



City of Casey **ISSUE 5**

Updated September 2010

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**City of Casey All Abilities Sports Carnival
Thursday 2 December at Casey Fields**

A fun day of sport and recreation activities celebrating International Day of People with Disability. For more details and to register please see page 3.

Also in this Issue of the City of Casey Access for All Abilities Newsletter you can read about spring and summer sports you can get involved in, including sailing, cricket and tennis. There is also information on sport and recreation opportunities for people who use an electric wheelchair and a facility profile on Casey RACE in Cranbourne East. I hope you enjoy the read and if you have anything that you would like to contribute to the newsletter please contact the City of Casey Access for All Abilities Program.

If you require this newsletter in another format or would like to receive updates on new programs sent to you via email please contact the Access for All Abilities Program on (03) 9705 5200 or Email leisure@casey.vic.gov.au




City of Casey -
Access for All Abilities
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Narre Warren VIC 3805

Tel: (03) 9705 5200
Fax: (03) 9705 7469

TIS: 131450 (Translating & Interpreting Service)

TTY: (03) 9705 5568

Email: leisure@casey.vic.gov.au
Web: www.casey.vic.gov.au




The information provided in this booklet aims to inform and assist the community in accessing services for inclusive Sport and Recreation Opportunities. The City of Casey does not accept any legal liability whatsoever arising from your access to participation in any of the services listed. The information was correct at the time of printing.

Summer is approaching so why not try these sports.....

Lysterfield Sailing Club - Sailability

Lysterfield Sailability introduces people of all ages and abilities to the joys of recreational sailing in a straightforward, fun and inexpensive way. Lysterfield Sailability has specially designed Access Dinghies for people of all abilities, with a purpose built jetty and lifting hoist for people who may require assistance.

The program is run from October to May on Wednesdays, every second Sunday and soon to be Fridays for disability support groups, special schools and individuals. Formal training and coaching opportunities are also available.

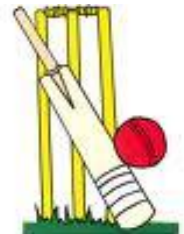
Address: Lysterfield Lake, Horswood Road,
Lysterfield 3156.

Enquiries: To find out more about the Program or to volunteer please contact Leanne Skinner at Belgrave South Community House on (03) 9754 2274 or 0411 044 591.



Anyone for Cricket?

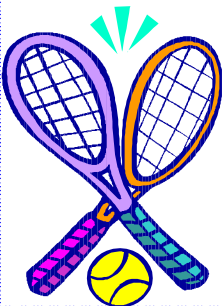
Cranbourne Cricket Club is excited to announce that they will be entering teams to participate in the All Abilities Cricket Carnival to be held at Casey Fields, Cranbourne East in February 2011. The Club is hoping to have enough players to enter teams into the Super League format, which is for experienced cricketers and the Ten over Tonk, for less experienced cricketers.



Come and Try sessions will be held in early January at Casey Fields with Level 2 Accredited Cricket Coach Shaun Petrie.

To find out more or to register your interest please contact Cricket Coach Shaun Petrie on 0438 632 482 or the City of Casey Access for All Abilities Program on (03) 9705 5200 or Email: leisure@casey.vic.gov.au

Why not try your hand at tennis



With the warmer weather approaching now is a great time to pick up a tennis racquet. Whether you are new to the game, or would like to return to the game after some time away, there are various different tennis opportunities in the City of Casey. You might wish to get some lessons from a qualified tennis coach or participate in a social competition. For more details on tennis opportunities please see page 14 of this newsletter or contact the City of Casey Access for All Abilities Program on (03) 9705 5200 or Email: leisure@casey.vic.gov.au



All Abilities Sports Carnival

Celebrating International Day of People with Disability

The City of Casey Access for All Abilities program is seeking individuals with a disability, between the age groups of 12 – 18 years, 19 – 50 years and 50 plus to participate in the All Abilities Sports Carnival.

**Registration
is FREE!**
**BBQ Lunch
\$5.00**



**Thursday 2 December 2010
9.30 am – 2.30 pm**

**Casey Fields
160 Berwick - Cranbourne
Road, Cranbourne East,
Melway Ref 134 E7**

Participants are encouraged to register to nominate preference of sport from **Soccer, Football, Tennis, Netball, Cricket, Lawn Bowls and Walking.**

To receive a registration form please contact the City of Casey on
Phone: (03) 9705 5200, TTY: (03) 9705 5568
TIS: 131 450 (Translating and Interpreting Service)
or Email: leisure@casey.vic.gov.au
www.casey.vic.gov.au/accessallabilities

City of Casey Access for All Abilities Program - Disability Awareness Training

Would you like to know how your club can become more inclusive of people with a disability?

The City of Casey Access for All Abilities Program will be conducting Disability Awareness Training for clubs, officials, volunteers and coaches. The training provides participants with the skills and knowledge to make their sport or club inclusive and accessible of people of all abilities.

The training covers topics around perceptions, communication, modified coaching, and details on how the City of Casey Access for All Abilities program can assist your club or sport.

For more information or to register your interest in the next Disability Awareness Training on Wednesday 27 October please contact the City of Casey Access for All Abilities Program on (03) 9705 5200 or Email: leisure@casey.vic.gov.au

VEWSA (Victorian Electric Wheelchair Sports Association)

VEWSA is a community based, non-profit association that provides meaningful competitive sports and recreation for Victorians who use electric wheelchairs, including 3-wheel scooters for mobility.



VEWSA has a range of sports that males and females of any age who use electric wheelchairs can participate in. These include: hockey, balloon soccer, rugby and volley ball. All these sports are played on an indoor basketball court at Croydon Leisure Centre, Civic Square, Croydon. Melway ref 50 J5. VEWSA members have the opportunity to participate in individual and team events at local, regional, state, national and world levels of competition.

For more information please contact VEWSA on: (03) 9574 8335, Email: vewsainc@net2000.com, or visit their website at www.vewsa.com.au

Mental Health Week - 10 October 2010

This year Mental Health Week will run from **Sunday 10 October to Saturday 16 October 2010.**

Mental Health Week aims to activate, educate and engage Victorians about mental health through a week of interactive events across the state including an official launch, community festivals, art exhibitions, music, theatre and seminars.

Mental Health Week reminds us of the importance of physical activity in preventing and managing depression and anxiety. Research shows that keeping active can help a person stay physically fit as well as mentally healthy (Beyond Blue 2010). Being active can:

- help lift mood
- increase energy levels
- help people feel less alone if they exercise or socialise with others
- increase overall well-being

Some tips to getting active can include simple daily activities such as gardening, shopping and house hold activities, or walking and riding.

For more information on Mental Health Week visit Mental Health Foundation of Australia (Victoria) website on www.mentalhealthvic.org.au or for more information on preventing and managing depression contact Beyond Blue on 1300 224 636 or visit their website at www.beyondblue.org.au



Access at Casey RACE



“In life we are all given challenges, some of us greater challenges than most. My challenge is a motorbike accident. I didn’t know what Casey RACE could offer me until I started.

The combination of the gym, pools and classes will give you a positive attitude, a change from I can’t, to I can. A new outlook and sense of belonging, a new social network with people all striving for the same goals. You will soon move from being inspired by what others have accomplished, to inspiring others through your actions.

The wonderful staff have been trained to look after your needs, design and update individual programs that are beneficial and provide any assistance needed. They are also really good for a chat too! My name is Ian and I look forward to meeting you at Casey RACE.”

Casey RACE is committed to providing access and inclusion for persons with a disability to its facilities, services, programs and activities. We recognise that access to positive leisure opportunities should not be a privilege but a part of community life. As such, we have implemented a range of strategies to provide everyone with support to enjoy being active and involved.

We offer car parking close to the entrance of the centre, hand railing and ramps to assist with travelling throughout the centre, accessible changing facilities throughout the centre, ramp access into our lap and warm water pools, water appropriate wheelchairs and hoist access into our spa.

Our staff are trained in dealing with the needs of different individuals. In the health club, we tailor individual programs to assist the needs of those participating; we are available for support and advice any time. In our Aquatics area, we have group and individual programs, that are educational and plenty of fun for all age groups and abilities.

“The staff here are most friendly, and very helpful. The equipment is accessible, well serviced and always clean. I find it easy moving around the gym in my wheelchair.” John Conn

For further information on Casey RACE Access & Programs, please contact the centre on (03) 5990 8600.



Do you have an accessible and inclusive sport and recreation program?

If you would like to promote your club or centre’s programs in this newsletter please contact the City of Casey Access for All Abilities Program on (03) 9705 5200 or Email leisure@casey.vic.gov.au



SPORT AND RECREATION OPPORTUNITIES

BASKETBALL



MERINDA PARK BASKETBALL CLUB

What: Mixed Competition
Venue: Casey Indoor Leisure Complex, New Holland Drive, Cranbourne
When: Thursdays
Time: 6:00pm
Cost: \$10.00
Contact: Gordon Edwards 0408 568 253



CASEY INDOOR LEISURE COMPLEX

What: Basketball (Social)
Venue: Casey Indoor Leisure Complex, New Holland Drive, Cranbourne
When: Thursdays
Time: 1:00pm - 2:00pm
Cost: \$ 3.00
Contact: Shannon Thiel 5996 6033

BOWLS



BERWICK BOWLS CLUB

What: Lawn Bowls
Venue: Edwin Flack Reserve, Manuka Road, Berwick
When: Mondays
Time: 9:45am - 11:00am
Cost: Free
Contact: Coaching Co-ordinator Les Herring on 9707 1524 or 9768 9920



NARRE WARREN BOWLS CLUB

What: Lawn Bowls
Venue: Max Pawsey Reserve, Magid Drive, Narre Warren
When: By appointment - cost to be confirmed
Contact: 9704 9702



CRANBOURNE BOWLS CLUB

What: Lawn Bowls
Venue: Grant Street, Cranbourne
Time: Various days/times, starting in September
Cost: \$6.00
Contact: Allan Dennis 5996 1272





BOWLAND

What: Various bowling opportunities
Venue: Casey Indoor Sports Centre, New Holland Drive, Cranbourne
When: Various days and times
Contact: Reception 5996 7355



DANDENONG BOWL AMF

What: Pinbusters (Adults)
Venue: Princes Hwy, Doveton
When: Saturday
Time: 12.00pm - 1.30pm
Cost: \$10.50 per session - 2 games, shoe hire & trophies
Contact: City of Casey, Leisure Respite Co-ordinator 9705 5200



DANDENONG BOWL AMF

What: Social Ten Pin Bowling League (Adults) - sit and chat at the end
Venue: Princes Hwy, Doveton
When: Fortnightly Thursday
Time: 2:00pm - 3:00pm
Cost: \$5.30 per game - shoe hire & trophies
Contact: Dandenong Bowl AMF 9794 8133



NARRE WARREN SUPER BOWL

What: Pinbusters (Adults & Teens)
Venue: 22 Lauderdale Road, Narre Warren
When: Saturdays
Time: 9:45am - 11:45am
Cost: \$10.00 per session - 2 games, shoe hire & trophies
Contact: City of Casey, Leisure Respite Co-ordinator 9705 5200



TEN PIN BOWLING - JUNIOR PINBUSTERS

What: Open to all Junior Bowlers with a disability - 12 years and under
Venue: Narre Warren Superbowl, 22 Lauderdale Road, Narre Warren
When: Saturdays
Time: 11.30am - 12:15pm
Cost: \$6.00 (includes 1 game, shoe hire)
Contact: Debbie, Narre Warren Superbowl 9704 2955





ALL ABILITIES CRICKET

What: Expressions of interest is sought for crickets to participate in the All Abilities Cricket Carnival
Venue: Casey Fields, 160 Berwick - Cranbourne Rd, Cranbourne East
When: Various times and days
Cost: Free
Contact: Shaun Petrie on 0438 632 482



FACILITIES



CASEY ARC



What: Wave pool, 50 metre lap pool, spa, sauna, fully equipped health club and group exercise studios.
Venue: Cnr Overland Drive & Princes Hwy, Narre Warren
When: Open 7 days a week
Cost: Various
Contact: Casey ARC 9705 5000 www.caseyarc.ymca.org.au



CASEY RACE

What: Waterslides, splash park, leisure pools, 50 metre lap pool, spa, sauna, fully equipped health club and group exercise studios.
Venue: 65 Berwick - Cranbourne Road, Cranbourne East
When: Open 7 days a week
Cost: Various
Contact: Casey RACE 5995 5500 www.caseyrace.ymca.org.au



ENDEAVOUR HILLS LEISURE CENTRE

What: Cardio/fitness gym, group fitness, RPM room, Crèche, 2 court sports stadium and gymnastics hall
Venue: 10 Raymond McMahon Boulevard, Endeavour Hills
When: Open 7 days a week
Cost: Various
Contact: Endeavour Hills Leisure Centre 9700 4697 www.ehlc.ymca.org.au



BERWICK LEISURE CENTRE

What: One court stadium, extensive gymnastic program, older adults program, multi - purpose community room, function rooms
Venue: Manuka Road, Berwick
When: Open Monday - Saturday
Cost: Various
Contact: Berwick Leisure Centre 9707 3371



FIDA-FOOTBALL INTEGRATED DEVELOPMENT ASSOCIATION

What: AFL opportunity for people with a disability between 14 - 50 years of age
Venue: Casey Fields-Oval 2, 160 Berwick-Cranbourne Road, Cranbourne East, Melway ref 134 E7
When: Tuesday training 4:30pm - 5:30pm
 Games fortnightly on Sundays
Cost: Registrations \$100.00 (payment plans available)
Contact: Mel Lindsay 0432 595 780 to register for 2011 season



NARRE NORTH FOXES FOOTBALL CLUB AUSKICK

What: All Abilities Auskick clinic open to ages prep to grade 6
Venue: Narre Warren North Reserve, 203a Belgrave - Hallam Road, Narre Warren North
When: Saturdays 10:00 am - 11:30am - starting May 2011
Cost: Enquire within
Contact: Auskick Coordinator Paul Wright on 0401 558 228 or email Narre North Auskick Coordinator at vpadmin@narrenorthfoxes.com to register for 2011



GYM AND SWIM



CASEY ARC

What: SWEAT (Adults) - Aqua exercise program
Venue: Cnr Overland & Princes Hwy, Narre Warren
When: Tuesday
Time: 10:45am - 11:30am
Cost: \$5.40 per class
Contact: Casey ARC (03) 9705 5000 www.caseyarc.ymca.org.au



CASEY ARC

What: Access Aquatic Education Class 1:1 private classes (Infants - Adults)
Venue: Cnr Overland Drive & Princes Hwy, Narre Warren
When: Times/day made by appointment
Cost: \$26.60 per fortnight
Contact: Casey ARC (03) 9705 5000



BERWICK LEISURE CENTRE FOR ALL ABILITIES



- What:** Ed - Gym for all abilities. Parent assisted class for children aged 1 - 4.
When: Wednesday morning (times are flexible)
- What:** GymSafe for all abilities
When: Monday 4:30pm to 5:00pm. 30min class for school aged children
- What:** Adult Gymnastics for all abilities
When: Mondays 6:00pm
- What:** Adult Group Fitness for all abilities
When: Fridays 10:30am
Venue: Berwick Leisure Centre - 79 Manuka Road, Berwick
Cost: Various
Contact: Berwick Leisure Centre on 03 9707 3371, Email: berwick@ymca.org.au

HORSE RIDING



VICTORIAN EQUESTRIAN CENTRE



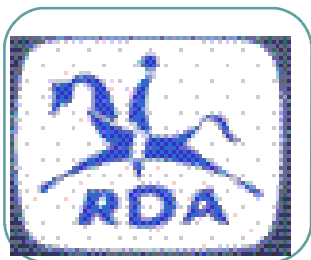
- What:** Horse Riding
Venue: 76 Beaconsfield Emerald Road, Upper Beaconsfield
When: Monday - Friday 10am - 4pm, Saturday 2pm - 5pm, Sunday- 3:30pm - 5pm
Cost: Various
Contact: Ken Aldred 5944 3751

RIDING FOR THE DISABLED



- What:** Horse Riding
Venue: Officer Centre, 144 Officer South Road, Officer
When: Tuesdays and Saturdays (during school terms)
Cost: Various
Contact: Lisa 0435 124 044

RIDING FOR THE DISABLED



- What:** Horse Riding
Venue: Myuna Farm, 182 Kidds Road, Doveton
When: Monday-Friday
Cost: Various
Contact: Coosje Dubach 9707 2301

RIDING DEVELOPS ABILITIES



- What:** Horse Riding
Venue: Balmoral Equestrian Centre, Harkaway Road, Harkaway
When: Fridays
Cost: Various
Contact: 0407 239 597





SPECIAL OLYMPICS VICTORIA

What: Swimming, Ten Pin Bowling, Basketball, Tennis, Bocce, Softball and more (8yrs and up).
Venue: Dandenong Valley Region
When: Various days dependent on sport
Cost: \$70 to register as an athlete
Contact: Betty Lang 9791 6013



BODY BALANCE

What: Body Balance
Venue: Balla Balla Community Centre, 65 Berwick - Cranbourne Road, Cranbourne East (next to Cranbourne Library)
When: Mondays 6:00pm - 7:00pm
Cost: \$65 for 8 weeks or \$9 casual
Contact: Balla Balla Community Centre (03) 5990 0900 www.ballaballa.com.au



BRAIN STRENGTH—ACQUIRED BRAIN INJURY SOCIAL GROUP

What: Support group and activities for people with an acquired brain injury
Venue: Berwick Neighbourhood Centre, 112 High Street, Berwick
When: Thursday 1pm (also have out and about activities)
Contact: Please contact to confirm meeting places and times
 Paula 9796 1970 or Maureen Vernal at LIAISE on 5990 6148



BELLY DANCING

What: Belly Dancing
Venue: Balla Balla Community Centre, 65 Berwick - Cranbourne Road Cranbourne East (next to Cranbourne Library)
When: Mondays 7pm - 8pm
Cost: \$65 for 8 weeks or \$9 casual
Contact: Balla Balla Community Centre (03) 5990 0900 www.ballaballa.com.au



TAI CHI FOR EVERYONE

What: Tai Chi
Venue: Balla Balla Community Centre, 65 Berwick - Cranbourne Road Cranbourne East (next to Cranbourne Library)
When: Wednesdays 11:30am - 1:00pm and 7:00pm - 8:30pm
Cost: \$100.00 for 9 weeks
Contact: Balla Balla Community Centre (03) 5990 0900 www.ballaballa.com.au



LIBERTY SWING

- What:** A swing that allows people using wheelchairs and people with a disability to enjoy the fun and recreation of swinging.
- Venue:** Ray Bastin Reserve, Narre Warren - Cranbourne Road, Narre Warren
Casey Fields, Region Playground, 160 Berwick - Cranbourne Road, Cranbourne East (also various locations in Victoria)
- When:** All times. The Liberty Swing in Narre Warren and Casey Fields can only be accessed by key. To obtain a copy of the key contact any of the City of Casey's Customer Service Centres. Keys during the weekend are available for pick up at the Casey RACE.
- Cost:** FREE
- Contact:** City of Casey (03) 9705 5200



PERSONAL TRAINING @ WAM PERSONAL TRAINING

- What:** Personal training for fitness, weight loss and much more.
- Venue:** Unit 6, 9 - 11 Vesper Drive, Narre Warren
- When:** Flexible to suit the client
- Time:** Groups of up to four can be catered for (\$15 per person per hour)
- Cost:** \$37 for an hour or \$32 for 3/4 of an hour
- Contact:** Mario 9704 7030 or 0418 123 013

NETBALL



ALL ABILITIES NETBALL

- What:** A fun netball skill development program for people of all abilities
- Venue:** Cranbourne Netball Club, Casey Fields, 160 Berwick - Cranbourne Road, Cranbourne East, Melway Ref 134 E7. (Netball Courts near Oval 2 & 3)
- When:** Tuesdays
- Time:** 5.00pm - 6.00pm
- Cost:** Free
- Contact:** Lynda Bray 0488 322 296



LIFEBALL

- What:** A fun team game similar to netball and basketball which incorporates activities such as walking, passing and throwing to encourage physical movement and team work.
- Venue:** Netball Stadium, Frawley Road, Hallam
- When:** Mondays - 10:00am
- Cost:** \$4.00 plus one off registration and membership fee of \$10.00
- Contact:** Diane at Hallam Community Centre on 9703 1688





PISTOL CLUB

What: Beaconsfield Pistol Club
Venue: Kenilworth Ave, Beaconsfield
When: Thursday nights from 7:30pm and Saturdays 10:00am - 3:00pm
Cost: Club fee \$235 a year
Contact: Richard 0412 137 047
rtindall@nex.net.au www.beaconsfieldpistol.org.au

SAILING



LYSTERFIELD SAILING CLUB - SAILABILITY

What: Learn to sail or just enjoy the surrounds at Lysterfield Lake
Venue: Lysterfield Lake Park, Horswood Road, Lysterfield
When: October to May - various days and times
Cost: \$5.00 for 30 minutes
Contact: Leanne Skinner, Belgrave South Community House,
 0411 044 591 or 9754 2274 Volunteers: Brian Girling 9546 6508



SOCCER



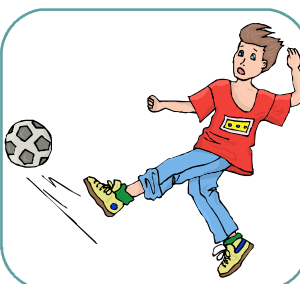
DOVETON SPECIAL SOCCER SCHOOL INCORPORATED

What: Soccer
Venue: Waratah Reserve, Cnr Doveton & Laurel Avenue, Doveton
When: Saturday
Time: 1:30pm - 3:30pm
Cost: \$4.00
Contact: Carlos Loyola 0414 393 700 or 9700 7098
www.dovetonspecialsoccer.com.au



CANNON INDOOR SPORTS SOCCER

What: Soccer - Under 8's and Under 11's
Venue: Cannon Indoor Sports Centre, 35 Vesper Drive, Narre Warren
When: Mondays - Under 8's 4.00pm - 4.30pm, Under 11's 4.45pm - 5.45pm
Cost: \$5.00 per session
Contact: Matt 8790 3888





CASEY FIELDS TENNIS CENTRE

What: Tennis Coaching
Venue: Casey Fields, 160 Berwick - Cranbourne Road, Cranbourne East
When: Monday to Friday from 9.30am-1.00pm or group coaching Wednesday & Thursdays 4pm onwards (4-15 years)
Cost: Various
Contact: Court Coverage, Ben Goltz 0407 846 007
 Email: bengoltz@bigpond.com



FOUNTAIN GATE TENNIS CLUB

What: Tennis
Venue: Cnr Princes Hwy & Raven Crescent, Narre Warren
When: Various times and days
Cost: Various
Contact: Matt 0408 987 201



YMCA ALL ABILITIES WALKING GROUP

What: All Abilities Walking Group
Venue: Casey ARC, Cnr Overland & Princes Hwy, Narre Warren
When: Thursdays
Time: 10:45am
Cost: \$2.00
Contact: Mary Williams or Darryl Martin 9705 5000



HALLAM'S SENSATIONAL MOVERS

What: Various activities
Venue: Hallam Scout Hall, Gunns Road, Hallam
When: Mondays at 11.15 am and Wednesdays at 9.30 am
Cost: \$4 per class
Contact: Hallam Community Centre 9703 1688
 Debbie 0421 017 631 www.hallamcc.com.au



BALLA BALLA WALKING GROUP

What: Walking
Venue: Balla Balla Community Centre, 65 Berwick Cranbourne Road, Cranbourne East (next to Cranbourne Library)
When: Tuesdays 9:15am - 11:00am
Cost: No charge
Contact: (03) 5990 0900 www.ballaballa.com.au



ARTS AND DANCE OPPORTUNITIES

ARTS



CRANBOURNE COMMUNITY HOUSE

What: Art Classes & Various Programs
Venue: Cranbourne Community Centre, 49 Valepark Crescent, Cranbourne
When: Times/Dates vary depending on course
Cost: Dependent on course or program
Contact: 5996 2941 or email: cch@cranbournecommunityhouse.com
www.cranbournecommunityhouse.com



BERWICK NEIGHBOURHOOD CENTRE

What: Various programs including Neighbourhood Knitters, Knitting for Animal Shelters and Strength Training
Venue: 112 High Street, Berwick
When: Times/Dates vary
Cost: Dependent on program
Contact: 9796 1970 www.berwickneighbourhoodcentre.com.au



BALLA BALLA COMMUNITY CENTRE

What: Art/Craft & Various Special Interest Programs
Venue: Balla Balla Community Centre, 65 Berwick Cranbourne Road, Cranbourne East (next to Cranbourne Library)
When: Times/Dates vary depending on course
Cost: Dependent on course or program
Contact: Maree Cullin - 5990 0900, admin@ballaballa.com.au
www.ballaballa.com.au



HAMPTON PARK COMMUNITY HOUSE

What: Art Classes & Various Programs (8 years and over)
Venue: Hampton Park Community House, 16 - 20 Stuart Avenue, Hampton Park
When: Times/Dates vary depending on course
Cost: Dependent on course or program
Contact: 9799 0708 or email: office@hamptonparkch.com.au
www.hamptonparkch.com.au





MERINDA PARK LEARNING & COMMUNITY CENTRE

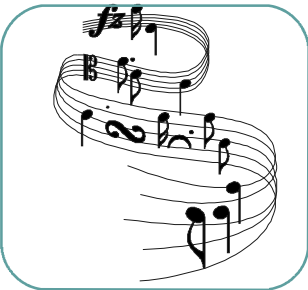
What: Leisure/Craft & Various Programs
Venue: 141-147 Endeavour Drive, Cranbourne North
When: Times/Dates vary depending on course
Cost: Dependent on course or program
Contact: 5996 9056 www.merindapark.com.au



UPPER BEACONSFIELD COMMUNITY CENTRE

What: Art and Cooking Classes and Various Programs
Venue: Upper Beaconsfield Community Centre,
 10 -12 Salisbury Road, Upper Beaconsfield
When: Times/Dates vary depending on course
Cost: Dependent on course or program
Contact: Upper Beaconsfield Community Centre 5944 3484
 Email: office@ubcc.org.au www.ubcc.org.au

DANCE AND SINGING



FUSION THEATRE

What: Blairlogie, Dramability and Dramatts
Venue: Dandenong Community Arts Centre, Cnr Walker and Robinsons Streets,
 Dandenong
 The Factory Rehearsal Centre, 65 Berwick-Cranbourne Road,
 Cranbourne
When: Various days and times depending on program
Cost: \$7 per workshop
Contact: Larry Boyd 0411 052 389



MR KINGSLEY KOONWHYE

What: Singing
Venue: Narre Warren South and can come to you
When: Monday to Thursday from 6pm onwards and Friday morning
Cost: \$30 per 1/2 hr
Contact: Kingsley 0412943438 www.singing.melbourneband.com.au





DANCE FEAT

What: A 10 week dance program for people with an intellectual disability
Venue: Teutonia German Australian Club, 61 Olive Road, Hampton Park
When: Tuesday evenings starting 5 October
Time: 5.00pm - 6.00pm
Cost: \$5 per week
Contact: Narissah on 0400 223 051 or Jason 0408 397 370
 or Email dancegroup@teutoniaclub.com.au



ANDY'S DISCOBILITY

What: Disco program for people with a disability
Venue: Hallam Recreation Reserve Hall, Frawley Road, Hallam
When: Monday
Time: 1.00pm - 2.30pm
Cost: \$6
Contact: Andy Zammit 0409 611 651
www.vicrock.com.au/thecatscorner



ANDY'S DISCOBILITY

What: Disco Program for people with a disability
Venue: The Factory Rehearsal Room 1, 65 Berwick - Cranbourne Road, Cranbourne
When: Wednesday's
Time: 10.00am - 11.30am
Cost: \$5
Contact: Andy Zammit 0409 611 651
www.vicrock.com.au/thecatscorner



CATHY - LEA DANCE.MUSIC.DRAMA WORKS

What: Dance, music and drama for all abilities
 Special Dance for children and adults who require additional support, including ballet, jazz, tap, hip hop, drama and singing. Also instrumental Music, piano, drums and guitar
Venue: Cathy - Lea Studios, 5/15 -19 Vesper Drive, Narre Warren
When: Various days and times
Cost: \$5 - \$15 depending on classes selected
Contact: Phone: (03) 9704 7324
 Email: cathy-lea@cathy-lea.com www.cathy-lea.com



LINE DANCING

What: Line Dancing
Venue: Berwick Neighbourhood Centre, 112 High Street, Berwick
When: Thursdays
Time: 9.30am - 12:00 noon
Cost: Enquire within
Contact: 9796 1970
www.berwickneighbourhoodcentre.com.au



City of Casey - www.casey.vic.gov.au/accessabilities

Updated information on programs and services for people with a disability, including sporting and recreation opportunities, links to respite and holiday programs.

Access for All Abilities Volunteering - www.casey.vic.gov.au/volunteers

The Access for All Abilities Program is looking for volunteers to assist with sport and recreation activities. Programs include: cricket, football, netball, sailing, basketball, walking and much more.

Department of Planning and Community Development, Sport and Recreation Victoria - www.sport.vic.gov.au

Sport and Recreation Victoria (SRV) works to get more people involved in the community through sport and recreation. SRV assists the sport and recreation sector to develop and improve community sport and recreation facilities throughout Victoria.

Casey Connect - www.caseyconnect.net.au

Casey Connect allows Casey residents to search for local events and community led services, and communicate directly with the people responsible. It also provides an opportunity for groups and organisations in the City of Casey to communicate with their members and promote their group to the wider community.

Respite South - www.respitesouth.org.au

Respite South is designed to improve information provision on respite options for people with a disability in the Southern Metropolitan Region and to facilitate communication between organisations providing these services. The site is an initiative of the Southern Regional Disability Respite Reference Network.

Access Finder - www.accessfinder.com.au

Disability Accessible Hotels, Restaurants, Equipment, Cafes, Support Services, Respite and much more is what you'll find here on Access Finder.

mc² general site - www.mc2.vicnet.net.au

Mc2 is a virtual meeting place. Here you can connect with people who share your interests. Join a community or start your own community with family, friends or colleagues. Search disability or sport and recreation to find heaps of links, information and groups.





GRANT OPPORTUNITIES

Access for All Abilities works to ensure a culture of inclusiveness and participation as well as access to sustainable quality sport and recreation activities and facilities. It aims to promote positive community culture and values.

Key Objectives of AAA:

- Promote awareness of the benefits of active participation;
- Provide support for inclusive sport and recreation environments;
- Influence the planning and development of accessible and inclusive sport and recreation environments; and
- Foster and develop partnerships to enhance access and inclusion in the sport and recreation sector.

City of Casey Grants Program

The City of Casey Grants Program provides financial assistance for sport and leisure environments wishing to provide services for people with a disability within the City of Casey. The Grants program includes Community Grants and Operational/Minor Equipment Grants.

Amount Available for Operational/Minor Equipment Grants: \$100 to \$500

Applications close: 15 October 2010

Applications for the 2010 Community Grants have already closed

For more information on the City of Casey's Grants Program or to obtain an application form please contact the Community Grants officer on 03 9705 5200 or on Email: communitygrants@casey.vic.gov.au



VOLUNTEER OPPORTUNITIES

The City of Casey is seeking volunteers interested in providing support for people with a disability participating in sport and recreation programs.

A range of sport and recreation activities are available to people with a disability, located around the municipality on various days and times that require volunteer support.

Some of these activities include: Sailability, Basketball, Football, Netball and Cricket.

For further information on volunteering or to register your interest please contact Access for All Abilities on:

Tel: (03) 9705 5200 **TTY:** (03) 9705 5568 **TIS:** 131450 (Translating & Interpreting Service)



OPPORTUNITIES FOR FEEDBACK

If you are interested in receiving information on Access for All Abilities and or Recreational Access Project, or you would like to promote an accessible sport and recreation activity, please contact:

Access for All Abilities
City of Casey
PO Box 1000
Narre Warren VIC 3805

Tel: (03) 9705 5200 **Fax:** (03) 9705 7469
TTY: (03) 9705 5568 **TIS:** 131 450 (Translating & Interpreting Service)

Email: leisure@casey.vic.gov.au Web: www.casey.vic.gov.au

Access for All Abilities is a Victorian Government initiative coordinated by Sport and Recreation Victoria. It's the only sport and recreation program of its type in Australia. For over 10 years the program has supported, and continues to support and develop inclusive sport and recreation opportunities for people with a disability throughout Victoria.