick	Combined Age Kids and Teens (6 - 17yrs)	
19 th - 21 st August, 2022	Weekend Camp (2 nights)	Log Cabin Camp	Creswick	Teens, Siblings and Friends	
14 th - 16 th October, 2022	Weekend Camp (2 nights)	Log Cabin Camp	Creswick	Adults (18yrs+)	
29 th October, 2022	Come and Try Day	Weekaway Recreational Camp	Benloch / Lancefield	All ages and families	
9 th - 11 ^h December, 2022	Weekend Camp (2 nights)	Log Cabin Camp	Creswick	Adults (18yrs+)	



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