

Helping People with Disability to Live their Best Lives.



CLUBROOMS
11 Greenfield Parade BANKSTOWN
(Opposite Bankstown Sports Club)
PO Box 120
Bankstown NSW 1885

Phone: 9790 5001 (Mon-Thurs)
E-mail: RSAClub@bigpond.net.au
Web: www.disabledsportsac.org.au
ABN: 59726089873
Registered Charity CFRN: 10128

Supporting Lifestyle Choices of People with Disability



INFORMATION BOOKLET

Sport, Recreation and Social Opportunities for People with Disability



- * Sports Training, Skill Development, Competitions
- * Social and Recreational Opportunities
- * Holiday & Vacation Programs
- * Parents and Carers Support



NDIS PROVIDER 40500 02718

RECREATION, SPORTS AND AQUATICS CLUB

RECREATION, SPORTS AND AQUATICS CLUB

MISSION

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

About Us

Recreation, Sports and Aquatics Club (RSAC), is a community based 'not for profit' organisation that provides sport, recreation and social activities and opportunities for people with disability.

We were founded in 1987 to meet the needs of people with disability who had few recreational outlets and opportunities to socialise and network. RSAC now provides a wide and diverse range of activities and services to meet the ongoing needs of people with a disability, their families and carers.

RSAC provides regular training in sports such as basketball, bocce, cricket, karate, football/soccer, swimming, tenpin bowling, and tennis. It also provides dance classes, drama workshops, social clubs, cooking, holidays, vacation activities and holiday programs, discos and events, and parent and carers support group activities. More than 1,000 people with a disability and their families are supported through RSAC's programs each year. Membership is open to anyone who wishes to participate, providing they agree to abide by the club's rules. Volunteers, families, and people with a disability join RSAC to support the club, participate in RSAC programs and embrace its mission.

RSAC IS A REGISTERED NDIS PROVIDER

People who have NDIS may use these funds for participation where it complies with their plan. Contact RSAC to set up a booking.

FUNDRAISING

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

You can help by:

- Supporting RSAC's fundraising activities.
- Participating in its FUN fundraising events.
- Donating (cash appreciated or prizes for the activities).
- Volunteering to help with fundraising.
- Considering a bequest in your will.

We are fortunate to have some wonderful supporters from within the community and appreciate their commitment to RSAC and people with a disability.



For Details, Information, and Bookings
PHONE (02) 9790 5001
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RECREATION, SPORTS AND AQUATICS CLUB

Volunteers and Fundraising

VOLUNTEERS

As a community based organisation, RSAC relies heavily on volunteers to manage and run its diverse range of activities. Without these dedicated helpers RSAC could not function.

Volunteers are always welcome and needed. Tasks will be matched to the skills, abilities and availability of the volunteer. Training and support is provided before and during service.



Around 80 volunteers make up the workforce including parents, carers, siblings, community members and supporters from different backgrounds. Some have volunteered for more than 30 years and have a weekly activity that they support. More volunteers are needed and everyone is welcome to help.

RSAC participants are encouraged to help out when possible. Your presence can add greatly to RSAC's ability to get the word out.

Benefits of Participation include:

- * Enhanced social interaction and social skills
- * Meeting people with similar interests
- * Improved communication skills
- * Learning to follow instructions and acquire new skills
- * Learning to work as part of a team and support team-mates
- * Develop an understanding of empathy for others
- * Become more independent with community life skills
- * Meeting people outside of normal circle
- * Opportunity to do their "Own Thing" away from family and usual environment
- * Building and maintaining friendships
- * Improve fitness, health and hand/eye coordination
- * Developing independent living skills
- * Have fun, improve self-confidence and self-esteem



RECREATION, SPORTS AND AQUATICS CLUB

Performance Programs

DANCE CLASS

Dance class has two categories; Creative Dance and Hip Hop. The dance programs work on music of participants' choice and learn routines that they will be able to perform at various events.

The Hip Hop Dance Program is dedicated to learning the style of Hip-Hop and working with music of that genre.



DRAMA WORKSHOP

Drama is a program that works on personal development, ability to think and express oneself and the skills of performance.

Performance Workshops is 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.



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 and chat across the street at Bankstown Sports Club. The group has been meeting for about 10 years. It provides an opportunity for the mums, dads and carers to meet socially. The group has bonded 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 group. This is a prime example of like-minded people getting together to support each other.

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 chat as well as support each other. The group meets the 3rd Thursday of every month for coffee and they share their views and experiences on a range of topics. They also spend time tossing up ideas on how to better the lives of their children and their peers.

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Parents and Carers Support

RSAC acts as a support system for carers of people with disability by providing activities, information and events for both people with disability, their families, carers and friends.

RSAC Holidays and Getaways is a project which focuses on creating support systems for families and carers. These Getaways include:

- Family Getaways: are for families including a person with disability, to spend quality time together while meeting other families.
- Carer Getaways: sometimes the carers just want a chance to get away and share with others who have similar experiences. RSAC acquires grants to run these at an affordable rate for carers and provides support and opportunities for networking.



Social, Personal, & Independent Living Skills

ADULT SOCIAL CLUB

Adult Social club has two groups; the Friendship Group and the South West Social Group. 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 be met on return or travel home independently.



COOKING CLASS

Cooking classes run monthly. Those classes includes planning, food preparation, healthy eating, decision-making, budgeting and hygiene. This group sometimes plans for additional activities such as outings to markets and food events. Recipes are available to take away so participants can try them again at home.

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Sports Programs

BASKETBALL

Basketball has three groups; the Junior Group, the Intermediate Group, and the Senior Group. All groups focus on basketball skills training and teamwork. Friendly matches are incorporated into each session in order to put these skills into practice.

Competition opportunities available.



BOCCE

Bocce runs the 1st Friday of each month. This program offers an environment that encourages fun, friendship, and healthy participation. Members can also come in early if they wish to have dinner together before starting the activity.

CRICKET

Cricket is held at indoor training nets on a fortnightly basis. This program is inclusive for all players, from beginners to skilled players.

The sessions offer skills training for competitions.



Annual Presentation Night

One of the highlights of RSAC is our annual showcase event. Every RSAC participant is formally presented with a certificate recognising their involvement and most groups award trophies for efforts, achievements and participation.



Presentation Night is usually the last weekend before the mid year school holidays in June, but it may change from year to year.



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End of Year Events

Each year, RSAC hosts different events that involves parties, discos, and dinners for its volunteers, supporters, participants and their families.



Each year we host:

- ◇ Member's Christmas Party
- ◇ Discos
- ◇ Volunteers and Supporters' Appreciation Lunch

Sponsors and supporters for these events are always welcome and appreciated. Support an event by attending, helping out, promoting the event, and providing prizes.



INDOOR SOCCER

A fun weekly session that provides a meaningful active participation for teens and older. Each session involves skills training and a friendly match between members.



KARATE

A weekly program developing fitness, flexibility, and self-defence.

Suitable for participants 10 years and over.

SOCCER

This is a program for children and young adults. The session focuses on skill development, and fun through games and friendly competitions.



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Sports Programs

SWIMMING

Swimming has three venues and has five classes in total. These classes are broken into 3 levels which include; learn to swim, stroke correction and squad groups.



TENPIN BOWLING

A group that enjoys not only the game itself but also enjoys getting together socially. Two venues, and three sessions that offer social and competition opportunities. Each October a Halloween Bowling Day is planned for all RSAC members.

TENNIS

Tennis has three groups: kids, skill development and game play. These groups provide an environment that encourages fun, friendship, and healthy participation by all. Each term Social Tennis Sundays welcome to not only the members but families and volunteers. Competition opportunities are also available for tennis enthusiasts.



Holiday Programs

RSAC provides a range of holiday activities that meet the needs of various groups such as:

- Kids Camps
- Family Easter Camps
- Over 21's Holidays
- Carers Getaways
- Inclusive Camps
- Social Club Weekends



Other options may be on offer from time to time. NDIS funded participants can usually use their funds for these, if they meet their goals.

Holidays provide a unique way for participants to spend time with friends, experience other places, meet new people and try new activities.

These holidays also provide participants with opportunities to achieve personal goals such as;

- Personal development
- Social skills development
- Independent living, decision making and daily living skills
- Improving health and fitness
- Budgeting and money management

