



Men's Social Group, Fridays Winter 2019

One Door **General Phone M. 0408 368 538**

Wollongong Team

Times: MSG weekly phone call & check-in approx. 8.30 to 10am. Pick-ups approx. 9.30am to 10.30am.
 On-site tea/coffee approx. 11am. Drop-offs approx. 2pm to 3pm
 Please have **\$5 cash** ready for lunches which cover tea/coffee, biscuits, main lunch & fruit for dessert.
 For Club lunches its \$10 or less which can be paid via cash or EFTPOS

Updated 31 Jun 19

Joe M. 0408 368 538
 Carlos M. 0435 691 117
 Trevor M. 0490 785 892

JOE'S GROUP			
21 June	Kiama Museum Pilots Cottage. Blowhole Point Rd. Kiama 11am: tea/coffee visit museum. 12 to 12.30pm: BBQ lunch \$5,	28 June	Killalea Reserve 11am: tea/coffee, games, walk. 12 to 12.30pm: BBQ lunch \$5
5 July	James Oates Reserve, Minnamurra. 11am: tea/coffee, then a walk along river, easy sports activities 12 to 12.30pm: BBQ lunch, \$5	12 July	Redall Reserve 11am: tea/coffee pump yabbies, fishing, walk. game. 12 to 12.30pm: \$5 BBQ lunch
19 July	Blackbutt Forest picnic area Blackbutt Way car park. Blackbutt Way car park. 11am: tea/coffee at park . Bush walk, easy sports activities 12 to 12.30pm: BBQ lunch, \$5	26 July	NSW Railway Museum 10 Barbour Rd. Thirlmere/ Picton 11am: tea/coffee then a visit museum. Entry fee \$10 12 to 12.30pm: \$5 BBQ lunch
2 August	Little Lake, Barrack Point 11am: tea/coffee at foreshore on Headland Pde. Walk across bridge then along Warilla Beach, easy sports activities 12 to 12.30pm: BBQ lunch, \$5	9 August	Belmore Falls, Robertson 11am: tea/coffee at Belmore Falls and walk to falls. 12 to 12.30pm: BBQ \$5 lunch or the famous pies. <i>Decide on the day</i>
16 August	Pur Pur Point picnic area. (just south of Windang Bridge on Reddall Pde, near Lake Illawarra entrance) 11am: tea/coffee then walk near lake entrance, easy sports ,fishing. 12 to 12.30pm: BBQ lunch, \$5	23 August	Car Museum, Kembla Grange 11am: tea/coffee then a visit museum. Entry fee \$15 Then easy sports activities at Integral park 12 to 12.30pm: BBQ lunch \$5
30 August	Gerringong Boat Harbour Cooke Park. 11.00am: tea/coffee, walk, games. 12 to 12.30pm: BBQ lunch, \$5	6 September	Cordeux Dam, Picton Rd. 11.15am: tea/coffee then a short walk along dam wall. 12 to 12.30pm: \$5 BBQ lunch
13 September	Wollongong Botanical Garden 11am: tea/coffee then a walk, card games and draughts 12 to 12.30pm: BBQ lunch, \$5	20 September	Windang Putt Putt 11am: tea/coffee in car park then putt putt. Cost \$9 12 to 12.30pm: BBQ lunch \$5 at Windang Foreshore

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Additional Information

Last minute changes? Staff & volunteers aim to follow all pre-planned programs as much as possible. However wet or windy weather, changed clients' interests or new attendees may mean the planned activity changes last minute. Onsite One Door staff will consult with clients present but due to duty of care, onsite staff will make the final decision.

Physical exercise? All exercises are low impact and low level unless otherwise stated. Each man is encouraged to participate in the day's physical activity to their own ability and it is always voluntary. Clients are welcome to sit out a walk/not participate etc as long as it does not impact the remainder of the group.

Poor weather alternatives? Shopping centre and food hall, cheap Club lunches, game of pool or snooker, movies, bowling, an activity at the New Club House

Client concerns? If you have a concern re another man, please speak to our onsite staff. DO NOT take matters into your own hands. If you or your family has any concerns re anxiety, Club premises serving alcohol and/or gambling, personal safety etc please have a quiet chat ASAP with our onsite staff so together we can find workable solutions

Men's Social Group is a safe space and we **operate under a few simple guidelines:**

- . Please be **on time**, ready with your \$5 cash or \$10 lunch money, mobile charged, closed shoes & ID (for Clubs)
- . For NDIS men, please call or text **cancellations to One Door General/Central Number 0408 368 538** (by day before)
- . Always be **respectful** of other members of group, students, volunteers and One Door staff. Everyone deserves a go
- . **Jokes, mild/cheeky teasing, banter & silliness is all ok** as we're a Men's Group. Remember to leave **sexism, racism, judgement, shaming, homophobia or ageism** at the door before hopping aboard our all inclusive bus
- . If unsure re anything or want to suggest something then **please speak to whomever you're most comfortable** with
- . please smoke down-wind or away from the main group, away from general public and especially children
- . All men are welcome regardless if having a **"flat" day**. Sometimes a short outing amongst friends is the best cure!
- . We are a diverse bunch of blokes with different religions, beliefs, cultural backgrounds, sexualities, ideas & priorities but if **we work together**, everyone can enjoy their day out