

# Access for All Abilities



FEBRUARY 2012

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and there's plenty more too....

Is it just me, or did your clothes miraculously shrink a size or two over the festive season too? Maybe it's time to think about getting some more exercise (and less food) under the belt?

Thankfully, there's plenty on offer to make your 2012 a more active, more connected and more healthy time.

The All Abilities Tenpin League is underway again, and you can register anytime to join the fun and test your arm. If hockey's more your thing, there's Hook into Hockey every Saturday at Melton Hockey Club. Table Tennis is making its debut at Caroline Springs Leisure Centre. There's even music and gym activities for the little ones.

In this bumper edition, you can read about a fantastic, new, accessible playspace being built in Taylors Hill, get an update about the KickStart Program at Melton Waves, and get some details about grant opportunities you might be eligible to apply for.

Grab a carrot and a glass of water and settle into a comfy chair, it's the sugar free edition of the AAA Melton newsletter.

Darren Cunningham  
**Access for All Abilities Officer**

## Table Tennis at Caroline Springs

The newest program at the CS Leisure Centre is underway, get along every Friday night or Sunday morning for a hit of table tennis. Have a social hit or a competitive game, it's up to you.

\$5 per Adult or \$2.50 per Child (Under 13)  
Fridays 7pm-9pm or Sunday mornings 9am-12pm

Caroline Springs Leisure Centre  
9-19 The Parade Caroline Springs  
9747 5327 / [seand@melton.vic.gov.au](mailto:seand@melton.vic.gov.au)



## Inclusive Auskick

Tyler Fishlock lost both his eyes to cancer at the age of three. After years of kicking a footy around the backyard with his Dad, last year, aged 9yrs he decided he would like to play Auskick.

His father Brad spoke to Michael Solomon, Coordinator at Caroline Springs Auskick about his involvement, and it was agreed that they would be able to include him. As well as including Tyler in the group activities, the Centre has also developed a fantastic individual set of activities to hone 'Torpedo' Tyler's skills.

Michael has provided a couple of examples from Tyler's weekly training schedule. Full details are available as a Club Tip Sheet at [www.melton.vic.gov.au/AAA](http://www.melton.vic.gov.au/AAA) and for Club coaches out there, they should take note about how Michael has focused on Tyler's abilities, and developed a program accordingly.

### Warm up

This includes running and stretching as well as figure-8 ball work, etc. This is a challenge for Tyler as running is difficult because he has no focus point. We have overcome this by using a short rope attached to both of us while we run.

### Goal kicking

This is completed by placing a number of balls to the left side of Tyler and using voice directions to help him locate them. He then takes two steps from his marking cone that he feels before each kick and then kicks the ball to me in the goal square. I have made myself wrist bands with bells so he can kick towards the bells to locate me and know in which direction to kick.

Michael added *"Without participant sight, a coach has to rely on heightened use of verbal communication and touch, as well as be more innovative, more creative in the way they use equipment. I really believe it's assisted me when coaching other kids without the challenges that Tyler has."*

*Tyler is a great little kid who leaves me humbled every week by his motivation, bravery and most of all his commitment to being just like any other kid his age, despite the lot he has been dealt".*



## KickStart Swimming Lessons

KickStart at Melton Waves Leisure Centre continues to go from strength to strength, Waves are currently offering 11 KickStart Lessons each week, and has a staggering 31 children enrolled.

The KickStart program provides swim lessons for children with autism, sensory processing difficulties and those with specific communication and learning needs.

Lessons are also now being delivered in 11 Centres across the State, if you'd like it established at one near you, we'll give you some ideas on how to go about it.

To find out more about attending a KickStart Swimming Lesson at Melton Waves, contact them on 9747 4333 or visit 206 Coburns Rd, Melton.

If you'd like to know more about the KickStart program, contact AAA Melton or check out the website at: [www.melton.vic.gov.au/KickStart](http://www.melton.vic.gov.au/KickStart)



## All Abilities Tenpin League

The All Abilities League is open to people with a disability, join in the fun and be in the running for some fantastic prizes. Friends and family are also welcome to play.

**Thursdays 5pm – 6.15pm**

1 Game \$8 or 2 Games \$12

AMF Bowling  
Watergardens Town Centre, Station St  
Taylors Lakes (melways 13 E1)

**Register: 8361 5211**

A joint initiative of AAA Melton and Brimbank.



## Club Grants Open

Local clubs and community groups can now apply for funding from Council's Community Funding Program, with grants available in two categories:

- Community Strengthening – up to \$5000
- Partnership – up to \$10,000

Eligible projects can include events, equipment, initiatives to attract non-traditional participants and infrastructure projects within the Shire. Grant applications close March 12th. Download the application from [www.melton.vic.gov.au/Grants](http://www.melton.vic.gov.au/Grants) and contact AAA Melton if you'd like to discuss your inclusive project idea.

## Inclusive Clubs Survey

We recently undertook a survey with our local clubs to find out what they were doing around the inclusion of people with a disability. We received a fantastic response with 19 clubs undertaking the survey (and this didn't include several clubs who we have been working with for some time, and who are also including people with a disability).

Some of the key findings were:

- Clubs involved in a wide variety of sports completed the survey and from across the Shire,
- 79% have people with a disability participating (PWD),
- 87% are playing whilst only 34% have PWD in coaching, administration or officiating roles,
- Only 32% are promoting their activities to PWD and 16% have a partnership with local disability services /organisations,
- Whilst only 28% have had 'disability' related training, 83% are interested in getting such training.

I see tremendous opportunities as a result of the survey to increase local opportunities for PWD to get more involved in their local clubs (as players **and** volunteers), interest in this area is high amongst these clubs and we will keep you informed as things progress. If you'd like a full copy of the survey results, don't hesitate to contact me: 9747 7332 / [AAA@melton.vic.gov.au](mailto:AAA@melton.vic.gov.au)

## Paralympic Dream

When local Wheelchair Table Tennis player Chris Addis put the call out for our community to help him achieve his Paralympic dream, the response was immediate and overwhelming.

In order to gain a spot in the Australian team for London 2012, Chris first had to raise \$6400 to compete in a qualifying event in Hong Kong in December. Through the efforts of the Melton Table Tennis Association and many of Chris' friends and family, his fundraising efforts were off and running.

Through the support of AAA Melton and other Council officers, his target was quickly reached when he secured \$750 from Council's Community Assistance and Sponsorship Program, \$750 from Melton Valley Rotary Club and \$2500 from Melton Lions Club.

Competing in his first event overseas, Chris battled valiantly but in vein against some of the best players in the world. Although his Paralympic ambitions will now have to wait until the Paralympics in Rio in 2016, his first dream was to get into a position to qualify for London and together, our community helped him achieve that dream and for that we should be rightly proud.

When reflecting on his Hong Kong experience, Chris said *"It was nothing like I've experienced before, and the matches have shown me where I need to progress to get in the Aussie team for Rio. I played really well, but just wasn't good enough this time"*.

Chris wanted to warmly thank everyone for their support and encouragement. Now it's back to training as he prepares for the Australian Championships in Queensland in April.



## New Playspace

In a few months time, we'll be opening a fantastic new playspace in Taylors Hill and we are especially thrilled with a number of elements that will make the space a very accessible one.

We will be installing Victoria's first Sway Fun Glider, it's wheelchair accessible and allows children in a wheelchair to play with their friends and family. We'll also have a Cozy Dome which is not only a great item to climb over, but for kids that might need a few moments out of the noise and chaos of the playground, they can crawl inside the Dome for some quiet time. It will be positioned in a relatively quiet corner of the playspace.

For years, many families have requested a fenced playground and they will be pleased to know that this playground will be fenced. Whilst there has been a move towards unfenced playspaces over the years, for families who have children (many with autism) who like to run off at every opportunity, a fenced space will provide greater piece of mind, and may mean the difference between those families going to a playground, or not.

We'll keep you posted as to when the playground will be officially opened, and offer our thanks to those families who contributed their ideas and insights to the development of this wonderful space.



### Something for the Kids

GymbaRoo: An afterschool gym program for children with a disability (aged 5-12yrs)  
and

Hey De Ho: A music group for children with a disability (aged 3-12yrs)

#### **GymbaRoo**

**Mondays 4.30-5.15pm**

Anglican Church

248 Caroline Springs Boulevard

\$90 per term

**Call Angie 0401 519 365**

#### **Hey De Ho**

**Fridays 4.30-5.15pm**

Hillside Community Centre

Royal Crescent

\$108 per term

**Call Angie 0401 519 365**

## Positive Behaviour Workshop

This free session will provide carers, family members and professionals with an overview of the issues and practices involved in providing effective and ethical support for people with an intellectual disability whose behaviour is challenging.

**Wednesday 29 February 2012**

**10.00am to 12.30pm**

Melton Community Hall

Morning tea and light lunch provided

RSVP by Thursday 23 February

9747 7283 or [sallyl@melton.vic.gov.au](mailto:sallyl@melton.vic.gov.au)

## Boccia Champs

We are delighted to be hosting the State Boccia championships in Melton on Sunday 11 March.

Boccia is an indoor target game played by people with a disability where players throw or roll their ball and try and land as close as possible to the white target ball (the jack).

The Championships will be held at the Melton Indoor Rec Centre and as well as encouraging people to register to play, we are also seeking people to assist by volunteering their time on the day.

For all the details, contact AAA Melton.



## ICare

A parent/child support group to give and receive both emotional and practical support, and to share their experiences over a cuppa. Our group consists of parents who have children with a disability, but is open to everyone.

Fridays 10am-12pm

Springside Children's & Community Centre, 24 - 50 Becca Way, Caroline Springs

Contact: Pepsi 0434 140 620

Through the Access for All Abilities program, Council supports the development of more inclusive sport and recreation opportunities. The program is a Victorian Government initiative coordinated by Sport & Recreation Victoria.

Find out about local inclusive sport and recreation activities for yourself or for someone you know, or contact AAA Melton to get some help to make your club more welcoming and inclusive for all.

9747 7332

[AAA@melton.vic.gov.au](mailto:AAA@melton.vic.gov.au)

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