



Program Calendar
January — June 2019

KEY

Physical Activity Levels

Low = 

Medium = 

High = 

Creative = 

Accommodation Types

 = Camping Tents

 = Hard Top



JANUARY

Tuesday 15

Day in the Dandenongs - *Ideal for new participants*



Come and join us for an enjoyable day in the Dandenong Ranges. We'll be visiting Alfred Nicolls Gardens, enjoying all the garden has to offer, walks and a filling lunch in the hills. It will be a reasonably relaxed social outing with time to chat while taking it all in.

Thursday 17

Beach Day



Enjoy a summer day out exploring the wonderful intercoastal environment of Port Phillip Bay easily accessed from some of Melbourne suburban beaches.

Tuesday 29

Sailing



Join us as we sail to explore Port Phillip Bay onboard a yacht! This is a unique opportunity to experience the wonders of wind power as the crew from the Royal Yacht Club of Victoria take us out to learn the ropes of what sailing is all about.



FEBRUARY

Monday 4 – Friday 8



Surf Camp

Come along to the spectacular Wilson's Prom and learn to surf or sharpen up your surfing skills. We will camp amongst the tea trees with spectacular views of Mt Oberon. We will also explore some of the pristine beach walks and hikes in the area. A magical week in a beautiful location.

Tuesday 5 — Wednesday 6



Coastal Getaway—*Ideal for new participants*

Coastal overnight break staying in a comfortable house and exploring some of the beautiful beaches and natural bush environments along Port Phillip Bay. This program is perfect for those who would like a quiet time away from the hustle and bustle of the city.

Tuesday 12



Day by the Seaside — *Ideal for new participants*

Grab your sunhat and enjoy a summers day out where the sea meets the land. We will stroll along scenic costal paths and have some time to relax on a beautiful Melbourne beach.

Monday 18 – Friday 22



Creative Camp

A relaxing yet stimulating camping holiday in a pristine environment. We will explore many of the spectacular walking tracks and deepen our appreciation through some mindfulness and creative activities.

Monday 25 — Friday 1 March



Raft school on the Goulburn

Come along to learn the tricks of the trade and have a bit of fun while blasting down the Goulburn River. What is an "eddy", what is a "tongue" and what is a "strainer"..... Find out on this week long program.



MARCH

Tuesday 5 — Thursday 7



Coastal Camp

Come and try camping in a relaxed coastal campground. You will have the opportunity to walk along the beaches and local bush tracks, try surfing, canoe on the river or simply sit on the beach. This will be a relaxed program on the coast.

Tuesday 12 — Friday 15



Camping by the Sea

A perfect time of year to enjoy camping by the sea. Let the sounds of the sea lull you to sleep. Feel refreshing breezes clear your mind as we explore some great beach walks in this diverse coastal environment.

Wednesday 13

Riverside Walk — *Ideal for new participants*



Come and join us for a walk through the riverside woods to Blue Tongue Bend. This scenic, interesting walk winds its way along the iconic Yarra river providing participants with the opportunity to see the river in a whole new light.

Monday 18 — Friday 22



Multi Activity Arapiles

Back again this year is the awesome multi activity base camp at world renowned Mount Arapiles. This program will include rock climbing, abseiling and mountain bike riding which will enable us to explore the beautiful natural spaces of this state park. A trip not to miss!

Tuesday 26

Hanging Rock



A moderately easy bushwalk exploring the rock formations of this iconic location followed by a barbeque lunch.



APRIL

Tuesday 2 — Wednesday 3

Coastal Overnight — *Ideal for new participants*



Come and enjoy a relaxed overnight holiday on the coast. Enjoy the fresh air, good food and relaxed walks along the coast. We will be staying in accommodation and enjoying a home cooked meal together.

Monday 8 — Friday 12

Drumming Holiday



Come and have loads of fun learning how to be a part of a percussion ensemble. Open to anyone who wants to stomp, clap and play some drums. We will take some long walks along interesting tracks and trails

Tuesday 16

Cranbourne Botanical Gardens — *Ideal for new participants*



Enjoy a stroll through one of the largest native garden's Botanic Gardens Victoria has to offer. Find a peaceful corner to watch the birds bathe in the lake and enjoy lunch together.



MAY

Tuesday 7 — Wednesday 8



Mornington Peninsula Overnight Holiday — *Ideal for new participants*

Stay in comfy accommodation and explore some of the highlights of this diverse and beautiful region between Port Phillip Bay and Western Port..

Monday 13 – Friday 17



Grampians

Come out and explore the magnificent Grampians on a huge range of walks and rambles to awe inspiring vistas and magical glens in this renowned part of Victoria.

Monday 20 — Friday 24



Paddling Journey

A wild and rugged environment is to be had with beautiful views. Come and join us on this program as we camp out like the true explorers of yesteryear.

Tuesday 21



Day Walk Along the Yarra

Come for a relaxed walk along the Yarra River. Enjoy the beautiful scenery, good company and a tasty lunch together.

Tuesday 28



Bushwalk at Lerderderg State Park

A medium level bushwalk that follows the Lerderderg River. A great day out in the bush.

Thursday 30



Riverside Walk — *Ideal for new participants*

Experience the beautiful River Yarra by walking along some of the many verdant winding tracks, full of interesting flora, fauna and refreshing vistas.

JUNE

Tuesday 4

Raft the Yarra

Come and enjoy a day of rafting on the scenic Yarra River. We will provide warm gear and teach you how to control your own two person raft. It will be an exciting day out on white water rapids!



Wednesday 5

City Exploration

Have a great day investigating the cultural identity of Melbourne's grandeur.



Tuesday 18 — Wednesday 19

Yarra Ranges – *Ideal for new participants*

Stay in accommodation close to precious remnants of Victoria's ancient rainforests. This overnight trip will sample the sights and sound of the Upper Yarra Region; babbling brooks and tall trees tucked amongst the hills.



Tuesday 18

Canoeing along the Maribyrnong River

Taking advantage of the Maribyrnong River's proximity to our new home, we'll be exploring a section of the river I guarantee you haven't seen before on any Out Doors trips.





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 and a drink bottle. However, it is always a good idea to check each trip invitation you receive to make sure there is no additional items you need to bring.

NB: Please note that this calendar is correct at time of printing but is subject to change.

TYPES OF PROGRAM

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

Come & Try 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 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.

PROGRAM COSTS

Program costs are determined by which funding stream you are eligible for. Please get in touch with Out Doors for more information.

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 on www.outdoorsinc.org.au.



HOW TO BECOME INVOLVED

To get involved participants need to have a diagnosed psychiatric disability and be aged 16 and over and living in the North or East metropolitan area of Melbourne. Out Doors Inc. is a National Disability Insurance Scheme Provider therefore eligible participants from other areas are also able to be involved.

First step in registering with Out Doors

People who wish to refer someone or themselves to Out Doors must first fill out a *Referral Form* which can be downloaded from the website or by contacting our office. The completed form can be returned to us either in person, via email, post or fax. Contact details can be found on the back of this booklet.

Invitation to Participant Information Session

Once the completed referral form is received, your details will be placed on a waiting list. 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 meeting held at our office.

BECOME A MEMBER

If you would you like to support Out Doors to achieve its mission of providing affordable outdoor adventure and holiday opportunities to people living with a serious 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 ODI 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.



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.



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