NSW Premier Gladys Berejiklian kicks off the Battle of the Codes fixture at the SCG with Daphne Benaud and the Rugby League representatives raising funds for people with a disability
Oh, dear, what’s happening in Australian cricket?

A lot has been said and written about the ‘Australian culture’ in the game of cricket. Sadly, the competitive drive to win at all costs sometimes leads players to lose sight of the principles our respected predecessors entrusted us with – to play the game hard, but respect the rules and our opponents at all times.

I for one hope that those players who have been singled out for suspensions have the inner strength and support network to embrace their talents and bring them back into cricket at the representative level sooner rather than later. Secondly, that the game itself encourages respectful behaviour at all levels.

Thanks to those many Primary Club members who have sent me good wishes for a continuing recovery. I’m pleased to have returned to full-time (almost) broadcasting of the game I love through this past season, including most of the first-class fixtures. I also travelled to South Africa for the ABC and SABC in March/April.

While it might take much more time before I play golf again, I am progressing well thanks to St Vincent’s Rehab and looking forward to a huge 2018/19 season with India, South Africa and Sri Lanka all visiting our fair shores.

As I read through the articles in this edition of First Ball, I am extremely proud of the achievements by our Management Committee and its various sub-committees. You will notice that each article about a member event features our core charity objectives. The Elanora Golf Day, Marathon Cricket at the SCG and the Richie Benaud Cup, the Port Melbourne Charity Day, our several promising events in Adelaide and Brisbane all highlight a direct yield or benefit to one or more of our disabled sports charities.

The Sydney Ashes Test Match Breakfast on 4th January featured distinguished guest speakers – former Test players, England captain Mike Gatting and Australian spinner Peter Taylor.

Mike Coward as MC did his usual sterling job in his interviews of Mike and Peter and once again demonstrated the effectiveness of his approach to such tasks - proper research and questions allowing the interviewee space and time to provide appropriate responses - which results in far more enlightenment and entertainment for the listening audience. Sadly, Mike, after undertaking the MC role at 29 Test Breakfasts, has announced his future ‘retirement’ from that role leaving the Club with ‘large shoes to be filled’ commencing with the Indian visit in January 2019. The PCA is hugely indebted to Mike for his long and fruitful involvement in the annual Test Breakfast function over the years.

Former Australian cricketers, now commentators, Ed Cowan and Lisa Sthalekar, joined us at the Breakfast in their new roles as Ambassadors for the Primary Club. We thank them, and Paralympian Liesl Tesch AM, for their willingness to assist in promoting and achieving the Club’s aims and objectives.

With 450 guests in attendance the 2018 Breakfast generated over $32,000 in gross profit for our charitable endeavours. Congratulations to The Spartans (4/94) who took out the second Richie Benaud Cup final with a close victory over...
I Zingari CC (9/93) at the SCG. Daphne Benaud was joined by Jeff Benaud to hand out medals to players on both sides plus the trophy for the winners.

In our next Annual Report, we plan to update members on the Strategic Plan adopted last year by the Management Committee. At the AGM back in October, we welcomed newly elected Committee Member Craig Patterson and Treasurer Andrew Yates. Since then, Nathan Reay, has also come onto the Management Committee. With the variety of business experience these gentlemen exhibit, we plan to enhance our relationships with the corporate sector and the broader community.

As I have expressed before, I am merely the fortunate President surrounded by smart, resourceful, decent folk who have a vision, and the dynamism to make things happen.

Jim Maxwell AM
President

The Primary Club of Australia has teamed up with a younger generation of tennis goers by partnering with The Social Serve. The Social Serve is a social, grass roots tennis tournament that was set up two years ago by committee member Rob Stevenson and Iain Boyd. (Iain also assisted the charity in 2016 by filming the Maasai Cricket Warriors tour to Australia).

The Social Serve runs their events every six weeks in the summer, attracting a younger crowd of Sydney socialites with a combination of cocktails, DJs and mixed doubles tennis. The raffle money from each event is donated to The Primary Club, with $4,440 being donated to the charity as a result over the last two years. With around 140 people attending each Social Serve, the link up also helps expose the charity to a different market, with a Primary Club marquee and banners on display at each event.

With a big step up expected next summer from The Social Serve, we look forward to more money being raised in the future! We thank Iain Boyd for his great efforts in setting up and running this great new tournament, and for the donations that he has helped send the charity’s way!

Rob Stevenson
Management Committee
Who would believe, our 9th Marathon!
The Primary Club celebrated our ninth Marathon Cricket event at the Sydney Cricket Ground on Monday 29th January, 2018. The event was reduced to just one day because of the compact first-class schedule at the SCG last summer.
We are indeed grateful to the SCG Trust for again permitting the Club to conduct our major fund-raising festival of the year despite the crowded Ashes schedule.

We were able to attract 12 corporate teams on the day, which was also the first day of ‘back-to-school’ week. Special thanks to MERAKI for sponsoring the Dinner, and to CISCO who sponsored the Corporate Cup. Other corporate teams entering were BLUESCOPE STEEL, BREENE & BREENE, COMSCENTRE, MUNDIPHARMA, PFIZER, SURA, TELSTRA and TRU BLU BEVERAGES. TRU BLU holds the record for most years entered with eight! And they have also graciously provided soft drinks for players and supporters for each of our 9 MC functions - thanks to Brett Maltby, Harris Spyrou and the team at Tru Blu!

It is a testament to the popularity of Marathon Cricket that some teams unfortunately had to be placed on a ‘wait list’. However, these teams will be offered early-bird spots in future years when we get back to the normal two-day events.

For the first time this year, the PCA instituted another trophy – “The Breakfast Plate” – for the best all-round performance by one of the four ‘breakfast timeslot’ teams. With a commanding on-field performance, the Sparkle Supastars from Bendigo VIC won the inaugural Breakfast Plate which I’m sure served up a number of the Lawn Café bacon and egg rolls shouted by skipper Steve Hollingsworth!

Another innovation from last year’s program was the incorporation of the ‘Richie Benaud Cup’, named in honour of our former Twelfth Man, Patron and Foundation Member, the late Richie Benaud OBE. This summer, thirty-two teams around the State competed in preliminary regional tournaments for two final spots in an abbreviated 8-a-side 12-over format using Last Man Stands rules. The final at the SCG on the Monday evening under lights was extended to 10-a-side and 20-overs, where the Spartans held sway over I Zingari CC in a great cricketing contest.

Good weather throughout the day and evening allowed us to finish all 20 innings, despite a delayed start for the breakfast teams. We experimented this year with a revised innings schedule, so that some teams would bat against a different team to the one against whom they bowled. Feedback seemed to lean towards a positive support for this approach. It certainly resulted in a more convivial atmosphere around the dining room that evening!

Photos top, from left - Damian Vale on behalf of the Cisco Red team receiving the Corporate Cup; Api Kumaradevan from Mundipharma showing how to effect the perfect run-out; Minister Stuart Ayres addressing the Dinner and praising the Primary Club for another successful event. Photo bottom left - On hand to greet the Premier Gladys Berejiklian were Daphne Benaud and Shaan Verco.

Photos opposite page: top left (clockwise) - Steve Menzies getting some batting tips from Justin Dooley, Monique Munnings and Cisco team members, George Gregan giving the ARU/Swans team some catching practice, Mark Taylor and Andrew Mehrten entertaining the dinner guests, Daphne with the visiting international players, and Opposition Leader Luke Foley with Jimmy Smith at the dinner.
I must make special mention here of new Curator Adam Lewis and his team of groundsmen who worked tirelessly with help from Jim Cameron and the umpires, to ensure play did get back on schedule as the day progressed. Amazing!

Again, we are grateful to our footy friends for staging the Battle of the Codes feature match on Thursday evening just prior to our Marathon Cricket Dinner. In particular Jimmy Smith, David Wilson and Brad Seymour who respectively organized players from their various codes. A delightful addition to the macho footie teams was the three visiting international female cricketers – Sripali Weerakkody and Nilakshi De Silva from Sri Lanka, and Rumana Ahmed from Bangladesh. In a tight contest, the combined ARU/AFL team came out winners over the NRL team by a net 8 runs.

I would also like to acknowledge the great work done by Sue and Jim Cameron, who have organised the umpires for every Marathon Cricket since year dot. The umpires contribute with grace and authority on the field, as well as financially through their own donations.

For the record, our Twelfth Man Mark Taylor’s Navy Team netted 535 runs compared to the President’s Red Team total of 611 by the end of the evening, despite Mark’s last two teams – Spartans and PCA Selection - reducing the deficit by 32 runs. Jim’s big winners were Sparkle Supastars and Wicked Dragons.

Jim’s Reds now take the lead again with 5-4 result over the nine years of Marathon Cricket.

NSW Premier Gladys Berejiklian joined Daphne Benaud, Richie’s son Jeff Benaud and President Jim Maxwell during the afternoon to greet all the celebrity players and mingled with the spectators. We sincerely appreciate the regular support from the NSW Government, brokered by PCA Member and NSW Minister for Sport, Stuart Ayres MP.

Stuart, Daphne and Jeff were able to stay on and join the players at the Marathon Cricket Dinner and then present the trophy and medals for the final of the Richie Benaud Cup.

The effort again put in by Geoff Verco, our Charities Development Manager, is worthy of note as this event could not be successfully run by the Club without his considerable input over the preceding months and on the day itself.

Overall, MC2018 event raised almost $95k for our disabled sports charities which is a very solid result for a one-day event, and acknowledges the Club’s investment in a solid PR campaign to promote the Marathon Cricket concept surrounding prior years’ events.

Jim Winchester
Management Committee and Chair Marathon Cricket Committee
Port Melbourne Cricket Club hosted a “T20 Charity Day” at the historic North Port Oval on Sunday 11th February, bringing together a range of different Melbourne cricketing connections, including the Melbourne All Abilities Cricket Association (MAACA).

Although the day did not raise a great deal of money for the Primary Club, it hugely benefited the disabled cricketers from MAACA, with many of them (and their parents) stating that it was their highlight of the summer. It was also a very beneficial exercise in extending our reach into Melbourne cricketing circles as well as supporting the Melbourne disabled cricket community.

We trust this will now become an annual event which we will aim to increase in size next summer, both in terms of fund-raising and also re-affirming Primary Club cricket connections in Melbourne.

Thanks to Port Melbourne CC, Last Man Stands Melbourne, MAACA and Special Olympics for all contributing to a great day at North Port Oval.

Three matches were held at the historic ground to help raise funds and awareness for the Primary Club and the MAACA. There were plenty of wickets, sixes and great fun had by all, not least by the two All Abilities teams who contested the exciting lunchtime game.

Special thanks to Deenu Rajaratnam, Phil Callaghan, Eddie Van Pamela, Ollie Baker, Steve Lefebvre and Chris Lane for all their great efforts in helping make the day a success and we look forward to this becoming an annual fixture on the Melbourne cricket calendar!

Rob Stevenson
Management Committee

A NOTE FROM THE PRESIDENT OF MAACA

Thanks for a terrific day yesterday. All our All Abilities players had an amazing time and were thrilled to be out in the centre showing off their skills and love of the game! As you could see there was a real variety of skill sets on show out there but what’s most important was that every player felt important and that they had a right to be there!

Feedback from a number of our player’s parents and carers has already indicated that they will be having a really good week this week as a result of yesterday which is great. Thanks to Eddie, Deenu and Phil for making us feel really welcome with feedback from a number of our players saying that the cricket was great but the BBQ was the best! MAACA would love to be involved in future events if or when they occur and hopefully we can make this an annual event.

Rob, thanks for considering us in the first instance and for your genuine support yesterday. I’m sure that MAACA and Primary Club Australia will be able to build and maintain a strong and supportive relationship moving forward.

Cheers, Steve Lefebvre, President
Melbourne All Abilities Cricket Association
It has been a busy summer for our working group of Primary Club Members in South Australia, led by Peter Herbert, Roger Wills and Alan Favell.

During the season, they organised matches against Finniss Cricket Club, Adelaide University Legends, SA Blind XI and the Australian Transplant team, the latter at Angaston in February. Sadly, the PCA game against the visiting squad from Sydney, scheduled to be played at Adelaide Uni CC on the eve of the Ashes Day/Night Test, was called off because of the damp conditions.

We were pleased to report that all the playground equipment on the Don Bradman Field at the Aspect Treetop School at Ashford has been delivered and according to the Acting Principal Kaye Perry is ‘in constant use’ helping to develop the students’ social skills as well as their sensory skills. The school now has over 50 students registered, at various points on the Autism Spectrum.

Bec Ho at Touched by Olivia recently reported that the special playground equipment, partly funded by the Primary Club, at the inclusive playground space in the City of Marion is nearly completion. And we have an opening date – AUGUST 10th. Pop that one in your diaries now.

What a weekend in early December! The Primary Club hosted our second ‘Pink Ball’ Test Brunch at the famous Cathedral Hotel with close to 120 members and guests in attendance on Day 1 of the Ashes Test, Saturday 2nd December. Roger Wills, interviewed in his usual chatty fashion, Keith Bradshaw (CEO, SA Cricket Association) and Mark Taylor, along with former player and commentator, Lisa Sthalekar.

Our cricket players moved to Tanunda on Sunday 3rd, where they competed for the Barossa Cup at the famous and picturesque Chateau Tanunda cricket ground. One the following day, our PCA ‘seniors team’ competed against Roy Shutz and the SA Seniors Cricket Association squad, this time exacting revenge on the locals. The players and supporters then hastened to get to the wine and cheese-tasting put on by the Chateau staff.

Thanks to Rob Stevenson who organised players, games, trophies and accommodation for the event, with help from fellow-committeeman Nathan Reay.

Geoff Verco,
Charity Development Manager

---

Two photos far left: Construction work at the City of Marion’s inclusive playground called Livvi’s Place, where the Primary Club is funding the wheely-go-round.

At left: Jim Maxwell interviewing Lisa Sthalekar at the Brunch.

Below: Roger Wills interviewing Keith Bradshaw (L) and Mark Taylor (R).
An early shotgun start on Monday April 30th kicked off in sunshine, only for the clouds and drizzle to drift in for the first 90 minutes of play. However, conditions improved and turned out perfectly for a round of golf at the immaculate Elanora Country Club on Sydney’s northern beaches.

To our delight, we had 112 players in the field, well up on prior years, and they all seemed to celebrate with their enthusiasm and competitiveness, disguising occasional grumpiness after the early damp conditions (or was it the slice into the rough?). Financially, it was a most encouraging result for our charity account, with a gross profit of almost $16k generated.

One of the highlights of the event was the involvement of Balmain Para Rowers and Coach Barbara Ramjan. The Primary Club is committed to funding the purchase of a double-scull customised in the US for rowers with spinal injuries. When our players arrived at the 16th tee, local pro Campbell Quirk offered to play their tee shot for a $10 donation, and wherever the ball landed, they could then play their first shot for that hole. With nearly 100% of the field accepting the deal we made over $1,000 in donations. Several players claimed a 4-point stableford score on that hole.

Winners of the Mixed Irish Four-Ball Trophy with 78 points were Catherine and Lindsay Jones with Jenny and Neil Jagger. Runners-up on 73 were Robin and Peter James with Robyn and Rob Storey, who coincidentally were runners-up last year. Individual stableford winners were Anne Carroll on 35 points for the Ladies, and Steve Rattray on 38 points (c/b) for Men.

Finally, I wish to thank the gracious staff at Elanora Country Club, and all the volunteers who assisted in the lead-up to, and during, the event, including enticing new players, arranging prizes for the auctions, selling raffle tickets – Dinny Biancardi, Marilyn Cottrell, Peter Dind, Wendy Mesley, Jon Nicholls, Ern Pope, auctioneer Rodney Tubbs, Shaan Verco and Karl Wentzel – and of course Anja who managed all the bookings and worked tirelessly on the day.

I accepted this role from President Jim Maxwell on the understanding that I could tap into the expertise of prior convenors such as Ern Pope. We were also fortunate to attract the support of corporate sponsors Peak Investment Group and Sura Insurance. Other prize contributors included A-Game, Iona Wines, McLaren Hotel, Margan Wines, Mercedes Sydney, Nova Entertainment, Secure Parking, the Waratahs and many tier one golf clubs in New South Wales.

Rob Luscombe
Golf Convenor

Editor’s Note: Congratulations to Rob Luscombe, whom we threw into the deep end to manage this event. As another Elanora member, Rob attracted a number of additional players who were hearing about the Primary Club for the first time. We trust they all return for the next golf event.

Photo top of this page: Is Rob Luscombe trying to explain to his team (Vivienne, Susan and John) that he lost the coloured ball on the last hole?

Photos opposite page: (Clockwise) - John Montgomery, Trevor Crosby and Richard Allsop inspecting the scull; the Storey/James combination; Marilyn Cottrell selling raffle tickets at the 5th; John Carter claims a birdie on the 9th with support from Julia Wokes, wife Merren and Chris Wokes; Catherine and Lindsay Jones with the trophy; Jim Maxwell and Rob Luscombe; Rex Hoeben, Prudence Boulton, Paul Biancardi and Jan Deane welcoming the sunshine again!; Geoff Cottrell, Richard Thomas and Dick Sylvester, dodging the early rain.
WE HAD 112 PLAYERS IN THE FIELD, WELL UP ON PRIOR YEARS. FINANCIALLY, IT WAS A MOST ENCOURAGING RESULT FOR OUR CHARITY ACCOUNT, WITH A GROSS PROFIT OF ALMOST $16,000.
The Primary Club’s Cricket Team has enjoyed a very successful season with more than 50 matches played, both midweek and weekend, mainly in Sydney, although matches were also played in Melbourne, Adelaide, Barossa Valley, and Bowral. More than 60 players have played for the Club this past season, with great camaraderie built up, as shown by Club players’ strong support for Marathon Cricket, each of the tours, and the cricket social held in early March coinciding with Day 1 of the South Africa 1st Test. These are an important part of building up the club’s cricketing connections, both within the team, our membership base and with opposition clubs.

The future is bright with many more teams and clubs keen to play us, so we will have to manage this carefully for next summer with regard to which fixtures and venues add most value to the Club and to the charity.

**UK Tours Reunion:** On Friday evening, 16th March, Rick Glover organised a reunion of UK Tourists at Tattersalls which was excellently attended by members of previous Primary Club tours to England in the 1980s and more recently. This was an inspirational evening demonstrating how these tours connected everyone, both to each other, and to the Primary Club charity. We look forward to the tour next year to England in 2019 to coincide with the Ashes.

**Uniforms and Attire:** The image of the Club on and off the pitch has improved greatly, with pleasing numbers ordering the newly-designed blazers (organised by Nathan Reay). This follows up the investment by players purchasing polo shirts, playing shirts and caps in order to represent the Club in appropriate fashion. Further advancements are the classic Primary Club ‘baggies’ which will be brought back for the Kenya tour this winter. Plus kit bags and bespoke shorts and polos for the tour.

**Richie Benaud Cup:** The final at the SCG saw I Zingari CC take on Spartans (LMS side). A close final was won by Spartans, with Daphne and Jeff Benaud in attendance following the Marathon Cricket Dinner to present the trophy and medals with Jim Maxwell. All of the grounds used this season were top turf grounds, and were made available free of charge, which was a significant step up from the first year of the Richie Benaud Cup.

**Kenya Tour:** It looks like there will be about 40 tourists associated with the forthcoming Kenya tour in June, with about 30 coming from Australia and the rest contacts coming in from Africa, UK and USA. Sudan, the last male Northern White Rhino, passed away in April, but this will give more history and occasion to the tour, and will hopefully result in a lot more money and publicity being raised as a result of the Last Male Standing Rhino Cup in Ol Pejeta in which the Primary Club team will be competing.

**Cricketers Arms Promotion:** A successful promotion was set up by Gavan Carroll and Rob Stevenson with Cricketers Arms sponsoring Primary Club games and the Richie Benaud Cup (RBC) this summer. Cricketers Arms provided 55 cases of beer to the Club, which have been used at RBC qualifying days and other Primary Club cricket days to raise money through gold coin donation.

**End of Season Drinks Night:** The night saw a strong turnout from the cricket members of the club who were able to reminisce on another great season, which included yet another strong win over the SCG XI, a stand out 3-day tour to Bowral and an exciting first season back in City and Suburban Association culminating in a strong JPS cup run. All in all, a very successful season. Awards on the night went to:

- **Batsman of the Year:** Brendan Povey
- **Bowler of the Year:** Damien Langley
- **Fielder of the Year:** David Ince and
- **Clubman of the year for his tireless commitment on game days and in training, plus his support for the charity, Mark Sim.**

Rob Stevenson
Cricket Club Secretary
Nathan Reay
Cricket Club Captain

*Photo top this page: The Primary Club team holding the Phillip Hughes Trophy and the Bradman Plate after the game at Bowral, retaining the trophies after rain stopped play early.*

*Photo above: Primary Club’s roving ambassador Carlos Brathwaite was a bonus spectator along with Daphne Benaud and Sripali Weerakkody at the I Zingari mid-week game at Birchgrove.*
With the Ashes Test series kicking off in Brisbane, your committee thought it was high time we put on a function for our Queensland members and guests. Given the Club’s recent move to support Empower Golf in Cairns and Disabled Surfing on the Gold Coast and potentially other charity projects there, we organised a breakfast on Day 2 (24th November) at the Shafston Hotel in East Brisbane, a healthy stroll from the Gabba.

Originally, we budgeted on 40 guests, but were delighted when 70 turned up. Thanks to some corporate support from SURA and MERAKI! The hotel organised a magnificent full buffet breakfast in a space where we believe we can confidently accommodate over 100 guests, should we proceed next summer.

Jim Winchester hosted the event, and interviewed our special guests on the day – Mark Taylor and Lisa Sthalekar. We look forward to making this event a regular item on the PCA Qld calendar, and inviting some of our newer charities to share in the event.

Geoff Verco, Charity Development Manager

In 2015/16/17, the Primary Club teamed with our rugby cousins at the Cauliflower Club to supply over $128k worth of specialised gym equipment at the new Sargood Centre at Collaroy, which aims to promote social integration, activity and support for people with a spinal cord injury whilst guests enjoy much needed refreshment and inspiration with their families.

This holistic approach is to make people with a SCI happier, healthier, and prepared to tackle the next big thing, be it returning to school, study or work after their injury, or perhaps even starting a family.

Here is a series of short testimonials about life at Sargood on Collaroy.

Terri Frizzi
“I have never in the 3 years since my accident felt so alive and so empowered in the knowledge that I can still partake in activities that provide me with confidence in myself. Sargood is responsible for giving me back the ability to like myself again, to know that I can do anything I want to do. Thank you to all of the staff for doing this for me.”
Lee Ferrier

Lee Ferrier was born in Queensland and grew up playing soccer, surfing, skating, riding pushbikes and motorbikes. His motorcycle was also his main transport and after going and watching his eldest son play rugby league in April 2015, he was involved in a serious accident, which has left him paralysed from the chest down. Lee spent 3 months in Royal North Shore Hospital, then a further 3 months at Royal Rehab Ryde. Since leaving rehab he has got his license, he swims, surfs, and enjoys archery and golf. Lee also intends to modify his motorcycle to go to the racetrack once again.

Lee’s life has completely changed since his accident but he doesn’t want his injury to dictate his life, he intends to continue doing the things he did in his life prior to his injury only a little different.

Sargood has allowed Lee and his family to do something many take for granted - go on a holiday!

Sargood on Collaroy are offering a 12 night Wellness and Support Package which will give clients access to regular package inclusion and the opportunity to come and experience an intensive exercise course.

Regular physical activity after sustaining a spinal cord injury can help improve independence, decrease pain, promote neural regeneration and reduce the risk of secondary complications. However, exercise can now present new challenges and barriers. During this course you will be exposed to a variety of modalities that will help you to achieve and maintain optimal physical and mental health and independence. The exercise programs are written and delivered by Making Strides and are individualised to meet each client’s goals and needs, helping you to achieve an improved quality of life.

Making Strides’ specialist accredited exercise physiologists are trained in prescribing and adapting exercises for the rehabilitation of spinal cord injuries. The course will take place at Sargood on Collaroy’s purpose built accessible gym, housing specific rehabilitation equipment not found in commercial gyms.

Cameron Hughes

Kathleen Newman stayed at Sargood on Collaroy in May 2017 with her five-year old son Cameron Hughes who has a spinal cord injury. Cameron was injured in an accident on a farm near Mudgee when he was two years old.

Kathleen heard about Sargood on Collaroy through their Case Manager and the family were able to experience respite during the Autumn school holidays while giving Cameron the opportunity to enjoy a range of physical activities tailored to his needs and abilities.

"It’s not just respite. Everyone’s so knowledgeable down there, and the more we live this, the more we find out about information and things like this," says Kathleen.

"Being a surfer previously, personally, it’s having the staff here with the knowledge and ability to take me out into the surf and to be able to go surfing again is a massive thing."

Sargood on Collaroy are offering a 12 night Wellness and Support Package which will give clients access to regular package inclusion and the opportunity to come and experience an intensive exercise course.