

what's
On?

September - December 2024

Interchange
Australia

Interchange Adventures

Southern Highlands & Narellan



Live your best life!

Make the change to Interchange!

SEPTEMBER 2024

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

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

SEP 06

CLUB DINNER GROUP

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

Date Fri, 6th September **Location** Mittagong/Narellan

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

Arrive 5:00pm Mittagong RSL / Somerset House Narellan

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



SEP 07

NRL BULLDOGS VS. COWBOYS

Two of the top contenders for the 2024 Grand Final go head to head in the final round of the pre-finals series!

Date Sat, 7th September **Location** Homebush

Cost \$100pp (dinner incl) + NDIS charges.

Arrive TBA Springett House Bowral / Somerset House Narellan

Pick Up TBA Springett House Bowral / Somerset House Narellan



SEP 14

FLORIADE CANBERRA

Australia's biggest celebration of spring with the most picturesque floral displays imaginable.

Date Sat, 14th September **Location** Canberra

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

Arrive 8:30am Springett House Bowral / 8:00am Somerset House Narellan

Pick Up 5:00pm Springett House Bowral / 5:30pm Somerset House Narellan



SEP 20

PIZZA & PYJAMA MOVIE NIGHT

Get comfy in your pyjamas, enjoy some pizza and a movie with friends in the comfort of the House.

Date Fri, 20th September **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



SEP 21

PANCAKES & MARKETS AT THE ROCKS

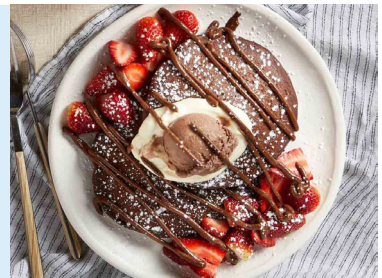
Delectable dining and the unique handmade markets at the Rocks in Sydney.

Date Sat, 21st September **Location** The Rocks

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

Arrive 8:00am Springett House Bowral / 8:30am Somerset House Narellan

Pick Up 5:00pm Springett House Bowral / 4:30pm Somerset House Narellan



SEP 28

GOLDEN ROSE RACE DAY

The start of the biggest racing season in the calendar - Dress code, wear canary yellow.

Date Sat, 28th September **Location** Rosehill Gardens

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

Arrive TBA Springett House Bowral / Somerset House Narellan

Pick Up TBA Springett House Bowral / Somerset House Narellan



OCTOBER 2024

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

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

OCT 04

CLUB DINNER GROUP

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

Date Fri, 4th October **Location** Mittagong/Narellan

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

Arrive 5:00pm Mittagong RSL / Somerset House Narellan

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



OCT 05

ST. MARY'S CATHEDRAL TOUR

Originally built in the late 1700's and later rebuilt after a devastating fire in 1865 this English-Gothic Style Cathedral is considered the mother of all Cathedrals in Australia and one worth taking a tour inside.

Date Sat, 5th October **Location** Sydney

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

Arrive 8:00am Springett House Bowral / 8:30am Somerset House Narellan

Pick Up 5:00pm Springett House Bowral / 4:30pm Somerset House Narellan



OCT 12

AUSSIE NIGHT MARKETS

A great night of street food, entertainment and loads of local market stalls!

Date Sat, 12th October **Location** Menangle

Cost \$40pp (dinner incl) + NDIS charges. *BYO money for markets/rides.*

Arrive 4:00pm Springett House Bowral / 4:30pm Somerset House Narellan

Pick Up 10:00pm Springett House Bowral / 9:30pm Somerset House Narellan



OCT 18

OKTOBERFEST DINNER GROUP

A fun night of Oktoberfest celebrations, German themed food music and dancing! Be sure to dress to theme!

Date Fri, 18th October **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



OCT 19

SCULPTURES BY THE SEA Limited access for wheelchairs

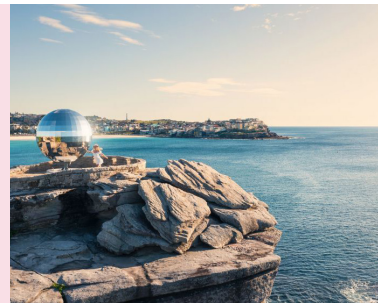
A relaxed day walking the beautiful Sydney coast line appreciating the latest works created by some incredibly talented artists.

Date Sat, 19th October **Location** Bondi

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

Arrive 8:00am Springett House Bowral / 8:30am Somerset House Narellan

Pick Up 5:00pm Springett House Bowral / 4:30pm Somerset House Narellan



OCT 26

ILLAWARRA FLY

An adventure walk across the tree tops with uninterrupted views of the rainforest and south pacific ocean!

Date Sat, 26th October **Location** Knights Hill

Cost \$70pp (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



NOVEMBER 2024

S	T	W	T	F	S
				1	2
3	4	5	6	7	8
10	11	12	13	14	15
17	18	19	20	21	22
24	25	26	27	28	29
					30

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

NOV
01

CLUB DINNER GROUP

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

Date Fri, 1st November **Location** Mittagong / Narellan

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

Arrive 5:00pm Mittagong RSL / Somerset House Narellan

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



NOV
02

ROCKCAN 2024

Prepare to be enchanted with the sound and visual ambience brought to you by some of the best talent from the Southern Highlands and South West Sydney!

Date Sat, 2nd November **Location** Mittagong

Cost \$25pp + NDIS charges.

Arrive TBA Springett House Bowral / Somerset House Narellan

Pick Up TBA Springett House Bowral / Somerset House Narellan



NOV
09

JERVIS BAY SEA CAVES

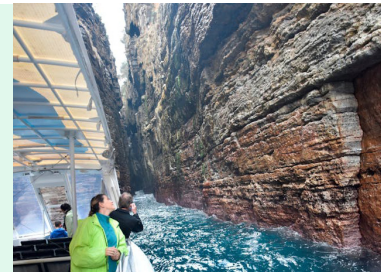
See the fur seals amongst other stunning sea life on a two hour boat tour of the sea caves at the beautiful Jervis Bay, followed by a delicious lunch at the Huskisson Hotel.

Date Sat, 9th November **Location** Huskisson

Cost \$130pp (lunc incl.) + NDIS charges.

Arrive TBA Springett House Bowral / Somerset House Narellan

Pick Up TBA Springett House Bowral / Somerset House Narellan



NOV
15

BACKYARD BBQ & CRICKET

Enjoy the start of the warm weather with backyard BBQ & a game of cricket!

Date Fri, 15th November **Location** Nowral / Narellan

Cost \$10pp (dinner incl) + NDIS charges.

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

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



NOV
16

CHINESE GARDEN OF FRIENDSHIP

A stroll through the Chinese garden of Friendship followed by a delicious lunch!

Date Sat, 16th November **Location** Sydney

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

Arrive 8:00am Springett House Bowral / 8:30am Somerset House Narellan

Pick Up 5:00pm Springett House Bowral / 4:30pm Somerset House Narellan



NOV
23

BARGO SPORTS CLUB

An incredible night out for dinner at the Bargo Sports Club with live music to enjoy.

Date Sat, 23rd November **Location** Bargo

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

Arrive 5:00 Springett House Bowral / Somerset House Narellan

Pick Up 10:00pm Springett House Bowral / Somerset House Narellan



NOV
30

CHRISTMAS SHOPPING DAY

Let's get in early and tick off our Christmas shopping list with a relaxed day at Macarthur Square and lunch with your friends!

Date Sat, 30th November **Location** Macarthur

Cost \$40 (lunch incl) + NDIS charges. *BYO money for shopping.*

Arrive 9:00am Springett House Bowral / 9:30am Somerset House Narellan

Pick Up 5:00pm Springett House Bowral / 4:30pm Somerset House Narellan



DECEMBER 2024

S	T	W	T	F	S	
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

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

DEC 06

CLUB DINNER GROUP

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

Date Fri, 6th December **Location** Mittagong / Narellan

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

Arrive 5:00pm Mittagong RSL / Somerset House Narellan

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



DEC 07

A STAGE FRIGHT PLAYERS CHRISTMAS CELEBRATION

Celebrating and Interchange Christmas Party hosted by the Stage Fright Players with Carols brought to you by the interchange bands!

Date Sat, 7th December **Location** Canberra

Cost \$45pp (lunch incl) + NDIS charges.

Arrive 1:00pm Springett House Bowral / 12:00pm Somerset House Narellan

Pick Up 5:00pm Springett House Bowral / 6:00pm Somerset House Narellan



DEC 14

MOVIES & LUNCH

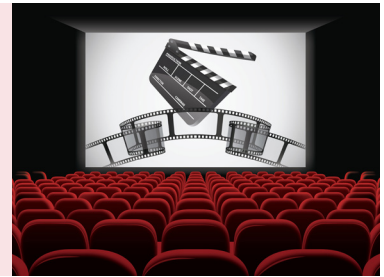
A super relaxed day at the local cinema followed by lunch with friends!

Date Sat, 14th December **Location** Bowral/Narellan

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

Arrive TBA Empire Cinema Bowral / Somerset House Narellan

Pick Up TBA Empire Cinema Bowral / Somerset House Narellan



DEC 14

CIRQUE DU SOLEIL - LUZIA

Let us take you on a journey into the colourful and fantastical world of Cirque Du Soleil Luzia 'A Waking Dream Of Mexico', where Mexico comes to treat you with stunning visual surprises and breathtaking acrobatic performances that will leave you amazed!

Date Sat, 14th December **Location** SYDNY

Cost \$320pp (dinner incl) + NDIS charges.

Arrive 2:00pm Springett House Bowral / 2:30pm Somerset House Narellan

Pick Up 11:00pm Springett House Bowral / 10:30pm Somerset House Narellan

BOOKINGS CLOSE 27TH JUNE 2024



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 or 0436 364 261 and ask to speak with Kelly or Tahlia. 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 Tahlia 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

