



DISABILITY SPORT & RECREATION | MONTHLY eNEWSLETTER



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Do you have any stories, events or programs that you would like to share? Get in touch! Email

Kick a footy with a Cat

Score! a free kick with the Geelong Cats.

As part of promotion of Score! our new interactive online sports and recreation directory, we are holding a free footy clinic for kids with disability.



Find the event on Score!, come down for a kick, then rate the event and post your comments!

When: Thursday 16 April, 3.30-4.30pm

Where: Kardinia West Oval, Simonds Stadium, Geelong

For more information, email Score@dsr.org.au, call 9473 0133, or search for the event on www.scoredsr.org.au.

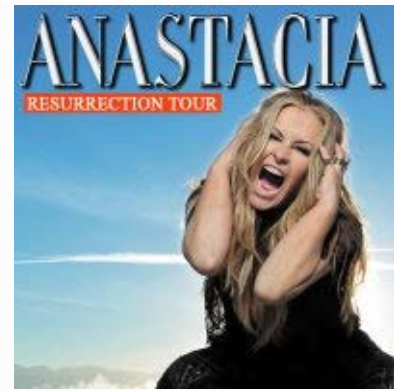
Anastacia one night only... for CyclePower

Anastacia is in Melbourne

Catherine@dsr.org.au or
call 9473 0133.

for one night only, on her first Australian tour. Famous for her big voice and stage presence, she is equally well known for her open and honest battle with Crohn's disease and breast cancer.

In her latest album, Resurrection, Anastacia's shares her experiences and turn them into words of encouragement.



To raise money for CyclePower 2015, Lennard Promotions & Gold 104.3 have donated two free tickets to Anastacia's concert at the Palais Theatre on 7 May.

Valued at \$270, these tickets are available to the highest bidder. Contact [Karla Wingall](mailto:Karla.Wingall), Manager Fundraising and Events with your offer - karla@dsr.org.au or 9473 0133.

Bidding closes Friday 20 March.

Run For Strength

Run For Strength raises money for Muscular Distrophy Australia.

Luke David, a member of DSR and the president of the Victorian Electric Wheelchair Sports Association, took part and agreed to share his experience.

[Read about his first fun run...](#)



Industry generosity keeps WheelTalk on track

A generous \$2,000 grant from a global giant has given DSR's WheelTalk program a much needed boost.

[Read more about AFL Australia's contribution...](#)



PASS Conference

We are proud to announce our sponsorship of the Principals' Association of Specialist Schools annual conference in Geelong on 21-22 May.



This year's conference theme is *Leaders Matter*. Sponsoring this conference is an important part of our leadership role to make sport and recreation a real option for the 7,000 students in Victoria's 81 specialist schools. We look forward to meeting the conference delegates and learning from principals about how DSR can support student participation in sport and recreation.

Geelong gymnast sets a high bar

Congratulations to Geelong-born gymnast Cassy Geffke, who won the inaugural Achievement Award in the 2015 Geelong Awards for people with Disability.

[Read more about Cassy and her achievements...](#)



Our Choice Expo

On 6 February, Disability Sport & Recreation exhibited at the Our Choice Expo, the final day of the VALID Conference.



It was a full-house, with people coming from all over the state to find out what services are available to people with disabilities, how the introduction of the National Disability Insurance Scheme will impact them and how they can prepare.

Our favourite visitor for the day was a woman who had travelled all the way from Swan Hill by train. She was making the most of her day in Geelong, and had plenty of information to take home with her.

Thanks to the Victorian Advocacy League for Individuals with Disability for organising the conference and expo.

Scope Outcomes Project

Scope, a disability service in Victoria, is calling on people with disabilities to participate in some research they are conducting.



They are testing surveys capturing the outcomes associated with disability services and social inclusion as experienced by people with disabilities in Australia. This national research is part of a multi-year project.

You can complete the surveys either on your own, with help, or someone can respond on your behalf. They are available in Easy English and Standard English.

You can find out more information about the research, and complete the surveys at www.scopevic.org.au/scopesurveys

If you prefer to receive a hardcopy of the survey, please contact Celeste Cuzzillo on 03 9843 3000 or ccuzzillo@scopevic.org.au

Outdoor adventure for everyone at Camp Manyung

Camp Manyung, on the Mornington Peninsula, offers outdoor adventure for people of all ages and abilities. They have recently added a universal high ropes challenge course to the range of activities on offer.



[Read on to learn more...](#)

[Watch the universal ropes course YouTube clip.](#)

All-terrain wheelchair to help people enjoy the Great Ocean Walk

A new all-terrain wheelchair at Apollo Bay will help people with a disability to enjoy sections of the spectacular Great Ocean Walk and parks in the region. The TrailRider will allow people with limited mobility to access one of the



most breathtaking sections of the walk with the help of TrailRider chair operators. The section stretches almost 10km and runs from the Cape Otway Lighthouse car park to Aire River Camp Ground. Accessible toilets have also been installed recently at both ends of this section.

The wheelchair is managed by the Great Ocean Road Visitor Information Centre at Apollo Bay and can be booked free of charge by calling 1300 689 297.

[Visit the Parks Victoria website](#) for more information on accessible parks.

Multi-Disabilities Championships 2015

Registrations are now open for the 2015 Multi-Disabilities Championships. The event will be held from Friday 10 April to Sunday 12 April at Darebin City Bowls Club.



There will be open singles and pairs competitions in four categories:

- bowlers with a hearing impairment
- bowlers with an intellectual disability
- bowlers with a physical disability and bowlers with a vision impairment (must provide own director).

\$30 entry fee for singles

\$60 per team for pairs (only one team member needs to register, but put your partner's name on the registration form)

Registrations are now open via the [online form](#). Entries close COB Friday 27 March 2015.

For more information contact Scott Nicholas, (03) 9861 7111, scottn@bowlsvic.org.au

In One Voice - street festival is calling for volunteers

In One Voice is a Jewish culture festival bringing together the community for a celebrating the vibrant and diverse Jewish community in Melbourne.

When: Sunday 15 March, 10am-6pm

Where: Sinclair and Selwyn Streets, Elsterwick, near Elsterwick railway station and the 67 tram stop.



Maccabi Victoria All Abilities and Access Inc are looking for volunteers to help them out at the festival. If you were interested in volunteering at this festival, [download the expressions of interest form](#), or contact Lauren Mandel on 9563 5885, allabilities@macvic.com.au

Learn to ten pin bowl

Blind Sports Victoria and the Victorian Ten Pin Bowling

Association are bringing the Bowling 101 program to people with a vision impairment and family and friends.

What is Bowling 101?

The Bowling 101 Program introduces the sport to new participants as well as develop the fundamental skills of current bowlers.

Bowling 101 consists of eight sessions that steadily introduce new skills each week. The emphasis of the program is for participants to have fun, learn new skills and improve their bowling.

Who can participate?

The Blind Sports Victorian Ten Pin Bowling Association program is open people who are blind or vision impaired, their family and friends.

When: Every Thursday, 11am from 12th March 2015 for 8 weeks.

Cost: \$5 per session (Each participant will receive a welcome pack that includes a backpack, drink bottle and much more!)

Where: AMF Moorabin, 938 Nepean Highway, Moorabin

How to get there: AMF Moorabin is a short 100 metre walk from Moorabin Train Station and directly opposite the Moorabin Police Station.

Registration and further information: To register or further information contact Blind Sports Victoria on 03 9822 8876 or Ten Pin Bowling Victoria on 03 9532 2219.

Otway Odyssey - handcycle division now open

The awesome Mountain Bike Event, the Otway Odyssey is on **21 March**, and offers Australia's first Off Road Handcycle Division in a mainstream event!

You pick the pace... leisurely with time to enjoy the scenery, or you can go hard and power up the hills.

[Check out a preview of the handcycle course.](#)



For more information, including costs, course descriptions and maps, travel and accommodation options, visit the [Giant Otway Odyssey website](#).

For handcyclists, entry is through the Giant Pioneer course. Make sure you tick the handcycle box, and a friend can ride with you at no extra cost.

<http://www.rapidascent.com.au/giantodyssey/Entry15km>

Road handcycles may struggle on this course. Please contact Campbell Message, Leisure Specialist, at the Victorian Spinal Cord Service for advice on whether your equipment will be suitable.

Campbell can be reached on (03) 9490 7534 or Campbell.MESSAGE@austin.org.au.

F1 Grand Prix

The Formula 1 Rolex Australian Grand Prix at Albert Park will be on again 12-15 March.



[Download your copy of the accessibility flyer for the event.](#)

For ticketing information, [visit the Grand Prix website.](#)

Search for a cycle buddy

As a result of a car accident some years ago a gentleman living in the Black Rock area needs someone to cycle with him once a week on either Tuesday or Wednesday afternoons.

For more information, please ring Sue Cox from Leisure Balance on 0407 123 090.