



Wednesday 4 – Friday 6 May 2022

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 Sea World 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 Sea World.

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 or purchase from one of the bars 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 Sea World Resort, please let Bec, Donna or myself know, we are here to make Your Retreat as relaxing and enjoyable as possible.

THINGS TO NOTE

Please note the following:

- You will need to arrange your own transport to and from Sea World.
- On arrival to Sea World Resort, each guest is required to produce Photo ID and a credit card for pre authorisation **OR** a \$200.00 refundable cash deposit to guarantee any incidentals eg. telephone, room service, movies.
- Sea World Resort is an expansive resort and walking to and from activities and for meals is unavoidable. Please note it is your responsibility to ensure you have mobility aids that will be help you (eg. walker, motorised scooter) if required.
- CCA or venue staff are not able to provide assistance with mobility or personal care.
- You will be provided with a coffee and muffin voucher for Thursday and Friday. Additional tea and coffee from the barista will be an additional cost to you.
- Please check with the waiter what is included in your breakfast prior to ordering. Some items may be extra cost to you if not in the inclusions.
- Extras ordered from the menu will be charged to your room.
- CCA does not provide alcoholic beverages, you are more than welcome to bring your own or purchase from one of the bars if you so wish.

YOUR SCHEDULE

Sea World Nara Resort **Wednesday 4 May – Friday 6 May 2021**

Wednesday 4 May 2022

12.00pm	Arrive Sea World Resort Sea World Drive, Main Beach Meet CCA staff at reception Concierge until your room is ready
12.30pm	Welcome to Your Retreat Lunch (Shoreline Restaurant)
1.30pm – 5.00pm	Massages Free time - Relax around the pool Visit Sea World - Connect with new friends
5.00pm – 6.00pm	Trivia (in lobby lounge)
6.00pm	Dinner Deck outside Lobby Lounge Pizza and Pasta

Thursday 5 May 2022

6.30am – 9.30am	Breakfast Shoreline Restaurant
9.00am – 11.15am	Massages Free time
12.30pm	Lunch Shoreline Restaurant
2.30am – 4.45pm	Happiness Book <u>Bring photos that make you smile!</u> Shoreline Restaurant
5.00pm – 8.00pm	Teppanyaki Dinner Hatsuhana Restaurant

Friday 6 May 2022

6.30am – 9.30am	Breakfast Shoreline Restaurant
10.00pm	Checkout (Leave bags at Concierge)
11.00am – 12.00pm	Wellways Presentation Melrose Pizzeria
12.30pm	<i>Our last meal</i> Join us in the Melrose Pizzeria for a special picnic
3.00pm	Farewell to new friends

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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