



## What happens on Camp Quality Programs?

### Fun Days

Fun Days are for the whole family to attend and is an opportunity to do something you normally wouldn't, meet other families and above all have fun! We run a number of these days throughout the year doing lots of different activities so there is sure to be one that takes your fancy!



"Thank you so much for our lovely day out on Puffing Billy last week - it was so enjoyable. We loved sitting out on the window ledges riding through the mountains. The BBQ lunch was fabulous and gave us the energy to tackle the unique adventure playground at Emerald Lake. The lolly bags came at exactly the right time to get us home again - well done on another fabulous day out - It was a fantastic choice of event. Thank you very much!!"

### Family Camps

Family Camps are just that, time for the family to get away as a unit and spend some quality time. Family Camps are laid back but certainly not boring. We have lots of activities that cover a very broad range of areas. So you don't want to rock climb and would rather relax with a book for a hour, go for it. Family Camp really is a weekend about you and what your family would like to get out of it.

Family Camps will normally start on a Friday night after work and go through until Sunday after lunch. We are however flexible if you need to come later or leave earlier, just let the office know. While Family Camps do generally occur at camp sites we aren't normally in big dorm rooms. Families have their own rooms on sites which gives you privacy and also as well.



Depending on the size of the camp site and the interest we will normally take about ten families on a Family Camp which means there are plenty of children to play together and have fun but also an opportunity for the parents to get to know each other and have a chat if they want to. It is a very relaxed environment and any discussions with other parents are on an informal basis so you are free to talk as much as you feel comfortable.

*"The weekend was well planned and executed and the Hey, Hey It's Saturday "mock" show was a real hit with the boys. We got to see all the families let their hair down (or up depending on which wig you wore) in a relaxed, welcoming environment. You could do as little or as much as you wanted to, even leaving the kids behind with the companions and going in to the local town for a cake and coffee. What more could you ask for? There was ball sports in the gymnasium, air hockey, table tennis, rock climbing, a flying fox, trampoline and a variety of board games to mention just a few. It was also a great opportunity to share your "war" stories with other families who have been through a similar experience. Free counseling is always good and should never be underestimated. If you are thinking about going on a family camp in the near future, don't hesitate. It is well worth picking up the phone or replying to an email. You won't regret it."*

### Siblings Days

Siblings Days are new to the program and are a very exciting inclusion. We wanted to offer families something special for the siblings of the children with the diagnosis and this program allows them to have something just for them. These days are similar to Fun Days however there are no parents-just our amazing companions to look after the kids while they have a ball.



## **Kids Camp**

Time away from Mum & Dad, meeting new friends, trying lots of great activities and having a blast is exactly what our Kids Camps are all about! We give our Camp Quality kids a chance to get out on their own and have an amazing time while still being supported by experienced leadership teams, understanding companions and our superstar nurses! All activities are age appropriate and well thought out and managed.

Campsites for most of the camps change each year so that the kids get a new experience in a new location with different activities. Due to the varying locations we have the same central meeting spot for the bus to each camp. Generally we meet at the State Netball and Hockey Centre in Parkville however if alternative arrangements are needed please feel free to contact the office and we will do whatever we can to make sure kids from all over Victoria have the opportunity to attend camp.

We know how anxious a lot of families are about sending their kids away so companions contact their campers and their parents before camp to touch base and chat about anything you think they need to know. All of our Kids Camps have two nurses who are on call 24 hours a day and are in charge of ensuring everyone gets their medication at the right time. Companions go through a long process when they apply to volunteer with us, this includes a police check, Working with Children card, interview, reference checks and finally training. Our companions are trained every year to ensure they have the appropriate skills and knowledge to ensure the safety of all kids on our camps.

Siblings and the child with a diagnosis (Camper) are welcome to come to our Kids Camps however if we have limited places then priority will be given to Campers.

*"Please thank everybody for their time and effort for taking my daughter away and giving her the best time. You are all so professional that you make it so easy as a parent. I have other parents (outside Camp Quality) ask me how can you let your daughter go away for a week without you? The word I think of is easy, "I trust them" and "how could I not". Tara please pass on a big Thank you, Thank you, Thank you, to all your wonderful staff and the special volunteers."*

### **Junior Camp**

Junior Camp is a three day camp (Friday-Sunday) for our littlest campers aged 4-8 years old. Junior Camp is a fun filled few days which allows our campers to have some independence and experience things they otherwise wouldn't. There is a 1:1 ratio of kids to adults meaning each camper has their own companion to chase after them for the whole three days!



### **Middle Camp**

Middle Camp is for kids aged 9-12 years old and is all about adventure and laughter. Being a little more adventurous than the Junior's the Middle Campers have an action packed five day program during school holidays to meet new friends and do some amazing things. We have a 2:1 ratio with each companion having two children (exceptions may be made if a child requires one on one support).



### **Senior Camp**

This is a camp for teenagers (13-17 years old) to get away and do some exciting stuff. There is a 3:1 ratio (exceptions may be made if a child requires more support) to give the seniors a little more independence while still having suitable supervision and attention. The Senior Camp runs for three days (Friday-Sunday) to ensure they don't miss out on too much school or study time.



### **Senior Ski Camp**

A very lucky few of our senior campers (13-17 years old) get to hit the slopes at Mount Hotham for a week of fun in the snow. This camp does have limited places restricted by the lodge we stay in. Preference is given to campers who want to come on this camp but we are happy to consider siblings if we have the room. Campers have ski or board lessons in the morning and are then split up into groups based on ability for a free ski in the afternoon. There is no level of skill required for this camp-we are happy to have beginners come along!

