

Polio Australia

Representing polio survivors throughout Australia

2017 Polio Health and Wellness Retreat

Body / Mind / Spirit



REGISTRATION

*To be completed and returned with Program
(please keep a copy for your records)*

Polio Australia will once again be facilitating its 4 day/3 night day Polio Health and Wellness Retreat for polio survivors and their partners, this time from Thursday 26 October to Sunday 29 October 2017 at the SurfAir Conference & Events Centre Marcoola, 923 David Low Way Marcoola Beach QLD 4564:

<http://SurfAirbeachhotel.com.au/>

SurfAir Beach Hotel Marcoola is located on absolute pristine beachfront, just moments away from the Sunshine Coast Airport. The Hotel has an outdoor 'lagoon' pool, and there is plenty to see and do in the nearby areas, making it a great holiday destination.

To ensure that the Retreat environment is conducive to friendly networking, **numbers have been restricted to 70 people**. Preference will be given to Queensland residents and those interstate people who have not attended previous Retreats. **This does not preclude previous participants from registering and paying. Bookings are only confirmed when payment is received and places allocated.** Once we reach capacity, people will be contacted and asked if they wish to be placed on a waiting list. If we exceed the quota, once places have been allocated, there will be an immediate refund of payment.

Please note that **Registration is in 2 parts**: completion and return of this '**Registration**' form, together with payment; and completion and return of your session preferences which is located on a separate '**Program**' document. At the Retreat, you will also receive a copy of the '**Presenters List**' with details of all the session facilitators and their backgrounds for your information.

The Registration Form and Program is available in both Word and PDF format so that they can either be completed on a computer and sent by email (Word version), or the PDF version can be downloaded and completed by hand to be posted back to Polio Australia or scanned and emailed. All contact details are located at the end of this document. **Full payment must be made when you register to secure your place at the Retreat.**

If you have any questions about the Retreat or the Registration process, please do not hesitate to contact us by phone on 03 9016 7678 or 0466 718 222 or by email at office@polioaustralia.org.au.

The Program

This is a fully residential 4 day/3 night program and commences with registration from 2.00 pm onwards on Thursday 26th October, with departure at approximately 2.30 pm on Sunday 29th October 2017. **We do not accept partial bookings or off-site accommodation.**

A number of health professionals familiar with the issues associated with LEOp have kindly agreed to facilitate question and answer forums, which enable a broad spectrum of concerns to be raised within a group of people with similar conditions. We are extremely grateful to all the session facilitators for sharing their expertise, especially as the majority of them are providing their time and knowledge at no charge.

The success of this format lies in people discussing their own experiences of what works, supported by the knowledge and expertise of the respective health professionals. Therefore, to ensure this dynamic interaction is achieved, participant numbers are limited to a maximum of 20 per session. It is possible that not everyone will be successful in accessing everything they choose, but we hope that there are enough activities of interest to keep everyone satisfied.

There are also several opportunities to book to see health professionals on a one-to-one basis. However, due to the set number of appointments available, it should be noted that not everyone will be able to secure a booking. In these cases, a waiting list will be drawn up. **These booking times will overlap with session times.** It is unavoidable and expected that participants will need to come and go from sessions accordingly, being mindful of causing as little disruption as possible in the process.

On the separate Program, you are being asked to indicate your order of preference for attending each activity. For example: Friday 27th October – 10.30 am to 12.00 pm – “A Healthy Happy Shoulder” might be your 3rd choice, so indicate this by either highlighting or circling the number ‘3’ against that session; “Vehicle Modifications” might be your 1st choice, so select number ‘1’ against that session. Continue until you – **and** Participant 2 - have numbered each session in order of preference.

Where there is an oversubscription to any of the sessions and/or booked activities, names will be selected by ballot. During registration on Thursday 26th October, participants will be notified which sessions/booked activities they have been allocated.

Below is an overview of the daily itinerary and examples of the sessions you may select from:

Thursday 26th October

- Registration
- Welcome Dinner
- Guest Speaker
- Program Overview
- Introductions & Orientation

Friday 27th October (Body)

- Plenary: The Polio Body
- ‘Hold On’ Continence Advice
- A Healthy Happy Shoulder (x 2)
- Vehicle Mods To Keep You Travelling (x 2)
- Keeping Yourself Mobile
- To Brace Or Not To Brace
- Healthy Eating (x 2)
- New Insights, Innovation And Information In Treating Common Foot Problems
- Medicines: All You’ve Ever Wanted To Know But Never Asked
- Negotiating My Aged Care
- Partnering Polio

Saturday 28th October (Mind)

- Plenary: Exploring the Healthy Mind
- Cultivating Emotional Balance
- But What About Me?
- Planning Ahead
- Chair Yoga
- Cryptic Crosswords
- Feldenkrais
- Canasta
- Write Your Story
- Miniature Gardens
- Kitchen Table Economics & Investing
- Live Love Life Colourfully
- Partnering Polio

Sunday 29th October (Spirit)

- Plenary: The Spirit
- Philosophy, Science And World Religions
- Introduction To Buddhism
- Finding God In Christianity

Accommodation / Registration Fees



Deluxe Hotel Room

To keep costs as low as possible, every year Polio Australia submits numerous philanthropic grant applications to subsidise registration fees. This year, we have been successful in securing two funding grants from IRT (Aged Care service provider) and GSK (who has generously provided funding for all previous Retreats).

SurfAir Conference & Events Centre is a wheelchair friendly venue with elevators to the upstairs accommodation. We have provided a variety of accommodation/cost options for those who like to share and others who don't. All the onsite accommodation is managed by Ramada.

However, as is typical of much hotel accommodation, some bathrooms have showers-over bath and there are no grab rails. If required, Polio Australia will hire bath transfer benches, shower chairs/stools, and over the toilet risers to help make the bathrooms more accessible and ensure your safety. This equipment will need to be booked in advance, so please read carefully, and ensure you select this option on pages 5 and 6, if needed.

Ramada Ocean View Hotel Rooms (18 x rooms / maximum 36 people)

Queen size bed, ensuite bathroom with walk in shower (pictured above); balcony; TV, tea/coffee making facilities, fridge. Sleeps 2 people.

Ramada Hotel Rooms - Hinterland View (12 x rooms / maximum 24 people)

Queen size bed, ensuite bathroom with walk in shower (pictured above); balcony; TV, tea/coffee making facilities, fridge. Sleeps 2 people.

Ramada Twin Hotel Rooms – Hinterland View (4 x rooms / maximum 8 people)

Twin beds, ensuite bathroom with walk in shower (pictured above); balcony; TV, tea/coffee making facilities, fridge. Sleeps 2 people.

2 Bedroom 'Dual Key' Ocean View Apartments (2 x apartments / maximum 8 people)

First bedroom has one queen size bed with ensuite (shower over bath); second bedroom has one king or two single beds; separate bathroom with modular shower unit (small lip); fully equipped kitchen, laundry, open plan living/dining area with balcony. Sleeps 4.

2 Bedroom Ocean View Apartments (2 x apartments / maximum 8 people)

First bedroom has one queen size with ensuite (shower over bath); second bedroom has two single beds; separate bathroom (shower over bath); fully equipped kitchen, laundry, open plan living/dining area with balcony. Sleeps 4.

2 Bedroom Wheelchair Accessible Apartment – Hinterland View (1 x apartment / maximum 4 people)*

First bedroom has one queen size bed; second bedroom has two single beds; full wheelchair accessible bathroom; fully equipped kitchen, laundry, open plan living/dining area with balcony. Sleeps 4.

* Queen room and one single bed already booked.

3 Bedroom Ocean View Apartments (2 x apartments / maximum 12 people)

First bedroom has one queen size bed with ensuite (shower over bath); second bedroom has one king size bed or two single beds; third bedroom has 2 single beds; 2 additional bathrooms (1 shower over bath plus 1 modular shower unit with small lip). Fully equipped kitchen, laundry, open plan living/dining area with balcony. Sleeps 6.

Registration Fees

The costs listed below are all-inclusive of accommodation, food, workshop sessions, and listed activities for the 3 nights/4 days duration of the Retreat, and are considerably subsidised through grant funding.

<input type="checkbox"/> Single occupancy in Ramada Ocean View Hotel room	\$500.00 per person
<input type="checkbox"/> Double occupancy in Ramada Ocean View Hotel room	\$900.00 per couple
<input type="checkbox"/> Single occupancy in Ramada Hotel room - Hinterland View	\$400.00 per person
<input type="checkbox"/> Double occupancy in Ramada Hotel room - Hinterland View	\$700.00 per couple
<input type="checkbox"/> Twin share in Ramada Hotel room - Hinterland View	\$350.00 per person
<input type="checkbox"/> Single room occupancy in 2 or 3 bedroom Ocean View apartment	\$400.00 per person
<input type="checkbox"/> Double occupancy in 2 or 3 bedroom Ocean View apartment	\$700.00 per couple
<input type="checkbox"/> Twin share in 2 or 3 bedroom Ocean View apartment	\$350.00 per person
<input type="checkbox"/> Double occupancy in 2 bedroom apartment with wheelchair accessible bathroom	\$700.00 per couple
<input type="checkbox"/> Twin share in 2 bedroom apartment with wheelchair accessible bathroom	\$350.00 per person

To Book Extra Nights

If you would like to arrive before or depart after the Retreat dates, please contact Jack Hudson or Claire Coleman directly at the Ramada Marcoola to book your extra nights' accommodation: Ph: 07 5412 0100 / Email: reservations@ramadamarcoola.com.au. Jack and Claire work with group bookings, know about the Retreat, and will ensure our delegates receive the same room rate throughout their stay.

Meals Provided



Breakfast:

3 x Buffet Breakfasts served in the Beach Bistro

Lunch:

2 x Light lunches: sandwiches, salads, fruit, juice, tea/coffee
1 x BBQ (Sunday)

Dinner:

3 x 2 Course Plated Dinners – Main and Dessert
(2 choices for each course/alternate drop)

Morning and Afternoon Teas

Note: all dietary requirements will be accommodated / alcohol available but not included

Sponsors/Special Support



Getting To Marcoola

Flying

[Virgin](#) and [Jetstar](#) fly directly into the Sunshine Coast Airport (Marcoola) from Sydney, Melbourne, Adelaide, and Auckland, then it's a 10 minute taxi ride at approx. \$15.00 (see Suncoast Cabs below).

Note: there is no sky bridge at the Sunshine Coast Airport so please make sure you advise your airline if you are unable to use stairs. Check this link for more information: www.sunshinecoastairport.com.au/Travellers-Guide/Special-Assistance

Suncoast Cabs



Suncoast Cabs have a fleet of late model air-conditioned taxis. Among the fleet are station wagons, people movers (6 persons) and high occupancy vehicles (10 persons) to cater for individual requirements. The Company ensures that a high proportion of vehicles in the fleet are **wheelchair accessible** and this meets the existing market demand.

With EFTPOS equipped vehicles, this is just another service the company provides to make payment of the journey much more efficient. (10% surcharge applies on all transactions.)

If you would like to have a driver and vehicle to meet and greet you at the Sunshine Coast Airport, this can be easily arranged by phoning 07 5441 8801 / 131 008 / www.suncoastcabs.com.au/

Sun-air Airport Shuttle – Brisbane Airport to Marcoola



For people arriving from Brisbane, Sun-air Airport Shuttle will provide a door-to-door transfer between Brisbane Airport and SurfAir Marcoola Hotel. Cost is \$54 one way or \$102 return per adult/full fare.

Guests will need to provide their flight details and how much luggage they have. All passengers are asked to phone Sun-air on 07 5477 0888 between 2pm and 5pm the day prior to departure to confirm pick-up times.

Not wheelchair accessible.

www.sunair.com.au/brisbane-airport-transit-stop.html

Train From Brisbane Airport

Brisbane Airport to Brisbane City – Ph: 07 3216 3308 / www.airtrain.com.au/ = \$16.20 one way (full fare). Both train and stations are wheelchair accessible.

From Brisbane, the closest train station to Marcoola is at Nambour, which is approximately 18 km away. The 'Go Card' cost from Brisbane/Roma Street Station to Nambour is \$13.09 (full fare) and concessions are available. For more detail, contact Queensland Rail on Ph: 1300 131 722 / www.queenslandrail.com.au/Pages/Default.aspx. You will then need to arrange for a taxi to take you from the Nambour train station to Marcoola. (see Suncoast Cabs above)

Driving From Brisbane Airport

Brisbane Airport to SurfAir Marcoola Hotel, 923 David Low Way, Marcoola Beach is 112 km / approx. 1½ hours along Bruce Hwy/M1.

Parking

Free parking is available to all Retreat Delegates in onsite parking bays.

Participant 1

Where more than one person is attending all communications will be directed to Participant 1

First Name: _____ Family Name: _____

Street Address or PO Box: _____

Suburb: _____ State: _____ Post Code: _____

☐ Male ☐ Female Year of Birth: _____ (for statistics only)

Ph: (Day) _____ Mobile: _____

Email: _____

Have you had polio? ☐ Yes ☐ No If yes, what year? _____

Do you usually use a mobility aid? ☐ Yes ☐ No

If 'Yes', what type?

☐ Walking Stick ☐ Elbow Crutches ☐ Manual Wheelchair

☐ Electric Wheelchair ☐ Scooter ☐ Walker

Will you be bringing your mobility aid with you? ☐ Yes ☐ No

If available, would the following equipment be useful at the Retreat?

Over the toilet riser? ☐ Yes ☐ No Shower stool? ☐ Yes ☐ No

Bath transfer bench? ☐ Yes ☐ No Shower chair? ☐ Yes ☐ No

Any special dietary requirements: ☐ Vegetarian ☐ Dairy Free ☐ Gluten Free

☐ Other / Food Allergies: _____

In case of emergency, whilst attending the program, please include the name of a contact person:

Name: _____

Relationship to Participant: _____

Ph: (Day) _____ Mobile: _____

Room Type Preferred

☐ Single occupancy in Ramada Ocean View Hotel room

☐ Double occupancy in Ramada Ocean View Hotel room with Participant 2

☐ Single occupancy in Ramada Hotel room - Hinterland View

☐ Double occupancy in Ramada Hotel room - Hinterland View with Participant 2

☐ Twin share in Ramada Hotel room - Hinterland View with Participant 2

☐ Twin share in Ramada Hotel room - Hinterland View with another single Participant (same sex)

- ☐ Single room occupancy in 2 or 3 bedroom 'Dual Key' Ocean View apartment*
- ☐ Double occupancy in 2 or 3 bedroom 'Dual Key' Ocean View apartment with Participant 2*
- ☐ Twin share in 2 or 3 bedroom 'Dual Key' Ocean View apartment with Participant 2*
- ☐ Single room occupancy in 2 or 3 bedroom Ocean View apartment**
- ☐ Double occupancy in 2 or 3 bedroom Ocean View apartment with Participant 2**
- ☐ Twin share in 2 or 3 bedroom Ocean View apartment with Participant 2**
- ☐ Twin share in 2 bedroom apartment with wheelchair accessible bathroom with another single female Participant – **only 1 bed left**

* One bathroom has modular shower with small lip

** All bathrooms are shower over bath

Participant 2

First Name: _____ Family Name: _____

Street Address or PO Box: _____

Suburb: _____ State: _____ Post Code: _____

☐ Male ☐ Female Year of Birth: _____ (*for statistics only*)

Ph: (Day) _____ Mobile: _____

Email: _____

Have you had polio? ☐ Yes ☐ No If yes, what year? _____

Do you usually use a mobility aid? ☐ Yes ☐ No

If 'Yes', what type?

☐ Walking Stick ☐ Elbow Crutches ☐ Manual Wheelchair

☐ Electric Wheelchair ☐ Scooter ☐ Walker

Will you be bringing your mobility aid with you? ☐ Yes ☐ No

If available, would the following equipment be useful at the Retreat?

Over the toilet riser? ☐ Yes ☐ No Shower stool? ☐ Yes ☐ No

Bath transfer bench? ☐ Yes ☐ No Shower chair? ☐ Yes ☐ No

Any special dietary requirements: ☐ Vegetarian ☐ Dairy Free ☐ Gluten Free

☐ Other / Food Allergies: _____

In case of emergency, whilst attending the program, please include the name of a contact person:

Name: _____

Relationship to Participant: _____

Ph: (Day) _____ Mobile: _____

Payment Options

Payment can be made in one of three ways (please select):

☐ Internet banking/direct credit to Polio Australia Inc account:

Westpac (Parramatta Branch, NSW) – BSB 032-078 / Account 555766

Please ensure that you quote your Family Name on your internet banking transaction

Please provide the internet banking transaction reference: _____

☐ Deposit the money at a local Westpac branch into Polio Australia Inc account:

Westpac (Parramatta Branch, NSW) – BSB 032-078 / Account 555766

☐ Please tick to confirm that a copy of the Bank Receipt is attached

☐ Cheque made out to Polio Australia Incorporated and posted to the address at the end of this Page

Enclosed please find payment by Cheque / Direct Deposit Receipt for:

<input type="checkbox"/> Single occupancy in Ramada Ocean View Hotel room	\$500.00 per person
<input type="checkbox"/> Double occupancy in Ramada Ocean View Hotel room	\$900.00 per couple
<input type="checkbox"/> Single occupancy in Ramada Hotel room - Hinterland View	\$400.00 per person
<input type="checkbox"/> Double occupancy in Ramada Hotel room - Hinterland View	\$700.00 per couple
<input type="checkbox"/> Twin share in Ramada Hotel room - Hinterland View	\$350.00 per person
<input type="checkbox"/> Single room occupancy in 2 or 3 bedroom Ocean View apartment	\$400.00 per person
<input type="checkbox"/> Double occupancy in 2 or 3 bedroom Ocean View apartment	\$700.00 per couple
<input type="checkbox"/> Twin share in 2 or 3 bedroom Ocean View apartment	\$350.00 per person
<input type="checkbox"/> Twin share in 2 bedroom apartment with wheelchair accessible bathroom	\$350.00 per person

Total: \$_____

Now please proceed to the Program – a separate document – which also needs to be completed and returned for your Registration to be complete.

Documents and full payment can be sent by:

Post – PO Box 500, Kew East, Victoria, 3102

or

Email – office@polioaustralia.org.au