

# FAMILY SUPPORT WEEKEND 2023

Welcome to the Transplant Australia Family Support Weekend for families, couples, and individuals in the WA transplant community.

The family support weekend will commence on Friday 3<sup>rd</sup> November 2023 from 3pm at the Jarrahfal Bush Camp, Dwellingup. This booklet provides you with detailed information and will greatly assist you in preparing for the weekend.

The aim of the family support weekend is to give the transplant community the opportunity to engage in peer support providing advice and education in a relaxed social setting. This is aimed at transplant families, couples, and individuals in Western Australia who wish to participate in activities and educational opportunities to share knowledge and experiences.

## About Jarrahfal

Jarrahfal is a BUSH CAMP and as such, the accommodation is basic. The experience is camping under our roof, within the surrounding forest, bringing yourself back to nature, having fun and creating new memories with friends and family.

Jarrahfal is the perfect place to switch off your mobile phone, relax and spend time with friends and perfect spot to arrange a getaway from the stresses of day-to-day life and reconnect with nature. Enjoy the fresh country air and abundant flora & fauna on leisurely strolls through the adjacent state forest or simply relax and enjoy the picturesque location.

## The Itinerary

We have attached the itinerary outlining the activities and experiences that we will all be enjoying whilst at Jarrahfal. As you can see, it is action packed with lots of fun experiences, and includes time to relax and enjoy the outdoors.

## The Cost

Transplant Australia (WA) has received a grant from Lotterywest to be able to hold the Family Support Weekend, covering most of the cost of \$400 per person. There is a small cost to cover incidentals as set out below:

Family	\$150.00
Couple	\$100.00
Individual	\$50.00

Should your application be successful, you will be invoiced for this amount from Transplant Australia in September 2023 which is to be paid by 4<sup>th</sup> October 2023. Please note that places are limited and not everyone may be successful in their applications.

Supported By



## Travel Subsidies

Subsidies are available to assist families with travel expenses to attend the Family Support Weekend. These subsidies will be paid to attendees at the conclusion of the weekend. If you have any questions about travel subsidies, please contact [Julie.scudds@transplant.org.au](mailto:Julie.scudds@transplant.org.au).

## Welcome Pack

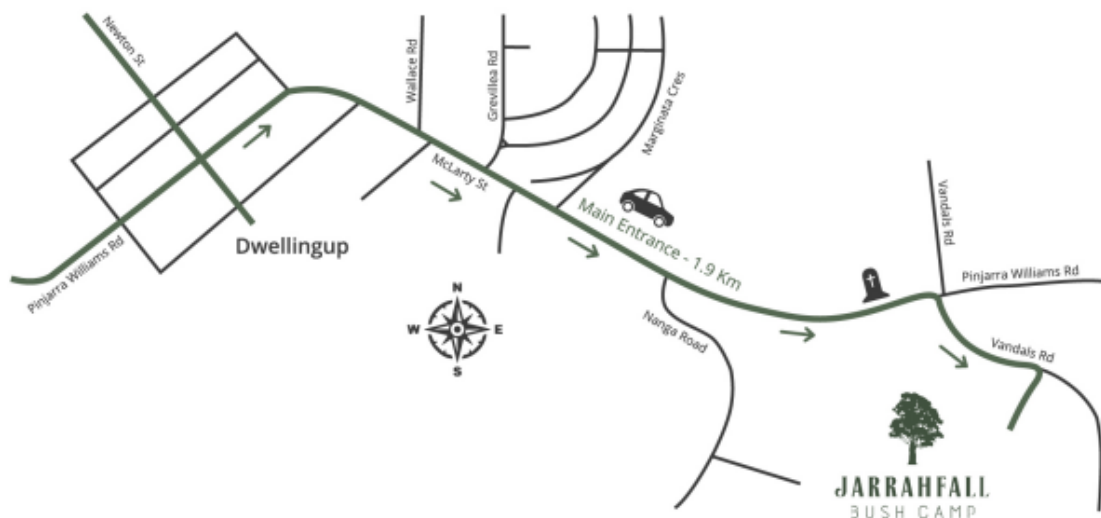
All attendees will be given a welcome pack, comprising of a satchel with T-shirt, water bottle, hat, and other goodies.

## What to Pack

It is important that attendees do have clothing that is appropriate to the weather and our activities. There are several physically active experiences on our Itinerary so please ensure that you and your family have their runners and clothes that are suitable to run and climb in, and a water bottle to remain hydrated.

## Getting There:

**ARRIVAL:** Check in is from 3pm. There is a map below to use if you have trouble finding us. The easiest way to remember is if you're coming from Pinjarra, Jarrahfall is located 1.4km past Dwellingup, on the right, just past the cemetery. If you're coming from Boddington direction, we are 1.4km before Dwellingup, on the left, just before the cemetery.



## Parking

Please park in the appropriate parking areas. **DO NOT** remove or drive over rock or log walls as these are in place to protect tanks and pipes. **DO NOT** park near water tanks behind the Bunkhouses. When driving through the property please **BE ALERT** at all times for young children and animals and keep your speed to a maximum of 10km/h.

Anyone who is reported or seen to be driving unsafely while on the property will be asked to leave immediately and will forfeit any money paid.

## Accommodation

There is a range of accommodation options available at Jarrahfall, and you will be advised of your allocation before the weekend commences. The options include:

Ensuite Room (sleeps 2)	10
Room (2 X King Single Beds)	1
Double Room (sleeps 4-6)	6
Bunkhouse (sleeps 10)	3
Dorms (sleep 12)	4
Upper Dorm (Bunks sleep 20)	2
Lower Dorms (bunks sleep 20)	2

Overflow camping may also be available if required.

Linen is provided including sheets, blankets, pillowcases, and towels. We will endeavour to accommodate all accommodation requests however this may not always be possible. If you require special sleeping arrangements, please contact us as soon as possible.

## Emergency Contact Forms

If your applications is successful, Emergency contact forms for the camp will be emailed to you for completion and return by 4<sup>th</sup> October 2023. We will also include a Covid-19 action plan to be acknowledged. We will also clearly explain our procedures in relation to attendees being Covid-19 tested before leaving for camp and how we will manage those who test positive at the last minute.

## Meals & Special Dietary Requirements

The Centre has a fulltime permanent caterer on site, and all meals are provided including tea & coffee all weekend.

If you or one of your family members requires a gluten free or special diet please let us know. We will be following the recommended food choices for transplant recipients (see [www.transplant.org.au/living-with-your-transplant/transplant-friendly-foods/](http://www.transplant.org.au/living-with-your-transplant/transplant-friendly-foods/))

## Saturday Gala Dinner

We will also enjoying a gala dinner in the Function Centre onsite, with meal catered by Swell Catering. Alcohol will be available to purchase at your own cost. BYO for the function is not available.

Our Gala dinner will have a Country and Western theme, and we will be enjoying an evening of entertainment with a variety of music styles including line dancing from a local WA country band. Don't forget to pack your cowboy hat and boots – there are games and prizes for all ages.

## The Camp Facilities

The following facilities on site can be used at any time, free of charge,

**Bike Tracks** – There are plenty of bush tracks including the Munda Biddi very close to the property but for those more adventurous try the Murray Valley trails or the Dwellingup Pump Track.

**Bush Walking** – Go for a stroll along the many tracks that lead from camp and take yourself through the state forest. We are only a 10-minute walk from the Bibbulmun if you would like to spend some time on one of WA's premier hiking trails.

**Water Activities at Lane Pool** – Head 6km down to the river to swim, fish or kayak.

## Planned Activities

We have planned a range of group activities over the weekend for participants. All activities are optional; however we are providing both high impact (active) and low impact (gentle) activities for the weekend from physical activities to sedentary with the overriding philosophy of team development, fun and enjoyment. Each attendee will get the opportunity to participate in 3 activities over the weekend, taken from the following selections:

### **High Impact Activities**

Abseiling: Have the thrill of a lifetime with our abseiling activity. Even beginners can take the leap, under the expert supervision of our experienced instructors. Abseiling is an excellent activity for enhancing personal and team confidence, coordination, and challenge acceptance.

Commando Course: Challenge yourself with our thrilling Commando Course. This obstacle course tests balance, fitness, confidence, and coordination, and leaves campers with a sense of achievement.

Flying Fox: Our Flying Fox activity is a thrilling experience that encourages even the quietest people to step out of their comfort zone. In addition to promoting confidence, this activity helps participants work together to optimize the number of turns they can take within a set timeframe, fostering teamwork and camaraderie.

Kayaking: Our kayaking activity is perfect for people who love the water. This activity fosters team cooperation, leadership, water safety, conflict management, environmental awareness, and communication skills. *\*Please note you need to drive yourself to Lane Poole reserve for this activity& park entry fees apply (refundable by TAWA upon receipt)*

Mountainbiking: Explore the local area with our Mountain Bike Riding activity. This physical challenge promotes communication, environmental appreciation, off-road terrain techniques, and risk management.

Splatball: Very similar to paintball except it uses different ammunition and equipment which is better suited for younger groups or for people who are scared to try traditional paintball.

## **Low impact Activities**

Archery: Our Archery and Archery Tag activities offer attendees the chance to participate in friendly competition while learning team building skills. This activity aids in the development of risk management, hand-eye coordination, bow control, and shooting stance.

Art & Craft for all Ages: Colouring in, mindfulness colouring, craft activities for kids and adults, we also have a special group art project to complete for the weekend.

Boardgames & Puzzles: From card games, backgammon, scrabble, and chess to jigsaws, Jenga and many more, the aim is to exercise your mind and dexterity, challenging groups and individuals alike. Available all weekend.

Bushwalking: Enjoy the natural beauty of the state forest with our Bush Walking activity. This activity fosters environmental awareness, teamwork, leadership, and partnership skills.

Orienteering: a great group activity that enhances communication, decision-making, and self-management skills. Participants will learn basic pacing and compass reading before engaging in an exploration game.

Pétanque: One of the most popular sports at both World Transplant Games and Australian Transplant Games, learn to play with some WTG gold medallists.

Pilates: A gentle low impact exercise programme incorporating a system of exercises designed to improve physical strength, flexibility, and posture, and enhance mental awareness with certified Pilates practitioner & physiotherapist Katie Turner.

All camp activities are run by suitably qualified staff. Camp staff will brief participants at the commencement of each recreation activity. This briefing includes program outline, equipment use, safety parameters/checks and the ethos of 'Challenge by Choice' which is to encourage participants to give maximum effort and challenge themselves to the level they feel is appropriate.

## External Activities

Hotham Valley Tourist Railway Excursion will be on Sunday afternoon from 2-4pm after checkout from Jarrahdale Bush Camp.

Departing from Dwellingup, the train will roll leisurely westward down to Isandra Siding 14 km away. After a 20 min stopover, the train will be hard at work climbing WA's steepest and most spectacular Darling Range escarpment, travelling along an amazing portion of steeply graded and tightly curved railway manually cut into the Darling Range that once served the timber industry of Dwellingup.

*The licenced café car has eftpos facilities available on board*

### **Train Departure Point:**

Dwellingup Train Station

Marrinup Street, Dwellingup

Western Australia, 6213

Directly behind the Dwellingup Trails and Visitor Centre

## General

Many groups come and enjoy the facilities and natural space at Jarrahdale Bush Camp, please take a moment to remember the below to ensure the camp stays as awesome for the next guests as it is for your group.

Please park vehicles in the appropriate / designated areas. We take great pride in providing a welcoming and pleasant outdoor space at the camp. You can help us keep the grounds in top shape by keeping vehicles on established road areas and car parks.

Our camp is shared by local wild animals as well as other guests and their children. Please be mindful of this when moving your vehicle around camp and keep your speed to a maximum of 10km/h.

Please keep an eye on your children and group members to keep them safe. There is a dam on the site, this dam is not intended for swimming and has underwater objects that maybe dangerous. The Dam is deep enough that a person could drown, there is no lifesaving service or equipment at the dam so please be careful.

There are some really cool and interesting equipment for activities but if they are not used properly, this equipment can be dangerous. Please refrain from allowing people/children to climb any towers (Flying Fox, Abseil, Rockwall etc.). You're welcome to play on the Confidence Course, but please take responsibility for your own safety.

Please keep to the accommodation buildings side of the property, there are bush trails around here if you feel like a walk. There are staff and managers that live on site, and the area on the other side of the dam is their space.

Everybody loves a campfire. Each building is provided with enough firewood for the wood heaters for that building. Extra firewood can be purchased from the IGA or Roadhouse in town. You will need to bring any wood with you for the outside firepits.

There is a Fire Ban from 1st December to 31st March every year. This can be extended by the authorities depending on conditions.

Smoking is permitted only in the area of the fire pit outside each building. Please ensure your butts are disposed of thoughtfully, fully extinguished in the rubbish facilities provided.

Please note the camp is pet free, please leave your domestic pets at home.

Please keep / use all glass containers in the camp kitchens only. Especially bottles. At the end of your stay, please take a moment to tidy up and return the buildings to the tidiness and configuration you found them in particularly if items have been moved between buildings.

### Departure:

**Check out is at 1.30pm on the day of departure.**

Please ensure that all furniture is left how you found it. Please ensure that all lights, taps and power-points are turned off. Please ensure that the fire is out. Please secure all rubbish in rubbish bags and put in large green bins. Please leave the buildings clean and tidy.

### Key Dates

30 <sup>th</sup> September 2023	Expressions of Interest Open
15 September 2023	Closing Date for Expressions of Interest
22 September 2023	Notification of Acceptance & Invoice sent
04 October 2023	Invoice Payment Due
03 November 2023	Family Support Weekend Commences.

### Contact

If you have any queries, please contact:

Julie Scudds  
Transplant Active Event Coordinator  
Transplant Australia Ltd  
M: 0428 191 292  
[Julie.scudds@transplant.org.au](mailto:Julie.scudds@transplant.org.au)



## Proposed Itinerary

*\*subject to change*

### Friday 3<sup>rd</sup> November 2023

- 3.00pm – 6.00pm Arrive at Jarrahfall, Dwellingup for **FAMILY SUPPORT WEEKEND**  
Move to dorms, make beds, unpack
- 6.30 pm Dinner in Dining Hall
- 7.00 pm Health and wellness talk in Dining Hall
- 8.00pm Games Night/Art & Crafts/Social gathering in Dining Hall  
Campfire tales at campfires

### Saturday 4<sup>th</sup> November 2023

- 7.30 am Breakfast in Dining Hall
- 9 -12.00 am Optional Group Activity  
*(Select from high impact, low impact or sedentary activities)*
- 12.30 pm Lunch in Dining Hall
- 1.30 – 4.30pm Optional Group Activity  
*(Select from high impact, low impact or sedentary activities)*
- 6.00pm Canapes at Function Centre
- 6.30 pm Gala Dinner in Function Centre

### Sunday 5<sup>th</sup> November 2023

- 7.30 am Breakfast in Dining Hall
- 9.00am-12pm Optional Group Activity  
*(Select from high impact, low impact or sedentary activities)*
- 12.30 pm Lunch, pack up dorms
- 1.30 pm Depart camp to go to Dwellingup Railway Station.
- 2.00 pm-4.00pm Hotham Valley Tourist Train excursion
- 4.00pm Leave to return home