



Melbourne – Spring 2010

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YMCA Access for All Abilities
Community Development Officer

Simon Crawford
Phone: 03 9604 8699
Mobile: 0402 003 118
Email: simon.crawford@ymca.org.au
Mail to: Docklands Community Strengthening Branch
 Level 4/744 Bourke Street
 Victoria Point, Docklands 3008
Website:
www.victoria.ymca.org.au/aaa





What's new...

Milo In2Cricket

The MILO in2CRICKET program offers children (5 to 10 years) of all abilities the opportunity to learn lots of new cricket skills like batting, bowling, catching and throwing, as well as social skills allowing them to make new friends and most importantly – HAVE FUN!! Participants will receive a structured 6-12 week program conducted by trained volunteer coordinators.

Melbourne has two Milo in2CRICKET centres in which you can get involved:

Youlden Parkville - contact George Myconos on 0425 746 055 or gmyconos@gmail.com.

Kensington Junior CC - contact Robert Moore on 0403659659 or robert.moore12@bigpond.com.

Net-Set-Go! & Life Ball Coming to Parkville

Parkville Net-Set-GO! School Holiday Clinics are designed for 5 - 10 year olds who have never played netball before or are in their first years of netball. The clinics concentrate on learning and developing basic netball skills. Coordinated by accredited coaches, participants are ensured a fun-safe environment and quality experience. All participants receive a certificate and show-bag, plus information on Parkville's weekly Net-Set-GO! program.

Lifeball is a fun team game that incorporates activities such as walking, thinking, passing and throwing a ball, with the aim of scoring a goal through a hoop. It encourages physical movement and teamwork. It is a game which can be played on any flat surface. It involves strategy and is a game designed for fun, fitness and skill development. Lifeball can be played by men, women, boys and girls of all ages and abilities. Lifeball is particularly suited to older adults as it improves heart and lung function, increases circulation and relieves stiffness. Lifeball is also suitable for people with diabetes, arthritis, cardiovascular problems and other chronic illnesses. Lifeball is a game designed on the philosophy of participation for all. The game can be modified to suit everyone whatever their ability.

If you want to get involved in NETSETGO! or try Life Ball contact Sue Flynn on 8379 4259 or sue.flynn@netballvic.com.au.



Walk with Me

Scope and Ability First Australia have teamed up to host Walk with Me, an opportunity for everyone to go for a community walk along the Yarra River, starting from Federation Square. It will be on Sunday 12 September 2010, from 10am – 1pm.

To participate go to www.abilityfirstaustralia.org.au or call 9843 2055.

Handball for All Abilities

The Handball Association of Victoria would like to offer handball clinics either with programs that you are already running, or create additional handball opportunities in your area. The Handball Association of Victoria are experienced in modifying the game for people with disabilities, including the option of playing



wheelchair handball. Handball Association Victoria are very interested in promoting handball and growing the sport in Melbourne and Australia.

If you would like a Free introduction lesson please contact, Andres Olascoaga on 0412 160 607 or ndentertainment@optusnet.com.au.

International Day of People with Disability

While the international day of people with disability is still a few months away, I wanted to let you know of a few dates for you to keep free around that day. The first one is Blind Sport Victoria's blind tennis session on the morning of Monday 29 November at Carlton Baths. Get along to try this sport whether you are visually impaired or not.

To register your interest, contact Blind Sport Victoria on 9822 8876.



The next planned activity is from 10am-2pm on Friday 3 December (international day) when Wheelchair Sports Victoria will be hosting the Disability Sport & Recreation Festival at Federation Square.

To find out more contact Wheelchair Sports Victoria on 9473 0133.

Last, but certainly not least, from 11am-4pm on Sunday 5 December, Docklands Yacht Club, a fully inclusive sailing club, are running a 'try sailing' day. This will be a free activity for people with a disability, their family and friends.

To get involved call the Dockland Yacht Club's Secretary on 0428 514 058.

Employment & Volunteering opportunities...

Deaf Inclusion Officer – Basketball Victoria

Basketball Victoria is currently looking for a suitable person to fill the Deaf Inclusion Officer role. This position was first introduced during 2009 and has seen significant growth for our programs for deaf and hard of hearing programs and participants. This position is important for Basketball Victoria as we work to become a more inclusive and diverse sport. Although this position will entail a close working relationship and integration with the deaf community and key deaf organisations, knowledge of AUSLAN is not an essential criteria. People who are deaf or have hearing loss are also encouraged to apply. Please note that applications close on Friday, 24th September 2010.

For a position description contact Matthew Dunstan on (03) 9927 6666 or email matthew.dunstan@basketballvictoria.com.au.



Volunteering at the YMCA

The YMCA has recently appointed a Program Coordinator in charge of developing volunteering at YMCA's in Melbourne. These opportunities will cover a range of activities and will be open to all abilities. If you have thought about volunteering but have not been sure about how to get involved, this is a great opportunity to be supported into the world of volunteering. You will be able to choose which activities you get involved in and will be provided with all the training you require to do the job, so get in touch and start volunteering today.

If you would like to get involved or find out more about the volunteering opportunities contact Yasmin Mckenzie at the YMCA on 9347 3677 or yasmin.mckenzie@ymca.org.au.

Docklands Yacht Club

The Docklands Yacht Club is affiliated with Sailability and has been providing sailing opportunities for people of all abilities for the last few years. The club is currently under high demand to provide more sailing opportunities but are currently unable to meet demand due to the shortage of volunteers at the club. There are several volunteering pathways which individuals can choose from and the club is able to provide all the training that volunteers require.

If you would like to find out more about volunteering at the club contact David Staley on 0428 514 058 or dycsail@tpg.com.au.

Volunteers required to Walk with Willpower

Blind Sports Victoria is looking for volunteers to share a friendly regular walk with a blind or vision impaired person in their local area. 'Walking with Willpower' matches volunteers with a person with no or low sight for weekly or fortnightly walks to improve their fitness and confidence. Volunteers help to provide much needed companionship for many people living on their own or in supported accommodation, while sharing the health benefits of walking.

Blind Sports Victoria is currently looking for more volunteers – both male and female - who are at least 18 years of age, possess a positive attitude to people with disabilities, a friendly disposition and are willing to undertake a brief training program.

For further information contact Amanda Webb, Coordinator, Walking with Willpower on 9822 8876.

What's on this Winter...

Boxing & Fitness – North Melbourne

North Melbourne Boxing & Fitness is open for business and keen to include people of all abilities. Activities offered include boxing, kick boxing, Brazilian ju jitsu, personal training and more, so get in touch and find out what is the best opportunity for you.



Go down to the centre at 64 Sutton Street, North Melbourne or call Steve on 9328 8815.



Leisure & Recreation Centres

The City of Melbourne has four main leisure & recreation centres. They are Melbourne Baths, Carlton Baths, North Melbourne Recreation Centre and Kensington Community Recreation Centre. All four centres have gyms, swimming pools and other sport and fitness programs. Both Carlton Baths and Kensington Recreation Centre now have communication boards that they can use to help them communicate with people with communication difficulties. Both centres's staff have also received training on how to communicate with people with complex communication needs so are familiar with the communication issues that can arise.

If you would like to find out more about the leisure & recreation centres go to www.melbourne.vic.gov.au/ParksandActivities/ActiveMelbourne/PoolsGyms/Pages/Poolsandgyms.aspx or to make suggestions contact Simon on simon.crawford@ymca.org.au or 0402 003 118.

Club Wild

The next Club Wild night on Friday 3 September is 'Swinging 50's', a night of Swing music and 50's Rock & Roll. This event is opened to all people regardless of ability. It's at the North Melbourne Town Hall, Cnr Errol and Queensberry Sts, North Melbourne. 7pm - 10pm, \$15 at the door. Carers free.

For information on other club wild nights contact Philip Heuzenroeder on phil@wildatheart.org.au or 9326 9970.

Swimming classes for children with a vision impairment

Vision Impaired Swim Victoria is a learn to swim program that was formed in April 2007 by a parent, Debbie Deshayes. Debbie aims to provide a supportive and inclusive setting with coaches who have experience in teaching vision impaired children water safety and to learn how to swim. The program has been supported by Blind Sports Victoria, the City of Melbourne and the Safeway Fresh Foods Kids grant. We also welcome the recent license agreement with Life Saving Victoria. The program runs in two block terms; January to end of April, and October to end of December.

- Eligible age:** 18 months to 18 years old
Cost: \$50 contribution per block term
Location: Wesley College Swimming Pool , St Kilda Rd, Melbourne
When: Sundays from 9.30am – 1.30pm (you will be allocated a one on one 30 minute session)

If you are interested in your child participating in this program, please contact Debbie Deshayes on 0412 858 535 or email dmdeshayes@iprimus.com.au.

Walkers wanted for new walks in Melbourne!

Do you enjoy walking? Would you like to be more active and meet some new people? Want some extra motivation to help you stay committed? Then why not join Heart Foundation Walking? Heart Foundation Walking is a network of free community-based walking groups that gives you an easy way to look after your health.

If you would like to find out more about current walking opportunities or have requests for new walk locations contact Yasmin Mckenzie at the YMCA on 9347 3677 or yasmin.mckenzie@ymca.org.au.



Netball @ Parkville

Parkville's Access for All Abilities program is run on a Saturday morning. They currently have around 30 participants attending each week. The program is relaxed including skills, drills and a game.

The players were invited up to Shepparton Netball Association to try and assist with the launch of their Access for All Abilities program. They have been the half time entertainment for the Melbourne Vixens this year and once again we will enter Netball Vic's State Titles.

- When:** Saturday mornings @ 10am
- Where:** 10 Brens Drive, Parkville
- Who:** People aged from 17 to 50 years
- Cost:** \$20.00 entry fee into the centre per year; \$30.00 Netball Membership per year; \$2.00 each week
(Players can also buy an Access for All Abilities uniform)

Interested people can contact Sue Flynn on 8379 4259 or sue.flynn@netballvic.com.au. You can also look at the website: www.parkville.netballvic.com.au.

Sailing – Docklands Yacht Club

This Club provides accessible sailboats, lifejackets and basic instruction, co-sailors when needed and plenty of encouragement. The club also has a personal transfer hoist that enables people to easily get in and out of the boats from wheelchairs. It is open to everyone, with or without disability.

To give sailing a try contact David Staley on 0428 514 058 or dycsail@tpg.com.au

Star Creatures

Race Redomra is a fully qualified female fitness trainer who also works as a support worker. She conducts group sessions for a variety of organisations (including day services), personal one on one training, relaxation sessions and so on. She has experience working with people with a wide variety of disabilities. She has had training in manual handling, as well as Makaton / AUSLAN (Australian Sign Language).

For more information see the website: www.starcreatures.com.au.



Interested in posting items in the next AAA newsletter?
 If you have information regarding an inclusive recreational club or program you would like to post in the next newsletter, please send it through to simon.crawford@ymca.org.au.