



FAMILY SUPPORT NEWSLETTER

Summer 2025/2026

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.



BOX HILL MINIATURE RAILWAY
Sunday 23 November 2025 11am - 3pm



Train Rides Animal Farm Sausage Sizzle
Magic Show Face Painting Raffle
...and a visit from SANTA!



Jellis
Craig



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 CLASS FOR CARERS

Date: Tuesday 3rd February,

Time: 10am – 12pm

Location: IOE, Boronia

Cost: \$10

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

MORNING MELODIES & LUNCH

Date: Thursday 4th December & 5th February

Time: 10am – 1pm

Location: Ferntree Gully Hotel

Cost: \$10

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

CARER SOCIAL GROUP -

Royal Botanic Gardens Cranbourne

Date: Thursday 26th February 2026

Time: 10am – 3pm

Cost: \$15

Transport can be provided, please indicate at the time of booking if required.

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

FAMILY FUN DAY

When: Sunday 23 November, 11am – 3pm

Where: Box Hill Miniature Steam Railway

Cost: Free

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

All welcome.

Families do not need to be registered with IOE to be involved.

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 Victoria.

JANUARY

Siblings Camp - Peninsula Outdoors

Date: Wednesday 7th – Friday 9th January 2026

Time: Wed 10am – Fri 5pm

Location: Peninsula Outdoors, Merricks

Cost: Free

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

FEBRUARY

SIBLING SUPPORT 5 - 17 year olds

Date: Saturday 21st February 2026

Time: 10am – 5pm

Location: Funfeilds Theme Park, Whittlesea

Cost: Free

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

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.

FEBRUARY LUNCH – Healesville Hotel

DATE: Tuesday 24th February 2026

TIME: 12-2pm

LOCATION: Healesville Hotel, Healesville

Cost: Free (drinks at own cost)

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



Carer Social Dinners

DECEMBER DINNER

Carer Christmas Dinner – Club Kilsyth

Date: Thursday 4 December 2025

Time: 6pm – 10pm

Cost: \$30

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

FEBRUARY DINNER

Micawber Tavern

Date: Thursday 12th February 2026

Time: 6pm-8pm

Location: Micawber Tavern, Belgrave

Cost: \$15

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

» . Christmas . «
Carer Dinner

4 DEC | CLUB KILSYTH
Canterbury Rd, Bayswater North
Wurundjeri Land

Enjoy a three-course set menu with alternating selections for each course.
Cost: \$30
Drinks are at your own cost.

This event is for carers of a child or young person with disability.

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 6 December, 5-8pm

Where: Crocs Playcentre, Ringwood

Cost: \$5 per person

BOOK: www.trybooking.com/CYCAO

This is the final session for 2025.

Myanmarese Family Camp

CYC The Island

Interchange Outer East (IOE) invites carers and their families from the Myanmar community to spend a free, fun and relaxing weekend at Phillip Island, supported by IOE staff and volunteers.

Myanmar families who are carers and living in the eastern suburbs of Melbourne are welcome to attend with their families. This includes carers of someone with disability, an elderly family member, grandparent carers.

DATE: Friday 13th – Sunday 15th February 2026

TIME: Fri 4pm – Sun 2pm

Applications close: 7th December 2026

APPLY HERE:

English: <https://bit.ly/myanmarseFC2026eng>

Zomi: <https://bit.ly/myanmarseFC2026zomi>



Self-compassion workshop for carers

Dr Ru Ying Cai

Nov 23
11am

Join Our Webinar

To register, use this QR:



What You Will Learn:

- What self-compassion is
- Why self-compassion is important for carers
- How it benefits mental and physical health
- Simple practices to increase self-compassion



Coonawarra Family Camp

Hosted over the March long weekend, Coonawarra Family Camp is our largest Family Camp, hosting a strong community feel. Activities include giant swing, pool, flying fox, canoeing, raft making, archery, soccer game and table tennis tournament and our annual IOE Talent Show. Coonawarra offers a range of accommodation options, including some ensuite rooms; however, the majority of rooms share bathroom facilities with other campers. Coonawarra Farm Resort has little to no phone reception (depending on provider) and limited Wi-Fi available. A public phone is available at the campsite.

Dates: Friday 6 – Monday 9 March, 2026
(Labour Day Long Weekend)

Location: Coonawarra Farm Resort, Glenaladale

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

Applications Close: Sunday 7 December

APPLY HERE:

https://ioe.formstack.com/forms/coonawarra_family_camp_2026



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