

what's
On?

January - April 2025

Interchange
Australia

Interchange Adventures

Southern Highlands & Narellan



Live your best life!

Make the change to Interchange!

JANUARY

2025

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12	13	14	15	16	17	18	
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26	27	28	29	30			

Call 1300 112 334 or email events@interchangeau.org today!

JAN 11

JERVIS BAY BEACH DAY AND LUNCH

Start the new year with a relaxed day swimming in the pristine water at Jervis Bay. Don't forget your towel, sunscreen & hat. Please advise swimming ability at time of booking.

Date Sat, 11th January **Location** Jervis Bay
Cost \$40pp (lunch incl) + NDIS charges.
Arrive 8:30am Springett House Bowral / 8:00am Somerset House Narellan
Pick Up 4:30pm Springett House Bowral / 5:00pm Somerset House Narellan



JAN 17

BACKYARD SAUSAGE SIZZLE AND CRICKET!

The great Aussie post-Christmas catch up around the BBQ and some backyard cricket!

Date Fri, 17th September **Location** Bowral/Narellan
Cost \$10pp (lunch incl) + NDIS charges.
Arrive 5:00pm Springett House Bowral / Somerset House Narellan
Pick Up 7:45pm Springett House Bowral / Somerset House Narellan



JAN 18

FLEET AIR ARM MUSEUM

Check out how our military has changed throughout the decades at Australia's Museum of Flight, is a military aerospace museum located at the naval air station HMAS Albatross.

Date Sat, 18th January **Location** Nowra
Cost \$50pp (lunch incl) + NDIS charges.
Arrive 8:00am Springett House Bowral / 8:00am Somerset House Narellan
Pick Up 5:00pm Springett House Bowral / 5:00pm Somerset House Narellan



JAN 25

BLUE MOUNTAINS SCENIC ADVENTURE

A discovery experience like no other at the world heritage listed Blue Mountains.

Date Sat, 25th January **Location** Blue Mountains
Cost \$110pp (lunch incl) + NDIS charges.
Arrive TBA Springett House Bowral / Somerset House Narellan
Pick Up 4:30ppm Springett House Bowral / Somerset House Narellan



FEBRUARY 2025

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FEB 01

MOVIES & LUNCH

A super relaxed day at the local cinema followed by lunch with friends.

Date Sat, 1st February **Location** Bowral/Narellan

Cost \$60pp (lunch incl) + NDIS charges.

Arrive TBC Empire Cinema / Somerset House Narellan

Pick Up TBC Empire Cinema / Somerset House Narellan



FEB 07

CLUB DINNER GROUP

A delicious meal, live bands and dancing with friends at your local club.

Date Fri, 7th February **Location** Mittagong RSL/Narellan Hotel

Cost \$50pp (dinner incl) + NDIS charges.

Arrive 5:00pm Mittagong RSL / Somerset House Narellan

Pick Up 7:45pm Mittagong RSL / Somerset House Narellan



FEB 08

DRAGON BOAT RACES & CHINATOWN LUNCH

Join us for a cultural experience that dates back centuries. Dragon boat racing on Darling Harbour followed by a delicious lunch at Chinatown. Don't forget your sunscreen and hat!

Date Sat, 8th February **Location** Darling Harbour

Cost \$65pp (lunch incl) + NDIS charges.

Arrive 8:00am Springett House Bowral / Somerset House Narellan

Pick Up 5:00pm Springett House Bowral / Somerset House Narellan



FEB 15

CABARITA PICNIC IN THE PARK

A relaxed picnic at the park with a view of Sydney Harbour and a beach to put your feet in the water. Don't forget your towel, sunscreen and hat!!

Date Sat, 15th February **Location** Cabarita

Cost \$40pp (lunch incl) + NDIS charges.

Arrive 8:00am Springett House Bowral / Somerset House Narellan

Pick Up 5:00pm Springett House Bowral / Somerset House Narellan



FEB 21

DISCO AND PIZZA NIGHT

A fun night of music, dancing and pizzas!

Date Fri, 21st February **Location** Bowral/Narellan

Cost \$20pp (dinner incl) + NDIS charges.

Arrive 5:00pm Springett House Bowral / Somerset House Narellan

Pick Up 7:45pm Springett House Bowral / Somerset House Narellan



FEB 22

CANBERRA ROYAL SHOW

The first of the big shows for 2025! Canberra Royal Agricultural Society. Bring your own spending money.

Date Sat, 22nd February **Location** Canberra

Cost \$70pp (lunch incl) + NDIS charges.

Arrive 8:00am Springett House Bowral / Somerset House Narellan

Pick Up 5:00pm Springett House Bowral / Somerset House Narellan



MARCH 2025

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30						

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MAR
01

TARONGA ZOO

The zoo with the best view! Join us on an exploration of some of the most beautiful and endangered species from around the world.

Date Sat, 1st March **Location** Mosman Point
Cost \$85pp (lunch incl) + NDIS charges.
Arrive 8:00am Springett House / Somerset House Narellan
Pick Up 5:00pm Springett House / Somerset House Narellan



MAR
07

CLUB DINNER GROUP

A delicious meal, live bands and dancing with friends at your local club.

Date Fri, 7th March **Location** Mittagong RSL/Narellan Hotel
Cost \$50pp (dinner incl) + NDIS charges.
Arrive 5:00pm Mittagong RSL / Somerset House Narellan
Pick Up 7:45pm Mittagong RSL / Somerset House Narellan



MAR
08

AQUA GOLF

Some friendly competition between friends at Aqua golf and a walk along the Nepean River after lunch at the delicious Rashays in Penrith!

Date Sat, 8th March **Location** Penrith
Cost \$65pp (lunch incl.) + NDIS charges.
Arrive 8:00am Springett House Bowral / Somerset House Narellan
Pick Up 5:00pm Springett House Bowral / Somerset House Narellan



MAR
15

MANLY FERRY

Cruise through the harbour on the historic Manly Ferry with a relaxed seafood lunch at the beach in Manly. BYO Opal Card with \$35 credit.

Date Sat, 15th March **Location** Manly
Cost \$50pp (lunch incl) + NDIS charges.
Arrive 8:00am Springett House Bowral / Somerset House Narellan
Pick Up 5:00pm Springett House Bowral / Somerset House Narellan



MAR
21

JAPANESE NIGHT

Learn to create Sushi and Poke Bowls and some refreshing lychee ice cream!

Date Fri, 21st March **Location** Bowral/Narellan
Cost \$30pp (dinner incl) + NDIS charges.
Arrive 5:00pm Springett House Bowral / Somerset House Narellan
Pick Up 7:45pm Springett House Bowral / Somerset House Narellan



MAR
22

MOVIES AND LUNCH

A super relaxed day at the local cinema followed by lunch with friends!

Date Sat, 22nd March **Location** Bowral/Narellan
Cost \$60pp (lunch incl) + NDIS charges.
Arrive TBC Empire Cinema/ Somerset House Narellan
Pick Up TBC Empire Cinema/ Somerset House Narellan



MAR
29

QUESTACON

Explore more than 200 interactive exhibits related to science and technology at the National Science and Technology Centre.

Date Sat, 29th March **Location** Canberra
Cost \$75 (lunch incl) + NDIS charges.
Arrive 8:00am Springett House / Somerset House Narellan
Pick Up 5:00pm Springett House / Somerset House Narellan



April

2025

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27	28	29	30	31		

Call 1300 112 334 or email events@interchangeau.org today!

APR 04

CLUB DINNER GROUP

A delicious meal, live bands and dancing with friends at your local club.

Date Fri, 4th April **Location** Mittagong RSL / Narellan Hotel
Cost \$50pp (dinner incl) + NDIS charges.
Arrive 5:00pm Mittagong RSL / Somerset House Narellan
Pick Up 7:45pm Mittagong RSL / Somerset House Narellan



APR 05

CAMDEN SHOW

Still a proud country show with an awesome agriculture exhibition worth checking out! Come watch the Hidden Wonders perform live on stage to start the day! BYO spending money!

Date Sat, 5th April **Location** Camden
Cost \$50pp (lunch incl) + NDIS charges.
Arrive 8:00am Springett House Bowral / Somerset House Narellan
Pick Up 5:00pm Springett House Bowral / Somerset House Narellan



APR 12

SYDNEY ROYAL EASTER SHOW

The largest most elaborate show in the country! Come join us on a super day of entertainment and fun! BYO spending money.

Date Sat, 12th April **Location** Sydney
Cost \$80pp (lunch incl) + NDIS charges.
Arrive 8:00am Springett House Bowral / Somerset House Narellan
Pick Up 5:00pm Springett House Bowral / Somerset House Narellan



APR 26

AUSTRALIAN WAR MEMORIAL

In timing with ANZAC Day, join us as we pay our respects to those who fought for our freedom at the Australian War Memorial in Canberra.

Date Sat, 26th April **Location** Canberra
Cost \$50pp (dinner incl) + NDIS charges.
Arrive 8:00am Springett House Bowral / Somerset House Narellan
Pick Up 5:00pm Springett House Bowral / Somerset House Narellan



FAQ

How do I get to and from activities?

You or your carer must organise your own transport to and from meeting places including booking taxis. Drop off and pick up time & place are indicated in the calendar and must be strictly adhered to without exception.

Where is Springett House & Somerset House?

Our Bowral & Narellan meeting points are conveniently located at our Day Programs Houses - Springett House (518 Moss Vale Rd, Burradoo NSW 2576) and Somerset House (13 Somerset Ave, Narellan NSW 2576).

Who do I contact to advise if I cannot attend an activity or if I need to contact IA staff?

During business hours you can ring the office on 02 4868 6688 and ask to speak with Kelly or Chloe. You can also contact our on-call team on 0447 750 836 after hours or on weekends.

Can I receive assistance with my medication during the activity?

If you need to take medication during the activity you must advise your NDIS Coordinator prior to the activity and provide a doctor's letter confirming the medication you are taking. On the day of the activity you must bring your medication in a Webster-Pak accompanied by a current doctor's letter. Please give it to the IA staff at the beginning of the activity.

Do I need to bring anything to the activity?

Please ensure you bring water, a hat, sunscreen and appropriate clothing (rain protection, jacket, swimwear, etc. if required).

What does the out-of-pocket cost of activities cover?

The out-of-pocket cost specified with each activity covers any relevant tickets, entrance fees & food (morning/afternoon tea and lunch OR dinner) **unless otherwise stated**.

Note: If you want/need to purchase anything extra on your outing, you will need to bring your own money. You must be able to manage this money independently.

Will the NDIS cover the cost of attending these activities?

The NDIS covers the cost of the support workers and the hourly rate is detailed in the NDIS price guide. The NDIS does not cover the extra cost of the activity itself unless you have the specific funding to do so. If you don't have an NDIS plan, please contact us to discuss how you can join these exciting activities.

What is the Interchange Australia cancellation policy?

Cancellation for activities less than 8 hours must be made with at least **2 business days** notice. Cancellation for activities 8 hours or more must be made with at least **5 business days** notice, otherwise you will still be charged the full **NDIS** price of the activity.

If you selected a ticketed event (as indicated by a red ticket icon), you will be charged the full cost of the ticket if the ticket has already been purchased, regardless of cancellation time.

Who do I talk to if I have questions about these activities?

You can contact Kelly or Chloe during business hours on 4868 6688, 0436 364 261 or email events@interchangeau.org for assistance.

WHAT TO DO ...

Select an activity by ticking next to description or circling.

1. Select your chosen activities.
2. Return selections either by mail, email or phone.
3. Do not send payment, you will receive an invoice at the beginning of every month for the activities you attended the previous month.
4. Please choose your activities carefully. See our cancellation policy in the FAQ section on the left.



INDICATES WHEELCHAIR ACCESSIBLE



INDICATES TO BRING SUN PROTECTION (SUNSCREEN, HAT, ETC)



INDICATES A TICKETED EVENT



INDICATES THAT THERE MAY BE WALKING OR STANDING FOR A LONG PERIOD OF TIME



INDICATES TO BRING AN OPAL CARD WITH SUFFICIENT FUNDS

