

# Your Active Choices...

Activities may include...

- Beach activities
- Music
- Arts
- Crafts
- Team Challenges
- Indoor and outdoor sport
- Dancing
- Hiking
- Lifeworks
- Offsite activities



## What is My Active Choice?

My Active Choice (MAC) is a fresh, innovative approach to providing high quality, fun activities for participants with disabilities.

*This is achieved by:*

- Providing a safe, caring environment
- Offering a variety of indoor and outdoor recreational and life skills activities
- Planning activities to compliment the 4 seasons
- Encouraging carers to come along and support the participants
- Utilising the unique facilities at Camp Clayton with its beach frontage, rural outlook and natural bush areas
- Developing and including new activities

**mac**  
my active choice

## Our Mission

Empowering people with disabilities by enhancing their life skills and providing opportunities for recreational activities in a relaxed, supportive and caring environment.

## Our Values

**C**OMPASSION - responding with kindness, sensitivity and understanding of each other.

**H**OPE - looking forward to new possibilities by creating a new story with a positive future.

**R**ESPECT - recognising the worth of each individual, treating others as we want to be treated.

**I**NTEGRITY - in our interactions with others we are accountable, transparent, honest and just.

**S**UPPORT - Strengthening positive relationships to empower people to develop independence.

## Contact Us

### Office

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A PLACE OF PURPOSE,  
ACHIEVEMENT, HOPE AND INSPIRATION  
FOR PEOPLE WITH DISABILITIES

*A great place to be!*



mac is a joint initiative of



*Strengthening Community Together*