



DISABILITY SPORT & RECREATION | MONTHLY eNEWSLETTER



October 2016 - edition 10

Let's get social...

 Like us on
Facebook

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the conversation on Twitter!

 Like CyclePower on
Facebook

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...

And it's GOLD, GOLD,
GOLD for Australia! The two
weeks of the Paralympic
Games in Rio saw many of
us bleary-eyed and sleep
deprived, (that's me at 3am
celebrating the Steeler's
gold medal win with fellow
wheelchair rugby fans), as I
watched our athletes storm
their way to the podium. The
Victorian contingent were
particularly impressive with
seven gold, six silver and
three bronze medals.

I was particularly moved by
many of the interviews with
the athletes - none more so than Dylan Alcott who said:

"Sport has done everything for me. Be proud of the fact you have a disability. I hope there are kids out there that are watching this now and want to get fit and make new friends."

The Paralympic Games sends a powerful message about the importance of physical activity and how it improves lives and empowers people.

It's a philosophy that we have here at DSR - we believe that disability doesn't limit a person and what they can achieve. We do whatever we can to support our members to achieve their physical activity goals, so they can enjoy the benefits being active brings. We can't all be Paralympians, but we can all experience the joy of movement, connections to our community and celebrate our ability.



Yours in health,
Richard Amon
CEO

Welcome home parade for Victorian Paralympians

There will be a welcome home parade for Victorian Paralympians on Wednesday 5 October in the Bourke Street Mall, starting at 11am.

This free community event is your chance to celebrate all our Paralympic athletes, and we hope to see you there.



Top dogs!

Congratulations to the Western Bulldogs on their stunning Grand Final victory.

We are proud to be associated with the Western Bulldogs through their men's health program, Sons of the West.



Men of all ages living in the Bulldogs heartland of Ballarat, Brimbank, Hobson's Bay, Maribyrnong, Braybrook, Melton and Wyndham are eligible to sign up for this free 10-week program.

Pre-season will start early 2017; we are looking forward to being part of the Sons of the West and hope to see you there.

Rehab to Rio - webinar now live

Our webinar, in partnership with the Australian Physiotherapy Association is *Rehab to Rio* is now live!

Hosted by Keren Faulkner, Manager of the Specialist Performance Services of the Australian Sports Commission, it features Melissa Nolan, APA Musculoskeletal and Sports Physiotherapist, double Paralympic gold medallist Jason Lees, and VIS strength and conditioning coach, Corey Innes.

How to access the webinar

1. Create a non-member account on <https://cpd4physios.com.au/> using Google Chrome
2. You will receive an email with the authentication link from **cpd4physios**.
Click on the authentication link and open the site.
3. Copy and paste this link-
<https://cpd4physios.com.au/enrol/index.php?id=378>
using Google Chrome

- Please enter the Enrolment key - **nrf93rr4R4** to enrol and watch the webinar.
(Make sure there is no space after the enrolment key while you key it in the Enrolment key box)

How one website changed a little boy's life

Bailey's life changed the day his family discovered swimming through Score!, a free online directory of accessible sport and recreation for people with disability.

[Watch Bailey's story](#)

How will Score! change your life? [Visit Score! to find out.](#)



Let Score! help you discover netball

We are launching Score! in Gippsland this month, at a netball come-and-try event for 12-18 year-olds with disability, being hosted by Netball Victoria, Gippsport and the Bairnsdale Netball Association.

When: Thursday 13 October
4.30 - 5.30pm

Where: World Centre,
Wallace Street, Bairnsdale

Registration: Call Carolyn Taylor on 0438 893 072 or email

bdale.n.a@hotmail.com

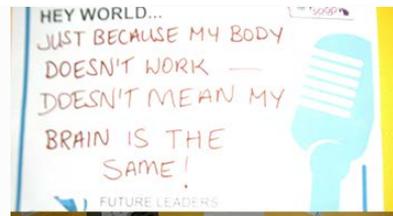
The netball sessions will continue each Thursday for those interested in getting into the sport.



The future looks bright

Congratulations to the dozen budding new leaders who recently graduated from the first DSR Future Leaders Program.

On Friday 23 September, our first group of 12 young people arrived at the Urban Camp in Parkville, ready to



start their three-day intensive leadership camp.

The exciting initiative is designed to develop the participants' leadership skills through combining elements of therapeutic activity from the Purple Soup team and DiSC leadership personality profiling from Deb at HR Staff n Stuff. The program boasts a 12 month individual mentoring component run in partnership with Leadership Victoria.



Over the weekend our young leaders explored their hopes, dreams and fears for the future, and each participant was assigned their mentor.

Building leadership skills and relationships through just the right mix of serious and silly made the intensive camp a huge success.

We can't wait to watch our budding leaders mature, as they use their new leadership skills to kick goals in their communities!

Thanks to Newsboys and Integro for their support.

Member survey still opn

We've had some great feedback on our survey into whether our members would use an accessible gym based at our Fitzroy office.

The survey is still open, so you still have a chance to get online and tell us what you think about a DSR member gym.



Give us your opinion and go into the draw to win a sports nutrition supplement pack, including protein shakes, shaker bottle, cap, sports towel and bag. Survey and competition closes end of October.

[Answer the question here!](#)

Try before you ride

Registrations for the Try Before You Ride – Boxhill program are now open.

This free program at the Box



Hill Interchange helps you learn about travelling more safely using our public transport system by practicing boarding and disembarking trains, trams, buses, coaches and taxis.

Guided tours will give you the chance to gather helpful information about travelling, ask questions, explore the vehicles, stop stations and practice boarding and alighting.

When: Wednesday 12 October, 10am - 2pm

Where: Box Hill Interchange, Box Hill Central/Whitehorse Road

Registration: Please register to secure your goody bag!

- Online: <https://www.eventbrite.com.au/e/try-before-you-ride-tickets-27298130443>
- Call 1800 800 007 or
- Email transport.accessibility@ptv.vic.gov.au with your name and contact details.

For more information visit:

<http://ptv.vic.gov.au/getting-around/accessible-transport/try-before-you-ride/>

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!](#)



2016 Victorian Disability Sport and Recreation Awards

online nominations open
11 July 2016

www.dsrf.org.au



Good luck, Dylan!

Dylan Alcott OAM, is one of eight nominees for the prestigious 'The Don' Award at this year's Sport Australia Hall of Fame Induction and

Awards.

The award is named after Sir Donald Bradman and it honours a current Australian athlete or team who, by their achievements and example over the last 12 months, have most inspired the nation.



'The Don' Award for 2016 will be presented at the Sport Australia Hall of Fame Induction and Awards on Thursday, 13 October.

On hearing of his nomination, Dylan said: "I am a very proud Paralympian, and to be recognised for this award as an elite athlete first and foremost who just happens to have a disability means a great deal to me and the Paralympic movement. Sport has changed my life, and without sport I don't think I will be the happy and healthy person that I am today. It is a privilege to represent Australia on the world stage, and to know that my actions over the past 12 months have inspired people across the country means a great deal to me."

We are so proud of you, Dylan, and we wish you all the best.

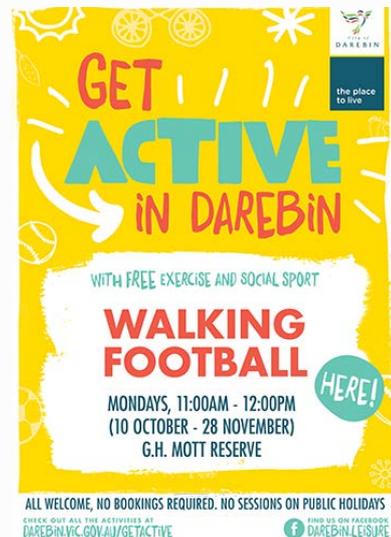
Walking football in Preston

The City of Darebin is launching their free walking football program this month.

When: Mondays, 11am - 1pm, from 10 October - 28 November

Where: G.H Mott Reserve, Preston (corner Patterson and David Streets)

Walking football is a modified version of soccer. Participants need nothing but motivation to participate. Wear loose, comfortable clothing and be prepared to have fun and make new friends. The emphasis is on participation and not competition. All sessions are FREE, run by a skilled coach, no bookings required!



BAM Allstars at Cube 37

BAM Allstars Dance & Movement day classes for adults are now running each Wednesday in Frankston. Classes are suitable for groups and



individuals and bookings are open for Term 4 2016.

When: Wednesdays at 10.15am, 11.30am and 12.45pm

Where: Cube 37, 25-37 Davey St, Frankston

Cost: \$12 per class

Enquiries: Call Lisa on 0425 721 848, visit the [BAM Allstars website](#) or [Facebook page](#).



Wheelchair basketball in Gippsland

Basketball Victoria have announced the upcoming 2016 Regional Wheelchair Basketball Tournament will be held in Gippsland this November and will include a skills camp for junior (under 18) or inexperienced players.

When: 27 November, 11am - 1pm

Where: Latrobe Leisure, Northways Rd and McDonald Way, Churchill

Cost: FREE!

More info: email

GIPPSLAND REGIONAL WHEELCHAIR BASKETBALL SKILLS CAMP

Registrations are now open for the Regional Wheelchair Basketball Junior Camp!

Come along and support the event as part of Basketball Victoria's commitment to strengthening the opportunities and pathways for wheelchair basketball.

Session is aimed at ages 18 and under, however inexperienced players of any age are welcome.

LATROBE LEISURE CHURCHILL
NORTHWAYS RD & MCDONALD WAY, CHURCHILL

NOVEMBER 27TH, 11AM - 1PM

THIS IS A FREE EVENT

INNAUGURAL WHEELCHAIR BASKETBALL DINNER
SATURDAY 26TH NOVEMBER - ALL PARTICIPANTS, FAMILY AND FRIENDS ARE WELCOME TO ATTEND - \$35 PER HEAD

FOR MORE INFORMATION:
BASKETBALLVICTORIA.COM.AU/GIPPSLAND-WHEELCHAIR-TOURNAMENT



Alice.hammond@basketballvictoria.com.au

Saturday Night Fever!

Dance the night away at Saturday Night Fever!

When: Sturday 17 December, 7pm - 10pm

Location: St Kilda Sports Club 66 Fitzroy Street, St Kilda.

Age: 18 years +

Cost: \$15.00 entry, includes pizza, snacks and glow stick (carers free) [Prepayment through eventbrite](#).

Note: There is no strobe lighting or balloons.

Please contact JCAAA on 9209 6706 / 9209 6159 or email jcaaaenquiries@portphillip.vic.gov.au for further details.

Saturday Night Fever is brought to you by the Cities of Port Phillip, Bayside, Glen Eira and Stonnington.

JCAAA Saturday Night Fever 2016!

Saturdays: 13 August, 17 September, 01 October, 17 December

Location: St Kilda Sports Club 66 Fitzroy Street, St Kilda.

Age: 18 years +

Time: 7.00pm to 10.00pm

Cost: \$15.00 entry, includes pizza, snacks and glow stick (carers free)

Prepayment: [eventbrite](#)

Note: There is no strobe lighting or balloons. Please contact JCAAA on 9209 6706 / 9209 6159 or email jcaaaenquiries@portphillip.vic.gov.au for further details. For enquiries on the night please contact (041) 963 412. This number is only on during Saturday Night Fever hours.

Like us on Facebook

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/>



Beat the Blues Run

Beat the Blues this October with a fun, friendly run around the Tan.

Where: The Tan, Botanical Gardens, Melbourne
Meet at the "horseshoe" on The Tan approx. 200 metres down from the Swan Street Bridge on Alexandra Avenue

When: Friday, 14 October
Time: 10.00am - 10.30am arrival for registration

Start: 11.00am

Bring: Water bottle, walking shoes and sun smart clothing

Parking: No dedicated parking - as per Council signage along Alexandra Ave

A free BBQ lunch will be provided following the event.

Reclink Australia
1188 Ferrers Street
South Melbourne 3205
03 9419 6672

25 YEARS!
1992 - 2015

Responding
Rebuilding
Reconnecting for
25 years

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Beat the Blues Run

Where: The Tan, Botanical Gardens, Melbourne
Meet at the "horseshoe" on The Tan approx. 200 metres down from the Swan Street Bridge on Alexandra Avenue

When: Friday, October 14

Time: 10.00am - 10.30am arrival for registration

Start: 11.00am

Track: One lap of the Tan (3.8kms). Run or Walk

Bring: Water bottle, walking shoes and sun smart clothing

Parking: No dedicated parking:
As per Council signage along Alexandra Ave

After BBQ:
A free BBQ lunch will be provided following the event.

All participants will be timed with medals and certificates presented when the last runner clocks in!

For further event information please contact:
• Chris Lacey 0466 535 157
• Email: chris.lacey@reclink.org

For all program and membership information:
• www.reclink.org