



HAEMOPHILIA FOUNDATION VICTORIA INC.

HFV Youth Camp 2023 – General Information

Dates and location

Start date: Friday 23 June (afternoon/evening in Melbourne)
End date: Sunday 25 June (afternoon/evening in Melbourne)
Location: Lady Northcote Discovery Camp (view website [here](#))
1273 Glenmore Rd, Glenmore VIC 3340

Purpose of the camp

The HFV youth camp is an opportunity for young people in the bleeding disorders community to connect with their peers, develop valuable life skills, and challenge themselves in a fun environment. We place a strong emphasis on young people gaining leadership skills and experience, which they can then carry into all other aspects of their lives. This year, many of our youth camp activities will be led by current and former youth leaders from the bleeding disorders community, with oversight from staff.

Who is HFV youth camp for?

This will be a **mixed gender** event for youths aged approximately **13-19 years** in the bleeding disorders community (i.e., have a bleeding disorder themselves or have a family member who has a bleeding disorder).

Depending on age and experience, **young adults aged 19-30 may volunteer** to attend HFV youth camp in a leadership capacity. Young adult leaders **MUST** indicate their availability to attend training prior to youth camp. Training will be delivered in line with HFV's child safety policy.

Planned activities

A detailed programme will be provided to campers in advance. Planned activities include:

- Initiation for new youth leaders
- Ropes course and giant swing
- Board games/tabletop games
- Discussions on careers, health and fitness (tailored to different age groups)
- Down time to chat with other youths in the bleeding disorders community

Staff, supervision and safety details

Youth camp is an initiative of HFV, with support from Purple Soup adventure therapy providers. In 2023, youth camp will also be facilitated in partnership with venue staff from YMCA.

All staff and volunteers will undergo training appropriate to HFV's child safety policy. Both male and female staff will be present.

Additional guidance on working with young persons with a bleeding disorder will be provided to staff and volunteers, as required. A majority of youth camp staff and volunteers have worked extensively with HFV and are sensitive to community needs. A trained adult first aider will be designated.

The following groups will be represented at youth camp:

HFV Staff (supervisor)	Purple Soup Staff
HFV Committee	YMCA Staff
HFV Youth Leaders	

Costs

In 2023, HFV youth camp will be provided free of charge to attendees thanks to the generous CommBank Staff Foundation Community Grant program.

Unless you are advised otherwise, attendees will be responsible for their own independent travel costs, including fees for public transit rides to pickup points (see "Travel Arrangements" below for details). Contact HFV staff if transport costs are a barrier to attendance.

Departure and travel details

HFV staff will pick up attendees in a minibus at one of several predefined times/locations on Friday. Please indicate your pick up point preference upon registration. Attendees are expected to organise their own transit to pick up points. If your child is not confident in their use of public transport, let HFV know as we may be able to pair them up with a transit buddy.

Pick up times and locations are subject to change pending registrations, and a fourth pick up/drop off location may be chosen. All families will receive pick up point details in advance.

Based on the youth camp expressions of interest, HFV anticipates the following pick ups:

Ringwood Train Station	4:15PM (approx.)
Caulfield Train Station	5:30PM (approx.)
Sunshine Train Station	7:30PM (approx.)

DRIVING TO CAMP

Attendees aged 18+ who prefer to drive to camp should indicate this on their registration form. Parking is available on site.

DINNER ON FRIDAY NIGHT

The group will have dinner together in Sunshine (approx. 7:30PM) before driving to the Lady Northcote campsite. Dinner will be provided by HFV. Those traveling independently to Lady Northcote should aim to meet the others at Sunshine Train Station at 7:30PM.

ATTENDEES FROM INTERSTATE (SA & TAS)

Interstate attendees should contact HFV to organise travel arrangements ASAP. Attendees under 18 are welcome to bring along an older sibling or other family member to accompany them on the flight/boat. Young people travelling from interstate will be collected from the airport/port and driven to meet with other attendees on Friday evening. Some funding may be available to support travel costs for attendees from SA.

NOTE: All attendees are expected to take an age appropriate degree of responsibility for their own travel arrangements. Should attendees run into any problems or delays on Friday, we expect them to contact HFV staff to provide updates. Contact details as below.

Return details

The youth camp program will finish between 2:00PM and 3:00PM on Sunday.

HFV anticipates the following Sunday drop offs, pending changes:

Sunshine Train Station	4:00PM (approx.)
Caulfield Train Station	5:30PM (approx.)
Ringwood Train Station	6:30PM (approx.)

Accommodation arrangements

Campers will be staying in indoor cabins, in rooms of 2-4 people. Sleeping arrangements will be made based on age, gender and any other requirements as needed. Bedding must be provided by campers and a detailed packing list will be sent in advance.

Catering

Dinner on Friday night will be provided by HFV.

Campers will self-cater for the duration of their time at Lady Northcote, with support from HFV. Attendees will work together on Friday night to plan out a menu for the weekend. All campers will be expected to participate in menu planning, cooking and/or tidying up after meals. This is a chance for youths to practice some independence and develop more confidence in the kitchen.

Distance from expert medical care

Nearest general hospital and emergency room: Bacchus Marsh and Melton Regional Hospital
29-35 Grant St, Bacchus Marsh VIC 3340
Approx. 15 minute drive

Nearest bleeding disorders specialist hospitals: Royal Children's Hospital Melbourne (for <18yo)
50 Flemington Rd, Parkville VIC 3052
Approx. 1 hour 30 minute drive

The Alfred Hospital (for >18yo in adult care)
55 Commercial Rd, Melbourne VIC 3004
Approx. 1 hour 30 minute drive

Name and contact details of the organiser

Should you have any questions or concerns, please do not hesitate to contact HFV staff:

Yarrow Ruane, HFV Communications Coordinator
yarrow@hfv.org.au OR info@hfv.org.au (HFV staff general)
0435 893 303