

# Come & Try Activity Booking Sheet

Having a Say Conference February 4<sup>th</sup>, 5<sup>th</sup> & 6<sup>th</sup> 2019



Having a Say Forever!

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	✓
<b>ABORIGINAL ART</b> 	Learn the different ways that aboriginal artists use to create their unique art.	Wed 9.30 – 10.15am Wed 10.45 – 11.45am TBC		
<b>AFL Football</b> 	AFL All Abilities will run football sessions – have a kick & learn more about AFL footy	Mon 1.30 - 2.30pm Mon 3 - 4pm Tues 11am - 12pm Tues 1.30 - 2.30pm		
<b>WRAP ART with wool, ribbons &amp; pom poms</b> 	Join the Art Gusto team in the Nebula located on the foreshore to make and art piece for the Together Project	Mon 3 - 4pm Tues 1.30 - 2.30pm		
<b>BADGE MAKING</b> 	Let your creative talents shine through on your personalized badge	Mon 1.30 - 2.30pm Tues 11am - 12pm		
<b>BUSH SENSORY FUN</b> 	Bringing the bush to the conference, touch, feel and hear about the bush	Mon 1.30 – 2.30pm		
<b>BUSH WALKING</b> 	The team from Changing Tracks will take you bush walking to view the beautiful	Mon 1 - 3.30pm		
<b>COLOURING IN FOR ADULTS</b> 	Try out the latest trend and relax while you colour	Mon 3 - 4pm Tues 11 - 12pm		

<b>CREATIVE WRITING</b> 	The team from Scope will help you to begin writing and telling your story.	Tues 11 – 12pm Tues 1.30 – 2.30pm		
<b>DREAM CATCHER</b> 	Learn how to make a dream catcher. They say it can help you to have a peaceful sleep and good dreams	Tues 3 – 4pm		
<b>FISHING</b> 	Enjoy a relaxing time on Cunningham Pier while Surf Coast Fishing show you how to catch a fish	Tues 11 – 12pm Tues 1.30 – 2.30pm Tues 3-4pm		
<b>FLORISTRY</b> 	Learn how to make a lovely floral arrangement	Tues 11 – 12pm Tues 1.30 – 2.30pm		
<b>HAIR &amp; MAKE-UP</b> 	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		
<b>HARLEY RIDES</b> 	Have a wild time on a Harley Davidson trike as you ride around the Geelong foreshore.  <i>Accessible if you can transfer on to the trike with assistance</i>	Tues 10.00 – 11.00am Tues 11.15 – 12.15pm Tues 1.15 – 2.15pm Tues 2.30 – 3.30pm		
<b>INDOOR ADAPTIVE GAMES</b> 	The team from Tri State Games will teach you a variety of indoor ball games and quoits	Wed 10.45 – 11.45am		
<b>JEWELLERY</b> 	Create and design your own beaded keepsake bracelet	Mon 1.30 - 2.30pm Mon 3 - 4pm		
<b>KARAOKE</b> 	Have fun while singing the hour away to your favorite songs	Mon 3 – 4pm Tues 11 – 12pm Tues 1.30 – 2.30pm		
<b>LIMOUSINE RIDES</b> 	Always Cruzin will take you for a ride in a big limousine around the Geelong waterfront – what great fun!!	Tues 10.00 – 11.00am Tues 11.15 – 12.15pm Tues 1.15 – 2.15pm Tues 2.30 – 3.45pm		
<b>MAZDA RIDES</b> 	Go for a ride with the roof down	Mon 1.30 – 2.30pm Tues 11 – 12pm Tues 1.30 – 2.30pm		
<b>PHOTOGRAPHY without a camera</b>  	Did you know you can make your own photos without a camera? To help celebrate 20 years of HAS, we will be joined by Monash Gallery of Art's Public Program Coordinator Stephanie Richter who will work with you to create beautiful photographs using just light, paper and found	This activity runs over 2 sessions. Tues 11 - 12pm & 1.30 - 2.30pm		

		objects. It promises to be a lot of fun!			
<b>PUBLIC SPEAKING</b>		NSW CID will give you some top tips on public speaking and encourage you to have a go	Mon 1.30 – 2.30pm		
<b>SELF ADVOCACY BINGO</b>		Play bingo using word that are important to self-advocates	Wed 9.30 – 10.15am		
<b>SILENT DISCO</b>		Come disco together - using music through headphones - it's silent!!	Mon 1.30 - 2.30pm Mon 3 - 4pm		
<b>SOCCER</b>		Enjoy a game of soccer and get fit.	Tues 3 - 4pm		
<b>SPEED FRIENDSHIP</b>		A great way to meet people from all over the country and make some new friends	Mon 1.30 - 2.30pm Tues 3 - 4pm		
<b>SUNCATCHER</b>		Make a beautiful crystal suncatcher to hang in your window	Mon 3 – 4pm		
<b>TAI CHI</b>		Come 'chill out' and relax, while exercising with Tai Chi session.	Tue 3 – 4pm		
<b>THEATRE SPORTS</b>		Have fun learning Theatre Sport games with the 'Decent People' presented by Theatrica	Mon 1.30 – 2.30pm Mon 3 – 4pm		
<b>WALKING</b>		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 trick
- You **MUST** wear long trousers and closed in shoes on Harley Rides
- 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 25<sup>th</sup> January 2019**

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



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### 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.

**VALID**

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