

Peer Connect Retreat Newcastle

For adults with a neuromuscular condition

Friday 19 - Sunday 21 April 2024



WHAT'S INCLUDED?

Your 2 nights' accommodation in a twin or king room, dinners on Friday and Saturday night and breakfast on Saturday and Sunday. You can bring a partner or support worker to the Retreat.

If you require a carer, you will need to make your own arrangements.

FUNDING

The retreat is funded by MDNSW Peer Connect Program, NDIS Core funding and a small participant contribution.

We will work with you to prepare a quote if you have NDIS Core funding.

PARTICIPANT CONTRIBUTION

\$100 per person | \$150 per couple
\$30 per person for Friday dinner only

This retreat is your chance to get away and connect with other adults with neuromuscular conditions. Partners are also welcome.

Rydges Newcastle is conveniently located in the heart of Newcastle's Honeysuckle waterfront precinct. Not far from the accessible light rail, you can venture to Newcastle Beach or trendy Newcastle West. There are many cafes, restaurants, boutiques, museums and galleries nearby.

If you're feeling adventurous you can follow the wheelchair accessible Bathers Way Coastal Walk up to Fort Scratchley and the ANZAC Memorial walkway with its scenic clifftop views.

Have dinner on Saturday night with others in the group, catch a movie or see a band - it is promising to be a weekend not to be missed!

Peer Connect Dinner

We will be hosting a Peer Connect Dinner on the Friday night, so if you are not able to stay the entire weekend this is a great opportunity to connect with others over a lovely 3 course meal.

RSVP

**PLACES ARE
STRICTLY LIMITED!**

To express your interest in attending the retreat please contact our team on info@mdnsw.org.au or call **9888 5711** by **Monday 1 April**