

## Siblings Camp Information Sheet – 12 April 2024

Open to all siblings of a person with Down syndrome in WA.

Maximum Camp capacity 120

### Venue: Woodman Point Recreation Camp

<https://www.dlgsc.wa.gov.au/sport-and-recreation/recreation-camps/woodman-point>

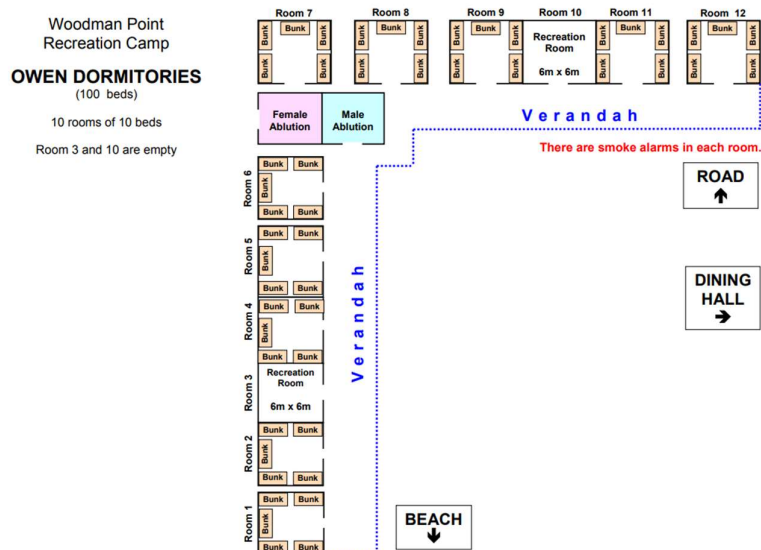
**Accommodation:** Dormitory style accommodation. There are no single or shared rooms. All accommodation is dormitory. Dormitories will be separated into Male and Female. Shower facilities are shared.

### Owen dormitory

The beautifully restored Owen dormitory is the largest accommodation area at Woodman

The chalets surround the doctor's residence and back onto the recreation oval and are all located within metres of each other. Each chalet sleeps up to ten, consisting of five bunk beds in each room. Bookings of the Owen dormitory must be for a minimum of two nights, although one-night bookings may be approved by the camp manager under certain conditions.

The Owen dormitory includes two small break-out rooms big enough for 30-40 people. You will also have use of one of our dining halls, located near the chalets. Catered meals are served at this venue, and guests have access to a standard-sized fridge. There is also a boiling-water dispenser for coffee and tea and water fountains.



**Who's Invited:** This is an opportunity for siblings to connect and be independent without their sibling with Down syndrome.

**Times:** Camp will commence at 10am Saturday 8 June and conclude at 12.00 Sunday 9 June.

*All attendees are welcome to attend for the day only from 10am – 8pm on Saturday.*

*Children attending the camp between the ages of 8-11 will be required to be collected after dinner on Saturday evening. There will be a set departure time to support the ease of ensure all children are collected and are safe.*

*Others may also leave camp early, but it is highly preferred that all leave at the agreed departure time after dinner on Sat evening.*

**Activities:** There will be a range of games and activities for all to enjoy from Bocce and giant Jenga, to rope climbing and other adventure activities. Camp activities such as high ropes are provided by specialised Woodman Point staff, trained to deliver those activities.

The program is currently being finalised and will be published.

### **Goals of the Camp**

This camp is intended to bring siblings together to connect with each other, to share stories, and to have fun in a relaxed and safe environment.

**RESEARCH:** As part of our fun activities, research will be undertaken. We will tell the sibling attending that the activity forms part of the research. The research activities will be fun and interactive.

**Meals:** All meals are included – Please see the end of this form for the dietary requirements that can be met.

Saturday – Morning Tea, Lunch, Afternoon Tea and Dinner.

Sunday – Breakfast, Morning Tea

### **ALCOHOL – there will be no alcohol at camp**

**Cost:** There is no cost for the camp. The camp is being sponsored by the Siblings Project at Telethon Kids Institute.

**Adult Siblings** – will be asked to Mentor a young sibling

**Staffing:** *Paid staff* – 2 key staff will be working the full camp program, Cassandra Hughes CEO & Nikki Schwagermann. A range of other staff are working shifts, and also volunteering.

*Volunteers* – We are recruiting 20 volunteers for the camp.

Woodman Point Staff – to carry out specific adventure activities.

Adult siblings – known to DSWA will also be attending and acting as mentors / buddies

**What to Bring:** Clothes suitable to activity based fun.

Hats, water bottle, sunscreen, all personal items.

**Medication:** For children requiring assistance with medication this will need to be discussed with the camp staff before confirmation of registration.

**Photography:** A consent form will be sent to you on registration as we will be capturing as many images of the activities as possible for possible use in our media and for the use of the Telethon Kids Institute research team.

**Linen:** Please bring your own linen. Beds are provided with Pillows, but must have your own pillow case, sheets and blanket or sleeping bag.

**Weather:** Being in early June the weather is very variable and could be a crisp clear winter day or cold and rainy. Please ensure you bring suitable clothing. We will send an email 3 days prior to camp with any updates and an up to date weather forecast will be included.

**Registration:** Please register your interest on Trybooking. A registration form will be sent to you by email to collect important details for your stay.

### **Food Safety / Dietary Requirements**

**Special Dietary Menu:** Accolade Catering recognises that Special Dietary Requirements are a growing component of catering and that it can be a worrying aspect for organisers and attendees alike. Accolade Catering has addressed this challenge with a dedicated menu.

**Menu Aims:** Accolade Catering's Special Dietary Menu is designed to support our School and Community Menus and to provide organisers and attendees with alternate menu selections with disclosed ingredients.

**Special Dietary Requirements Not Covered in Menu:** In these cases Accolade will address these requirements on an individual basis. Please provide the person co-ordinating the booking with this information so that they can add this information into the online booking process.

**Pricing:** Prices are the same as your School and or Community Menu prices.

**No Nut Policy:** We do not use any nuts in our School or Community Menus. Please Note: Accolade cannot guarantee that traces of nuts will not be in some products.

**Halal:** With the exception of bacon (served at breakfast) and ham (served at lunch) all other meat is Halal. Our beef and chicken is sourced from any of the following Halal Accredited

Abattoirs Goodchilds (Beef) <http://goodchildmeats.com.au/about.php> and Steggles (Chicken) <http://www.halalsquare.com.au/perth/profile/baiada-poultry-steggles.perth.aspx>

Lactose and Dairy: We provide soy and lactose free milks, Nuttlex as butter alternative and other dairy free products.

Vegetarian and Vegan Vegetarian: We provide vegetarian meal alternative selections including vegan.

Gluten Free: We provide gluten free meal alternates throughout our menu. Please Note: Accolade cannot guarantee that traces of gluten will not be in some products.

Preservatives: We do not use any preservatives in our cooking. If you are allergic to a particular preservative please email us on [catering@accoladewa.com.au](mailto:catering@accoladewa.com.au) so we can ensure that this particular ingredient is not used.

Egg: We provide egg free alternative cakes and biscuits.

Diabetic: We provide individual plans according to client needs – please email us at [catering@accoladewa.com.au](mailto:catering@accoladewa.com.au)

Beverages: So Good Regular Soy Milk is Available with All Meals  
– <http://sogood.sanitarium.com.au/products/milk-alternatives/soy-milks/so-good-regular>

Understanding the Menu Format:

- The original School and or Community Selection is in Black or Bolded Black
- The Alternate Dietary Product in Red
- Alternate product information with a website link – <http://www.bluelink>.
- Alternate Selections and or Ingredients are in *underlined Italic Red*

**Updates:** Further updates to this information sheet will be made weekly where required and forwarded to all guests.

**Down Syndrome WA Siblings Camp**

***Sponsored by Down Syndrome WA and Telethon Kids Institute***

**Key Contact:**

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