

# HAVING A SAY CONFERENCE 2010

February 10<sup>th</sup>, 11<sup>th</sup> & 12<sup>th</sup>

# COME & TRY

## ACTIVITY BOOKING SHEET

Name \_\_\_\_\_ Organisation \_\_\_\_\_

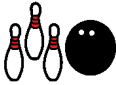











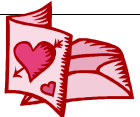




Address \_\_\_\_\_

Phone \_\_\_\_\_ Fax \_\_\_\_\_

E-mail \_\_\_\_\_

















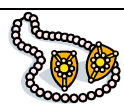







### Each participant will have the opportunity to do TWO 'Come & Try Activities'












In the 'Your Choices' column put the number 1 next to the activity you would like to do the most & number 2 in your second choice, then put in a 3rd & 4th choice (just in case your first and second choices are full)

ACTIVITY	DESCRIPTION	ACTIVITY TIMES (please circle if you have a preferred time)	YOUR CHOICES (see instructions above)
<b>10 PIN BOWLING</b> 	Fun for all as you knock down those pins	Wed 1.30 – 3pm Thurs 11am – 12.30pm Thurs 1.30 – 3pm	
 <b>ABSEILING</b>	Karingal will have you scaling the rocks at the beautiful You Yangs <i>(not an accessible activity)</i>	Wed 10 – 2pm <b>Important: consent form required see notes</b>	
<b>ART</b> 	Use your natural talent to create your very own piece of art!	Wed 1.30 – 2.30pm Thurs 3 -4pm	
 <b>BANNER ART</b>	Have your say in designing a banner, to be displayed at the conference on Thursday	Wed 11.15 – 12.15pm Wed 1.30 – 2.30pm	
<b>BELLY DANCING</b> 	Have fun as you learn to wiggle those hips!	Wed 11.15 – 12.15pm Thurs 11 – 12pm	
 <b>BIKE RIDING</b>	Enjoy a leisurely bike ride along the scenic foreshore <i>You must be able to ride a bike for this activity</i>	Wed 1.30 – 2.30pm Wed 3 – 4pm Thurs 3 – 4 pm	
<b>BREAK DANCING</b> 	Learn the basic 'break-dance' moves with Jamie	Thurs 11 – 12am Thurs 1.30 – 2.30pm	
 <b>CANOEING</b> <i>You must be able to swim to do this activity</i>	Karingal will take you canoeing on the calm waters of the beautiful Barwon River <i>(not an accessible activity)</i>	Thurs 10 – 2pm <b>Important: consent form required see notes</b>	
<b>CARD MAKING</b> 	Learn how to make your own creative cards with Tony	Wed 3 – 4pm Fri 10.00 – 11.00am	
 <b>CELEBRITY DISCO</b>	Ever dreamt of being a celebrity, here's your chance to have fun with costumes, music and dance  Accessible with support	Wed 11.15 – 12.15pm	

Wheelchair accessible activity, see notes

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ACTIVITY	DESCRIPTION	ACTIVITY TIMES	YOUR CHOICES
 <b>CRICKET</b>	Have fun playing cricket with Cricket Victoria at the beautiful Steampacket Gardens	Thurs 11 -12pm Fri 10 – 11am	
<b>DRAMA</b> 	Enjoy an exciting time full of drama	Wed 11.15 – 12.15pm Wed 1.30 – 2.30pm Wed 3 – 4pm Thurs 1.30 – 2.30pm Fri 10 – 11am	
 <b>DRUMS</b>	Bass Slappers will once again have you making music with this drum & percussion session	Thurs 11 – 12pm Thurs 1.30 – 2.30pm	
<b>FISHING</b> 	Enjoy a relaxing time on Cunningham Pier while Fishcare show how to catch a fish	Wed 11.15 – 12.15pm Wed 1.30 – 2.30pm Wed 3 – 4pm Thurs 11 – 12pm Thurs 1.30 – 2.30pm Thurs 3 – 4pm	
 <b>GENTLE EXERCISE</b>	Bend & stretch your way to a fitter you! Learn how to get fit and healthy!	Wed 1.30 – 2.30pm Wed 3 – 4pm	
<b>GRAPHIC DESIGN</b> 	Dom will teach you how to do graphic art on your computer	Thurs 3 – 4pm Fri 10 – 11am	
 <b>HAIR &amp; MAKE-UP</b>	Your chance to be pampered! Have your hair & make-up done for the Dinner Disco	Thurs 1.30 – 2.30pm Thurs 3 – 4pm	
<b>HARLEY RIDES</b> 	Enjoy a wild time with Gringo on his Harley Davidson as he takes you on a ride around the Geelong foreshore  <i>Accessible if you can transfer to sidecar with assistance</i>	Wed 10.30 – 11.30am Wed 11.30 – 12.30pm Wed 1 – 2pm Thurs 10.30 – 11.30am Thurs 11.30 – 12.30pm Thurs 1 – 2pm	
 <b>JEWELLERY</b>	Create and design your own beaded keepsake of either a bracelet or earrings	Wed 11.15 – 12.15pm Thurs 11 – 12pm	
<b>KARAOKE</b> 	Have fun and sing the hour away to your favorite songs	Wed 1.30 – 2.30pm Wed 3 – 4pm Thurs 3 – 4pm	
 <b>KITE</b>	Let's go fly a kite! Decorate your kite and then send it soaring into the sky.	Wed 3 – 4pm Thurs 3 – 4pm	
<b>MASSAGE</b> 	Learn how to give a massage and relax while you enjoy a gentle neck and shoulder massage	Thurs 1.30 – 2.30pm Thurs 3 – 4pm	
 <b>NETBALL</b>	Karingal will show you the basic skills of playing netball	Thurs 11 – 12pm Thurs 1.30 – 2.30pm	

	<b>RADIO</b>	'Raising our voices on radio' Have your say and participate on the issues that matter to you	Fri 10 – 11am	
<b>SARU Technology</b>		Learn how to use webcams, skype and twitter	Thurs 11 – 12pm	
	<b>SCRAPBOOKING</b>	Bring your photo's to design a scrap booking memory of the conference	Wed 1.30 – 2.30pm Thurs 11 – 12pm	
<b>SURFING</b>		Learn how to surf and catch a wave at Ocean Grove <i>You must be able to swim to do this activity</i>	Fri 9.30 – 11.30am	
	<b>TAI CHI</b>	Mind, Body and Spirit are all exercised by this ancient Chinese Health Exercise	Wed 11.15 – 12.15pm Wed 1.30 – 2.30pm	
<b>WALKING</b>		Enjoy the scenery as you walk or wheel along the esplanade	Thurs 3 - 4pm Fri 10.00 – 11.00am	

Abseiling and Canoeing require a medical consent form to be sent to VALID prior to the Having a Say conference. Please note that both of these activities are not accessible. You must be able to swim to do Canoeing & Surfing. You will need to take your lunch with you when doing Abseiling & Canoeing

*Remember to bring a hat and sunscreen for all outdoor activities.*

**Please return your completed Come & Try Activity Booking Sheet to VALID**



Fax: 03 9416 0850



E-mail: [brenda@valid.org.au](mailto:brenda@valid.org.au)



Post: 235 Napier Street, Fitzroy, VIC 3065



**Wheelchair accessible activity**, please note that support staff will be require to assist their client into the side car for Harley Rides and need to assist their client in Celebrity Disco.

**DISCLAIMER –**

The Organisers would like participants to note that these activities are offered as optional extras to the main conference program. While every precaution has been taken to ensure that all participants will be safe, individuals choose to undertake the activities at their own risk. Therefore the organisers take no responsibility for any injury that may arise from participation in these activities.

**Please note: Activities may be cancelled by the Organisers due to unforeseen circumstances**

