

VICTORIA INFORMATION REGISTRATION PACK

Welcome to Mayumarri Victoria and congratulations on taking a brave step toward your healing journey.

Mayumarri Victoria was established in late 2005 through the devotion of committed community people whose lives were changed through their participation in the innovative healing program. We extend this invitation to you, so you too can experience the journey to feel and heal.

The Victorian Healing weeks are currently being held at Sunnystones Country Retreat Bacchus Marsh; a lovely property in the western region of outer Melbourne, just a 45 minute drive from the city.

In the following pages you can view our information pack, which includes a registration form at the back. If, after carefully reading the information, you decide to come for a Healing Week please detach the Registration Form, complete all pages and return it, with payment, as soon as possible.

Please understand our weeks fill quickly and we cannot confirm your place until we receive your registration forms and payment. Once we have received your form we will ring you to confirm your booking and discuss travel arrangements.

In the event you need to cancel your booking, refunds are only available if cancellations are more than one week prior to your visit.

If you have any further questions, please do not hesitate to call.

We look forward to helping you in your journey

Kind Regards,

Mayumarri Victoria

***Please forward your registration papers to:
PO Box 361
CESSNOCK NSW 2325***

Mayumarri



HEALING CHILD ABUSE

NSW Mayumarri

admin@mayumarri.com.au

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Cessnock NSW 2325

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Ph 012 33 813 809

Patrons:

Bryce Courtenay

Mike Munro

Jodhi Meares

The Hon. Joel Fitzgibbon MP

Eva House Patron:

Melissa George

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VICTORIA - VITAL INFORMATION FOR MAYUMARRI HEALING WEEK

FREQUENTLY ASKED QUESTIONS AND ANSWERS

1. What is Mayumarri and Mayumarri Victoria?
2. Who can benefit from a healing week?
3. What can I expect from the healing week program?
4. How long will my stay be?
5. Who will I be sharing the week with?
6. What is the role of the facilitator and carers?
7. How much time will I spend with other people?
8. Can you tell me a little about what happens each day?
9. The Mayumarri Philosophy and how much the week will cost?
10. How can I help keep Mayumarri safe for myself and others?
11. What can I do to best prepare for my healing week?
12. What can I expect when I return home?
13. Is there any ongoing support?
14. How do I book in?
15. What you need to bring for your healing week
16. How do I get to Mayumarri Victoria at Sunnystones Country Retreat?

1. WHAT IS MAYUMARRI AND MAYUMARRI VICTORIA?

Mayumarri is an innovative, affordable Healing Retreat for adults (over the age of 18) who have survived childhood trauma. Mayumarri Victoria is a newly formed branch of Mayumarri New South Wales that will be running healing weeks in Victoria. **This will take place on a peaceful property called Sunnystones Country Retreat, located just 45 minutes drive from Melbourne.**

Mayumarri is a not-for-profit organization, run **BY** survivors **FOR** survivors and our aim is to provide a place of **safety, peace and love** for all survivors.

2. WHO CAN BENEFIT FROM A HEALING WEEK?

We have seen many survivors from all walks of life learn how to heal themselves and become empowered. Our guests have suffered from abuse, abandonment, neglect or tragic circumstances and have succeeded in taking back their power! The Healing Week program is designed to be an important step in your healing journey, and we encourage you to use the tools you learn to continue healing when you return home. Importantly, the program works best if you are able to focus on yourself and are in good health. For your safety, we recommend you postpone attending a Healing Week, and access medical or psychological care, if you are experiencing any of the following:

- i. Debilitating side effects of medication
- ii. Extreme life crises or stressful events, such as homelessness, or very recent separation from partner
- iii. A very recent trauma (i.e. within the last 1-3 months) which has not been yet been addressed
- iv. Alcohol or drug dependency / or severe withdrawals
- v. Active symptoms of mental illness that mean you are unable to feel safe within a group or take care of yourself

3. WHAT CAN I EXPECT FROM THE HEALING WEEK PROGRAM?

The purpose of the Healing Week program is to provide a safe environment to help you get in touch with and heal your inner self, the part of you that suffered from trauma as a child. Our main focus is learning tools that help you heal from specific traumatic events in childhood, events that you may, or may not currently remember.

Our highly successful program has developed from combining the latest scientific research on the effects of trauma to the brain with intuitive knowledge gathered from many survivors over time. We will share with you what we know and support you to 'heal' yourself. Please know you do not need to have prior knowledge about healing from trauma in order to benefit from our program. Our program is designed to be a program of self-discovery. You will be encouraged to trust in your own wisdom and do what is **RIGHT FOR YOU**.

Many survivors experience a sense of freedom and empowerment when they discover they **CAN** heal. They also come to a deeper understanding, appreciation and love of themselves, and feel validated and

acknowledged by others, often for the first time in their lives. Living in a loving community also helps survivors build self-esteem, self-respect and a renewed feeling of self-worth.

We've discovered the program works best when you are doing it FOR YOU, no one else. How much you achieve from the Healing Week will usually depend on how much you are willing to go for it!

4. HOW LONG WILL MY STAY BE?

Our Healing Week program will run from 4pm Sunday through to 4 pm Friday. Please arrive at 4pm on Sunday to settle in and be ready for a **5pm start**. After the program ends at 3-4 pm on Friday you will need to travel home or find overnight accommodation in the local or metropolitan areas.

5. WHO WILL I BE SHARING THE WEEK WITH?

Each week we will welcome a **maximum of 12 guests**, often consisting of both women and men. You will be supported by a professionally trained facilitator and 3 trained volunteer carers.

6. WHAT IS THE ROLE OF THE FACILITATOR AND CARERS?

The facilitator of the week is a survivor who has professional qualifications, an in-depth understanding of the Mayumarri Model, and a strong commitment to their own healing journey. The facilitator's key role is to provide overall leadership and responsibility for the group. The facilitator works equally alongside the carers to listen to you, encourage you and support you in your healing process.

Our volunteer carers are survivors who have lovingly chosen to help you in your journey. They travel here from around the country and give their time very generously. After doing their own Healing Weeks they complete a rigorous training program and many are currently studying at a tertiary level to enable them to help other survivors more effectively.

Please understand that at Mayumarri we **DO NOT** provide professional counseling, do not diagnose, give advice, instruction or prescriptions! The Healing Week is a self-help program and our role is simply to love you, listen to you and cheer you on!!

7. HOW MUCH TIME WILL I SPEND WITH OTHER PEOPLE?

What's special about Mayumarri is the opportunity to live in a true, loving community, building friendships with people who truly understand. Part of living in community means you will be sharing a room and bathroom facilities with possibly 5-6 other people; preparing, eating and clearing away main meals together; working together around the property each day for an hour and a half; and supporting each other to create a safe place for all members of the group.

Each day the group journeys together -however, you do your workshop activities privately, with the support of a carer, if you wish. How much you choose to share is up to you; however, please know that the focus of the week is not to 'swap stories' but to spend time focusing within, feeling your feelings and healing in your own way. Your private journey will be totally unique.

You will be able to enjoy 'Free Time' each afternoon and evening. During this time you can borrow books from our library, enjoy walks around the property.

8. CAN YOU TELL ME A LITTLE ABOUT WHAT HAPPENS EACH DAY?

On Sunday you will meet the other guests and carers and be shown around so you become familiar with the retreat. The group will share dinner together, get to know each other, discuss what to expect from the Healing Week and review the safety agreements. Group safety is our first concern and we have found that if any guest uses a mobile phone during the week, it breaks the sense of safety for everyone. We have also found that it is hard to concentrate on yourself if you are still in touch you're your loved ones. We will therefore ask you to leave your mobile phone in our care during the week. Of course if there is a special need, we are happy to discuss this with you. If you use your mobile as an alarm, we suggest you bring an alarm clock with you. You will also be invited to participate in a voluntary survey that helps us to research the success of our Healing Weeks.

From Monday to Friday we will follow the daily schedule below, though we are not rigid or authoritarian as we know as survivors that we do not like being told what to do!

- 8.30am** - **Reflections:** *A time for spiritual reflection and exploring our needs for the day*
- 9.30am** - **Labour of Love:** *Time to give back to the community through work. You will be encouraged to do what fits your feelings, Not what you think you should do. Jobs vary from paper work, gardening, cooking, tidying up & cleaning.*
- 11.00am** - **Inner Child Workshop:** *A chance to connect with your inner-self & your emotions.*
- 1.00pm** - **Lunch:** *Prepared by two or three guests and carer..*
- 2.30pm** - **Free Time:** *(Monday and Tuesday – you attend another workshop in the afternoon)*
- 5.15pm** - **Yoga:**
- 5.30pm** - **Sharing:** *A time to practice acknowledging your feelings, with the group in a safe environment.*
- 7.00pm** - **Dinner:** *Prepared by two or three guests and carers.*
- 7.30pm** - **Free Time:**
- 8.30pm** - **Evening Reflections**

9. THE MAYUMARRI PHILOSOPHY

Mayumarri is run **by** survivors **for** survivors who have suffered childhood trauma and or abuse. We believe we all have the capacity to heal. We believe that survivors who have not been given that opportunity are often caught up in a cycle of failure, either in the capacity to earn or the capacity to have satisfactory relationships or simply in the capacity to enjoy life. We believe it is *our right* to live our lives unaffected by the pain caused by our abusers.

Mayumarri was established to ensure all survivors are able to attend a healing week regardless of their financial circumstances. We do not want to be reliant on Government funding, fund-raising or donations to run our healing programs. We want to help survivors help themselves so we are independent and show we are capable of helping ourselves.

Mayumarri will survive and grow only if we are so successful in our program, that participants who have enjoyed a week at minimal cost pay the *actual cost* of their healing week once they have recovered their lives - so that another victim can become a survivor. That's true re-empowerment.

Turning our lives around usually means being more financially stable, if only because we do not have to waste so much time, energy and money on our healing. Our sincere hope is that, if you take the opportunity to attend Mayumarri at minimal cost, you will commit to helping another survivor attend by paying the real cost of your week whenever in the future you are able. We will not send reminders, however you will know that you will have truly re-empowered yourself when you can provide the opportunity for someone else to attend Mayumarri. Here are Joy Cowley's inspirational words:

***There are times in life when we are called to be bridges,
not a great monument spanning a distance and carrying loads of heavy traffic,
but a simple bridge to help one person from here to there
over some difficulty such as pain, grief, fear, loneliness
a bridge which opens the way for ongoing journey.***

***When I become a bridge for another I bring upon myself a blessing,
for I escape from the small prison of self and exist for a wider world,
breaking out to be a larger being who can enter another's pain
and rejoice in another's triumph.***

***I know of only one greater blessing in this life, and that is,
to allow someone else to be a bridge for me.***

10. HOW CAN I HELP KEEP MAYUMARRI SAFE FOR MYSELF AND OTHERS?

It is vital to understand that Mayumarri needs to be kept safe for all members of the group. A very important part of healing is learning to love and be loved by others. In fact, we now know that healing of the brain is only possible through being with other people. However, sometimes very early in our healing we are in too much pain to be able to give and receive. This can make living in community during the Healing Week feel too unsafe for us.

Please read the following key safety principles: All members of the group are asked to agree to the below principles prior to arriving at Mayumarri.

THE KEY SAFETY PRINCIPLES ARE:

1. **CONFIDENTIALITY** is of utmost importance. You need to agree to keep the identity of other guests or carers, and what happens during the week, confidential. This is so people can feel safe to be vulnerable and honest with themselves and others.
2. **If you choose to leave the property** during the week you will not be able to return to complete the Healing Week. This is because we have found that taking breaks from the Healing Week is disruptive and can distract you and others from healing. **IT IS YOUR RESPONSIBILITY TO ORGANIZE YOUR OWN TRANSPORT OFF THE PROPERTY THROUGH YOUR EMERGENCY CONTACT PERSON.**
3. Absolutely **NO ILLEGAL DRUGS/ALCOHOL/NON-PRESCRIPTION DRUG USE**. If you are a heavy user we ask that you are clean for at least a month before your visit so you can feel your feelings and stay grounded throughout the healing week. *If you are taking prescription medication (eg. anti-depressants) **DO NOT STOP** taking them while you are here. Please bring medication you are prescribed with you.*
4. Only 'safe touch' is appropriate here. Always **ASK** before touching others and please understand that sexual relationships are inappropriate during the Healing Week, in order to help you focus on your own feelings and healing in a safe way.
5. You need to be willing to accept **RESPONSIBILITY** for your experience here. That means talking to a carer about anything that makes you feel uncomfortable, asking for what you need, and helping yourself (with the loving support of others) to heal.
6. It's important to be **COMMITTED** and here for yourself and not attending to satisfy family members or others. Mayumarri will support you to focus within by keeping the outside world away as much as possible. That means there are no TVs, radios, magazines or games. We ask that you do not allow any distractions such as novels, or indeed your laptop or bring any of your usual 'work' with you as it distracts you and others from healing.
7. Group safety is our first concern and we have found that if any guest uses a mobile phone during the week, it breaks the sense of safety for everyone. We have also found that it is hard to concentrate on yourself if you are still in touch with your loved ones. We will therefore ask you to leave your mobile phone in our care during the week. Of course if there is a special need, we are happy to discuss this with you. If you use your mobile as an alarm, we suggest you bring an alarm clock with you.
8. Abuse of any kind will **NOT** be tolerated! This includes swearing or shouting at someone, derogatory comments or using intimidating body language, as well as actual hitting. Mayumarri is committed to providing a safe place for survivors who did not experience a sense of safety in childhood. It is vital that all members of the group work together peacefully and lovingly and take full responsibility for their part in any conflict. Abuse also includes self-harm. Self-harm is a way some of us abuse ourselves. You will be surrounded with support though; there will be carers who have used self-harm as a coping mechanism in the past themselves. You won't be alone.
9. So that everyone on a Healing Week feels equal we have found it really important that we don't have members of the same family, or friends, together - except in special circumstances (which will be considered on a case-by-case basis). We also ask that you do not return to Mayumarri with people with whom you have formed a friendship from a previous healing week. This guideline will ensure a greater sense of equality for

everyone at the beginning of the week, and avoid unsettling cliques. Failure to follow this guideline will impact negatively on the sense of “community” which is vital to a successful healing week.

✚ Sadly, for the care of yourself and others, if you are unable to behave in a safe way you will need to leave the program and return at a later date when you are able to enjoy being with a group.

11. WHAT CAN I DO TO BEST PREPARE FOR MY HEALING WEEK?

Please know it is very normal to feel frightened, excited, unsure, or indecisive before your visit. Many survivors are very hard on themselves and set unrealistic expectations!

We suggest you be loving and gentle with yourself in the days leading up to your visit. Acknowledge you are immensely brave and courageous in deciding to come and it is natural to feel anxious, but that the decision to come means you are ready to undertake this part of your healing journey.

The program works best when you really desire, and are ready, for healing. On the registration form we suggest you note down what your intentions for the week are and set some simple goals for yourself. Also, please think ahead about supports for yourself **AFTER** the Healing Week. It is very helpful to plan some time-off for a few days following your healing. It is nurturing if you can spend some quiet time absorbing the events of the week. Getting a babysitter for an extra day or two, or making sure you don't have to go to work can be very therapeutic!

Sadly, at this time we cannot offer follow-up care and strongly recommend you make an advance booking to see a counselor/support group/supportive friend in the week after your Healing Week. If you already have a counselor we recommend you let them know you are coming here.

To get the most out of your week we recommend you plan ahead to be as fit and healthy as possible. We are **NOT** a medical or mental health facility and cannot be responsible for administering medication or other medical care.

In the case of an emergency, first aid and ambulance services are available. If you have an injury, have just been in hospital, or have medical/dental surgery due, please postpone your Healing Week until you have fully recovered.

Please bring enough of any medications you need to last the week (eg. asthma puffers, cough/cold tablets, allergy tablets, antibiotics or prescription medications). Unfortunately, we have found that people who are **heavily medicated** often find it difficult to participate in the healing process because they have difficulty feeling their emotions.

However, **PLEASE DO NOT** come off your medication before coming here. If you are suffering severe side effects from medication and/or you are finding it difficult to ‘feel’ anything, it may be in your best interest to postpone your visit until your dosage is at a level where you can feel your emotions.

It's also helpful to let family and friends know they will not be able to phone you during the week. However, if there is an emergency they can call **0448 344 817** and leave a message.

12. WHAT CAN I EXPECT WHEN I RETURN HOME?

Many people feel euphoric and excited when they leave. It's normal to feel a little light-headed and ‘on a high’ for a while! You may also find that you feel tired and emotional. That's because emotional healing is exhausting work and it is very important to be gentle with yourself. We **strongly recommend** you take a minimum of a 2 day break from work and social commitments following your Healing Week, so that you can achieve the maximum benefit. We also encourage you to wait some time after your Healing Week before making any important life-changing decisions.

It may feel a little strange to go back to family and friends. You may have changed and it's important to appreciate that they may need time to get used to the “new you”. You might need time too! Please don't be hard on yourself and others.

13. IS THERE ANY ONGOING SUPPORT?

We regret that at this time we cannot give any ongoing support after your leave Mayumarri. We would love to but we do not have the resources. So we very much encourage you to ensure that you have a support system in place before you arrive. If you are seeing a counsellor, we suggest you make an appointment with her/him following the healing week. With your permission we can happily give your counsellor information about what you would or may have experienced through your stay. If you don't have a counselor, do consider the need for one and line this up before you come. The facilitator will also offer any help to identify professional support in your area before you leave on the Friday.

If you have understanding friends tell them what you are doing and ask if they will be there for you on your return. If you do not have any friendly support, do ensure that you do get contact details from the people you meet during your healing week and, again, do discuss with the facilitator ways of meeting new people on the Friday.

If you wish, you may wish to join our community forum and access our website's confidential chat-room, communicating with others who have been to Mayumarri. As a Mayumarri Community member you will also receive our newsletter and have the opportunity to meet other members. Part of joining the community is giving back to help others in whatever way you are able to.

If you find you got real benefit from your Healing Week you may return to repeat the program as many times as you need to. However, we ask that you give yourself at least 3 months between visits to allow yourself time to adjust to the changes that healing brings to you and your life.

14. HOW DO I BOOK IN?

If you decide to come to a Healing Week please complete the following:

1. Decide what week you want to come to, look at Diary Dates on website or call office.
2. Remove 'MAYUMARRI REGISTRATION FORM' from back of this pack, complete BOTH sides, and return to **Mayumarri PO Box 361 Cessnock NSW 2325**, with payment and photocopy of concession card if you need to (see costs on registration page).
3. Wait for a confirming phone call from our office **BEFORE** arranging leave / time off or traveling to Sunnystones, as we need to ensure there is a vacancy in your chosen week.
4. A confirmation letter will be sent to you with details of what you need to bring for your healing week e.g. food and clothing. Included will also be a map and details of how to get to Mayumarri.
5. Keep this information pack with you and refer back to it when packing and getting ready to travel here.

15. WHAT YOU NEED TO BRING FOR YOUR HEALING WEEK

A list of food requirements will be sent to you after confirmation of your healing week. This is a guide, an updated list will be sent to you after receiving confirmation of your healing week.

Please make sure you take all your belongings with you when you leave, as we do not have the time or finances to return lost property. **We ask you to look after your valuables during the week as unfortunately we will not be able to lock them in a safe.**

1. Single bed sheets (or sleeping bag), pillowslip and 2 towels. Any other personal belongings you need to feel comfortable.
2. **Enough medications, cigarettes or personal products/toiletries to last the week as there are NO shopping facilities.**
3. Casual clothes (warm for winter, cool for summer) including clothes you can get dirty, and gum boots (or equivalent) if it has been raining a lot prior to your arrival. Because of water shortage, there are **no clothes-washing facilities** so please bring enough for the week. If you swim do bring your bathers.
4. CD 'walkman' for playing relaxing tapes for sleep is permitted, but only if you have earphones please.
5. Slippers to wear in meeting areas.
6. **Money - if you wish to buy merchandise at the end of the week (CDs, books, etc).**
7. Please do not bring laptop computers, and cameras are only able to be used with the group's

permission on Friday.

8. Food for sharing with the community. You might consider bringing all the supplies (excluding the items on our not needed list) for one meal you enjoy cooking. ***We lovingly suggest you keep the meals simple as there are usually about sixteen people for each meal.***

If you have special food requirements please bring any specific food items you need. These can be labelled and put aside for you. We do recommend that if you like Soy milk or lite milk, bring a little extra so if someone uses it you still have enough!!!

FOOD LIST - WE DO NEED

Meat – mince, chicken, lamb, beef, fish etc
Eggs (6 per person)
Sandwich meats – ham, chicken etc
4 litres of milk per person/ ice-cream/desserts
Butter and margarine / Yoghurt
Meal bases-pasta / casserole sauces etc
Fresh fruits and vegetables / salad items
Potatoes, onions, carrots
Pizzas or quiches, useful instant meals
Cheese – all types including parmesan
Favourite sandwich spread / tinned tuna
Mayonnaise / dressings / sour cream
Packet soup mixes / Tomato paste
Rice / rice noodles / Pasta/ tinned fruit

Weetbix, cornflakes & cooking oats
Favourite breakfast food / cereal
1 loaf of bread per person
Basic tea and instant coffee
Herbal teas / coffee / Juice / soft
Cocoa powder for cooking / vanilla essence
Cooking oil or cooking spray
Fresh & Dried herbs, garlic
Flour / icing sugar / sugar / cleaning cloths
Tomato sauce / vinegar / stock cubes
Jam /vegemite /honey / gravy mix / baking powder
Snack foods – chips / dips / crackers
Biscuits (sweet and savoury) /cake/muffin mix
Cling wrap / alfoil / paper towel /insect spray

You might also want to bring some special treats for yourself!

16. HOW DO I GET TO MAYUMARRI VICTORIA AT SUNNYSTONES COUNTRY RETREAT ?

Please do not make any arrangements for traveling to Sunnystones until your booking at Mayumarri Victoria has been confirmed by a phone call from our office. Then please inform Mayumarri Victoria of your arrival and departure details, so volunteers can be arranged to pick you up from public transport if necessary. We also ask guests to give each other lifts if it is possible. Please plan ahead to leave between 4 -5 pm Friday.

**PLEASE DO NOT CONTACT THE SUNNYSTONES OFFICE TO BOOK YOUR
HEALING WEEK AS WE ARE ONLY HIRING THE VENUE.**

DIRECTIONS

**Please look over the directions for how to get to Sunnystones.
See Melways Map 218 H9 pre 2000 edition; otherwise Melways Map 334 K1.**

ALL BOOKINGS AND ENQUIRIES HAVE TO BE ADDRESSED TO:

**Mayumarri, PO Box 361 Cessnock NSW 2325. or
VIC Office Mobile - 0448 344 817
NSW Office – 02 49986003**

DEPARTURE FROM MAYUMARRI

Leaving arrangements are often made with other guests here during your stay. We will confirm all details with you when we call.

VICTORIA MAYUMARRI REGISTRATION FORM

(THIS INFORMATION IS CONFIDENTIAL UNLESS OUR DUTY OF CARE REQUIRES DISCLOSURE)

1. PERSONAL DETAILS: (please print)

First Name:..... Surname: M or F

Address:..... Phone (home):

Suburb:.....Post Code..... Phone (mobile):,.....

Email: Phone (work):

Occupation: **Is this your first Healing Week?** Yes No

Your Age: **Do you have children?** Yes No

Have you had a drug, alcohol, gambling problem? Yes No

If yes, which one/s? (You can tick more than 1 box) Alcohol Illicit drugs Gambling

Are you of Aboriginal or Torres Strait Origin? Yes No

Current Employment: (You can tick more than 1) Full Time Part Time Casual Unemployment Benefits

Retired Student Allow Disability Pens. Other Govt. Pension, benefit or allowance

How did you find out about Mayumarri? Family Friends Doctor Phone Book Website

Counsellor/Therapist Previous Guest Organisation (please name) Other

Date of Healing Week: Sunday...../...../..... **to Friday**/...../..... (Please allow 12 weeks between H/Wks)

How will you be arriving? Train Bus Plane Car (Rego).....

Please list your arrival destination and also the time of your arrival, if you are traveling by train, plane or bus.

Train arriving at am/pm Station **Plane** arriving at am/pm Airport

Who do you wish to nominate as your EMERGENCY CONTACT PERSON?

Name.....Relationship to you

Home Ph: Mobile: Work Ph:

COST: (please tick your choice)

- I am happy to pay the full week's fee of \$1,000, knowing that this will help others come to Mayumarri.
- I can afford to pay only \$280 now, but I commit to making 6 more monthly direct debit payments each of \$120.
- I can afford to pay only \$150 now, but I commit to making 6 more monthly direct debit payments each of \$60.
- I can afford to pay only \$ 75 now, but I commit to making 6 more monthly direct debit payments each of \$40. Must be holder of a Centrelink Benefits or Pension card (please attach copy)

"All monthly payment options are drawn the first Wednesday of each month"

Please note: We do offer a few discounted placements for those with special needs or who cannot work due to their trauma. Please consider how much you can afford, to help keep our survivors' programs running.

CONFIRMATION OF ATTENDANCE: Your healing week is not confirmed until payment and forms are received at the office. You will then receive a call/ confirmation letter to confirm, so it is essential not to make any travel or work arrangements until you have confirmation of your dates.

CANCELLATION/DEFERRAL: Please be sure, before you apply for a healing week, that you are ready for the healing process, as a \$75 admin fee will be charged by Mayumarri if you decide to cancel or defer. Sadly, **NO REFUND** is available if change is sought in the week prior to your confirmed healing week, as we may not have time to refill your place.

I enclose my cheque/money order (payable to Mayumarri) / charge my credit card \$_____ (amount)

Card No: ___ / ___ / ___ / ___ Expiry: ___ / ___

Name as on card: _____ Signature: _____

()Bankcard
()MasterCard
()Visa
(please tick appropriate card)

2. MEDICAL DETAILS

Some of our guests may have medical conditions we need to be aware of (for safety and in case of an emergency), and this information may be helpful to ambulance/hospital staff.

a. Please list any **physical impairments / medical conditions / mental illness / drug or alcohol addictions** you have been diagnosed with (e.g. Asthma, HIV aids, diabetes, hep c, high blood pressure, epilepsy, bipolar disorder, DID, depression, anxiety, alcohol abuse)

.....

b. Please list any medications you are taking

.....

c. Please list medications or substances you are allergic to

.....

3. GENERAL INFORMATION FOR THE WEEK

a. Can you swim? Yes No.....

b. Do you snore? Yes No..... or Are you a heavy snorer? Yes No.....

(If so, you **may** be asked to sleep in a secluded more private area)

c. Please list any specific dietary needs you have (and please bring any special food you need with you)

.....

d. Do you have any phobias/fears that you feel would be best that we know about?

.....

e. To enable us to help you better you may wish to let us know the type of trauma you are a survivor of

Physical Emotional Sexual Spiritual Neglect SRA

f. Are you currently involved in some form of therapy or treatment? YES NO

If yes, would you like to recommend your counselor to other survivors?

Is your therapy with a : Counsellor Psychologist Psychiatrist

What does your therapist specialize in? (sexual, DID, SRA etc.)

Name of counsellor/psychologist or psychiatrist:

Phone Full Mailing Address.....

g. If you have **abused drugs/alcohol/non-prescription drugs**, have you been clean for at least a month?

YES NO N/A

h. Please note down what your goals might be for the week. For e.g. "I want to feel confident in social situations", "I want a more loving, understanding relationship with my family", "I want to improve my health" and so on. (If more space is required please attach another sheet of paper)

.....

.....

➤ I agree to comply with all the safety principles in section 10: I have read and understood all the information in relation to the healing week contained in this information pack.

Signature.....**Date**

Please send registration form & payment to: 'Mayumarri', PO Box 361 Cessnock NSW 2325

ACCOMMODATION - Direct Debit Request

In completing this form I/we authorize Mayumarri (user ID 319353) to debit my/our nominated account (details provided below) in order to make a recurring direct debit donation.

To be completed and returned to Mayumarri

by Fax: 02 4998 6041

by Mail: PO Box 361 Cessnock NSW 2325

Personal Details

Title: _____ First Name: _____ Last Name: _____

Address 1: _____ Address 2: _____

Suburb/City: _____ State: _____ Postcode: _____

Phone (home): () _____ Phone (mobile) _____

Email Address: _____

I would like to attend a Victoria Mayumarri Healing Week under the following payment structure:

(please tick your choice)

- I can afford to pay \$280 now, but I commit to making 6 monthly direct debit payments each of \$120 for the next 6 months.
- I can afford to pay \$150 now, but I commit to making 6 monthly direct debit payments each of \$60 for the next 6 months.
- I can afford to pay \$75 now, but I commit to making 6 monthly direct debit payments of \$40 for the next 6 months. Must be holder of a Centrelink Benefits or Pension card (please attach copy)

Your direct debit will occur the 1st Wednesday of each month

Savings Account:

Name of Financial Institution: _____

Account Name: eg John Smith: _____

BSB No: _____ Account No: _____

Credit Card: Bankcard Mastercard Visa

Card No: _____ / _____ / _____ / _____ Expiry: ____ / ____

Name on Card: _____

Signature: _____

Please confirm the authority and read the Service Agreement on the back of this page before submitting form.

Thank You



HEALING CHILD ABUSE

NSW Mayumarri

admin@mayumarri.com.au
P.O. Box 361
Cessnock NSW 2325
Ph 02 4998 6003
Fax 02 4998 6041

WA Mayumarri

mayumarri_wa@inet.net.au
PO Box 771
Bunbury WA 6231
Ph 0429 979 074

QLD Mayumarri

queensland@mayumarri.com.au
1300 760 580

VIC Mayumarri

victoria@mayumarri.com.au
Ph 0448 344 817

UK Mayumarri

admin@mayumarri.org.uk
Ph 012 33 813 809

Patrons:

Bryce Courtenay
Mike Munro
Jodhi Meares
The Hon. Joel Fitzgibbon MP

Eva House Patron:

Melissa George

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NBN CARES



Authority

Authority to Direct Debit, verify and release information

I/We

Name: _____ Name: _____

1. Authorize Mayumarri to verify the details of the above mentioned account with the financial institution;
2. Authorize the financial institution to release information allowing Mayumarri to verify your account details;
3. Authorize Mayumarri APCA User ID 319353 to arrange for funds to be debited from my/our account at the financial institution identified above and as prescribed below through the Bulk Electronic Clearing System (BECS);
4. Authorize and request that Mayumarri debit my/our account in accordance with the Service Agreement shown below,
5. Have read and understood the Direct Debit Service Agreement;
6. Agree that electronic reproduction of this DDR or any other information in this document will have the same legal effect as the original document.

"I understand that by entering my legal name or signatory mark in the indicated field immediately below this paragraph, and submitting this form, that I am in complete acceptance of all terms, conditions and declarations stated on this page."

Full Legal Name: _____ Date: _____

Signature: _____

Direct Debit Request Service Agreement

Important notice regarding payments to Mayumarri by Direct Debit

You must read and agree to these terms prior to signing this Direct Debit Request Form. If you are not authorised to operate the account on your own (i.e. by yourself) then those persons whose authority is required must sign this Direct Debit Form in the normal manner and return it to Mayumarri.

As recipient of the Direct Debit Request Form (DDR) from you, we will:

1. Only debit your account on the 1st Wednesday of each month or in the case that this day is a public holiday or a weekend we will debit your account on the next business day in accordance with this agreement.
2. Allow you to stop any Direct Debit Item or cancel the DDR at any time by contacting us or your financial institution.
3. Provide you not less than 14 days notice if we propose to vary any of the terms of this debit arrangement.

As the provider of a DDR you:

1. Authorize us to process a direct debit monthly on the 1st of each month or in the case that this day is a public holiday or a weekend we will debit your account on the next business day in accordance with this agreement, or upon your request.
2. Agree to advise us of any reason why a Direct Debit may not be processed.
4. Will advise us or your Financial Institution of any disputed Direct Debit as soon as is practicable.
5. Will advise us if you vary any details of this debit arrangement.
6. Acknowledge that it is your responsibility to ensure sufficient cleared funds are available in your nominated account to permit payment of the Direct Debit in accordance with this DDR..
7. Acknowledge that the Direct Debit through BECS is not available on all accounts, and that it is your responsibility to ensure that the account provided is able to accept Direct Debits.
8. Agree that where a Direct Debit is returned unpaid, any financial institution charges incurred by may be debited along with any other outstanding amounts at the time of the next Direct Debit.
9. Authorize us to disclose information to our Financial Institution for the purpose of investigating any claim connected with an alleged incorrect Direct Debit item.

THANK YOU FOR SUPPORTING MAYUMARRI AND HELPING MORE SURVIVORS OF CHILDHOOD ABUSE AND TRAUMA BE GIVEN THE OPPORTUNITY TO HEAL