

Recreation Sports & Aquatics Club



Annual Report 2018



Let RSAC help you reach your goals

NDIS Registered Provider

Number: 4050 002718



SPORT • FUN • TRAVEL • FRIENDS



RSAC

RECREATION SPORTS AND AQUATICS CLUB

www.disabledsportsac.org.au

ph: 02 9790 5001

NDIS Provider: 82829334



RSAC MISSION

To be a leading-edge provider of services promoting quality of life and inclusion to people with disabilities, their carers and families.

RSAC VISION

To provide a range of quality, financially sustainable lifestyle services to people with disability, their carers and families that include:

- Sports
- Social and Recreational Pursuits
- Vacation & Out of School Hour Activities
- Support
- Educational and Personal Development
- Any other programs that may be developed over the life of the Strategic Plan.



5:30 Basketball Riverwood Community Centre
Coach Ian McGregor

RSAC Office & Clubrooms:

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Postal address:

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ABN: 59726089873

CFN: 11028

NDIS Provider Number: 4050 002718

Website: www.disabledsportsac.org.au

Follow us on Facebook: <http://facebook.com/Recreation-Sports-and-Aquatics-Club>

SUPPORT RSAC: Fundraise or donate to RSAC 24 hours a day through our Charity

Cause Page: <http://www.gofundraise.com.au/beneficiary/RSAC>





1 Family Easter Camp 2017 Bilpin NSW

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WHO IS RSAC

RSAC is a “for life” organisation where people can move from activity to activity as their interests and circumstances change. Many people have been members for over 25-30 years; including participants, volunteers and family members.

RSAC welcomes new members in any capacity.

RSAC is overseen by a BOARD of MANAGEMENT that is made up of a President and board members that include participant representatives, family members and external members.

BACKGROUND

RSAC is a community based not-for-profit organisation whose lifestyle programs provide recreational, social and sporting activities for people with disability in the local community. It is a registered charity that has served the community for over 30 years. Over 500 people of all ages with disability participate in RSAC programs on a regular basis. Up to 1,000 people with disability will be involved in an RSAC program during a year, with over 6500 attendances recorded last year.

Many of our members are financially disadvantaged with low incomes and limited resources. RSAC receives no regular funding so most of the financial needs are met by fundraising one off grants and participant contributions. Most RSAC services and activities are conducted by volunteers including parents, family members, carers and community supporters.

PATRONS ~ RSAC is honoured to have distinguished community representatives as patrons who support RSAC activities and ventures.

STAFF ~ the day-to-day management of RSAC is undertaken by its Executive Officer and part time administrative staff.

COACHES ~ coaches may be staff, external contractors or volunteers, dependent on needs and requirements. All work with the same aim to provide excellent services to their program participants.

VOLUNTEERS ~ **most RSAC activities from coaching, team management, office assistance, fundraising BBQ's to holidays and program support almost entirely rely on volunteers.** Around 80 volunteers make up the workforce including parents, carers, siblings, community members and supporters from various backgrounds. Some have volunteered for over 30 years and most have a weekly activity they support. More volunteers are always needed and welcome. RSAC's diversity of activities relies on volunteer support.

PROGRAMS ~ RSAC provides a variety of programs to appeal to those who want a change from time to time or who wish to do more than one program regularly (many of our members do several programs every week!). Members also enjoy social and recreational activities, getaways and travelling. We do not have any restrictions on the age of our members, but some programs meet the needs of specific age groups.

Each year we hold a Presentation Night where every member receives a certificate of participation and a medal and maybe even a trophy for various achievements during the year.

You may be interested to find out more about our other programs. Full details of all our other programs are available on our website. There are also some great photos on Facebook of RSAC members having fun and developing terrific social networks through our wide range of activities.

AIMS ~ RSAC designs its programs to meet the needs of people living with disability. The outcomes we aim to achieve through our programs include:

- enhanced social interaction and social skills,
- meeting people with similar interests,
- improved communication skills including active listening skills,
- learning to follow instructions and acquiring skills through coaching,
- learning to work as part of a team and supporting team-mates on and off the field,
- developing an understanding of empathy for others,
- meeting people outside of normal circle of influence,
- opportunity to “do your own thing” away from family and usual environment,
- building and maintaining friendships and having fun,
- improved self-confidence and self-esteem,
- improved fitness though exercise, improved hand/eye coordination,
- community and family interaction,
- developed support and networks for carers.

NDIS ~ RSAC is registered as a Provider to support participation by members. The state-based registration has now been replaced by a national system under the NDIS Quality and Safeguards Commission. Requirements include regular audits and reporting rules and are required to:

- comply with the NDIS Practice Standards
- comply with the NDIS Code of Conduct and support their workers to meet its requirements
- have an in-house complaints management system and notify the NDIS Commission of reportable incidents
- ensure all workers are screened through a NEW national worker screening process.



RSAC Charity Sports Lunch Bankstown Bowling Club 2018

PRESIDENT'S REPORT

As this year comes to an end I would like to commend this Report to you. It contains lots of good information about RSAC activities, efforts, achievements and celebrations and issues of concern for RSAC over the past year.

Our cooking classes have continued to grow and our new kitchen in the RSAC clubrooms has been a boon to the classes. Thanks to Bankstown Sports Club for installing the new kitchen and upgrading the power supply for our new equipment. A further thanks to Bankstown Sports for their ongoing strong support of RSAC including the rent-free accommodation of our Clubrooms which we have occupied now for 11 years.

I have now filled the role of President for the past three years and that of Fundraising Manager for over 15 years. RSAC's ability to deliver quality beneficial programs to its participating members is heavily dependent on the efforts a relatively small team of dedicated volunteer members. Once again on behalf of myself and the Board, I would like to thank very much all those members who contribute significantly to RSAC in many different ways, for all your time and outstanding effort. We appreciate every one of you for your continued efforts that have kept RSAC viable for the past 31 years.

The Treasurer's Report highlights the need for fundraising to complement other funding from grants and donations. Our programs are provided at a cost that is considered good value and affordable for our members, but the program participation fees collected do not cover the costs of running the programs. The availability of NDIS funding is a critical development that is helping RSAC continue to provide its quality programs, but even that does not make up for the deficit. I encourage all of our members who have gained NDIS funding to seriously consider taking advantage of the opportunity to access RSAC programs and help make these programs more financially viable at the same time. Jenny or Melody can help you set up program payments through NDIS so that our participants only need to turn up.

While NDIS funding has provided greater opportunity for our participants to be involved in our programs, it has also created a significant amount of additional paperwork which takes up most of Melody's time. This year our goal is to raise sufficient extra funds so that we can employ additional staff to cover an essential multi-function role working on our projects and programs for the benefit of our members. This will also make more time for Jenny to concentrate on other important activities including compliances for NDIS and ACNC and organisational management.

Our second Charity Sports Lunch in May at Bankstown Bowling Club was a successful venture raising \$9,010. Guest Speakers Kendra Strudwick, Director of Inspiration Coaching & Training and Bulldog's great Steve "Turvey" Mortimer were entertaining and well received. Significant attendees included RSAC Patrons Hon David Coleman, MP Federal Member for Banks, Jason Clare MP Federal Member for Blaxland and Kayee Griffin; Board Members of Bankstown Sports Club, Club Rivers, The Torch, Canterbury Bankstown City Council and Mount Lewis Bowling Club as well as numerous members of the South West Bankstown Chamber of Commerce (SWBCC). These attendees demonstrate the recognition and respect held for RSAC by people of influence in the local community. Thanks to Jason Arraj from Forward Legal who was an excellent MC keeping the event flowing and on time, and our Auctioneer, Tom Touma from McGrath Bankstown who managed the auction in a very enjoyable and effective manner. Many thanks also to Wally Mehana, CEO of SWBCC, who assisted greatly in the engagement of our MC, auctioneer and guest speakers.

The Board is continuing to investigate opportunities for promoting RSAC and seeking more sustainable financial support. Jenny, Leon and I and other Board members represented RSAC at numerous official functions during the year, networking and promoting RSAC and acknowledging our many supporters. The Club is held in high regard throughout the community and once again this is reflected in the award of Banks Volunteer Award to Ian McGregor (from Hon David Coleman MP) and the St George Community Senior Volunteer Achievement Award to Mary Sheppard (from Mark Coure MP Member for Oatley).

I must also congratulate Bronwen Elliott for being awarded the John Gorrie Yellow Hat Award at last year's AGM – Bronwen was described as “a true Champion of RSAC” who always goes “above and beyond”. She was a pivotal player last year in preparations for RSAC's NDIS accreditation as well as being involved in Basketball & Tennis competition organisation, Tennis management, Grant Writing and Policy & Procedure writing. Bronwen was extremely surprised and grateful for the honour.

As usual, the year's activities culminated with our Presentation Night in June, this year celebrating our 31st Anniversary. Special guests included Jihad Dib MP Member for Lakemba, Richard and Bev Phillips representing Bankstown District Sports Club and Craig and Claire Wilson representing Club Rivers. The members all enjoyed the recognitions and award presentations and of course the disco afterwards.

This year we are sad to report the loss of long serving Treasurer, Bocce Manager and all-around committed supporter, Nigel Beattie. Nigel and Doug returned to New Zealand last year to be closer to family and sadly his time there was short. Doug is being supported well by family and we are pleased to hear is having a great life. RSAC held a small memorial service in Nigel's honour and the memory of his efforts for RSAC will live on through the strength of RSAC that he worked so hard to build.

I would like to thank all the members of RSAC's Board of Management for their support over the past year. I would also like to welcome John O'Leary to the Board. John was very excited and proud to be invited by the Board to be our second Participant Representative, joining Amanda Sivier, and like Amanda, he has really stepped up to the role. Also, welcome back to our Board Paul Pearson whose contribution and support is always appreciated. My thanks also to Lorelle Byers who has stepped down from the board but continues to contribute to RSAC with generous volunteering endeavors.

I look forward to another year of your continued support in all of RSAC activities, be it at our programs, in the clubrooms, at fundraising events or other networking or promotional functions, to ensure another successful year for RSAC.

Remember, everyone can contribute to helping RSAC in achieving its goals by:

- Making a regular or one-off Tax-Deductible donation either for a specific project or as general support for RSAC.
- Sponsoring one of RSAC's activities or a team.
- Supporting a specific event financially or providing suitable prizes for fundraising activities such as our annual Charity Sports Lunch and our Christmas Raffle.
- Becoming a Corporate Sponsor for a specific program or for the RSAC organisation. Bespoke corporate sponsorship packages can be developed to meet the requirements of corporate partners. A corporate sponsorship package would include acknowledgement in media, Annual Report, website and newsletters, invitation to attend functions and events and the opportunity to partner at such events.
- Help spread the word or promote an event through your organisation both internally and externally.
- Help promote RSAC and its events through your Facebook or Twitter accounts etc.
- Encourage colleagues from your workplace to donate or provide an in-house incentive program or volunteer some time assisting with our programs or fundraising activities.
- Join our wonderful group of volunteers on a fundraising activity. It's good fun and you make new friends. e.g. Bunnings Sausage Sizzles
- Contribute in-kind support or volunteer special skills or expertise.
- You, your family and friends could consider donation your cupboards unwanted and unused gifts and never used items. Someone else will love them.
- And of course, if you have any other great ideas, we would love to hear about them.

Many thanks,
Bob Beer
President

EXECUTIVE OFFICER'S REPORT

Another busy year has come to the end with much hurrah for its achievements and excitement for the year ahead. That does seem to be how RSAC operates!!

I commend to you all the people whose dedication, efforts and time have been put in to make it such a valuable and well managed organisation.

Of course, we are all aware of Bob Beer's energies, time and commitment and appreciate these very much. Also, to the board members who not only attend to affairs of organisational management but also put in efforts in ways that keep fundraising and program activities going. Their support for RSAC, its activities and efforts and to me personally is so very much appreciated.

Thanks, must again go out to Bronwen Elliott for her sterling efforts in Tennis, Basketball competitions, grant writing and keeping up with policy writing as our legal and structural environment changes under NDIS, the new NDIS Quality and Safeguards Commission and ACNC governance.

The efforts of Kate Demayo and Ian McGregor in supporting the recruitment and settling in of new teams for the management and coaching of Soccer and Indoor Soccer have directly led to both groups being able to re-establish with new teams with little loss of play. Ian also coaches basketball Tuesday, swimming Friday on top of his university lecturing duties and Kate running her own fitness business. What a TEAM! Of course, Maz Demayo helps out from time to time and undertakes the Blackmores Run with mum and dad to fundraise for RSAC and Andrew has and would, but he now works for NDIS in Geelong – so he just donates. The Demayo/McGregor family are a real asset to RSAC and I thank them all.

I hope you all enjoy our new, upgraded website that Dean from Elegantweb have set up for us.

Last annual report I advised that Bronwyn Sims had retired. Well she thought so! But she has come back in a part time, casual capacity to support our administration as NDIS has buried our new administrator – Melody. None of us knew how much NDIS administration would mean to RSAC and Melody started knowing it would be part of her job, but we are all learning what that means in time and business sense. Thanks Bronwyn, we knew you loved us! Our thanks to Melody for taking on this challenge. Thank you both and Lorelle Byers and Vanessa Fone for also volunteering in the office on a regular basis to help us manage the load and Paul Pearson ably assisting with camps and holidays by working on the research, administration, assisting at holidays and even driving buses. Thanks crew!

Most of all I would love to thank all of the awesome athletes and participants who keep me amused, on my toes and directly contact me with their stories and woes. I feel honoured to be considered approachable and a person they feel they can turn to – yeah everyone.

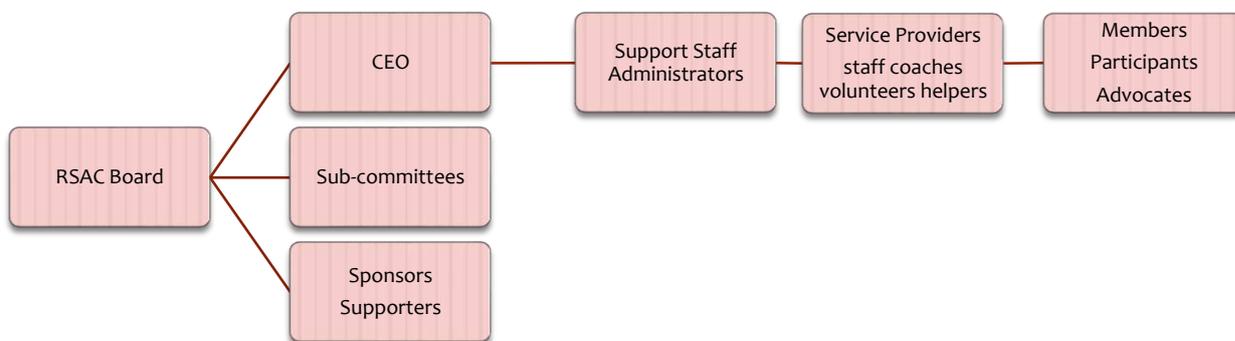
Thank you all for another crazy year – see you next time around.

To all of the supporters who have put money good efforts and resources at RSAC disposal – I can assure you that they have been used to improve the quality of life for many people with disability, their carers and families in this local area. We so very much appreciate that you care.

Jenny Bombardieri

STRUCTURE & MANAGEMENT

Recreation Sports and Aquatics Club Inc. is an Incorporated Association registered with the Australian Charities and Not-for-profits Commission (ACNC).



An elected Board of Management oversees the management of the organisation. It is aware of the crucial role of good governance and actively seeks suitable candidates to assist with its role.

The Board is responsible for ensuring good governance by monitoring the management of the organization, to ensure that it acts in a manner which reflects fiscal accountability and good practice. The board is responsible for establishing organisational priorities, approving policies, and providing oversight of their implementation.

Board members are expected to act ethically and responsibly, in response to the rights and wishes of stakeholders.

The management of the club is undertaken by:

The Executive - includes the President, Vice President, Secretary, and Treasurer with the Executive Officer ex-officio, which holds the legal responsibility for the management of the organisation.

The Board of Management - chaired by the President, consists of the Executive, Consumer Representative/s, and Ordinary Members which meet at least bi-monthly.

Sub-Committees – subcommittees for specific purposes are established as required. All sub-committees are required to report to the board and undertake duties within parameters set by the board.

The Sports/Programs Team - coordinated by the Executive Officer, includes Head Coaches and Team Managers of Sports, program Coordinators and other regular program groups.

Target Audiences

- People with disability.
- Siblings, parents and carers of people with disability and their friends.
- RSAC is structured to meet the needs of people with an intellectual or associated disability, and/or physical, sensory or other disability, inclusive of those with mental health disorders, mostly between the ages of 4 and 70.

Families, Carers and Friends

RSAC acts as a support system for carers of people with disabilities providing activities, information and events for both people with disability, their families, carers and friends. Siblings are especially considered as part of RSAC.

Volunteers

Like many community organisations, RSAC thrives on its volunteers. It relies on them entirely for the continuation of its events, activities and programs. More than 80 volunteers currently participate on a regular basis, providing sports coaching and support, special event management and support, administration and overall club management.

Donors, Sponsors and Funding Bodies

Being a non-profit charity, RSAC relies on outside contributions and support. Both targeted and non-targeted funds are essential for RSAC and a large number of its projects are directly funded through grants. RSAC is fortunate to have many loyal sponsors and supporters for which we are truly grateful.

Networks: RSAC has an established network of like-minded people and organisations with whom it interacts. These networks are vital in disseminating our message and information. They also keep us up to date and on track and ensure that we continue to meet the ongoing needs of our target group, without replication.

Consultation: RSAC is committed to extensive consultation with people with disabilities and their families and carers who use our services and our staff, volunteers and stakeholder organisations to ensure that RSAC is informed and knowledgeable in its service provision and support for people with disabilities.

Communication: Distribution and Communication: Most members receive communications by email, distribution at programs or by post when no other option is viable. Facebook has become an important communication tool for RSAC and a great way to share photos from our special events.



New Karate Class established thanks to Canterbury Bankstown Council Grant & Katerina's enthusiasm

THE TEAM

Patrons

- John Murray OAM, President, Bankstown Sports Club
- Hon. David Coleman MP, Federal Member for Banks, Minister for Immigration, Citizenship and Multicultural Affairs
- Jason Clare MP, Federal Member for Blaxland
- Tania Mihailuk MP, State Member for Bankstown
- Kayee Griffin, Honorary Member

Honorary Members

- John Gorrie 2000 *
- Maria Long 2000 *
- Kayee Griffin 2017

Life Members

- Jenny Bombardieri 1997
 - Pat Reeve 1998 *
 - Robert Donovan 1999
 - Gwen Bangrove 2003
 - Nigel Beattie 2006 *
 - Douglas Beattie 2009
- * deceased



Patrons Tania Mihailuk MP & Kayee Griffin launching RSAC's new trailers.

Office Bearers 2017/2018

President

Bob Beer

Vice President

Vanessa Fone

Secretary

Lorelle Byers (to August 2018)

Treasurer

Leon Sugrim

General Members

Susan Stojanoski

Paul Pearson

Steve Fullicks

Participant Representatives

John O'Leary (from June 2018)

Amanda Sivier

Auditor

Thomas McMurray

Permanent Staff

Executive Officer & Public Officer

Jenny Bombardieri

Administration Officer (part time)

Bronwyn Sims to June '17

Melody Earl from June '17

Casual Staff 2017-2018

Ellen Atkinson, Louise McRae, David Wong, Joshua Tahhan, Sarah Maloney, Bronwyn Sims.

External Contractors

Imagination Theatre, Elizabeth Ramsay, Indeeep Tennis, Melina Bonfini.

Workers (Volunteer)

Worker as defined by NDIS Commission “Persons employed or otherwise engaged by an NDIS provider. For example, people working in the disability support sector in either a paid or voluntary capacity...”

Michael & Anne Sparsis,
Gina Walsh,
Ian McGregor,
Steve & Kayleen Chance,
Maureen Magill,
David & Matthew Clifton,
Manjit Dhupar,
Bruce & Garth Andrews,
Ian & Sandra Russell,
Katerina Melidou,
Chris Lee,
Marilyn Ledger,
Erin Yu,
Simon Brown,
Luis Vigliante,
Chris O’Flaherty,
Lachlan Kinnaird,

Aaron Winarta,
Sarah & Bassam Yousif,
Robert Donovan,
Aimee & Caitlan Wasserman,
Lucy Vettom,
Jesse, Narelle Hanna
Damien Brenchley,
Susan & Chris Stojanoski,
Sue Bantine,
Kerrie Salakas,
Lorelle Byers,
Steve Fullicks,
Bob & Sandra Beer,
Lilian & George Smith,
Annie Ung,
Karen Martin,

Gayle Stone,
Kate & Maz Demayo,
John Sandeman,
Bronwen Elliott,
Paul Pearson,
Antonio Katsadimas,
Norina Fincato,
Tak Otsuko,
Kathy Tomaras,
Peter Sparsis,
John Jones,
Samantha Devlin,
Maurice Loughlin,
Mario Fabiani,
Leon Sugrim,
Bronwyn Sims.



Other MAGIC Volunteers

Of course, RSAC has many other volunteers not actively involved in regular programs but work hard at various fundraising events, family and one-off activities. Others volunteer items and efforts in other ways. All contribute to the vibrant RSAC landscape of helpers. **Magic?** Because they make things happen!



Our Fundraising Team at Blackmore’s Fun Run 2018

SPONSORS AND SUPPORTERS

The importance of support large and small that many organisations, clubs, councils and individuals both in cash and kind cannot be overstated. Of course, large grants are great and necessary for major initiatives and projects, the ongoing contributions of all sizes play a significant role in offsetting those expenses for which we have no revenue streams.

OUR SUPPORTERS

<p>Major Sponsor</p> 		
<p>with generous provision of our clubrooms and office space which is utilized for:</p> <p>DANCE DRAMA PERFORMANCE WORKSHOPS KARATE COOKING</p> <p>Administration, Meetings, Storage and lots more</p>		
<p>Super Supporters</p>		
<p>Mount Lewis Bowling Club</p> <p>ClubGrant & Venue</p>	<p>Club Rivers</p> <p>ClubGrant, Venue & Volunteers</p>	<p>Revesby Workers Club</p> <p>ClubGrants</p>
<p>Canterbury-Bankstown City Council</p> <p>Community Grants & Donations</p>	<p>Georges River Council</p> <p>Community Grants, Venue & Donations</p>	<p>Strathfield Super Bowl</p> <p>Venue & Donation</p>
<p>Campsie RSL</p> <p>ClubGrant Easter Camp</p>	<p>Interlink Roads M5</p> <p>Donation Presentation Night</p>	<p>Department of Social Services</p> <p>Volunteer Grant</p>
<p>Bunnings Bankstown Airport</p> <p>BBQ Venue & Donation</p>	<p>Riverwood Community Centre</p> <p>Venue Basketball</p>	<p>Club Italia</p> <p>Venue Provision Bocce</p>
<p>Peakhurst Public School</p> <p>Venue Provision Kids/Young Adults Soccer</p>	<p>CLASSICAL WINES</p> <p>Events & Donations</p>	<p>Bluefit</p> <p>Venue Provision Swimming Bexley & Hurstville & Kids Basketball</p>
<p>Philip Iacovou : Lefand Group</p>	<p>Bob Jane Tyres : Bankstown</p> <p>Just Sport : Bankstown</p>	<p>Mary's Famous Jams and Preserves:</p> <p>Mary Sheppard</p>

THANK YOU for cash donations

Rotary Club of Padstow DANCE	Kate Maz Andrew DE MAYO	Geoff & Mary SHEPPARD
Bankstown Lions Club	Bob and Sandra BEER	Bronwen ELLIOTT
Lugarno Lions TENNIS	Ian Mc GREGOR	Eleanor TAYLOR
Georges River Council	Troy & Jenny BOMBARDIERI	Tooba ZAIDA
Linda BURNEY MP	Val McMURRAY	Karen PEPPER
Gramelis Attorney	S STUBBINGS	Zahawa AMBARCH
Classical Wines	Vanessa FONE	Kate DENNERLY
	India WALSHE	Tiffany SIA
Interlink Roads	Claire POLLOCK	Peta EGGINS
PRESENTATION NIGHT	WASSERMAN family	Elem DEMITRIOU
	Walter JARVIS	Anthony FEE
Kayee GRIFFIN	Christine SONG	Nigel BEATTIE
Christine SPACKMAN	Michael & Anne SPARSIS	Steve JOHNSTON
Judy WHITE	Liz GORRIE	Leon SUGRIM
Mike & Kerrie COOPER	Linda DANG	Hsien-Huei TAN
Kevin BROWN	Bronwyn SIMS	GUNNING family
	Godwin LI	Robert DONOVAN

Grants 2017-2018

Without these grants many of the projects and activities of RSAC could not happen. Our appreciation is great and the outcomes genuinely reflect the value of the grants. Thank you:

Grant	Project
Club Rivers	School holiday activities and sports support
Club Rivers	Hip Hop Dance Project
Georges River Council	Family Easter Camp 2018 Bilpin
Bankstown Sports Club	Cooking and Social Development Groups
Mount Lewis Bowling Club	Adult Camp Port Stephens
Canterbury Bankstown Council	Concert Performance for groups
Canterbury Bankstown Council	Parents and Carers Group activities
Canterbury Bankstown Council	Cooking and Activities for Children with Disabilities
Canterbury Bankstown Council	Kids Sport including development of Karate
NSW Sport & Recreation	Uniforms Fund



Sharks and Stingrays Encounter at Port Stephens Adult Camp 2018

FUNDRAISING

Fundraising Activities

Of course, fundraising continues to be a vital part of raising funds to support the activities and administration of RSAC. About 60 people have been involved this year, especially with running our highly successful once each term BBQs at Bunnings.

Special mention to our highly involved President, Bob Beer and Marilyn Ledger and Lorelle Byers for ongoing and continued high level involvement across many projects and the many helpers that make it possible. Our Treasurer is very happy.

Event & Net Profit	Event & Net Profit
Christmas Raffle \$4507	Charity Sports Lunch \$9010
Trivia Night \$1576	Bunnings BBQ's (4) \$9880
Blackmore Run \$ 950	Wine Tasting events \$ 373
Family Discos \$ 932	Barefoot Bowls \$ 416
Presentation Night Raffle \$1030	

SOCIAL & FUNDRAISING EVENTS

- Family Disco Mount Lewis August 2017
- Barefoot Bowls & BBQ Mount Lewis September 2017
- Blackmores Run September 2017
- Halloween Bowling Party South Strathfield October 2017
- Christmas Party & Disco December 2017 (over 120 attendees)
- Symbio & Stanwell Park picnic Family Day January 2018
- Sailability Sailing and sausage sizzle January 2018
- Family Disco Night Mount Lewis February 2018
- Seniors Week Lunch April 2018
- Charity Sports Lunch Bankstown Bowling Club May 2018
- Trivia Night Mount Lewis May 2018
- RSAC Annual Presentation Night Club Rivers June 2018



Patrons David Coleman MP & Jason Clare MP with Speaker Steve Mortimer at RSAC Charity Sports Lunch

FUNDRAISING REPORT

As you know, whilst RSAC programs rely very much on the support of our dedicated volunteers, it still critically depends on the fundraising activities run throughout the year such as the Charity Sports Lunch, Trivia Night, Presentation Night, Bunnings sausage sizzles and our annual Christmas Fund Raising Raffle.

Special thanks to Mary Sheppard and her amazing Jams and Preserve. It is never too much trouble for Mary to support an event with a bountiful supply of beautifully presented preserves, not to mention the many kilos of onions she peels and slices for every Bunnings sausage sizzle.

We have many other generous supporters who supply vouchers, prizes, free venues and support of many kinds. From the Bunnings Airport who allow us quarterly Sausage Sizzles, Scenic World, Taronga Zoo and Captain Cook Cruises with annual vouchers, Bankstown Sports and Club Rivers Dinner Vouchers and Mount Lewis Bowling Club's generous use of facilities for fundraising and social activities.

This year the fundraising was quite effective, however, we need to continue to build on those efforts to achieve bigger and better outcomes.

I am pleased to say that Board member Steve Fullicks has stepped up to help organise various fund-raising events in future. At this time, I would like to invite and encourage our newer members to join with Steve and those other special volunteers whose support has enabled RSAC to survive and provide critical programs for those you love and care for. A substantial and ongoing effort from everyone is essential to keep RSAC going for another 31 years!

It is also essential that we continue to build up our stock of suitable prizes for future fundraising events. The Board would very much appreciate your help to do this if possible. Suitable prizes include:

- gift vouchers (e.g. hairdressers and beauty treatment; car, tyre & wheels services, tradesmen services; garden & lawn services; movie passes; pharmacy)
- dinner vouchers (clubs, restaurants, cafes, fast food outlets)
- small appliances, electronic goods or tools
- kitchenware
- toys, artwork
- bottles of wine or similar
- meat/seafood trays (by voucher of course J)

Many of these items can be obtained simply by asking your regular contacts such as:

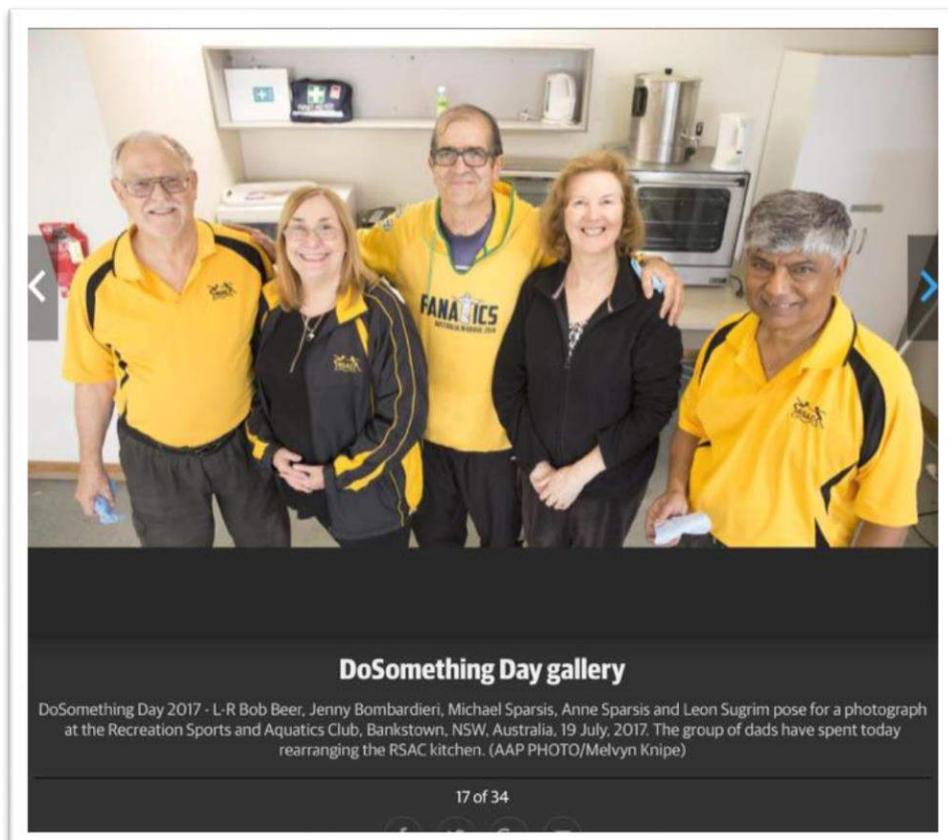
- Your favourite café or restaurant
- Your pharmacy, hairdresser, physio or gym
- The chicken shop, pizza shop or bottle shop
- Your butcher or fish shop
- Your travel agent
- Your gardener or lawn mower
- Your motor mechanic/tyre man
- Any other shop in your local area
- Your employer or other business contacts.

Remember that many people are willing to support organisations like RSAC if they get to know about us and your involvement and commitment. So, who do you know who could help RSAC? Like most people, you would have many contacts through:

- Family, friends & relatives
- Neighbours
- School, TAFE or University
- Business transactions
- Current or past employment situations
- Trade or professional associations
- Purchasing a house, car or other investment
- Home or car maintenance
- Your children
- Your hobbies or sports
- Your Church or social groups
- Community services
- Your local shopping centre and tradesmen.

If you are not comfortable to approach people without a formal introduction, we can provide a Letter of Authority that you can present to introduce RSAC and outline our aims and services and the purpose for the request.

Thanks very much,
Bob Beer
0409 651 242



RSAC PROGRAMS & ACTIVITIES

HOLIDAYS – CAMPS – GETWAYS



RSAC Outback Road Trip stayed at Dubbo Zoo and had an safari adventure

RSAC provides a range of holiday activities that meet the needs of various groups. These include the following on a regular basis, most annually. Other options may be on offer from time to time. NDIS funded participants can usually use their funds for these camps if they meet their goals.

Holidays provide a unique way for participants to work towards achieving personal goals, while experiencing time with friends, experiencing other places, trying new activities and self-challenging pursuits; and develop and extend social networks.

Goals of personal development, social skills development, independent living, learning new skills, developing daily living skills, engaging with the community and improving health and fitness, budgeting and money management, decision making, cooperation with a group and capacity building form part of every holiday.

Travellers who require one to one support or have personal care needs need to be accompanied by either their own support person or a paid support worker who can provide the additional care and support they require.

All holidays are open for family members who may wish to attend.

Holidays usually fall into the following categories:

- **Family Getaways** ~ for families including a person with disability to share time and have a great inclusive holiday time.
- **Camps and Holidays for all abilities** ~ group holidays that are more supported and inclusive for those less confident or requiring higher support and fun for all.
- **Road Trips** ~ a travelling holiday where participants get to experience lots of places, usually travelling by minibus.
- **Overseas and Interstate Holidays** ~ for more experienced and independent travellers. Usually 2 weeks or more. Travellers are involved in selecting holidays and activities.
- **Children's Camps** ~ from time to time children's camps are run where funding and support is available.
- **Carers Getaways** ~ sometimes the carers just want a chance to get away and share with others with similar experiences. RSAC acquires grants to run these at an affordable rate for carers and provides support and opportunities for networking.

This year RSAC holidays included:

- Penrith 4-day Family Getaway July 2017 - 13 attendees
- 2-week Road Trip Outback Adventure NSW September 2017 - 18 travellers
- 4-day RSAC Family Easter Camp Bilpin March 2018 - 23 attendees
- Adelaide/Murray River Cruise Over 21's holiday April 2018 - 10 travellers
- Over 21's Port Stephens 5-day Camp May/June 2018 - 20 participants
-



Port Stephens Adult Camp participants developing their driving skills.

SPORTS PROGRAMS

RSAC has been running sports programs for over 32 years.

Goals include:

- Providing meaningful active participation for people with disability
- Teaching and developing the skills of the activity to participants
- Seeking opportunities for performance or competition for those who are interested
- Providing a safe, appropriate environment for participation
- Development of social and cooperative skills of participants
- Having suitable venues, equipment, support and policies in place to ensure quality programs
- Being responsive to participants want and needs when developing and maintain programs
- Building in flexibility to ensure ongoing programs continue to meet participants needs
- Recruiting appropriate support including volunteers, coaches and managers for every program
- Providing an environment that encourages fun, friendship and healthy participation by all.

Activities change from time to time to meet needs and wants of participants, available venues and coaches but usually include:

- **Basketball** ~ kids, development and seniors' groups run on a weekly basis. Competition opportunities available.
- **Bocce** ~ a monthly session runs with most attending a pre-match dinner.
- **Cricket** ~ two sessions run, with regular match opportunities offered.
- **Indoor Soccer** ~ a fun weekly session for teens and above.
- **Karate** ~ a weekly program developing fitness, flexibility and self-defense.
- **Soccer (Football)** ~ a kids and young adults group to learn & play.
- **Swimming** ~ three venues and five classes to meet all needs. A life skill for all.
- **Tenpin Bowling** ~ two venues, three sessions, very social and fun.
- **Tennis** ~ two groups for skill learning and game skills. Competition opportunities.

PERFORMANCE PROGRAMS

- **Dance** ~ the dance program works on music of participants' choice and learn routines that they perform at various events.
- **Drama** ~ a program that works on personal development, ability to think and express oneself and the skills of performance.
- **Hip Hop Dance** ~ a special dance group that is learning hip-hop style and working with music of the genre. They also perform at special events.
- **Performance Workshops** ~ a senior drama group that is working on specific performances that they will polish and perform at various events. Participants must apply for this group and attendance at drama classes is compulsory.

SOCIAL & PERSONAL DEVELOPMENT PROGRAMS

Social Outing Groups ~ regular outings are organised by these groups, with one support coordinator per outing.

Participants must be over 18 and able to cooperate in a team environment.

Social, community engagement, money handling, travel skills, decision making and cooperation skills are built into these programs. Groups meet at a designated point and may meet on return or travel home independently.



Friendship Group went to Balmain for a Chocolate Making Class

INDEPENDENT LIVING SKILLS

Cooking Classes ~ monthly cooking classes include planning, food preparation, healthy eating, decision-making, budgeting and hygiene. This group sometimes plans additional activities are such as outings to markets and food events.



The classes include planning, preparation, clean up, and eating together.

Usually recipes are available to take away so participants may try again at home.

Of course, many RSAC programs include elements of developing independence and living skills as part of their activities.

RSAC Regular Activities 2018

Activity	When	Where
BASKETBALL development	Tuesdays 5:30-7	Riverwood Community Centre
BASKETBALL senior	Tuesdays 7-8:30	Riverwood Community Centre
BASKETBALL junior	Wednesdays 6:30-7:30	Hurstville Stadium Penshurst
BOCCE	Fridays 7-8:30 monthly	Club Italia Lansvale
COOKING	Saturdays 9:30-12 monthly	RSAC Clubrooms Bankstown
CRICKET development	Sundays 9-10:15 fortnightly	Bankstown Memorial Oval
CRICKET senior	Sundays 9:45-11 fortnightly	Bankstown Memorial Oval
DANCE	Tuesdays 5:30-7	RSAC Clubrooms Bankstown
DRAMA	Wednesdays 5-6:30	RSAC Clubrooms Bankstown
HIP HOP	Wednesdays 5:30-7	PJ Ferry Hall Allawah
INDOOR SOCCER	Sundays 9:30-11	PCYC Bankstown
KARATE	Mondays 7-8:30	RSAC Clubrooms Bankstown
PERFORMANCE WORKSHOPS new	Wednesdays 7-8:30	RSAC Clubrooms Bankstown
SOCCER	Saturdays 9:30-11	Peakhurst Public School back gate
SWIMMING BEXLEY learn to swim	Thursdays 6:30-7:30	Angelo Anestis Aquatic Centre
SWIMMING BEXLEY squad	Thursdays 7-8	Angelo Anestis Aquatic Centre
SWIMMING HURSTVILLE learn to swim	Wednesdays 6:30-7:30	Hurstville Aquatic Centre Penshurst
SWIMMING HURSTVILLE squad	Wednesdays 7:30-8:30	Hurstville Aquatic Centre Penshurst
SWIMMING ROSELANDS all	Fridays 6:30-7:30	Roselands Aquatic Centre
SOCIAL FRIENDSHIP GROUP	Various Sat/Sunday monthly	Various meet at Hurstville
SOUTH WEST SOCIAL GROUP	Various Sat/Sunday monthly	Various meet Liverpool Campbelltown
TENNIS senior	Saturdays 9-10	John Mountford Reserve Beverly Hills
TENNIS development	Saturdays 10-11	John Mountford Reserve Beverly Hills
TENPIN BOWLING REVESBY	Mondays 5-7	Revesby Workers Club
TENPIN BOWLING SUPERBOWL	Wednesdays 5:30-7	Strathfield Superbowl
TENPIN BOWLING SUPERBOWL	Saturdays 11:30-1	Strathfield Superbowl

7pm



Basketballers Clowning Around!

Participation Statistics 6 Years

Participant/Attendance	2017-2018				2017		2016		2015		2014		2013	
	Term 1 2018 Part #	Term 1 2018 Att#	Part 17-18	17-18 TOTAL	2017 Participants	Total Attendances	Part	Tot Att	Part	Total Att	Part	Tot Att	Part	Tot Att
BASKETBALL 5:30	24	166	27	539	28	426	22	522	20	426	14	331	15	247
BASKETBALL 7pm	14	97	17	417	17	379	16	369	19	462	17	532	20	511
BASKETBALL KIDS	19	97	23	415	18	380	15	323	13	333	15	412	12	249
BOCCE	12	19	14	67	11	85	11	86	9	56	8	82	7	59
CARPET BOWLS					0	0	3	43						
CRICKET	21	58	27	208	25	266	13	133	11	76			5	57
DANCE Tuesday	6	39	13	153	14	175	17	176	22	253	23	391	16	349
FDANCE Friday					0	0	14	97						
DANCE PARTY/DISCOS			120	200	120	200	112	231	40	220	60	300		
DRAMA	16	117	17	496	20	490	15	484	14	385	15	417	14	333
HIP HOP	3	12	3	12										
INDOOR SOCCER	10	53	12	210	10	191	10	216	13	207	11	263	12	249
KARATE	16	60	16	60										
SOCCER	0	0	11	123	15	178	17	237	14	180	17	258	16	184
SWIMMING Monday Squad					3	74	3	97	5	103	5	115	5	80
SWIMMING Friday	14	58	25	246	26	400	29	432	24	395	26	400	29	304
SWIMMING Weds 6:30	9	32	15	100	11	167	10	170	8	130	13	202	17	198
SWIMMING Weds 7:30	7	27	7	88	5	109	6	127	6	109	9	218	8	200
SWIMMING BEXLEY 6:30	3	7	15	72										
SWIMMING Bexley 7pm	7	27	10	103										
TENNIS 9am	9	41	10	246	10	182	8	181	8	170	9	179	8	131
TENNIS 10am	14	66	17	186	10	183	6	168	7	175	7	150	12	167
TENPIN Revesby Mon AM					28	100	22	79						
TENPIN Revesby Mon PM	33	241	37	1023	29	925	26	699						
TENPIN Strathfield Weds	6	59	9	283	16	362	26	423	27	576	24	698	28	708
TENPIN Strathfield Sat	22	142	23	596	26	607	22	632	24	592	25	660	27	615
OUTREACH			40	80	40	80	20	60			32	200	70	370
COOKING/SAT SOCIAL	15	20	39	153	32	181	32	157						
NETWORKERS					7	30	11	60	12	60	10	50	15	20
FRIENDSHIP GROUP	20	31	27	123	33	119	25	130	26	120	25	100	30	60
SOUTH WEST SOCIAL	16	25	25	150	27	178	32	178	27	120	25	117	25	40
TOTALS	316	1494	599	6349	581	6467	543	6510	349	5148	434	6287	397	5151

You may note that we have commenced a range of new programs this year, with a couple dropping off. This is in response to needs and requests of participants.

Numbers of regular participants have increased slightly to a new high of 599. Numbers of times they have participated is down marginally due to lower in numbers from outreach; but regular participation has increased.



Long time RSAC supporter, Vice-President Bankstown Sports Club Richard Phillips presents Tenpin Bowling Award to Kim Ledger, RSAC Member for over 25 years.

ANNUAL REPORTS 2017-2018

5.30PM TUESDAY BASKETBALL REPORT

The 5.30pm Tuesday basketball program has continued to attract more participants with attendance exceeding 20 in some weeks. There is also a wide range of participants in terms of age and skill levels and we now also have two young women attending regularly. It has been gratifying to see how many of the participants have improved their skills over the course of

the year and to see their enjoyment of the sessions. I would particularly like to thank Kieron Langford who is always willing to lend a helping hand which has been extremely useful with the larger number of participants with a wide range of abilities.

I would also like to give special thanks to Kathy Tomaras who continues to assist with the coaching and a number of the carers who also help out with some of the drills and helping to keep things on track. Special thanks also to Gina Walsh for her help with taking the rolls and managing the money and providing friendly support to the athletes, parents, carers and coaches.

Ian McGregor



7 PM BASKETBALL GROUP

On average 10-12 eager athletes attend each Tuesday's training. They are an energetic motivated group who have improved immensely & not only enjoy their basketball but socialising well with their mates.

Many of our athletes have regularly participated in numerous Special Olympics (SO) events at various regional locations throughout the year & have made many great achievements. Their greatest achievement of all has been the selection of 6 of our group to represent NSW Basketball in the National SO at Adelaide during mid-April. They are: 1. Hannah SANDEMAN, 2. Beau LAWSON, 3. Houssam ASMAR, 4. Tim ANDREWS, 5. Matthew BROWN & 6. Tom ELENOR. We are so proud of them all.

Special thanks to Bronwen Elliott for organising and assisting the athletes to attend these events. We appreciate all her efforts. Thanks also to Sandra Lawson & Jason Sparsis for assisting us when we were not available. Our assistant coach Peter SPARSIS has fitted in well in his second year as he has introduced some new exciting exercise drills that the athletes enjoy.

It's great to see our athletes improving their skills & fitness, enjoying themselves & even more so watching them displaying respect & good sportsmanship to each other.

Coaches/Managers

Michael, Peter & Anne SPARSIS





COOKING

Cooking has proved to be a popular program again this year, with a regular intake of new participants. Several of our chefs have not missed a single class over the past year. While some of the older group dropping off, a raft of younger, very keen chefs has joined and stayed. Presently 17 participants are attending monthly sessions.

Cooking includes:

- Selecting menu items for upcoming classes, finding what we want to learn how to make
- Deciding on ingredients, what sort of pie? Which meat? which salad?
- Preparing ingredients, from scratch where possible (making our own pasta and pizza doughs even!)
- Cooking, preparing and setting out meal ingredients
- Setting up dining area and planning what is needed and setting out food
- Serving
- Sharing a meal
- Cleaning up afterwards.

Meals prepared have included: Salmon bake; Smashed Nachos; various salads and salad platters to compose your own; cupcakes for cake stall; BBQ sausages, bacon, eggs, burgers; Hot cakes, hash browns, fettuccini bolognaise, gnocchi in pesto sauce, chicken curry, dhal and rice, rice paper rolls, toasties, wraps with own selection of healthy ingredients and peach slices etc.....

Our goal is for the participants to have the skills to plan and prepare a meal independently for themselves or to share with friends and family.

In the future we hope to extend participation with ingredient planning and shopping, but we have a very busy program with a delightful group of participants that is working towards this extension.

We extend a huge thank you to our awesome volunteers: Lorelle Byers – who does all the shopping and helps out; Karen Martin, Gayle Stone, Sandra Russell are super helpers working a roster between them and coming up with great ideas and implementing them; Susan Stojanoski, regular volunteer and Annie Ung and Paul Pearson who help when they can.

The camaraderie of the entire team is a great testament to the power of sharing food.

Jenny Bombardieri



RSAC Drama Report

In the past year the RSAC Drama group has grown in numbers but more importantly the students have grown in confidence through; regularly attending class, learning and practicing new skills and performing. Led by director and drama teacher Trisha Starrs the group has explored improvisation, storytelling, dramatic play and devising scripts. As always, they have created a special piece for Presentation Night.

Looking forward, ideally, we would like for the group to be working towards more public performances such as local festivals and ultimately a short season within a larger performance specific festival such as the Sydney Festival. Also, a smaller splinter performance group could be formed for those very keen members who want to perform more and are more available. This would require extra funding and extra classes with a director/teacher. Imagination Theatre would be in a position to provide the extra staff for this.

I'd like to give thanks to all the parents and carers who give their support to the RSAC Drama group each week and a special thanks to Marilyn for always being there and managing the attendances. Thanks to Jenny for creating the opportunities for us and bringing in new students. All your support for the students and Imagination Theatre staff is so important and very much appreciated.

I look forward to seeing this group progress in the coming year and hope to be creating even more wonderful performances.

Annerose de Jong
Artistic Director
Imagination Theatre

www.imaginationtheatre.com.au



HIP HOP

The new Hip Hop classes aim to:

- have fun and challenge the participants without pushing them to hard
- focus on social outcomes whilst learning dance in a fun, happy & inviting environment as opposed to focusing solely on technique
- have participants pick up moves and choreography
- Involve participants! Involve them in choreography, warm up & travelling steps. They LOVE making up dance moves and having input!
- Include Counting and Rhythms!
- Setting different dance move rhythms and dance with the music and count out loud at the same time really helps increase skills and abilities!
- Set basic rules.
- Mix it up!!!
- Closing class with something fun i.e. dance circle or creative bow having everyone clap for each other finishes class on a great high!
- Have a FAB time.



INDOOR SOCCER

Our long serving coach, Chris has resigned from end May after many years of managing the group, most single handed! We very much appreciate his dedication to the group.

Recruitment by Kate DeMayo and support from Ian McGregor have enabled the group to reform in July with a new team of coaches and assistants to ensure its ongoing ability. The efforts of everyone in ensuring the ongoing ability of this program is a celebration of CAN DO! Many thanks to Simon, Marcello and Luis for taking on the challenge.

SWIMMING WEDNESDAY HURSTVILLE REPORT

This is our Disability swim program is a core part of the services we provide. Our Disability swim program caters to our members with either a physical, intellectual, or developmental disability; behavioural or a mix of these, and who need extra support in learning how to swim. The learn to swim and junior squad groups with an average of 13 participants attend on every Wednesday night in Hurstville Aquatic Centre.

We have 6 learn to swim in our children group and 7 junior squad swimmers. We have one volunteer with me teach learn to swim group at 6:30pm, junior squad group only by myself at 7:30pm.

Our comprehensive approach to teaching focuses on relaxing students in the water, how to be safer in the water which will inevitably lead to more enjoyment in the water.

I would like to thank our volunteer Aimee Wasserman for a wonderful job they do with the group. We have enjoyed seeing the participants grow and develop.

David Wong



RSAC BEXLEY SWIMMING – THURSDAY NIGHTS

The Angelo Anestis Aquatic Centre in Bexley opened in January 2017 and I've been pleased to manage a new RSAC swimming program there from May 2017. The program is on Thursday nights, including a learn to swim group at 6.30pm and a squad group at 7pm.

All swimmers from beginners to more advanced swimmers have enjoyed the lessons, and it's been fantastic to see significant improvement in ability and confidence from week to week. I'm grateful for the continued support of parents and carers, such as helping out in the water to ensure the lessons run smoothly. I'd also like to thank Sue Ng for marking the rolls every week. We have held a couple of 'food parties' after swimming to recognise the hard work of everyone involved in the program.

A huge thank you to all our wonderful volunteer instructors over the year, in particular Damien Brenchley who has shown outstanding dedication by turning up every single week since the program started! We recently welcomed aboard John Jones and said farewell to Jessica Guo, who was a great help during her HSC year. We wish Jessica all the best with her university studies. We also thank Narelle Hanna and Bonnie Hanna who have kindly stepped in when needed.

Finally, thank you to BlueFit and Bayside Council who have been very supportive of this program. BlueFit provides us with access to the indoor 25 metre pool and Bayside Council provided grant funding. I look forward to working with other volunteers to grow and improve the program.

Jesse Hanna
Program Manager



SWIMMING FRIDAY ROSELANDS REPORT

Our Friday evening swimming has continued strongly, catering for a wide range of abilities and ages, from beginners to competent lap swimmers. We have had a lot of new swimmers joining the program in the last year and thankfully some more new volunteer instructors to help us deal with the increased participation.

The range of ages, abilities and experience does present challenges and the attention and patience of our volunteers is crucial. We would like to thank our dedicated volunteers: Robert who has been with the program for many years, Chris Stojanoski who has learned to swim through the program and now become a volunteer instructor. There are some who volunteered in the earlier part of the year Lisa Vuong, Lisa Tran, Ash and Angie and some who have joined us more recently and continue to support us as volunteer instructors, Ben, Kristie and Brooke.

The progress of many of our swimmers has been encouraging, and it is great to see how many have increased in confidence. The efforts of so many participants and their parents and carers contribute to the program's success.

Attendance varies significantly from week to week. In a quiet week, we may have 6 swimmers; a busy week could see us working with 14.

As well as our swim volunteers, we also thank Roselands Aquatic Centre for access to their pools and Susan Stojanoski for helping with the rolls for many years.

Ian McGregor

CRICKET



TENNIS

RSAC tennis has had a big year. Thanks to the NDIS we have had significant growth in our 10am development group, with up to 11 participants. Attendance at our 9am group remains consistent with 8 regular participants. Our coach Arman Abdollahi has worked hard to develop individual goals for participants, with a focus on improved mobility and ball skills. We are also working on increasing social interaction between participants by helping them learn the names of new participants, and finding common interests. At the end of Term 1 this year we held a barbecue brunch to help families and participants to get to know each other better. Once again, we also held a Christmas brunch for the last Saturday of the year. It's great to see family members getting to know each other, and encouraging athletes as they progress. We plan this year to have several sessions of Sunday social tennis with the first scheduled for 8 July. This will give participants and family members the opportunity to socialise, and to use their tennis skills. Hannah Sandeman and Tim Andrews continued to compete in the Special Olympics Tennis Competitions this year, both in singles and doubles. They have both made progress up the ranks of their divisions.

At the end of 2017 we said good bye to Simon Booth, a longstanding participant with RSAC. We wish Simon the very best, and hope he continues to enjoy his tennis closer to home. We have appreciated the support of parents and support workers picking up balls and providing extra support with ball skills at 10am. We have also appreciated the commitment of our coach Arman, and the support of David Deep from Indeep Tennis. Bronwen Elliott

TENPIN BOWLING – MONDAY 5.30PM

Monday bowling numbers continue to grow with 34 regular players on the books, every one of them always keen to start. The players support each other and there is always a sense of fun and excitement around the lanes. New members are always welcomed and greeted enthusiastically.

The competition for trophies was very close this year with a lot of improvements across the board. Omkar's highest score of 153 was strongly challenged by Paul Elliott with 151 and Sandy with 147. Rose scored 134, closely followed by Tiffany on 132.

"Après-bowling" has become a social event with many of the parents and players adjourning for dinner in the Revesby Workers Club next door.

We would like to thank the parents and carers and the staff at Zone Bowling Revesby for their continued support.

Bob and Sandra Beer



SATURDAY TENPIN BOWLING REPORT

This year has seen some significant changes in our sports with the introduction of the NDIS. It has given our Bowlers the choice to do a lot more things, not only in sport but in their day to day lives, which is great. We have 22 bowlers on the roll with 7 of them having NDIS funding.

Last year one of our long-term bowlers, Ailsa Cruickshank, retired from our bowling league to pursue other things and enjoy her retirement with her NDIS funding, we wish Ailsa all the best for the future and hopefully she keeps in touch.

We still have a small group of around 3 or 4 that enter the Special Olympics competition and are still enjoying it and often arrive at our bowling with their medals to show us, well done to them. Our group is still a very social lot and we always have a birthday celebration at least once a month which they enjoy, I have sent a photo of one of our popular bowlers, Mark Bekir, having his birthday celebration with the group, which he enjoyed a lot.

I would like to welcome a new bowler, Muneeb Syedkaja, to the group, he says he enjoys coming and has picked up bowling quite well.

I would like to thank the bowlers for another great year of bowling, they are a great bunch of people and I know that I have learnt a great deal from them over the years. They are respectful to each other and genuinely care about each other, so well done to everybody. I would especially like to thank Kerrie for her ongoing support at bowling and her caring nature.

This year saw us implementing the NDIS funding for our sports, through this we have gained three new bowlers, I would like to welcome Seamus Neubranner, Muneeb Syedkaja and Nelio Ferreira. They have fitted in nicely with our group and our regulars are making them feel welcome. This brings our roll tally to 24 with 9 people using their NDIS funding, the way of the future!

On Saturday, 28th October we held our annual Halloween bowling and might I say the costumes keep getting better each year, we had 41 bowlers participate and they all had a great day, a big thankyou to my constant helper Kerrie and to all the other parents who pitched in on the day and made it fun for the bowlers.

A great big thankyou to Suzanna and staff at the Strathfield Super bowl, nothing is a problem for them and she loves getting involved with our bowlers.

Happy Bowling to everyone for this year, looking forward to another enjoyable year ahead.
Marilyn Ledger



WEDNESDAY CARER'S GROUP

While the Wednesday Drama Group participants are at classes the Parents and Carers take an opportunity to have a quick cup of coffee across the street at Bankstown Sports Club. The group has been meeting for about 10 years. It provides an opportunity for the mums and dads and carers to meet socially. Many friendships have been fostered between the families and the members of the group are very supportive of each other.

The group has banded together and formed teams to help out at RSAC from time to time but that is not their main focus. Emphasis is placed on providing a nurturing and supportive environment for the carers. This group is a prime example of like-minded people getting together to support each other. Each one in the group has a lived example of being carers for our children whom we love so very much.



MEN OF DRAMA COFFEE CLUB (MODCC)

An often forgotten group in the lives of our members are the dads. In recognition of this our club decided to support an initiative where the dads could meet informally over a cup of coffee and just share comradery as well as support each other. We initially started off 2 years ago as “Retired Dads Coffee Group” but soon realised that all of us had our children participating in the RSAC’s Drama classes hence the change of name to MODCC.

The group is open to all dads who have their children in any of RSAC’s programmes. We meet every 3rd Thursday for coffee and we share our views and experiences on a range of topics. A lot of discussion turns to current Sports activities in NRL , AFL etc. As is common with men’s groups, each one of us has worked out how our team can win the Grand final next year, or how we can settle on Mars, or how to deal with climate change. We also spend time on tossing up ideas on how to better the lives of our children and their peers.

The range of experiences in the group is widely varied which makes for some very interesting conversations- we have retired - IT expert, Qantas Pilot, Business Analyst, Tax Officers, Local Government Personnel and Engineers in the Group so far. Sooner or later we should have an ex-Prime Minister no doubt.

The Group currently has 7 regular members and new members are welcome. Leon Sugrim

AWARDS 2018



Congratulations to the following for a great effort.

PERPETUAL TROPHIES

Cricket	Tim Andrews
Basketball	Thomas Zhou
Bocce	Matthew Beer
Dance	Vicki Kaletsis
Indoor Soccer	Michelle Brown
Tennis	Sophie Tan
Tenpin Bowling	Brett Rasmussen
Tenpin Gail Marks Memorial Trophy	Peter Hardisty

TENPIN BOWLING

Best Attendance
 Most Improved Male
 Most Improved Female
 Highest Scratch Game Male
 Highest Scratch Game Female
 Consistent Effort Female
 Consistent Effort
 Highest Scratch Game
 Bumpers Male
 Highest Scratch Game
 Bumpers Female
 Encouragement Award

Wednesday
 Shelly Bantine
 Ben Holmes

 Peter Stavrellis

 Kelly Cook

Monday
 Paul Goodwin 39
 Sandy Clayton
 Joy Mickan
 Omkar Dhupar 152
 Rosetta Amoroso 134
 Kay Lanaghan
 Kieron Langford

Saturday
 Justin Singh

 Nicholas Buhagiar 199
 Kim Ledger 133

 Rohan Fullwood
 Chau Dang 176

 Vanessa Smith 139

BASKETBALL

Best Attendance
 Most Improved
 Consistent Effort
 Sportsmanship Awards
 Encouragement Awards

5:30 group
 James Walsh
 Alonzo Gollon
 Nathan Kisur
 Kieron Langford
 Mitchell Boaro

7pm group
 Beau Lawson
 Tom Elenor
 Tim Andrews
 Matthew Brown
 Mark Bekir

Junior Basketball
 Jack Zhou
 Tony Vettom
 Ashiq Chowdhury
 Georgia Abboud

CRICKET:

Most Improved
 Best Attendance
 Best Bowler
 Best Batter
 Rep Player of the Year

Matthew Beer
 Brianna Russell
 Hannah Sandeman
 Omkar Dhupar
 Gareth Donohue

DANCE:

Best Attendance

Vicki Kaletsis

DRAMA:

Most Improved Male
 Best Attendance
 Most Improved Female
 Best Male Performer
 Best Female Performer
 Encouragement Award

James Dobson
 Kim Ledger
 Kirby Mutton
 David Sparsis
 Rachel Sugrim
 Taryn Sheppard

SOCCER:

Best Attendance
 Consistent Effort
 Most Improved
 Sportsmanship
 Encouragement Award

George Sotiropoulos
 James Walsh
 Lachlan Lau
 Christopher Russo
 Krishaan Cropper



INDOOR SOCCER:

Super Striker
Sportsmanship Award

Paul Goodwin
Paul Perazza
Raj Nallathambi

BOCCE:

Best Attendance & Consistent Effort
Most Improved

Melanie Seabrook
Phuong Nguyen

TENNIS:

Consistent Effort
Best Attendance
Consistent Effort &

9am
Tim Andrews
Brian Fincato
Best Attendance

10am

Matthew Beer

**SOCIAL CLUB FRIENDSHIP GROUP:**

Best Attendance
equal
Encouragement
Sportsmanship Award

Vivian Athanasoulas, Stephanie Coe, Troy Delfosse &
Benjamin Lee
Karen Li
Nicholas Sim

COOKING GROUP:

Best Attendance equal
Most Improved Male
Most Improved Female
Encouragement Awards

Brianna Russell, George Shalhoub, David Sutton
Simon Byers
Amanda Sivier
Duc Phan
Willy Ung

SWIMMING

Best Attendance
Most Improved
Consistent Effort
Sportsmanship Awards
Encouragement
Awards

Bexley
Kyle Chen
Chris Russo
Raymond Chin
Thanasi Psyhogios
Benjamin Thai

Weds 6:30
Sheng He
Andrew Qiu

Weds 7:30
Edgar Tan
Leon Huang
Jason Chen
Edgar Tan

Roselands
Jasper Zhang
Peter Chehaid
Safiyah Campbell
Christopher Stojanoski
Matthew Phan

TREASURER'S REPORT 2017/2018

I would like begin this report by acknowledging the tremendous contribution made to our club by our former treasurer, Mr Nigel Beattie. In his final treasurer's report for our club in 2016, Nigel passionately noted that his and his family's lives were closely intermingled with other families in the club. I share this sentiment as I see that many families in our club have formed close bonds.

Balance Sheet and Profit and Loss Statements

- We broke one term deposit during the year to help with cash flow but reinvested the amount used plus an extra amount so total term deposit has increased by \$24,227
- I am very optimistic about where our club's finances are heading. A lot of credit must go to the board for the hard work they have put in towards the turnaround in our financial position. We have contained our expenses and increased our revenue raising activities.
- During this financial year the major contributions to our finances were from:
 - o Increased revenue from our core sports and recreation activities. This was mainly due to aligning our fee structure to the NDIS rates for those with NDIS funding and to increased participation rates.
 - o Fundraising activities with Bunnings BBQ's, Sports Lunch and our Christmas Raffle being the major contributors
 - o Grants Income continues to be our major source of funds for running our activities

Item	Total for the Year	Notes
Sports and Outreach Income	\$126,537	An increase of \$39,597 over last year
Sports and Outreach Expenses	\$72,700	An increase of \$5,678
Fundraising	\$33,970	Increase of \$305
Grants Income	\$91,264	Increase of \$21,764

- Unexpended Grants amount is \$26,658.87
- The Net Profit of \$49,795 includes advance deposits of \$45,100 for the New Zealand trip for our participants which is shown as a liability in our Balance Sheet.
- Taking the above into account, our club has made a Net Profit of \$4,695 from its operations in the 2018 year. This is a good result for the club as our intent is to get as close as possible to a balanced set of accounts.

On a more general note, it is not a very well recognised fact that our club depends for its survival on the generous support provided by its volunteers. In an average week we have about 70 volunteers helping us run our activities. Each volunteer "donates" about 5 hours of their time each week. The lowest award rate for workers in the disability sector is \$22per hour so if you do the maths, our volunteers collectively contribute in excess of \$300,000 of value to our club. This is the main reason we can offer quality service to our members and in my view why the decision makers at all levels of government ought to be made aware of this fact. Our board has taken on an active role in advocating for our members and we will continue our efforts in this area.

I would also like to acknowledge the generous donations received through the club grants program. This is another source of revenue that is critical for our survival. We value the very generous support provided by Bankstown Sports Club who have been our major source of support for over 10 years. The other club grants received during this financial year were from Club Mount Lewis, Club Rivers, Lions Clubs and we are also supported generously by Canterbury-Bankstown City Council and Georges River Council

Finally, I would like to acknowledge the support I have received through the year from Jenny Bombardieri and Melody Earl in the office. Jenny has always gone beyond her call of duty for this club and it is hard to imagine how we will survive if and when she decides to hang up those boots and retire. Melody has put in sterling effort in organising our NDIS related issues and I am confident that this will be a growth area for our club in the future.

Above all a big thank you to our members and participants without whom our club will not exist. As the many photos in this year's report will show, our activities bring big smiles on our members' faces and that makes it all worthwhile.

Leon Sugrim

Honorary Treasurer.



RECREATION SPORTS & AQUATICS CLUB INC.
ABN 59 726 089 873
Financial Statements for the Year Ended 30 June 2018

RECREATION SPORTS & AQUATICS CLUB INC.
ABN 59 726 089 873
Financial Statements for the Year Ended 30 June 2018

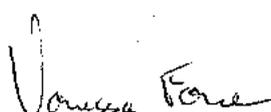
STATEMENT BY MEMBERS OF THE COMMITTEE

In the opinion of the Committee of Recreation Sports & Aquatics Club:

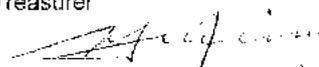
1. The financial statements, comprising the statement of income, statement of financial position, statement of cash flows, statement of changes in equity, and accompanying notes, are in accordance with the Australian Charities and Not-for-profits Commission Act 2012 and:
 - comply with Australian Accounting Standards – Reduced Disclosure Requirements and the Australian Charities and Not-for-profits Commission Regulations 2013; and
 - give a true and fair view of the Association's financial position as at 30 June 2018 and of its performance for the year ended on that date.
2. At the date of this statement, there are reasonable grounds to believe that the Association will be able to pay its debts as and when they fall due.

This statement is made in accordance with a resolution of the Committee and is signed for and on behalf of the Committee by:

President

Vice-President: 
(Vanessa Fone)

Treasurer


(Leon Sugrim)

Dated this 8 day of November 2018

RECREATION SPORTS & AQUATICS CLUB INC.
ABN 59 726 089 873
Financial Statements for the Year Ended 30 June 2018

STATEMENT OF FINANCIAL POSITION
AS AT 30 JUNE 2018

		2018	2017
		\$	\$
CURRENT ASSETS			
Cash on Hand and at Bank		24,513	41,208
Investments	2	196,648	172,420
Accounts Receivable	3	32,837	6,108
Accrued Income		561	869
Stock		2,363	3,537
Prepayments		<u>17,905</u>	<u>17,008</u>
TOTAL CURRENT ASSETS		274,827	241,150
NON-CURRENT ASSETS			
Fixed Assets	4	<u>14,713</u>	<u>2,270</u>
		14,713	2,270
TOTAL ASSETS		<u>289,540</u>	<u>243,420</u>
CURRENT LIABILITIES			
Payables	5	100,792	105,887
Tax Liabilities	6	-	-
TOTAL CURRENT LIABILITIES		<u>100,792</u>	<u>105,887</u>
NON CURRENT LIABILITIES			
Provision for Long Service Leave		29,711	28,291
TOTAL LIABILITIES		<u>130,503</u>	<u>134,178</u>
NET ASSETS		<u>159,037</u>	<u>109,242</u>
ACCUMULATED FUNDS	7	<u>159,037</u>	<u>109,242</u>

RECREATION SPORTS & AQUATICS CLUB INC.

ABN 59 726 089 873

*Financial Statements for the Year Ended 30 June 2018***INCOME STATEMENT
FOR THE YEAR ENDED 30 JUNE 2018**

	Note	2018 \$	2017 \$
REVENUES FROM ORDINARY ACTIVITIES			
Membership Fees		8,235	6,102
Donations & Grants		122,473	96,605
Fundraising		33,970	30,919
Program Income		204,426	215,977
Interest Received		3,963	3,913
Other Income		18,612	13,395
TOTAL REVENUE		<u>391,679</u>	<u>366,911</u>
EXPENSES FROM ORDINARY ACTIVITIES			
Cost of Goods Sold		2,607	802
Fundraising Expenses		5,278	6,471
Bad Debts Written Off		603	-
Depreciation		7,357	-
Employee costs		140,596	130,287
Auditors Remuneration		2,000	2,000
Interest Expense		-	-
Cost of services provided		156,628	173,331
Other Operating Expenses		26,814	33,401
Total Expenses		<u>341,884</u>	<u>346,292</u>
Operating profit/(loss)		<u>49,795</u>	<u>20,619</u>

STATEMENT OF CHANGES IN EQUITY

	2017 \$	2017 \$
ACCUMULATED FUNDS		
Accumulated funds brought forward	109,242	88,623
Operating Profit for the year	49,795	20,619
Accumulated funds at end of year	<u>159,037</u>	<u>109,242</u>

RECREATION SPORTS & AQUATICS CLUB INC.**ABN 59 726 089 873***Financial Statements for the Year Ended 30 June 2018***STATEMENT OF CASH FLOW
FOR THE YEAR ENDED 30 JUNE 2018**

	2018	2017
	\$	\$
Cash Flows from Operating Activities:		
Interest Received	4,271	3,938
Other Income Received	360,987	361,797
Payments to Suppliers & Employees	<u>(337,925)</u>	<u>(320,316)</u>
Net Cash Provided By Operating Activities	<u>27,333</u>	<u>45,419</u>
Cash Flows from Investing Activities:		
Investment in Term Deposits	(24,228)	(62,189)
Redemption of Term Deposits		-
Proceeds on sale of Bus		-
Purchase of Fixed Assets	(19,800)	(2,270)
Net Cash Provided By Investing Activities	<u>(44,028)</u>	<u>(64,459)</u>
Net increase (Decrease) in Cash Held	(16,695)	19,040
Cash as at 30 June 2017	<u>41,208</u>	<u>60,248</u>
Cash as at 30 June 2018	<u>24,513</u>	<u>41,208</u>
Reconciliation of Net Cash Provided By Operating Activities to Operating Profit		
Operating Surplus (Deficit)	49,795	20,619
Depreciation	7,357	-
Gain on sale of Bus	-	-
Decrease/(Increase) in debtors & receivables	(26,421)	(1,176)
Decrease/(Increase) in prepayments	(897)	(12,920)
Increase in other creditors and unearned income	(3,675)	39,260
Decrease/(Increase) in Stock	1,174	(364)
Net Cash provided by Operating Activities	<u>27,333</u>	<u>45,419</u>

NOTES TO THE FINANCIAL STATEMENTS

1. ACCOUNTING POLICIES

The accounts have been prepared in accordance with Australian Accounting Standards and on the basis of historical costs. The financial statements are general purpose financial statements. The Association is a not for profit entity.

The following is a summary of the material accounting policies:

a) Employees Benefits and Long Service Leave

The Association provides for annual leave and sick leave for permanent employees.

Long Service Leave is provided for after the completion of five years service.

b) Inventory

Inventory is measured at the lower of cost or net realisable value.

c) Income Tax

Recreation Sports & Aquatic Club is exempt from income tax under S23(e) of the Income Tax Assessment Act, as a registered charitable organisation.

d) Income from Grants and Donations

When money is received as a donation with no conditions attached it is recognised as income immediately. Where money is received for a particular purpose or project, it is recognised as income at the point where the specified project or purpose is completed. If the project is incomplete at balance date, any relevant grant is treated as unearned income on a pro-rata basis to the degree of completion of the project.

e) Fixed Assets

Fixed assets are being depreciated over 3 years.

	2018	2017
	\$	\$
2. INVESTMENTS		
Term Deposits at Westpac	<u>196,648</u>	<u>172,420</u>
All deposits mature within 12 months		
3. ACCOUNTS RECEIVABLE		
Trade Debtors	26,520	1,531
Other Debtors	<u>6,317</u>	<u>4,577</u>
	<u><u>32,837</u></u>	<u><u>6,108</u></u>

	2018 \$	2017 \$
4. FIXED ASSETS		
Office Equipment	2,270	2,270
Provision for Depreciation	<u>(757)</u>	<u>-</u>
	1,513	2,270
Trailers	19,800	-
Provision for Depreciation	<u>(6,600)</u>	<u>-</u>
	13,200	-
	<u>14,713</u>	<u>2,270</u>
5. PAYABLES		
Accrued Expenses	12,066	7,976
Unexpended Grants	21,395	50,614
Deposits for events	45,100	22,162
Provisions for staff leave	<u>22,231</u>	<u>25,135</u>
	<u>100,792</u>	<u>105,887</u>
6. TAXATION LIABILITIES		
GST Payable	<u>-</u>	<u>-</u>
7. ACCUMULATED FUNDS		
Accumulated funds brought forward	109,242	88,623
Operating Profit for the year	<u>49,795</u>	<u>20,619</u>
Accumulated funds at end of year	<u>159,037</u>	<u>109,242</u>

8. RELATED PARTY TRANSACTIONS

The directors of Recreation Sports & Aquatics Club during the year were:

Robert Beer	Lorelle Byers (resigned September 2018)
Steven Fullicks	Paul Pearson Vanessa Fone
Leon Sugrim	Susan Stojanoski

Directors of the Association did not receive any remuneration from the Association,

There were no transactions between the Association and any of its directors or with any organisation in which director(s) held a substantial financial interest.

9. AUDITORS REMUNERATION

Audit of the Financial Report	2,000	2,000
Other Services	-	-
	<u>2,000</u>	<u>2,000</u>

The Auditor has donated his fee back to the Association.

10. FUTURE LEASE COMMITMENTS

Operating Leases for Plant & Equipment		
Due within 1 year	2,520	5,040
Due within 1-2 years	-	2,520
Due within 2-5 years	-	-
	<u>2,520</u>	<u>7,560</u>

10. FINANCIAL RISK MANAGEMENT

The Club manages its liquidity risk by ensuring it has sufficient cash to meet at least three months of expenses. Cash holdings are held with Westpac.

The Club regularly monitors its financial position to ensure it is not incurring expenses in excess of the levels of revenue being generated.



Thomas McMurray
Chartered Accountant
ABN 57 193 160 068

INDEPENDENT AUDITOR'S REPORT

To the members of Recreation Sports & Aquatics Club Inc

I have audited the financial statements being Statement of Financial Position, Income Statement, Cash Flow Statement and Notes to and forming part of the financial statements, of Recreation Sports & Aquatics Club Inc for the year ended 30 June 2018.

In my opinion, the financial statements of Recreation Sports & Aquatics Club Inc have been drawn up in accordance with Div 60 of the Australian Not-for-profits Commission Act 2012, including:

- a. giving a true and fair view of the financial position of the Association as at 30 June 2018 and of the results of the operations of the Association for the year ended 30 June 2018, and
- b. are in accordance with Australian Accounting Standards – Reduced Disclosure Requirements and the Australian Charities and Not-for Profits Commission Regulation 2013.

The Committee members of the Association are responsible for the preparation and presentation of the financial statements to give a true and fair view in accordance with Australian Accounting Standards Reduced Disclosure Requirements and the ACNC Act 2012 and for such internal controls as the Committee members deem necessary to enable the preparation of the financial report that gives a true and fair view and is free from material mis-statement.

My audit has been conducted in accordance with Australian Auditing Standards to provide reasonable assurance as to whether the financial statements are free of material misstatement. The procedures included examination, on a test basis, of evidence supporting the amounts and other disclosure in the financial statements, and the evaluation of accounting policies and significant accounting estimates. These procedures have been undertaken to form an opinion as to whether, in all material respects, the financial statements are presented fairly in accordance with Australian Accounting Standards and other mandatory professional reporting requirements so as to present a view of the Association which is consistent with my understanding of the Association's financial position and the results of its operations.

The audit opinion expressed in this report has been formed on the above basis.

I have communicated with the Committee Members regarding, among other matters, the planned scope and timing of the audit and significant audit findings, including any significant deficiencies in internal control that I identified during my audit.

In conducting my audit, I have complied with all of the independence requirements of the ACNC Act 2012 and the ethical requirements of the Accounting Professional and Ethical Standards Board's APES 110: Code of Ethics for Professional Accountants.

A handwritten signature in blue ink that reads 'Thomas McMurray'.

Thomas McMurray
 Chartered Accountant

9 November 2018 Blacktown

HOW YOU CAN HELP

Become a member

RSAC has categories of Membership so that supporters can become financial members and contribute directly to RSAC.

RSAC PARTICIPATION MEMBERSHIP

Includes participant and registered family members; cost to be approved at AGM each year. Fees are per calendar year (including from October for the first year). This must be paid by March each year to participate. (Consideration for time to pay may be granted on request).

Fee per calendar year as set at each AGM.

RSAC SUPPORTERS MEMBERSHIP

Supporters and those participants and families who benefit greatly from RSAC and are in the position to do so are also encouraged to consider this category. Suggested donation \$250 per annum.

RSAC Corporate Sponsorship

Bespoke packages can be developed for corporate sponsorship to meet the requirements of corporate partners.

A corporate sponsorship package would include acknowledgement in media, Annual Report, website and newsletters; invitation to attend functions and events and the opportunity to partner at such events.

Suggested Tax Deductible donation of \$5000.

Volunteer your time

Volunteers are always welcome and very much needed, both on a regular basis and for one off events. Put your name down to help RSAC any way you like. Many hands...

RSAC is run almost entirely by volunteers which means that funds raised can be directed to providing great services for our members and essential administration costs.

RSAC participants are encouraged to help out when they can. Your presence can add greatly to RSAC's ability to get the word out, besides you benefit, so it's good if you can give back.

Make a donation

Regular donations are appreciated, or you can become a Supporter Family. One off donations, whether for a specific cause or general support for RSAC, are always welcome.

Leave a bequest

A bequest in your will to Recreation Sports and Aquatics Club is a way of acknowledging your appreciation of RSAC's work. Your legacy will be recognised and remembered.

Host an event with RSAC as beneficiary

- Small or large, wine tasting, bbq or morning tea, or your idea
- We can help.

Support an event or fundraising activity

- Support an event by attending, helping out, providing prizes
- Get on an organising committee for a big event – it's FUN and you don't need to join a board to work on an event committee.
- Help spread the word and promote an event
- Bring a friend or two
- Encourage volunteers from among your friends, family or workplace

Become a corporate partner

- Take out a Corporate Sponsorship Package
- Support a specific event financially
- Help spread the word or promote an event through your organisation both internally and externally
- Encourage volunteers; provide an incentive program

Other ways you can help our cause

- Spread the word about the opportunities RSAC provides
- Tell people about your experience with RSAC
- Invite people to come along and try our programs and offer to help when you can





Tauranga New Zealand 15th October, 2018

 This section is a collage of images. At the top, the text 'Tauranga New Zealand' and '15th October, 2018' is displayed. Below this is a central group photo of about 12 people standing in front of a building with a sign that reads 'PORT OF TAURANGA'. One person on the left is wearing a traditional Māori kapa. To the left of the group photo is a vertical barcode with the text 'Print Digital files with purchase' and '6x90 350'. At the bottom left is the 'GOLDEN PRINCESS' logo. The background of the collage features a large image of Māori warriors in traditional clothing, some holding spears.

Recreation Sports and Aquatics Club

Helping people with disability live their best lives.



RSAC provides leisure activities for people with disability and support for carers

BUT more than that!

We are a community that includes people with disability, carers, friends and families.

We work together to make RSAC work and become friends and confidants, peers and family.

United for one aim:

to be inclusive and supportive one to another, provide quality services and activities and to be a valuable community for people with disability and their circle of support.