



Queensland Association for Healthy Communities Presents Gay Men's Retreat

Magnetic Island
20th April – 22nd April 2012

Thank you for enquiring about the Healthy Communities Gay Men's Retreat. This information pack contains most of the information you will need to know, including cost, location, accommodation, transport and a brief outline of activities. If you require further information do not hesitate to contact one of the coordinators. Bookings should be made by Friday 6th April.

For this retreat there will be a maximum of 32 participants. Men from the Townsville region have priority, as do those who have not previously attended a Healthy Communities Retreat. Men from other areas will be offered places if numbers allow, as will those who have attended previously. We encourage all interested men to apply.

Transport and Timing

Participants will make their own way to Magnetic Island. A car will meet each ferry at Nelly Bay between 3pm and 5.30pm to drive participants to the venue. People arriving outside this time should phone Nick on 0488-035-722 or Kevin on 0417-638-016 (or at guesthouse: 4778 5668 if reception is bad) to arrange pick-up, or make their own way to the Arcadia Beach Guesthouse.

[Sealink](#) (\$29 return) and [Fantasea](#) Cruising (\$28 return) provide ferry services to Magnetic Island. Check out their websites for departure times. Only Fantasea transport cars to the island.

If you arrive on the island before 3pm please entertain yourself until check-in starts at 3pm.

Venue

The Arcadia Beach Guesthouse is a self-contained facility facing the water at Arcadia Beach. The guesthouse features a number of rooms with differing levels of comfort but the focus of the retreat is on developing new skills, knowledge and relationships so all participants pay a similar amount with beds allocated by lottery (couples sharing beds pay a slightly lower rate) prior to arrival.

We will have exclusive use of the guesthouse for the weekend so we'll have a private environment in which to relax and participate in activities and workshops.

The guesthouse has its own kitchens, BBQs and wood-fired pizza ovens. All food will be provided and participants will be invited to participate in meal preparation.

Location

Arcadia Beach Guest House
27 Marine Parade
Arcadia
Magnetic Island



Privacy/Confidentiality

It is a condition of employment that Healthy Communities staff and volunteers, including facilitators and service providers attending the retreat sign a Deed of Confidentiality. This requires them not to disclose information about you, including medical condition(s) or treatment(s), sexual orientation, gender identity, relations with family members, names and addresses of individuals participating in the retreat without explicit prior permission.

It is a condition of attending the retreat that participants agree not to disclose confidential information about other attendees. *What happens and what is discussed on the island, stays on the island!*

Retreat Rules

There are very few rules at our retreats. We just ask that you respect yourself and each other during the time we have together. We would appreciate it if you did not bring illicit drugs to the island. Bringing alcohol is OK, but remember that this is a health promotion weekend, so we ask that if you do drink, you do so in moderation and not during some activities, as requested.

Coordinators

Nick Connor - Healthy Communities Health Promotion Officer
tsv@gahc.org.au
Ph: 4041 5451
0488 035 722

Kevin Scott - Healthy Communities Health Promotion Officer
tsv@gahc.org.au
Ph: 4041 5451
0417 638 016

On the day we can be contacted at the venue: (07) 4778 5668

Program

There will be a busy program for the weekend with a mixture of workshop, social, leisure and group work activities. The retreat workshops and discussions will be on issues important to the health and wellbeing of gay men in North Queensland. Participants are strongly encouraged to participate actively in all activities but will be able to take 'time out' if things become too taxing.

Time will also be set aside for recreational activities such as swimming (snorkelling equipment available) and bush-walking.

Applying

To apply, either print out and complete the form below and return it, following the instructions at the end, or [click on this link and complete the form online](#).

Healthy Communities' Gay Men's Retreat Magnetic Island Application Form

First Name:

Surname:

Address:

State: Postcode:

Phone: Mobile:

Email:

Can we keep your contact details on secured file for notice of other Healthy Communities events and delivery of Tropical Alternatives newsletter? Y / N

Person and contact phone number in case of emergency:

.....
.....

Do you have a significant health issue which could adversely affect you over the weekend? (eg: reduced mobility, epilepsy, dementia, diabetes, allergy etc)

Y / N

Brief details:

.....

Transport

What time do you expect to arrive at the Nelly Bay ferry terminal?

Would you like to be picked up at the ferry terminal? Y / N

Will you be bringing a vehicle to the venue? Y / N

Diet:

Do you have any special dietary requirements?

Vegan: Y / N

Vegetarian: Y / N

Other (eg gluten free, allergy etc):

Payment

The cost of the whole retreat is \$120 per person (\$100 concession – valid student or Centrelink concession card must be shown on arrival) or \$80 per person for couples sharing a double bed. This covers accommodation, food and activities for the two nights and days. Payment must be made (or special arrangements made with coordinator) prior to the retreat. Healthy Communities heavily subsidises this event.

Note: completing this form or paying the fee does not guarantee acceptance. You will be advised of your place, along with instructions for making your payment by return correspondence.

Cancellations made on or before Friday 13th April will receive a refund of 75% of the fee. Refunds will not be made for cancellations after this date.

Please circle the appropriate fee:

Waged	\$120
Concession (student or Centrelink card must be shown)	\$100
Sharing double bed with partner if sharing, what is your partner's name: _____	\$ 80

Payment may be made by money order or cheque (made out to Healthy Communities) or by credit card on the Paypal facility on the Healthy Communities website, but please wait to hear from a coordinator before making your payment.

Note: Completing this form and/or payment for this event does not guarantee acceptance. You will be advised of your place by return correspondence.

Please post this Application Form to:

Retreat
Healthy Communities
P.O. Box 12112
Cairns DC
QLD 4870

OR

Scan and email this Application Form to tsv@qhac.org.au

What to bring

- medications (please contact coordinator if you require special storage facilities – refrigeration)
- towel
- toiletries (toothbrush & toothpaste etc)
- swimming gear
- walking shoes
- sunscreen
- hat
- water bottle