



Wednesday 24 – Friday 26 February 2021

Your Itinerary



WELCOME

A very warm welcome to you. It is my honour and privilege to be facilitating your retreat for you. My name is Alison Layton and as a mother of a child with a disability, my passion is to provide opportunities for other Carers to connect with others and take time out and appreciate themselves and the enormous effort that is required of all Carers. I have many years' experience as the CEO of a not-for-profit disability support organisation and have successfully facilitated many Carer weekends and days.

My priority is to ensure that Your Retreat creates memories and connections for you that will last forever.

I hope Your Retreat is relaxing, stimulating and immensely enjoyable.

Alison

TESTIMONIALS

"Apart from meeting my husband and having my children, this weekend was the best thing I have ever done." Jo

"It is really helpful to feel encouraged and honoured when sometimes you wonder if anybody cares for the carers. Being so exhausted physically and mentally, you need encouragement and acknowledgement for your efforts." Ron

VENUE

Your venue is SeaWorld Resort. If you would like to have a sneak peak, here is the link:

<https://seaworld.com.au/resort>. You will have your own room - some space just for you. You will have time to visit local shops and attractions throughout the Gold Coast to visit, relax around the pool with new friends or see the sights of Seaworld.

WHAT TO BRING

Your Retreat will mostly be a casual affair however below are a few suggestions to jog your memory!

- Toiletries
- Medication
- Suitable cool and casual clothing and shoes
- Comfortable Casual Outfits for meals and activities
- Swimwear, hat & sunscreen
- PJ' s
- Umbrella
- Your sense of humour & kindness
- An expectation to be pampered and cared for

Please Note: CCA does not provide alcoholic beverages, you are more than welcome to bring your own if you so wish.

DIETARY AND MEDICAL REQUIREMENTS

A friendly staff member from our office will contact you prior to your day and request you to complete an online form detailing your dietary and medical requirements. If you require any additional assistance throughout your time at Seaworld Resort, please let Bec, Donna or myself know, we are here to make Your Retreat as relaxing and enjoyable as possible.

YOUR SCHEDULE

Wednesday 24 – Friday 26 February 2021

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| | |
|-----------------|---|
| 12.00pm | Arrive SeaWorld Nara Resort SeaWorld Drive, Southport Meet CCA staff at reception Seaworld staff will hold your luggage at Concierge until your room is ready |
| 12.30pm | Welcome to Your Retreat Lunch (in lobby) |
| 2.00pm | Relax around the pool See the sights of Seaworld Connect with new friends |
| 6.30pm – 8.30pm | Dinner Hatsuhana Restaurant (Teppanyaki) (near concierge) |

Thursday 25 February 2021

| | |
|-------------------|---|
| 6.30am – 9.00am | Breakfast Shoreline Restaurant |
| 10.00am – 12.30pm | Presentation by Wellways Melrose Pizzeria |
| 12.30pm – 1.30pm | Lunch |
| 1.30pm - 4.00pm | Relax around the pool Visit the sights of Seaworld |
| 5.00pm | Inspirational beach walk |
| 6.30pm | Dinner Shoreline Restaurant |

Friday 26 February 2021

| | |
|-----------------|---|
| 6.30am – 9.00am | Breakfast (Shoreline Restaurant) |
| 10.00am | Checkout (Leave bags at Concierge) Relax around the pool and chat to new friends Visit the sights of Seaworld |
| 1.00pm – 3.00pm | Lunch Melrose Pizzeria Farewell to new friends |

** Please note times indicated in itinerary may be subject to change however we will be there to let you know what is happening if this should occur **

Thank you

I would like to personally thank and honour you for the tireless effort you make each and every day, I hope you feel appreciated and cared for over Your Retreat.

If you require any further details, please give me a call or send an email, I am more than happy to help in any way I am able.

Kind Regards

Alison Layton

Alison Layton

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