

Access All Abilities Newsletter

Wimmera Regional Sports Assembly Inc.
50C Pynsent Street, Horsham
PO Box 116 Horsham, 3402
Ph: (03) 5382 4599

Fruit and Veg week:

11th May 2009 to
15th May 2009

During this week students can take part in a range of activities which focus on healthy eating while benefiting from the involvement of fruit and vegetable retailers, local government, parents and the school canteen.

For more information contact:

fruitveg@hev.com.au
Ph: (03) 9888 2240



COME & TRY TABLE TENNIS

WHEN: Monday 20th and Monday 27th April 2009
TIME: 7:00pm start
8:00pm finish
WHERE: Maydale Pavilion, Horsham Showgrounds
COST: FREE!

Bats and Balls will be provided on the night

The Horsham Table Tennis Association 2009 season is kicking off with two FREE "Come and Try" nights offering new and old participants a chance to have a hit and a giggle in a relaxed social atmosphere. It's a chance to test your skills and try a new activity.

The 2009 season will commence Monday 4th May 2009 at 7:00pm.

Membership fees are:

\$20 membership of the Horsham Table Tennis Association Inc plus \$5 ball fees each night

For more information or to register please contact either:

Jeff Pekin
President
Horsham Table Tennis Association

Ph: (03) 5382 1034
Mobile: 0428 575 280

Rachel Hateley
Access All Abilities Manager
Wimmera Regional Sports Assembly Inc

Ph: (03) 5382 4599
Email: aaa@wrsa.org.au



The Athlete's Foot
 86 Firebrace Street, Horsham
 Ph: 5382 7270
 Website: www.theathletesfoot.com.au

Athletes Foot Sponsors Walking Group

The Wimmera Regional Sports Assembly is proud to announce that the Athletes Foot has agreed to sponsor the Horsham Walking Group with a monthly gift voucher as well as other little giveaways such as pedometers, key rings and drink bottles for frequent walkers.

Paul, Horsham's Athletes Foot Manager, has also donated shirts for the walking group to wear on each walk.

Please call or email me and indicate your t-shirt size so that they can be ordered ASAP.

To be in the running for the great prizes come along to any of the walks at the times listed below.

Walking times (From Sawyer Park)

Monday 9:30am
 Tuesday 7:30am & 7:00pm
 Thursday 7:30am & 7:00pm
 Friday 9:30am



Wimmera Machinery Field Days

Bad weather didn't stop hundreds of people from attending the Wimmera Machinery Field days held on the 3rd, 4th and 5th of March 2009.

The Wimmera Regional Sports Assembly Inc attended the three days as part of a health promotion network called 'Good Health isn't Scary'. To support our logo, each health agency created

their own scare crow which became our mascots. They were definitely a sight to be seen at the field days!

Many people visited our stand located in the Exhibition Pavilion to receive information from around the Wimmera Region covering all aspects of health, physical activity options, Sports Star of the Month and much more.



Horsham North Accessible Garden/Playground

The Horsham North Accessible Garden and Playground Committee wishes Rob Ticchi and Caylie Price all the best in their new positions. Both Rob and Caylie have spent numerous hours working extremely hard to continue the construction of the Horsham North Accessible Garden and Playground area.

Through their time, we have seen the construction of several plots in the accessible Garden area, with many community members attending the opening. The garden beds have been planted with seedlings which will grow and provide fresh vegetables to the community.

The Playground will begin its construction

phase shortly with the first part of the tree house to be installed. Due to the high expense of equipment and the lack of funding opportunities, the playground will be built in stages over the next couple of years, but we can assure you it will be completed eventually!

Feel free to visit the site Horsham North Foundry Gardens!

International Womens Day

International Womens Day is an annual event which took place this year on Friday 6th March throughout Horsham. The day is a global day celebrating the economic, political and social achievements of women past, present and future.

Annually on 8 March, thousands of events are held throughout the world to inspire women and celebrate achievements. A global

web of rich and diverse local activity connects women from all around the world ranging from political rallies, business conferences, government activities and networking events through to local women's craft markets, theatric performances, fashion parades and more

Grampians Community Health Center, Womens Health Grampians, Wimmera Primary Care

Partnership and the Wimmera Regional Sports Assembly supported local health and fitness centers around Horsham to open their doors to provide an insight to woman on the opportunities, equipment and services available.

A fabulous event with great results, thank-you to all those who participated.



**International Womens Day,
Think globally and act locally!**

Website:
www.internationalwomensday.com

Horsham Aquatic Centre Open Doors Fundraiser

Monday 9th March - \$5 per class - all participants or \$10 for two or more
 9am - CXT
 10am - Fitball
 11am - BodyPump
 12noon - Water Workout



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

Open doors fundraiser to support local members of the community affected by the bushfires.

All enquiries to Sally Pymer on (03) 5382 2576

Big News...

For those of you who haven't heard the big news, I am having a baby! I'm currently about 5 months along, with the due date around the 24th June 2009.

As things have been going so well, no morning sickness, tiredness, soreness, etc

I have decided to continue working as close as I can to our due date.

In the meantime, keep an eye out in the local papers as we will be advertising for a fill in position to keep things running while I'm on leave.

I shall keep you all updated with any new news that may arise.

The Access for All Abilities program will continue as normal and I encourage all of you to keep checking our website for regular updates or feel free to email me if you have any questions.



"YMCA Open Doors aims to ensure no-one is denied access to our programs and services that strengthen the body, mind and spirit, particularly due to an inability to pay"

For up to date grant information, please check out the following websites:

Wimmera Regional Sports Assembly:
www.wrsa.org.au

Sport & Recreation Victoria:
www.sport.vic.gov.au

Wimmera Information Network:
www.wimmerainfo.org.au

Foundation for Rural & Regional Renewal:
www.frrr.org.au



IMPORTANT UPDATES:

Weekly Calendar: Each week the Sports Assembly creates a calendar of events which is published each Wednesday in the Wimmera Mail Times. If you would like to add anything to the calendar, please forward the relevant information to aaa@wrsa.org.au or send the information to PO Box 116, Horsham 3402.

Sportlink Launch: Sportlink is a communication tool your club or community organization (eg: community garden) can't afford to be without, an essential promotional and development resource accessible to all clubs, and best of all it's absolutely FREE. Please contact Kelly Hobbs at the Sports Assembly for more information.

ABC Radio: Remember to keep listening to ABC on Wednesday morning at 7:35am for more Sports Assembly updates. If you would like our support to advertise an upcoming event, please send the information through.

HHH & 3WM Radio: Don't forget you can also hear us on HHH Community Radio on Fridays between 12pm & 1pm and finally on at 8:05am on Saturday with your radios tuned to 3WM!

Go For Your Life: Each year, Go For Your Life hosts the Premiers Active Challenge to encourage individuals, businesses and families to complete 30 minutes of physical activity over a period of 30 days. The challenge is free, fun and a great way to get active with family and friends. By registering for this challenge, you'll be provided with tips and ideas on how to improve your health. For more information log on to their website www.goforyourlife.vic.gov.au



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