



DISABILITY SPORT & RECREATION | MONTHLY eNEWSLETTER



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## Edition 12 - December 2015



Join our community and like us on Facebook!



/DSRCyclePower on Facebook!



@disabilitysprt

Join the conversation on Twitter...

[@disabilitysportandrec](#)

Join us on Instagram and share your sport and recreation experiences.

[Check out our YouTube Channel!](#)

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

## Let's celebrate the joy of movement!

Welcome to December... that time of year when we celebrate the joy of movement at the Victorian Disability Sport & Recreation Festival.

Throughout the week, until Sunday 6 December, there is an incredible array of accessible and inclusive activities taking place all over the state and you're invited to join in.

Head to our Festival website: [dsrf.org.au/pop-in-days/](http://dsrf.org.au/pop-in-days/) for the full program.

For a list of what's on in regional and rural Victoria, visit the listing at the end of this newsletter.



## Don't forget Thursday 3...

We hope to see you in Fed Square on Thursday 3 December, from 10am to

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

3pm.

This year you can try activities from AFL, gymnastics, badminton, cricket, netball, tennis, football, bowls and so much more.

It's the perfect way to celebrate International Day of People With Disability and to learn more about what's out there.

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

For more information go to the official Festival website [www.dsr.org.au](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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## Tag and share!

If you're heading to Fed Square on Thursday 3 December, don't forget to tag and share your festival photos, using the hashtag: #DSRF.

We'd love to see your photos and what you got up to at the Disability Sport & Recreation Festival.

Facebook: [DisabilitySportAndRecreation](https://www.facebook.com/DisabilitySportAndRecreation)

Twitter: [@disabilitysprt](https://twitter.com/disabilitysprt)

Instagram: [disabilitysportandrec](https://www.instagram.com/disabilitysportandrec)

Tag and share  
your festival  
pictures

#DSRF

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## Hi! I'm a game with no name... Name me and win!

We are creating a new fun and exciting online game to help get you moving.

Set your sporty mission, build your team and get ready to do battle with the evil forces that want to stop you.

To reach your goal and win the game, there will be



challenges to overcome and levels to unlock. But you can't do it alone and you need to bring your team with you.

If you are under 18, have a disability and live in Victoria, then this game is for you!

Only problem is, we don't have a name for this game. If you've got an idea for a name, email [Tim@dsr.org.au](mailto:Tim@dsr.org.au) with your suggestion by **15 December** to go into the draw to win **\$50 Rebel Sport** voucher.

Anyone can enter... even parents!

All names will be considered... even ones sent in by grownups.

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## Webinar - Wednesday 2 December, 12pm.

Don't forget our free Scoring the Equaliser webinar with the Australian Physiotherapy Association is this Wednesday, 2 December at midday.



Join our expert panel as they discuss how to introduce individuals with disability to sport and recreation, some of the ways health professionals can reduce the barriers to engaging clients in sport and recreation opportunities and how to contribute to sustainable, inclusive participation in our communities.

**[REGISTER NOW AND JOIN IN FOR FREE!](#)**

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## Glen Eira Sports and Aquatic Centre's free activities day

This Wednesday, why not spend a couple of hours at the Glen Eira Sports and Aquatic Centre? They're hosting their annual free activities day, where you can have a go at nine accessible sports, watch a wheelchair rugby demonstration and enjoy a sausage sizzle.

For more information, call 9524 3333.

## Free activities day at GESAC!

Everyone is welcome to come along and have some fun.

GESAC is hosting a community event to celebrate International Day of People with Disability.



Wednesday 2 December, 10am-2pm  
Glen Eira Sports and Aquatic Centre  
200 East Boundary Road, Bentleigh East

### Activities include:

- Basketball
- Soccer
- Balloon football
- Circus skills
- Cricket
- T-ball
- Tennis
- Football
- Bowls

Wheelchair rugby exhibition game 10.15am.

Barbecue lunch provided.

To register for this event or for further information, contact Council's Service Centre on 9524 3333 or email [metroaccess@gleineira.vic.gov.au](mailto:metroaccess@gleineira.vic.gov.au)



Bentleigh | Bentleigh East | Brighton East | Carnegie | Caulfield | Elsternwick | Gardenvale | Glen Harty | McKinnon | Ormond | St Albans East

## AMF Bowling

Pick your lane and get bowling this Thursday! To celebrate IDPWD, eight AMF Bowling venues across Melbourne are throwing open their doors this Thursday 3 December. To find the list of participating venues, visit the DSR Festival website: [dsrf.org.au/pop-in-days/](http://dsrf.org.au/pop-in-days/)



## Christmas in Stonnington

Sing in the festive season with the City of Stonnington.

### Christmas at Central Park

**Where:** Central Park - Corner of Burke Rd and Wattletree Rd, Malvern East

**When:** Saturday 5 December, from 5pm until 9.30pm

**Cost:** FREE

**Website:** [www.stonnington.vic.gov.au/christmasatcentral](http://www.stonnington.vic.gov.au/christmasatcentral)

**Details:** The kids program runs from 5-7pm with carols from 7.30pm. **This event will be Auslan interpreted.**



### Carols at Como Park

**Where:** Como Park - Williams Road, South Yarra

**When:** Sunday 13 December, 7.30pm-9.30pm

**Cost:** FREE

**Website:** [www.stonnington.vic.gov.au/carolsatcomo](http://www.stonnington.vic.gov.au/carolsatcomo)

**Details:** Join comedian Frank Woodley as he hosts the free Carols at Como Park. A spectacular fireworks display will end the evening's festivities.

## Celebrations, activities and social across the state

Wherever you are, find something to do this week and celebrate International Day of People With Disability.

**Wallan & District Community Centre**

**When:** Tuesday 1 December, 10am – 12pm

**Where:** 42 Bentinck Street, Wallan

Please email [neighbour@iprimus.com.au](mailto:neighbour@iprimus.com.au)

**Gorman House Accessible Activities**

**When:** Tuesday 1 December, 10am – 2pm

**Where:** 128 Woods Road, Yarrawonga

Please contact [community@ynh.org.au](mailto:community@ynh.org.au)

**Mpower – Celebrating 40 years of service**

**When:** Tuesday 1 December, 3.30pm – 6pm

**Where:** 71 Koroit Street, Warrnambool

Please contact [admin@mpower.org.au](mailto:admin@mpower.org.au)

**Cobram Inclusive Sports Day**

**When:** Tuesday 1 December, 10.10am

**Where:** Mivo Park, Punt Road, Cobram

Please contact [hbenson@morja.vic.gov.au](mailto:hbenson@morja.vic.gov.au)

**Mornington All Abilities Day**

**When:** Wednesday 2 December, 9:30am – 2:30pm

**Where:** Civic Reserve Recreation Centre, 350 Dunns Road, Mornington

<http://allabilitiesday.eventbrite.com.au> or call 5970 1685

**Donald IDPWD celebrations**

**When:** Wednesday 2 December, 11am – 1pm

**Where:** Bullocks Head Tavern, Woods Street, Donald

Please contact [rhonda@malleesportsassembly.org.au](mailto:rhonda@malleesportsassembly.org.au)

**Swan Hill IDPWD celebrations**

**When:** Thursday 3 December, 8:30am

**Where:** 226 Beveridge Street, Swan Hill

Please contact [bquigley@eworks.org.au](mailto:bquigley@eworks.org.au)

**Stratford celebrates IDPWD**

**When:** Thursday 3 December, 9am – 3.30pm

**Where:** St Patrick's Primary School, 2 Merrick Street, Stratford

Please contact [Rnicholls@stpstratford.catholic.edu.au](mailto:Rnicholls@stpstratford.catholic.edu.au)

**Irymple Come and Try Sports Day**

**When:** Thursday 3 December, 9:30am – 3:00pm

**Where:** Irymple Leisure Centre, Karadoc Avenue, Irymple

Please contact [tanya@malleesportsassembly.org.au](mailto:tanya@malleesportsassembly.org.au) or call Tanya

Wild at Mallee Sports Assembly for registration on 03 5021 3464

**Ararat, Get Involved and Celebrate with IDPWD**

**When:** Thursday 3 December, 10am – 2pm

**Where:** Alexandra Oval, Ararat

Please contact [kathrync@pinnacleinc.com.au](mailto:kathrync@pinnacleinc.com.au)

**Geelong Golf Come & Try Day**

**When:** Thursday 3 December, 10am – 12pm

**Where:** Geelong Golf Club, 3-43 Ballarat Road, North Geelong

Please contact Geelong Golf Club, Paul Christie, (03) 42 101010

It's free, there's plenty of parking and everyone is welcome

**Hindmarsh Shire Council celebrates**

**When:** Thursday 3 December, 10.45am – 2.30pm

**Where:** Sound Shell Jaypex Park, Nhill

Please contact 03 5391 4444 or [mfarinha@hindmarsh.vic.gov.au](mailto:mfarinha@hindmarsh.vic.gov.au)

**Wellington Hockey Club's inaugural IDPWD celebrations**

**When:** Thursday 3 December, 11am – 1:30pm

**Where:** Lions Park, McLachlan Street, Sale

Please contact [rthill@iinet.net.au](mailto:rthill@iinet.net.au)

**Bendigo Community Event**

**When:** Thursday 3 December, 11am – 2pm

**Where:** Hargreaves Street, Bendigo

Please contact Rebekah Fraser [rebekah.fraser@emotion21.org.au](mailto:rebekah.fraser@emotion21.org.au)

**Come and try fishing day for people with disability**

**When:** Thursday 3 December, 11:30am – 2:30pm

**Where:** Uncle Bob's Community Park, Ryans Road, Nathalia

Please contact [admin@nathaliaprinters.com.au](mailto:admin@nathaliaprinters.com.au)

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