



Social opportunities for the families of children and young adults with disability, living in Melbourne's outer east.

A variety of affordable outings, camps and weekends away for parents and carers, siblings and grandparent carers

to relax and unwind, meet others and build their community.

FAMILY SUPPORT NEWSLETTER

WINTER 2026

If an activity is full, please book into the waitlist via the booking link as extra places often become available due to cancellations and the potential for IOE to increase total numbers allocated for an activity. Please ensure you have completed the Family Support Enrolment and Consent Form before attending your first family support activity.

[Enrolment Form](#)

Carer Support

Our Carer Support Program gives parents and carers of children and young adults with disability the chance to connect with each other in a relaxed and social environment.

ART THERAPY FOR CARERS

Date: Tuesday June 23, July 28, August 25

Time: 10am – 12pm

Location: IOE, Boronia

Cost: \$10

<https://www.trybooking.com/DLGDG>

MORNING MELODIES & LUNCH

Date: Thursdays June 4, July 2, August 6

Time: 10am – 1pm

Location: Ferntree Gully Hotel

Cost: \$10

<https://www.trybooking.com/DLGDE>

Carer Social Dinners

Due to high demand, carers can only choose to attend 1 of the 3 carer dinners for winter.

JUNE DINNER

The Groove Train, Chirside Park

Date: Thursday 18 June

Time: 6pm – 8pm

Cost: \$15

<https://www.trybooking.com/DLGEV>

JULY DINNER

Carlos Cantina, Boronia

Date: Tuesday 28 July

Time: 6pm-8pm

Cost: \$15

<https://www.trybooking.com/DLGEF>

AUGUST DINNER

Bella Piatto, Croydon

Date: Wednesday 19 August

Time: 6pm – 8pm

Cost: \$15

Book: <https://www.trybooking.com/DLGEA>

Carer Social Group

Anh Do Live - The Happiest Refugee

Date: Tuesday 23 June

Time: 7pm – 9.30pm

Location: The Round, Nunawading

Cost: \$35

<https://www.trybooking.com/DLGDO>

Brunch & Movie

Date: Thursday 13 August

Time: 10am – 2.30pm

Location: Earthly Pleasures & Cameo Cinema, Belgrave

Cost: \$20

<https://www.trybooking.com/DLGFG>

Sibling Support

Our Sibling Support Program gives children and teens, who have a brother or sister with a disability the chance to have fun and make friends with others who understand their situation. To access the program you must have a sibling with a disability. This program is not for individuals who have a disability themselves. Activities and camps for siblings are FREE to attend, thanks to the generous support of the Freemasons Monash Gully District and Freemasons Foundation Victoria

JUNE

Go Karting & Laser Tag

All Ages Siblings Activity - 5-17 years

Date: Sunday 7 June

Time: 10am – 5pm

Meeting Place: IOE, Ferntree Gully

Book: <https://www.trybooking.com/DLGDX>

JULY

Clip & Climb and Scienceworks

All Ages School Holiday Activity - 5-17 years

Date: Tuesday 7 July

Time: 9:30am – 5pm

Meeting Place: IOE, Ferntree Gully

Book: <https://www.trybooking.com/DLGE1>

AUGUST

Swimming and Trampolining

All Ages Siblings Activity - 5-17 years

Date: Sunday 30 August

Time: 10am – 5pm

Meeting Place: IOE, Ferntree Gully

Book: <https://www.trybooking.com/DLGGS>

YOUNG ADULT SIBLINGS SOCIAL GROUP

(16 – 24 years)

Activity: Strike Bowling

Date: Friday 7 August

Time: 5:30pm – 9pm

Meeting Place: Strike, Eastland

Book: <https://www.trybooking.com/DLGGO>

CROCS FAMILY PLAY SESSION

An event for families with a child under 10 with disability. A play session for the whole family to enjoy.

When: Saturday 13 June, 5-8pm

Where: Crocs Playcentre, Ringwood

Cost: \$5 per person

BOOK: <https://www.trybooking.com/DIJD1>

Bookings also open for our other Family Play Sessions in 2026, 5 September and 5 December.

Mums Social Group

Crafternoon

Date: Sunday 16 August

Time: 2pm – 5pm

Cost: \$5

Location: Moths Hub, Belgrave

Book: <https://www.trybooking.com/DLGGU>

Dads & Kids Day Activity

AFL Game: Richmond V North Melbourne

Date: Sunday 21 June

Time: 11am – 5pm

Cost: Free

Meeting Place: Ringwood Station or MCG

Book: <https://www.trybooking.com/DLGDY>

Grandparent Support

FREE get-togethers to recognise the unique role of grandparents who are full-time carers/guardians of their grandchild(ren) with disability. Connect with others who share this role and enjoy some company.

JUNE LUNCH

Bayswater Hotel

Date: Thursday 25 June

Time: 12pm – 2pm

Cost: Free (drinks at own cost)

Book: <https://www.trybooking.com/DLGDZ>

JULY LUNCH

Ora D'oro, Croydon

Date: Tuesday 21 July

Time: 12pm – 2pm

Cost: Free (drinks at own cost)

Book: <https://www.trybooking.com/DLGEO>

AUGUST LUNCH

Killara Estate, Seville East

Date: Wednesday 12 August

Time: 12pm – 2pm

Cost: Free (drinks at own cost)

Book: <https://www.trybooking.com/DLGHA>

All families with a person with a disability are welcome.

Autism Family Camp 2026



EXPRESSION OF INTEREST NOW OPEN

Offered specifically for Autistic legends and their families, this venue provides the classic campsite activities such as a huge swing, flying fox, low ropes, archery, and other activities that complement activities IOE and their partners work together to facilitate. These range from Dungeons & Dragons, Theatre games, Art activities, and gaming sessions.

Dates: Friday 7 August – Sunday 9 August

Location: CYC – The Island, Cowes.

Cost: \$80 per person, capped at \$320 per family.



Applications Close:

Sunday 14 June

Expression of Interest:

bit.ly/autismcampcyc2026

our partners



PATHWAYS FORWARD FOR CARERS WORK, LEARNING AND PURPOSE

Pathways Forward for Carers is a supportive workshop series designed for unpaid carers who are considering a return to work, study, volunteering, or other meaningful activities, whether they are continuing in their caring role or transitioning from it.

Caring for a loved one can often mean putting your own goals, identity and career on hold. At the same time, carers develop valuable skills and strengths including resilience, adaptability, problem solving and advocacy - capabilities that are highly transferable to many areas of life and work.

This program creates a space for carers to pause, reflect and reconnect with their own aspirations. Through a combination of professional career development guidance and lived experience insight, participants are supported to rebuild confidence and explore realistic, flexible pathways forward.

We would love to hear from you if you are interested in taking part of this workshop so that we can ensure the logistics fit around as many people as possible. Please take the time to answer some questions via this link.

<https://forms.gle/gZZtCFKmFVurvqHp6>

This form will take 2-3 minutes to fill out.

EDUCATION WORKSHOPS FOR CARERS

Optimising NDIS Plan Outcomes

Chapter One Services is proud to partner with Interchange Outer East to deliver a free, hands-on, in-person interactive workshop supporting parents and carers navigating the NDIS review process.

This workshop is provided over 2 separate sessions.

Please attend both sessions to get the most out of this workshop

Session 1: Thursday 23 July, 10am – 12:30pm
IOE, Ferntree Gully

Session 2: Thursday 30 July, 10am – 12:30pm
IOE, Ferntree Gully

Led by Mari Mohamed, a parent with lived experience, this session goes beyond theory, sharing real-life strategies, hard-earned lessons, and practical tools to help families feel confident, empowered, and ready to advocate for their child.

In this workshop, families will:

- Gain a clear understanding of the NDIS review process
- Learn how to build a strong, evidence-based case
- Discover free resources and supports to guide their journey

Spots are limited, so early registration is encouraged.

Book Here: <https://www.trybooking.com/DLGBM>

Enquiries: 9758 5522 or
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