



DISABILITY SPORT & RECREATION | MONTHLY eNEWSLETTER



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events or programs that you
would like to share? Get in
touch! Email
Catherine@dsr.org.au or call

Welcome to the first edition of Vortex for 2015.

Everyone here at Disability Sport & Recreation hopes you had a fantastic Christmas and New Year celebration with family and friends. January is well underway, and even though it is still the summer holidays, there is plenty to do and to plan for. If you've never been overseas, why not train up to join CyclePower?

And don't forget to register for Score! ... we think it's the best way to find out about what's going on since the invention of the internet, and a great way to start exploring sporting and recreation options in your area.

We hope you enjoy this first edition for the year. Thanks to Yarra Trams for their ongoing support of DSR and Vortex.

If you have any suggestions, comments or ideas, please email Catherine@dsr.org.au, or call 9473 0133.

DSR Kids' Summer Camp

A favourite on the DSR
calendar is the fun filled,
action packed DSR Kids'

9473 0133.

Summer Camp. Activities this year include activities canoeing, flying fox and the giant swing.

Whilst the camp delivers on fun and adventure for children aged 7-17, we also aim to:

- Increase participation in sport and recreation;
- Educate and promote the benefits of an active lifestyle;
- Build self confidence, self esteem and independence.

Camp dates: Friday 6 March to Sunday 8 March (Labor Day long weekend)

Where: Licola Wilderness Camp

Cost: \$180 for each child which provides access to:

- All sport and recreational activities
- Accommodation
- Transport
- All meals
- Facility hire
- Medical and personal care

Registration: For more information please contact DSR Kids' Director of Awesomeness, Sam Bramham on 9473 0133 or sam@dsr.org.au. Please note, registrations are essential.



Final days... register to win!

Our register to win competition closes on 31 January, so get online now and sign up to Score!

Through Score! you can search for inclusive activities, rate programs and venues, and share your feedback with other Score! members as well as the venue operators and service providers. And if you're not already a DSR member, registering on Score! is a quick and easy way to join.

Being involved in sport and recreation has many benefits - [watch this inspirational video](#), where young people explain what sport has done for them.



2015 DSR Kids' Sports Program

Once again we are working with the Victorian Paediatric

Rehabilitation Service to run the Kids' Sports Program at the Royal Children's and Monash hospitals. Sport is a wonderful part of life, but just because you're in hospital doesn't mean you have to miss out.

The Kids' Sports Program educates young patients about what sports are out there and accessible to them. Each session provides an opportunity to try a different sport, conducted in partnership with the state sport organisation.



To be eligible to join in the weekly sporting sessions, you need to be an inpatient or current outpatient of either the Royal Children's Hospital or Monash Children's Hospital.

For more information please contact Director of Awesomeness, Sam Bramham on 9473 0133, sam@dsr.org.au, or Jen Cameron from the Victorian Paediatric Rehabilitation Service on 9345 9300, jennifer.cameron@rch.org.au.

Integrated pairs tournament - 25 January

The 2015 Integrated Pairs Tournament is supported by Bowls Victoria and is being hosted by the Berwick Bowls Club.



This competition is a great opportunity for bowlers with a disability to pair with friends, family or fellow club members in a competition. All ages and bowling abilities are welcome!

Teams to consist of one bowler with a disability and one other bowler. Bowlers with a disability must Skip and bowlers with vision impairment must provide their own Director.

When: Sunday 25 January, 9.00am registration for 9.30am start.

Where: Berwick Bowls Club, Manuka Rd, Berwick

Cost: \$40 per team (please note a processing fee applies for online registrations) – Includes light lunch, Sectional play, 3 bowl pairs, 9 ends Quarters and Semi Finals 3 ends, Final 5 ends.

Registration: [Please register online](#). Entries close this Friday, 16 January.

Information: Claire Baskett cgbaskett@optusnet.com.au or 9772 5860.

Maccabi Victoria All Abilities member lands dream job

Sport and recreation can be so much more than a way to stay fit and healthy. As this lovely story from Maccabi Victoria All Abilities shows, it can be a pathway to employment and personal fulfilment.

[Read Zvi Schweitzer's story.](#)



Vortex - we want your contributions

Photos, stories, event dates, competitions... we want them all! Vortex is your newsletter and with a distribution of nearly 8000, it's a great way to get share your news.

Simply email Catherine@dsr.org.au with your content.

Vortex deadlines

February edition: Friday **23 January**

March edition: Friday **20 February**

April edition: Monday **20 March**

May edition: Friday **17 April**

June edition: Friday **22 May**

July edition: Friday **19 June**

August edition: Friday **24 July**

September edition: Friday **21 August**

October edition: Friday **18 September**

November edition: Friday **16 October**

December edition: Monday **16 November**