

# HFV EVENTS GUIDE

## EXPLORING THE YEARLY PROGRAM

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New & young families catch-up: 8/2/25

Outer Metro Dinner: 17/2/25

HFV Family Camp: 21/3/25-23/3/25

Youth Event: 5/4/25

Ladies Event: 4/5/25

Men's Retreat: 30/5/25-1/6/25

Regional Outreach: 14/6/25-15/6/25

School Holiday Event: 9/7/25

Regional Outreach: 9/8/25-10/8/25

School Holiday Event: 3/10/25

BDAM: 25/10/25

AGM & Christmas Picnic: 23/11/25



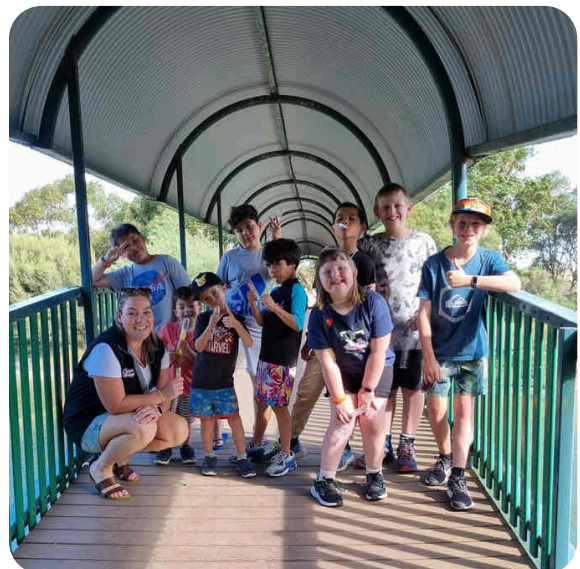
# HFV FAMILY CAMP

Take a break from the hustle and bustle of daily life and join us for a weekend of relaxation and connection at the HFV Family Camp. This special retreat is designed to bring families together in a peaceful, natural setting, with a mix of family-oriented and outdoor activities, peer-support workshops, and social time. Scheduled for **21-23 March 2025**, the camp will take place at Mill Valley Ranch in Tynong North, a beautiful and accessible venue located just 75 km south-east of Melbourne. Whether you're new to the community or a returning member, Family Camp offers a welcoming and supportive environment where everyone can have fun, relax, and grow together. New families will be paired with more experienced families to help them feel at ease and make the most of their time at camp.

During the weekend, families can participate in a wide variety of activities, including horse riding, arts and crafts, team-building games, outdoor adventures, night walks, sports, and more. The activities are designed to cater to all ages and abilities, ensuring that everyone—whether young children, teenagers, or adults—has the opportunity to engage and enjoy. You'll also have the chance to take part in group discussions and peer support activities, fostering a sense of community and connection with others who truly understand the challenges and joys of living with a bleeding disorder.

The camp runs from Friday evening (arrivals from 5:30 pm) to Sunday afternoon (until 2:30 pm), giving families the chance to unwind, enjoy shared meals, and participate in group activities. Accommodations are provided in ensuite cabins, where each family will have their own private space, with either a private or shared bathroom. Meals, including breakfast, lunch, and dinner, are included, so you can fully immerse yourself in the experience without worrying about logistics. If you prefer to bring your own snacks or treats, that's also encouraged.

The cost for the weekend is \$220 per family (covering two adults and up to four children) or \$120 per individual. We're happy to offer a special early bird discount for those who register before 31 January 2025—member family rates are reduced to \$190, and singles to \$90. If you're a new member/family unable to commit to the full weekend, we also offer the option to join us for just one day, perfect for families with babies/toddlers/pre-schoolers or those who may have other commitments. To discuss this option, simply contact Andrea at [andrea@hfv.org.au](mailto:andrea@hfv.org.au). Register now: <https://www.trybooking.com/CXILK>



# SCHOOL HOLIDAY ACTIVITY

When school holidays come around, we organise a series of exciting and interactive events designed especially for children, providing them with safe environments where they can explore their potential. These events offer a fantastic opportunity for kids to connect with others who truly understand their experiences, while also giving parents a chance to socialise and share support. Previous events have included activities such as rock climbing, a visit to the SeaWorld Melbourne aquarium, and a trip to Scienceworks, all tailored to allow children to engage, learn, and challenge themselves in a fun and supportive setting. Whether it's through arts and crafts, outdoor adventures, or hands-on learning, each event is designed to foster confidence, creativity, and a sense of belonging, ensuring that both parents and children leave with new friendships and lasting memories.

Save the date:

**Wednesday 9/7/2025 & Wednesday 3/10/2025**

Event details and registration will be available closer to the time.



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# LADIES' CATCHUP

Our ladies' events provide a special space for women and mothers affected by bleeding disorders to come together, unwind, and support one another. These events are designed to offer a break from the everyday stresses, providing a chance to relax, socialise, and share experiences in a safe, understanding environment. From casual coffee catch-ups to organised outings like lunch or paint and sip, these gatherings encourage women to build friendships, share coping strategies, and find mutual support. It's about celebrating each other's strength, sharing common experiences, and creating lasting bonds that extend beyond the event itself.

Save the date: **4/5/2025**

Event details and registration will be available closer to the time.



# YOUTH EVENTS

Designed for youth and young adults, this event offers a chance to connect, support, and empower one another in a fun and interactive environment. Previous gatherings have included trips to Fortress Melbourne CBD, a popular gaming lounge where participants enjoyed friendly competition and shared experiences. The upcoming event will continue this theme, offering an exciting blend of entertainment and activities that foster friendship, fun, and personal growth. It's an opportunity to enjoy engaging experiences in a relaxed atmosphere, while forming lasting connections with others who understand the journey.

Save the date: **Saturday 5/4/2025**

Event details and registration will be available closer to the time.

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# YOUNG FAMILIES CATCH UP

Tailored specifically for young parents of children with bleeding disorders, especially for recently diagnosed new families, this event provides a supportive environment to connect and share experiences. It's an opportunity to discuss challenges, exchange advice, and provide mutual support in a space where everyone understands what you're going through. The event is held at a venue with plenty of activities to keep children entertained, so parents and grandparents can relax and engage with others. Whether you're looking for advice, a listening ear, or simply to meet other families on a similar journey, this informal catch-up fosters a sense of community, helping everyone feel less isolated.

Scheduled for the **8th of February from 2pm to 4pm**. HFV has exclusive use of the One Playzone Centre for the duration of the session so parents, grandparents and the children can catch up for a relaxed chat over afternoon tea while the children play safely. It will be a casual event and is provided free of charge. Bookings are essential.

Register now: <https://www.trybooking.com/CYAJG>

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# REGIONAL & OUTER METRO VISITS

We understand that families in rural and regional Victoria can sometimes feel disconnected from the central community, which is why we make regular visits to bring support directly to your doorstep. Our staff and committee members travel to these areas to meet with families, offer support, and share valuable resources in a relaxed, informal setting. These visits often provide a welcoming space for members to connect, ask questions, and bond over breakfast/afternoon tea. Whether you're in a regional/outermetro, we are committed to ensuring that every family has access to the same level of support and resources, no matter their location. HFV is also inviting members from the northern outer metro area, as well as any other communities affected by a bleeding disorder, to join us for a casual evening on Monday, **17 February 2025 from 6pm-8pm**. This is a unique opportunity to meet and chat with other families living with a genetic bleeding disorder over dinner. The evening is free of charge, Registration essential. We look forward to seeing you there!

Register now: <https://www.trybooking.com/CYAKD>

# MEN'S RETREAT

The Men's Retreat is an opportunity for men in our community to step away from the daily grind and focus on their own wellbeing. The retreat is designed to provide a space for men to relax, reflect, and connect with others who truly understand the unique challenges they face. Through peer support sessions, shared activities, and time to unwind in a relaxed setting, the retreat fosters a sense of camaraderie and helps participants build meaningful connections with others. It's a chance to discuss common experiences, find support for mental and emotional health, and leave feeling rejuvenated and empowered to face the challenges ahead.

Save the date: **Friday 30/5/25- Sunday 1/6/2025**

Event details and registration will be available closer to the time.



# BLEEDING DISORDERS AWARENESS WALK

Our Bleeding Disorders Awareness Walk at Albert Park Lake is a key event in raising public awareness about bleeding disorders. It's an opportunity for the community to come together, along with families, work colleagues, and friends - walk side by side, and show solidarity in red, the colour that represents support for this cause. The walk itself is an enjoyable, family-friendly event, followed by a community sausage sizzle, where participants can relax, enjoy a meal, and connect with others. It's not just about raising awareness; it's about coming together as a community, sharing stories, and strengthening the collective voice of those living with bleeding disorders. Whether you're walking in memory of someone, to show support, or simply to meet others, it's a meaningful day of unity and action.

Save the date: **Saturday 25/10/2025**

Event details and registration will be available closer to the time.



# HFV AGM & CHRISTMAS PICNIC

Our Annual General Meeting (AGM) is more than just an official meeting—it's a celebration of the achievements, growth, and strength of our community over the past year. Held in a family-friendly venue (previously held at Werribee Zoo and Science Works). The AGM includes presentations of the Annual Report and Treasurer's Reports, giving members a chance to reflect on the progress we've made. After the formal proceedings, we invite everyone to join us for a BYO Christmas lunch, where members can enjoy good food, share their stories, and relax in a welcoming atmosphere. This is a wonderful chance to connect, celebrate, and look forward to the future of HFV. Save the date: **Sunday 23/11/2025** Event details and registration will be available closer to the time.



<p><b>January</b> No formal HFV events scheduled</p>	<p><b>February</b> Saturday 8th: HFV Young Families afternoon tea including grandparents  17th: Northern Outer Metro visit</p>	<p><b>March</b> Friday 21st to Sunday 23rd: HFV Family Camp</p>
<p><b>April</b> Saturday 5th: Youth Event</p>	<p><b>May</b> Sunday 4th: Ladies Lunch Friday 31st-Sunday 1st of June: Men's Retreat</p>	<p><b>June</b> Saturday 14th - Sunday 15th: Regional Outreach</p>
<p><b>July</b> Wednesday 9th: School Holiday Event</p>	<p><b>August</b> Saturday 9th-Sunday 10th: Regional Outreach</p>	<p><b>September</b> Wednesday 3rd: School Holiday Event</p>
<p><b>October</b> Saturday 25th: Bleeding Disorders Awareness Walk (BDAM)</p>	<p><b>November</b> Sunday 23rd: Annual General Meeting (AGM) &amp; Christmas Picnic</p>	<p><b>December</b> No Formal HFV Events Office Closer: TBC</p>