



DISABILITY SPORT & RECREATION | MONTHLY eNEWSLETTER



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March 2016 - edition 3

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Do you have a story
for Vortex?

Then get in touch with
Catherine -
catherine@dsr.org.au or call
9473 0133.

From the CEO

Welcome to another massive edition of Vortex
You'd be forgiven if you thought Vortex was all about cycling... as
we celebrate Victorian successes in the Para-cycling Track World
Championships in Italy, and meet some more of our wonderful
CyclePower participants who are challenging what's possible for
people with disability.

In this edition you will also meet some of our wheelchair rugby
athletes including our very own Jason Lees who not only played in
but also organised the *Melbourne Challenge*, the Victorian leg of
the national *Fierce4Rugby* championships.

There is a wrap up of all the latest information on what's
happening around the state, including the first ever wheelchair
Aussie Rules national championships due to be held at the
Melbourne Sports & Aquatic Centre on April 7 & 8. I'm actually
going to play a few games myself to help with the numbers and
have really enjoyed training and getting to know the boys. So, Go
the Vics (or Bandits, as we have named ourselves)!

We are sharing more from our member survey which highlights
that every person with disability has unique needs and
requirements. Our task is to respond to these varied needs in the
most effective manner to ensure all Victorians with disability can
enjoy the significant health benefits that regular physical activity
can bring.

Behind the scenes, there's a lot happening at DSR including a
recent significant 3.5 year grant from the State Government to
assist in our work supporting the sport of wheelchair rugby in
addition to the commencement of support work to enhance the
capacity of our sector to be more effective in supporting their

individual members.

I'm pleased to report that I've been involved with many positive discussions with a number of organisations as we seek to partner and collaborate to deliver enhanced outcomes with further details to come in future editions.

On a personal level, it's been very rewarding to meet a number of new members coming through the office, including being fitted out for equipment from our equipment loan library. I had a lot of fun chatting to Harry, a terrific young member with a passion for football and wheelchair basketball who was here to receive a new sporting chair and I look forward to hearing about his journey towards a lifetime of sporting and recreation activity.

Finally, we're also very proud to have received re-registration from the Department of Health and Human Services and the National Disability Service Standards for the provision of Disability Services.

Feel free to contact me if you have any questions or issues at 9473 0133 or richard@dsr.org.au

Girls, Make Your Move

The Australian Government has launched a new campaign to encourage girls and young women to exercise. Young women exercise less than young men, and at lower rates of intensity.

This campaign aims to inspire girls and young women to make their move, for their health and wellbeing... and because being active is just plain fun!



Issy, a DSR member and talented wheelchair basketballer, was involved in the making of this campaign. She features in the 45 television commercial, and stars in her own clip where she talks about wheelchair basketball and what it's done for her.

[Check out Issy's video!](#)

If you'd like help getting active, give us a call (9473 0133), drop us an [email](#), or check out our sport and recreation directory, [Score!](#)

More from our Member Survey

78% of our members participated in exercise in the past 12 months.

Of those who didn't participate in exercise, the reasons were evenly spread across many variables, including:

- cost
- lack of carers
- knowledge about what is available
- lack of transport or limited mobility
- attitudes of others who are not accepting of disability
- lack of suitable programs or activities
- no access to adaptive equipment

We will need to keep working at addressing all of these barriers to participation, as each person's circumstance and needs are different.

The activities that our members would like to do are also widely varied - there were 21 different activities that people want to try, with no clear favourite standing out. Clearly, we need to keep working to make sure as many options are available, as everyone is different!

Aussies dominate at Para-cycling Track World Championships

Australia has taken home a staggering 14 medals at the Para-cycling Track World Championships in Montechiari, Italy.



Congratulations to everyone who rode in the green and gold. We want to make special mention of the win by Victorian and DSR member, Jessica Gallagher, and her pilot Maddie Janssen (Qld) on their first ever tandem track sprint.

Michael Gallagher claimed his eighth world title in the Men's C5 Individual Pursuit, narrowly beating fellow Victorian, Alistair Donohoe. Earlier in the meet Gallagher had earned himself a bronze in the Men's C5 1km time trial.

Hanna Macdougall, another Victorian and DSR member, came eighth in her event, the C4 Individual Pursuit.

Photo: Jess (left) and Maddie (right) proudly show their gold medals to the world. (Photo from Cycling Australia)

Road to Rio - Jason Lees, wheelchair rugby

It's no accident that Victoria has some of the best wheelchair rugby players in the world... This little video from the Victorian Institute of Sport gives you a glimpse into just how hard our rugby boys train, as they get ready for the Paralympic Games in September.



Jason Lees, is our wheelchair rugby coordinator, running the sport for Victoria, including organising local, state and national competitions. A gold-medal Paralympian, Jason is captain of the state team, Victoria Protect Thunder, and a member of the Australian squad, the Steelers.

[Watch the video](#)

Not just Rio... meet a DSR member

You don't become a Paralympian overnight.

Meet Shae Graham, a DSR member and promising young wheelchair rugby player who has her game plan all figured out.

[Read about Shae, the only female wheelchair rugby player in Victoria](#)



Sons of the West

Kicking off in the footy pre-season, we have partnered with [Sons of the West](#) to help men living in the western region of Melbourne to do something positive for their health.



This free program covers healthy eating, physical activity and mental health aims to help men live better, eat better and get back into the game of life.

As part of the program, Gary, one of our members who is also a CyclePower ambassador and WheelTalk presenter, delivers a no-holds-barred presentation on why it is so important for a man with disability to exercise, and how being active has changed his life.

[Sons of the West](#) is for men of all ages, with and without disability. If you would like to get your hands on free giveaways, get access to the Western Bulldogs' inner sanctum and be part of an experience that money can't buy, sign up for the Sons of the West.

[Visit their website](#) for all the details... gentlemen, you won't regret it.

The faces of CyclePower - Rosie and Alex

Last month you met [Caitlyn](#), a young woman preparing for her first overseas adventure.

This month, we'd like to introduce you to best friends, Rosie and Alex, who are also heading to Cambodia and Vietnam as part of CyclePower 2016.

If you listen to Syn FM, you



will have heard Rosie on her weekly show, Raise the Platform, and if you've ever been onto the CyclePower Facebook page, you will have seen plenty of photos of Alex, who is training for her fourth CyclePower cycling challenge.

[Meet Rosie...](#)

[Meet Alex...](#)

The Jungle Book

If you clicked the links in the last article, you would have met Rosie and Alex, and learned why CyclePower is so important to them.

You can help them make a difference simply by watching a movie and eating some free popcorn!

Book your tickets to The Jungle Book

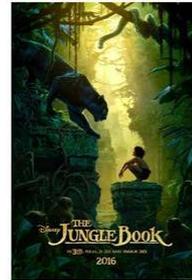
When: Saturday 16 April, 3pm

Where: Village Cinemas, Southland

Cost: \$30, includes free popcorn and drink



Alex's CyclePower Movie Fundraiser!



What: THE JUNGLE BOOK

When: SATURDAY, 16 APRIL, 3pm

Where: VILLAGE CINEMAS SOUTHLAND

ALL TICKETS \$30 EACH and includes 1 Small Popcorn and Soft Drink or Water

Book your tickets or donate through this link:

<http://www.trybooking.com/KRGE>

In 2016 CyclePower returns to Cambodia and Vietnam to continue the work they started in 2012 with women with disability. Please help our CyclePower handcycle riders as they travel more than 500km from Siem Reap in Cambodia to Ho Chi Minh City in Vietnam, to remove the stigma associated with disability, and empower the remote communities they visit.



[Book online now!](#)

Wheelchair Aussie Rules National Championships

Watch history being made at Australia's first wheelchair Aussie Rules national championships.

The stakes have never been higher, as Victoria fights to prove that the birthplace of Aussie Rules still produces the best and strongest players in the country.



**AUSTRALIA'S
FIRST
WHEELCHAIR
AUSSIE RULES
NATIONAL CHAMPIONSHIPS**

Thursday 7 to Friday 8 April
Play starts at 9:00am

FREE ENTRY

Melbourne Sports and Aquatic Centre
Aughtie Drive, Albert Park

More info: Disability Sport & Recreation
9473 0133 or
info@dsr.org.au



The Victorian team have been training hard over the past two months, and despite the fact that everyone has just learned the sport, hopes are high for a win.

The team features a few Paralympians and Australian representatives, who have been coaxed out of retirement to pick up the oval ball for the first time.

When: Thursday 7 and Friday 8 April. Play starts at 9am

Where: Melbourne Sports & Aquatic Centre, Aughtie Drive, Albert Park

Cost: FREE!

Star in our webinar!

We are looking for active people with disability and their physiotherapists to participate in our annual webinar, produced in partnership with the Australian Physiotherapy Association, to educate physios on their role in supporting clients with disability to gain the benefits of participation in sport and recreation.

People of any age, any disability and active in any sport or recreation are welcome to express interest.

We will be filming in early July. All you have to do is commit to a one hour phone interview with our Health Promotions Officer, Juliet Ryan, and a half-day of filming in Melbourne.

In this year's webinar, we want to illustrate the grassroots pathway to engagement in disability sport and recreation, exploring the benefits, barriers, how the physio supported their client, and highlight the client's experience.

If you'd like to know more, or want to be part of creating this important educational tool, call Juliet Ryan on 9473 0133 or email juliet@dsr.org.au.

DSR Kids - Winter camp coming soon!

Daylight savings is over...
Winter is on its way... that means one thing... DSR Kids Winter Camp!

If you are aged between 7 and 17 and you'd like to try carving up the powder at

Falls Creek, register your interest with our Health Promotions Officer, Juliet Ryan.

Email juliet@dsr.org.au or give her a call on 9473 0133.



Jeremy Long

Jeremy Long has been a member of DSR for more than 20 years and a Director on our board for 12 years.

He was also on the second annual CyclePower challenge, and this year he is taking up the challenge again, returning to Cambodia to meet up again with the friends he made in 2012.



[Meet Jeremy...](#)

Gymnastics Victoria's inclusive club map

Gymnastics Victoria has launched a brand new tool called the Inclusive Club Map. Housed on the Gymnastics Victoria website, the map shows where to find all the inclusive gymnastics clubs in Victoria.



The map makes it easier for you to find your local gymnastics club, start participating and ultimately enjoy the benefits of gymnastics as a sport for everybody.

[To view the map, visit the Inclusive Gymnastics page](#)

When using the Inclusive Club Map to find a local gymnastics club, Gymnastics Victoria recommends clubs indicated with either the Gymnastics Victoria logo (Inclusive Leader Clubs) or an Orange Tear Drop sign (committed to inclusion).

For more information about the Inclusive Club Map or finding a suitable gymnastics club or program near you, please contact the

Gymnastics Victoria team on 03 9005 4700 or email info@gymnasticsvictoria.org.au

You also might like to watch an [animation on Gymnastics Victoria's Facebook page](#), explaining their research on the benefits of gymnastics for people with disability.

Wheelchair basketball clinic - Broadmeadows

If you would like to try wheelchair basketball, come and learn from some of the best.

When: Wednesday 6 April, 11am to 1pm

Where: Broadmeadows Basketball Stadium, 1 Tanderrum Way, Broadmeadows for a wheelchair basketball clinic.

Cost: \$10 per person.

More information: bba.programs@bigpond.com

Registration: <https://reg.sportingpulse.com/regoform.cgi?formID=57881>



VEWSA Pride Cup

It's game time! The annual electric wheelchair sports Pride Cup, sponsored by Pride Mobility, marks the end of the summer season.

Dragons and Scorpions will do battle in a best of three series, involving one game of each sport: balloon soccer, hockey and rugby league.

Everyone is welcome! The players love a big crowd, so come on over and support them!

If you, or someone you know might be interested in playing next season, the sports are open to anyone who uses an electric wheelchair for everyday mobility. Check out the [VEWSA Facebook Page](#) or the [VEWSA website](#) for more information.

What: VEWSA Pride Cup

When: Sunday 10 April, 12 – 4pm

Where: Aquahub, 11 Civic Square, Croydon



Sportacular!

The Sportacular is coming!

Sign up now for this FREE, fun, family-friendly event, for children of all ages and all abilities being run by five councils in the south of Melbourne.

When: Sunday 17 April,
10am to 2pm

Where: Sportscover Arena,
Elsternwick Oval, 164
Glenhuntly Road, Brighton

Cost: FREE!

Registration: www.inclusivesports.com.au

Included is a free BBQ, a sensory-friendly area, free accessible parking, as well as loads of prizes and giveaways.



Score! all the news!

For those of you who like to keep up with the latest in accessible sport and recreation, grab the autumn edition of Score! News.

[Read the Score! Autumn edition](#)

