

2025 RETREAT PROGRAM

THURSDAY 20th NOVEMBER

TIME	MAIN PROGRAM	LOCATION	KIDS/TEENS CLUB (<18 yrs)
3.30pm	Airport Transfer (for IEM Adults arriving early) departs Sydney Airport (arrives by 5.30pm for check in)		
6.30pm	Optional (extra cost) – IEM Adults Pre-Retreat Dinner (for IEM adults & Partners only) – concludes 9.30pm	Jamison's Restaurant	

FRIDAY 21st NOVEMBER

[illegible]

2025 RETREAT PROGRAM

3.50pm	Welcome Sessions (Intro's, Agenda, MDDA Event App, Patient Panel and MDDA Update), MDDA Executive Team (incl. Teens & Tweens *) – Allocated Seating	Ballroom 1	KIDS CLUB ACTIVITIES TWEENS & TEENS INTRO'S – ALL <i>* Attend & earn Teens/Tweens arcade tokens</i>
5.00pm	Group Introductions Speed Group Networking session	Ballroom 1	5.00pm KIDS CLUB ACTIVITIES TEENS & TWEENS ACTIVITIES – ALL
6.00pm	Kids Club Check out (Sign out kids no later than 6.10pm)	Pioneers Room	Sign out kids
6.15pm	Casual Fun Family Dinner & Dessert Commences (Pizza/Pasta Italian night)	Azzurro	<i>All kids under parents supervision unless babysitting pre-booked.</i>
8.30pm	8.30pm Family fun continues with Kids movie & walkabout disco til 10.30pm	Azzurro	<i>All kids under parents supervision unless babysitting pre-booked.</i>
10.30pm	After Dinner Networking at Jamison's Bar or Whisky Lounge (18yrs +)	Jamison's Bar or Whisky Bar	Parent Supervision

SATURDAY 22nd NOVEMBER[illegible]

2025 RETREAT PROGRAM

10.25am	- AM Tea & Low Pro Product Showcase	Conference Lobby	Parent Supervised AM Tea
10.50am	<p>1. Stream 1: Parents of Tweens / Teens (incl. Teens & Tweens) Low Protein Dietary Considerations & Food Challenge - Stephanie Tang & Sara O'Neil, Rachel Battersby, Paediatric Dietitians</p> <p>2. Stream 2: IEpM Siblings (Siblings 5 yrs+) A positively guided open session for siblings of IEpM families (with a chance to reflect on their role and journey) - Jo & Isabelle Campbell, MDDA</p> <p>3. Stream 3: Parents of infants & pre-school age kids (incl. kids up to 8 years) <i>Sensory Food Play Workshop for Families Living with IMD-</i> Mia Aaron & Brooke Allender, RCH</p> <p>4. Stream 4: Adults Low Protein Dietary considerations - Kate Billmore, Catherine Manolikos, Kate Lefebure, Adult Dietitians + Formula tasting considerations</p>	<p>Ballroom 1</p> <p>Club Lounge</p> <p>Pioneers Room</p> <p>Ballroom 2</p>	<p>Parent Supervised Sessions TEENS & TWEENS IEpM SESSIONS</p> <p>KIDS SESSIONS (5yrs-)</p> <p>SIBLINGS SESSIONS (5yrs+)</p> <p><i>* Attend any above sessions & earn Kids/Siblings/Teens/Tweens arcade tokens</i></p>
12.00pm	Lunch & Supplement Tasting (Adults)	Conference Lobby & Jamison Green	
12.00pm	Formula Tasting Considerations (Parents) Stephanie Tang, Paediatric Dietitian, NSW		
12.10pm	Lunch & Supplement Tasting (Parents with Teens, tweens & kids) Includes family fun on the big slide or resort train	Conference Lobby & Jamison Green	Parent Supervised Lunch
1.40pm	Patient/Family Survey Results , Monique Cooper, MDDA President	Ballroom 1	<p>KIDS CLUB ACTIVITIES</p> <p>TEENS – ALL ROPES COURSE</p> <p>TWEENS – ALL MOTOR BOATS</p>
2.00pm	Lived Experience Patient Panel (Managing your IEpM) 5 patients (Facilitated by: Bianca Albanese, MDDA)	Ballroom 1	<p>KIDS CLUB ACTIVITIES</p> <p>TEENS – ALL ROPES COURSE</p> <p>TWEENS – ALL MOTOR BOATS</p>
3.00pm	Airport Transfer departs Fairmont (arrives 5.00pm)		
3.15pm	Kids Club Check out (Sign out kids no later than 3.40pm)	Conference Lobby/Pioneers Room	Sign out kids
3.15pm	PM Tea: & Supplement Tasting or Free Time	Conference Lobby	Parent Supervision
3.45pm	MDDA Connect Time – family networking & social time. - 4.00pm-5.30pm: Ice-Skating (all ages) <i>Supplement Tasting pickup</i>	Poolside	Parent Supervision
6.00pm	Casual Fun Family Dinner & Dessert Commences (Tastes of the Orient night)	Azzurro	<i>All kids under parents supervision unless babysitting pre-booked.</i>

2025 RETREAT PROGRAM

8.30pm	8.30pm Family fun continues with Family Trivia Games Night, Kids movie & walkabout disco til 10.30pm	Azzurro	<i>All Kids under parents supervision unless babysitting pre-booked.</i>
10.30pm	After Dinner Networking at Jamisons Bar or Whisky Lounge (18yrs +)	Jamison's Bar or Whisky Bar	Parent Supervision

SUNDAY 23rd NOVEMBER

TIME	MAIN PROGRAM	LOCATION	KIDS/TEENS CLUB (<18 yrs)
7.15am	Breakfast at leisure	Jamison's Restaurant	Parent Supervision
8.30am	Free Time	Poolside	Parent Supervision
9.00am	Kids Cupcake decorating with Nutricia (come down anytime from 9am to 10.15am)	Conference Lobby	Parent Supervision
Before 10am	Hotel Check out (checkout by 10am unless extending)	Hotel Reception	
9.45am	IEpM Adults Debrief (over morning tea)	Ballroom 1	
10.00am	AM Tea	Conference Lobby	Parent Supervision
10.00am	Kids Club open for Check In (parents to sign in kids)	Pioneers Room	KIDS CLUB OPEN FOR CHECK IN TEENS & TWEENS – FREE TIME
10.30am	MDDA – AGM & Acknowledgements (all parents/adults requested to attend. Infants welcome.)	Ballroom 1	KIDS CLUB ACTIVITIES TEENS & TWEENS – FREE TIME
11.00am	Closing Discussions...hear from... - Adults – Adults program recap - New Families - Retreat Newbies recap	Ballroom 1	KIDS CLUB ACTIVITIES TEENS & TWEENS – FREE TIME
11.15am	Closing Panels - Tweens & Teens – Tops Program recap - Kids Panel	Ballroom 1	KIDS CLUB WRAP UP TEENS & TWEENS – SESSIONS KIDS – Invited to kids panel sessions (kids club carers bring kids in)
12.15pm	Retreat wrap-up, thank yous & Prize draws	Ballroom 1	Parent Supervision – Kids stay for prize draw
12.30pm	Team Photo (on lawns) Poolside Lunch – Farewells & Final Family Fun	Jamison's Green Poolside	Parent Supervision
2.30pm	Airport Transfer departs for Sydney Airport (arrives by approx 4.30pm for flight departures from 5.30pm onwards)		
3.00pm	RETREAT CONCLUDES - DEPARTURES		