

If you no longer wish to receive our emails, you may unsubscribe here

Trouble viewing this email? [Try the HTML version](#)



Welcome to the 2010 Autumn Access for All Abilities Newsletter

- [Hello and Welcome](#)
- [The Access for All Abilities Program](#)
- [Festival of Sport](#)
- [Balloon Football League](#)
- [NAB AFL Auskick](#)
- [Come & Try Basketball at Keilor Basketball Stadium](#)
- [Barwon All Abilities Cricket League](#)
- [Special Olympics Victoria - We want you.](#)
- [2010 Active Masters Program](#)
- [Brimbank Sport Clubs](#)
- [What's on in Brimbank!](#)
- [Brimbank Leisure Tour](#)
- [Inclusive Leisure Initiative](#)
- [Green Gully Traffic School](#)
- [Feedback](#)
- [Interested in posting items in the next Access for All Abilities Newsletter?](#)



Hello and Welcome

Hello and Welcome to the first edition of the 2010 Autumn Access for All Abilities newsletter.

I hope everyone managed to get away over the Christmas/New Years break and are fresh and ready to go for a big 2010!

There are a number of exciting new and existing Access for All Abilities programs and

prospects install for Brimbank in 2010 including:

- Balloon Football League at Keilor Basketball Stadium
- 2010 Festival of Sport
- AFL Auskick Program
- Barwon All Abilities Cricket League
- Term 2, 3 & 4 Recreation and Wellbeing Program with new and exciting AAA programs
- Come and Try Basketball at Keilor Basketball Stadium
- AAA Regional Lawn Bowls Tournament

Sunshine Leisure Centre is currently in the process of improving physical access throughout the centre. We are very excited about a new aspect of the 'Inclusive Leisure Initiative' which will see a number of communication tools being introduced around the centre as well as a new 'Excite Top' cardiovascular ergometre machine for the gym. We would appreciate it if users of the Sunshine Leisure Centre could provide feedback on the communication tools to help ensure they are easy to follow.

I hope you enjoy the read and happy Autumn to all.

Luke Casey

Sport & Recreation Development Officer
Leisure Services

Brimbank City Council
Sunshine Office - Alexandra Ave Sunshine Vic 3020
T: (03) 9249 4854
F: (03) 9249 4982
lukec@brimbank.vic.gov.au

[Back To Top](#)

Brimbank City Council

The Access for All Abilities Program

The Access for All Abilities program is funded by Sport and Recreation Victoria, part of the Department of Planning and Community Development in partnership with local councils. It aims to build the capacity of the sport and recreation sector to provide increased active participation opportunities for people of all abilities.

Being the Access for All Abilities officer for Brimbank City Council I am keen to work with local sports clubs, leisure facilities and recreation providers to create new partnerships. Examples of how I can help you include:

- Promoting your program information in the quarterly newsletter
- Running training programs such as Disability @Work
- Providing advice on how to be more inclusive and accessible for all abilities

[Back To Top](#)

Brimbank City Council

Festival of Sport

The 2010 Festival of Sport is fast approaching and will be taking place on the 19/05/2010 at the newly redeveloped West Sunshine Community Centre from 10am til 2:30pm.



The Festival of Sport was first held by Brimbank City Council in 2004 as a part of its commitment to promote a wide range of sport and recreation opportunities to people of all abilities within Brimbank. This annual event has grown from year to year and focuses on promoting physical activity, active involvement and wellbeing to people with a disability and disability organisations in the municipality. This is achieved through Local, State and National Sporting and Disability Service providers conducting a wide range of Come & Try activities, information stalls, presentations and static displays. The event includes a free lunch and free transport can be arranged for participants if required.

Last years Festival of Sport attracted over 300 participants and included a variety of 'come and try' activities including AFL, soccer, tennis, basketball, wheelchair basketball, badminton, carpet bowls, movement to music, ambient orchestras, table tennis, croquet and a DJ.

If you like to be involved and/or participate in the 2010 Festival of Sport or would like more information, please contact **Luke Casey** on **9249 4854** or email lukec@brimbank.vic.gov.au

[Back To Top](#)

Brimbank City Council

Balloon Football League

Balloon Football is a game targeted at people who use wheelchairs, and is basically the Australian Rules Football Version of Wheelchair Sports. Points are scored the same as for Australian Rules Football and the sport is played on a basketball court with Auskick goals, with four to five players on each team and a large weather balloon. Wheelchairs can either be motorised or manually pushed. If required, the player is able to use a 'pusher'. The season will commence on Wednesday April the 14th at 10:30am.

For more information or if you would like to register for Balloon Football Please contact **Luke Casey** on **9249 4854** or lukec@brimbank.vic.gov.au

[Back To Top](#)

Brimbank City Council

NAB AFL Auskick

NAB AFL Auskick is the Australian Football League's key introductory program for primary school-aged boys and girls and their families. Through their **weekly coaching program** children will learn the skills of the game through appropriately modified activities and rules, play football in a **fun and safe** environment and make plenty of new friends too! AAA officers in the North West are working alongside AFL Victoria and their respective Auskick coordinators in making the program more suitable an inclusive for children with a disability. If you would like to find out more about this please contact **Luke Casey** on **9249 4854** or lukec@brimbank.vic.gov.au



[Back To Top](#)

Brimbank City Council

Come & Try Basketball at Keilor Basketball Stadium

Access for All Abilities Brimbank and Moonee Valley, Special Olympics Victoria and Keilor Basketball Stadium have conducted 5 come and try basketball clinics at Keilor Basketball Stadium with great success. The clinics have consisted of 12– 15 participants each session and with one more session to take place on Wednesday the 13/03/2010 it's not too late to get involved as there will be a new basketball program starting up at the West Sunshine Community Centre for those participants that are interested.

This program is suited for participants aged between 12 and 18 and there is the opportunity to represent Special Olympics Victoria.

For further information, please contact Brimbank's Sport and Recreation Officer - Community Development **Luke Casey** on **9249 4854** or Special Olympics Victoria Community Development Coordinator **Tanya Files** on **9275 6922**.

[Back To Top](#)

Brimbank City Council

Barwon All Abilities Cricket League

The Barwon All Abilities Cricket League is an inclusive cricket league for people with a disability. All participants will get the opportunity to get a bat and bowl and the season runs from November to February each season. Matches will be played on a Sunday and it is a fantastic opportunity for cricket lovers to be part of a fun, inclusive and safe league. If you would like to be part of this league and represent a Brimbank Cricket Club please register your interest by phoning Brimbank City Council's Access for All Abilities Officer **Luke Casey** on **9249 4854** or email lukec@brimbank.vic.gov.au



[Back To Top](#)

Brimbank City Council



Special Olympics
Victoria

Melbourne West

WE WANT YOU!

Special Olympics offer sports, training and competition to people aged 6-65. The key criteria for eligibility, which need to be identified by a professional, are:

- An intellectual disability; or
- Cognitive delay; or
- Closely related developmental disability in both general learning and adaptive skills, this includes Autism Spectrum Disorder (ASD)

Melbourne West is a new region

Current events: swimming, golf, sailing and ten pin bowling

Coming soon: Athletics, Basketball and Bocci.

Needed: Athletes, and Volunteers

Contact: Special Olympics Community Development Coordinator
Tanya - 9275 6922 or tanyaf@specialolympics.com.au

URGENTLY NEEDING:

- Volunteers with Promotions and Grants writing experience.
- IT web designer.

[Back To Top](#)

Brimbank City Council

2010 Active Masters Program

Wheelchair Sports Victoria is introducing an Active Masters program in 2010 aimed at people with disabilities aged 40 and over to become actively involved across a range of sport & recreation activities.

A total of four activities have been incorporated as part of the program and we encourage all members to participate as this provides a great opportunity to socialise with others.

Event Dates:

March 3 - Bowls and BBQ day
May 21 - Night at the races
August 7 - Trivia Night
October 29 - 31 - Fishing weekend
* Dates subject to change

Registrations

For further information, please contact **Tim Nield** on **(03) 9473 0133** or tnield@wsv.org.au

[Back To Top](#)

Brimbank City Council



Brimbank Sport Clubs

Autumn is also the time of year to think about playing winter sports such as football, soccer and netball. Many of the clubs who use the many sports grounds in Brimbank are very inclusive and are always looking for more members. There are a lot of different opportunities available to get involved including playing, watching, or helping out such as running water or working in the canteen. Please contact **Luke Casey** on **9249 4854** or email lukec@brimbank.vic.gov.au for further information.



[Back To Top](#)

Brimbank City Council

What's on in Brimbank!

The Recreation and Wellbeing Program

The Recreation and Wellbeing Program for Term Two is currently available with more programs at more locations in Brimbank. Programs include specific programs for people with a disability including Yoga and Boccia. For a copy of the new Term Two brochure please contact Luke Casey on 9249 4854 or visit www.brimbank.vic.gov.au

AAA Yoga

Improve your health and wellbeing with a focus on stretches, posture and breathing in this enjoyable Yoga program for people of all abilities. Please bring your own mat.

Delahey Community Centre
9307 0358

Monday, 19 April (eight sessions) 10am-10.45am
\$4 per class.

No classes held on Anzac day or Queens Birthday

AAA Boccia

An indoor game similar to bowls and bocce, this sport has been adapted to suit people with a disability. The class is run by a former Para-Olympian in a pleasant indoor stadium.

West Sunshine Community Centre
9311 5888

Friday, 30 April (eight sessions) 10.30am-12pm
\$30 concession

Balloon football league

Balloon Football is a game targeted at people who use wheelchairs, and is basically the Australian Rules Football Version of Wheelchair Sports. Points are scored the same as for Australian Rules Football and the sport is played on a basketball court with Auskick goals, with four to five players on each team and a large weather balloon. Wheelchairs can either be motorised or manually pushed. If required, the player is able to use a 'pusher'.

Keilor Basketball Stadium
9336 3411

Wednesday, April 14 (11 sessions) 10.30am - 12.30pm
\$4 per session

Brimbank leisure tour

The Brimbank Leisure Tour is a new initiative designed to show organisations and local residents a variety of accessible facilities within the municipality. Facilities visited include sporting facilities, neighbourhood houses, libraries, leisure centres, accessible playgrounds and much more. Please call 9249 4854 to make a booking at a time and date that suits you.

Movement to Music

This class offers people with a disability the opportunity to exercise with music. Suitable for people 18 years and older.

Tuesday, 27 April (eight sessions) 5pm-6pm
\$30 concession

Dempster Park Hall
9311 5888

Monday, Wednesday and Thursday (eleven sessions)
1.15pm-2.15pm
\$6.30 per lesson
Bookings are essential

St. Albans Leisure Centre
9249 4635

Tuesday, 20 April (eight sessions) 11.45am-12.30pm
\$6.30 per lesson.
Bookings are essential

Sunshine Leisure Centre
9249 4615

Multi-sports

A variety of indoor sport games and activities including cricket, basketball, mini tenpin bowling and dancing.

West Sunshine
Community Centre
9311 5888

Monday, 19 April 10.30am - 11.30am
\$4 per session

[Back To Top](#)

Brimbank City Council

Brimbank Leisure Tour



The Brimbank Leisure Tour is designed to show local residents and organisations a variety of accessible facilities within the municipality. There have been three leisure Tours to date and feedback from participants has been overwhelming. Tours were on hold over winter but recommenced in October with an eager bunch from Wesley Mission.

The tours consist of visits to various sport and recreation leisure centres and facilities as well as community centres including:

- Sunshine Community Centre
- Keilor Basketball Stadium
- West Sunshine Community Centre
- Sydenham Library
- Taylors Lakes Sporting Club
- and more

The next tour will go ahead in mid December 2009 with participants from St John of God.

For more information about the tours or to book, please contact **Luke Casey** on **9249 4854** or email lukec@brimbank.vic.gov.au

[Back To Top](#)

Brimbank City Council

Inclusive Leisure Initiative

The Inclusive Leisure Initiative (ILI) is a pilot project funded through VicHealth's PICSAR funding grants. It is a joint initiative between Inclusive Leisure Victoria and Aquatics and Recreation Victoria (ARV). The ILI is based on a UK program called 'Inclusive Fitness Initiative' (IFI), a project which works strategically to set consistent standards in the leisure industry, and to assist leisure centres to become more inclusive of people with a disability.



Access for All Abilities has been successful in assisting Kathy Hall (manager of the Sunshine Leisure Centre) and Lisa Frost (Metro Access Officer) to develop a 'Disability

Action Plan'. We have received the \$4,000 in funding from Inclusive Leisure Victoria which has been used to purchase gym equipment suitable for people with a disability. We are currently in the process of developing communication boards that will be on display at the Sunshine Leisure Centre.

[Back To Top](#)

Brimbank City Council

Green Gully Traffic School

Green Gully Traffic School consists of a mini road set up, complete with road signs, railway bells and traffic lights! It provides a range of educational and recreational experiences for all abilities. This is a fantastic opportunity for participants to gain practical experience riding their bicycles while developing an understanding of the road rules on a mini-road setup.

There are tricycles available that are suitable for people with a disability and a 2 hour session will only cost \$4 per participant.

If you would like to make a booking please contact **Luke Casey** on **9249 4854** or email lukec@brimbank.vic.gov.au

[Back To Top](#)

Brimbank City Council

Feedback

Brimbank City Council would love to hear your thoughts on the newsletter, its content and layout in order to make improvements for future newsletters.

Please email lukec@brimbank.vic.gov.au with any comments.

[Back To Top](#)

Brimbank City Council

Interested in posting items in the next Access for All Abilities Newsletter?

If you have an article regarding an inclusive recreational club or program you would like to post in the next edition, please don't hesitate to contact me on 9249 4854 or lukec@brimbank.vic.gov.au

[Back To Top](#)

Brimbank City Council



Brimbank City Council, PO Box 70, Sunshine Victoria 3020, Australia.
t: 03 9249 4854 | f: 03 9249 4351 | e: lukec@brimbank.vic.gov.au

If you no longer wish to receive our emails, you may [click here](#)

Trouble viewing this email? [Try the HTML version](#)