



# 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.

Registered NDIS Provider

### March 2026

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

**Fossicking**

**MARCH MONDAYS**

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

**130 PM to 430 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**

**Autumn  
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.

**130 PM to 430 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](http://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!

### 17 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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**Registered NDIS Provider**