



DISABILITY SPORT & RECREATION | MONTHLY eNEWSLETTER



August 2016 - edition 8

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Facebook

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 Like CyclePower on
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See you on Instagram... we
are [@disabilitysportandrec](#)

Search our free directory
of all things sport
and recreation... [Score!](#)

Do you have a story
for Vortex?

Then get in touch with
Catherine -

catherine@dsr.org.au or call
[9473 0133](tel:94730133).

From the CEO...

July has been another busy
month here at DSR and I'm
pleased to be able to share
what we've been up to.

We have been working on a
developing a memorandum
of understanding that will
build linkages between
Victorian Rugby Union and
wheelchair rugby. Already,
four of the state's top clubs
have expressed an interest
in aligning themselves with
wheelchair rugby's local
competition. This will open
up new opportunities for
promotion of the sport,
recruitment of referees and
volunteers, and player
mentoring.



We are also working with AFL Victoria on developing wheelchair
AFL, following the momentous announcement of a national
agreement between Disability Sports Australia and the AFL.

I was part of an expert panel at a recent Australian Physiotherapy
Association breakfast forum, where the latest research from Prof
Nora Shields (a former DSR board member) was released. The
forum highlighted the importance of active recreation in the health
and wellbeing of people with disability.

The Victorian Disability Sport and Recreation Organisations
Committee that we facilitate, held an information session on the
NDIS, to ensure they are best positioned to support their members

as the roll out of the NDIS takes place over the next three years. The second stage of the rollout started on 1 July in the North East Melbourne area, so it is more important than ever that our sporting organisations are prepared.

Exciting times are ahead as new sports are developed and new relationships are formed. We're working on a number of other partnerships and initiatives, which will be announced during 2016/17.

This is your chance to get involved, as sport is nothing without its players, officials and fans. If you think it's time you shook off the winter weather and got active, give us a call or email us, and we'll help you get moving.

Half-yearly report card

We are half way through the year and we wanted to thank everyone who has joined as a member, made a donation, read this newsletter, used our services, or followed us on social media. We love connecting with you and it seems you do too.

Since June 2015, we've seen a 14% growth in our individual membership, a 50% growth in organisation membership, and an increase in our followers on social media. Our Facebook has seen a 34% increase and our Instagram account a whopping 233%. Wow!

Our disability education program, WheelTalk has been to 445 schools in the past year (a 28% increase) and users of our online directory, Score! has grown by 24%.

Thanks to each and every one of you for believing in what we do. We hope we are making a positive difference in your life by helping you get active.

Wheelchair AFL gets the green light

Disability Sports Australia and the AFL have joined forces to help develop the sport of wheelchair Aussie Rules.

At the announcement, AFL Chief Executive Officer Gillon McLachlan, pictured top right in conversation with DSR CEO, Richard Amon, pledged his organisation's support.

"This is part of our commitment to take the best game in the world to every aspect of our community," he said.

Mr McLachlan even took to the court to try his hand at the modified version. "It was good fun. I'm not sure how they get so fast around the court," he said.



In this modified version of the game, a handball is effectively a kick, and the ball must travel at least three metres for a mark to be paid. An underarm throw is effectively a handball.

Similar to netball each side has two backs, two forwards and one centre. The centre is allowed everywhere, the forwards are allowed in the front two thirds while the defenders are allowed in the centre and back third. Scoring is via a handball through the big sticks, with six points for a goal and one point for a behind.

Australian Defence Force personnel are already using the sport as part of recovery of the wounded, injured and ill. Now with the backing of the AFL and Disability Sports Australia, it will only be a matter of time before it takes off.

We are in discussion with AFL Victoria on how to develop and promote the sport in Victoria.

Seven Victorians don Green and Gold for the Steelers

Australia have announced its 12-man wheelchair rugby squad for the 2016 Rio Paralympic Games.

The Steelers' squad includes seven Victorians:
Nazim Erdem – Roxburgh

Park, Ben Fawcett – Cormadai, Andrew Harrison – Bayswater North, Josh Hose – Footscray, Jason Lees – Hoppers Crossing, Matt Lewis – Pakenham and Jayden Warn – Drouin.



It's an incredible achievement for Victorian wheelchair rugby to have more than half the Australian team from this state. It goes to show how strong the sport is in Victoria and the dedication of its players.

The Steelers will be looking to replicate their efforts at the 2012 London Paralympics where they won gold.

We will get the first look at the Steelers in action on 14 September, when they take on Great Britain.

We wish the Steelers the best of luck in Rio and hope they bring home the gold.

If you want to farewell our Victorian stars, come along to Aqualink Box Hill on 29 August, 6-8pm, as they play their final local game.

CyclePower 2016 pedals off

Our CyclePower riders have concluded their individual fundraising efforts and say farewell to Melbourne's chilly winter as they head off to Cambodia and Vietnam.

CyclePower changes lives here and overseas; the Battambang women's wheelchair basketball team would not exist were it not for the



donors and sponsors who five years ago gave us the chance to build something amazing with these women.

We are returning to our Cambodian friends, to remind them we are united with them in advocating for the rights of people with disability and provide much-needed equipment and personal care items.

You can stay up-to-date with the this year's CyclePower journey and all the riders through the [CyclePower Facebook page](#).

Thanks to [Uniting Journeys](#), [Knog](#), [Probuild](#), [Cinori Shoes](#), [CMI Hino](#) and [Leesons Logging & Cartage](#) for their generous support of CyclePower 2016.

Bid for a bargain

Thank you to those who have snapped up some of the incredible bargains in our CyclePower fundraising auction. There are still some great prizes to be won.

How does a \$100 food and drink voucher at [Rock Paper Scissors](#) sound? Or two rounds of golf at the [Northern Golf Club](#) in Glenroy?

For netball fans you'll be kicking yourself if you miss out on a signed [2014 premiership winning Melbourne Vixens dress](#).

The only war we want is a bidding war, so [jump online](#) and get ferocious.



You can look at all the fantastic items available at our [Club Bid page](#):

<http://www.clubbid.com.au/club?id=13928>

Thank you, Ambassador Dylan Alcott

Our works with Passport 2 Play project are progressing nicely and we are excited to bring you the news that Dylan Alcott OAM, current quad wheelchair tennis world No.1 and Australian wheelchair basketballer gold medallist, has signed on as an ambassador.



We are thrilled that Dylan, who is also a long-standing member of DSR, has joined the Passport 2 Play team. He is a strong role model for young people with disability, proving what is possible with the right mindset and opportunity. We helped

introduce Dylan to sport when he was younger, and we hope that through the Passport 2 Play project we will be able to help many more Victorians with disability live healthy and active lifestyles.

Don't forget to cheer Dylan on, as he challenges for gold at the upcoming Paralympics in Rio.

NorthWest Physiotherapy Opening Week

NorthWest Physiotherapy are opening their doors to the public and for every appointment during the week of 8-13 August, we will receive 25% of the consultation fee, when you nominate DSR as your charity of choice.



The deal is also great for you as if you book during the open week, you will be eligible for 50% off your next long consultation.

Get down to 6 Fletcher Street, Essendon and see the team at NorthWest Physiotherapy for your next physio appointment.

For more information or to make an appointment visit: <http://www.nwpg.com.au/index.html>

The Reagan Milstein Foundation football day

The third annual Reagan Milstein Foundation (RMF) football day is coming to Melbourne.

For the first time in 2016, RMF will be hosting a parallel event for the special needs community in conjunction with the Doveton Special Soccer School.

WHERE: Knox Regional Football Centre, 257 George St Wantirna South

WHEN: Sunday 23 October

MORE INFO: You can sign up to play, referee or volunteer at <http://www.rmfccommunityfootball.com/>



DSR winter camp a big hit

Our annual winter camp in partnership with Disabled Wintersport Australia took place on July 15-17 at YMCA Howman's Gap,

Falls Creek.

We had eight incredible kids come along for the journey: Aban, Natalie, Carla, Aaron, Lachlan, Will, Tyler and David had a ball and left no snowballs behind.

Skiing was the activity of choice from our group of campers: "I loved skiing, going fast and jumping," one junior skier said, and even falling managed to be fun "sometimes falling is fun," another explained.



A massive shoutout also has to go to our amazing six volunteers who helped with everything over the duration of the camp. Richard (DSR CEO), Juliet (camp co-ordinator), Darren (nurse) Shona (nurse) Miranda and Penny (physios and amazing skiers).

The camp is a great chance to give the kids opportunities they wouldn't normally have, and if you missed out we have another amazing opportunity for you...

Next on the camp calendar is our Future Leaders Program. More information can be found in the story below.

Only 2 spots left for our future leaders

The federal election may be over, but we're calling the future leaders of our country to step forward!

Sponsored by the Newsboys Foundation, Carbine Club and Integro, the Future Leaders Program is for young people with disability to develop leadership skills through sport and recreation.



This three-day personal development camp is a unique opportunity to learn more about yourself and get mentored for a whole year!

WHEN: Friday 23 to Sunday 25 September

WHERE: Urban Camp, Parkville

Transport funding available, please see registration form for more details

WHO: Young people with disability aged 15-18 (if you are outside this age bracket, we will consider your application) **Only 2 places left!!**

COST: \$300 - this includes:

- Two nights' accommodation at Urban Camp, Parkville, Victoria
- Leadership education tools and resources
- All sport and recreation activities

- All meals
- Medical and personal care
- 1-to-1 mentoring for 12 months

MORE INFO: Email Juliet Ryan, juliet@dsr.org.au
Registrations close 18 July.

[Register for your place NOW!](#)

Kids at the RCH get into the starting blocks

Research shows that engagement in sport and recreation is a key part of rehabilitation for improved functional outcomes and increased quality of life on discharge home from hospital.

In conjunction with Victorian Paediatric Rehabilitation Service and DSR, we are running an introduction to sport program at the Royal Children's Hospital every second Monday of the month.



In July, Athletics Australia, ran a session, which was popular with the kids. Tate, sporting schools administrator from Athletics Australia, said that seeing the kids trying the different athletics disciplines was great and everyone was impressed with how they mastered the new skills by the end of the session. It was smiles all round and everyone was a winner.

The next session will be on Monday 8 August with Bowls Victoria.

For more information about the program or to book a spot contact juliet@dsr.org.au

Wheelchair hiking? Your next challenge?

Campbell Message, who became a paraplegic after a car accident when he was two, volunteered his time recently to test special adaptive equipment at Wilsons Promontory National Park to see if it would help people to undertake the difficult hike.



Campbell put to the test an off-road handcycle with ultra-low gears for steep hill climbing.

It also had two wheels at the front for extra stability and an extra steering system that was activated by moving his chest on a panel attached to the steering.

"We already have some great equipment in place to make parks

more accessible for people with a disability, and the handcycle that Campbell tested has good potential for people with a disability who are keen to take on more challenging hikes," Parks Victoria Chief Executive Bradley Fauteux said.

"All in all it was a difficult but incredibly rewarding trip. I managed to explore areas I had never been able to in the past with the help of my companions," Campbell said.

If you want to see the handcycle in action, check out Campbell's trip: <https://youtu.be/ICqBgAxr7kQ>

Your Awards are open... nominate your hero now!

Nominations for the Victorian Disability Sport and Recreation Awards are open. This is your opportunity to acknowledge the heroes of your sport, from the coaches, officials and volunteers, to the junior and veteran athletes.

These awards are part of the Victorian Disability Sport & Recreation Festival, a celebration of what makes accessible and inclusive sport so wonderful and vibrant.

The nomination process is quick and simple, using an online form which can be found on the festival's website.

The Awards are brought to you by the [Taxi Services Commission](#), [City of Melbourne](#) and the Carbine Club.

[Nominate now!](#)



Secure your space at the 2016 Victorian Disability Sport & Recreation Festival

Time and space are running out, with the 2016 Victorian Disability Sport & Recreation Festival exhibitors spaces going quickly.

We have an exciting new venue for our festival this year... Crown Riverwalk!

On Friday 2 December, from 10am to 3pm, join us on the banks of the Yarra at our free, community event to celebrate International Day of People with Disability.

This is a golden opportunity to promote your sport or activity, recruit new participants and develop your networks in the disability sporting and leisure community.



Exhibitor registration closes 19 August.

[Register now!](#)

Get your skates on

Ice Sports Victoria invite you to come and 'Give it a go' come on down to the ice rink and try your hand at Ice Skating, Curling and Sled Hockey just to name a few.

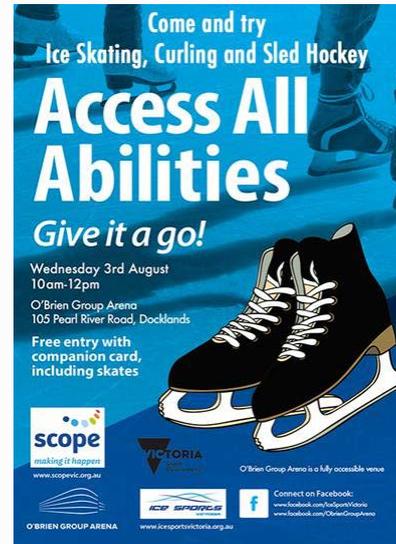
WHEN: Wednesday 3 August

WHERE: O'Brien Group Arena, 105 Pearl River Road, Docklands

TIME: 10am-12pm

For more information on about the day, visit:

<http://www.icesportsvictoria.org.au/upcoming-events/>



Fancy a flick?

Come on down and join the Focus on Ability team as they showcase short films and documentaries from their 2016 festival. This year, there is a record 194 short films and documentaries!

DATE: Friday, 19 August 2016

VENUE: Hotel Grand Chancellor Melbourne
131 Lonsdale Street,
Melbourne, VIC, 3000

****2 Screening Time Options**
- Please note preferred option in RSVP

TIME A: 10am Arrival - 10.30am Start - 12.15pm Finish

TIME B: 1pm Arrival - 1.30pm Start - 3.15pm Finish

RSVP: By 12 August to Donna on (02) 8886 5802 or events@novaemployment.com.au

(Lunch/afternoon tea and refreshments provided)

This is a free event but strictly RSVP

Please note any access requirements when you RSVP



WheelTalk goes regional

WheelTalk is going to the country!

We are visiting the Gippsland region from 30 August to 2 September. If you want WheelTalk to come to your school, please get in touch.



Email wheeltalk@dsr.org.au or call 03 9473 0133.

Term three is filling fast. Should your school like to participate in the WheelTalk program, please email us at: wheeltalk@dsr.org.au

Scope launches Tools2Talk+

We recently attended the launch of Scope's Tools2Talk+ app. This app allows you to make your own personalised communication aids from more than 15 templates and 21,000 symbols (including Picture Communication Symbols and Compic).

You can add your own images from your own camera to truly personalise your communication aids.



Tools2Talk+ is available for purchase through the Apple app store.