

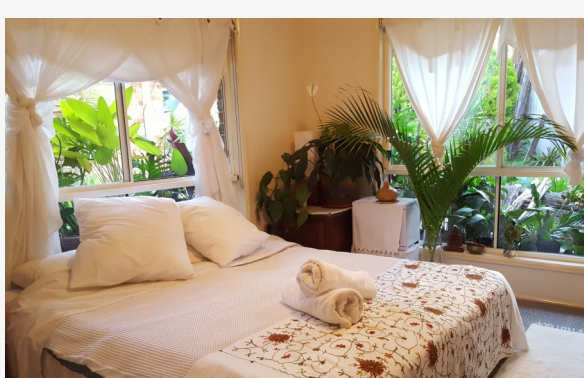


# Respite @ Byron Care Stay

## Respite / STA Accommodation private retreat for NDIS participants

**Be immersed by nature, connect with community expand your horizons.**

We offer much more than just Respite, we provide a service to support individuals to make great changes to their long-term wellbeing, while providing a warm and healing environment.



**"Our goal is to make you feel incredible, mentally, emotionally and physically"**

**Relax and Rejuvenate** with massage, Yoga, Qi gong, meditation and sound healing.

**Explore and Challenge** through Horse Riding, hiking, dolphin kayaking, surfing, snorkelling, whale watching and much more!

**Express and Create** with art therapy, painting, music, pottery and much more!

**Mingle and Have Fun** at the markets, music concerts, festivals and community workshops

**RELAX**

**EXPLORE**

**LEARN**

**GROW**



**Respite @ Byron Care Stay** is a nurturing respite experience, empowering individuals to live a joyful and healthy life. Run by disability respite specialists, two qualified Naturopaths/massage therapists -Tamika and Jason, who both have over 30 years of experience as health care professionals and are experienced Disability support workers.

Staying at Respite @ Byron Care Stay, you can expect:

- **Unwavering care & support for guests with disabilities**
- **Outdoor activity sessions—both in & out of the water**
- **Meditation & Qi Gong energy sessions**
- **Nutritious, lovingly prepared meals**
- **Town trips & community engagement sessions**
- **Guidance to help you boost independence & mental health**

Fully inclusive support, accommodation, meals and activities are provided. We also have full internet access and streaming services. **Connect with us today.**

**"We are here to meet, and surpass your goals"**



*"My experience at the respite was that of a rejuvenating escape. The generosity of my hosts ensured a respite that was not only enjoyable, but also enriching. The feeling of being genuinely cared for left an impression on my heart that will endure".*

**NDIS participant**

*"The best, awesomely fantastic. I couldn't have asked for a better Respite. Thank you".*

**David Wilson NDIS participant**



**Respite @ Byron Care Stay**

**Call 0432 545 266**

**Visit [www.respite-at-byroncaresay.com](http://www.respite-at-byroncaresay.com)**

**Email [respite@byroncaresay.com](mailto:respite@byroncaresay.com)**