



DISABILITY SPORT & RECREATION | MONTHLY eNEWSLETTER



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## February 2016 - edition 2



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Search our free directory of all things sport and recreation... [Score!](#)

## Members' survey - thanks

Thanks to all our members who completed our members' survey. It has given us valuable information that will help us plan what we do and where we put our efforts over the next 12 months.

Those who completed the survey were eligible to go into the draw to win a prize. A winner has been drawn and notified.

Did you know that nearly 80% of our members participated in sport or active recreation in the last year? That's a great number, but we want to get all our members physically active, so give us a call to see how we can help you, or have a look in our online sport and recreation directory, [Score!](#) for opportunities near you.

Keep an eye out in future editions of Vortex, where we will share more of the survey results with you.

## Thanks to Keilor East Badminton Association

The new year started with an unexpected gift from the Keilor East Badminton Association.

After more than 40 years of operation, the association was closing its doors and the members were moving

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

to the Western Suburbs Badminton Association.

The members voted to make a donation of their final funds to us, and on 6 January, their secretary, Marlis Bellmann (pictured, left), came in to present the cheque to our CEO Richard Amon.



We are so grateful for their incredibly generous gesture and are working with Badminton Victoria to determine the best use of the funds.

Badminton is a wonderfully inclusive sport and can be adapted to suit a range of abilities. If you think you would like to give badminton a try, please get in touch and we will help you find a club that's near you.

## FitSkills: a physical activity program for young people with disability

Are you a young person with a disability aged 13 – 30 years and want to be more physically active? Want to work out with a buddy instead of on your own?

If you said yes, then you might be interested in FitSkills!

### What is FitSkills?

FitSkills is a physical activity program that aims to help you participate in exercise.

It is designed for young people with disability. You will be matched with a buddy who will go to your local gym with you. At the gym you will work out together and have FUN! Your buddy will mentor you in a specific exercise program. FitSkills is an evidence-based program which is supported by research.

### What do you get?

- 1:1 mentoring with a physiotherapy student mentor
- 12 week program
- 2 x 1 hour sessions per week
- Access to your local gym

### How much does it cost?

\$20.95 per session

### For more information or to sign up, contact:

Professor Nora Shields

A flyer for the FitSkills program. At the top left is the La Trobe University logo. The main title is 'FITSKILLS' in large orange letters, with the subtitle 'A PHYSICAL ACTIVITY PROGRAM FOR YOUNG PEOPLE WITH DISABILITY' below it. There are three photos: one of a group of people, one of a person at a gym, and one of two people smiling. Below the photos is a list of details: 'Are you a young person with a disability aged 13 - 30 years and want to be more physically active? If so, then you might be interested in FitSkills!'. Underneath, it lists 'WHAT IS FITSKILLS?', 'WHAT DO YOU GET?' (1:1 mentoring, 12-week program, 2x1-hour sessions), and 'HOW MUCH?' (\$20.95 per session). It also includes contact information for Professor Nora Shields. At the bottom, it states 'FitSkills is an evidence-based program that was developed by La Trobe University'.

Ph (03) 9479 5852  
Email [N.Shields@latrobe.edu.au](mailto:N.Shields@latrobe.edu.au)

Kirsty Buhlert-Smith  
Ph (03) 9479 5931  
Email [K.Buhlert-smith@latrobe.edu.au](mailto:K.Buhlert-smith@latrobe.edu.au)

FitSkills is a not-for-profit program coordinated by La Trobe University and made possible with support from Perpetual Trust and Joanne Tubb Foundation.

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## How To Be Single - for charity

Alex and Rosie, two of our CyclePower 2016 participants are holding a film night as part of their fundraising.



Starring Rebel Wilson and Dakota Johnson, [How To Be Single](#), promises to be a charity fundraising movie night you won't want to miss.

**When:** Monday 22 February, 6:45pm

**Where:** Village Cinemas, Southland

**Cost:** All tickets, \$30

Ticket price includes a small popcorn and a soft drink or water.

[Book online](#) and join the party: <http://www.trybooking.com/KGJS>

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## FIDA kicks off for 2016

Footy fans, rejoice! The FIDA AFL football season is about to start and the Sandown Cobras All Abilities Team is scouting for players.

They are also looking for volunteers who could help out in a variety of roles: canteen helper, goal umpire, time keeper and match day manager.

If you are between 14 - 30 years old and want to play football, get in touch with the Sandown Cobras president. Girls and ladies are especially encouraged to give football a go.



Email Lew Short at [lewatmel@netspace.net.au](mailto:lewatmel@netspace.net.au) or call 0438 534 719.

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## Ditch the parents... get Livewire

Livewire is a teen-only online hang-out space,

where you can talk to other teens about whatever... from the tough stuff to the silly.



Everyone on Livewire has experienced health challenges that illness or disability can throw at you - even the moderators get where you're coming from.

It's got cool features like a chat room, Livewire TV and blogs. Even better, Disability Sport & Recreation is part of Livewire, so you can stay in touch with us and your DSR mates when you're stuck in hospital or not able to catch up in person.

Too good to be true? It's for real... [Check out their video!](#)

If you're 10-20 years old and want to be part of Livewire, visit [www.livewire.org.au](http://www.livewire.org.au).

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## Livewire storytelling competition

Livewire has a new competition guaranteed to get your creative juices flowing!

All you have to do is construct a story inspired by the image in this news piece [tiny man on a ladder looking through a giant camera's viewfinder]. You can write a short story (1000 words max), poem or script (10 pages max), make an illustrated story or write song lyrics.



Livewire has TWO PRIZE PACKS to give away! First prize is valued at \$200, runner up gets a pack worth \$100.

How do you enter? It's simple, just follow these steps:

1. Join [www.livewire.org.au](http://www.livewire.org.au) (NB it can take up to a week for new member to be validated)
2. Construct your story inspired by the image in this news piece (tiny man on a ladder looks through a giant camera's viewfinder)
3. Submit your story to Livewire's Member Services by Sunday, 14 February.

\*(all details can be found once members log into the competition page)

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## Wheelchair sword fighting...

The Glen Lachlann Estate College of Arms is developing an exciting new form of the ancient art of martial arms - wheelchair sword fighting.

This sport is surprisingly adaptive and can be practiced by nearly everyone, taking fitness, strength, strategy and fun to the next



level.

The new semester started on 1 February, but the guys from Glen Lachlann are more than happy to take late starters and make sure novices to the sport get all the support they need.

Get in touch with them on their Facebook page or website.

**When:** Mondays, from 7pm

**Where:** 116 Murphy St, Richmond

**More info:**

[Glen Lachlann Estate Facebook page](#)

or

[www.glenlachlann.com](http://www.glenlachlann.com)

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## Inclusive cycling set to roll

The first in a series of inclusive cycling sessions starts on Sunday 21 February. Suitable for all types of bikes - recumbants, trikes, hand cycles and upright bicycles - and all types of riders, from novice to experienced.

**When:** Sunday 21 February, 9-11am

**Where:** Albert Park Lake

**Contact:** Gary Connor - 0430 176 677

These sessions will run on the third Sunday of every month, so keep an eye on Vortex for the next ride.

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## Athlete Pathway Travel Grants - now open

Applications for the Labor Government's Athlete Pathway Travel Grants Program are now open.

State sporting associations are eligible to apply for grants of up to \$6000 for teams or \$2000 for individual athletes for travel costs associated with competing at national championships or selection trials.

Clubs can also apply for up to two grants of \$750 to assist coaches or officials with the travel costs of training or competition.

For more information or to apply online, visit [www.sport.vic.gov.au](http://www.sport.vic.gov.au)

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## 2016 Otway Odyssey

The 2016 Otway Odyssey, a massive event on the off-road cycling calendar, is on **Saturday 20 February**.

This year's event has an Off Road Handcycle Division.

This year the Off Road Handcycle Division is slightly longer, but still very doable. You can race or just take your time and enjoy the course.



Information on the Otways Odyssey, including course description

can be found at:  
<http://rapidascent.com.au/giantodysey/>

Please email [Campbell](mailto:Campbell.MESSAGE@austin.org.au) [Message, Campbell.MESSAGE@austin.org.au](mailto:Campbell.MESSAGE@austin.org.au), if you are planning to participate. Handcycles with rear wheel drive are preferred. Campbell has a Greenspeed Off Road Handcycle if someone would like to borrow it! It has para or quad gear shifters. Don't hesitate to call if you have any questions or you want to discuss other options.

This is an awesome race and fun for the whole family. There's even a caravan park nearby for those who wish to stay.

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## World record smash

Bridie O'Donnell, DSR Ambassador and MC at the 2015 Victorian Disability Sport and Recreation Awards, broke a cycling world record on Friday 22 January at the Super-Drome in Adelaide.



She broke the UCI one-hour record by 609 metres, taking the distance to 46.822 kilometres.

Congratulations, Bridie, on this incredible achievement!

**Photo credit** - Tim Bardsley-Smith, from [CyclingTips.com](http://CyclingTips.com)

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## Dylan takes out top spot

Dylan Alcott DSR member and Male Sportsperson of the Year at the Victorian Disability Sport and Recreation Awards, took out the top spot at the Australian Open.



He beat American David Wagner 6-2 6-2, to win the men's quad singles final.

Congratulations, Dylan, on your spectacular win!

**Photo credit** - Getty Images