



DISABILITY SPORT & RECREATION | MONTHLY eNEWSLETTER



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We Score!'d

The day we were all waiting for has come and gone, but the memory will stay forever. On Thursday 16 April, we officially launched Score! and it was a day fun, laughter, learning new skills and making new friends.



At the official proceedings in the Deakin Cats Community Centre, guests heard from the Victorian Disability Services Commissioner. He spoke about how important it was that the voices of people with disability were heard. He said the broader community must be called to account whenever a voice is silenced, or someone is not given the respect to which they are entitled. He saw the feedback mechanism in Score! as a tool to giving voice and influence.

The Deputy Mayor of the City of Greater Geelong shared with the audience her personal experiences, acknowledging the challenges of finding activities that welcome children of all ages and abilities.

We would like to thank Mr Laurie Harkin AM, and Cr Michelle Heagney for lending their support to the launch.

To kick-off Score!, we ran a footy clinic with AFL Victoria on Kardinia West Oval for kids with disability. The Rotary Club of Geelong East generously provided the sausage sizzle; the kids from the Barwon region supplied the noise and enthusiasm. Jared Rivers and Dawson Simpson from the Geelong Cats supplied the star power, taking time out of their training schedule to spend the afternoon at the clinic.

We would like to thank our funders, sponsors and supporters. Without you, Score! would not be where it is today.

We would like to acknowledge: nib foundation, Collie Foundation, Alfred Fenton Bequest, Appleby Real Estate, YDAS, Semcore, CBP Lawyers, AFL Victoria, and Geelong Football Club.

If you're still new to Score! check out this [short animation on our YouTube channel](#) and if you are interested in signing up, go to www.scoredsr.org.au

Also don't forget to comment or rate once you've tried an activity. We need to know what you think.

Sharing your stories: guiding our work

In Apri's edition of Vortex, CEO Rob Anderson called on members to share their experiences of accessing sport and recreation with him.

Thanks to everyone who called in and told us what was working for you and where improvements could be made in the provision of accessible and inclusive sport and recreation.

Please keep your stories coming. We use your feedback to help guide our activities, change our priorities and focus on what needs to be changed.

You can ring our offices on free-call 1800 23 46 48 to speak to Rob.

#lethollyplay

From our CEO: Holly's story was a shining example of inclusion and how taking a person-centered approach really works for everyone's benefit. Sadly, Holly's story is now one of discrimination, marginalisation and exclusion.

She's older than the children she plays footy with, but because of her disabilities, playing with younger kids in a smaller, more inclusive club is what's best for her and her family.

We must always work with the individual, look at their abilities and interests and help them achieve the health, wellbeing and happiness they are entitled to.



Let the AFL know you want Holly to play the sport she loves, with the team she knows and the coach she trusts. Post a message on their [Facebook page](#), with the hashtag #lethollyplay.

Lions Club experience the end result

The Boroondara Central Lions Club and the Australian Lions Club Foundation have generously donated \$14,400 to Disability Sport & Recreation for the construction of 10 universal wheelchairs that could be used across a variety of different sports and for a wide range of purposes.

[Read on...](#)



#showusyourwheels

We want to raise awareness that physical activity is for every person regardless of age, physical fitness, disability type, cultural background, sexual orientation or religious belief.

We are using the Run Melbourne event to raise awareness of how important it is that every body can participate in physical activity.



As part of this, we are looking for young feet, old feet, hairy legs, skinny legs, feet in wheelchairs, walking frames, legs with prosthetics or AFOs, feet in slippers, barefoot, muddy, clean, with their dog, etc. to share as part of our #showusyourwheels campaign.

How to get involved

1. Take photo of feet – no faces, just feet/legs/wheels/paws/AFOs
2. Post your photo on our [Facebook page](#) OR Post it on your own instagram page and tag [@disabilitysportandrec](#)
3. Include the hashtags #showusyourwheels, #runmelbourne and #runprotect

Jason takes on Sacramento

This September, one of our valued DSR members, Jason Sleep, will be competing in the the Waterski World Championships in



Sacramento, California.
Around 80 elite athletes from 18 countries will be battling it out on the water.

A paraplegic and double amputee, Jason has worked extremely hard to get where he is today. He has been skiing for many years and is just smashing goals. We want to continue to support him along his journey and help him reach America.

To get to the Waterski World Championships, he needs your help. To see Jason succeed, go to his [fundraising page](#). Every cent counts.

You're invited to a game of bowls

Swan Hill Racecourse Bowls Club invites you to join them in a game of bowls. On Thursday 21 May, they are holding an all abilities bowls game.



The day starts at 10:30am for morning tea, a game of bowls is played from 11:15am to 12:15pm, lunch is then provided and followed by another game. There will be a presentation at the end to collect your awards. This opportunity to get involved and make new friends comes costs \$10.

Make sure you wear comfy clothes, bring a hat and sunscreen and water to stay hydrated.

For more information or if you're interested in participating contact Delia Baber on mob: 0429 332 008 or email: delia@malleesportsassembly.org.au

Autismwalk Bendigo

For the second year running, there is going to be an autismwalk in Bendigo. This year the bar is set higher to raise more money for Turn a Life Around.



Event details:

Date: 23 & 24 May 2015

Time: 10:00am Saturday – 10:00am Sunday

Address: Rotary Gateway Park, 22A High St, Kangaroo Flat, Bendigo

This team based event is for a good cause. Round up a team today from work, school, your community, sporting team, family and friends. The 24 hour event allows you to choose what walk you want to participate in. There is the early bird walk at 10am on

Saturday morning which requires you to dress as a bird, the midnight special at 11:30pm Saturday, and the dawn challenge at 6am Sunday morning to help the team get to the finish line.

[Click here to download and fill out the form...](#)

If you can't participate in the event you can make a donation to show your support. The donations can be made by cheque or money order, direct to their bank account, shaker tins, and donor pledges.

All donations over \$2 are tax deductible so be sure to provide a name and address to get your receipt.

For more information contact committee member Daryl Giles on 0418 522 377, email austimwalk1@gmail.com, or post donations, pledges and entry forms to 1st Floor, 52 Mitchell Street Bendigo Vic 3550.

NEWS 2015 - Victoria Pride Warriors represent

The week-long National Electric Wheelchair Sports were held in Narrabeen, NSW from 13 to 19 April. Victoria fielded a team, and the Victorian Electric Wheelchair Sports Association kindly provided a [report of all the courtside action](#).



If you would like to stay up to date, follow VEWSA on [Facebook](#) or [Instagram](#).

Netball Victoria reaches the Top 10

To celebrate the brilliant programs already running, and to inspire others to get involved, Netball Victoria created three short films. One from a coach's point of view, one from a player's point of view and the last one is a combination of both.



Netball Victoria submitted the combined film to the 2015 International Day of Sport for Development and Peace (IDSDP) video contest, run by the United Nations Office on Sport for Development and Peace (UNOSDP).

Their film was named as one of the Top 10 entries in the contest and has been featured on the IDSDP social media channels.

Netball Victoria will use all three films to promote the benefits of becoming more active and inclusive.

[Check out their video.](#)

If you or someone you know would like to get involved in All Abilities Netball, please contact Lisa Picking, Inclusion Coordinator at Netball Victoria on 9321 2244

World first - research shows significant benefits of gymnastics for children with disability

Gymnastics Victoria, VicHealth and Scope launched a Research Report at the Gymnastics Victoria Inclusion Stakeholder



**Gymnastics
Victoria**

Launch in March 2015, titled "The benefits of gymnastics for children with Disability" (Research Report).

View the research report as a short animation on Youtube and share with your friends.

Gymnastics Victoria Chief Executive Officer Jamie Parsons said the research conducted by Scope researcher Dr Rob Campaign and funded by VicHealth in conjunction with Gymnastics Victoria and affiliated clubs, demonstrates how participation in Gymnastics among people with a disability and underrepresented groups has increased to more than 3000 (800%) since 2011.

"In 2011, research showed an estimate of 23.7% of people with Disability in Victoria participated in sport or physical recreation compared to the wider population average of 62%," said Jamie Parsons.

"As the first piece of research undertaken in the world on the benefits of gymnastics for children with Disability, the findings show that gymnastics is of enormous benefit for the cognitive, physical and social development for people with disability."

[Download the research report](#)

[View the research report as an animation](#)

Darebin City Wheelchair Handball Club launches website

Darebin City Wheelchair Handball Club (DCWHC) has launched their new website. DCWHC welcomes people of all abilities to try wheelchair handball.

They have been training every Tuesday evening since the start of the year and they will continue right through to the end. Each training session goes for an hour, has a \$10 fee and at the end of training a game is played.



All the information you need about DCWHC is now available on their website www.revolutionise.com.au/dcwhc

The Ground Beneath Their Feet

The Human Rights Arts & Film Festival (HRAFF) runs from 7-21

May. The diverse selection of films being shown strives to inspire conversation and action about social justice.

A documentary that caught our attention was *The Ground Beneath Their Feet*:

"In 2005, the largest earthquake in recent history hit Northern Pakistan. This documentary follows two women left wheelchair-bound as a result of severe spinal injuries suffered in the quake. Possessed with enormous determination, Ruqiya and Khalida fight for autonomy over their physicality and female identity in a vastly patriarchal world."

We have been offered discounted tickets by HRAFF for our members. To receive the discount enter the code HRAFF-GROUND at the checkout to get 15% off tickets (Regular price: full \$20/concession \$18). [Purchase your tickets.](#)

[For the full program of the festival click here.](#)

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