

QRMFN Family Program RDAQ 22nd Annual Conference – June 2011

The Queensland Rural Medical Family Network (QRMFN) offered an exciting program of activities for the partners/spouses and families of delegates attending this year's RDAQ Conference in Cairns from 10 to 12 June 2011.

The activities began with a Meet and Greet on Friday night, with some of the families present catching up with those they had met in previous years, and opportunities to make new friends. On the following morning, a number of adults and children participated in an interactive workshop facilitated by Art Therapist, Claire Edwards. This *After the Deluge* session provided an opportunity for families affected by the recent natural disasters in Queensland to debrief, while enabling participants to get to know each other better.



It was then time to board our bus for a fun day at the Tjapukai Aboriginal Cultural Park, where the families were treated to some wonderful performances before enjoying a relaxed picnic lunch (in spite of the threatening skies, the rain stayed away!).



It was wonderful to see new friendships develop over lunch and then while throwing boomerangs and spears, painting boomerangs, and finally in the Dance Theatre at the end of our day watching some great Indigenous Dance performances, and then getting up and learning to “shake a leg” themselves.





These newly learned dance skills were shown off by a number of the children that night when the families returned with the Conference Delegates for the Aboriginal Dreamtime Night.



There was no time to sleep in on Sunday morning – our bus driver Chris was there bright and early to take us to Cairns Central Railway Station to meet our train to Kuranda, the village in the rainforest to the west of the city. We were treated to some beautiful scenery on the way up the Range, with a number of children very excited about going through so many tunnels! After lunch, and some time to explore the village, we travelled by Skyrail while experiencing even more spectacular views of the rainforest (although we understand that one male rural medical spouse kept his eyes firmly closed for the whole trip down!).



On our return to the Conference venue, some spouses/partners relaxed over High Tea during QRMFN's AGM, while the younger Program participants of the Family Program learned some new magic tricks from Flip the Magician at a session facilitated by the Cheeky Monkey Club.



Our little magicians later delighted Conference delegates and their partners while showing off their new skills just prior to the start of the Masquerade Ball. They then enjoyed their own Glow Dance Party/Karaoke Night followed by a Movie screening, with families with younger children provided with babysitting services in the comfort of their hotel rooms.

QRMFN is again extremely grateful to QRME for their financial support towards the Sunday evening Children's Program and babysitting, as well as the day program at Tjapukai the previous day.

Many thanks to those who joined us in Cairns and helped to make the Family Program a success. We hope to have your family join us on the Gold Coast in June 2012.