

**RURAL  
HEALTH  
WEST**

# Aboriginal Health Conference 2018

7 AND 8 JULY 2018 | Parmelia Hilton Perth



## FAMILY PROGRAM

Register at [www.ruralhealthwest.com.au/conferences](http://www.ruralhealthwest.com.au/conferences)



Government of Western Australia  
WA Country Health Service

This conference is proudly delivered by Rural Health West  
in partnership with WA Country Health Service

# SATURDAY 7 JULY 2018

## CHILDREN

### 0 – 3 YEARS In House Care

#### Parmelia Hilton Perth

Morning Session: **8.30am – 1pm**

Afternoon Session: **1.00pm – 5.00pm**

Cared for by fun, kind, qualified caregivers your child will have toys, morning/afternoon tea and lunch provided in an allocated Parmelia Hilton hotel room. There will be a quiet adjoining room for sleeping if required.

Parents to provide nappies, drink bottles (including formula) and your child's comforters.

#### **Optional extra**

With written parent permission children may walk to Elizabeth Quay with their qualified caregivers for outdoor, dry play. Weather permitting.

Cost: **\$20** per child per session

*Includes morning/afternoon tea, lunch and full qualified care.*

**It is essential that children are registered for these activities no later than Friday 29 June 2018**

### 4 – 12 YEARS Children's activities

#### A FULL DAY OUT

**8.30am – 5.00pm**

#### **BOUNCE AND CLIMB** at Latitude

We will spend the morning at Perth's very own indoor aerial super park!

Offering aerial activities designed to challenge the body and mind, and leave us with a brand new attitude. Trampolines, climbing walls, a sky-high obstacle course, parkour and Kids Zone – a dedicated under 5's\* area.

\* The smaller you are the bigger the adventure. Children less than 110cm tall or under 5 years old will only be permitted in the Kids Zone. *No exceptions!* Please advise your child of this rule prior to joining the Family program on Saturday 7 July.

<https://latitudeair.com/>

#### **CHILL OUT** at Incredibles 2 Movie (PG)



An animated superhero sequel to The Incredibles.

Elastigirl springs into action to save the day, while Mr. Incredible faces his greatest challenge yet – taking care of the problems of his three children!

Cost: **\$30** per child for FULL day

*Includes – transport, Latitude grip socks, movie, lunch, snacks and full supervision. We will use both private buses and Transperth trains to transport us.*

**Valued at \$65 pp**

**PLEASE NOTE: all children should be collected from their respective activities by 5.15pm**

## PARTNERS

### Stadium Tour

#### Optus Stadium Perth

**9.00am – 12.30 pm**

An exclusive behind the scenes tour of this stunning new, state-of-the-art Stadium.

You'll be treated to breathtaking views of the playing surface, the Swan River and Perth city from the Stadium's highest vantage point. Experience the inner sanctum and discover sports memorabilia detailing WA's rich sporting history.

After your tour take your time to relax at The Camfield. Located right outside of Optus Stadium, it offers views, great food and a very relaxed atmosphere.

Cost: **\$30** per person

*Includes guided tour, transport and a \$20 Camfield voucher.*

### Shopping

#### Joondalup Shopping Centre

**10.00am – 3.30pm**

Lakeside Joondalup Shopping City is Perth's biggest shopping destination. Home to Myer, Target, Kmart, Big W, Coles, Woolworths, Aldi and H&M as well as over 300 specialty retailers, a cinema and two food courts.

Shop 'til you drop – we will get you there and back!

Cost: **Free** – registration required

*Includes transport.*

**Travel support available.  
Find out more at  
[www.ruralhealthwest.com.au/  
conferences](http://www.ruralhealthwest.com.au/conferences)**

### Cooking Class Indian Curry Opulence

#### Matters of Taste Cooking School

**8.45am – 1.30pm**

A true opulent feast for eyes as well as appetites.

A three hour hands on class in which you'll learn how to use spice in your kitchen for maximum effect. Included in this class:

- Tender Spiced Lamb, Tomato and Spinach Curry
- Indian Spiced Yellow Pilaf Rice
- Pumpkin and Tamarind Black Dhal
- Fresh Garlic Naan Bread
- Cucumber Mint Raita
- Crisp Poppadums
- Spiced Masala Chai
- Lakes and Crores

Cost: **\$50** per person

*Includes class, lunch and transport.*

**Valued at  
\$150 pp**

### Junkadelic's Six Seasons – the Concert

#### Art Gallery of WA

**11.00am – 1.00pm**

The Indigenous 'six seasons' are the subject of an exciting new musical performance by WA funk/junk favourites, Junkadelic.

The new work has a section on each of the seasons – Birak, Bunuru, Djeran, Makuru, Djilba and Kambarang. The high energy concert features Noongar guest artist Richard Walley.

Cost: **Free** to launch NAIDOC Week in style –  
*registration required.*



# SUNDAY 8 JULY 2018

## CHILDREN

### 0 – 3 YEARS In House Care

#### Parmelia Hilton Perth

Morning session only: **8.30am – 1.00pm**

Cared for by fun, kind, qualified caregivers your child will have toys, morning/afternoon tea and lunch provided in an allocated Parmelia Hilton hotel room. There will be a quiet adjoining room for sleeping if required.

Parents to provide nappies, drink bottles (including formula) and your child's comforters.

#### **Optional extra**

With written parent permission children may walk to Elizabeth Quay with their qualified caregivers for outdoor, dry play. Weather permitting.

Cost: **\$20 per child**

*Includes morning/afternoon tea, lunch and full qualified care.*

### 4 – 12 YEARS Children's activities

#### Scitech

Morning session only: **8.30am – 1.00pm**

Children will explore their world through wonder at Scitech with awe inspiring interactive exhibitions, explosive shows and imaginative activities. Sharpen curiosity and journey into science, technology, engineering and maths.

Children will return to the Parmelia Hilton at 1.00pm where they will be catered for at the conference farewell lunch.

Cost: **\$10.00 per person**

*Includes entry to Scitech, transport, snacks, lunch and full supervision.*

**PLEASE NOTE: all children should be collected from their respective activities by 1.00pm**

## PARTNERS

### A little 'Me' time

*Although there is no formal Family Program for partners on Sunday 8 July, the following are options you may wish to pursue yourselves.*

#### **Enjoy what the Parmelia Hilton Perth has to offer**

Fitness room, swimming pool, complimentary Wi-Fi.

#### **Visit Yagan Square**

Yagan Square offers a range of experiences – from green spaces for relaxation and play, to a market hall, kiosks, cafes, interactive digital media, native gardens and engaging public art.

With a strong Aboriginal narrative that runs through the square which incorporates stories from the Whadjuk people – the traditional owners of the land – Yagan Square, creates a unique space that is reflective of both culture and history.

#### **Walk or ride around the Swan River**

Bridge to bridge 10km with glorious scenery and well placed coffee destinations along the way.

#### **Art Gallery of WA** (Free entry)

**Free Guided Tour 10.30am**

Join one of AGWA's Voluntary Gallery Guides and immerse yourself in a guided tour that looks closely at works by Indigenous artists.

#### **Year 12 perspectives 2017**

Showcasing fifty-five works from some of the best, brightest and most talented graduating high school artists across Western Australia, and is a barometer of what our youth are thinking and feeling. Works span a variety of subject matter and media.

### FURTHER INFORMATION

Contact Jen Maughan, Family Support Coordinator  
– Education and Skills Development on 08 6389 4500  
or [familysupport@ruralhealthwest.com.au](mailto:familysupport@ruralhealthwest.com.au)