



DISABILITY SPORT & RECREATION | MONTHLY eNEWSLETTER



November 2016 - edition 11

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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...

The year is slowly drawing to a close, which means one thing... The Victorian Disability Sport & Recreation Festival is nearly here!

I experienced the festival for the first time last year, and was astonished by the variety of accessible and inclusive activities on offer throughout Victoria. I tried a few for myself, as well as meeting many of the people who make our community so vibrant.



If you have never been to our festival, celebrating International Day of People with Disability, I encourage you to come this year, on Friday 2 December. With 45 confirmed exhibitors and three activity zones, at a great new location on Crown Riverwalk, it's our biggest festival yet.

After a record 74 nominations to the Victorian Disability Sport and Recreation Awards, the judging panel has been convened. They are working through the challenging task of picking a winner in each category, which will be announced at our special awards ceremony at the Melbourne Town Hall on 30 November. We wish all the nominees the best of luck as we celebrate excellence in our sector.

We will be holding our annual general meeting on Thursday 24 November, here in our Fitzroy office, 341 George Street, Fitzroy, at 6pm. This is your opportunity to meet myself and your board.

It's been pleasing to advocate for disability sport at recent workshops for the new Strategic Framework for Sport and Active Recreation and the Victorian Active Recreation Strategy.

Finally, we are putting the finishing touches to our 2017 sponsorship packages. There are limited opportunities left for organisations who are aligned with our vision and can see success

from a targeted collaboration with one of our programs. So if you, or an organisation you know, is interested in sponsorship, call me for a chat - 9473 0133.

Yours in health,
Richard Amon
CEO

Festival fun for everyone

On Friday 2 December, cancel all appointments and clear the diary. From 10am to 3pm, you're going to be too busy having fun at the 2016 Victorian Disability Sport & Recreation Festival!

When: Friday 2 December, 10am-3pm

Where: Crown Riverwalk

Cost: FREE!

Try heaps of different sports and activities, grab yourself a goody-bag, meet Paralympians, and be in the running to win cool prizes in our Get Active Challenge.



We're taking over the banks of the Yarra, near Queensbridge Street and we want to see you there!

For more information on the festival, including maps, transport and accessibility information, visit the festival's website, dsrf.org.au

Passport 2 Play - It's here and you're invited!

Fight the Sloth King and his evil Sloth army who are taking over the world, and discover how **Movement = Energy!**

Join us as we embark on an exciting new journey and launch Passport 2 Play, with triple Paralympic gold medallist, Dylan Alcott.

Through the Passport 2 Play adventure, children need to complete real life physical activity targets before unlocking a digital gaming experience that motivates them to progress to the next level.

We look forward to celebrating with you the launch of this exciting and fun initiative for young people with disability as part of the City of Glen Eira's International Day of People with Disability celebrations.

When: Thursday, 1 December, 10am-1pm



Where: GESAC - Glen Eira Sports and Aquatic Centre, 200 East Boundary Rd, Bentleigh East

[Book your spot here!](#)

Touch the gold

Come and meet some Paralympic gold medallists at an informal members' breakfast on Tuesday 15 November at the DSR office.

It's your chance to talk to fellow members and 'touch the gold'.

When: Tuesday 15 November, 8.30am

Where: 341 George St, Fitzroy

Cost: FREE



VicHealth Awards

We are excited to announce that two projects in which we have been involved, have been nominated as finalists in the 2016 VicHealth Awards.

Both in the 'research into action' category, the nominations are Fitskills, in partnership with La Trobe University and YMCA, and IMPACT, in partnership with the University of Melbourne.

Peak of accessibility at Howmans

The first sod has been turned on Australia's first purpose-built, 36-bed alpine accommodation for people with disability, the Howmans Gap Alpine Centre at Falls Creek.

The centre, which will also be the new home of Disabled Wintersport Australia, is being developed using universal design principles to make sure people with disability can participate in the sports they love safely and independently.

The centre is being delivered in partnership with the Victorian Government, Victorian YMCA and Disabled Wintersport Australia.

Howmans Gap is the destination for the annual DSR Kids winter camp, and we can't wait to use this amazing new facility.



#opendoors

Equity of access is something we strongly

believe in and something we will always fight for. So we're helping the Taxi Services Commission spread the word about its new Open Doors initiative.

Open Doors is educating taxi drivers on the rights of the person with disability and their assistance animal and what the rules are around travelling in taxis with assistance animals. They have made a series of five videos, as well as putting resources on their website.



[Watch the videos](#)

We would encourage you all to watch these videos, visit the website and share the message about why it's so important to accept people with assistance animals as well as the responsibilities drivers and passengers have towards each other.

[Visit the website](#)

Get Active at GESAC

The Glen Eira Sports and Aquatic Centre is holding a day of free activities to celebrate International Day of People with Disability.

There will be a Wheelchair AFL exhibition game, the launch of our new Passport 2 Play interactive game and 12 different activities to get you hungry for a free barbecue lunch.

To register for this event or for further information, contact City of Glen Eira's Service Centre on 9524 3333 or email

metroaccess@gleneira.vic.gov.au

When: Thursday 1 December, 10am–2pm

Where: GESAC, 200 East Boundary Road, Bentleigh East

Cost: FREE!

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.



Thursday 1 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
- Dance
- Gymnastics
- Volleyball
- Bocce

Wheelchair AFL exhibition game 10.15am.

Join us for the launch of Disability Sport & Recreation's Passport 2 Play interactive game at 12.30pm.

Barbecue lunch provided.

To register for this event or for further information, contact Council's Service Centre on 9524 3333 or email metroaccess@gleneira.vic.gov.au



Bentleigh | Bentleigh East | Brighton East | Carnegie | Caulfield | Elsternwick | Gardenvale | Glen Huntly | McKinnon | Ormond | St Kilda East

Calling all footy fans... Wheelchair AFL needs you

We have joined forces with AFL Victoria to start a wheelchair AFL program in Victoria, and are calling for expressions of interest.

Wheelchair AFL is open to

people with or without a physical disability, so why not give it a go?

For more information on wheelchair AFL, visit the [DSA website](#).

If you are interested, please leave your details using the online form, and we will make contact with you when we're ready to bounce the ball.



[Register your interest](#)

2016 Australian Wheelchair Tennis National Championships

See yourself as the next Dylan Alcott, Dani Di Toro, Heath Davidson or Sarah Calati? Then get along to Tennis Australia's free come-and-try-session at the wheelchair tennis national championships.

Bring your family and friends to a fun filled day with open access to try wheelchair tennis and watch the top players in the country compete. Sport chairs will be available to try. Have a hit, stay for a barbeque lunch and watch the Finals at 11:00am!

When: Sunday 13 November, 9am–11am

Where: National Tennis Centre – Melbourne Park, Olympic Boulevard

More info: wheelchairtennis@tennis.com.au

2016 AUSTRALIAN WHEELCHAIR TENNIS NATIONAL CHAMPIONSHIPS

COME & TRY SESSION!

Bring your family and friends to a fun filled day with open access to try wheelchair tennis and watch the top players in the country compete. Sport chairs will be available to try. Have a hit, stay for a BBQ and watch the Finals at 11:00am!

National Tennis Centre – Melbourne Park

Olympic Boulevard, Melbourne, 3001

Sunday 13 November 2016 – 9:00–11:00am

Contact: wheelchairtennis@tennis.com.au



Not just Strictly Ballroom

Disability Sports Australia is calling for expressions of interest from anyone who would like to get involved in Wheelchair Dance Sport.

Popular overseas, DSA is setting up this Paralympic recognised sport from grassroots and is looking for

dancers, officials, or dance studios who want to learn more and get involved.

Wheelchair Dance Sport is a sport for people with a physical impairment that affects the lower limbs.

Dancers can participate as singles, duos (two wheelchair users) or combi (wheelchair user with able bodied partner) in competitive ballroom dancing in styles such as Standard, Latin and Freestyle. It is offered to people of any age and no experience is necessary.

If you are interested in participating, visit www.sports.org.au/wheelchair-dance-sport/, scroll down to 'Get

Involved' and fill out the Expression of Interest form.

Or, you can email kelsey@sports.org.au with your name, location and current experience in Wheelchair Dance Sport.



Blind football training program

Blind Sports and Recreation Victoria, in partnership with Football Federation Victoria, *City in the Community* and *Social Goal*, are offering a 5 week training program in B1 blind football, the Paralympic version of blind football.

Adults aged 16 and up who are blind or partially sighted are welcome. No prior experience in blind football required.

When: Every Sunday from 6 November to 4 December, 2-4pm

Where: Docklands multi-purpose sports field, Harbour Esplanade between Collins and Bourke Sts - Tram 11 or 48 (Stops D16, D17)

What to wear: General sports attire

Cost: \$30 for new participants (Note: No cost for B League season participants)



An event will be held on Saturday 10 December to finish off the

season.

For more information on B1 blind football, go to: footballfedvic.com.au/access-all-abilities

To register, contact Megan Smith at FFV: 9474 1805 or msmith@ffv.org.au.

Hume Wheelchair Tennis Hub

The first session of the wheelchair tennis hub at the Hume Tennis and Community Centre was a smash hit!

If you would like to pick up a racket and get involved, the sessions are running weekly and includes a coaching session, play on courts and a barbeque. Family members are welcome to come along.

When: Every Saturday, 1pm-5pm

Where: Hume Tennis and Community Centre, 225 Marathon Blvd, Craigieburn

Cost: \$20 per session

Registration: 1300 486 382 or email office@humetennis.com.au



Wheelchair Tennis Hub
Every Saturday from 1pm-5pm

Hume Tennis and Community Centre in association with Tennis Australia are proud to present Australia's first Wheelchair Tennis Hub. The Hub will run weekly and include: a coaching session, play on courts and a BBQ.
All family members are welcome.

Cost: \$20 per session.
Registration: please call 1300 486 382 or email: office@humetennis.com.au



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BAM Allstars new classes

BAM Allstars have some great new classes available for people in the Frankston and Cheltenham area.

BAM-binis music & movement

All abilities class for 2.5 to 6 years

When: Wednesdays 9.30am for 40 minutes. First term - 2 November to 14 December

Where: 161 Park Rd Cheltenham

Cost: \$15 per class



Allstars Drama

All abilities drama class ages 14 - adult

When: Monday evenings, 5-7pm. First term - 7 November to 12 December

Where: Knave Room, 24 High St Frankston

Cost: \$150 for 6 week term

For all enquiries and bookings, contact Lisa - 0425 721 848, visit www.bamallstars.org.au, or check out their [Facebook page](#).

Score! newsletter now online

The latest edition of the Score! newsletter is now online.

Find out who's in our Seasonal Spotlight and what Score!'s been up to in regional Victoria.



[Read it now!](#)

Member survey

Over the last two editions of Vortex, we've been running a survey asking members whether they would use an accessible gym located at our Fitzroy office. Thanks to all those who took the time to respond. Most of you said an accessible gym was something you would use and something of value to our members, but the Fitzroy location wasn't ideal. This is an important piece of feedback as we look at how best to provide service and value to you, our members. The winner of the survey's competition has been notified.

Try ice sports

As summer heats up, where better to spend a couple of hours but on the ice rink? Ice Sports Victoria are running a free come-and-try session of ice skating, curling and sled hockey.

When: Wednesday 9 November, 10.30am-12pm

Where: O'Brien Group Arena, 105 Pearl River Rd, Docklands

Cost: FREE!

More info:

www.icesportsvictoria.org.au or visit their [Facebook page](#)

A blue-themed poster for an ice skating event. It features a woman in a wheelchair and a child on a sled. The text reads: 'Celebrating International Day of People with a Disability', 'Come and try Ice Skating, Curling & Sled Hockey', 'Wednesday 9 November 2016', '10.30am - 12.00pm', 'O'Brien Group Arena, 105 Pearl River Rd, Docklands', 'Free entry', 'O'Brien Group Arena is a fully accessible venue'. Logos for ICS Sports Victoria, Scope, City of Melbourne, O'Brien Group Arena, Victoria, and Bank of Melbourne are at the bottom.

Celebrating International Day of People with a Disability
Come and try
Ice Skating, Curling & Sled Hockey

Wednesday 9 November 2016
10.30am - 12.00pm
O'Brien Group Arena
105 Pearl River Rd, Docklands

Free entry
O'Brien Group Arena is a fully accessible venue.

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scope
making it happen
www.scopevic.org.au

CITY OF MELBOURNE

O'BRIEN GROUP ARENA
www.obriengrouparena.com.au

VICTORIA
Government

Bank of Melbourne

Sale to Sea disability kayak challenge

From Wednesday 15 to Saturday 18 March 2017, a group of kayakers will paddle 120km from Sale to the sea at Lakes Entrance. And they want you to join them.

The Sale to Sea kayak challenge highlights the capacity that people living



with a disability have to lead an active life, encourages active sporting activities for people of all abilities, raises funds for families and individuals experiencing hardship as a result of a permanent or long term disability and encourages those with a disability to live life on their terms.

If you'd like to join the Sale to Sea challenge, visit their [website](#), or like their [Facebook page](#).

World Masters Games 2017 Para-Sport Program

Registration is open for World Masters Games 2017, which will be held in Auckland, New Zealand from 21 to 30 April 2017.

The World Masters Games are the largest multi-sport event in the world. The Games focus is on 'sport for all' and very much in line with our goal to increase the number of people with disability participating in sport at all levels from grassroots through to elite.



World Masters Games 2017 is offering the largest ever number of Para-Sport events as part of the Games, with participation and competition opportunities in:

- Archery (limited places remaining)
- Athletics
- Badminton
- Canoe (Flat Water and Waka Ama)
- Cycling (Road Race and Time Trial)
- Lawn Bowls
- Rowing
- Swimming (Pool)
- Table Tennis
- Tennis
- Triathlon

To participate in World Masters Games 2017, the only qualification requirement is your age, starting as low as 25 years for swimming. Some disciplines offer events for specific classes only. Athletes with an existing national or international classification are eligible to compete, with support provided for new athletes seeking a provisional classification to compete in the Games only.

Registration includes participation in the Opening Ceremony which will be held at Eden Park on Friday 21 April, together with other package benefits including athlete only social events and activities.

For more information, please visit the Para-Sport section of the [World Masters Games 2017 website](#).

Wheelchair rugby grand final

Congratulations to Power House who won the grand final of the Protect Victoria wheelchair rugby competition on 22 October, defeating a gallant Unicorns team. Congratulations to Jack Watson, who won the most valuable player award.



The game concludes another successful wheelchair rugby season. We would like to thank Protect as key sponsor, the Victorian Rugby Union and their clubs for their emerging partnership, the many volunteers who help the competition take place, and all the incredible players.

If you are interested in taking up wheelchair rugby in 2017, email jason@dsr.org.au.