

TYPES OF PROGRAMS

' Ideal for New Participants ' Days

These programs are the first step for new participants and are designed to provide an insight into the types of activities that are available. This is also an opportunity for new participants to get to know staff and other participants.

Come & Try Days

'Come & Try Days' are a great opportunity to give new activities a go. If you have ever wondered what it would be like to go rock climbing or canoeing then Come & Try Days are the times to let your curiosity get the better of you.

Overnight Programs

Overnight programs are a great way to get away from the city for a few days, to have a more in depth go at some of the activities that we run and enjoy the peace of the bush.

Sequential Programs

Sequential Programs offer you an opportunity to develop your skills in a particular activity over a number of weeks and may include overnight camps.

AGENCY SERVICES

We are able to offer additional tailored programs to agencies utilising our unique skills and approach.

For further information about this aspect of our service, please contact our office or visit our website at www.outdoorsinc.org.au.

PROGRAM COSTS

Day Programs

Most of our day programs cost participants \$6.00.

Overnight Programs

Overnight Programs cost between \$25.00 - \$60.00 depending on the number of days and activities.

Sequential Programs

Sequential Programs cost between \$25.00 - \$85.00.

EQUIPMENT

Out Doors Inc. provides all the equipment for the activities we run. This includes good quality waterproof jackets and over pants so we can still have fun in the rain.

Generally on day programs, all you need to bring are some comfortable clothes to suit the weather, a hat, a drink bottle and sometimes lunch. However, it is always a good idea to check each trip invitation you receive to make sure there are no additional items you need to bring.

BECOME A MEMBER

If you would you like to assist Out Doors with achieving its mission of providing affordable outdoor adventure and holiday opportunities to people living with a mental illness, then why not become a member? If you are already a member, we would love to receive your continuing support.

Being a member of Out Doors enables you to attend and participate in our AGM, vote for new council members and to nominate yourself to stand for Council. Members also receive our Annual Report and current calendar.

HOW TO BECOME INVOLVED

To get involved participants need to have a diagnosed psychiatric disability and be aged between 16 and 64 years old.

First step in registering with Out Doors

People who wish to refer someone or themselves to Out Doors must fill out a 'Referral Form', which can be downloaded from the website (www.outdoorsinc.org.au) or by contacting our office on 03 9417 2111.

The form can be sent to us either via email, post or fax.

Invitation to ' P articipant Information Session '

Once the form is received, your details will be placed on a list to attend an information session at Out Doors.

When your name comes to the top of the list, Out Doors will invite you (and if relevant, your support person) to attend a short information session held at our office.

ABOUT OUT DOORS INC

Out Doors Inc. started in 1987. We provide planned respite and specialist outdoor activity programs.

We promote adventure in nature as a great approach to better health. Through our programs, participants find opportunities to get away from the 'day-to-day' and out into the bush with friendly groups. We offer a range of programs from gentle introductory activities and recreational experiences to challenging adventures.



Program Calendar

July — December 2011



231 Napier Street, Fitzroy, Victoria 3065

Telephone: 03 9417 2111

Facsimile: 03 9417 2163

Email: indoors@outdoorsinc.org.au

www.outdoorsinc.org.au

JULY

Tuesday 5 – Wednesday 6



Mornington Peninsula - Ideal for new participants

A relaxing trip to the Mornington Peninsula and its many aspects: beaches, art, nature walks and scenic viewpoints.

Wednesday 6



Come and Try Bushwalking

An introduction to bushwalking.

Monday 11



Botanical Gardens Cranbourne - Ideal for new participants

Explore the beautiful gardens at Cranbourne on an easy going and sociable day.

Tuesday 12 – Thursday 14



Winter Holiday - Ideal for new participants

Getting ready for the cold season as you feel winter chills? Why not get active and enjoy some bushwalking, hot spa and some local fish and chips at Aireys Inlet.

Monday 18 – Friday 22



Kite Making

Ever been interested in making your own kite? We'll all get together with the mission to create a magnificent kite from concept, construction and decoration, right through to flying it.

Tuesday 19 – Friday 22



Goldfields Bike Tour

Exploring the bike trails and regions of Daylesford, Castlemaine and Bendigo.

Tuesday 26



Royal Botanical Gardens - Ideal for new participants

Come along on a tour of the Royal Botanical Gardens lead by an Indigenous guide.

Thursday 28



New Participant Information Session

AUGUST

Monday 1



Come and Try Indoor Climbing

Interested in trying something new? Overcoming your fear of heights? Achieving something that might look impossible at first? Then come and try indoor climbing in a safe, supportive and encouraging environment.

Tuesday 2



Discover Melbourne's Parks and Gardens

Monday 8 – Friday 12



Winter Alpine Camp

Enjoy the serenity of the alpine environment in winter and experience its many aspects, whether on foot or by ski if there is snow. A mix of hard top accommodation and camping in tents.

Thursday 11



Snow Play

August is usually the best month for snow in Victoria, so let's see if we can find some to play in near Melbourne.

Monday 22 – Tuesday 23



Aireys Inlet Getaway – Ideal for new participants

This trip offers the ideal environment in which to unwind. Enjoy the sound of the ocean, stroll along nearby beaches, have a quiet barbeque and enjoy the spa.

Monday 22 - Friday 26



Alpine Adventure

Experience the beauty of the Alpine environment in winter. Including activities such as snow shoeing and bushwalking.

SEPTEMBER

Wednesday 31 August – Friday 2



Relaxing Holiday

Explore some attractions of a coastal region. Relax and socialise.

Monday 5 – Friday 9



Rafting Camp

Challenge yourself on this rafting journey on Gippsland's Mitchell River.

Tuesday 13



Donkey Day and Other Friends

Come and have a fun day visiting some animal friends at the Diamond Creek donkey shelter and Edendale farm.

Thursday 15



Come and Try Cycling

Enjoy a gentle introduction to cycling.

Monday 19



High Ropes

High Ropes adventure course in the tree tops.

Monday 19 – Wednesday 21



Warburton Rail Trail

A 3 day trip. Come ride a bike with us along the Warburton Rail Trail.

Thursday 22



Bush Art Day

Put your creative talents to use whilst exploring the natural environment.

Thursday 29



Bushwalk – Ideal for new participants

An easy bushwalk experiencing the pristine natural environment.

OCTOBER

Monday 3 – Friday 7



Male Only Camp

Getaway to the Grampians for some bushwalking, bush tucker and some relaxation away from the city.

Monday 3 – Friday 7



Female Only Holiday

Come and enjoy a week on the coast. Take in the beautiful scenery, enjoy bushwalks and beaches on this women only holiday.

Thursday 6



Tulip Festival – Ideal for new participants

Admire thousands of brightly coloured Tulips as part of the Tesselar Festival in Silvan (Dandenong Ranges). Other highlights include: replica Dutch windmills, sculptures and garden displays.

Thursday 13



Come and Try Canoeing

Experience the peace and tranquillity of paddling a canoe along the Yarra River.

Tuesday 18



Spring Gardening Sequential begins

Springtime is planting time, so roll up your sleeves and get your hands dirty! This years' project is to learn how to build a vegie garden from start to finish for Out Doors. Then on our five day camp, use our expertise to create a vegie garden for someone else. In the program we will explore the connection between growing plants and the uses they can be put to – including delicious food. Along the way we will visit various community resources, swap plants and create great stuff during the program. Days 18th, 20th, 25th, 27th October and 3rd November. Camp 7th-11th November. A commitment for the whole program is necessary if you'd like to get involved.

Tuesday 18



Learn to Swim Sequential begins

An opportunity for you to Learn to Swim at Melbourne City Baths (1 hour swimming lesson per week over 4 weeks) Days 18th, 24th October, 2nd and 8th November. A commitment for the whole program is necessary if you'd like to get involved.

Monday 24 – Friday 28



Grampians Camp

Spring is a great time to explore the Grampians. Walk to secluded and spectacular waterfalls, look for wild orchids and watch native animals in their natural environment.

NOVEMBER

Monday 7 – Tuesday 8



Bushwalk Lerderberg Gorge - Ideal for new participants

Introduction to bushwalking. You'll be carrying everything you need on your back for this one.

Thursday 10



New Participant Information Session

Monday 14 – Thursday 17



Mount Baw Baw

Spending three nights at Mt Baw Baw including an overnight bushwalking experience.

Wednesday 16



Come and Try Rafting Day - Ideal for new participants.

Monday 21 - Friday 25



Snowy River Adventure

Based at Buchan near the Snowy River National Park, this multi activity camp will involve bushwalking, caving and a river journey on the mighty "Snowy".

Tuesday 22



Wetlands Discovery Tour

Hop on our bicycle tour and explore some of the unique wetlands of Port Phillip Bay via the many trails around the western bay area.

Tuesday 22 - Wednesday 23



Warburton Holiday

The Upper Yarra is a great area to discover the joys of camping; exploring the natural surroundings by day and sitting by the fire at night.

Tuesday 29



Hanging Rock - Ideal for new participants

An easy bushwalk followed by a barbeque lunch.

DECEMBER

Friday 2

End of Year Celebration and Annual General Meeting (to be confirmed)

Monday 5 - Friday 9



Yoga Retreat

Between yoga sessions enjoy healthy eating, walks, swims and exploration of the Mornington Peninsula.

Wednesday 7



A day in the Dandenong's - Ideal for new participants

Explore on foot some of the beautiful nature trails that the Dandenong Ranges has to offer.

Monday 12 - Friday 16



Rock Climbing – Mt. Arapiles

Calling all budding rocko-philes! Come along and experience the best rock climbing destination in Australia.

Tuesday 13 - Friday 16



Wilson's Promontory

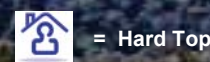
Experience sandy beaches, wombats and sunsets over translucent water with opportunities to surf, bushwalk and paddle on Tidal River.

KEY

Physical Activity Levels



Accommodation Types:  = Camping – Tents



Seq = Sequential – This model provides the participants with a different medium for learning and developing skills such as social interaction, planning and organisational skills, time management and effective teamwork. The results are extremely encouraging and participants reported an improvement in their sense of well-being and confidence. Requires a commitment for the whole program.