

2025 22q Family Camp 16-18 May AND 22q at the Zoo Saturday 17 May

Sydney Lakeside Holiday Park – Narrabeen, NSW

Address: 38 Lake Park Rd, North Narrabeen NSW 2101

Check out their accommodation and facilities on their website → [NRMA Sydney Lakeside Holiday Park | Northern beaches caravan park](#)

Fun and connection for everyone in our 22q Family

Camp itinerary:

Friday

Arrive in the afternoon or evening. We will be there from 3pm.

Friday dinner is self-catering.

Meet up with all the families after your dinner in the on-site conference centre. Tea/coffee and nibbles provided. BYO drinks. Games will be available for the kids.

Saturday (also the Sydney annual 22q At The Zoo!)

10.00am – OPTION 1: Fun sport and games at the lakeside, all ages welcome to join in for however long or short you wish!

OPTION 2: Take a break from your hectic lives with a meditation and relaxation session facilitated by Psychologist Dr Linda Campbell, whose clinical and academic expertise is with 22q children and adults. At the conference centre. BYO mat or towel to lie on.

12.30pm - BBQ lunch

Fully catered lunch: Hamburgers, Egg & Bacon rolls, sausage sizzle. Salads and Dessert.

2pm – Art and Craft in the on-site conference centre. Hosted by our talented 22q parents Jessica and Lou, enjoy a peaceful afternoon immersing yourself in the meditative delights of drawing and weaving, guided by our experts. Materials will be supplied.

6.30pm. Dinner options are 1. Self-catering, or 2. Join us at Narrabeen Sands Hotel for a group pub dinner. (Please note, both choices are at your cost, not covered by the Foundation).

Menu for Narrabeen Sands → [main-nns-narrabeen-sands-hotel-17122024115508.pdf](#)

8pm. Dessert/tea & coffee/drinks at the on-site conference centre. We'll have a firepit for cosy chats.

Sunday

From 9.30am Tea & Coffee & biscuits for morning tea available in the onsite conference centre.

10am Check-out from accommodation. Free time or meet in onsite conference centre.

12.30pm BBQ lunch (or **11.00am** Morning tea).

Camp ends at 130pm.