

## UPDATE - MARCH 2016

*2016 has kicked off in style with new coaches, new program initiatives and new ways to get involved with other organisations and with the wider community. We're looking forward to another year jam-packed with opportunities.*



All Abilities member Charley having a ball at Junior Carnival in Sydney

### Fantastic Opportunities for All Abilities Members

- For the first time we sent an All Abilities member to an **interstate Junior Carnival!** With a lot of support from Giselle Berlinski (team manager), Maccabi Victoria and Maccabi Australia, the Carnival committee, Dean Cohen and Daniel Shandler (Camp Sababa Melbourne) and Rabbi Sender (Friendship Circle Sydney), we facilitated Charley attending his first interstate Carnival. So much has been learnt from Charley's experience, and we are working to develop a resource kit for sending All Abilities members interstate, that can be disseminated to all states for future events. We're hoping to encourage other states to look for opportunities for their All Abilities participants that they may not have seen as accessible before.
- We kicked off our programs for the year with a **parents and pets** walk. It was great to have some four-legged friends join our fortnightly stroll.
- Maccabi All Abilities has partnered with Jewish Care Victoria to develop the **Steps to Good Health program**. This exciting new program offers four streams (fitness, healthy eating, healthy relationships and sexuality, and walking group) and is focussed on all aspects of leading a healthy life. We've had over 20 participants register for this 4-month program and would love it to become a regular feature on our annual calendar.

*"As you are probably aware, when young adults leave home to live in a residential facility parents have to relinquish a good deal of the care and control over their daily activities and life style; therefore your program goes a long way to help fill a huge gap with regards to healthy nutrition, exercise and social skills...although it is still early days, we can already see some positive results."*  
(from the parents of a program participant)

- Maccabi All Abilities and Access Inc. recently had the opportunity to take some members on an exclusive behind-the-scenes tour of the **Australian Grand Prix**. Highlights of the tour included the Minardi Garage, the Drivers' Lounge, the International Media Room, the V8 Village and getting up close and personal with a Porsche racing car! We were so appreciative of the organisers offering us the chance to see some of the magic of the Grand Prix, without the high-intensity environment with loud noises and large crowds, which many of our members would have found too stressful to cope with.



Enjoying an exclusive behind-the-scenes tour of the Australian Grand Prix.

- Offering **regular active sporting opportunities** offered for All Abilities members. Constantly working to develop and improve these programs.
- Always looking for ways to develop further **volunteer roles** for members both in the office and at events.
- Members **integrated into mainstream clubs**, including netball, soccer, hockey, tennis and tenpin bowling.

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- Developing **further activities for 2016** – including a football visit, a dance event and some special basketball activities.



Enjoying all sorts of company – on 2 legs and 4 – at our walking group

### Program Updates:

- Thanks to community generosity, we were able to upgrade our **table tennis** tables. The new tables are much easier and safer to manoeuvre and our players love using them. We also have a new coach (Ken) for table tennis – one of our members and coaches (Zvi) has had to take a step back from table tennis as he's got so much tennis work coming in! We're very proud of him!
- We have a new coach (Lexi) at the helm for **swimming**, and one of our assistant **basketball** coaches (Zoe) has stepped up as head coach for the Dolphins for 6 months. We've had nothing but great feedback about both.

### Administration and Funding:

- Maccabi Victoria has received funding through **Supporting Victorian Sport and Recreation**. We've been allocated \$70,000 to be used for All Abilities and the Pathways program, over 3 ½ years.
- The **City of Bayside** is very excited about our Steps to Good Health program and has provided \$1000 to help offset the costs.
- We are beginning to work with **Maccabi NSW** to assist them in developing an All Abilities program.

### Stakeholder relationship development:

- Attendance at **Maccabi Council Meetings**. It is so pleasing to see that mainstream clubs are beginning to take ownership of their All Abilities teams and players, and including them in their club report.

- Continued strong collaboration with other **disability service** via events, committees and shared resources
- Maccabi All Abilities and Access Inc did a joint presentation for **JEMP's quarterly ESO meeting**. We spoke about the face of disability services in the community, working with people with disabilities in the Jewish community, and also how to manage people with disabilities in stressful situations.



Our table tennis players having a hit on our upgraded tables, under the watchful eye of new coach Ken.

### Marketing and promotion:

- Maccabi All Abilities, Jewish Spectrum Support and Access Inc. had a joint stand at the recent **In One Voice** community festival. We also offered the opportunity for our members to work on the stall and share their experiences with festival-goers.
- Working with **SILC** (Social Inclusion Leadership Committee) to update their blog and create an online disability resource centre for the community.
- **All Abilities monthly newsletter** edited and distributed to key stakeholders and incorporated into other organisation's newsletters
- **Facebook page** maintains an active profile, with growing followers (over 200!).
- **All Abilities website and community calendar** continue to be developed and updated.

#### For further information please contact:

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#### Stay up to date with Maccabi Victoria All Abilities:

- **Website:** <http://www.maccabi.com.au/VIC/All-Abilities>
- **Facebook:** maccabivictoriaallabilities