



SPRING IN YOUR STEP RETREAT 2025

WELCOME PACK

Step into the season and find your rhythm at our **Spring in Your Step Retreat!** Get ready for a weekend full of fun, friendship, and adventure in the beautiful Blue Mountains. Check out our webpage dedicated to all things camp – it's ready for you to explore!

Camp Dates: Friday 29th November 2025, 1.30pm – Sunday 30th November 2025, 3.00pm

Location: Sinofield Edu Retreat, 77 Scott Avenue, Leura NSW 2780

Transport: Participants can travel with staff and volunteers from Central Station, Sydney, or meet us directly at Sinofield Edu Retreat in Leura.

Day 1 - Friday 28th November

Meeting Point	Central Train Station Grand Concourse (between platforms 1 & 2) at 1.30pm OR Own Transport Meeting at Sinofield Edu Retreat at 4.30pm
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Day 3 - Sunday 30th November

Pick Up Point	Coach Central Train Station Grand Concourse (between platforms 1 & 2) at 2:45pm OR Own Transport Pickup from Sinofield Edu Retreat at 12.45pm
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Cost

- \$1800 - \$2200



What's Included

- 2 nights' accommodation
- All meals (except morning tea on Saturday, which can be purchased at Scenic World)
- Activities
- Bed linen
- Towels
- Support costs
- Entertainment
- UP! Club Camp merchandise



Activities

From exploring the picturesque Blue Mountains and practicing mindful yoga to catching a live band at the iconic Hotel Etico and working on our self-advocacy skills at the *Spring Your Confidence* workshop, this camp will be jam-packed with fun and engaging activities for everyone. Here is our [itinerary](#) for this camp.

Spring Your Confidence

During the *Spring in Your Step Retreat*, campers will take part in the Spring Your Confidence workshop, a self-advocacy session developed in collaboration with *Me Plus More*.

As the costs associated with this workshop and related activities are covered by the ILC grant, participants who choose to attend will not be charged for the following on the day of the workshop: afternoon tea, dinner, support time during the workshop and disco, or the workshop itself.

If a participant chooses not to attend this activity, they may join an alternative activity which will be charged at the usual rate.

For more information, check out the registration page <https://events.humanitix.com/spring-your-confidence-with-me-plus-more-and-up-club>



Down Syndrome NSW Policies and Procedures

Please ensure you read the policies and procedures on our [camp website](#) page before attending to ensure you are across Down Syndrome NSW protocols. In the event of an incident, Down Syndrome NSW Staff will follow the relevant policies and procedures.

- [Managing External Complaints and Feedback Policy and Procedure](#)
- [Managing External Complaints & Feedback - Easy Read](#)
- [Restrictive Practice Policy and Procedure](#)
- [Participant Incident Policy and Procedure](#)
- [Information Collection and Consent Policy and Procedure](#)
- [Client Protection Policy & Procedure](#)
- [Advocacy Policy & Procedures](#)
- [UP! Club Policy & Procedure](#)



Camp Life

Accommodation

Participants will stay in motel rooms with male and female participants accommodated separately. Most participants will be allocated 2 people to a room without direct supervision. Staff will be allocated at both ends of the lodges, whilst volunteers will reside between participant rooms. If you have any queries regarding accommodation, please contact the Social Programs team (contact details found at the end of the welcome pack).

Meals

A qualified catering team will prepare nutritious and delicious meals, so you never go hungry at camp. Special diets will be provided for those who indicated their requirements when registering via the Down Syndrome NSW camp intake form. Please contact Down Syndrome NSW and ask to talk to someone about this if you have any concerns.



The eating areas we use during our stay are also ones that people with food-related allergies use throughout the year. We seek your assistance and support in managing these risks and ask that you consider the following:

- **Do not bring nuts or products containing nuts on-site**
- Do not leave food unattended
- Do not leave any food behind after your stay
- Ensure all rubbish is placed in designated bins

Behaviour

So, that camp is fun and safe for everyone; we have rules and an easy-read agreement for participants to follow and sign. These will be explained to you on arrival at camp. You can access the [Easy-Read UP! Club Camp Agreement](#) here. If the behaviour of another person at camp is disruptive or puts the safety of you or others at risk, please make staff aware of the situation immediately.

If you have any questions, please contact Social Programs on socialprograms@downsyndromensw.org.au



Outdoor safety

This camp takes place at the end of Spring, and there is a high possibility that the weather will be sunny and hot. Every effort will be made to ensure your safety and comfort while at camp. We suggest sun safety protection such as a hat, sunglasses, and sunscreen, and wet weather protection like an umbrella or raincoat. Before outdoor activities, staff will train participants in safety procedures, and regular breaks will be implemented.

Water safety

There will not be any water activities facilitated at the *Spring in Your Step Retreat*

Money and valuables

This is an “all inclusive” camp. Please only bring enough money to purchase morning tea or desired merchandise at Scenic World on Saturday morning.

Note: Sinofield Edu Retreat and Down Syndrome NSW take no responsibility for the loss or damage of personal property, including money or other valuable items.

Health and Safety

Medication at camp

Participants should bring enough medication for the duration of their stay. All medication should be in its original packaging and clearly labelled with your name, the dosage, and the frequency of administration. We will contact you before camp if we have questions about your medication. Please contact Down Syndrome NSW and ask to talk to someone about your medication if you have any concerns.

NOTE: DS NSW staff do not administer any medication. Individuals are responsible for their own medication needs. DSNSW does not accept responsibility for participation in medication during our events and activities.

Asthma and Anaphylaxis

If you suffer from asthma or anaphylaxis, you should have an asthma management plan or anaphylaxis action plan which has been prepared by their doctor. Please send a copy of this to socialprograms@downsyndromensw.org.au as soon as possible. Please contact Down Syndrome NSW and ask to talk to someone about this if you have any concerns.



Accidents and emergencies

Centre staff and Down Syndrome NSW staff hold first aid accreditations and can administer first aid, if required. If you require medical assistance, you will be taken to the nearest medical centre or hospital, and your parents/carers will be notified.

Blue Mountains District ANZAC Memorial Hospital

Phone: 02 4784 6500

Address: 1 Woodlands Rd, Katoomba NSW 2780

Springwood Hospital

Phone: 02 4784 6500

Address: 7 Huntley Grange Rd, Springwood NSW 2777

Upper Mountains Medical Centre

Phone: 02 4782 2222

Address: 3/7 Goldsmith Pl, Katoomba NSW 2780

In case of emergencies, parents can contact Bec directly on the UP! Club mobile 0438 069 926

Packing

Luggage should be limited to one bag.

We have provided a [packing list](#) recommending what items to bring with you.

Prohibited by the venue and Down Syndrome NSW: Drugs, cigarettes, and alcohol.

Questions or Queries

If you have any concerns, please contact Down Syndrome NSW on (02) 9841 4444 OR

Social Programs Team on (02) 9841 4420 or the UP! Club mobile (during camp hours) on 0438 069 926.