



THE ABORIGINAL AND TORRES STRAIT ISLANDER

HEALTH RETREAT 2011

We are inviting applications for ACON's Aboriginal and Torres Strait Islander HIV+ Health Retreat to be held at the Sydney Academy of Sport and Recreation at Narrabeen from Friday 16 December until Monday 19 December 2011. This Health Retreat is available to all Aboriginal people and Torres Strait Islander people living with HIV. Attendees are invited to bring along one support person (e.g partner, carer or family member), regardless of age, gender, sexuality or cultural identity. Children are welcome, please call to discuss how we can assist you.

ACON will cover the costs of accommodation, meals and transport from ACON Head Office, which is now at 414 Elizabeth St Surry Hills NSW. If you need help with transport from a regional area please contact ACON now so that travel assistance can be arranged for you.

Places are limited so get your application forms in as soon as possible. You will receive a retreat program upon acceptance of application.

What will be happening at the HIV+ Health Retreat?

Information Sessions: There will be several sessions held at the retreat, to help you live healthy and well with HIV.

Aboriginal Cultural Input: provided by traditional owners.

Massage & Art Session: Will be available at the retreat during certain times.

Accommodation: You and your partner/carers/family member will share a single room in motel style accommodation. All linen, pillows and towels are provided during your stay. Each room has a mini fridge, bathroom, tv and verandah. There is also a kiosk and drink machines available onsite.

Transport: The bus will leave ACON Head office at 414 Elizabeth St Surry Hills NSW near Central station. You must organise your own travel to and from 414 Elizabeth St Surry Hills NSW but transport will be provided to and from the retreat venue by ACON. If you need help with transport from a regional area please contact ACON now so that travel assistance can be arranged.

Cost: All costs will be covered by ACON: These includes all cultural activities, meals, accommodation, workshops, leisure activities and therapies.

What should you bring?

Clothing, toiletries, personal items, safe and comfortable footwear, sun protection, ALL YOUR MEDICATIONS.

THIS IS A DRUG AND ALCOHOL FREE EVENT

Need more information?

Please call Retreat Coordinator David Oxenbridge on (02) 9206 2113 or email doxenbridge@acon.org.au or call Aboriginal Project Team Leader on (02) 9206 2042 or email mgrose@acon.org.au for more information.