



Women's Retreat *Newcastle*

For women living with neuromuscular conditions

Friday 31 Oct - Sunday 2 Nov 2025



WHERE

Rydges Newcastle

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 participant.

Support workers or family member costs are supported by MDNSW, however you will need to share a room.

Escape, unwind and connect at our Women's Retreat in Newcastle.

Enjoy a three-course welcome dinner, luxury Rydges accommodation, and time to explore cafes, galleries, beaches and the stunning Bathers Way Coastal Walk.

A perfect weekend to rest, recharge and share stories with women on similar journeys.

What's Included?

Your 2 nights' accommodation in a twin or queen room, dinners on Friday and Saturday night and breakfast on Saturday and Sunday. You can bring a family member or support worker to the Retreat. *If you require a carer, you will need to make your own arrangements as MDNSW does not provide care.*

To register your interest, contact the MDNSW team on info@mdnsw.org.au or phone **9888 5711**.