

Who is a carer?

A carer is a person who provides regular or sustained care and assistance to another person without payment for the caring role other than a pension or benefit.

A carer does not have to live with, or be related to the person with mental illness.



Ropes Course



Point Wolstonecroft

To enquire about the
Holiday Program:

Freecall
1800 124 121

Phone: (02) 98792600
Fax: (02) 98792699

E-mail: holidays@sfnsw.org.au

www.sfnsw.org.au

**Please note that holidays fill up fast so
book soon!**

A Service of the Schizophrenia Fellowship of NSW Inc.



Holiday Program

"I have now got over my fear of heights, thanks to abseiling and the ropes course. I have made lots of new friends and the empowering that I have got out of this holiday is overwhelming. The food was great and the staff were excellent. All activities were great. I can now go forward with my head held high and have confidence in myself. Thank you."

Participant
Point Wolstonecroft Holiday 2009



Holiday Program

The Holiday Program provides respite to families affected by mental illness, by offering a holiday in a fun and supportive environment.

The Holiday Program provides holidays at various sites around NSW: at NSW Sport and Recreation sites, our Respite Centres on Sydney Harbour and near Dubbo, or other established centres.

Each holiday will accommodate between 10-40 participants, depending on the site.

Holidays vary in format and activities depending on the site and the needs and wishes of the participants.



Lake Burrendong

Benefits

- A break or time out from usual routine
- Relaxation and rejuvenation
- Meeting new people, making new friends
- Learning new skills, taking on new challenges
- Seeing new places in NSW
- A chance to build self-confidence

Eligibility

To participate in the Holiday Program you should:

- Be in sufficient good health to enjoy the benefits of a holiday
and
- Be living with mental illness and have a family member or friend who provides you with regular support
or
- Be caring for someone who is living with mental illness

Cost

- Participants are encouraged to contribute to the cost of the holiday if possible

"The holiday gave me the opportunity of doing something fun with people that understood people with a mental illness. It's something I would not get any other way. It has been like a ray of sunshine. Thank you so much."

Participant
Katoomba Holiday 2008



Gundair Rural Homestead Respite Centre



The Holiday Program is a service provided by the Schizophrenia Fellowship of NSW Inc., a non profit, community organisation working in the field of mental health. The Schizophrenia Fellowship of NSW Inc. is committed to improving the circumstances and welfare of people living with mental illness, their relatives and carers, and professionals working in the area.

