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NATIONAL ALLERGY STRATEGY 250K FUN DAY – CAN A ONE DAY PROGRAM OFFER THE SAME VALUE AS A CAMP?



Fun Day outcomes

- 14 school aged campers; 1 peer mentor.
- Education sessions were run with dietitians, allergists, a psychologist, an allergy nurse and an asthma nurse.
- Adventure activities included beach team building, archery, swimming and games.
- 5 meals were provided and 14 different food allergies managed.
- Connecting and educating school aged teens.

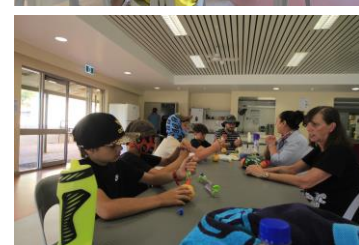
Camp versus Fun Day

The 250K fun day/camp helped me to feel very much confident....	2021 fun day	2020 camp
When attending a camp – such as school, sports etc	43%	65%
When choosing foods being prepared by someone other than my parents	50%	80%
Telling other people my age about my allergy	50%	80%
To be to be more responsible for managing my allergy, rather than leaving this all to my parents	50%	80%
In managing my anxiety about my food allergy	43%	75%

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Conclusion: Fun Days are a good alternative to camps where camps are not possible, although camps do provide greater benefits, particularly in increasing confidence in participants.



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www.250k.org.au

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