



Show & Shine

Community Engagement & Skill Building Programs

NDIS Participants! Join us this March for a series of curated outings designed to foster social connection, physical movement, and sensory exploration in our beautiful local region.

March 2026

Registered NDIS Provider

**9th, 16th,
23rd, 30th**

Fossicking

MARCH MONDAYS

Transportation to Uralla to try your hand at fossicking! Bottled water & fresh fruit provided

1:30 PM to 4:30 PM
\$10pp

**11th, 18th,
25th**

**Heritage Loop
Scenic Drive**

MARCH WEDNESDAYS

Journey from Armidale → Gostwyk Chapel → Uralla → Invergowrie + **Afternoon Tea**
(Details on back)

PM DEPARTURE
\$10pp

TBD

Festival

Keep an eye out for our special participation in the local Autumn Festival celebrations throughout the month!

TIME TBD

31

**Sunny Hill Dairy
Goat Farm**

Full tour of farm operations, including a cheese tasting and a visit to the farm shop. **Lunch Included:** Sausage sandwich, fruit, and bottled water.

1:30 PM to 4:30 PM
\$30pp

How to Book

**Spaces are limited
—First to book!**

**Pick-up and
drop-off included
for all activities.**

**Fill out our form to
secure your spot!**



Or go to our website to book at www.ccstaysandsupport.com.au
Don't forget to sign up on our email list to get activity updates!



March: Show & Shine Community Engagement & Skill Building Programs

Info for Carers, Support Coordinators and Psychosocial Recovery Coaches

Curated outings designed to foster social connection, physical movement, and sensory exploration in our beautiful local region.

Weekly Fossicking Adventures

Why Join?

- **Physical & Sensory:** Targets hand-eye coordination, fine motor skills, and gross motor movement.
- **Therapeutic:** Highly grounding for those with sensory processing needs or anxiety.
- **Social:** Practice co-operative communication and build a sense of belonging.
- **Key Outcomes:** Improved dexterity, physical stamina, and reduced social isolation.

Heritage Loop Scenic Drive

Why Join?

- **Confidence Building:** A low-pressure way to practice being in public spaces away from crowds.
- **Emotional Regulation:** The quiet, natural environment provides a therapeutic space for serotonin boosting and stress reduction.
- **Key Outcomes:** Increased comfort in exploring new spaces and cognitive stimulation through local history.

★ Special Event: Autumn Festival

Keep an eye out for our special participation in the local Autumn Festival celebrations throughout the month!



Special Day Out: Sunhill Dairy Goat Farm

Benefits:

- **Learning:** Enhanced understanding of "cause and effect" and farm education.
- **Engagement:** Builds confidence in navigating community spaces and social interaction.
- **Skills:** Focuses on sensory integration and gross motor coordination.



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