

Recreation and Leisure

Ambleside Tours - Tours for People with disAbilities

34 Stoda Street, Heathmont 3135

Phone: 9720 9800 Mobile 0417 153 988 or 0409 992 519

Web: www.amblesidetours.com

Email: marriott@alphalink.com.au

Offers fully escorted and aided theatre parties, day trips and trips within Australia for persons with a wide range of disAbilities.

Also offers tours within Australia for people with disAbilities, from overseas countries. Depending on the need, Ambleside can provide carers and plan the trip according to the interests of clients.

Arts Access Victoria

24 Eastern Road, South Melbourne 3205

Phone: 9699 8299 EASE Bookings 9699 8497

TTY: 9699 7636

Fax: 9699 8868

Web: www.artsaccess.com.au

Email: info@artsaccess.com.au

EASE Ticketing Service: ease@artsaccess.com.au

Provides access, participation and professional development in the arts and cultural life across Victoria for people with a disability. Offers a range of events, programs and recreational opportunities for people with a disability to explore different art mediums, develop skills and create new work. With a focus on contemporary arts projects, Arts Access programs feature the acclaimed 'The Other Film Festival', Australia's only disability film festival, Arts Access Arts Classes and the Deaf Arts Network.

Arts Access also provides training, resources, mentorships and the EASE Ticketing Service, which offers people with disabilities access to arts and cultural events.

EASE is a membership-based specialised booking service for people whose choice of seat is restricted due to physical or sensory impairment, and people who require access to flexible booking and payment options. EASE acts as a booking agency for sign interpreted, audio described and other events of specific interest to the disability sector.

Recreation and Leisure

Blind Sports Victoria (BSV)

454 Glenferrie Road, Kooyong 3144

Phone: 9822 8876

Web: www.blindsports.org.au

Email: blindsports@netspace.net.au

Assists people who have low vision or no vision to take part in sporting and recreational activities.

Delivers blind sports such as cricket, goalball, golf, indoor bowls, lawn bowls, power lifting, sailing, snow skiing, square dancing, swimming, swish, tandem cycling, ten pin bowling, tennis, track and field, 'Walking with Willpower'.

BSV can assist in finding and recruiting volunteers to assist participants who are blind or vision impaired to pursue their sporting or recreational activity.

Companion Card

GPO Box 4987, Melbourne 3001

Phone: 1800 650 611

TTY: 1800 898 888

Web: www.vic.companioncard.org.au

Email: info@companioncard.org.au

Promotes the right of people with a significant disability who require a companion, to fair ticketing at Victorian events and venues. The Companion Card is issued to people who can demonstrate that they would not be able to participate at most venues and activities without a companion, and that this need is life-long.

Recreation and Leisure

Croydon Aquatic and Leisure Centre

11 Civic Square, Croydon 3136

Phone: 9294 5500

Fax: 9294 5515

Web: www.maroondahleisure.com.au

Email: manager.clc@maroondah.vic.gov.au

Offers a full range of fitness and aquatic services including:

- a fully-equipped gymnasium
- a range of group fitness classes including Les Mills classes, circuit and cycle
- a women-only gymnasium
- dedicated fitness programming for older adults and people with disabilities
- squash and tennis facilities
- two-court indoor basketball/netball stadium
- gymnastics program.

The aquatic facility offers three bodies of water, with ramps to all pools providing easy access for people of all abilities:

- a 25 metre indoor lap pool, complementing the fitness component of services already on offer at the Leisure Centre
- a leisure pool with beach entry and an interactive water play area which will be welcomed by family groups
- a warm water program pool which can be used for a variety of programs and activities, with an attached spa zone.

The aquatic centre offers a full range of learn-to-swim classes, including classes for preschool, primary school, adults and people with disabilities. The centre is spacious and has an accessible change village for individuals, families and groups.

Recreation and Leisure

Deaf Sports Recreation Victoria Inc (DSRV)

Level 3, 340 Albert Street, East Melbourne 3002

Phone: 9473 1191

TTY: 9473 1154

Fax: 9473 1122

Web: www.dsrv.com.au

Email: dsrv@pacific.net.au

The peak state body representing deaf and hard of hearing people in sport and recreation in Victoria, and assisting with their participation in deaf sport at local, state and international levels.

Provides information about sport and recreation clubs and activities where people who are deaf or hard of hearing can participate with other deaf and hard of hearing people. Provides support and information to individuals who are deaf or hard of hearing who wish to participate more fully in activities within their local community. Also offers support and information to organisations that provide sport and recreational activities and wish to make these activities more accessible to deaf and hard of hearing participants.

Disabled People's Company (The)

Mooroolbark Community Centre, Brice Avenue, Mooroolbark 3138

Phone: 9726 4004

Email: mooroolbarkcc@yarraranges.vic.gov.au

A group of people with disabilities meet to socialise and take part in recreational activities such as outings and camps.

Eastern Recreation & Leisure Services (ERLS) - Access for All Abilities (AAA)

Corner Pine Road and Station Street, Bayswater 3153 PO Box 128, Doncaster East 3109

Phone: 9720 5944

Web: www.erls.net

Email: aaa3@erls.net

A not-for-profit community-based organisation servicing the eastern metropolitan region of Melbourne. ERLS is funded to facilitate the development of accessible and inclusive sport and recreation environments to increase participation by people of all abilities in their community.

Recreation and Leisure

IMPACT Support Services Inc.

59 Warrigal Road, Oakleigh 3166

Phone: 9568 6144

Web: www.impact.vic.edu.au

Email: impact@impact.vic.edu.au

A community-based not-for-profit organisation based in Oakleigh, providing support services for adults with intellectual disabilities, psychiatric disabilities, and neurological disorders, and their carers. Impact Leisure Services provides respite and recreation programs and supported holiday opportunities to adults with an intellectual disability. Call IMPACT for a copy of the latest Holiday and Respite Program, and further information.

Killara House - EACH

40 Warrandyte Road, Ringwood 3134

Phone: 9870 0531

Web: www.each.com.au

Email: info@each.com.au

A Planned Activity Group for older people with dementia who are still living at home or in supported residential service accommodation. Operates from Killara House in Ringwood, providing enjoyable activities for participants and the opportunity for them to socialise with their peers.

A day outing is planned every week for participants who live with a carer. Participants have considerable input into planning trips and activities. These activities provide respite for carers while their relatives or friends are involved in activities. Killara also offers a Carer Support group.

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Liberty Swing

Ringwood Lake Park, Ringwood 3134

Web: www.maroondah.vic.gov.au/LibertySwing.aspx

A revolutionary design in play equipment which offers people in wheelchairs the opportunity to enjoy the fun and recreation of swinging.

The Liberty Swing key can be:

- purchased from Council Service Centres for \$10
- loaned with a \$10 deposit which is refunded upon return of the key.
On weekends, loan keys are available from the Ringwood Aquatic Centre.

The Liberty Swing key provides access to all Liberty Swings throughout Australia.

The installation of the Liberty Swing at Ringwood Lake Park is thanks to the work of Variety the Children's Charity, and a donation kindly provided by ConnectEast.

Locations of other Liberty Swings are provided in the Liberty Swing Brochure, which is available on the Maroondah City Council website.

National Information Communication Network Inc.- NICAN

PO Box 110, Mitchell ACT 2911

Phone: 02 6241 1220

TTY: 1800 806 769

Fax: 02 6241 1224

Web: www.nican.com.au

Email: info@nican.com.au

NICAN's vision is to support an Australian society where any recreational opportunity values diversity, supports freedom and choice, and strengthens inclusive communities. This is done by providing information and awareness of the need for inclusion in recreation, tourism, sport and the arts for people with disabilities.

Penumbra Centre Inc

360 Maroondah Highway, Ringwood 3134

Phone: 8822 4408

Email: penumbracentre@optusnet.com.au

A craft-based Adult Day Centre providing a variety of craft-based activities for people with a disability.

Recreation and Leisure

Reclink

68 Clarke Street, South Melbourne 3205 PO Box 201, South Melbourne 3205

Phone: 9419 6672

Fax: 9419 6627

Web: www.reclink.org

Email: peter.cullen@reclink.org

A charitable organisation whose mission is to provide sporting, social and arts activities to enhance the lives of people experiencing disadvantage.

Ringwood Aquatic Centre

Greenwood Avenue, Ringwood 3134

Phone: 9298 4527

Web: www.maroondah.vic.gov.au

Email: manager.rac@maroondah.vic.gov.au

Provides swimming programs for all abilities:

- Preschool Aquabuddies, for children between the ages of 12 months and five years
- Young Aquabuddies, designed for children and young adults with special needs
- Aquabuddies, social group for adults with special needs
- private and group swimming lessons
- school programs
- Aquasize water aerobics classes for adults with a mental health disability.

Ringwood Spiders

Ringwood Spiders Football Club Inc., c/- 82 Cambridge Road, Mooroolbark 3138.

Phone: Clinton Fullgrabe 0425 818 590

Sue or Gavin Ross 9725 8264 Frank Sullivan 9801 1350

Web: www.ringwoodspiders.com

Email: info@ringwoodspiders.com

A football club providing Australian rules football opportunities for people with a mild to medium intellectual disability.

Recreation and Leisure

Special Olympics Victoria (Outer East Region)

PO Box 9258, Scoresby 3179

Web: www.sovoutereastern.org

Email: sov.outereastern@lizzy.com.au

An international voluntary program of year-round sports training and competition for children and adults with an intellectual disability. Offers training and competition in aquatics, basketball, bocce, gymnastics, tennis and tenpin bowling.

VICSRAPID Inc

Sports House - Level 2, 375 Albert Road, Albert Park 3206

Phone: 9926 1380

Fax: 9926 1381

Web: www.vicsrapid.org.au

Email: vicsrap@tpg.com.au

A statewide, non-profit, community-based organisation enhancing the lifestyle of people with disabilities through access and choice of opportunities in community sport and recreation. Provides a particular focus on athletes with an intellectual disability for participation in competitive sports at national and international levels.

Vicsrapid:

- provides information and referral statewide
- conducts community and peer education programs
- provides presentations, speakers, information and visual displays
- provides consultancy and in-service training
- facilitates inclusion and participation of people with disabilities into activities, sports programs and events
- assists students with disabilities in their sport development
- coordinates talent identification clinics
- facilitates pathways to compete at state, national and international levels, and classification in sport, for athletes with an intellectual disability.

Recreation and Leisure

Victorian Network on Recreation and Disability (VICNORD)

86 Herbert Street, Northcote 3070

Phone: 9489 2999

TTY: 9489 1179

Fax: 9489 2988

Web: www.advocacyhouse.org/vicnord/about.html

Email: vicnord@advocacyhouse.org

A statewide advocacy and information network of people with disabilities, their carers and advocacy groups, funded by Sport and Recreation Victoria. Works to address barriers that prevent access by people with disabilities to sport, recreation, physical activity, tourism, and the arts..

Wednesday Activity Group (WAG) - EACH

Phone: 9837 3999

An informal social support group for people aged 35 years and over who require a low level of support whilst participating in the group. It has been in operation for over 30 years, and currently runs between the hours 10am and 1pm each Wednesday from St Stevens Church in Ringwood East.

The activity group boasts a significantly strong volunteer base - some clients and volunteers have been involved with WAG from its inception. The volunteers are the back-bone of this program, providing continual support in assistance with transport and kitchen tasks that involve preparation of a midday meal.

WAG's main focus is to promote social interaction and the development of friendships, and an opportunity to develop or continue the pursuit of interests or hobbies. Individual volunteers commit their time to take the lead and facilitate the various activity tables. Activities range from watercolour painting, crafts, decorative folkart painting, leather work and woodwork to cards and board games.

Recreation and Leisure

Water Exercise Training Service (WETS)

36 Mascot Avenue, Bonbeach 3196

Phone: 8774 1722

Fax: 8774 1722

Web: www.wets.com.au

Email: info@wets.com.au

An aquatic training provider, well known for its innovative approach to meeting community needs. WETS has introduced a seminar program, MATE, Making Aquatics a Terrific Experience, which is for carers who accompany people with a disability or medical condition to the pool. The focus is on supporting and empowering their 'mate', so that the aquatic experience is both positive and fun-filled.