

Polio Australia

Representing polio survivors throughout Australia

2015 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 30 April to Sunday 3 May, 2015 at the spectacular [Wyndham Resort Torquay](#), 100 The Esplanade, Torquay, Victoria, 3228 – Ph: 03 5261 1500.

Boasting a spectacular location along the pristine shores of Zeally Bay Beach on Victoria's Surf Coast, the Wyndham Resort Torquay is 90 minutes from Melbourne and enjoys stunning ocean views. Torquay itself is a vibrant seaside town that is the official starting point of the magnificent Great Ocean Road. The Resort has an outdoor 'lagoon' and an indoor heated pool, and 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 Victorian 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 program and commences with registration from 2.00 pm onwards on Thursday 30th June, with departure at approximately 2.30 pm on Sunday 3rd May 2015.

At this point, you are being asked to indicate your order of preference for attending each activity. For example: Friday 1st May - 10.30 am to 12.00 pm - "Pain and Fatigue Management" might be your 3rd choice, so indicate this by putting the number '3' against that session; "Take A Deep Breath" 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 30th April

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

Friday 1st May (Body)

- Plenary – The Polio Body
- Pain and Fatigue Management
- Take A Deep Breath: Respiratory Issues
- Holistic Health Parts 1 and 2
- Exercise Options
- To Brace or Not To Brace
- What's That? Hearing Loss
- Adjusting to a New Physical Reality
- Healthy Eating
- Managing Mobility
- Being Medicine Wise
- Partnering Polio

Saturday 2nd May (Mind)

- Plenary - Healthy Mind/Healthy Body?
- Mindful Self Compassion
- Mindful Movement
- Early Polio Memories
- Mind Your Mind
- Cryptic Crosswords
- What's Your 'Type'?
- Creative Writing
- Exploring the Share Market
- Ikebana
- Neuroflow: Creative Drawing
- Find Your Voice
- Why Family History?
- Partnering Polio

Sunday 3rd May (Spirit)

- The Healthy Spirit
- Worship Through Music
- Philosophy
- Connecting with Spirit Through 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 30th April, participants will be notified which sessions/booked activities they have been allocated.

There are also opportunities to book to see health professionals on a one-to-one basis. However, due to limited booking times, 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.

Cost / Accommodation *(see page 8 for details)*



To keep costs as low as possible, every year Polio Australia submits numerous philanthropic grant applications to subsidise registration fees. Unfortunately, we have only been successful in securing one funding grant this year from GSK, who have also generously provided funding for all previous Retreats.

As indicated, the Wyndham Torquay Resort is a luxury facility, complete with breathtaking ocean views, indoor and outdoor swimming pools, a gym, and an Endota Day Spa. As such, we have had to make a slight adjustment to the estimated cost of this Retreat but believe we are still able to offer an **excellent rate for three nights' accommodation, all meals, guest speakers, entertainment, sessions, and activities:**

Single occupancy with ensuite bathroom = \$500.00 per person
Twin/Double occupancy with ensuite bathroom = \$450.00 per person

Note: see *Payment Options on Page 7 for details*

Accessibility

Wyndham Torquay Resort is a wheelchair accessible venue with elevators to the upstairs facilitates and accommodation. Unfortunately, there are only 4 rooms with specific 'wheelchair accessible' bathrooms, all 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.

Meals



Breakfast: 3 x Full Buffet Breakfasts served in the Latitude-38 Restaurant & Bar
Lunch: 2 x Light sandwiches, salads, cheese platter, fruit, juice, tea/coffee / 1 x Hot Buffet
Dinner: 3 x Main Meals and Desserts
Morning and Afternoon Teas

Note: *all dietary requirements will be accommodated*

Getting To Torquay

Torquay is located south west of Melbourne and is accessible by car or bus. Alternatively, daily rail services are available from Melbourne to Geelong then local bus services are available from Geelong to Torquay, just 25 kms away.

All Airlines fly into Melbourne and Jetstar and some small airline services fly into Avalon (near Geelong). If you are flying into Avalon, local bus services offer regular services to Torquay. [Avalon Airport Shuttle](#) can be booked by calling 03 5278 8788. This service does **not** have wheelchair access. See the following page for more transport options.

Airline Links

- www.qantas.com.au
- www.jetstar.com.au
- www.virginblue.com.au

How far from Melbourne

Melbourne to Geelong 73 kms
Melbourne to Torquay 95 kms
Geelong to Torquay 25 kms

Driving

From the airport, drive towards Melbourne on the Tullamarine Freeway. Then onto the Western Ring Road and the Princess Highway, which will take you to Geelong. Just before Geelong, turn right and use the Ring Road (following the signs to Ocean Road and Colac). By using the Geelong Ring Road you will avoid the traffic and traffic lights. At the end of the Geelong Ring Road turn right and following signs to Torquay from there.

Parking

Free parking is available to all Conference Delegates in the underground carpark. However, there is a charge for Valet service.

Public Transport



If you are using public transport it is not difficult or expensive to get to Torquay from the Melbourne Airport. See options below.

Bus – Melbourne Airport to Southern Cross Station

Firstly, the [Sky Bus Service](#) departs from the Melbourne airport every 15 minutes and runs directly to Southern Cross Train Station. The SkyBus fleet is Australia's first fleet of 100 per cent mobility-enhanced rapid transit vehicles for wheelchair passenger access. Equipped with

kneel-down suspension to ensure they're easily accessible for passengers with impaired mobility. View the website or call 03 9335 2811 for further details.

Train – From Southern Cross Station to Geelong

From Southern Cross Station catch a train to Geelong. Trains to Geelong depart Southern Cross station every hour (check time table for exact departure times). During week days there are additional services in the peak morning and afternoon periods. Information or time tables for Geelong to Southern Cross trains can be viewed on www.vline.com.au or call 1800 800 007.

Taxi – From Geelong Station to Wyndham Torquay Resort

(Up to \$50 one way)



The 24 Geelong Maxi Taxis are mainly Toyota High Ace and Kia Carnival models with seating capacity for up to 2 wheel chairs and a passenger capacity of between 4 and 11 passengers. As trains arrive at Geelong Station from Melbourne every hour, this would be an excellent option for a small group arriving at the same time - call Ph: 52 785 785 to book.

Bus – From Geelong Station to Torquay

(Unfortunately, the bus stop is approx. 2 kms from the Resort)

Geelong to Torquay bus time tables can be viewed on the Vline web site already provided and also on McHarry's Buslines website, or call 03 5223 2111. McHarry's Buslines have wheelchair access for 2 wheelchairs only, and cannot be booked.

Bus – Directly from Melbourne Airport to Geelong

An alternative option is the Gull Airport Service. The Gull Airport Service runs between Melbourne Airport and Geelong but is **not** wheelchair accessible. Tickets, timetables and bookings can be viewed and made at www.gull.com.au or ring 03 5222 4966.

At Melbourne Airport, pick-ups are made on outside on the ground floor opposite the International Terminal or on the second road near the Qantas Domestic Terminal. The Gull Airport Service stops at the Geelong Train Station, allowing you to can catch a taxi or Vline or McHarry's bus to Torquay. As indicated above, the bus stop is 2 kms from the Resort.

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

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 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

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 | \$500.00 per person |
| <input type="checkbox"/> Double occupancy | \$900.00 per couple |
| <input type="checkbox"/> Twin share occupancy | \$450.00 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