

MAY 2008

AAA Newsletter!

HEALTHY FACTS TO CONSIDER:

- Be fussy with takeaway. Go for a BBQ chicken and remove the skin, or try grilled fish, toasted sandwiches, dips and bread, falafels, curry with steamed rice or noodles with lots of vegetables.
- Go 'low' as often as you can: look for 'salt reduced' or 'low salt' products when shopping. Fresh or dried herbs and spices are a great substitute and add extra flavor to your favorite dishes.
- Eat plenty of Fruit and Vegetables: Make it your goal to include fruit and vegetables in as many meals as possible, fresh, frozen, dried or canned, they're a great source of healthy nutrient.
- Eat in good company: Good food is best enjoyed with friends and family and it also provides an extra incentive to prepare healthy and different meal options.

*These tips have been sourced from the 'Go for Your Life' website. For more tips on healthy eating please visit their website:
www.goforyourlife.vic.gov.au*

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Get the Bowl Rolling...

On Wednesday 28th June, the Warracknabeal Bowling Club kicked off the first of the 'Get the Bowl Rolling' Lawn Bowls Program supported by Wheelchair Sports Victoria (WSV), Royal Victorian Bowls Association and the Wimmera Regional Sports Assembly's Access for All Abilities (AAA) Program.

The aim of the project is to encourage people with a physical disability in four specific areas in Regional Victoria, including the Wimmera, to become physically active and socially integrate with the community by participating in their local lawn bowls club. This will be achieved by coordinating a number of 'Try Bowls' days; conducting disability awareness sessions for lawn bowls club officials and volunteers; facilitating coaching sessions for participants; and establishing a strong relationship with the lawn bowls club and its community.

The participants with a disability who took part on Wednesday 28th June were able to receive specific tips on how to improve their skills and techniques from the Warracknabeal Bowling Club's members including Graeme Davison and Peter Hart. The morning was a great way to try a new sport and to meet new people in a social, relaxed and supportive atmosphere.

A special thank you to all those who helped out on the day from the Warracknabeal Bowling Club, Woodbine for their support and those who participated to make it a success. For more details on the next 'Get the Bowl Rolling' day, please contact Rachel (AAA manager) on (03) 5382 4599 or email aaa@wrsa.org.au



Is Your Club Interested In Hosting A 'Come & Try' Day??



We are searching for new clubs to become a part of the Access for All Abilities (AAA) program.

Through Sport and Recreation Victoria, the Victorian government provides funding to a network of community-based organisations that assist local sport and recreation organisations to develop environments in their community that include, and are accessible to, people with disabilities. The Wimmera Regional Sports Assembly is the new regional provider of Access for All Abilities program. We hope to work in partnership with sport and recreation organisations as well as government and community services such as neighborhood houses and community health centers.

Why Get Involved??

AAA is a useful starting point for your club/organisation to seek advice about including people with disabilities into your club/organisation and its activities. We have assisted many clubs/

organisations with advice and support on 'Come and Try' days, Pilot Programs (i.e. pilot competitions and beginner's competitions), Social Events, Demonstrations and Open Days. We can also assist your club/organisation with advice on funding opportunities for developing facilities that are safer and more user-friendly.

Other benefits can also include:

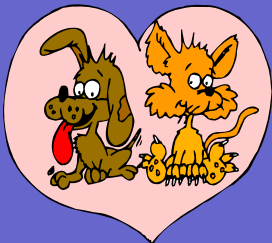
- Increased membership
- More awareness in the community
- More people involved in the organization
- Professional and personal development of club members and participants.
- Plus many other benefits



For more information please contact Rachel at the Sports Assembly on (03) 5382 4599.

LIFE IS SHORT

They say it takes a minute to find a special person, an hour to appreciate them, a day to love them, but an entire life to forget them.



Sports Assembly Membership...

Membership categories have recently changed and we now offer a FREE membership option to the Wimmera Regional Sports Assembly. Other alternative memberships that are available include for Bronze, Silver, Gold and Friends of the Sports Assembly.

Your membership assists the Sports Assembly to

develop new resources and ideas that will better meet the needs of Wimmera sport.

Membership periods now run from January 1st to December 31st.

If you are interested in keeping in touch with sport and recreation within the Wimmera Region, please contact the Sports

Assembly to arrange your membership or log on to www.wrsa.org.au for more information.



June Calendar of Events:

DATE	EVENT
2nd, 9th, 16th, 23rd	YMCA Modified Sports Program
2nd, 9th, 16th, 23rd & 30th	AAA Table Tennis, Horsham Show grounds
11th	Promoting Physical Activity for People with a Disability Forum, Melbourne
14th & 28th	Horsham Lanes & Games Ghost League
25th—30th	Deaf Blind Awareness Week
27th	Red Nose Day



"...Access for All Abilities aims to encourage and support sporting and recreational clubs, facilities and events to develop a more inclusive approach..."

RED NOSE DAY... Have you got your red nose??

Red Nose Day, held annually on the last Friday in June, is the major fundraiser for SIDS and Kids. Funds raised through Red Nose Day activities assist us in providing our vital services and programs.

About SIDS and Kids

SIDS and Kids is an international leader in the field of health promotion, dedicated to the elimination of sudden and unexpected infant death. Best known for SIDS-related research and education programs, in 2002 SIDS and Kids changed their name to reflect the expansion of services, and now provide much-needed counseling and support to all Australian families who have suffered the sudden death of an infant or young child, regardless of the cause. This service is provided free of charge, and available 24 hours a day, every day of the year.

Who benefits from Our services?

Since 1990, the SIDS and Kids Safe Sleeping program has

been instrumental in reducing the SIDS infant mortality rate by 90%, equaling more than 4,500 Australian babies' lives saved. However each month approximately 200 Australian children die suddenly and unexpectedly from causes such as stillbirth, neonatal death, SIDS, a fast onset illness, drowning, poisoning, fire or motor vehicle accident. SIDS and Kids have a wide range of well-established programs and over 28 years experience in supporting families at this time. Their professional counselors and trained volunteer peer supporters work together to help families through the tragic death of their child. More than 60 people are affected by the death of a child. SIDS and Kids programs are offered free of charge to all family members and friends who need support. For as long as they need them, SIDS and Kids are there!

Why a Red Nose?

In 1988, the Red Nose Day concept was adopted by SIDS and Kids organisations around

Australia. Since then, people, cars, and buildings around the nation have joined in the fun. The red nose always brings a smile to people's faces. By wearing a red nose you can be silly for a great cause.

Proceeds from Red Nose Day assist us in providing the following vital services and programs:

- 24 hour, 365 days a year crisis outreach and ongoing bereavement support for families and the community following the sudden and unexpected death of an infant or young child from 20 weeks gestation to 6 years.

- Our SIDS and Kids Safe Sleeping Program, an evidence-based health promotion campaign which offers practical advice to parents and health professionals about how to best reduce the risks of SIDS and sleep accidents.
- Research into the causes and prevention of sudden and unexpected death in the prenatal period and infancy.

Please do your part to support SIDS and Kids by purchasing your red nose product before June 27th 2008.

For more information please checkout their website:
www.rednoseday.com.au



AAA Membership



A huge announcement which has been long awaited!

The Horsham Aquatic Centre YMCA and the AAA program have been working in partnership to create an Access for All Abilities (AAA) Membership and are pleased to announce it's release!

The membership is based on a \$16.50 fortnightly direct debit payment with an initial \$30 start up fee. The AAA membership entitles members to full use of the aquatic facilities (indoor & outdoor pools), along with use of the Health Club. An added bonus to this particular membership is a selection of specialized classes including Easy Trainer, Tai Chi and Water Trainer. (Other classes may become available at a later date depending on interest and demand).

The membership is an 'off peak' membership. We encourage members to use the centre between 8am and 6pm ensuring staff availability and support. The gym will be fully supervised with qualified, experienced staff to assist members on Wednesday and Friday from 2pm to 4pm.

Conditions do apply. To be eligible to join the Aquatic Centre on the 'AAA' membership, you will need to be a recipient of the Disability Support Pension. Otherwise a letter from Centrelink or a Network Provider (such as Community Axis, APM) that states their client(s) are only able to work a maximum of 8 hours per week.

For further information or if you have any questions please contact Sally Pymer at the Horsham Aquatic Centre YMCA on (03) 5382 2576 or via email sally.pymer@ymca.org.au

The Horsham YMCA is committed to building strong people, strong families and strong communities.



We build strong **PEOPLE**
strong **FAMILIES** strong **COMMUNITIES**