

Children's Respite Activities Calendar

Term 3

21 July – 28 September 2025

- Afternoon club (3pm - 8pm, incl school pick-up)
- Shorter overnight stays (3pm - 9am)
- 24-hour overnight stays
- Individual support (3 hours minimum)



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Welcome

Children's Respite Dee Why

At CPA's Dee Why Respite Home, we've planned a fun-filled schedule to spark creativity, build skills, and create lasting memories for kids and teens aged 7–17 with disabilities.

Whether it's an afternoon visit or overnight stay, your child will enjoy a safe, fun space that encourages socialising, creativity and active play—while you take time to recharge or get things done.

What to bring

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

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

When & Where

Dates: 21 July – 28 September
Times: 3pm - 8pm Monday to Friday
10am - 4pm Saturday & Sunday
Location: Drop-off and pick-up at
28 Lynwood Street, Dee Why

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



Themes and Activities

MONDAY	I look after myself Activities may include making pasta, creating a veggie patch, doing dressing skills games or learning time management.
TUESDAY	I express myself To support your self-expression, we'll offer a wide range of activities such as dance and music activities, visual artwork, finger painting activities, music therapy or role playing.
WEDNESDAY	I explore my community Have fun exploring your local community by going out for picnic at Curl Curl, exploring Little Manly or going to the movies.
THURSDAY	I am active We'll support you in sport and exercise, play mini-Olympic games, obstacle courses, dance and movement.
FRIDAY	I can make a difference Let's explore what difference you would like to make in this world! We can facilitate a discussion group, help you set up a community project or writing for others, just to name a few.
SATURDAY & SUNDAY	I have fun and connect The weekends are all about having fun and connecting with yourself, others and the wider community. Enjoy activities such as exploring Sydney, Taronga Zoo, the local markets and the NSW Art Gallery.



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Activities Calendar Term 3, Weeks 1 - 4

Week	Dates	Summary of Activities
1	21 – 27 July	To start the term right, a series of engaging activities are planned to promote creativity, socialisation, and connection with nature. The week begins with a cooking workshop, offering hands-on culinary experience. This is followed by a musical-themed indoor session, fostering joy and self-expression. Mid week, participants enjoy a picnic at Collaroy Beach, followed by a nature walk at Wildflower Garden. Friday focuses on environmental stewardship with a beach clean-up. Saturday wraps up with a sensory-rich walk at Stony Range Botanic Gardens. Sunday will be a day full of action with sports and games at the local park. Activities take place at Dee Why, Forestville, Collaroy, Curl Curl, Manly and St Ives, creating a varied and enriching experience.
2	28 July – 3 August	A variety of activities are on this week at Dee Why Respite Home to connect children with nature, creativity, and each other. The week begins with hands-on gardening in a veggie patch, promoting responsibility and teamwork. Karaoke sessions encourage creativity and self regulation, followed by a mid week exploration of Palm Beach. Thursday's ball games combine fitness, fun, and teamwork. Friday focuses on giving back with a "Gardening for Good" initiative. The weekend features a historical adventure at the Sea Museum's shipwreck exhibit and wraps up with a relaxing fish and chips outing at Centennial Park.
3	4 – 10 August	In week 3 there will be a range of activities that focus on skill-building, creativity, and exploration. The week starts with fun dressing skills games, encouraging independence and confidence, followed by a creative mosaic and collage session. Mid week, there's a lively bowling outing to enhance coordination and social interaction. Thursday's fitness dice activity adds a fun, unpredictable twist to staying active. On Friday, participants contribute to a meaningful cause through a fundraising activity. The weekend features a scenic Manly Ferry trip to Circular Quay and a visit to the iconic Balmoral Beach.
4	11 – 17 August	Week 4 continues the fun and exploration with exciting, creative and social activities. It begins with building the skills to make breakfast, combining fun and learning. Tuesday's music and dance session encourages self-expression and emotional wellbeing. Mid week is a movies and arcade games combo for relaxation and excitement. The Mini Olympic Games on Thursday promotes teamwork and confidence through playful competition. On Friday, participants write thoughtful messages to connect with others. The weekend includes a thrilling visit to Taronga Zoo and a relaxing day at the Royal Botanic Gardens.



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Activities Calendar Term 3, Weeks 5 - 7

Week	Dates	Summary of Activities
5	18 – 24 August	This week is packed with diverse and engaging activities beginning with a muffin-baking session to improve independence during activities of daily living. Tuesday focuses on learning emotional expression through a creative activity book. Mid week, a visit to Macquarie Centre offers a chance to explore a premier shopping centre. On Thursday, parachute play promotes teamwork and coordination. Friday brings an exciting look into wildlife rescue as we learn about WIRES. The weekend includes an outing to the Art Gallery of New South Wales, followed by a picnic and wildlife spotting at Narrabeen Lake, providing a peaceful nature escape.
6	25 – 31 August	Week 6 is an exciting week of creativity and outdoor adventures. The week begins with hands-on good hygiene games, fostering self-care and enhancing motor skills. Tuesday brings exciting role-playing games, allowing participants to express themselves and build confidence. On Wednesday, a stroll along Manly Corso offers a vibrant atmosphere of shops, street entertainment, and ocean breezes. Thursday's indoor obstacle course boosts strength, coordination and confidence through playful challenges. Friday encourages crafting for a cause, spreading kindness through donations. The weekend includes a relaxing picnic at Garigal National Park and fishing at Narrabeen, providing plenty of nature and social enjoyment.
7	1 – 7 September	Spring is here! To keep participants energised and active, this week will include engaging activities focused on fun, creativity, and connection. The week begins with time management games to improve independence, focus, and task organisation. Tuesday brings the joy of playing outdoors, with fresh air and natural colours to inspire. On Wednesday, participants enjoy an afternoon tea at Bayview, soaking up the calm waters and stunning views. Thursday offers dance and movement games to boost coordination and confidence. On Friday, there is a discussion group to empower participants to create positive change. The weekend includes a fun ice cream outing at Manly Market and a relaxing day in nature at the Royal Botanic Gardens.



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Activities Calendar Term 3, Weeks 8 - 10

Week	Dates	Summary of Activities
8	8 – 14 September	This week, creative and social activities await, beginning with a fun French pancake-making session that fosters teamwork and creativity. Tuesday features messy play with clay, encouraging imagination and fine motor skills through adventurous sculpture making. Wednesday brings a fun-packed outing to Warringah Mall, where we will enjoy popcorn and a movie. Thursday offers exciting yoga sessions to improve coordination and flexibility. On Friday, participants learn about diversity and are encouraged to embrace it as a valuable part of our community. The weekend includes a relaxing picnic or fishing trip at Bobbin Head and a trip to the Shine Shed Northwest, where participants can enjoy an inclusive play area, keeping active and social.
9	15 – 21 September	Second last week before the end of the term. We can almost see the finish line! This week is full of engaging and enriching activities, starting with interactive games on packing a bag, promoting organisation and independence. Tuesday features a creative sound game, encouraging imagination and strengthening social connections. Wednesday offers a wildlife spotting adventure at Manly Dam, enjoying nature and fresh air while observing local wildlife. Thursday brings the chance to walk around and support Steptember. On Friday, participants prepare for an evening of fun at the special parents/friends' night next week. The weekend includes a visit to Manly Market for a freshly baked cookie and a trip to St Ives Showground.
10	22 – 28 September	The last week of Term 3 is filled with a variety of fun and interactive activities. Monday kicks off with a cooking class where participants will learn how to make a Teriyaki beef stir fry with noodles. Tuesday celebrates the end of the term with a lively disco, filled with music and movement to boost confidence and social skills. Wednesday offers the opportunity of outdoors fun while flying a kite at Tania Park. Thursday brings a seat travel game, enhancing coordination and imagination through pretend journeys. Friday wraps up the term with a fun night for parents and friends. The weekend includes a visit to Featherdale Wildlife Park and a trip to the Organic Food Market at Mona Vale to explore fresh, local products and connect with the community.



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