



Recreation Sports & Aquatics Club

RSAC Sportslink

August-December 2019

NDIS Registered Provider 4050002718

Supporting lifestyle choices of people living with disability

ABN 59726089873 Registered Charity CFN 1102



**CELEBRATING INTERNATIONAL DAY
OF PEOPLE WITH DISABILITY**

**BANKSTOWN SPORTS CLUB
SHOWROOM**

8 Greenfield Parade, Bankstown NSW 2200

**Saturday 7th December
5:30pm-8:30pm**

**RSAC
Gala Concert**

**SUPPORTED BY BANKSTOWN DISTRICT SPORTS CLUB
& CANTERBURY BANKSTOWN COUNCIL**

**TO BOOK CONTACT RSAC 9790 5001 OR EMAIL RSAClub@bigpond.net.au
TICKETS \$20-Adult \$10-Under 16 Free-Under 5**

RSAC GALA CONCERT BOOKING FORM

Name/s: _____ Contact No.: _____

Adults: ____ @ \$20 U16: ____ @ \$10 U5: ____ Free Total: \$ _____

RSAC PO Box 120 Bankstown NSW 1885
9790 5001. Email: RSAClub@bigpond.net.au

TO PAY BY DIRECT DEPOSIT:

RSAC account: BSB: 032055 Account no.: 277396

Please advise office email or phone if you pay this way

Contents:

- RSAC Gala Concert
- RSAC Barefoot Bowls
- NDIS- RSAC is ready for yours!
- RSAC Halloween Tenpin Bowling Party
- RSAC January Summer Holiday Outings and Activities
- RSAC Holiday Club- New Adventures 2020-2022
- RSAC Annual General Meeting
- Distinguished Service Awards
- Volunteers Needed: RSAC Sausage Sizzle Fundraiser
- RSAC Christmas Party
- RSAC Volunteers & Supporters Appreciation Lunch
- Indoor Soccer Announcement
- RSAC Finish and Resumption Dates

RSAC
Barefoot
Bowls

Mount Lewis Bowling Club
14A Waterloo Street, Greenacre

Sunday 29th September

11:30am-3pm
\$15 per person includes
Sausage Sizzle, Bowls & Prizes

Booking essential by Saturday 21st September to
RSAC at 9790 5001 or RSAClub@bigpond.net.au
or Marilyn Ledger

Fundraising to support
people with disability

RSAC is ready for your NDIS



**REGISTERED
PROVIDER**

Provider number 4050 002718

RSAC is registered to provide:

- Development-Life Skills
- Group/Centre Activities
- Participate Community
- Exercise Physiology/Personal Training
- Assist Personal Activities

RSAC can assist with:

Social and Community Participation

Increased Social and Community Participation

Improved Health and Wellbeing

Examples of RSAC activities covered include:

Sports and Activities such as RSAC Regular Programs,
Camps, Vacation Programs,
Social Club, Cooking,
Personal Training & Exercise Classes
AND MORE

For further information or to register your NDIS for RSAC activities:

Contact Melody, Jenny or Tina at RSAC office to discuss your needs.

9790 5001 or RSAClub@bigpond.com.au

SATURDAY 26TH OCTOBER

10am-12:30pm

**DRESS UP AND BE
READY FOR TRICK OR
TREAT SURPRISES**

RSAC HALLOWEEN TENPIN BOWLING PARTY

Strathfield Superbowl

546 Liverpool Rd South Strathfield

\$30 PER PERSON INCLUDES 2 GAMES & LUNCH

RSAC HALLOWEEN TENPIN BOWLING 26 OCTOBER 2019 BOOKING FORM:

Name/s: _____

Average Score: _____

Please Select:

- Bumper
- Ramp

Meal Deal Selection:

- Chicken Nugget & Chips
- Hot Dog & Chips
- Vegetarian Spring Rolls & Chips

Book by 9th September to Marilyn Ledger, Steve Fullicks, Sue Bantine or RSAC Office



RSAC JANUARY SUMMER HOLIDAY OUTINGS & ACTIVITIES

Not sure what to do over the summer holidays???

RSAC has you covered with several Family Outings in the January Holidays.

Contact the office at 9790 5001 or RSAClub@bigpond.net.au
to get your name on the list.

Bookings are essential by December.
NDIS invoicing available. Discuss with Jenny

January Day Trips 2020

Kiama- Tuesday 14th January 2020

Kiama & Blow Hole, beach, fish & chips.
\$150 includes participant and support person

Thirlmere Rail Museum- Wednesday 15th January 2020

Thirlmere Rail Museum and tour. Lunch included.
\$150 includes participant and support person

Wet & Wild- Thursday 16th January 2020 **BOOKED OUT**

Bring/buy own lunch
\$150 includes participant and support person

Symbio & Stanwell Park- Tuesday 21st January 2020

Swim and picnic.
\$150 includes participant and support person

Wet & Wild- Wednesday 22nd January 2020

Bring/buy own lunch
\$150 includes participant and support person

Jamberoo- Thursday 23rd January 2020

Bring/buy own lunch
\$150 includes participant and support person

Contact on the day Jenny 0425203891

RSAC HOLIDAY CLUB



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**

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

NDIS funded participants can usually use their funds for these activities, if they meet their goals– ask for these funds when you have an NDIS plan review. NDIS does not cover all travel costs. Ask for breakdown dependent on activity and support needs.

Other options may be on offer from time to time.

BOOK or REGISTER YOUR INTEREST EARLY

- A deposit is required to confirm your place on all activities
- Individual travel supports available – call Jenny to discuss
- Have an idea where you would like to go, tell us we will see if there are others who also want to go there.
- Travel insurance is based on no pre-existing. If you require pre-existing cover any difference will be at own expense.

New 2020 Adventures

Family Easter Camp- Gerroa 9th - 13th April 2020

5 Day inclusive family camp.
\$750 per person. NDIS option available

Carers Cruise- Sydney to Moreton Island 9th-13th May 2020

Have a break on this 4 night cruise exclusive to carers.
Estimated cost \$700 each twin share. Excursions, insurance & extras at your own expense.

Kids & Carers Camp- Port Stephens 13th- 16th July 2020

Staying at a Holiday Park at Port Stephens. Beach, cruise, farm, etc.
Kids must be accompanied. \$2000 includes participant & support person

Over 21's Holiday- Hervey Bay & Fraser Island 20th- 31st Jul 2020

Fly to Hervey Bay for a 12 day Holiday. Inclusive for moderate needs adults over 21.
\$4000 includes transport, accommodation, main meals & tours.

Carnival Cruise 2nd-4th August 2020

A fun 2 night carnival cruise where you can hang out and/or meet new friends.
For those in social club and over 21's. No passport required.
Estimated cost \$650

Kids & Carers Camp- Wallerawang 28th September- 1st October 2020

Exploring the Jenolan caves, Blue Mountains, Mudgee Bathurst and more.
Motel accommodation, 2-3 per unit. Kids must be accompanied.
\$2000 includes participant & support person

Kids & Carers Holiday- Gold Coast 24th October-30th October **Limited Spots Available**

Kids and Carers are joining the first half of the Over 21's Gold Coast Holiday.
Kids must be accompanied.
\$4200 includes participant & support person

Over 21's Holiday- Gold Coast 2nd- 13th November 2020

Fly to Gold Coast for a 12 day holiday visiting theme parks, Currumbin & Surfers Paradise.
Estimated cost \$3100 includes flight, transport, support accommodation, most meals and entry fees.



New 2021 Adventures

| JANUARY | FEBRUARY | MARCH 8-20 | APRIL 1-5 |
|--|---|---|--|
| DAY OUTINGS · Jamberoo · Wet & Wild · Kiama · Train Museum | WELCOME BACK PARTY | FIJI Resort & Cruise Bookings Open | FAMILY EASTER CAMP Upper Hunter |
| MAY | JUNE | JULY | AUGUST |
| USA- LOS ANGELES, UNIVERSAL STUDIOS, DISNEYLAND, HOLLYWOOD, LAS VEGAS GRAND CANYON 2-3 weeks, Bookings open | RSAC PRESENTATION NIGHT | KIDS AND CARERS CAMP- SOUTH COAST Bookings Open | ALASKA 2-3 Weeks Rail & Passage Cruise |
| SEPTEMBER | OCTOBER | NOVEMBER | DECEMBER |
| KIDS AND CARERS CAMP - SOUTH COAST | KIDS AND CARERS CAMP- SUNSHINE COAST | OVER 21's ROAD TRIP- BROKEN HILL 12 days | RSAC CHRISTMAS PARTY |

New 2022 Adventures

| JANUARY | FEBRUARY | MARCH | APRIL 14-18 |
|---|---|--|---|
| DAY OUTINGS · Jamberoo · Wet & Wild · Kiama · Train Museum | WELCOME BACK PARTY Registrations & Bookings | TASMANIA 12 days | FAMILY EASTER CAMP Southern Highlands |
| MAY | JUNE | JULY | AUGUST |
| NEW GUINEA CRUISE 12 days | RSAC PRESENTATION NIGHT | KIDS AND CARERS CAMP- PORT STEPHENS | SINGAPORE 12 days |
| SEPTEMBER | OCTOBER | NOVEMBER | DECEMBER |
| KIDS AND CARERS CAMP- JINDABYNE | KIDS AND CARERS HOLIDAY | OVER 21's ROAD TRIP- BROKEN HILL 12 days | RSAC CHRISTMAS PARTY |

You are invited to RSAC's Annual General Meeting



Thursday 14th November 2019
RSAC Clubrooms, 11 Greenfield Parade Bankstown

6pm Light Supper & Drinks provided

6:30pm Special Speaker: Ee-Lin Chang

People with Disability are screened for cancer less often. You can help change that!
Ee-Lin Chang the Senior Health Promotion Officer (Disability) at Family Planning NSW will be speaking at RSAC's Annual General Meeting about how to best support people with disability to access cancer screening.

7pm AGM & Award Presentations to follow.

NOMINATION FOR BOARD POSITIONS ARE BEING SOUGHT

Contact RSAC for a Copy of the Agenda & Annual Reports
To Book 9790 5001 or RSACClub@bigpond.com.au

Distinguished Service Award- Call for nominees

Nominate someone you think deserves special recognition this year.

They will be considered for presentation of a Distinguished Service Award, which will be presented at this year's Annual General Meeting. The Board considers the Distinguished Service Award as an appropriate recognition across the diversity of the club.

This award recognises **outstanding service and exceptional effort** by any member on behalf of the club over a number of years.

Nominate today by writing with name and reason for nomination supported by at least two RSAC members.

Distinguished Service Award Nomination Form

| | |
|-----------------------------|--|
| Nominee: | |
| Names of supporters: | |
| Reason: | |

URGENT: VOLUNTEERS NEEDED!



Come down to Bunnings at Bankstown Airport to help at RSAC's Sausage Sizzle Fundraiser.

Date: Saturday 12th October 2019 & Saturday 30th November 2019

Time: 8am-4pm

Helpers 11am-3pm particularly needed

Please contact Steve Fullicks 0414 494 951 your availability at Sfull11@gmail.com

RSAC Annual Christmas Party

Saturday 14th December
5pm - 9:30pm
RSAC Clubrooms
11 Greenfield Parade Bankstown 2200

Dinner & Disco
\$25 per person includes dinner & EVERYTHING-
Yummy Food, Good Music, Dancing, Fun & Photos
Special Guest & Presents

Dress up for Christmas

Families Welcome- booking essential

Help us celebrate RSAC's great year!

VOLUNTEER HELPERS APPRECIATED



RSAC'S VOLUNTEERS & SUPPORTERS APPRECIATION LUNCH

Sunday 22nd December 2019
11am-2pm
Mount Lewis Bowling Club

Indoor Soccer Announcement



Indoor Soccer is now kid friendly!

So come down to Bankstown PCYC and Bend it like Beckham.

Bankstown PCYC, Corner French Ave & Meredith St Bankstown
Sundays 9:30am-11am
\$15 or NDIS \$37.85

RSAC Finish & Resumption Dates 2019/2020

PROGRAMS FINISH & RETURN

finish Wednesday 18th December 2019
and
resume January Wednesday 29th 2020.

OFFICE CLOSURE

Please note that the RSAC office will be closed from the 24th December 2019 and reopen Monday 20th January 2020.



RSAC DIRECTORY



Recreation, Sports and Aquatics Club

ABN 59726089873 Registered Charity CFN 11028

Postal Address: PO Box 120 Bankstown NSW 1885

Clubrooms: 11 Greenfield Parade Bankstown (Opposite Bankstown Sports Club)

Email: RSAClub@bigpond.net.au

Website: www.disabledsportsac.org.au

Phone: 9790 5001 (Mon-Thurs)

If you are **NOT** receiving your Sportslink electronically and want to Please Email RSAClub@bigpond.net.au

RSAC Shirts & Jackets Available

Shirts \$35

Jackets \$50

REGULAR ACTIVITIES, PROGRAMS AND EVENTS

RSAC takes on the challenges of change and opportunities provided by grants & participants interests. Some are outlined below. For further details, see our Newsletter, Website, Fliers or Call the RSAC Office

| | | |
|--------------------|--|---|
| MONDAYS: | Tenpin Bowling Karate | Revesby 5pm-7pm Bankstown 7:15pm-8:30pm |
| TUESDAYS: | Dance Basketball | Bankstown 5:30pm-7pm Riverwood: Development 5:30 & Senior 7:15pm-8:45pm |
| WEDNESDAYS: | Drama Performance Workshops Hip Hop Dance Junior Basketball Tenpin Bowling Swimming | Bankstown 5pm-6:30pm Bankstown 7:30pm-8:30pm Allawah 5:30pm-7pm Hurstville 6:30pm-7:30pm South Strathfield 5:30pm-7pm Hurstville: Learn to Swim 6:30pm-7:30pm Squad Group 7:30pm-8:30pm |
| THURSDAYS: | Swimming | Bexley: Learn to Swim 6:30pm & Squad group 7pm |
| FRIDAY: | Swimming Bocce | Roselands 6:30pm-7:30pm Lansvale First Friday of the Month 7pm (Dinner 6pm) |
| SATURDAYS: | Tennis Cooking Tenpin Bowling | Beverly Hills: Senior 9am-10am Skills 10am-11am NEW Beginners Group 11am-12pm Bankstown RSAC Clubrooms 10am-12:30pm First Saturday of each month South Strathfield 11:30am-1pm |
| SUNDAYS: | Indoor Soccer Cricket | Bankstown 9:30am-11am Bankstown 9am-11am <i>fortnightly</i> |

Saturdays/Sundays Social Groups: **St George Friendship & South West Social Group** Monthly

ALSO: Call for Details

Parents & Carer Support, Social Activities

Camps and Holiday Club Programs