



ABRN 142 977 053

POLIO AUSTRALIA INCORPORATED

Representing polio survivors throughout Australia

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Polio Health and Wellness Retreat Body / Mind / Spirit

Registration Form



St Joseph's Centre for Reflective Living 64 MacKillop Drive Baulkham Hills NSW

Thursday 8, Friday 9, Saturday 10 and Sunday 11 May 2014

Polio Australia held its first Retreat at this venue, which is a lovely, peaceful environment, and very conducive to sharing and learning new information.

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 program selection which is on a separate “**Program**” document. 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 top of this page. **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 program and commences with registration from 2.00 pm onwards on Thursday 8th May, with check out at approximately 2.00 pm on Sunday 11th May 2014.

The attached **Program** is still a 'work in progress' and there may be changes/additions made in the lead up to the Retreat, which we will endeavour to keep you up to date with.

At this point, you are being asked to indicate your order of preference for attending each activity. For example: Friday 9th May - 10.30 am to 12.00 pm – "Post Polio Exercise Options" might be your 3rd choice, so indicate this by putting the number '3' against that session; "Pain Management" might be your 1st choice, so put a number '1' against that session. Continue until you – and Participant 2 - have numbered each session in order of preference.

We anticipate 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.

Below are examples of the sessions you may select from (*see separate **Program** for all details*):

Thursday 8th May

- Registration
- Program Overview
- Introductions & orientation
- Guest Speaker

Friday 9th May (Body)

- Plenary – The Polio Body
- Post Polio Exercise Options
- Functional Footwear
- A Breath of Fresh Air: how to work with your respiratory system to maximise speech and swallowing functions
- Pain and Fatigue Management
- Osteopathic in Self Care
- Swollen Polio Legs
- Too Tired to Breathe?
- Managing Arthritis and Osteoporosis
- Partnering Polio
- Mindfulness: What Is It And How Can It Help Me?
- Pain and Fatigue Management (Repeat)
- Avoiding Falls
- Taking Charge of Your Own Health

Saturday 10th May (Mind)

- Plenary - Healthy Brain Ageing
- Seated Yoga
- Early Polio Memories
- Singing for Fun!
- Mind Matters
- Telling Your Story
- A Family History Taster: Catching The Bug!
- Cryptic Crosswords
- Travelling Options for People Ageing with a Physical Disability
- Partnering Polio
- Card Making
- Making the Most of Our New Reality
- Laughter: The Best Medicine
- Bonsai Magic

Sunday 11th May (Spirit)

- Awakening the Creative Spirit Within
- The gift of the Holy Spirit
- Philosophically Speaking
- Meditation

Where there is an oversubscription to any of the sessions and/or booked activities, names will be selected by ballot. During registration on Thursday 8th May, participants will be notified which sessions/booked activities they have been allocated.

There are also opportunities to book in to see therapists on a one-to-one basis. 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.

Cost / Accommodation (see page 8 for details)

The following costs include three nights' accommodation, all meals (including morning and afternoon tea), guest speakers, entertainment, sessions, and most activities.

Single occupancy with ensuite bathroom	\$400.00 per person
Twin/Double occupancy with ensuite bathroom	\$350.00 per person

Accessibility

St Joseph's is a wheelchair accessible venue with elevators to the upstairs accommodation.

Unfortunately, there are only 2 rooms with specific 'wheelchair accessible' bathrooms, both of which have already been booked. However, all ensuite showers are walk in, apart from a small lip, and Polio Australia is able to hire 'in room' bathroom aids such as shower stools and over-the-toilet risers to make your stay more comfortable. Please indicate on Page 5 if you require this equipment.

Additional information:

- There is a shared 'bath room' on each of the two accommodation floors for those who prefer a bath.
- All rooms have air-conditioning, internet and telephone services.
- 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.

Meals

Breakfast: Self-Serve Continental (toast, cereal, yoghurt, fruit - fresh, dried, canned, juice, tea/coffee)

Lunch: Light (e.g. chicken, pasta, rice, quiche) with self-serve salads, rolls, fruit, juice, tea/coffee

Dinner: Main Meal and Dessert (no menu options available but dietary requirements will be accommodated)

How To Get To St Joseph's Baulkham Hills

From The Airport

There are several shuttle companies that service the northwest of Sydney. Please check the Internet or White Pages.

Direct Airport Shuttle: 02 9614 1444 or 0403 005 249

By Bus

You will need to take the Airport Train to Central station, and then change trains at Central and board a train for Parramatta station.

At Parramatta station, catch Westbus #606, alighting at the Barina Downs Road & MacKillop Drive stop. From the front gate there is a 500m walk up the drive.

By Car

Traveling from Parramatta, drive along Windsor Road towards Windsor. You will travel for several kilometers along Windsor Road, past The Hills Private Hospital and Castle Hill Trading Zone (both on right). Continue on to Barina Downs Road, which goes off on your left (there is a left hand turning lane). At the first roundabout in Barina Downs Road, turn left again into MacKillop Drive. The entrance to the Centre is just a few meters along on the right – follow the drive 500m to the Reception front door. Ample parking available – enquire at Reception.

If traveling east from the direction of Windsor, please note there is no right hand turn into Barina Downs Road from Windsor Road.

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 Date 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

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

Double occupancy with Participant 2

Twin share occupancy with Participant 2

Twin share occupancy with another participant of same sex (if option is available)

Participant 2

First Name: _____ Family Name: _____

Street Address or PO Box: _____

Suburb: _____ State: _____ Post Code: _____

Male Female Date 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 assist? Yes No Shower stool? 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 top of Page 1

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

- | | |
|---|---------------------|
| <input type="checkbox"/> Single occupancy | \$400.00 per person |
| <input type="checkbox"/> Double occupancy | \$700.00 per couple |
| <input type="checkbox"/> Twin share occupancy | \$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.