

WINDMILL CAMPS

PROGRAM INFORMATION



Camps are a great opportunity to take a breath away from everyday pressures and connect with new friends.

In a safe, fun and positive environment we aim to:

- Work towards NDIS goals around Capacity Building and Social and Community Participation
- Build self-confidence
- Improve decision making skills
- Build positive relationships and connections with peers and carers.
- Encourage and support children to step outside of their comfort zones by trying new activities in a safe and nurturing environment.

The program combines group therapy sessions with recreational activities – rock climbing, surfing, arts and craft and cooking. The activities are designed to encourage and develop teamwork, positive relationship building and emotion management.

Most families stay in Drummond House and are encouraged to use the communal lounge room after the day program is completed. This helps build connections with peers in the group as well as providing opportunities for parents and carers to form connections.

Day 1

The group will start to get know each other in their first group therapy session followed by a nature walk around the local Manly area. During this walk the camp staff will promote conversations around getting to know each other while everyone appreciates the natural environment. This helps calm any nerves around the week ahead.

Following the nature walk the group visit an Indoor Rock-Climbing Centre, transported in the Royal Far West Bus. At rock climbing the children get into their harnesses and take turns to climb the rock wall. This encourages them to step outside of their comfort zone, while being encouraged by the group. The children all reach different levels and feel a sense of accomplishment and excitement at having a go. This activity also helps with social interaction and turn taking as the children encourage each other up the wall and wait for their turn. The group can also try Caving. This is another great activity where the group use team work to encourage each other through the cave and shine lights to guide each other.

Day 2

The day starts out with team games that promote movement and the use of fundamental movement skills. The session ends with a small stretch and breathing exercise before moving into the group therapy session.

Following the group therapy session, the group prepare to go the shops to buy ingredients for cooking, splitting into two working groups. The groups look over the

WINDMILL CAMPS

PROGRAM INFORMATION



recipe and plan what they need to buy at the supermarket. This develops decision making skills, social skills and team work.

Once the group return from the shops, they are supported to follow a recipe and cook their own lunch. In this session the children work on developing fine motor skills and life skills.

After lunch the group walk to Manly Surf School. During this activity the group are taught by a Manly Surf School instructor. The children work individually with the instructor when they are in the surf using a surfboard. While the others are waiting their turn, they play on body boards in the shallow white wash.

This activity provides children with a huge sense of accomplishment. Everyone is at different skill levels and the children are supported to try to step out of their comfort zone.

Day 3

The day starts out with team games that promote movement and the use of fundamental movement skills. The session ends with a small stretch and breathing exercise before moving into the group therapy session.

Following the group therapy the group are off to the city on the Manly Fast Ferry. During the trip the group continue to develop their new friendships, some may have to step outside their comfort zone when accessing a crowded wharf to board the ferry. The Camp staff will be there to aid and support.

The group will have been asked to bring some pocket money. They use their decision making and life skills to choose what they will have for lunch. They are supported to order and pay for their food themselves.

During the afternoon activity the group watch a short video clip of what happens when we 'lose control of our emotions'.

After the clip the group have a short discussion about the clip and then the group make Mind Bottles. The mind bottle represents the brain when shaken which represents losing control of our emotions. The group discusses what that means to them and what can they do when they feel out of control.

After the craft activity the group have time to hang out as a group, play table tennis, air hockey and explore the RFW Lego Master corner.

Day 4

This is the last day of camp. The day starts off with a farewell BBQ breakfast. Both parent/carer and the child attend this celebration.

There is a presentation at the end of the BBQ and each child will receive a certificate of completion. This supports their confidence building and sense of self.

WINDMILL CAMPS

PROGRAM INFORMATION



The group then head to the morning movement session followed by the last group therapy session.

Group Therapy Sessions

The group therapy sessions start with fun, physical activities that help the kids to achieve a regulated (calm and alert) state. This helps them to focus on the second part of the sessions, which involves teaching the kids about their brains, why they find certain things difficult, and then provides them with ideas of how to help themselves to calm if they do feel themselves becoming overwhelmed.

Parent/Carer Sessions

Our parent/carers training sessions aim to build parent capacity by working with families on goal setting and complementing the children's group therapy activities. The first session is a goal-setting session that is designed to help families to think about goals, not just for their child, but for themselves and their families. Parents report that after completing planning with the NDIS for their child's plan, they often feel very lost and confused. This workshop is designed to help them for future NDIS planning, as well as to help create family and personal goals. This workshop is also a great ice breaker and opportunity to get to know the other parents who are attending camp.

The next three sessions complement the group therapy sessions, so both carers and children learn to be responsible for the children's regulation. We aim to achieve this by running sessions that provide families with information about why the kids have the difficulties they do by teaching them about the brain and how it makes us **all** tick. Families learn about the fight/flight response, its impact on behaviour, attention, learning and social skills, and are provided with an understanding about the common difficulties seen in their children. Practical strategies based on the brain science that families learn are also included so parents can go home with ideas of how to help their children regulate. These are group training sessions that provide families with **principles** and **general examples** of strategies that can be implemented at home, school and in the community.

WINDMILL CAMPS

PROGRAM TIMETABLE



	Time	Kids Activity Program	Supervision	Parent/Carer Program
Day 1	Up to 12:30pm	Arrival		
	12:30pm - 1:00pm	Lunch Provided	Guardian	
	1:00pm to 1:30pm	Orientation meet & greet with families	RFW	Orientation meet and greet with families
	1:30pm - 2:30pm	Group Therapy Session - LEAP - Learning, Emotion, Attention & Play		Free Time
	2:30pm - 3:00pm	Afternoon Tea		3pm - 5pm - Parent/Carer training
	3:00pm - 4:00pm	Nature walk		
	4.00pm - 6:00pm	Indoor Rock Climbing		
	6:00pm - 7:00pm	Dinner		Guardian
	Night	Free night		Free Night
Day 2	7:00am - 8:30am	Breakfast		Breakfast
	9:00am - 9:30am	Movement session	RFW	Free Time
	9:30am-10:30am	Group Therapy Session - LEAP - Learning, Emotion, Attention & Play		Parent/Carer training
	10:30am - 11:00am	Morning tea		Free Time
	10:30 - 12:30pm	Cooking		
	12:30 - 1:00pm	Lunch		
	1:00am - 4:00pm	Surf Lesson		Guardian
	4:00pm - 5:30pm	Free Afternoon	Dinner	
	5:30pm - 6:30pm	Dinner	Free Night	
	Night	Free Night	Breakfast	
	Day 3	7:00am - 8:30am	Breakfast	
9:00am - 9:30am		Movement Session	RFW	Free Time
9:30am - 10:30am		Group Therapy Session - LEAP - Learning, Emotion, Attention & Play		Parent/Carer training
10:30am - 11:00am		Morning tea		Free Time
11:00am - 3:00pm		Fast Ferry Ride explore the city - Lunch out		
3:00pm - 3:30pm		Afternoon tea		
3:30pm - 5:00pm		Art and Craft - Mind Bottles		Guardian
5:30pm - 6:30pm		Dinner	Free Night	
Night		Free Night	Breakfast	
Day 4	7:00am - 8:30am	Free time		Breakfast
	8:30am - 9:30am	BBQ Breakfast and Presentation	RFW	BBQ and presentation
	9:30am - 10:00am	Movement Session		Check out of room
	10:00 - 11:00am	Group Therapy Session - LEAP - Learning, Emotion, Attention & Play		Parent/Carer training
	11:00am - 11:30am	Camp concludes		Farewells

***Program may change from time to time without notice.**