



DISABILITY SPORT & RECREATION | MONTHLY eNEWSLETTER



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January 2016 - edition 1



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Go to www.scoredsr.org.au

Do you have a story for Vortex? Then get in touch with Catherine - catherine@dsr.org.au or call 9473 0133.

2016... here we are!

Everyone here at Disability Sport & Recreation hopes you and your loved ones had a happy and healthy festive season. Some of you may still be enjoying your summer holidays; others are already back at work and some of you may have never left.

Welcome to the first edition of Vortex for 2016. Enjoy the read and if there is anything you'd like us to feature, please get in touch - catherine@dsr.org.au.

Festival wrap and thanks

We held our sixth Disability Sport and Recreation Festival in Federation Square on 3 December, where an estimated 28,435 visitors enjoyed the activities, demonstrations and giveaways.

Just over half of the people we surveyed at the festival had a disability. Of those respondents with a disability, just under half didn't participate in any sporting or recreational activities, but 60% wanted us to contact

DSR FESTIVAL

2015 FEEDBACK

The 6th Disability Sport and Recreation Festival was held 3 December 2015 at Federation Square, Melbourne. A survey of participants demonstrated key outcomes.



them for advice on what options were available for them, and just under half found something to join.

The biggest positives from the festival were the activity zones, where people could try various activities for themselves, along with the diversity and number of stalls. People loved the positive atmosphere and the friendly exhibitors.

If you haven't already checked out the photos from the 2015 festival, go to dsrf.org.au/photo-gallery.

If you would like to get involved in the 2016 festival, either in the planning, preparation, or during the festival itself, please email festival@dsr.org.au.

Thanks to our major community partners [City of Melbourne](#), the Carbine Club, [Fed Square](#) and the [Taxi Services Commission](#) for their support. Thanks also to our community partners [Yarra Trams](#), [Semcore](#) and the [Australian Physiotherapy Association](#), and our festival partners [City West Water](#), [Photography Studies College](#), [Invacare](#), [Henry Carus + Associates](#) and [Photography by Design](#).

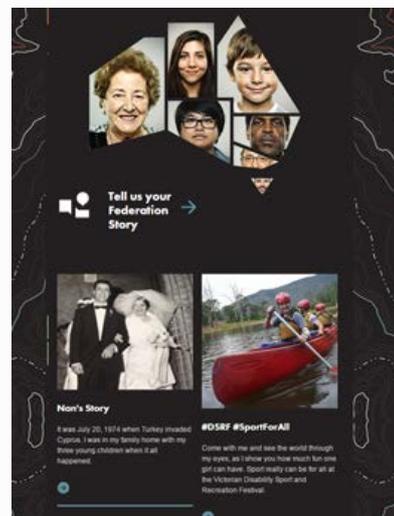
Sophie's story makes it to Federation

Ever wondered what a 16 year-old girl gets up to on camp...?

Watch the video on the Federation Story website to find out.

Sophie, an aspiring film producer, gives us a glimpse into her world as she shows us around the Victorian Disability Sport and Recreation Festival, and the DSR Kids camps.

To see the world through Sophie's eyes, visit



2016 DSR Kids Camp - register now!

The action packed DSR Kids - Summer Camp is nearly here and thanks to the Mazda Foundation, we can take more kids than ever before.

The weekend camp includes activities such as the giant swing, archery, adapted cycling, and the newly installed Camp Manyung accessible tree top adventure course!

The camp is for children with a physical disability aged between 7 and 17 years.

Dates: Friday 19 – Sunday 21 February

Venue: Camp Manyung, Mt Eliza

Cost: a maximum of \$300 for each child which provides access to:

- All activities
- Accommodation
- Transport
- All meals
- Medical and personal care and support

For more information please contact our Health Promotions Coordinator Juliet Ryan, on 03 9473 0133 or juliet@dsr.org.au

Applications need to be in by midnight, Sunday 10 January.

[DOWNLOAD THE APPLICATION FORM](#)

Members, we need your input - DSR member survey

It's incredibly important we know what our members think about us and the services we provide; it's the only way to make sure we are delivering what you need and want from us.

To help us learn more about you, how you interact with us and how we can best support Victorians with disability to get active for better health, we have created a short member survey that will take no more than 15 minutes to complete.

If you are an individual or associate member, please take the time to complete it, as your opinion matters.

By completing the survey you can choose to go into the draw to win one of three prizes:

- 1) a complimentary WheelTalk session;
- 2) a complimentary Impact session, or
- 3) two Gold Class movie tickets.

The survey closes Monday 18 January.



You can start the survey here:

<https://www.surveymonkey.com/r/2015dsrsurvey>

If you need the survey in an alternate format please contact Catherine Lander on 03 9473 0133 or email info@dsr.org.au

Summer giveaway

To celebrate the start of a new year and a summer of fun, we have **three adult tickets** to the National Sports Museum and MCG Tour on **Saturday 6 February** to give away.

To get your hands on these free tickets, worth \$30 each, simply tell us your top three sporting events on the Victorian calendar.

Email your top three Victorian sporting events to catherine@dsr.org.au.

The first person to respond will get all three tickets.



VicHealth Active Club grants opening soon

The next round of the VicHealth Active Club Grants will open **1 February**.

To be successful in securing a VicHealth Active Club grant, you need to show how your club will use the funding to provide opportunities for more people to participate in sport through your club, or keep people participating. This might include the establishment of new teams, programs or competitions; offering participation opportunities to new audiences; replacing equipment that is no longer suitable or safe for use; or making participation safer through purchasing injury prevention items.

For more information on the VicHealth Active Club grant application process, visit:

<https://www.vichealth.vic.gov.au/activeclub>

Score! all the news

If you haven't registered on Score!, our interactive directory of all things sport and recreation in Victoria, then make that your new year's resolution!



To keep you up-to-date as new programs and activities are added to Score!, as well as give you insights into who your fellow Score! users are, we have created a quarterly newsletter.

Available on our website, isn't it about time to [Score! the news?](#)

Parks Victoria wins national disability award

On 25 November, at a gala ceremony in Parliament House, Canberra, Parks Victoria received the 2015 National Disability Awards for the work they are doing to make Victoria's national parks accessible to all.



Pictured, from left: Hon. Alan Tudge MP, Assistant Minister for Social Services; Bradley Fauteux, Chief Executive, Parks Victoria; and John Kenwright, Access and Inclusion Coordinator, Parks Victoria.

To read about the awards and what Parks Victoria is doing to improve access to our open spaces, [visit our news page](#).

All terrain wheelchair opens up Dandenong Ranges National Park

TrailRider advocate David Stratton and wife and carer Ros Hart (pictured) can enjoy a day out in the Dandenong Ranges National Park, thanks to a Parks Victoria innovation - a motorised TrailRider.



This modified version of the Canadian invention will allow visitors to the Park greater access than ever before.

To read more about his exciting development, [visit our news page](#).

Accessible lawn bowls - transition to Bowls Victoria

We have been working with Bowls Victoria to grow and strengthen lawn bowls in Victoria for people with



bowls victoria

disability. The exciting news is that Bowls Victoria have fully integrated the physical disability state team into their fold.

I play bowls... What does this mean for me?

We have prepared a [Q&A sheet](#), for you to [download](#), which will answer your questions. If you still have more questions or concerns, please contact Scott Nicholas, Special Projects Coordinator, scottn@bowlsvic.org.au or call 9861 7100.

We are still passionate about providing sport and recreation opportunities for people with disability and will continue to provide referrals to bowls activities by adopting a person centred approach.

Thanks to all the players, parents and support staff of the physical disability state team for your support and passion in helping grow the sport in Victoria.

Thank you again everyone for the journey and as always if you have any questions please get in touch - info@dsr.org.au.

Highett Bowls Club seeks Saturday pennant players

The Highett Bowls Club is looking for Saturday Pennant Comp players. The competition runs over summer from 12:30pm to 4:30pm every Saturday.

If you are interested in learning a new sport and testing your skills, contact the Highett Bowls Club on 9555 4003, email highettbowlsclub@bigpond.com, or ring or text Shellie on 0422 952 917.

CyclePower 2016 - Cambodia and Vietnam - registrations closing soon!

Are you passionate about cycling, travelling and making a difference? Take up the CyclePower charitable challenge!

On CyclePower 2016, you will ride through the magnificent ruins of Angkor Wat, visit the site of the Long Tan Cross and immerse yourself in the beauty of the Cambodian and Vietnamese cultures as you ride more than 500km from Siem Reap to Saigon.

The cost to join CyclePower covers all your travel and accommodation expenses, as well as



raising funds to support the Battambang women's wheelchair basketball program which was started by CyclePower in 2012.

Come with us and see firsthand the difference our sport and recreation programs make to the lives of local women with disability.

What: 13 day trip, 8 days cycling over 500kms

Where: Siem Reap to Saigon

When: 7 - 20 August

Level of difficulty: moderate

Cost: \$5,400 per person all inclusive

For more information, or to register for this trip, phone Karla on 94730133 or email karla@dsr.org.au

Join our cycling community training rides

Summer is the perfect time to ride, but if you don't have a cycling buddy, it can be a little lonely on Melbourne's roads.



We are organising a summer cycling series to help our CyclePower participants get fit for their trip. If you'd like to get updates on these training rides, email karla@dsr.org.au

You don't have to be going on CyclePower to join these rides, you just have to be interested in improving your health and fitness. Riders of handcycles, recumbants, tricycles and standard bikes are all welcome.

Don't forget - please do our survey

To all our individual and associate members - please take a few minutes to complete our annual membership survey.

If you need the survey in an alternate format please contact Catherine Lander on 03 9473 0133 or email info@dsr.org.au

[START THE SURVEY](#)