




DISABILITY SPORT & RECREATION | MONTHLY eNEWSLETTER





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Do you have any stories, events or programs you'd like to share with our members?

Get in touch! Email Catherine@dsr.org.au

Parliamentary Inquiry into Social Inclusion and Victorians with Disability

The Parliamentary Inquiry into Social Inclusion and Victorians with Disability, was tabled in Parliament on 17 September and the Victorian Government has committed to a response by March 2015.

The Committee recommended that the Victorian Government incorporate a strategy related to sport and recreation into its future State Disability Plan in 2016 to change attitudes towards people with disability and how they are treated in the general community to:

- encourage interactions and positive personal experiences between people with disability and members in the community;
- change broad community attitudes, prevent children and young people from developing negative attitudes, and target specific audiences to change negative attitudes; and
- promote initiatives that aim to change the way people treat and interact with people with disability.

You can [download a copy of our submission](#) to the Family and Community Development Committee's Inquiry into Social Inclusion and Victorians with a Disability.

Countdown to the festival of the year!

With more than 30 exhibitors, come-and-try activities and a friendly schools challenge, there's so much to see and do at the Disability Sport & Recreation Festival. With the main event on 3 December from 10am to 3pm, head on down to Federation Square for an action-packed day.

Visit the [DSR Festival website](#) for a full list of who will be there.



POP IN days are set to go off

New this year to the Disability Sport & Recreation Festival is the POP In program. Sport and recreation providers all over Melbourne will open their doors for people with disability, their families, friends and carers to 'pop-in' and try an activity in their local area. Get the full list of [POP IN venues](#) from the DSR Festival website.

Are you a sport or recreation service provider? Do you have a program, activity or facility you'd like to showcase as part of our POP IN program? [Register online now](#), [email us](#) or call us (03) 9473 0133.



Score! kicks off in December

Score! is set to be the hottest way to connect to sport and recreation since the invention of the internet.

Launching in December, this website will help you find what's happening in your area, rate services and programs and share your views.

Score! is set to cover all of Victoria, so no matter where you are, you can find something fun to keep you active.

Are you a sport or recreation service provider? Want to get a listing in Score!? Simply make sure you're a [DSR member](#) (it's free!) and then email score@dssr.org.au to get listed.



Awards finalists announced

Entries have closed for the the Disability Sport & Recreation Awards, and the finalists have been announced. Visit the DSR Festival website for a [full list of all the finalists](#) in each category. Congratulations to all our nominees and finalists, and thanks to our judging panel.



Victoria shines with silver

The Victoria Protect Thunder rocketed through to the Grand Final of the 2014 Wheelchair Rugby National Championships on Saturday 25 October at Sydney Olympic Park.

Congratulations to the team for claiming silver, going down to NSW, 68 to 52.

Our own Matt Lewis was awarded Most Valuable Player alongside NSW Gladiator, Ryley Batt. We also had two Victorian players, Matt Lewis and Nazim Erdem, make the All-Star 4, a dream-team of the best four players from throughout the tournament.

We would like to thank Protect, the major sponsor of wheelchair rugby in Victoria, for their support

For full results from all the matches and awesome photos like the one featured, visit the [Fierce 4 Rugby website](#). If you'd like to see the run on ABC News 24 that highlights the skill and determination of these players, drop into our [YouTube channel](#).



The Adventure for All Camp – January 2015

People Outdoors are running a summer camp for 6 to 18 year-olds with a disability with an unpaid carer, living in eastern metropolitan Melbourne. The camp at Cave Hill Creek in Beaufort, will have you

canoeing, swimming, playing tug-of-war, archery, abseiling, arts and crafts, going on day trips and lots of other fun activities.

When: Monday 5 to Friday 9 January, 2015.

Cost: \$230.00 + \$20.00 for transport if needed. (cost includes all meals, cabin style accommodation, activities and a one-on-one volunteer carer)

If you would like more information, call the People Outdoors office



on 9365 7150, or [download the expression of interest form](#).

Access All Abilities Lawn Bowls is on again at the Alphington Bowls Club.

Come along and learn how to play lawn bowls in this social and inclusive environment. Play at your own pace, practice and work towards a friendly game at the end of the 6 week program. Training, accessible equipment and light morning tea are all included.



When: 10.00 – 11.30 am. Every Wednesday from 29 October to 3 December. Attend as many sessions as you like, but don't miss the celebratory BBQ on the final day!

Where: Alphington Bowls Club, Parkview Rd, Alphington

Registration: Call Bryony at Alphington Community Centre on 9499 7227 or email projects@alphingtoncommunitycentre.org.au

What to bring: Wear comfortable clothing. Bring a hat and water bottle. Sunscreen is provided.

This program is FREE but registrations are essential!

Sailability sets sail on Albert Park Lake

Sailability is starting up again on Saturday 8 November.

When: Every Saturday from 10am-12pm

Where: Albert Park Lake

Cost: \$20 per boat for unlimited sailing within the 2 hour slot.

Bookings are essential by the Wednesday prior. If the weather forecast is bad, you will receive an email letting you know the session is postponed.

Registration: Email theboatshed@yachtingvictoria.com.au, or call Tom Cotter on 9686 2571 for more information.



If you need a carer, please bring them along. Sailability will train them up to be safe and comfortable in the boat.

DSR Kids gets gym-tastic at Monash Children's Hospital

As part of our growing DSR Kids program, we had our

first session at the Monash Children's Hospital in early October.

DSR Kids aims to inspire young people to stay active by introducing them to sport and recreation in a safe and supportive environment while they are still in hospital. Parents and carers are shown the options available to their children and how to keep them connected to healthy physical activity.



The Monash session was run in partnership with VPRS-Monash, with support from Gymnastics Victoria through the coaches from their Eastern Gymnastics Club. For one noisy and fun-filled hour, five young children made the most of program.

DSR Kids will be firing back up in February 2015, back at the Royal Children's Hospital, Monash Children's Hospital and our friends across the sporting sector.

[Check out a short clip of DSR Kids in action on our Youtube channel.](#)

Children's judo

Blind Sports Victoria and Noblesoul Academy are running an introductory Judo program for children with visual impairment.

When: Every Thursday until 28 November

5pm - 6pm (6 - 10 years of age)

6pm - 7pm (11 - 16 years of age)

Where: St Ambrose Parish Community Centre
287 Sydney Rd, Brunswick

What to wear: Judo suits will be available for rent without any cost

Fee: \$5 per session

blind sports victoria
sport and recreation specialists



There are only 6 participants in each class. If you would like to register your child, or just want more information, please email Susan Marshall, Blind Sports Victoria info@blindsports.org.au or Ryosuke Miwa, Noblesoul Academy noblesoulacademy@gmail.com

[Download a copy of the flyer.](#)

Recreation and Leisure Options for People with Acquired Injuries Expo

The Recreation and Leisure Expo is for people with an acquired brain injury or a spinal cord injury, and their families and carers, to find out more about what's going on in the Barwon area.



Come to the Recreation and Leisure Expo and meet people from local and state organisations running a range of activities, programs and groups. From drop-in centres to sports, from sailing to camping, from choirs to social gatherings, there is something for everyone.

When: Wednesday 12 November

Time: 11:30am – 2:30pm

Where: Deakin Cats Community Rooms, Simonds Stadium, Kardinia Park, Geelong

This is a free event for anyone with an ABI or SCI, their families and supporters, and staff who work with clients with acquired injuries. Refreshments provided.

Please register your interest to attend through the Barwon ABI Project abiproject@barwonhhealth.org.au or call (03) 4215 5456.

[Download the flyer.](#)

Get Active and Get into Sport

Athletics Australia is launching a twilight introduction to athletics program for anyone with a disability who is looking for more physical activity in their lives.



These free sessions, at the Lakeside Stadium in Albert Park, will run every Tuesday from 5.30pm for an hour. The first one kicks off on Tuesday 18 November.

There is no minimum attendance or class size - participants can come as often as they like and everyone is catered for.

If you'd like to learn more, email [Brett Watton](mailto:Brett.Watton) or call 8646 4570.

[Download the flyer.](#)

Swimming Australia - inclusion survey

A PhD student from the University of the Sunshine Coast is conducting a survey for Swimming Australia to understand the benefits,



barriers and pathways for inclusive swimming in Australia. If you don't want to fill in the survey but would like to share your views, email katrina.murphy@research.usc.edu.au.

[COMPLETE THE SURVEY](#)

The will to give

Since 1962, we have dedicated ourselves to bringing the physical, social and emotional benefits of sport and recreation to the lives of children and adults with disability. We are working to change the lives of the one million Victorians with disability one sport, one activity, one life at a time...

A bequest to Disability Sport & Recreation is a life-changing gift. By remembering us in your will, we can continue to break down the barriers to participation, grow our programs and help people with disability get active.

Even the smallest of contributions can make a big difference. If you would like to leave a bequest in your will, speak with Karla Wignall, Manager Fundraising Karla@dsr.org.au call 9473 0133, or visit our website.

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