



Centacare – Day Trips

Program Content

The aim of the Day Trips program is to provide a safe, enjoyable experience in the community, and the opportunity to socialise with fellow participants. The program will consist of weekly outings such as:

- Outdoor games at a local park
- A walk and lunch at Bicentennial Park
- A BBQ at Georges River National Park

For the foreseeable future, outings will be outdoors in locations free of crowds due to the situation with COVID-19. Transport will be provided via the Centacare mini bus with two runs, and as such will be in the local area. There will be three participants and a driver in the mini bus for each run.

Participants will be asked to cover any out of pocket expenses such as lunch.

Program Goals

The goals of the Day Trips program are:

- For participants to develop and practice their social skills
- To promote the mental health and wellbeing of participants by offering positive and safe experiences in the community
- To promote the physical health and wellbeing of participants through gentle walks and opportunities to move in the outdoors
- To provide an enjoyable and fun experience that the participants look forward to each week