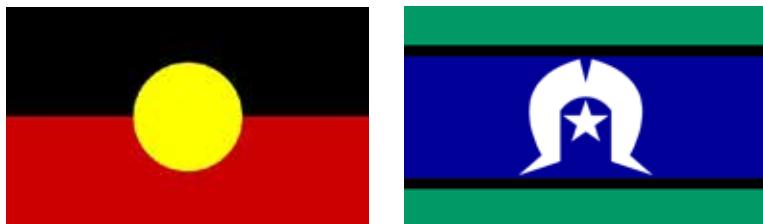




# RESOURCE BOOKLETS for Kinship Carers



**Camps & respite  
2026**



GPV/KCV acknowledges the peoples of the Kulin nation as the traditional owners of our great land and offers respect to Elders, past and present.

GPV/KCV acknowledges that the Aboriginal culture existed in Australia before European settlement and consisted of many community groups. Further, we acknowledge the Indigenous peoples of this land as the oldest continuing cultures in human history.

GPV/KCV acknowledges that laws and policies of the past have inflicted grief and suffering on our fellow Australians and regrets the removal of Aboriginal and Torres Strait Islander children from their families.

GPV/KCV believes that a society that is inclusive of all is crucial to individual and community wellbeing and will behave with respect towards all irrespective of their race, religion, sexuality, gender or socio-economic background.

GPV/KCV acknowledges 13th of February as National Apology Day, the anniversary of then Prime Minister, Kevin Rudd, delivering the National Apology to Australia's Indigenous Peoples in 2008. GPV/KCV will take steps that promote a happier and healthier future for Indigenous Australians, particularly the children and young people.

Ph: 0499 969 234

Email: [admin@kinshipcarersvictoria.org](mailto:admin@kinshipcarersvictoria.org)

[www.grandparentsvictoria.org.au](http://www.grandparentsvictoria.org.au)

[www.kinshipcarersvictoria.org](http://www.kinshipcarersvictoria.org)

Key words which influence GPV/KCV approaches are: Truthfulness, Confidentiality, Inclusiveness, Integrity, Constancy, Gratitude, Commitment, Compassion

Kinship Carers Victoria  
acknowledges the support of the  
Victorian Government.



# Contents

<b>CAMPS .....</b>	<b>4</b>
Cave Hill Creek Camps.....	4
Camp Coolamatong.....	5
Camp Kiah .....	6
Mittagundi Outdoor Education Centre.....	7
Odyssey Youth & Family Services Phillip Island Camp.....	8
The Good Life Farm.....	9
Boys to the Bush Camps .....	10
Edmund Rice Camps Victoria .....	11
Southern Cross Kids Camps .....	12
The Portsea Camp.....	13
Breakaway Youth.....	14
<b>RESPITE FOR KINSHIP CARERS .....</b>	<b>15</b>
Abracadabra Childcare Services .....	15
Family Contact Service.....	16

# CAMPS



## Cave Hill Creek Camps

110 The Glut Road, Beaufort, VIC

Phone: (03) 5349 7381

Website: <https://www.cavehillcreek.com.au/>

Cave Hill Creek is the home of Australia's best School Holiday Camps.

Cave Hill Creek runs School Holiday Camp programs during Summer & Winter for kids 8-14 years of age.

Summer Camp program starts every January and is the perfect chance for kids to make the most out of their summer school holidays & Winter Camp at Cave Hill Creek is similar to Summer Camp but without the icy poles and swimming.

Cave Hill Creek is located in Raglan off the Western Highway 169 Km from Melbourne is 169 km or approx.65 km Ballarat.

### Summer Camps

The Summer Camp program starts every January and is the perfect chance for kids to make the most out of their summer school holidays. They have some awesome water-based outdoor activities planned during the hot season, splash around in a canoe, build a raft with your friends, climb the giant's ladder, sleep under the stars and so much more.

### Winter Camps

Winter Camp at Cave Hill Creek is similar to Summer Camp but without the icy poles and swimming. You'll still have the same amazing venue and experienced guides but with a different camp program to keep you entertained. Explore Raglan Falls, join in on campfire stories, and enjoy hot chocolate and toast marshmallows with your friends.





## Camp Coolamatong

38 Cranswick Rd, Banksia Peninsula, VIC

Phone: (03) 5156 6511

Email: [coolamatong@su.org.au](mailto:coolamatong@su.org.au)

Facebook: <https://www.facebook.com/campcoolamatong>

Website: <https://campcoolamatong.com/>



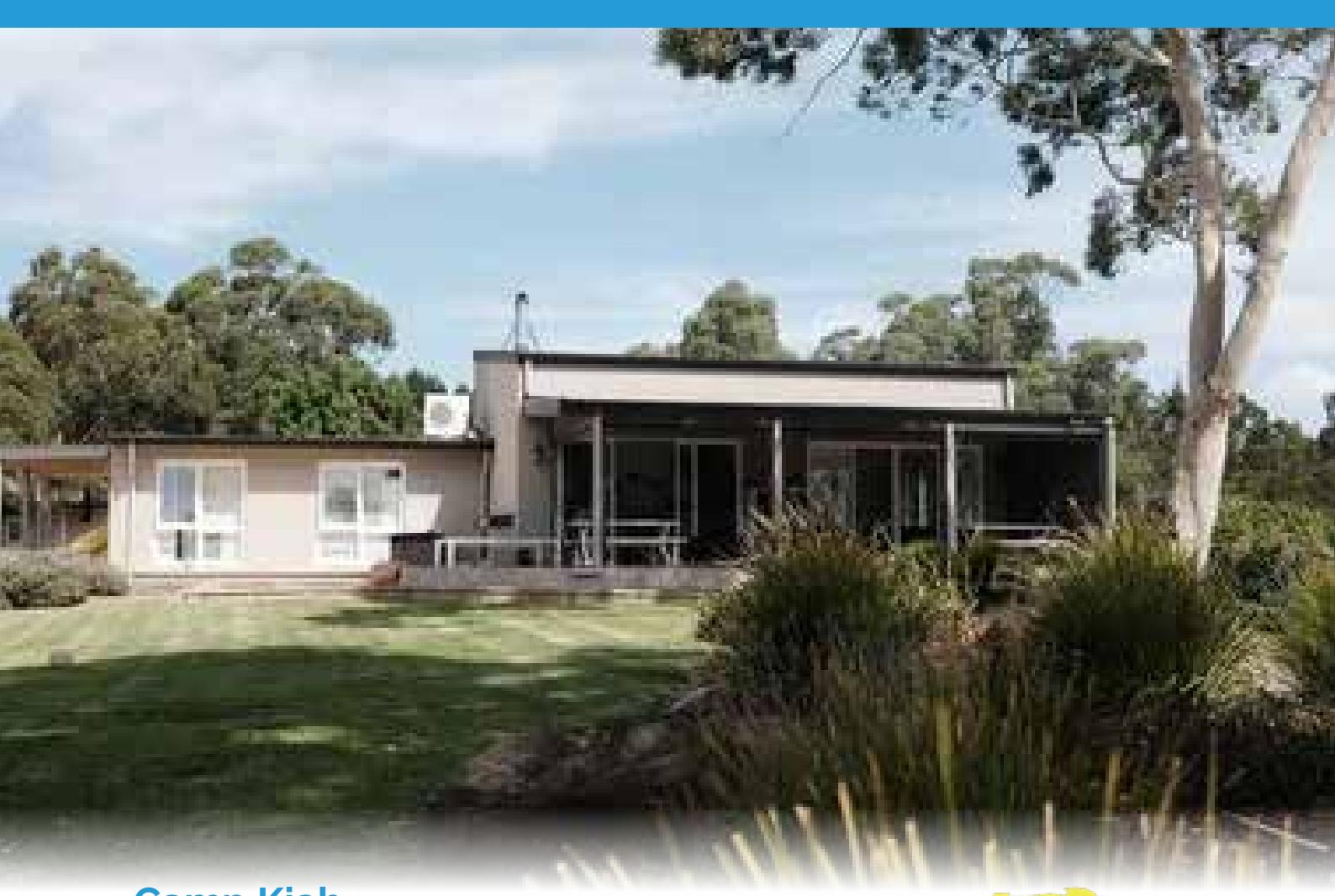
Camp Coolamatong is located on the Banksia Peninsula, at the foreshore of the Gippsland Lakes, 15 minutes from Bairnsdale.

There are two distinct campsites; the Farm Camp and the Lake Camp.

Camp Coolamatong runs specialised adventure and activity programs for primary and secondary schools, as well as private groups

### Types of camps/programs

- school camps
- day camps
- holiday camps
- private group bookings
- internships



## Camp Kiah

PO Box 363, Wallan VIC 3756

Phone: 0490 252 518

Email: [admin@campkiah.com.au](mailto:admin@campkiah.com.au)

Website: <http://www.campkiah.com.au>

Camp Kiah conducts therapeutic camps for children and young people who display behaviours of concern or emotional dysregulation.

The camp's main cohort is young people who are at risk of or enduring placement breakdown.

Using a play-based, trauma-informed and attachment-focused approach allows young people to build rapport and relationships to create an environment where children/young people are engaged. Camp Kiah can support care teams and ecosystems to support children and young people to maintain their current living arrangements, or facilitate support in the event of a placement breakdown.



### Types of Camps

Space Camp

Alyernative Camps

Group Weekend Camp

Play n Grow Weekend Camp

Little Bodies Big Feelings Camp

Middle Ground Camp

Challenge Accepted Camp



## Mittagundi Outdoor Education Centre

4385 Omeo Hwy, Glen Valley, VIC 3898

Phone: (03) 5159 7223

Email: [info@mittagundi.org.au](mailto:info@mittagundi.org.au)

Facebook: <https://www.facebook.com/Mittagundi>

Website: <https://www.mittagundi.org.au>

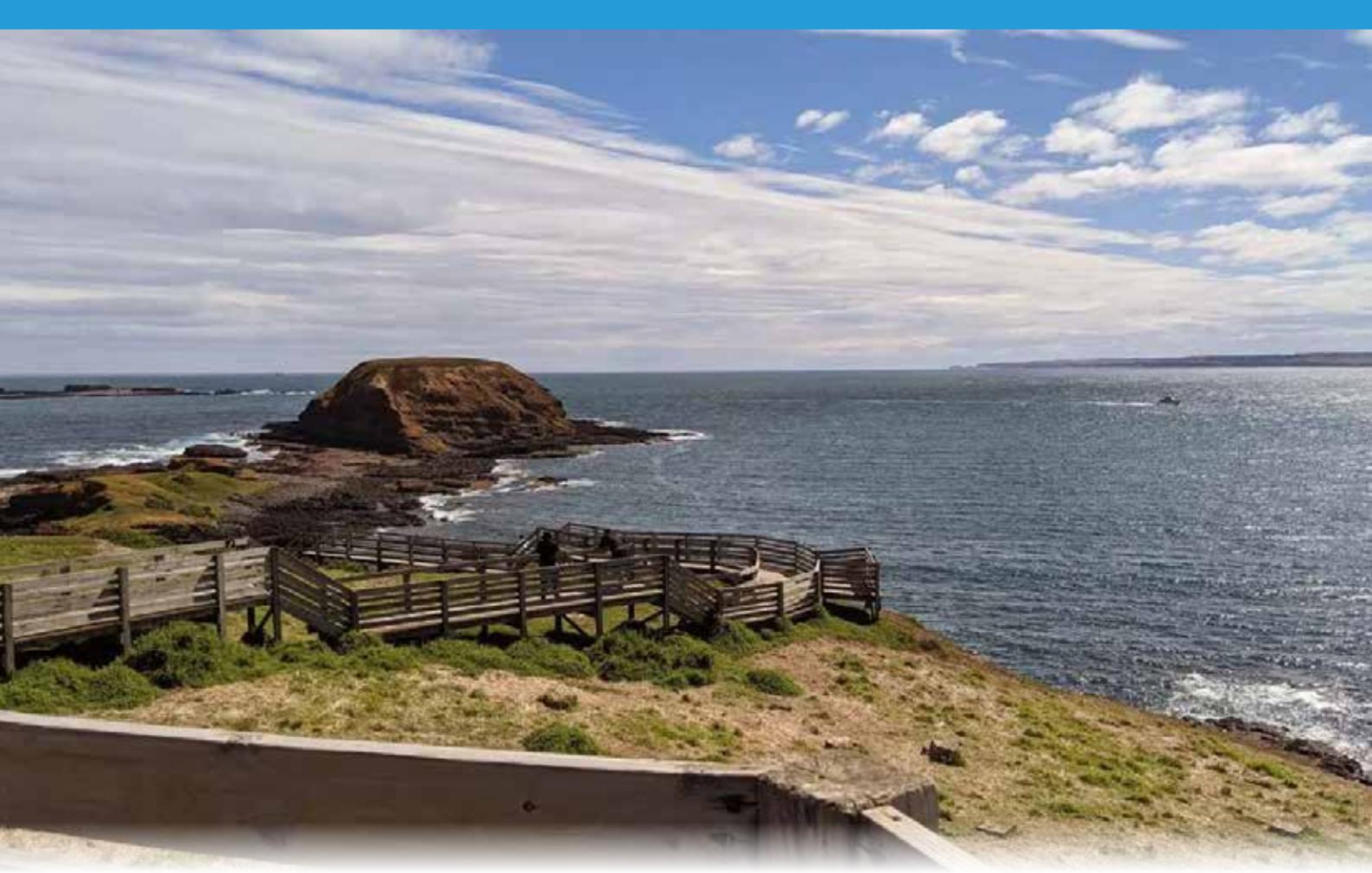
Mittagundi offers 10-day programs in the Victorian High Country, providing opportunities for young people to engage in outdoor activities and personal growth.



The main purpose of Mittagundi is to provide programs for young people (aged 14 to 17) to explore Victoria's high country and themselves. No watches, no timetables and no devices. Instead there is an opportunity for young people to live and work together in an environment.

### Mittagundi Programs:

- 10-day programs – iconic program where individuals or small groups of friends come together with other young people, to form a group of up to 24, and embark on a journey of adventure and self discovery
- Follow-up programs – after completing a 10-day or Winter Program young people often choose to return to Mittagundi on one of our shorter, theme based Follow-Up Programs. These programs focus on contributing to Mittagundi, and being part of the Mittagundi community
- Winter programs – during winter large school or community groups of up to 20 young people per group come to Mittagundi for cross-country ski and farm experience programs



## Odyssey Youth & Family Services Phillip Island Camp

660 Bridge Rd, Richmond VIC 3121

Phone: (03) 9420 7600

Email: [odyssey@odyssey.org.au](mailto:odyssey@odyssey.org.au)

Website: <https://odyssey.org.au/odyssey-youth-family-phillip-island-camp/>



Odyssey Victoria provides outreach and centre-based programs for young people aged 12 to 24 and their families.

Odyssey Victoria is a statewide, specialist treatment organisation dedicated to improving the lives of individuals who experience significant or long-term problems from alcohol and other drug use.

The Odyssey Youth Camp Program provides opportunities for young people 'at risk' and 'disengaged' to attend a three-day camp on Phillip Island.

The Odyssey Youth Camp Program includes activities which promote positive social interaction between young people and physical activity, including an ecological tour, an adventure park, penguin parade, rock climbing, farm visits, and many other activities.

Students plan the program, including common goals and expectations, budgeting, and cooking. This student-led initiative, which includes workshopping common goals and expectations, allows students ownership of the project, and encourages these young people to learn personal responsibility through the consequences of actions.

The Phillip Island Camp is a great way for the students to connect with nature, native wildlife and marine life.



## The Good Life Farm

568 Chum Creek Road  
Chum Creek, Victoria 3777  
Phone: 03 5962 5609  
Email: [admin@goodlifefarm.org](mailto:admin@goodlifefarm.org)  
Website: <https://goodlifefarm.org/our-programs>  
Contact: <https://goodlifefarm.org/contact/>

The Good Life Farm offers a tailored program that contributes to the health and wellbeing of young people aged 7 to 17.

The trauma-informed practice operates in the presence of animals and nature. The Good Life Farm helps young people create bonds with animals and nature, and transfer these skills to their relationships with other people.

The Good Life Farm program focuses on interaction, caregiving and connection to not only the animals. It also focuses on the environment, family and community. All staff are trained in trauma-informed practices.

**The Good Life Farm offers programs for young people aged 7 to 17 who:**

- show symptoms of trauma including depression and anxiety
- are on the autism spectrum
- have attachment, engagement and social connectedness issues
- demonstrate antisocial behaviour or drug and alcohol misuse
- are experiencing grief or loss
- can benefit from an alternative educational setting





## Boys to the Bush Camps

Head Office Albury NSW 2640

PO Box 79 Lavington, NSW, 2641

Phone: 02 6025 2510

Email: [info@boystothebush.org.au](mailto:info@boystothebush.org.au)

Website: <https://odyssey.org.au/odyssey-youth-family-phillip-island-camp/>

Public camps run in the school holidays. Locations are in Victoria (Echuca & Bendigo) and several in NSW.

The four-day camps and/or weekend camps give a small group of boys the opportunity to do a variety of tasks/activities that are unique to living in the country.

The camp goals are to surround the boys with positive adult influences, in a safe environment where they can learn how to become a good man.

Boys to the Bush is focused on prevention and early intervention strategies for disconnected boys.

### Boys to the Bush Programs

- MENToring
- Public Camps
- Tailored Camps
- School Programs





## Edmund Rice Camps Victoria

126-156 The Avenue, Parkville VIC 3052

Phone: 1300 240 041

Email: [ercs@edmundrice.org](mailto:ercs@edmundrice.org)

Website: <https://ercs.org.au>



**Edmund Rice**  
Community Services

Edmund Rice Camps provide unique, holistic experiences for children, teens and families. ERC combine outdoor experiences with trauma-informed and strengths-based practice to build relationships and resilience through our 1:1 ratio of participants to young adult volunteers.

Each year ERC deliver a range of camps for kids, teens or family groups as well as offering opportunities for social service agencies to partner with them to deliver a tailored camp experience to their clients.

Camps also serve the purpose of providing short-term respite care. This allows the families or carers of children the chance to cope with their difficulties, secure in the knowledge that their children are being well cared for and having fun.

### Types of Camps

REACH Camps - for children aged 7 to 11

GROW Camps - for children aged 12 to 15

LEAD Camps - for children aged 15 and over



## Southern Cross Kids' Camps

89 Monbulk Rd, Mt Evelyn VIC 3796

Phone: (03) 9762 7636

Email: [info@sckc.org.au](mailto:info@sckc.org.au)

Website: <https://sckc.org.au/>

Southern Cross Kids' Camps is a not-for-profit and advocacy organisation, dedicated to helping children overcome the negative impacts of abuse and neglect for the hope of vibrant futures in their communities.

SCKC interrupts the cycle of abuse and neglect in primary aged children by providing an outstanding five-day camping program.

Many of the kids who attend camp are in the foster care system and have been subjected to various forms of significant trauma.

With over 700 dedicated volunteers, kids experience a week filled with fun and laughter and get to leave camp with a fresh perspective, new life skills and hope for a brighter future.

SCKC provides a week of happy memories for the kids who need it most.





## The Portsea Camp

3704 Point Nepean Rd, Portsea VIC 3944

Phone: 03 5984 2333

Email: [reception@theportseacamp.com.au](mailto:reception@theportseacamp.com.au)

Website: [theportseacamp.com.au](http://theportseacamp.com.au)

The Portsea Camp runs programs for 1000+ socially and economically disadvantaged children from all over Victoria each year, ensuring that outdoor education and recreation are accessible to all. They deliver life-changing youth, leadership and wellness programs to more than 10,000 school children, providing them with valuable high-quality outdoor education experiences.

The Portsea Camp provides programs to match school students' interests and learning goals, ranging from adrenaline-pumping adventures to serene nature explorations and essential leadership development.

### **The Portsea Camp Programs:**

- Outdoor Education Programs
- School Camps
- School Outdoor Ed-Venture
- School Incursions
- School Excursions
- Holiday and weekend programs





## Breakaway Youth

PO Box 46  
Preston Vic 3072  
Phone: (03) 9471 1877  
Email: [director@breakawayyouth.org.au](mailto:director@breakawayyouth.org.au)  
Website: [breakawayyouth.org.au](http://breakawayyouth.org.au)



Breakaway run an adventure-based activities program to build and support young people with life skills, and as a result give them hope for a better future and support them to make life choices that will move them toward thriving as individuals

Breakaway runs a large number of programs every year, from overnight trips to multi-week camps. Their programs are tailored to all groups of youths, focusing on an activity or place they want to go. Breakaway will often seek their opinion on activities, taking requests and putting them into action where possible. This fosters a sense of ownership in campers and encourages feelings of self-worth.

### Breakaway Youth Programs:

- Holiday Programs
- Beach Days
- Breakfast Creek Adventures
- Summer Experiences

# RESPITE FOR KINSHIP CARERS



## Abracadabra Childcare Services

Abracadabra Respite Care offers a wide variety of respite services, which include:

- Respite for foster/kinship carers
- Respite for parents who have fallen victim to domestic violence
- Disability/injury care & insurance claims
- Community services workshops & forums – Group childcare assistance
- Children with special needs including supporting families' NDIS funding
- 24/7 childcare for unwell parents requiring hospitalisation

All of these services will cover short regular episodes of care, 24-hour live-in care, or even casual care.

1300 011 167

abra.childcare@gmail.com

<https://www.abrachild.com.au>

Monday - Friday 6am - 9pm

Saturday 12pm - 9pm

Sunday 5pm - 9pm

Please text 0403 222 117 and an ACS consultant will respond ASAP.





## Family Contact Service

**K**inship carers are vital in child protection situations and taking care of the carers is important too. Our Kinship Carer Respite Service supports carers by allowing them time alone to rest and recharge after the intense demands of their role.

Family Contact Service offers an in-home respite service for children in kinship care situations, meaning that children have the security of a consistent respite carer in the familiarity of their own home, whilst allowing carers an important break.

Alternative respite options include weekends away or respite care in a contingency house. Carers might like to take advantage of our respite service for a variety of reasons. It might just be for a few hours a week to allow them undisturbed time to complete errands such as shopping or to

spend some much-needed time with their partner. Carers may also need extra support during more intense periods, such as school holidays.

One of the main needs identified by kinship carers is respite from caring. Every year, approximately 14% of kinship carers are forced to cease performing their caring roles for various reasons but often due to a lack of support. Family Contact Service is committed to providing a stopgap for kinship care families in need of support. Please be advised a brochure and application for Kinship Carer Respite is being developed at this time. Please add information to the FCS Application for Time Spent/Access/Foster & Kinship Carer Respite in sections relevant and at the end of the application there are three empty text boxes to type extra information into.



- Available 365 days per year, except Christmas day depending on staff availability.
- FCS cover all areas of Melbourne, Geelong and rural areas in Victoria.
- Handover and pick-up service offered.
- Time spent/access supervision court reports provided on request.
- Supervisors can give evidence in court if subpoenaed with an hourly rate charged.
- Organisation providing supervisors for time spent/access supervision for the Family and Children's Courts.
- Respectful, private and confidential service to families.
- Minimum time for supervision is two hours.
- FCS's focus is protection for children from harm during contact in line with the Child Safety Standards under the *Child Wellbeing and Safety Act 2005*.

- FCS are a private organisation that offers innovation and creativity,

#### **ABOUT FCS STAFF**

- Qualified supervisors with training specific for your needs.
- Currently 27 qualified and industry experienced staff members.
- All staff have either welfare, human services or social work qualifications and other relevant industry qualifications.
- All staff have a current working with children check.

**Family Contact Service provides experienced and qualified time spent/ access supervisors for supervised contact.**

**Family Contact Service is a Child Safe Practice organisation.**

## **Contact**

0459 363 172

agency@familycontactservice.com.au

<https://www.familycontactservice.com.au>





Kinship Carers Victoria  
0499 969 234  
[admin@kinshipcarersvictoria.org](mailto:admin@kinshipcarersvictoria.org)  
[kinshipcarersvictoria.org](http://kinshipcarersvictoria.org)



<https://kinshipcarersvictoria.org/podcasts-videos/>



**Kinship Carers Victoria**  
**0499 969 234**  
**[admin@kinshipcarersvictoria.org](mailto:admin@kinshipcarersvictoria.org)**



Families,  
Fairness  
and Housing

Kinship Carers Victoria  
is supported by the Victorian Government.