

Children's Respite School Holiday Calendar July 2025

Looking for a safe, supportive, and fun school holiday experience for your child? At CPA's Dee Why Respite Home, we've planned an exciting lineup of activities designed to spark creativity, build new skills, and create lasting memories for children and teens aged 7–17 with disabilities.

When & Where

Dates: Monday, 7 July – Sunday, 20 July

Time: 10am – 4pm

Location: Drop-off and pick-up at
28 Lynwood Street, Dee Why

What to Bring

- Sunscreen, hat, and a water bottle (labelled with their name)
- Any required medications
- Opal and Companion Card (for outings)

Please note that activities may be subject to change due to unexpected conditions or based on the level of support required for each child.

How to book

Call **1300 888 378** (Monday–Friday, 9am–5pm)

Email ask@cerebralpalsy.org.au

**Monday
7 July**

Sensory art

Express yourself with all your senses. Paint using a variety of sensory techniques; awaken the sense of smell during the candle-making workshop; and much more.

Location: *Dee Why*



**Tuesday
8 July**

Taronga Zoo Sydney

Roam wild at Taronga Zoo Sydney! See awesome animals, enjoy exciting adventures, and make unforgettable memories while exploring nature and having fun with friends!

Location: *Taronga Zoo*



**Wednesday
9 July**

Sydney Museum of Contemporary Art

Hands-on introduction to Contemporary Art at the Museum of Contemporary Art. Join the Access Session and experience art in an inclusive, fun and creative way.

Location: *Museum of Contemporary Art of Australia*



**Thursday
10 July**

Italian cooking class and food games

Enjoy a day of cooking Italian dishes while playing fun food games such as “match the pasta”, blind tasting and making pizza dough sculptures.

Location: *Dee Why*



**Friday
11 July**

Sausage sizzle @ Ku-ring-gai National Park

Let's get the sausages sizzling at the Ku-ring-gai National Park. Surround yourself in nature, have fun at the playground and socialise with friends on an exciting day out.

Location: *Bobbin Head*



**Saturday
12 July**

Dance and movement - I like to move it, move it

From statue game to dance competition. This space is all about dancing like no one is watching while having loads of fun!

Location: *Dee Why*



**Sunday
13 July**

Nature Appreciation

Get in touch in nature with fun games, hands-on gardening and a sense of belonging. During this NAIDOC Week, we want to experience our connection to the land, waters and people, too.

Location: *Ku-ring-gai Country / Northern Beaches*



Funding options

This service can be funded through your child's NDIS package under the following categories:

- Daily Activities (Category 1)
- Social and Community Participation (Category 4)

For cancellations, please provide at least 2 business days' notice to avoid charges.

Flexible Respite Options

We provide flexible options to suit your family and child's needs and goals, including:

- ✓ Afternoon Club
(3pm – 8pm, incl. school pick-up)
- ✓ Shorter overnight stays (3pm – 9am)
- ✓ 24-hour overnight stays
- ✓ Individual Support (3 hours minimum)

Contact us

☎ 1300 888 378

✉ ask@cerebralpalsy.org.au

📍 cerebralpalsy.org.au



Monday 14 July

Sports and games

Jump, throw, and laugh with exciting ball games! Boost fitness, coordination, and teamwork while having a blast.

Location: Local oval and sports facilities



Tuesday 15 July

Science day

Discover science in this fun, interactive, and remarkable in-house science workshop.

Location: Dee Why



Wednesday 16 July

Ice-skating lessons at Macquarie Ice Rink

Learn to ice-skate at the Macquarie Ice Rink, enhance balance, gross motor skills and coordination in this accessible session at the rink!

Location: Macquarie Centre



Thursday 17 July

Show time at the Opera House

Explore the most iconic building at Sydney Harbour with a behind-the-scenes tour of the Opera House followed by an exciting live play.

Location: Sydney Opera House



Friday 18 July

Fun cooking workshop

Help plan and prepare delicious food. Choose your own recipes, make a shopping list and go shopping. Learning how to plan your weekly meals and shop within a budget.

Location: Dee Why



Saturday 19 July

Christmas in July

Celebrate a white Christmas as we come together around festive decoration making, games and heart-warming food.

Location: Dee Why



Sunday 20 July

Day Trip to the Central Coast

Let's hit the road and have some fun on the other side of the bay. We'll get the ferry to the Central Coast and have a fun-packed day!

Location: Central Coast

