

## Unwind & Recharge

2-Night STA Getaway | Sunshine Coast

12th – 14th  
SEPTEMBER  
2025



### Friday – Welcome to the Weekend!

We'll pick you up from home or your day program and head off together to kick-start the weekend! Once settled, participants will be encouraged to work together to prepare a healthy, shared dinner – promoting independent living skills and teamwork. After dinner, we'll enjoy a relaxing sunset walk, encouraging physical wellbeing and connection with nature. The evening wraps up with social games and activities, where you can enjoy peer interactions and share a laugh. Bring your favourites – or learn a new one!



### Saturday – Explore, Laugh, Discover!

We'll start the day with a hearty group breakfast and a few light household tasks – a great way to build confidence at home. Then, you'll have the choice to: Visit Camel Cuddles Farm at Bells Creek – meet gentle camels and learn how they produce organic camel milk OR discover the underwater world at Sea Life Aquarium – from sharks to stingrays, there's so much to see and learn! We'll wrap up the day with a relaxed dinner at the local Surf Club – the perfect chance to connect with the community and enjoy a friendly meal out.



### Sunday – Sunshine & Goodbyes

We'll begin the day with a light shared breakfast, followed by your choice of: Explore Caloundra Street Fair – a vibrant local event that supports community participation and personal choice. Great for goal-focused experiences like budgeting, choosing treats, or finding handmade goods OR a Leisurely Beach Walk – a calm and mindful activity that encourages wellbeing, reflection, and connection. Soak in the ocean breeze and enjoy the sand between your toes! We'll aim to have you home between 2pm-3pm (traffic dependant) – carrying new memories, new skills, and new friendships as part of your journey toward greater independence and achieving your NDIS goals.

### ♥ How It Supports NDIS Goals:

- ✓ Builds confidence and daily living skills
- ✓ Promotes wellbeing, choice, and control
- ✓ Great value – includes personal care, accommodation meals, agreed activities & transport
- ✓ Boosts social participation and reduces isolation
- ✓ Encourages safe, supported new experiences

### Cost

1:3 ratio approx. \$1,980.



### BOOKINGS AND ENQUIRIES

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