



## Siblings School Holiday Program

A series of one-day camps will be held during school holidays over the next three years. The camps will be held at Point Walter Recreation Centre, Bicton and will offer siblings of children with special needs a chance to conquer challenges, make new friends and have a day filled with fun and adventure.

Activities will be dependent on age and weather but may include:

- Flying Fox
- High and low ropes
- Glider Possum
- Pool Activities
- Abseiling
- Surf ski paddling
- Raft building
- Archery
- Mountain Biking
- Team Games



**Eligibility:** Siblings of children with special needs, who are in school years 4-10/aged 9-15 years.

**Dates:** Thursday 30 September 2010 - **Registrations open NOW**

Friday 14 January 2011 - Registrations open 18 October 2010

Friday 29 April 2011 - Registrations open 17 January 2011

**Cost:** No charge but families will be asked to become Kalparrin members (at [www.kalparrin.org.au/membership/](http://www.kalparrin.org.au/membership/))

**How to Register:** Download the Registration Form (from <http://www.kalparrin.org.au/membership/>) or phone Kalparrin (08 9340 8094 Freecall: 1800 066 413) and request a Registration Form.

The camps are being conducted in partnership with the Department of Sport and Recreation and are funded by Disability Services Commission of WA.

# Mothers Respite Weekends

*Pampering... fun... workshops... laughter... and sharing in the joys and challenges of parenting a child with special needs*

Mothers Respite Weekends have been held in Western Australia since 1983. The weekends, which are usually held twice yearly in May and November, are attended by between 50 and 120 mothers of children with special needs.

These low cost weekends provide an opportunity for fun, friendship, rest and the opportunity to take part in a range of workshops. They provide mothers with a break from the stresses of caring, a chance to be themselves, to make new friends and to get away from the pressures and strains of the parenting tasks which consume most of their time.

Activities vary from camp to camp, but always include a balance of workshops and pampering, and a dinner on the Saturday night. Nothing is mandatory! You may join in any activities you desire, but may like to just take the weekend to have some quiet time, catch up on sleep or talk with friends – new and old.

Workshops provide a forum where the mothers have access to information, an opportunity to form networks and where they can learn new skills. Some of the topics covered at camps have included: journal process, sensuality, sushi making, dealing with anger, sibling issues, growing older with your child, silk-ribbon rope making, tie-dying, accommodation for older children and more. There also may be opportunities to practice meditation, Tai Chi, yoga or join a dance or drumming workshop.

Pampering sessions are a popular part of the weekends and generally include Reiki, foot massages, massage, manicures and hairdressing.

## Mothers Respite Weekends for 2010

***Join us and GO BOLLYWOOD at the November Mothers Respite Weekend!***

**19th - 21st November 2010**

**Alfred Hines Seaside Camp, Rockingham, WA**

Register Online Now (at <http://www.kalparrin.org.au/respite-and-recreation/mothers-respite-camp-registration/>) or download Registration Form at <http://www.kalparrin.org.au/resources/Respite-Weekend-Form.pdf>

\$100 – Members

\$116.50 - Non Members (Includes membership fee)

**20th - 22nd May 2011**

**Fairbridge Village, Pinjarra, WA**

Registrations not yet open

**Come join us for a weekend of relaxation, fun and a chance to meet other mothers!**

Registrations close 2 weeks before all events. Please note registrations are not complete until payment has been received.

**Kalparrin acknowledges the Channel 7 Telethon Trust for supporting the 2010 Mothers Respite Weekends.**