

Wellness through Leisure

*A community
Campaign
for DT Week,
Conference
and beyond!*

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**DTA 2015
National Conference**

Location
Gold Coast QLD

Date
15 - 17th October 2015

Theme
Wellness through Leisure

President's Piece

Wellness through Leisure. This is a term you will hear about quite a bit over the next six months, as this will be the focus of DT Week, Conference theme, and forms the basis of a 12 month media campaign. This year, the Board and Office are aligning to present a united and consistent message.

Wellness and leisure have long been associated, and there is considerable literature to support the connection between these two concepts.

But what does it mean to you? What is your role in supporting wellness within your working environment? How do you ensure the programs you develop and fine-tune, have a focus on wellness? Wellness itself is such a broad concept; not considering quality of life, you might divide the overall concept of wellness into social, physical, emotional, spiritual or environmental categories. Very often, the client base we work with, present with significant health concerns in one of these areas; how do you, in your assessment and development of programs, encourage an holistic approach to the health of the client?

As this extensive campaign steps into action, it is timely for each of you to take a few moments and consider your personal philosophy of wellness through leisure. Sort through the ideas, approaches and trains of thought and develop your own personal philosophy. What DOES wellness through leisure mean to you? Do you have a

specific focus in one wellness area, perhaps mental health, or spiritual health, or physical health? Every one of these is valid. Identify your field or fields of interest; be aware of your strength and weakness areas. What is the relationship between leisure and that sense of wellness for that field. In this way, you can seek out areas to support your specific interest areas, or you might decide to explore new fields in expanding your appreciation of the concept wellness through leisure.

This conversation is brief, but is intended to encourage you to consider your own point of view, your own philosophy. You may be influenced by a train of thought you have been exposed to in your study, or through your working environment. This is positive, as it demonstrates that you can adapt ideas and concepts from others in developing your own way of thinking.

Of course, there is far more to the influence of leisure on wellness, and I would inspire you to jump on board this year, use the approaches you will be exposed to throughout the year to guide and develop your own approach to wellness through leisure.

Regards,
Louise Absalom
President

Conference Report 2015

So far we have achieved

- **Location - Gold Coast QLD**
- **Date - 15th 16th 17th October 2015**
- **Theme - Wellness through Leisure**
- **Subthemes - "community leisure"; "Person Centred Care"; "role of leisure in psycho social health & the practice of enablement"**
- **Core Team - Katrina, Judy, Glenda, Margie + others from Gold Coast Network Group**
- **Venue - The lovely Mercure Gold Coast Resort**
- **Call for Papers - our first distribution started.... Visit the website for the Call for Papers document on the Events page**
- **Pre-Conference Workshops - Activities Activities Activities AND to be confirmed - watch this space!**

National Workshop programme news and updates with Steph

Hello and Happy Chinese New Year (as I am writing these celebrations are in full swing)! I hope that the start of 2015 has brought abundance to you, your clients, participants and residents and that it continues to do so.

We certainly had an abundance of fun and education at the first DTA workshop for 2015 - NSW Sydney Access to Leisure on 6th February. This disabilities focused workshop was attended by 35 people and held in Parramatta, Western Sydney. It was great having Kylie Rice, DTA NSW Board Rep and Renee Dunne, DTA Secretary, - both experienced disability Diversional Therapists- there to support us and promote the DTA website, DTA membership and share their presentations on Fun and putting together a Chess club and its successful outcomes.

Veteran DTA member and great advocate for our association, Lauretta Kaldor attended with her resources for sale and feedback was really positive regarding the disability aspect of leisure /health /DT roles and the relevance of speakers. We also had 4 people applying for DTA membership. It is great to see our association grow and more people see the benefit of joining.

Our first speaker, via YouTube, was David Bowen, CEO of the National Disability Insurance Agency and though we missed that interaction and question time, it was good to hear "from the horse's mouth" where we are up to with trials and the way forward under the NDIS. The presentation by Rebecca Sciroli, a 'Living Life My Way' Ambassador

gave her perspective on the NDIS from the point of view of someone living with a disability and her particular story was inspiring. Diversional Therapist Aja Goddard, from BCA Access Solutions, took us through some of the latest innovations and information relating to accessibility and showed some great demonstrations on how access has changed with new technologies and innovations- even an underwater wheelchair! In the afternoon we were revived by BrainGym practitioners Jenny Round and Ann Davies. Experienced DTA Takeaway Café presenter and member, Gaylene Henderson, once again gained all her PD points by presenting her Takeaway Activity on Bingo adjustments for people with differing physical needs.

Thanks to everyone who supported the workshop and enjoyed the fun and networking opportunities throughout the day. I'm already looking forward to next year's Access to Leisure workshop!

The date for the Mount Gambier workshop has changed to the 13th of March 2015 the same day as the Brisbane workshop -so education will be happening in two parts of the country on this date- see if you can make one of them if they are in your area and support DTA education coming to you!

So until next time,

Steph Bejma

DTA National Education Coordinator

BREAKING NEWS - in Sydney on the 24th April, DTA have been able to negotiate and secure a special presentation and interactive workshop with Canadian specialist Prof Sherry Dupuis. It will ask attendees to think about how their practices align with the culture change of person-centred and relational care. This DTA special event will attract those who work specifically with people with dementia for a Dementia Specific focus workshop. So if you work with people with dementia and are looking for the definitive and latest activities and research put this date in your diary! Don't miss out!

Proposed* Workshop Dates 2015

13th March QLD - Brisbane

13th March SA - Mt Gambier

NOTE this new date for this workshop

27th March TAS - Hobart

17th April NSW - Regional - Coffs Harbour

1st May VIC - Regional - Bairnsdale

16th May WA - Perth

22nd May VIC - Melbourne

29th May NSW - Regional - Orange

12th June QLD - Regional - Far North Queensland

26th June SA - Regional - Port Pirie

17th July TAS - Launceston

24th August VIC - Regional - Hamilton

4th September ACT - Canberra

18th September VIC - Regional - Shepparton

15th October - 2015 Conference workshop - Gold Coast

14th November WA - Perth

17th November NSW - Sydney/ North Ryde (on day of the AGM)

***IMPORTANT:** These proposed dates are subject to change depending on final arrangements.

Members Articles

THE STORY OF THE LADY ROSE CATHEDRAL

Submitted By Darren Robinson

Barunga Homes is an aged care facility that is in the seaside town of Port Broughton, some 200km north of Adelaide in the mid-north of South Australia. The Lady Rose Cathedral is the brain child of the homes' Lifestyle co-ordinator, Darren Robinson with fifteen of the residents and two volunteers.

Long-time resident, Anne Cavanagh suggested making a church for the recycled category in the local Christmas competition and it was up to Darren to design and build with the help of the volunteers and the residents.

The main body of the Cathedral is made up of over 10,000 of the little pill cups that the nursing staff use at the home to dispense the resident's medications. The windows are made out of recycled wood and Perspex and other recycled materials found at the home. The pictures on the windows are painted with nail polish and deflated balloons form a pattern at the top of each of the windows. In the earlier stages of the project we worked on the project usually an hour and a half on Tuesday afternoons but as we drew nearer to completion, most days we did a little bit on it to get finished by the time of the Barunga Village AGM which was at the end of October, where it was to be featured on display for the first time. The whole Cathedral display took approx. five months to construct and much to everyone's delight at the home, won the Best in Show prize at the 2013 competition.

Each of the residents were given specific tasks that matched their skills and abilities. While most of the residents participated in sticking the cups together, only some of the residents that still have good hand control were able to do the painting of the stained glass windows, while others stained the wooden frame of the cathedral and one lady in particular, Anne Cavanagh, placed over 4000 of the bricks into the moulds ready for me to come along and stick together. 7 of our Dementia wing residents took part as well. They were fantastic, always ready to help out. They were able to do most of the tasks asked of them with only the occasional prompting and reminding of what they were required or asked to do. Even the other residents that weren't actively involved in the Cathedral's construction would come along and watch the Lady Rose Cathedral taking shape.



Darren Robinson taken at St. Peter's Cathedral in Adelaide

It was called "The Lady Rose Cathedral", in honour of all the ladies that helped in its construction and in particular resident Barbara Gould, (our English rose), who donated the crystal cross that adorns the Cathedral's steeple. Barbara also donated another crystal cross for use on the castle.

Since the cathedral's completion we have had many visitors from local and interstate who have come especially to see our wonderful Cathedral and we even received a congratulatory letter from Queen Elizabeth II.





In July of 2014, the Lady Rose Cathedral went on display at St Peter's Cathedral in North Adelaide, with many local and international visitors signing our visitor's book, our little cathedral proved to be very popular. It even appeared on TV with Channel 7 News doing a feature story on it and it also was covered by ABC Radio on 2 separate occasions as well as appearing in various print media publications.

Even before the Lady Rose Cathedral was finished, the residents were asking what they were going to build next year. So following on from the success of the cathedral, St Nick's Castle was the next project. Resident Milly Dawes asked if they could make Santa's home at the North Pole. So it was up to Darren again to design and help construct the castle. This time he had 20 of the residents helping as well as many volunteers. It is made up of over 15 000 of the little pill cups this time. The residents stuck them all together and even plastered and painted the woodwork.

St. Nick's Castle stands 7 foot tall and 6 feet wide at the base and was quite a sight at the Christmas Festival next to the cathedral from last year. This year the castle came second in the People's Choice Awards and also received a special award from the judges for an amazing achievement. Our volunteers were absolutely amazing. They work so well with the residents, at times just being there to offer assistance and prompting, while at other times sitting down next to the residents and sharing the workload together all working as a team.

Both the Lady Rose Cathedral and St. Nick's Castle were part of the Quality Improvement Program at the home with aim to encourage resident participation, creativity and a sense of belonging.

Anna, our 101 year old Austrian lady, even said to me that it reminded her of the church she used to visit as a little girl with her grandmother many years ago. Another resident, Roger said that he goes outside his room and sits in the lounge chair and just looks at the cathedral at night till he falls asleep.

Having completed both projects now, looking back, especially on the Lady Rose Cathedral, (the resident's favourite), I couldn't have asked for a more successful project. Almost by accident we came up with the idea of a little church which eventually turned into our cathedral. The residents were so enthralled by the construction and end result of the project, with many saying how wonderful it is, especially with the lights on at night.

Since the completion of both projects they have been on display at Barunga Village over the Christmas and New Year periods.

Unfortunately due to a lack of room, we are currently looking for a permanent home for both projects, with the blessing of the residents, of course.

Victorian Members Opportunity

RACV SIR EDMUND HERRING MEMORIAL SCHOLARSHIP

2015 APPLICATION GUIDELINES

The RACV Sir Edmund Herring Memorial Scholarship represents RACV's mutual policy of providing benefits and services to members, motorists and the broader Victorian community.

The aim of the scholarship is to help prevent road trauma and improve the quality of care delivered to victims of road trauma. It also recognises the great contribution Sir Edmund Herring made to Australia and Victoria. His life exemplifies the spirit of care, integrity and service at the heart of RACV's mission, an endeavour Sir Edmund supported throughout his long role as Patron of the Club.

The successful applicant(s) receive up to \$56,000 to undertake a project that will benefit the motoring public. Previous recipients are ineligible to apply for funding for five years after their successful application.

FOCUS

To fund appropriately designed projects that have the potential to prevent road trauma or improve quality of care of victims in the area of road trauma (knowledge, psychology, skills etc).

We visualise the trauma cycle as having three phases:

1. Prevention
2. Acute Treatment
3. Rehabilitation

The project should have clear objectives, measurable outcomes and be able to be completed within a year. The range of suitable projects is broad and could lead to reduced incidence, higher standards of care, enhanced rehabilitation and improved quality of life. Examples include pure and applied research and the trialling of a preventive educational intervention. Innovative projects will be welcomed.

In general terms, the funding is for particular elements of a discreet stand-alone project. As such it is unlikely that initiatives forming part of a PhD, routine quality assurance or quality improvement or the purchase of computers will be funded. A study tour will only be considered where it can be shown that such a tour is necessary for the achievement of an objective, measurable element of the research project.

To obtain the full guidelines for the scholarship please contact Rochelle below. Applications close the 10th April 2015.

Contact:

Rochelle Broder
RACV Community Programs Coordinator
rochelle_broder@racv.com.au

Please call (03) 9790 2995, if you require further information.

Victorian Members Education Opportunity

Upcoming workshops and seminars held by the Centre for Cultural Diversity in ageing, Contact Tonina for further information on 8823 7979.

27 March - Making the most of language services in aged care

10 April - Addressing diversity across the quality standards in residential and home care

12 June - Policy development for inclusive aged care services



Diversional Therapy: Wellness through Leisure

Imagine a world without leisure, how would you feel....empty, dissatisfied, sad, disconnected?

Not being able to engage in those activities you choose to do in your free time or with people whose company you enjoy would be a concern for many.

Our leisure choices are intrinsically motivated therefore contributes to the many dimensions of Wellness. When asked the reasons why we participate in sport, hobbies, and social group's etc. people will associate benefits with health and a sense of wellbeing. Australians living with disability and illness often experience barriers to participation in meaningful, appropriate and satisfying leisure. For these people, wellness is not optimal.

The Diversional Therapist's role is underpinned by a tertiary degree, and considers those psychosocial aspects of care, using leisure to support rehabilitation, social inclusion, and expression of the sense of self, based on comprehensive assessment where expressed individual needs, likes/ dislikes, abilities and strengths are documented and developed. Diversional Therapists and Diversional Therapy Assistants / Recreation Activities Officers hold specialist knowledge and skills in leisure and recreation working with people in a range of health and community settings such as hospitals and aged care facilities. Diversional Therapists are strong advocates for choice and decision making to maximise independent recreation participation. Diversional Therapists embrace the essence of person centred care through the delivery of individualised and goal focussed leisure and recreation programmes to support, challenge and enhance the psychological, physical, emotional, social and spiritual needs of individuals and groups.

Diversional Therapy Australia's (DTA) campaign for 2015 is 'Wellness through Leisure'. DTA encourage all Diversional Therapists, Diversional Therapy Assistants and Recreation Activities Officers to demonstrate their use of evidence based practice as contributors to wellness of individuals and community.

Diversional Therapy Australia is the professional body representing Diversional Therapists, Diversional Therapy Assistants and Recreation Activity Officers in Australia. Diversional Therapy Australia comprises of three levels of membership: Full Member Diversional Therapist - Degree Qualified, Full Member - Diploma Qualified and Full Member Certificate IV Qualified.

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Wellness
through
Leisure



Can You help?

DTA Journal

Are you interested in resuming the DTA Journal? The Board are seeking expressions of interest for positions on the Editorial Board. Please forward your expression of interest to the DTA Office, outlining your experience in this field, or why you would like to be involved in this process.

DTA Portfolios

DTA are looking for volunteers interesting in participating in working in small teams on the following portfolios are Education, Marketing, International Liaison, and Membership Growth.

Each Portfolio is directed by a Board member, however, open to any member. Some projects each portfolio are involved in are short term and some are longer in duration, so there is the capacity for a member to be part of the portfolio for just a short term or longer term if they wish.

Please send your expression of interest to the DTA Office with the heading of which portfolio you are interested in.

DTA Private Practitioners NEW Network Group needs you!

DTA have recently been approached to support Diversional Therapists to move into Private Practice. This process has begun, however, if you are considering this move, or think you might in the future, you might also like to be part of a Private Practitioners Networking Group. There is a small core of practitioners who are interested in this opportunity to network, share and grow as private providers. Please send your name and contact details through to the office so Katrina Vuori, our national Network Group Coordinator can get started!

Seeking Work

Degree qualified Diversional Therapist seeking 3 days (preferable Tue, Wed and Thur) a week work on North West coast of Tasmania from mid March after relocating from NSW. Contact Emma: 0452 070 875 or epreston18@hotmail.com

FREE Resources/Books

Free to a good home! Box of DT assorted resources and books - excess to needs at office in Sydney. We are happy to give away but you will need to pick them up from locations at the office at North Ryde or can be in Belrose if that is easier!

Contact Diana at enquiries@diversionaltherapy.org.au

Top 10 St Patrick's Day Activity Ideas

1. Dress up as Leprechauns, dye hair green for the day with green hair spray
2. Decorate facilities in Irish memorabilia e.g. shamrocks, pot of gold, leprechauns, Irish flag
3. Cook Irish Stew, Corned Beef and cabbage, dye lemonade green or serve lime soft drink, Guinness
4. Invite a dance school in that has Irish Dance students
5. Read the history of St Patrick's Day
6. Make up limericks
7. Discuss Irish proverbs
8. Run an armchair travel session to Ireland
9. Irish games - "find a word"s, throw the shamrock into the pot, throw the Leprechaun's boot the furthest
10. Irish sing a long

Irish jokes

Q: What do you get when you cross poison ivy with a four-leaf clover?

A: A rash of good luck.

Q: Why can't you borrow money from a leprechaun?

A: Because they're always a little short.

Q: How is a best friend like a 4-leaf clover?

A: Because they are hard to find and lucky to have

Q: When is an Irish Potato not an Irish Potato?

A: When it's a FRENCH fry!

Q: How can you tell if an Irishman is having a good time?

A: He's Dublin over with laughter!

Source: <http://www.jokes4us.com/holidayjokes/stpatricksdajokes/stpatricksdajokes.html>



Book Review with Laretta Kaldor



Enriched care planning for people with dementia

Author: Hazel May, Paul Edwards and Dawn Brooker

Published by: The Bradford Dementia group good practice guides, 2009

Many of us need to find better ways to communicate and care for people living with dementia whether as family carers, paid carers in the home or care staff in nursing homes. The basic framework of care is called person centred care which is a contemporary view as compared to the medical model which has been the older basis of care.

This book does more than explain the methodology of person-centred care because it provides useable documentation templates that are easily adaptable to the varying environments of each individual dementia client. The book is based on 5 years of research by the authors on how best to give support to people with dementia profiling individual physical, psychological and social needs.

Using readable and non-technical language the reader can fully understand how to involve the clients with dementia in their own care plan and indicate their preferences. The language used in the templates is inclusive e.g. page 131

“I need help to process what I see People and objects to be place in my left field of vision...”

The concepts of involving the client/ patient in the plan means that as that as the memory and health of the client gets worse and he/she may be unable to convey their unmet needs, the future needs may be better understood from the initial plan as a guide.

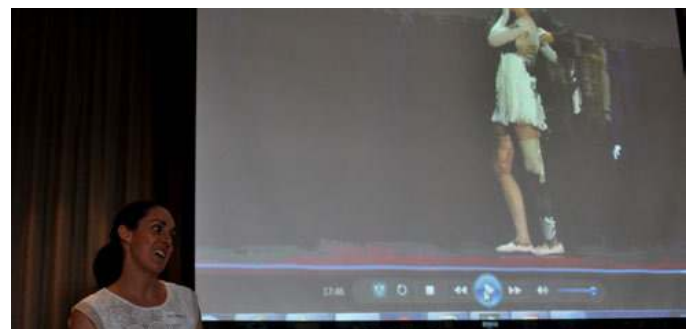
There are good scenarios in this book to back up the information provided.

For recreation staff knowing a more detailed personal history makes for a recreation plan truly based on the client's interests, former life and ways to continue enjoying life despite cognitive barriers to leisure.

The use of the basic templates Brief Profile sheet, Key information sheet and the Enriched care plan, simplify the documentation that is needed for staff to immediately act upon and get a new client receiving appropriate and individual care.

I endorse this book to all staff and students working with people living with dementia as well as family carers.

Photos from the National Workshop



Journal Watch



Community Integration: Showcasing the Evidence for Therapeutic Recreation Services

Authors:

Norma J. Stumbo, Allison Wilder, Melissa Zahl, Dawn DeVries, Shane Pegg, Janell Greenwood, Jo-Ellen Ross

Journal:

Therapeutic Recreation Journal, Vol 49, no 1.

Abstract:

Community integration (CI) is an important aspect of therapeutic recreation services for many client groups. CI speaks to the full social, physical, and psychological presence of individuals with disabilities and/or illnesses in their communities, whether that may be their personal homes, group homes, halfway houses, or long-term care facilities. The benefits of CI are numerous and include physical, social, psychological, health, and quality of life related outcomes. The purpose of this paper is to review

the recent research regarding CI for individuals with (a) cerebrovascular accidents and traumatic brain injury, (b) intellectual and/or developmental disabilities, (c) mental illnesses, and (d) spinal cord injuries, and for (e) aging individuals with chronic diseases and/or illnesses. Specific implications for therapeutic recreation practice from this research are highlighted.

Keywords:

community integration, cerebrovascular accident, traumatic brain injury, mental illness, intellectual and/or developmental disability, spinal cord injury, older adults with chronic conditions and/or illnesses, therapeutic recreation practice

Web Watch



This month's web watch was submitted by our behind the scenes man Scott Holmes. The web link goes into an article on A recent research study which found that those suffering from moderate to severe dementia did particularly well singing show tunes from movies and musicals. The research found there was improvement in the clients' remembering skills compared to those clients that went to general sing-a-longs and just listened.

<http://www.nydailynews.com/life-style/health/singing-show-tunes-helps-fight-dementia-study-article-1.1513903>



From The Editor

Happy Chinese New Year! The Year of the Goat.

This month we see the new segment 10 activity ideas continue to give members new ideas or just something to refresh activities forgotten. If you would like to produce a top 10 activity list for any month upcoming in the year please do so and submit to the office attention to the Newsletter Editor.

Workshops for the year have started off as a success and the conference preparations are steamrolling along.

Lauretta has provided us with another book review and of course we have journal watch as two regular segments now in the newsletter format.

Finally, our newsletter is what we make it to be so please consider submitting articles, activity ideas, photos, recipes, book reviews or anything else that you may feel is relevant to the world of Diversional Therapy.

'til next month.

The Ed

Wendy Butler Recognition Award 2015

Nominations are being sought by DTA from financial members for this award co-sponsored by the late Wendy Butler and B&S Books. The award will be awarded to the nomination that can demonstrate **the most innovative leisure programme**.

The winner will receive a \$250.00 B&S Books voucher.

Wendy Butler joined The Diversional Therapy Association of Australia in 1979 and over the years Wendy was a valued member of the Management Committee of the Association and was made a Life Member of the DTA-NSW in 2002. It was during her working years at the Anglican Retirement Villages, Castle Hill, NSW that Wendy began her highly successful and innovative friendship groups with Margaret Stephens. As a flow on from these groups the Never Too Old to Learn series was born. Wendy and Margaret spent many hours between 1986 and 2005 writing their "Never Too Old To Learn" and "Never Too Old for Fun" books. So B & S Books was 'born', and thousands of copies later and with books distributed and used throughout Australia, New Zealand, the United States and who knows where else, Wendy's dream was realised. The books provided Wendy and Margaret with many lecturing opportunities across Australia and the regional groups and other State Associations benefited from their vast knowledge and experience. Many of the "Back to Basics" workshops run by the Association contained a session on mental stimulation provided by 'the girls' and they travelled, often at their own expense, to provide this education to regional groups in country areas of NSW as well as for other State Associations.

Forming a National Association throughout Australia was most definitely Wendy's brainchild and vision. Through her instigation, 'gentle' urging, and a number of state meetings,

a steering committee was formed at the DTAA Annual Convention in Wagga Wagga in 1991. The Wendy Butler Recognition Award was launched in 2010 at the Diversional Therapy Australia national conference.

Nominations must contain the following details:

Programme title

Programme description

Programme outcomes

Equipment/materials involved

Facilitation/leadership strategies

Evaluation strategies

Feedback from clients, family and or staff

Nominations are to be no more than two (2) A4 pages with a minimum of 12 point font. Photos are optional (please only include if they add to the written submission).

Nominations must be received by COB 1st September 2015 and are to be mailed to:

DTA

Att: Wendy Butler Recognition Award

PO Box 83, North Ryde NSW 1670

The winner will be announced at Diversional Therapy Australia's National Conference in Gold Coast 16th October 2015

Submissions will be judged by a panel and all decisions will be final with no appeals accepted



Diary Dates

Australian Government Department of Health

<http://www.health.gov.au/internet/main/publishing.nsf/Content/health-pubs-calendar-index.htm>

NSW Health

<http://www.health.nsw.gov.au/calendar/pages/default.aspx>

WA Health

<http://www.whatson.health.wa.gov.au/month.cfm?month=7>

TAS Health

http://www.getmoving.tas.gov.au/__data/assets/pdf_file/0017/82403/2014_HEALTH_WELLBEING_TASMANIA_CALENDAR.pdf

Vic Health (Better Health Channel)

<http://www.betterhealth.vic.gov.au/bhcv2/bhcsite.nsf/pages/events?open>

QLD Health

<http://www.health.qld.gov.au/news-alerts/events/>

SA Council of Social Services

<http://www.sacoss.org.au/sites/default/files/public/documents/2014%20Awareness%20Weeks.pdf>

NT Health

<http://www.health.nt.gov.au/index.aspx>

ACT Health

<http://health.act.gov.au/home/>

Our Community

<http://www.ourcommunity.com.au/calendar/>

Australian Government Department of Social Services

<http://www.dss.gov.au/our-responsibilities/settlement-services/calendar-of-cultural-and-religious-dates>

and each states tourism websites.

* Please note when governments change department names may change or merge and therefore websites may also change.

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