

FRI 16

### PARRAMATTA PARK & PICNIC LUNCH

**Time:** 9am – 4pm

**Location:** Picnic Lunch Parramatta Park, Sydney NSW

**Cost:** Free

Companion Card Accepted

**Requires a NSW Opal Card for transportation.  
Lunch: B.Y.O or you pay for yourself on the day.**

Parramatta Park is a beautiful setting for walking and cycling. With its 3.2km loop cycle lane and shared paths, it is suitable for cyclist of all levels and it connects to cycle routes travelling along the Parramatta River and all the way to Sydney Olympic Park.

Bring along a soccer or footy ball, scooter, frisbee to play along with and enjoy the outdoor space to play and hang out in.

Please remember to bring along a drink bottle and sunscreen as it can be a hot day!

FRI 23

### BONDI TO TAMARAMA WALK & PICNIC LUNCH

**Time:** 9am – 4pm

**Location:** Bondi to Tamarama, Sydney NSW

**Cost:** Free

Companion Card Accepted

**Requires a NSW Opal Card for transportation.  
Lunch: B.Y.O picnic lunch on the day.**

**Distance:** 1.2 km Bondi Icebergs to Tamarama

**Time:** 25 minutes + stops

**Difficulty:** Medium. Steep stairs

The Bondi to Coogee walk begins at the bottom of Notts Avenue, near the Icebergs pool, South Bondi. The Bondi to Coogee walk can also be accessed by stairs via Marks park above the walk.

Please remember to bring along a drink bottle and sunscreen as it can be a hot day!

FRI 30

### COCKATOO ISLAND & BBQ LUNCH

**Time:** 9am – 4pm

**Location:** Cockatoo Island, Sydney NSW

**Cost:** \$8.00 (BBQ lunch cost)

Companion Card Accepted

**Requires a NSW Opal Card for transportation.  
Lunch: B.Y.O or you pay for yourself on the day.**

Enjoy a seaside Ferry ride to the well-known heritage site to Cockatoo Island and enjoy a BBQ lunch put together by the lovely care workers. You are most welcome to bring along a soccer or footy ball, scooter, frisbee to play along with and enjoy the outdoor space to play and hang out in.

Please remember to bring along a drink bottle and sunscreen as it can be a hot day!



## TO REGISTER

**Call: 1300 134 332 or**

**Email: [ndis@yourside.org.au](mailto:ndis@yourside.org.au)**

## **WELCOME!**

We are very excited to announce that **our face to face social outings** are back!

To ensure the safety of our clients, staff and the community, we have put in place procedures to follow.

### **What to expect?**

- On the day before the event, a staff member will call you for a health screen.
- A temperature check on the day of the event.
- We encourage you to wear a mask, with medical conditions exempt. Staff and Volunteers will wear masks at all times.
- Clients and staff to maintain 1.5m social distancing where possible.
- Your Side reserves the right to deny participation should you present symptoms of COVID-19.

By doing this we can make sure we can run the events you love to attend.



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