

Come & Try Activities for HaS 2026

Note: activities may change but you will be notified

People with disability registered for the conference can select ONE activity per day



Activity Time slot	Meet in the Courtyard at the sign for your activity 15 minutes before start time				Meet 15 minutes before your time on footpath at the Costa Hall entrance
Tuesday 27th Jan. 1.30 – 2.30pm	Gentle Tango 	Tie-dyeing t-shirt 	Hair & Make-up 	Self-advocacy Bingo 	1pm – Harley rides 
Tuesday 27th Jan. 3 – 4.00pm	Badge Making 	Art - painting 	Hair & Make-up 	Craft with wood 	Harley rides 
Weds. 28th Jan. 11.00am - 12pm	Karaoke 	Colouring for adults 	Speed Friendship 	Badge Making 	Harley rides 
Weds. 28th Jan. 1.30 – 2.30pm	Gentle Tango 	Colouring for adults 	Art - painting 	Craft with wood 	1pm - Harley rides 
Weds. 28th Jan. 3 – 4pm	Karaoke 	Smoothie Bike 	Speed friendship 	Craft with wood 	Harley rides 

If you have questions about C&T's please email havingasay@valid.org.au or ring Chris 0475 698 884