



2019 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 be holding the **LAST EVER** 4 day/3 night day Polio Health and Wellness Retreat for polio survivors and their partners, this time from Thursday 17 October to Sunday 20 October 2019 at [St Joseph's Centre for Reflective Living](#), 33 Barina Downs Rd, Norwest, NSW, 2153.

St Joseph's Centre for Reflective Living is a lovely, peaceful environment, and very conducive to sharing and learning new information. The venue is approximately 30 minutes north-west of Sydney CBD and approximately one hour from Sydney Airport.

To ensure that the Retreat environment is conducive to friendly networking, **numbers have been restricted to 70 people**. Preference will be given to New South Wales 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. Completed forms can be returned by email as either a Word or scanned PDF attachment, or posted back to Polio Australia. 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 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 17th October, and departure at approximately 2.30 pm on Sunday 20th October 2019. **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 may also be opportunities to book to see various health professionals on a one-to-one basis, but no details are available as yet. More information on pre-booking these options will be provided in the lead up to the Retreat. It should be noted that, due to the set number of appointments available, not everyone will be able to secure a booking. In these cases, a waiting list will be drawn up. **These one-to-one appointments 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 18th October – 10.30am to 12.00pm – “Nutrition” might be your 2nd choice, so indicate this by either highlighting or circling the number ‘2’ against that session; “Fatigue” might be your 1st choice, so select number ‘1’ against that session. Continue until you – **and Participant 2** - have numbered all sessions 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 17th 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 17th October

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

Friday 18th October (Body)

- Body Plenary
- Core And Posture For Polio Survivors
- Diet, Immunity And Inflammation
- Fatigue
- Arthritis: Pain Management, Complementary Medicines And Alternative Approaches
- Finding Your Feet: Pedorthics And Polio
- Exercise Guide Overview And Discussion
- Partnering Polio (For Partners/Carers)
- History Of Knee Ankle Foot Orthoses
- Looking After Your Shoulders
- Achieving Your Goals By Effective Pacing, Grading And A Little Assistive Technology

Saturday 19th October (Mind)

- Mind Plenary
- How To Increase Your Retirement Nest Egg
- Aged Care: Client Rights And Responsibilities
- Swollen Polio Legs
- Seated Yoga
- Trash Or Treasure (Craft Activity)
- Age Is An Attitude
- Universal Design, Accessibility and Inclusion
- Partnering Polio (For Partners/Carers)
- Crafty Cards (Craft Activity)
- Early Polio Memories
- People Who Change The World

Sunday 20th October (Spirit)

- Spirit Plenary
- The Spread Of Buddhism
- Humanism: An Enlightened Life Stance
- Finding God In Christianity

Accommodation / Registration Fees



To keep costs as low as possible, every year Polio Australia submits numerous philanthropic grant applications to subsidise registration fees.

St Joseph's is a wheelchair accessible venue with elevators to the upstairs accommodation. All rooms booked for this Retreat have walk-in showers. If requested, Polio Australia will hire shower 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 6 and 7, if required.

Additional information:

- Single, double, and twin room configuration is available.
- All rooms have air-conditioning, internet and telephone services.
- There is a shared 'bath room' on each of the two accommodation floors for those who prefer a bath.
- There are several guest lounges with kitchenettes, as well as TV/DVD lounges on each level for guest use. There are no TV's, fridges or tea/coffee facilities in the rooms.
- There is a computer room on level one with two computers for guest use.

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.

- Single occupancy = \$400.00 per person
- Double or twin occupancy = \$700.00 per couple or \$350 per person

To Book Extra Nights

If you would like to arrive before or depart after the Retreat dates, please contact St Joseph's Centre for Reflective Living directly: Ph: 02 9634 2317 / Email: FrontDesk@stjosephscentre.org.au

Please advise the staff you are a part of the Polio Australia Retreat, so they can accommodate you accordingly. You will be charged the best publicly available rates.

Meals Provided



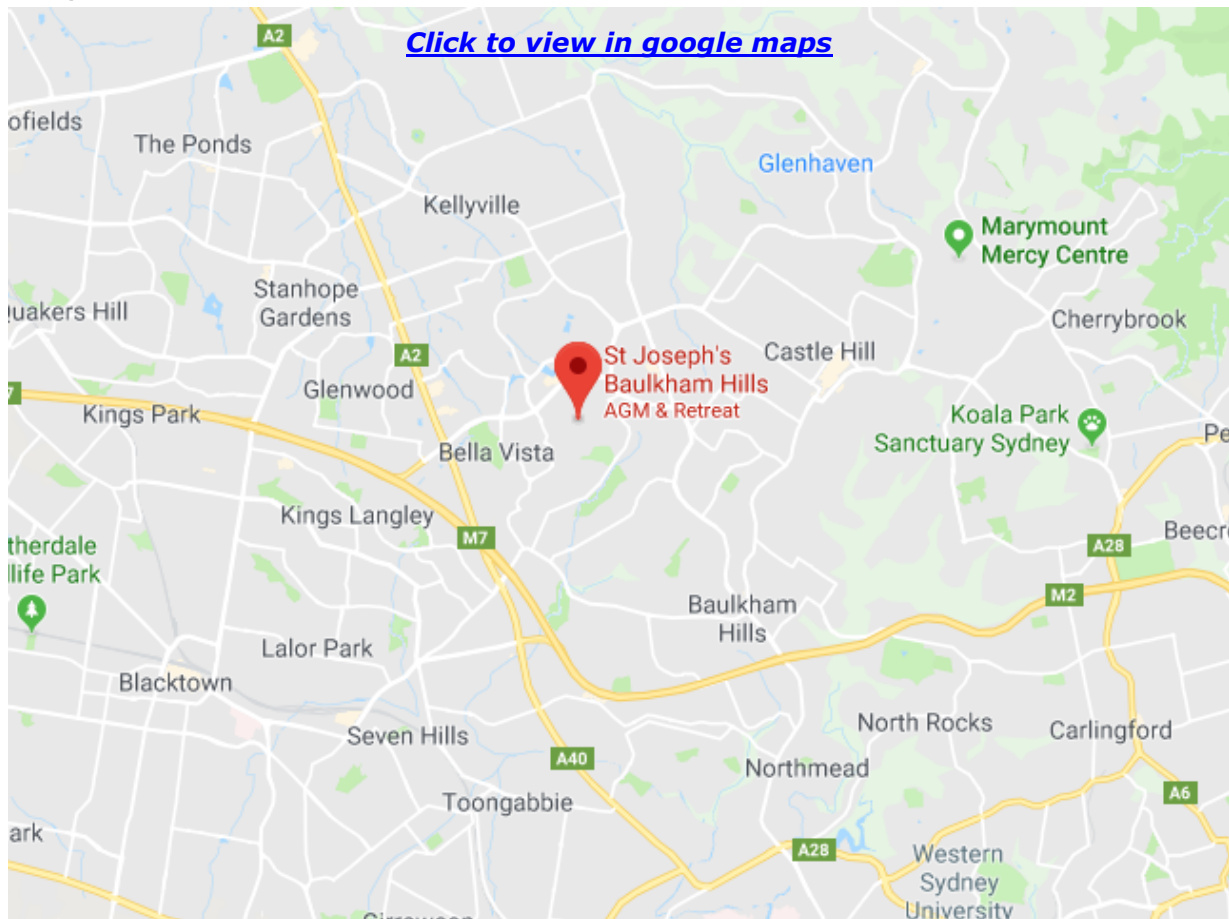
All wholesome, home-cooked style meals are served in the dining hall:

- **Breakfast:** Self-Serve Continental, e.g. toast, cereal, yoghurt, fruit juice, tea/coffee
- **Lunch:** e.g. chicken, pasta, rice, or quiche, with self-serve salads, rolls, fruit, juice, tea/coffee
- **Dinner:** Main Meal and Dessert
- **Morning / Afternoon Tea**

Note:

- *Dietary requirements can be accommodated*
- *BYO alcohol only – not available for purchase on site*

Getting To Norwest / Baulkham Hills



[St Joseph's Centre for Reflective Living, 33 Barina Downs Road, Norwest, NSW, 2153](#)

From Sydney Airport

Depending on the route taken, the distance from Sydney Airport to St Joseph's is between 40 and 50 km's and can take up to one hour (or more). The shortest route is not necessarily the quickest!

By Car ([Tolls](#))

Follow signs from airport to M1, continuing along M1 towards Artarmon, then keep right on M1, which becomes the M2. Continue on the M2 for several km's before taking the Windsor Road exit towards Baulkham Hills. You will travel for several km's along Windsor Road, past The Hills Private Hospital and Castle Hill Trading Zone (both on right). Turn left onto Barina Downs Road and drive for 550m through two roundabouts. Just prior to Barina Park Place (on right), turn left onto unnamed road for 91m, then turn right for 91m to reach St Joseph's Reception, where ample parking is available.

TAXI

Phone: 13CABS @ \$81 – \$124

Wheelchair accessible taxis are available – book ahead if possible

Uber

UberX (seats up to 4) @ \$109 – \$137

UberAssist (special assistance from certified drivers – not wheelchair accessible – driver will help you in/out of vehicle.) @ \$105 – \$133

UberXL (seats up to 6) @ \$155 – 200

By Shuttle

Several shuttle companies service the northwest of Sydney (examples below). Check if they are wheelchair accessible (if needed) or if they can take you door to door:

[Hills Airport Shuttle](#) 02 9899 1804 – from \$80 per couple one way

[Anytime Shuttle](#) 0452 604 520 – from \$70 per couple one way



By Public Transport

You can plan your trip with real-time information using the Trip Planner or Departures on www.transportnsw.info. You will need an [Opal Card](#).

Train from Sydney Airport to Sydney CBD

[Airport Link](#) can be boarded at Sydney's international and domestic terminals. It takes approx. 10 minutes to Sydney's CBD and stops at both Central station and Wynyard station @ \$18.70 one way.

Bus from Sydney CBD (Wheelchair Accessible)

This is a 50 minute trip (approx.) for \$4.71 (full fare) one way:

- board the 614X bus from Wynyard Station, Stand Q on Clarence Street, Sydney CBD
- alight at Barina Downs Road before Hillsborough Way, Baulkham Hills / stop ID 2153440
- 350m walking route from bus stop: walk south-west on Barina Downs Road towards Barina Park Place for 110m; cross the road for 31m; turn right on unnamed road for 91m; turn right for 91m; arrive St Joseph's

Train from Sydney CBD (Wheelchair Accessible)

The new Norwest train station is a 1km walk or 3km taxi ride from St Joseph's (driving is further due to one way streets):

- from Central station, board the Northern T9 for 11 stops to Epping / change at Epping
- board the M Tallawong train for 4 stops to Norwest station
- walking route from Norwest station: walk south-east on Brookhollow Avenue for 280m; turn right towards Evesham Court for 160m; turn right onto Evesham Court for 160m; at the roundabout, take the first exit onto Barina Downs Road for 230m; turn right on unnamed road for 91m; turn right for 91m; arrive St Joseph's

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

Do you require additional aids during your stay? Please advise:

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

Other: _____

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

☐ Accommodation – single occupancy

☐ Accommodation – double or twin occupancy with Participant 2

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

Do you require additional aids during your stay? Please advise:

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

Other: _____

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 Registration and accommodation in:

- ☐ Accommodation – single occupancy \$400 per person
- ☐ Accommodation – twin or double occupancy \$700 per couple

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