

**Operation Newstart Northern Program Term 4 2025  
October 15th – November 28th 2025**

**Facilitators Phone numbers:**

**Brendon Delaney 0438 043 103**

**Laura Roulston 0406 923 680**

***Program starts 15/10/25*.**

***MUST:***

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| * ***Bring lunch & snacks for the day*** | * *Other equipment as requested by facilitators* |
| * *Water bottle* | * *Be punctual to the train station each day* |
| * *Hat & day pack* | * *Mobile phones to be handed in at beginning of the day* |
| * *Completed journal* | * *NO* Smoking *program* |

**Week 1**

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| **Day** | **Activity** | **Activity details** |
| **Monday 6th October** | School | *Students to attend school.* |
| **Tuesday 7th** | School | *Students to attend school.* |
| **Wednesday 8th** | School | *Students to attend school.* |
| **Thursday 9th** | School | **Parent and Student Compulsory Information Session 4-5pm. Health ability, 917 Main St , Eltham** |
| **Friday 10th** | School | *Students to attend school.* |

**Week 2**

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| **Day** | **Activity** | **Activity details** |
| **Monday 13th October** | School | *Students to attend school.* |
| **Tuesday 14th** | School | *Students to attend school.* |
| **Wednesday 15th** | Intro day Gym | **Meet 9.30am Eltham Train station.**  Youth Hub AM. Eltham Leisure PM. Bring Gym clothes, runners bathers and towel**.**  **Return Eltham Station 3pm.** |
| **Thursday 16th** | 1000 steps hike  Trees Adventures | **Meet 9.30am Eltham Train Station.**  Comfortable clothes/footwear for hiking and climbing.  **Return Eltham Station 3-3.15pm.** |
| **Friday 17th** | School Goal setting Swimming- Eltham Leisure | **Meet 9.30am Eltham Train Station.**  Nillumbik Youth Hub  **Eltham Station 2pm** |

**Week 3**

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| **Day** | **Activity** | **Activity details** |
| **Monday 20st October** | School | *Students to attend school.* |
| **Tuesday 21nd** | School | *Students to attend school.* |
| **Wednesday 22rd** | Gym  JETS studio Street art | **Meet 9.30am Eltham Train Station**  Comfortable clothes for gym  **Return Greensborough Station 3pm.** |
| **Thursday 23th** | Cathedrals Hike Camp | **Meet 9.30am at Eltham Train Station.**  Hiking camp. **Please refer to per camp list.**  **Return Eltham 2-2.30pm Friday.** |
| **Friday 24th** | Cathedrals Hike Camp |

**Week 4**

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| **Day** | **Activity** | **Activity details** |
| **Monday 27th October** | School | *Students attend school* |
| **Tuesday 28th** | School | *Students attend school* |
| **Wednesday 29th** | Gym  Headspace | **Meet 9.30am Eltham Train Station.**  Bring/wear gym clothes and runners.  **Return Watsonia Station 2.30-3 pm.** |
| **Thursday 30th** | Nillumbik Youth Hub  TAFE Tour Melb Poly H/berg | **Meet 9.30am Eltham Train Station**  Wear closed toe shoes  **Return Heidelberg Station 2:30- 3pm.**  **Clothes may get dirty/leather boots can be worn if you 0have** |
| **Friday 31st** | Surf Life Saving & First Aid Please note: Buses replacing trains until 1st of November | **Meet 10 am Collingwood Train Station**  Sth Melb LSC, please bring bathers/swim gear, towel, hat, lunch, water bottle.  Wetsuits/Rashvest provided.  **Return Collingwood station 2pm**. |

**Week 5**

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| **Day** | **Activity** | **Activity details** |
| **Monday 3rd November** | **School** | *Students attend school* |
| **Tuesday 4th** | **Public Holiday** | *Melbourne Cup* |
| **Wednesday 5th** | Gym  Edendale Farm | **Meet 9.30 am Eltham Train Station**  **Return Eltham 3pm.** |
| **Thursday 6th** | Surf Camp | **Meet 9.30am Collingwood Train Station**  Bring as per camp list and lunch. |
| **Friday 7th** | Surf Camp | **Return 2-2.30pm Collingwood** |

**Week 6**

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| **Day** | **Activity** | **Activity details** |
| **Monday 10th November** | **School** | *Students attend school* |
| **Tuesday 11th** | **School** | *Students attend school* |
| **Wednesday 12th** | Gym  Westerfold’s Park Bike ride | **Meet 9.30 am Eltham Train Station**  Bring/wear gym clothes and runners. Clothes may get dirty at farm  **Return Eltham Station 3pm.**  **Parent Information Session 4-5pm. Healthability, 917 Main St , Eltham** |
| **Thursday 13th** | Caving | **Meet 9am Collingwood Railway Station. Return 3pm**  Wear clothes you don’t mind getting dirty and **bring change of clothes including shoes, socks, pants, tshirt, underwear and plastic bag for wet clothes. Big lunch & snacks!**  **Return Collingwood Railway Station 3pm** |
| **Friday 14th** | Amazing Race  Rock Climbing | **Meet 9.30am at Flinders Street Train Station.**  **Return Melbourne Central Station 2pm .** |

**Week 7**

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| **Day** | **Activity** | **Activity details** |
| **Monday 17th November** | **School** | *Students attend school* |
| **Tuesday 18th** | **School** | *Students attend school* |
| **Wednesday 19th** | Canoeing | **Meet Eltham Station 9:30am**  Bring a spare pair of clothes/shoes in case students get wet  **Depart Eltham station 3pm** |
| **Thursday 20th** | Mountain Bike Camp- Goulburn River Rail trail | **Meet 9.30am Collingwood Train Station**  Bring as per camp list and lunch.  **Return 3pm Collingwood** |
| **Friday 21st** |

**Week 8**

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| **Day** | **Activity** | **Activity details** |
| **Monday 24th November** | **School** | *Students attend school* |
| **Tuesday 25th** | **School** | *Students attend school* |
| **Wednesday 26th** | Gym  Men’s shed Community project | **Meet 9.30 am Eltham Train Station**  Bring gym clothes, change of clothes.  **Return Eltham Station 3pm.** |
| **Thursday 27th** | Speech writing.  Celebration Activity. | **Meet 9:30 am Eltham Train Station**  **Return Eltham Station Train station 3pm.** |
| **Friday 28th** | Graduation | **Graduation Ceremony to start at 11am.**  Students arrive 10.45.  **Venue – Nillumbik Youth Hub, 32-34 Elizabeth St, Diamond Creek VIC 3089.** |

**Week 9,10 & 11**

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| **Day** | **Activity** | **Activity details** |
| **Monday 1st December – Friday 19th.** | School | Students to attend school for week 10 & 11 |