

Come & Try Activity Booking Sheet

Having a Say Conference February 24th, 25th & 26th 2020



Name:

Organisation:

Address: Postcode:

Phone: Email:

Participants who are attending all 3 days of the conference have the opportunity to do TWO 'Come & Try Activities' (C&T).

If you are only attending for 1 day you will have the chance to choose ONE 'C&T Activity'.




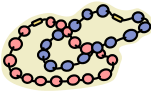




In the 'Your Choices' column put the number 1 next to the activity you would like to do the most & number 2 in your second choice, then put in a 3rd & 4th choice (just in case your first and second choices are full)



Does this person / or any of your group use a mobility aid (eg: walking frame) or a wheelchair, if so, please tick ✓ in the wheelchair column.

If you are able to transfer to a regular seat, please put a **T** in the wheelchair column.

ACTIVITY	DESCRIPTION	ACTIVITY TIMES <i>(please circle if you have a preferred time)</i>	YOUR CHOICES	✓
AFL Football 	AFL All Abilities will run football sessions – have a kick & learn more about AFL footy	Mon 1.30 – 2.30pm Mon 3 – 4pm Tues 11 – 12pm Tues 1.30 – 2.30pm	TBC	
BADGE MAKING 	Let your creative talents shine through on your personalized badge	Mon 3 – 4pm Tues 3 – 4pm Wed 10.45 – 11.30am		
BUSH WALKING 	The team from Changing Tracks will take you bush walking to view the beautiful	Mon 1.30 – 3.30pm		
COLOURING IN FOR ADULTS 	Try out the latest trend and relax while you colour	Mon 3 – 4pm Tues 11.30 – 12.30pm Wed 9.30 – 10.15am		
CREATIVE WRITING 1 for Beginners 	The team from Scope will help you to begin writing and telling your story.	Tues 11 – 12pm		
CREATIVE WRITING 2 	Join in on the second stage of writing and telling your story	Tues 1.30 – 2.30pm		

Dream Catcher 	Learn how to make a dream catcher. They say it can help you to have a peaceful sleep and good dreams	Tues 11 – 12pm		
FISHING 	Enjoy a relaxing time on Cunningham Pier while Surf Coast Fishing show you how to catch a fish	Mon 1.30 – 2.30pm Mon 3 – 4pm Tues 11 – 12pm Tues 1.30 – 2.30pm Tues 3 - 4pm		
HAIR & MAKE-UP 	Here's your chance to be pampered! Have your hair & make-up done for the Dinner Disco	Tues 1.30 – 2.30pm Tues 3 – 4pm		
HARLEY RIDES 	Rick from Unique Trike Tours will give you a wild time on a as you ride around the Geelong foreshore. <i>Accessible if you can transfer on to the trike with assistance</i>	Tues 10.30 – 11.30am Tues 11.30 – 12.30pm Tues 1.30 – 2.30pm		
GENTLE TANGO 	Learn how to do the tango and do some exercise at the same time	Mon 1.30 – 2.30pm Tues 3 – 4pm		
INDOOR ADAPTIVE GAMES 	The team from Tri State Games will teach you a variety of indoor ball games and quoits	Wed 10.45 – 11.45am		
JEWELLERY 	Create and design your own beaded keepsake	Mon 1.30 – 2.30pm Tues 3 – 4pm		
KARAOKE 	Have fun while singing the hour away to your favorite songs	Mon 3 – 4pm Tues 11 – 12pm Tues 1.30 – 2.30pm		
LIMOUSINE RIDES 	Always Cruzin will take you for a ride in a big limousine around the Geelong waterfront – what great fun!!	Tues 10.30 – 11.30 Tues 11.30m- 12.30 Tues 1.30- 2.30	TBC	
SOCCER 	Enjoy a game of soccer and get fit.	Tues 3 – 4pm		
SPEED FRIENDSHIP 	A great way to meet people from all over the country and make some new friends	Tues 1.30 – 2.30pm		
TAI CHI 	Come 'chill out' and relax, while exercising with Tai Chi session.	Mon 1.30 – 2.30pm Mon 3 – 4pm		
TRAVEL TALK 	Play a game on how to keep safe when you travel around Australia	Mon 1.30 – 2.30pm		
WALKING 	Enjoy the scenery as you walk or wheel along the esplanade	Tues 11 – 12pm		

The Come & Try Activities (C&T) are a popular part of the Conference.

They give delegates a chance to relax and try something new.



Some people think they are what the conference is about, but they are really 'an added extra'.

C&T activities **should ONLY be seen as:**

- providing accessible alternatives to workshops & presentations for people who have not attended conferences before &/or who find participating in sessions difficult
- an opportunity for social interaction and networking
- an opportunity to try new activities and learn new skills



IMPORTANT INFORMATION

Please note:

- Support staff will need to assist their client into the Harley trike
- You must wear closed in walking shoes to go bushwalking
- Your come & try activities will be printed on the back of your name tag
- Activities may be cancelled by the Organisers due to unforeseen circumstances
- Bring a **hat and sunscreen** for all outdoor activities



Come & Try Bookings CLOSE ON the 7th February 2020

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



Post: 130 Cremorne Street
Richmond Vic 3021



Phone: 03 9416 4003
1800 655 570 (Vic. Rural only)



Fax: 03 9416 0850



Email: brenda@valid.org.au

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.