



Did you know...

As little as 30 minutes of exercise a day can improve your bones and muscles, reduce the risk of illness and increase your overall energy levels.

You don't need to be a star athlete or be into competitive sport to be active. There are dozens of sport and recreation activities you can get involved in that aren't competitive.

Working together with local clubs we can find the right sport and recreation opportunities and solutions whatever your ability.

Access for All Abilities providers can link you up with a range of sport and recreation options, whether it's through organised programs or recreational activities.

If you'd prefer to ditch the ball park for the bike path, or the soccer field for the footpath, or you would like to improve your fitness, become a better athlete, or meet new people contact your local Access for All Abilities provider.

Who do I contact?

Access for All Abilities providers work in all Victorian local council areas.

Access for All Abilities providers work in partnership with local sporting clubs, State Sporting Associations, sport and recreation organisations, community health, education, government and community groups.

Access for All Abilities

Melton Shire Council

9747 7332

AAA@melton.vic.gov.au

Check out our website

www.melton.vic.gov.au/AAA



Access for All Abilities



**Inclusive sport
& recreation**



Come and join in Access for All Abilities

Access for All Abilities is a Victorian Government initiative coordinated by Sport and Recreation Victoria.

We're proud to say it's the only sport and recreation program of its type in Australia!

For over 10 years the program has, and continues to support and develop inclusive sport and recreation opportunities for people with a disability throughout Victoria.

Mums, dads, kids, families, friends, seniors, carers, clubs, sporting associations, leisure centres and disability groups can also get involved.

Who are Access for All Abilities providers?

Access for All Abilities providers are professionals working at a community level to develop inclusive sport and recreation opportunities for people of all abilities.

Access for All Abilities providers promote and encourage a range of sport and recreation opportunities across the state from basketball to cricket, walking, aussie rules football, soccer, sailing, and lawn bowls.

Access for All Abilities providers can offer you:

- A variety of ideas and contacts to get you active and involved.
- Links to organised activities at local facilities.
- Timely and up to date advice on the latest sport and recreation opportunities in your area.
- Pathways to sport and recreation opportunities right up to an elite level.
- Opportunities to be trained and undertake roles to coach, umpire and volunteer.

Access for All Abilities providers offer local clubs:

- Assistance in attracting and retaining people with a disability.
- Insight into the sport and recreation interests of people with a disability in the area.
- Grant information and support with applications.
- Disability awareness training for coaches, officials and volunteers.
- Advice on how to make your club more accessible and inclusive.
- Promotion of inclusive programs and opportunities.

What are the benefits for you?

Everyone benefits from Access for All Abilities.

Not only do you improve your health and wellbeing but there are opportunities to meet new people, make new friends, learn new skills and have fun.

Access for All Abilities may even kick-start a whole new sporting career.

Sporting competitions can also enjoy more diversity and local communities enjoy greater levels of inclusiveness, liveability, health and a stronger sense of belonging.

What are the benefits for clubs?

- Increased membership and participation.
- More diverse club membership.
- New volunteers, officials and spectators.
- Enhanced club profile within the community.
- Inclusive and sustainable programs and competitions.
- Connections to local communities and service networks.

How can you participate?

You can become involved by:

- Participating in the game or activity.
- Coaching.
- Cheering and supporting.
- Volunteering.
- Umpiring.