



INNER AURA

SUPPORTS

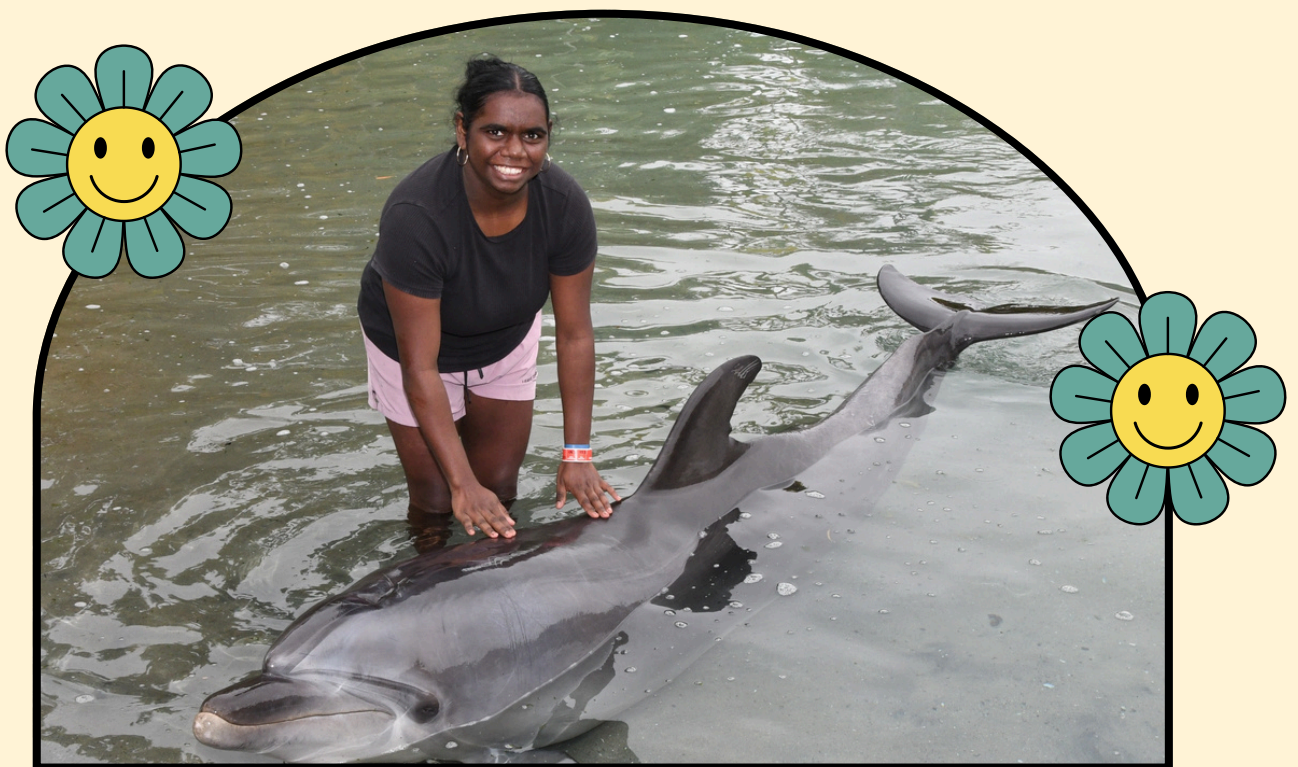

jan-august

2025

Go new places. Meet new people. Try new things®

~~~~ Welcome to ~~~~ **INNER AURA** **SUPPORTS**

Welcome to a world of supports that are
tailored to your needs and support you to
enhance opportunities to go new places, meet
new people and try new things!



Go new places. Meet new people. Try new things®

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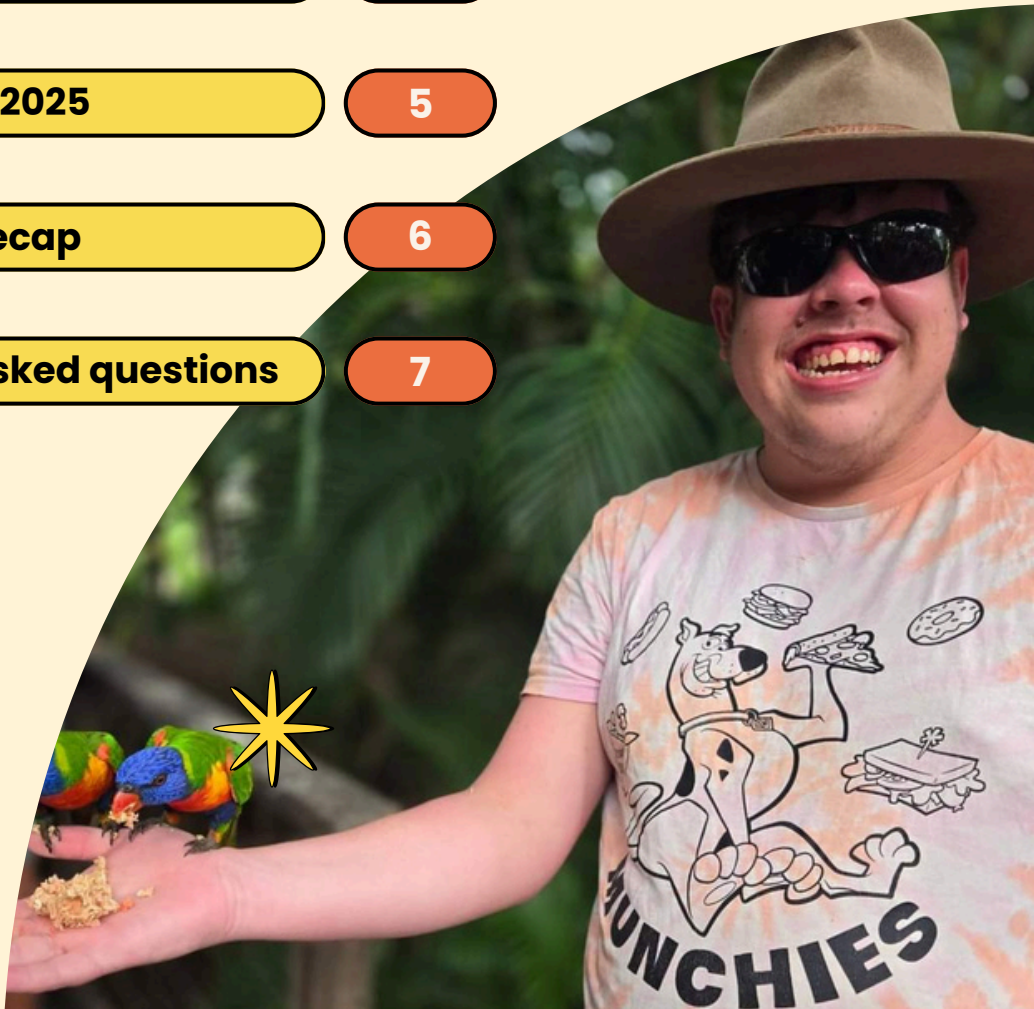
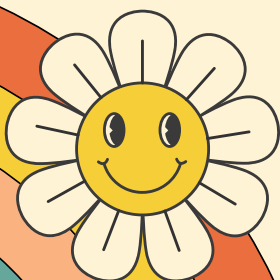
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Inner Aura Support Services is local to FNQ and brings fun, excitement and friendships to your everyday supports! We pride ourselves on providing endless experiences that improve your overall wellbeing and support you to step outside of your comfort zone and meet new people!


"WE ARE COMMITTED TO WORKING WITH YOU TO PROVIDE TAILORED SUPPORTS TO HELP YOU ACHIEVE YOUR GOALS AND ASPIRATIONS THROUGH ADVOCACY, PROFESSIONAL SUPPORTS AND SHOWING THE WORLD WHAT PEOPLE LIVING WITH A DISABILITY CAN AND WILL ACHIEVE".



About

INNER AURA

SUPPORT SERVICES



At Inner Aura Support Services we believe that any individual has the right to live a life they choose, do things that make them happy and that everyone should have equal opportunities for work, travel and to make lasting friendships! We tailor our supports to assist you to get the most out of our programs with a smile from ear to ear!

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meet the **TEAM**



Amy

**Director and support
worker**



Eddy

**Director and support
worker**



Belinda

**Admin assistant and
travel agent**



Hollie

support worker



Alex

support worker



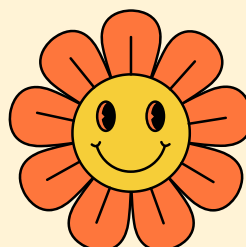
Kirsty

support worker



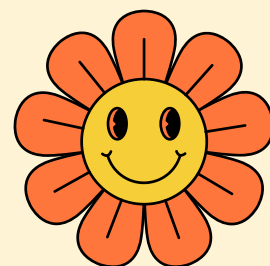
Our services

RESPITE



Our respite service's will continue in 2025 in various locations around FNQ and Interstate.

This program works towards assisting you to build capacity away from your family home and works towards goals of budgeting, travel training, increasing social interactions and connections with others outside of your regular interactions and enhances opportunities to be able to experience new places and activities.

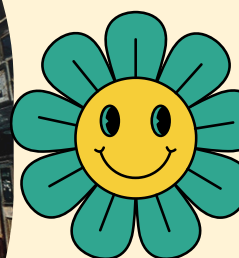
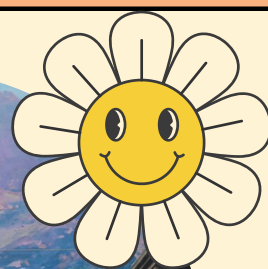
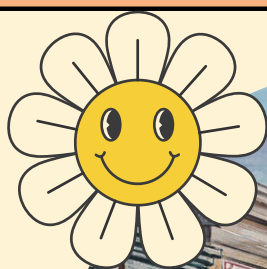


Respite inclusions:

- **24/7 support at a 1:2 ratio (unless otherwise requested)**
- **All meals**-tailored to your individual needs and preferences.
- **Accommodation**- We stay in houses and units that accommodate a bedroom for each person.
- **Activities**- Activities are included in your respite cost, they are a range of different ones to choose from on various dates.
- **Transport**-All pick ups and drop offs are included and any public transport costs associated with the respite



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Inner Adventurers



For travel and adventure lovers

The Inner Adventurers program is for people who are 18+ who would like to travel Australia with likeminded people and see different things in other states!

Whilst the NDIS does not fund holidays, what it does fund is capacity building and supports that are aligned with your goals. On these Adventures we will do lots of cooking as a group, using public transport including buses, trains and trams, planning for days and budgeting, and increasing social interactions with others.

This program is runs throughout the year in various locations and uses your core supports for supports only, meaning that their is an out of pocket cost for Participants who wish to join.

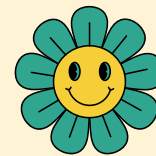
Speak with us about how we can assist you to set up a savings budget to join us on these adventures!



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Inner social



weekly catch ups for People looking to make new friends.

Introducing our new social group for people living from Mossman- Cairns. We currently have capacity for participants to join us for our weekly themed catchups in Cairns and surrounds. These groups are at a 1:3 ratio and the supports are divided between the hourly rate. Supports are paid out of your core/capacity building supports, cost for programs include meal and activity.

Dance fitness and dinner

(Ladies only)



Thursday nights

Supports: 1:3 ratio
Time: 5-9 pm
Cost: \$30

Pool Sharks

(fellas only)



Nights

Supports: 1:3 ratio
Time: 5-9 pm
Cost: \$30

Saturday arvo club

(14-19 year olds)



Saturday afternoons, once a month

Supports: 1:3 ratio
Time: 2-6 pm
Cost: \$20

Movie club

(Ages 16+)



Sunday Afternoons once a month

Supports: 1:3 ratio
Time: 1-6 pm
Cost: \$30

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Inner Artist

CALLING ALL ART LOVERS

Do you love all things art?

We are starting an art group in 2025 one Sunday a Month and working on a *Daintree discovery exhibition* for the end of 2025. We will be doing regular visits to the Daintree, experiencing cultural groups with the Ku-ku yalanji locals to take photos and get ideas of artwork we will put together for the exhibition, as well as workshops with various local artists such as photographers, pottery, landscape and sound techs to make this the best exhibition yet! No prior experience is required as we will be learning different forms of art long the way!

program information



- **Sunday's once a month from 8-4 pm:**
Inclusive of pick ups and drop offs
- **Art supplies and utensils:** A welcome art pack will be supplied at the beginning of the program to help you get started!
- **Activities-** We will visit the Daintree on day trips for the first 3 sessions to take photos, taste foods, participate in cultural/ animal tours to get some art ideas! following on from this we will participate in local art groups to start getting ready for the exhibition!
- **Transport-**All pick ups and drop offs are included.
- **Exhibition-** Each participant will have their own section in the exhibition with their interpretation of the Daintree to share with family, friends and community members!

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HOW TO MAKE A REFERRAL



Step 1:

To be eligible for our programs you need to **plan or self managed** and have funding in your core supports. If you have a support coordinator its best to speak with them first about whether you are able to use your funding for our services. After this we will provide a quote for services to see if this is within your budget.



Step 2:

Once you have spoken with your plan manager/support coordinator we will arrange a time to speak with you, your carers and support coordinators (if applicable) to discuss your specific needs, interests and what you want to achieve from our programs.



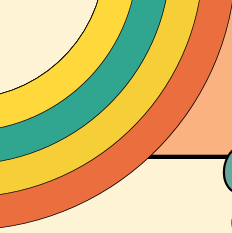
Step 3:

LET'S GO!

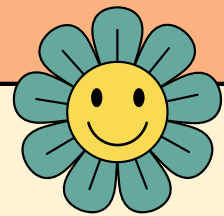
Once we have completed your paperwork you are ready to go! if you have requested some extra time to get to know us prior to the program we will arrange some meet ups with you prior to the program commencing!

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JANUARY



JAN 16-23RD- Cairns to Melbourne

Calling all sport lovers! We are off on an adventure to Melbourne to Immerse in sport and see all Melbourne has to offer!



ACTIVITIES:

- Australian Open x2 (Tennis)
- Melbourne Stars (Cricket)
- South Melbourne (basketball)
- Free choice of activities in the city

CAPACITY BUILDING OPPORTUNITIES:

- Travel training, buses, trams trains.
- Cooking and meal Prep,
- Budgeting.
- Daily planning
- Social interactions

30th Jan- 3rd Feb Ladies weekend- Mossman- Townsville

Pick ups: Mossman, Tablelands, and all stops between Cairns and Townsville.

ACTIVITIES:

- Suzie Quatro concert
- Pamper day
- Magnetic island day trip
- Billabong sanctuary and animal encounter

CAPACITY BUILDING OPPORTUNITIES:

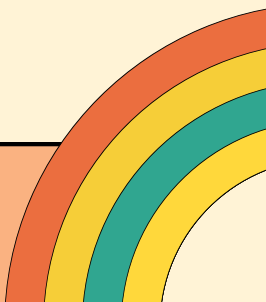
- Travel training.
- Cooking and meal Prep,
- Budgeting.
- Daily planning
- Social interactions

Participants can use regular supports or respite funding depending on their individual circumstances and NDIS package.

For participants using regular supports only there will be a contribution cost for transport, meals, accommodation and activities.



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JANUARY



January 30th-3rd Feb Cairns- Tablelands

ACTIVITIES:

- Herberton Historical village
- Mareeba outdoor cinema
- Chillighoe caves tour
- Kuranda Rainforrest station and cultural tour.

CAPACITY BUILDING OPPORTUNITIES:

- Travel training, buses, trams trains.
- Cooking and meal Prep,
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- Daily planning
- Social interactions

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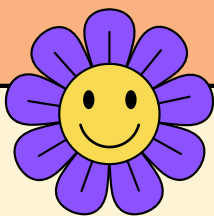
FEBRUARY

**We are taking a short break
in February and will resume
services in March!**

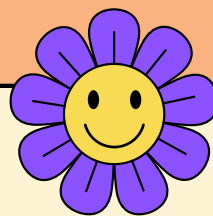


**We will still be
available via email
for all enquiries
during this time!**





MARCH



March 28th-4th of April Cairns- Darwin

We are off on another Adventure to immerse in culture in the outback!



ACTIVITIES:

- Adelaide river croc jumping
- Northern territory cultural tour
- Darwin art Gallery
- Crocodylis Park
- Litchfield national park

CAPACITY BUILDING OPPORTUNITIES:

- Travel training, buses, trams trains.
- Cooking and meal Prep,
- Budgeting.
- Daily planning
- Social interactions

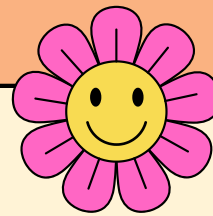
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APRIL



10-14th April-YOUTH BOYS 14-19 Year olds

Pick ups/drop offs:Townsville- Tablelands (inclusive of Mossman and Cairns)



ACTIVITIES:

- Camping at Granite Gorge
- Kuranda Train and sky rail
- Mareeba Motocross
- Mareeba outdoor Cinema

CAPACITY BUILDING OPPORTUNITIES:

- Travel training, buses, trams trains.
- Cooking and meal Prep,
- Budgeting.
- Daily planning
- Social interactions

10th-14th April - YOUTH GIRLS 14-19 year olds

Townsville- cairns (inclusive of Mossman and tablelands and stops in between)

ACTIVITIES:

- Pamper session
- Great barrier reef
- Kuranda markets
- Aquarium

CAPACITY BUILDING OPPORTUNITIES:

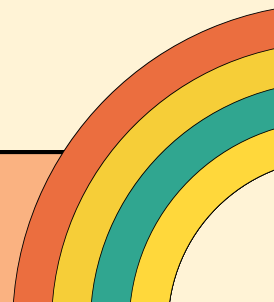
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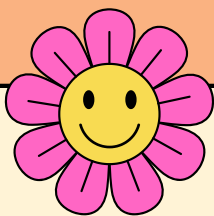
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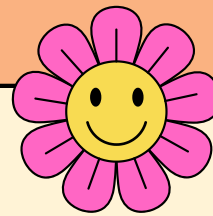


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APRIL



29TH April- 7th May- Ballarat- Gold coast

Let's go on an adventure!

ACTIVITIES:

- Theme Parks
- Draculars
- Whale watching cruise
- Outback spectacular

CAPACITY BUILDING OPPORTUNITIES:

- Travel training, buses, trams trains.
- Cooking and meal Prep,
- Budgeting.
- Daily planning
- Social interactions

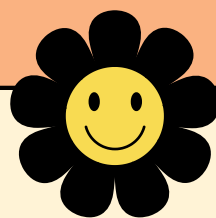
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MAY



12-19th of May- Victoria-Cairns

Pick ups available between Ballarat and Melbourne, if coming from other parts of Victoria please arrange for transport to Melbourne airport to meet group



ACTIVITIES:

- Great Barrier reef
- Hartley's crocodile Park
- Kuranda sky rail and Train
- Day trip to Port Douglas

CAPACITY BUILDING OPPORTUNITIES:

- Travel training, buses, trams trains.
- Cooking and meal Prep,
- Budgeting.
- Daily planning
- Social interactions

RED HOT SUMMER TOUR! DATES TO BE ANNOUNCED-

Townsville- cairns (inclusive of Mossman and tablelands)

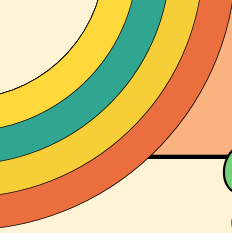
To register your expression of interest for this 4 day respite, including attending the Red hot Summer tour please email us on director@inneraura.com.au

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JUNE



5th-9th June-Fellas only

Cairns- Talaroo station camping and culture adventures

Pick ups/drop offs:Townsville- Tablelands (inclusive of Mossman and Cairns)



ACTIVITIES:

- Camping
- Fishing
- Gold and gem fossicking
- Cultural activities and cooking.

CAPACITY BUILDING OPPORTUNITIES:

- Travel training, buses, trams trains.
- Cooking and meal Prep,
- Budgeting.
- Daily planning
- Social interactions

5th-9th Ladies only

Savannahlander train- Cairns to Cobbold gorge

Pickups/ drop offs:Townsville- cairns (inclusive of Mossman and tablelands)

ACTIVITIES:

- Savannahlander train
- Cobbold gorge boat and kand tour
- Innot hot springs.

CAPACITY BUILDING OPPORTUNITIES:

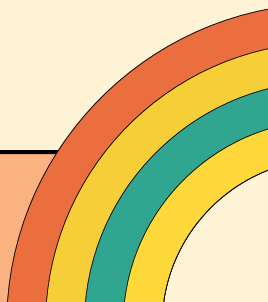
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- Cooking and meal Prep,
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- Daily planning
- Social interactions

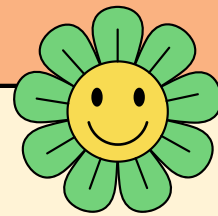


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JUNE

15th-20th June

Cobbold gorge/Undara camping Trip

Pick ups/drop offs: Townsville- Tablelands (inclusive of Mossman and Cairns)

ACTIVITIES:

- Cobbold gorge boat tour
- Undara volcanic caves
- Innot hot springs

CAPACITY BUILDING OPPORTUNITIES:

- Travel training, buses, trams trains.
- Cooking and meal Prep,
- Budgeting.
- Daily planning
- Social interactions



23rd-27th June

A week of work experience in Cairns!

For people investigating working opportunities and building capacity in the workforce!

ACTIVITIES:

- Day 1: Goal setting and week planning.
- Day 2-4: preplanned work experience in various local businesses
- Day 5: Fun activity of choice to end the week!

CAPACITY BUILDING OPPORTUNITIES:

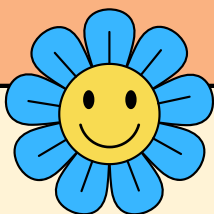
- Travel training.
- Cooking and meal Prep,
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- Daily planning
- Social interactions
- Work experience

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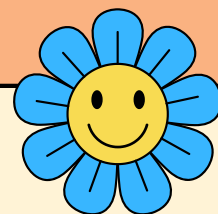
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JULY



30th June- 4th July YOUTH BOYS

Pick ups/Drop offs: Mossman- Magnetic island
(inclusive of tablelands, Cairns, Townsville and all stops in between)



ACTIVITIES:

- Magnetic island boat tour
- Night time Animal watch
- Bush walks and animal spotting
- Paddleboarding and canoeing

CAPACITY BUILDING OPPORTUNITIES:

- Travel training, buses, trams trains.
- Cooking and meal Prep,
- Budgeting.
- Daily planning
- Social interactions

30th June-4th July YOUTH GIRLS 14-19 year olds

Pick ups/Drop offs: Townsville- cairns (inclusive of Mossman and tablelands)

ACTIVITIES:

- Pamper session
- Great barrier reef
- Kuranda markets
- Aquarium

CAPACITY BUILDING OPPORTUNITIES:

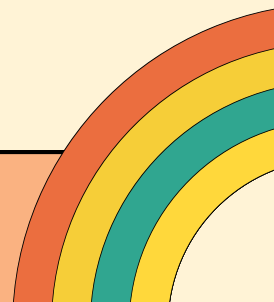
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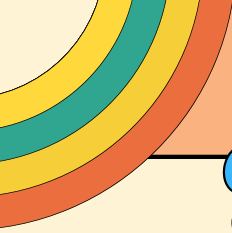
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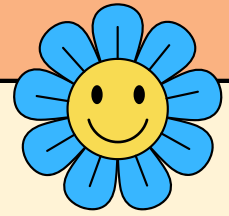


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JULY



15th-21st Mossman- Townsville

Pick ups/Drop offs: Mossman- Townsville inclusive of Tablelands.

ACTIVITIES:

- Cowboys game (pending draw)
- Magnetic island day trip
- Army Musuem
- Billabong sanctuary

CAPACITY BUILDING OPPORTUNITIES:

- Travel training, buses, trams trains.
- Cooking and meal Prep,
- Budgeting.
- Daily planning
- Social interactions

16th-21st July

Cairns-Airlie beach

Pick ups: Mossman- Airlie beach and all stops in between- inclusive of tablelands.

ACTIVITIES:

- Hamilton island day tour
- Airlie beach Markets
- Day trip to Bowen and the big Mango
- Cowboys game pending fixture.

CAPACITY BUILDING OPPORTUNITIES:

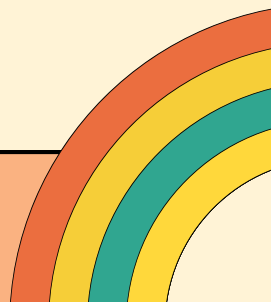
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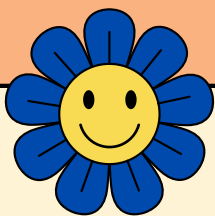
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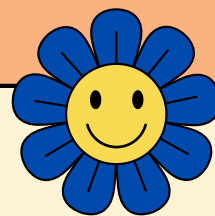


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AUGUST



FOOTY FEVER WEEKENDS IN TOWNSVILLE.



**DATES TO BE CONFIRMED WHEN 2025
FIXTURE HAS BEEN RELEASED.**

**EXPRESSIONS OF INTEREST CAN BE PUT
FORWARD AT ANY TIME, YOU CAN DO THIS BY
EMAILING DIRECTOR@INNERRAURA.COM.AU**

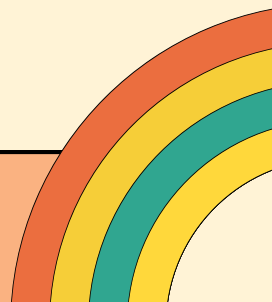
**ONCE THE 2025 FIXTURE HAS BEEN RELEASED
WE WILL REACH OUT TO YOU WITH MORE
INFORMATION ABOUT DATES AND SERVICES**

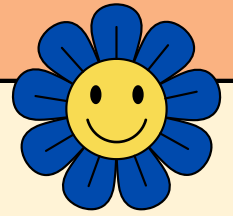
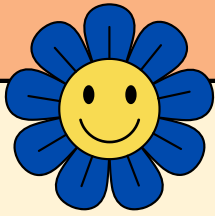


**Participants can use regular supports or respite funding
depending on their individual circumstances and NDIS package.**

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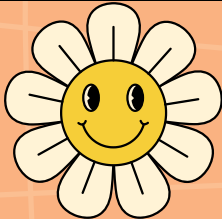
LET THE FUN BEGIN!



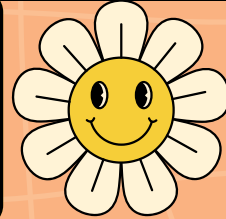
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CONTACT



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✉ director@inneraura.com.au

🌐 www.inneraura.com.au

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