



- Friendships
- Music
- Art
- Yoga
- Mindfulness
- Writing

lil' melodies

CREATIVE CAMP PACK

For girls 10 -15 years

8th & 9th October 2022

www.lilmelodies.com

Creative Camp is a two-day (overnight) camp that provides a fun and relaxing escape to immerse in creativity and discover exciting new interests.

Together, we want to show young girls that they are important. We want to teach them to make the time to honour themselves and their creative spirits.

Creative Camp will include:

Ukulele

Writing

Art

Yoga

Meditation

Free downtime for tennis, table tennis, mini golf, games, and walks etc.



MEET THE TEAM

The children will get to participate in many activities, and we believe we have the best team to facilitate fun and learning.

AMY GRAY – LIL' MELODIES



Amy Gray is the owner and Director of Lil' Melodies and the creator of the Creative Camp.

Amy is an award winning Kindermusik educator who has been recognised as one of the top educators in Australia for the last 8 years. Amy is also a Djembe drum circle facilitator, songwriter and has been teaching ukulele for 9 years and playing music for over 20 years.

Amy is passionate about all things music and believes music has the power to change your life for the better.

KATE BOWER – MRS FLANNELETTE



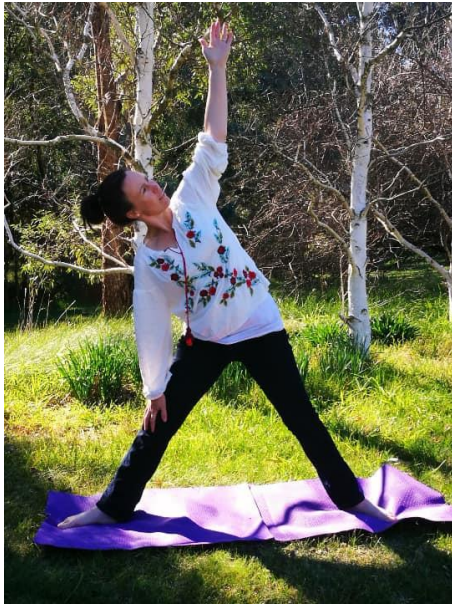
Kate is our amazing artist!

Best known as Mrs Flannelette (due to her intense love of pyjamas), Kate has been teaching art and lettering workshops around the Riverina for several years.

Teaching art is one of Kate's greatest loves in life. She is bursting with enthusiasm to be part of the Creative Camp and has heaps of exciting projects to unleash.

Kate is particularly excited to ignite a lifelong interest in creativity, as she knows how enormous its positive impact can be throughout all stages, challenges, and milestones in life.

SARA STOCKMAN – POSITIVELY GROWING



Sara is the mindful guru!

Enabling herself and others to develop inner calm, self-value and kindness is the goal for Sara Stockman, creator and Director of Positively Growing. Inclusively, positively and with respect, Sara's sessions aim to meet individual and group needs so that all may have exposure to life skills culminating in their own personal drive to positively grow!

As well as a Sivananda Yoga Teacher trained in India, and Early Childhood professional and co-Director of Pyramid Model Australia Inc, Sara feels incredibly lucky to be the Australian Trainer for Relax Kids.

Sara is a passionate coach herself and finds sharing yoga and Relax Kids with children, adults, and communities to be awesome and rewarding.

BELINDA BENSON – FRANK & EARNEST



Belinda Benson is our resident wordsmith.

For as long as she can remember, Bel has been in love with the written word. Much more than a way to earn a living, writing has been a way for her to escape, examine and embrace life.

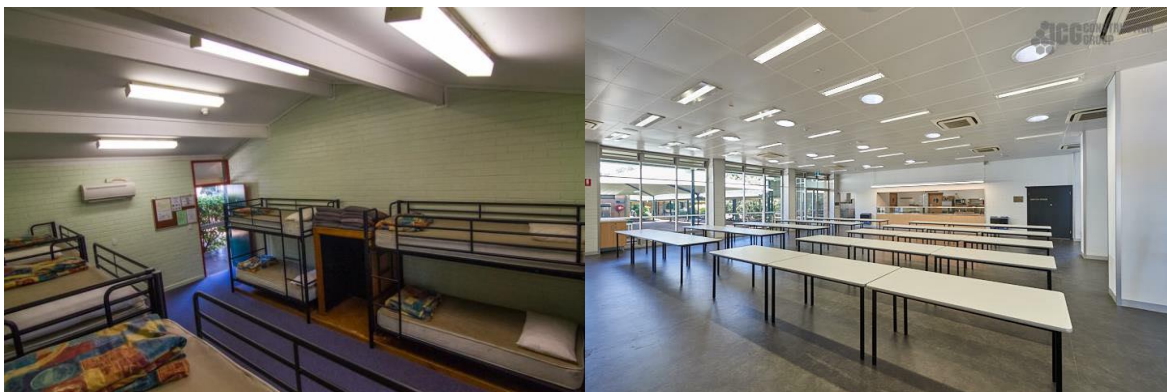
With an education in behavioural science and psychology, more than 20 years professional writing experience and a passion for storytelling, Bel has dreamed of combining all three to help young girls become creative, brave, and strong women.

Naturally, she is thrilled to be workshopping with our Creative Campers and can't wait to help them to get in touch with their creative side and write their own story – literally and figuratively!

THE VENUE

Creative Camp will be held at the Borambola Sport & Rec Centre, 1980 Sturt Highway, Borambola, NSW 2650.

Just two and a quarter hours west of Canberra, Borambola Sport & Rec Centre is nestled in the heart of the Riverina farming country, close to Wagga Wagga. Borambola Sport & Rec Centre enjoys a peaceful setting on the banks of Tarcutta Creek. Dominated by flat plains and big skies, large gums dot the landscape and native animals abound, while a mild warm climate prevails year-round.



COST & INCLUSIONS

\$460 per child (5% discount for siblings)

Deposit of \$200 (non-refundable after 12th August) is required to secure a spot.

The remaining amount of \$260 is to be paid in full by the 12th August 2022.

*CREATIVE KIDS VOUCHERS ARE ACCEPTED.
Unfortunately, they cannot be used as a deposit.
Only towards the remaining amount.

*If you cancel your registration for the camp within 4 weeks of the event, there are strictly NO REFUNDS on the full amount.

INCLUSIONS

- All food (breakfast, lunch, dinner & snacks for both days).
- Dormitory-style lodge accommodation for one night.
- All activities including all equipment needed for the entire camp.
- An experience of a lifetime!

*The only thing we do not include is linen. This camp is BYO linen.

MENU (EXAMPLE)

This is just an example of the menu we will be providing for the camp. Some foods may change but this will give you an idea. The set menu will be emailed once confirmed.

BREAKFAST

- Bacon and Egg rolls
- Continental breakfast

LUNCH

- Fish and Chips: Oven baked crumbed fish and chips with a tossed salad
- Sandwiches or salad bowl: Bread (wholemeal or multigrain) Assorted lean meats and salad (lettuce, tomato, beetroot, grated carrot, and cucumber).

DINNER

- Chicken Schnitzel: Chicken schnitzel, wedges, and mixed vegetables with gravy.
- Lasagne: Lasagne, carrots, beans, corn cob and garlic bread.

SNACKS & DESSERT

- Fruit (apples, oranges, etc. are available every day).
- Low fat ice-cream cups or apple crumble and custard.

STANDARD FOOD INCLUSIONS

- Selection of cereals, reduced fat yoghurt, fruit, assorted toasts (multigrain, wholemeal, and raisin), condiments (e.g., margarine, jams, etc.), and low-fat milk.
- Fruit (apples, oranges, etc. are available every day).

FREQUENTLY ASKED QUESTIONS

Q. Can my child be buddied up with a friend for accommodation?

A. Yes! You can nominate one person to share your accommodation with, so you know someone in your room. We will do our best to accommodate this. You will need to email us.

Q. What if my child still has issues around bed wetting?

A. No problems. All the mattresses have water resistant protectors, and we will handle any accidents very discretely.

Q. What do we need to bring to camp?

A. We will email a camp checklist 4 weeks before the event.

Q. Can I use the Creative Kids Voucher for the camp?

A. YES. This voucher will take \$100 off your camp fees. Click on the link below to register for a voucher.

<https://www.service.nsw.gov.au/campaign/creative-kids>

Q. Does my child need any experience in music, writing, art & yoga to attend?

A. No. All children are welcome.

Q. Do I need to complete the Medical and liability form if my child does not suffer from a medical condition or disability?

A. Yes! All children attending must have this form completed.

The Medical form will be issued once deposit has been received.

HOW TO REGISTER & PAY

Camp registrations will open on the 30th May 2022 via the website. There is only one option to pay for Creative Camp and that is via a bank transfer. This cuts out unwanted fees.

Once you have registered for the camp, we will email you an invoice with payment details.

***Once we receive your payment/deposit you will have your spot secured. Total amount of camp needs to be paid in full by the 12th August 2022.**

***Remember – Your deposit is non-refundable if you cancel your registration after 12th August. Your full payment will also be non-refundable if you cancel within 4 weeks of the camp start date.**