



City of Whittlesea

JUNE 2007

Access For All Abilities Newsletter

Welcome to the Access for All Abilities quarterly newsletter for Banyule, Nillumbik and Whittlesea.

**Banyule
City Council**
Julie Allan
9457 9941

**Nillumbik
Shire Council**
Fleur Messina
9433 3111

**City of
Whittlesea**
Trent Prince
9217 2370

Fitness workout at Olympic



Araluen residents participating in the new gym program at Olympic Leisure Centre. More on page 7.

New Programs for people of all abilities

YOGA

At Nets Stadium
2 Somers Ave, Macleod

For people of all abilities
Beginners welcome

Mondays at 10.30am sharp

**NUMBERS ARE LIMITED SO
PLEASE BOOK**

Call Julie 9457 9941

\$4 per person

Special Needs DISCO

Macleod YMCA

July 13th
August 10th
September 14th

157 Wungan St,
Macleod
9459 90222

IVANHOE BOWLING CLUB

2 John St, Ivanhoe



**Lawn Bowls for
All Abilities**

New season starts

Friday June 29th

4.30pm

\$3 per person

Please call

Magdalena 9497 4409

Special Olympics

Swimming Squad

Ivanhoe Fitness and Aquatic
Centre

170 Waterdale Rd, Ivanhoe

Fridays at 5.30pm

All Abilities Welcome

Pls call Tanya 9455 2510

CAN YOU HELP ?

We are in urgent need of a competent and friendly 'Social and Fun Club' Tutor for a Mildly to High Intellectually Disabled Group (16 participants). The classes will be held on Fridays 1pm -3pm from 27th July for 9 weeks.

This class aims to provide participants new skills whilst socializing and enjoying lively music, singing, having afternoon tea and playing games.

Requirements:

- Experienced or Confident in dealing with Special Needs people.
- Music skills: mainly playing Guitar and Singing along.
- Police Check (requires before the commencement of the job).

Please call Jasdip on 9458 1935 for further details.

**Club Wild presents a night of the best dance instruction
for heels and wheels.**

Sat 23 Sept 7-10pm, Northcote Town Hall

A night to strut your stuff and learn the best dance moves taught by Melbourne's best dance teachers ... sexy Latin/ Lambada, Rock'n'Roll, Hip Hop, Line Dancing. All in Club Wild's fully accessible, disability friendly Club atmosphere.

Making Darebin a fully accessible community and part of the 10th Darebin Music Feast.

Northcote Town Hall, 189 High St, Northcote. Mel 30 E9. Full access, parking and public transport information available at www.northcotetownhall.com.au

7-10pm. \$10 entry, carers free. Cafe snacks and Club Wild T Shirts available for purchase. No alcohol.

Bookings: contact Club Wild on 03 9326 9970 or katrine@clubwild.net

Home and Community Care (HACC)

ARE YOU THE FULL TIME CARER OF AN ELDERLY PERSON OR A PERSON WITH A DISABILITY?

WOULD YOU APPRECIATE AN OCCASIONAL BREAK FROM YOUR CARING DUTIES?

If so, you may be eligible for in home respite from Banyule City Council HACC Services!

Respite Care workers can come into your home and care for your relative in their own familiar environment for short periods of time. We can sometimes provide respite on weekends and after hours, as well as during the day, to give you a chance to attend an appointment, a movie, or a dinner with some friends.

If you are interested in finding out more, please contact our Home Care Intake Officer on 9490 4222.

DID YOU KNOW.....

Banyule City Council have a Disability Reference Group.

This group meet once per month and discuss issues, concerns and all matters important to our community becoming inclusive.

The group is made up of council staff and members of the community who care for a person with a disability and people who have a disability.

Would you like to become involved?

Contact Carole Maher for an application form. Phone 9457 9906

Blind Sports

Walking With Willpower is looking for people to assist as a walking partner.

The Walking With Willpower project promotes fitness, wellbeing and community involvement by matching adults who have low or no vision with a friendly volunteer to share together the benefits of walking.

Contact Details:

Project Coordinator Janene Sadhu

Ph: 9822 8876

Email:

walkingwithwillpower@blindsports.org.au

Community Houses/Learning Centres

Living & Learning at

Banyule's network of Neighbourhood Houses & Learning Centres

Looking for something different to do in 2007? Banyule has seven dynamic Neighbourhood Houses & Learning Centres that provide people of all ages, abilities and backgrounds with places to meet, share, exchange information and learn together. Each Centre offers a diverse range of professional, practical and affordable education, leisure, recreation, creative and personal development programs, including Nationally Accredited Certificates & VCE and VCAL units.

All classes are tailored to let individuals learn at their own pace and are held in relaxed and vibrant social settings. Most Centres also offer volunteer programs giving people opportunities to learn practical skills in office administration, tutor support, childcare, gardening and other house activities.

All Neighbourhood Houses & Learning Centres will be taking enrolments for Terms 2 & 3 from mid June. Contact your nearest Centre and leave a clear message for bookings or more information and get connected to your local community!

CENTRE	ADDRESS	PHONE
Contact Community Centre	Bundoora Hall, Noorong Avenue, Bundoora	9467 6305
Olympic Adult Education	21 Alamein Road West Heidelberg	9450 2665
Diamond Valley Learning Centre	Cnr Diamond Creek Road & St Helena Road, Greensborough	9435 9060
Rosanna Fire Station Community House	232 Lower Plenty Road, Rosanna	9458 1935
Greenhills Neighbourhood Centre	Community Drive, Greensborough	9435 9287
Watsonia Neighbourhood House	47 Lambourne Road Watsonia	9434 6717
Livingstone Community Centre	1 Livingstone Street Ivanhoe	9497 2014
Living & Learning Nillumbik	739 Main Road Eltham	9430 1313

Mansfield Zoo

**Golf Buggy
Guided Tours**



Mansfield Zoo is home to regional Victoria's largest collection of native and exotic species. We are an interactive Zoo – many of our animals are hand reared, or very accustomed to people – and can be hand fed by visitors. We provide a unique opportunity for children and adults to actively engage with the animals and learn more about their distinct personality and behaviour. Only 10 minutes from Mansfield

Limited mobility? Groups can book a tour with our **Golf Buggy**. One of our Zoo Keepers can escort you around the zoo on your own personal tour. Seats are limited – 3 adults or 4 children. Booking is essential on 03 5777 3576

Facilities at the Zoo include:

Licensed café

Giftshop

Free use of undercover BBQ facilities

Golf Buggy – for group tours. Bookings essential

Zoo activities include:

Zoo Keeper Feeding Tours.

Swag It Under the Stars.

Ute Muster

Group Tours.

Monthly email newsletter.

Annual Membership

See our website for more details www.mansfieldzoo.com.au

Mansfield Zoo 1064 Mansfield Woods Point Road, Mansfield

Phone: 03 5777 3576 Email: Info@mansfieldzoo.com.au

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Araluen clients have been participating in a health and wellbeing program at the Olympic Leisure Centre for the last two months. Once a week clients participate in a combination of group activities and individual exercises aimed at improving the health and wellbeing of attendees. Some of the benefits gained from participating in such a program include:

- Increased fitness levels.
- Improved coordination and flexibility.
- Increase strength and allows for a more independent lifestyle reduces blood pressure.
- Promotes cooperation amongst participants and integrates clients into the programs and services within Banyule municipality.

“We feel that the disability program is unique as the clients from Araluen are participating in our programs and services along side the health and fitness members of Olympic Leisure Centre (OLC)”. OLC members have been very welcoming to the clients from Araluen and on occasions have been participating and assisting clients with their programs. One of the rewarding outcomes of the program that we have personally noticed has been the development of the group and how they interact with one and other. We are getting a lot of laughs and smiles from participants as they work together and motivate one and other.

PEOPLE OUTDOORS—Weekend Getaways

People Outdoors are offering a series of great opportunities for people with a disability to get away for the weekend.

These camps are held at various campsites across Victoria including Allambee Camp, Stringybark Lodge, Mt Morton Lodge and Log Cabin Christian Camp.

The camps are age appropriate and include activities like abseiling, canoeing, bushwalking, flying fox, art and craft plus many more.

THE COST IS ONLY \$50 and includes accommodation, meals, transport, activities and 1:1 volunteer carer.

Please take advantage of these great offers and call to book your place and find out which camps are coming up.

People Outdoors—phone: 9350 5116

www.peopleoutdoors.org.au

North/West Diners

Scope Leisure Action run the North/West Diners Club. Members go out for dinner to various places around Melbourne.

July—Zagame's Brunswick

August—Anglers Tavern Maribrynong

September—La Porchetta Niddrie

If you are interested in meeting new people and enjoying a dinner once per month please call **Jayson at Scope Leisure Action 9894 4686**.

Carer support is available and there it costs only \$10 to be a full member.

WESLEY KIDS UNDER KANVAS

Wesley Kids Under Kanvas provides you people (aged 8-18 years) who have a disability, the opportunity to participate in recreation and camping activities which develop new skills and self-confidence. The program promotes opportunities to share new experiences and make new friends while having fun.

Camps are staffed by trained volunteer leaders, and the volunteer leader to camper ratio is 1:2.

Why not enjoy some of these activities:- horse riding, surf camps, Imax, tent camps, Werribee Zoo, snow trips... and many more.

Please contact Wesley Kids Under Kanvas for more information.

Phone: 9687 8264

Email: kuk@wesley.org.au

Website: www.wesley.org.au

AGEING CARERS PROGRAM

The Ageing Carers Program works with parents/carers aged over 65, caring at home for a person with a long term disability.

Program Aims

- Raise awareness in the community of the needs of ageing carers and the person they care for.
- Identify what supports ageing carers need and promote ways of developing these in the community.
- Develop respite and recreation options to assist ageing carers and their family members.
- Assist ageing carers on one to one basis, when needed, to access immediate supports as well as plan for the future.

The service is for carers in the municipalities of Banyule, Darebin, Hime, Moreland, Nillumbik, Whittlesea and Yarra.

Phone 9425 2500 and ask for the Intake Worker.

Interested in playing NO BOUNDARIES CRICKET..??



EXPRESSIONS OF INTEREST

NO BOUNDARIES is a modified game of cricket, which allows all people with a disability to compete in a fair and fun manner this sport is also enjoyed by people in wheelchairs.

If this sounds like a sport for you

please call Julie at Banyule City Council on 9457 9941

The Sycamore Tree Coffee Shop

This coffee shop is attached to the Scots Church in Burgundy St, Heidelberg and runs art/craft classes every Thursday along with lunches for people with physical and intellectual disabilities.

Unfortunately, their teacher has had to retire and they are now looking for someone to take these classes as it is now at risk of not continuing.

If you are—or know someone who is—an art/craft teacher who would like to volunteer one Thursday per month between 10am and noon to help this group out, please contact Anne Burgess.

anneburgess1@dodo.com.au

Or call Dawn Veale at Banyule City Council on 9457 9929

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CLUB WILD COMING TO WHITTLESEA

Club Wild and City of Whittlesea are getting together to arrange an event in October. The event will have a dance party feel and will be structured around audience participation.

It is planned that local community groups will assist in planning and set up and Club Wild will provide some live bands and DJ's.

Council have committed some funding to assist and to ensure this is a great night there will be plenty of publicity leading up to the event.

It may seem like a long time to wait..... But it will be worth it. So watch this newsletter for updates.

Further information please contact Trent on 9217 2370.

Rosanna Fire Station Community House

Sponsor a Brick—be part of the Community Garden Project. Support the House by buying a brick engraved with your name or a loved one's

Hurstbridge Bowling Club

Have a program for people with disabilities each Monday. Why not get involved, meet new people and enjoy a roll.

Call Fleur on 9433 3111 for more information.

Banyule City Council

Community Grants

Have you got a great idea for a new program and need some funds to get it up and running?

www.banyule.vic.gov.au

A Team Waiting For More Success:

Later on this year I will be representing The Victorian Wheelchair Basketball Team in the Day of Difference Junior National Games later on this year. The Games will be held in Sydney late September early October 2007.

In the Victorian U/21 team there are 11 basketball players all with lots of experience playing wheelchair basketball. All players are given a rating between 1 and 4.5 according to the functional ability of the person's disability. The team that is going to Sydney is; Nick (me), Maxx, Patrick, Dylan, Hayden, Nikki, Caitlin, Andrew, Ben, Jeremy and Jannik and our coach is Meagan Caligiuri. Leading up to the games we have been training at Royal Talbot on Sundays all throughout the year. Each training session is two hours long.

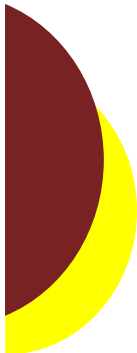
The Victorian team plays in a local competition on a Tuesday night at Knox. There are also regional tournaments around Victoria that we travel to; some places we go to are Geelong, Ballarat, Horsham, Bendigo.

In Wheelchair Basketball there are a few major rule differences compared to the NBA or NBL. One major rule in Wheelchair Basketball is a player may carry the ball and have two pushes of the wheels before they must bounce or pass it if so three pushes is a travel violation resulting in the other team gaining possession. You can also just bounce the ball next to you or in front of you like they do in the NBA which is the easier way of avoiding the travel violation rule. Also in wheelchair basketball match you get 2 halves of 17 minutes in A grade competition but, in National or International competition it is a game of four quarters of 15 minutes which I think is much better because everyone gets more game time.

Overall, I am definitely looking forward to the Day of Difference Junior National Games as it is my first major tournament interstate playing against other Australian states and international teams. I also look forward to meeting new people and hopefully winning a medal.

By: Nick Love





COUNCIL WEBSITES

www.banyule.vic.gov.au

www.whittlesea.vic.gov.au

www.nillumbik.vic.gov.au

Outside School Hours Care for Young People Over 12 with a Disability:

Lauren Matthews, Community Child Care's (CCC) Policy & Advocacy Worker is currently on secondment one day per week, for 15 weeks, at the Association for Children with a Disability (ACD). ACD provides information, support and advocacy to Victorian families who have a child or young adult with any type of disability or developmental delay. CCC is the peak body for not-for-profit community owned and managed children's services, including long day care and outside school hours care, in Victoria. CCC is also the National Secretariat for the National Association of Community Based Children's Services (NACBCS).

As part of her secondment, Lauren will be working on a project examining the needs and options for young people over the age of twelve with a disability around access and availability of high quality and age-appropriate outside school hours care. This is a complex issue for all levels of government, families, young people and the community.

The aim of this project is to develop a discussion paper that outlines: the current situation for young people over 12 in relation to outside school hours care; the complex funding and policy arrangements; the service model that are available and possible and how this system works for families, young people and communities. This document aims to look at where to from here and what innovative models can be developed by the community and Government. The purpose of this paper is to open up the policy dialogue between governments, providers, communities, families and young people and present recommendations for future action. This project will hopefully act as a catalyst for sector-wide advocacy.

Lauren is keen to hear from the community on this issue, whether you are a service provider, case manager, peak body, parent, young person, outside school hours care worker, teacher or any other interested party. Lauren wants to know about your issues, needs, experiences, ideas, what you think does or doesn't work and your vision for outside school hours care for young people over 12. If you would like to talk to Lauren or if you would like more information please email lmattthews@cccinc.org.au or call the Association for Children with a Disability on 9500 1232 (Lauren is available on Friday).