



DISABILITY SPORT & RECREATION | MONTHLY eNEWSLETTER



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## Edition 11 - November 2015



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/DSRCyclePower on Facebook!



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[Check out our YouTube Channel!](#)

Search our free interactive directory of accessible and inclusive sport and recreation

## Greetings from your new CEO

After over 21 years in the sport and recreation industry in a variety of roles I'm proud to have recently commenced in the role of CEO for Disability Sport & Recreation.



My past 10 years has been with the City of Casey, mostly as the Manager of the Sport & Leisure department. I am also a Director on the Vicsport board.

Having commenced my career in the area of sports science, I have spent the majority of it advocating for the participation of the population in sport and recreation for enhanced health and wellbeing.

On a personal note, I've enjoyed participation in sport and recreation activities all of my life. I'm trying not to slow down with age and still participate in many activities including running, social football, snowboarding, surfing and cycling.

I have a lovely wife and I have a busy family life with 3 daughters.

In both a personal and professional sense, I'm passionate about delivering healthy and positive lives for all members of the community through participation in sport and recreation. I can still remember being introduced to the world of disability sport via a WheelTalk session approximately 15 years ago.

I am very much looking forward to adding another chapter to the good work already being done by DSR.

activities available to you.

[www.scoredsr.org.au](http://www.scoredsr.org.au)

Do you want to share your sport and recreation experiences or simply know an exciting program you think others might enjoy?

Then get in touch and email or call Catherine at DSR.

[catherine@dsr.org.au](mailto:catherine@dsr.org.au)

03 9473 0133

It's clear that there are significant future opportunities for all of the DSR family. However, this future needs to be guided by you, as DSR is your organisation and only exists to support you. Therefore, I'm very interested in your ideas and thoughts. Feel free to let me or our wonderful DSR staff know what we're doing well, what needs to change or perhaps what needs to be developed?

The overall goal is for DSR to be the most positive, collaborative and ultimately effective organisation of its kind. We can't rest until all providers support people with disability to participate and have the same opportunities as the able-bodied community to be active throughout their lives.

With your help, success will deliver fairness, inclusion, engagement and most importantly, positive health outcomes.

Feel free to contact me at [richard@dsr.org.au](mailto:richard@dsr.org.au) or on 0439 010 716

Regards

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## The Disability Sport & Recreation Festival is back!

The Festival supports and promotes an active and healthy lifestyle for people with disability.

On Thursday 3 December, from 10am to 3pm we will be holding our community exhibition and come and try day at Federation Square.



Up to 30 exhibitors will be offering a range of inclusive and accessible programs from modified cricket to table tennis.

Also exhibiting at the Festival and offering free come and try style activities will be AFL, Gymnastics Vic, Badminton Vic, Cycling Vic, Disabled Winter Sport Vic, Hockey Vic, Netball Vic, Bowls Vic, racquet sports and many more.

It will be the ideal time to learn more about what's going on in the disability sport and recreation sector.

This family-friendly day features activities for all ages and abilities, including the popular Wheelchair Basketball Challenge starring sporting legends and Paralympians.

Also included in the Festival week, from 30 November to 6 December we have DSR's POP-IN program.

Excitingly several sport and recreation providers across Victoria will generously open their doors for people with disability, their families, friends and carers to 'pop-in' and try an activity.

We look forward to seeing you there!

For more information go to the official Festival website <http://www.dsr.org.au/> or follow us on social media.

Any questions? Contact Disability Sport & Recreation on (03) 9473 0133 or [info@dsr.org.au](mailto:info@dsr.org.au).

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## IMPACT- Corporate Christmas idea

Are you looking for options for your workplace end of year Christmas party? Perhaps a team-building challenge is in order? Why not organise for IMPACT to come to you?



IMPACT is DSR's corporate sector program, promoting disability inclusion, awareness and barriers in the workplace, combined with a competitive wheelchair basketball match following the presentation.

[For more information, visit our website on the Impact program.](#)

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## Introducing the new and improved Score!

We are excited to announce that we have launched the new and improved Score!

Score! is a free online resource for Victorians with disability.

Our multi-platform website helps connect all Victorians with disability to sport and recreation activities all over the state.

The directory enables you to find sport and recreation in your area that meet your specific needs and abilities.

The new Score! means you can rate and comment on listings, aimed at making the sector consumer driven.

The revamp of the website has incorporated some new and exciting features.

"Through resources like Score!, we are doing what we can to empower Victorians with disability get active and enjoy better health," said Disability Sport & Recreation Board member, Rob Anderson.

[Find an activity that suits you now.](#)



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## 8 things to know about TAC funding of sport and rec equipment

If you have been in a transport accident and you are a keen sportsperson – recreational or professional – the TAC has an obligation to help you pursue your passion. But it is not always clear what you can ask for.

[Henry Carus + Associates](#), supporters of our Rehabilitation to Recreation program and personal injury law experts, have put together some handy things to know when you're requesting funding for sporting and recreational equipment.

[To find out more, keep reading...](#)

## CyclePower Info Night: Cambodia & Vietnam

After successful trips to Fiji, Thailand and Laos, CyclePower is heading back to Cambodia & Vietnam.



Cycle Power is an intrepid fundraising initiative, combining the challenge of long-distance cycling with the chance to make a difference. Join participants from all over Victoria, including riders with disability for the trip of a lifetime.

CyclePower 2016 will visit the Battambang women's wheelchair basketball program initiated by CyclePower 2012.

To find out more about this adventure on wheels head along to our information night **Thursday 5th November** at the **DSR Head Office: 341 George St Fitzroy.**

You'll hear from CyclePower ambassador and paraplegic Gary Connor, and Sally Graham from travel partner Jetaway Travel to find out all the exciting details.

CyclePower Cambodia-Vietnam 2016

**What:** 13 day trip, 8 days cycling over 550kms

**Where:** Siem Reap, Cambodia to HoChi Minh, Vietnam

**When:** 7th – 20th August 2016

**Participants:** 20 (max)

**Fundraising Target:** \$5400AU (incl. a \$500 nonrefundable registration fee)

Serenity, friendly locals, and the experience of a life time are just a bike ride away....

To RSVP or for more information email

karla@dsr.org.au

Or phone:

Gary 0430 176 677

Karla 0401 967 510

## Spotlight on DSR's group on Livewire

DSR has revamped its group profile on Livewire. If you are between 10 and 20 years old and want to get in touch with other young people and with us, all in a safe environment, the DSR group on Livewire is the place to be.

Livewire is an online community designed for young people with disability, serious illness, or chronic health condition and their families.

Log on to Livewire to see what we get up to at DSR, you can even join in and chat about it with your friends!! Juliet and Catherine from DSR will also be

A graphic for the DSR Livewire group profile. It features a central text box that says "No matter your age or disability we have a sport and recreation activity that will suit you!". Surrounding this are various icons and text boxes for different activities: "WATER SPORTS", "BOWLING", "FOOTBALL", "ARCHERY", "NETBALL", "ATHLETICS", "RUGBY LEAGUE", "SWIMMING", "SKIING", and "KIDS' CAMPS". There are also photos of people participating in these activities. Logos for "dsr kids", "livewire powered by Stargate", and "Disability Sport &amp; Recreation" are also present. A small text box at the bottom right says "The kids hospital program brings sport to you. If you want to join in, contact us at Livewire, at juliet@dsr.org.au or on 03 9473 0133".

available to guide you to a sport and recreation activity that will be right for you, helping you to be more active!

[See you on Livewire!](#)

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## Choose the way you move with Move My Way – launching soon!

Gymnastics Victoria, in partnership with VicHealth, is releasing a physical activity program for women called Move My Way very soon!



Move My Way is all about learning basic movements to improve your wellbeing and give you the confidence to move more. You can be guided through the flexible online series or attend a fun group program. Improve your wellbeing and get active for everyday life.

The program enables women across Victoria to learn basic physical movement in their own time, and in their own way.

[Keep an eye on the program's Facebook page](#) to get started as soon as it's launched!

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## Classification in disability sport

Athletes with a disability who wish to compete in national or international competition require a classification. In total there are five impairment groups recognised nationally (physical impairment, vision impairment, intellectual impairment, hearing impairment and transplant athletes).

Each group has a set of criteria that an athlete must meet in order to be eligible to compete as an athlete with a disability. These groups are separated into varying classifications to ensure fair competition. Final scores are then calculated based on the classifications.

Find out more about classifications and how to obtain yours, through [Athletics Australia](#).

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## Webinar - Scoring the equaliser this December.

We'll be launching our free Scoring the Equaliser webinar in conjunction with the Australian Physiotherapy Association on 2 December.

Hear our expert panel highlight key areas for health professionals in disability sport and recreation!



Our panel put a spotlight on key issues for your practice such as:

- Starting the sport and rec conversation with your client
- Problem solving - the challenges therapists face when engaging clients with sport and recreation
- Optimising resources, sustainability and community participation

MCing the webinar is Bridie O'Donnell, whose many achievements include, Doctor and Elite Road Cyclist. Bridie's expertise on behaviour change and motivational interviewing lend to an informative discussion.

Panel guest, Paralympian, Bryce Alman is a dual silver medalist from the Australian Wheelchair Rugby Team. Bryce also coaches the Victorian wheelchair rugby team and heads Melrose Wheelchairs .

Panelist, Alison Gargan is the physiotherapist of the discussion, working on amputee rehabilitation and multi-trauma rehabilitation. She also volunteers with Disabled Wintersport Australia.

Occupational Therapist Rachel McDonald shares her experience working with children and adults with complex disabilities and her ideas on enabling people to participate in meaningful activities, including those that improve community connectedness.

Finally, Dr Jeff Walkley completes the panel. The former Associate Professor of Exercise and Sport Science and Head of the Department for Disability Studies at RMIT is now National Disability and Diversity Manager at Belgravia Leisure.

Tune in on 2 December to hear the full webinar for free.

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## YMCA Weekend Escape

If you're looking for adventure and want the chance to meet exciting new people, then join YMCA at Camp Manyung.

**When:** Friday 20 - Sunday 22 November

**Where:** Camp Manyung, Mt Eliza

**Cost:** \$305 (for a 1:4 ration and inclusive of the bus trip from Alphington)



Please check out the [website](#) for more information or contact Anthea Warlond on: [Anthea.warlond@ymca.org.au](mailto:Anthea.warlond@ymca.org.au)