

FAMILY SUPPORT WEEKEND

29 AUG – 2 SEPT 2024

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

The 2024 family support weekend will commence on Thursday 29th August 2024 from 3pm at the RAC Karri Valley Resort, Pemberton. 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 all transplant families, donor families and living donors, whether you're a couple, a family, or an individual, who wish to participate in activities and educational opportunities to share knowledge and experiences.

About RAC Karri Valley Resort

RAC Karri Valley Resort is the perfect place to switch off your mobile phone, relax and spend time with friends away 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.

Camp Options

Option #1: **3 Nights' Accommodation from Thurs – Sun**, and includes

- Friday Seminar/Education Workshops
- 3 Weekend activities
- Gala Dinner Saturday Night
- All meals included

Option #2: **2 Nights' Accommodation from Fri-Sun**, and includes

- 3 Weekend activities
- Gala Dinner Saturday Night
- All meals included

The Itinerary

We have attached the itinerary outlining the activities and experiences that we will all be enjoying whilst at RAC Karri Valley Resort. With a range of activities on-site, and many in the surrounding areas, there will be no shortage of fun things to do over the weekend, including time to relax and enjoy the outdoors.

Supported By



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, however there is a small fee to cover incidentals as set out below:

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

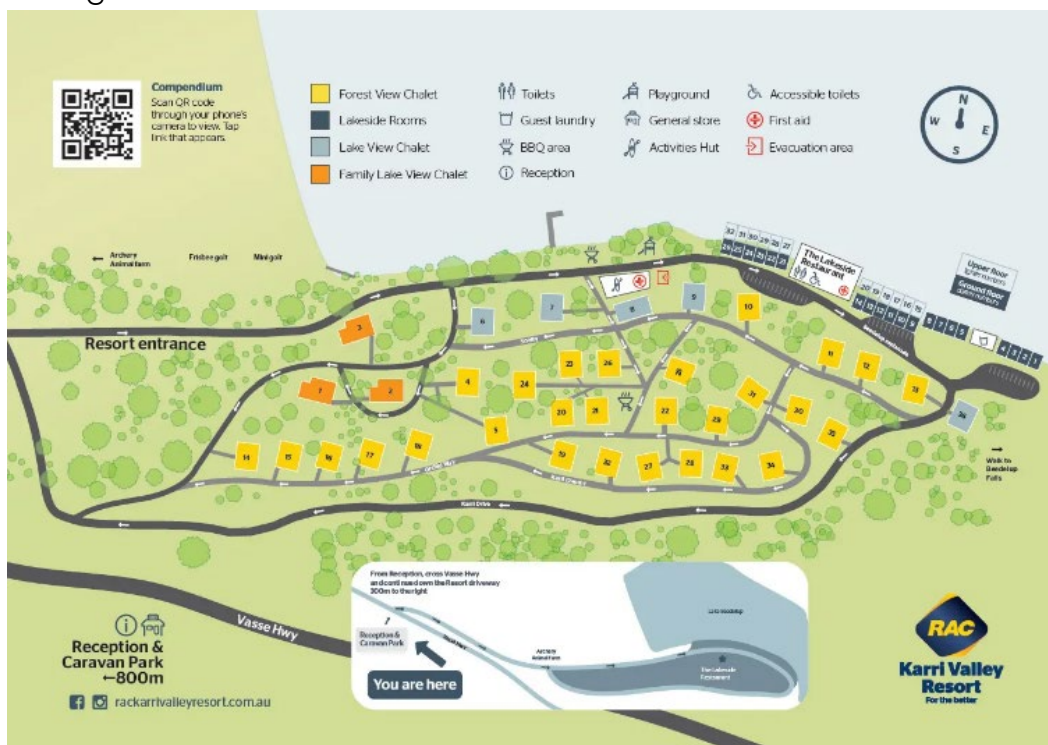
Should your application be successful, you will be invoiced for this amount from Transplant Australia in July 2024 which is to be paid by 1st August 2024. Please note that places are limited and not everyone may be successful in their applications.

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.

Getting There:

ARRIVAL: Check in is from 3pm. There is a resort map below to use if you have trouble finding your accommodation. Please check in at Reception on Vasse Highway before turning into the resort entrance.



Supported by



Welcome Pack

All attendees will be given a welcome pack, comprising of a satchel with a shirt, water bottle 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. Don't forget to include warm clothing, rain jacket and sunscreen!

Accommodation

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

- Ensuite Room (sleeps 2)
- Ensuite Room with Extra Bed (Sleeps 3)
- 2 Brm Cabin (Sleeps 4)
- 3 Brm Cabin (Sleeps up to 7)
- Share Cabin with other couples/singles you know

All linen is provided. 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 application is successful, emergency contact forms for the camp will be emailed to you for completion and return by 1st August 2024.

Meals & Special Dietary Requirements

All meals will be included in the weekend, including morning and afternoon tea. Meals will be held in a group setting either at the Lakeside Restaurant, or the Lodge (behind resort check-in).

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/)

Saturday Evening Gala Dinner

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

Our Gala dinner will have a **COLOURFUL CARNIVAL** theme, and we will be enjoying an evening of entertainment with live music and DJ. We encourage you to dress up in a BRIGHT COLOUR! Costumes are welcome, and prizes will be given out for best dressed.

Phone Service

Only Telstra offers mobile phone coverage at the Resort.

Free Wi-Fi is available for you to use, but please be aware there are black spots around the resort. You may not be able to get Wi-Fi reception in your accommodation.

Planned Activities/Excursions

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 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:

Aerial Adventures: This excursion is fun for the whole family, with high ropes and glide-line course in the Gloucester National Park.

Donnelly River Cruise: Enjoy a relaxed cruise from the Karri to the Coast on the beautiful and isolated Donnelly River. After a courtesy pick up, you will be escorted into the beautiful D'Entrecasteaux National Park, by air-conditioned bus, to begin your cruise on the unique Donnelly River. Meandering along the 12km section, we will transverse a diverse ecosystem that is only accessible by boat. From the lush Jarrah and Marri forests, through the paperbark and wetlands, to the limestone cliffs and majestic Southern Ocean. On the way we will cruise past the unique holiday huts nestled amongst the towering Marri trees and coastal dunes.

Pemby Tram Ride: The **75minute Return Service** shuffles out of Pemberton, past the Sawmill and descends deep into the Karri Forest. The tram meanders along the historic line crossing three bridges, stopping at the Cascades for 25 minutes before returning to the Pemberton Station.

- Truffle Hunting:** Go truffle hunting with Hound & Hunter at their Manjimup truffle orchard and discover the alluring story of Australian black truffles (*tuber melanosporum* or Périgord truffle) and how they came to be sought after by the world's best chefs. Experience the excitement of digging up a truffle yourself; the heady aroma as they are unearthed is unforgettable.
- Archery:** Groups of up to 25 can enjoy an archery experience on-site with qualified instructors.
- Cuddly Animal Farm:** Sure to be a hit with families, this activity is on-site, and walking distance from the restaurant.
- Trout Fishing:** Lake Beedelup is stocked with locally farmed rainbow trout, offering a fun day of fishing in the peaceful surroundings. Our permit allows you to fish for 24 hours, with fishing rod and kit hire also available.
- Yoga:** Enjoy a gentle Yoga Session on-site with local qualified yoga teacher.

Other Activities

Karri Valley Resort also has a range of activities and facilities on-site to cater for all levels of fitness and ability. Please check in at the Activities Hut for more information. There may be a hire cost for some activities. Some activities include:

- Bush Walking – Go for a stroll along the many tracks within the resort and take yourself through the state forest. Beedelup Falls is located a 20-minute walk from the resort.
- Water activities on the lake – Head to the activities hut to hire SUP, kayaks, and paddle boats.
- Mini golf & disc golf are also available – hire equipment at the activities hut.
- Pool tables, table tennis, tennis courts and playgrounds are also available at the resort at no cost, along with a basketball court and BMX track.

General

We anticipate that there will be a great deal of interest in the 2024 weekend. Therefore, we will be applying a strict formula for applications, and submission of EOI is not a guarantee of acceptance. Some things to consider are:

Families are limited to immediate family only (ie mum, dad, kids). Couples refers to you and your partner/immediate relative/carers.

Key Dates

25 May 2024	Expressions of Interest Open
01 July 2024	Closing Date for Expressions of Interest
07 July 2024	Notification of Acceptance & Invoice sent
01 August 2024	Invoice Payment Due
29 August 2024	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