



SOUTHERN REGION **DISABILITY** **INCLUSION** **WEEK**

14 - 20 NOVEMBER
2022

*Join us for a week
of great activities!*



Come along and learn new skills, meet with friends and have lots of fun.

The Southern Region Disability Inclusion Week provides opportunity for people with disabilities to take part in community activities that will be activated across the region.

The program of events is sponsored by the City of Casey, the Cardinia Shire Council and Greater Dandenong City Council, who are committed to creating communities that are inclusive, accessible and enable people with disabilities to achieve full potential.

Activities will be delivered across the region at a variety of venues and include sport, arts, and recreation activities.

We hope you enjoy the week connecting with your community!

Understanding the symbols

- | | | | |
|---|---------------------------------------|---|-------------------------------------|
|  | Wheelchair access |  | Date / Time of the activity |
|  | Accessible toilet / changing facility |  | Venue / location of the activity |
|  | Auslan interpreters |  | Contact for bookings or information |
| | |  | Cost of the activity per person |

The Southern Region Disability Inclusion Week is sponsored by:

Nature Play

Nature play aims to encourage children and their families to get outdoors and explore nature. The sessions begin with a nature walk and participants will encounter a variety of birds, animals and insects. Families will also have the opportunity to visit the 'Sense Trail', where the children are encouraged to explore the sights, sounds, smells and textures of the Australian bush.

- 🕒 Tuesday 15 November
10.00 am - 11.00 am
- 📍 Alex Wilkie Nature Reserve
MacKay Street, Springvale South
- 👤 Kerry Hoy - (03) 8571 1843
kerry.hoy@cgd.vic.gov.au
- 💰 **FREE**



Variety of Programs

Noble Park Community Centre offer a variety of inclusive activities. They have opportunities to socialise, join a knitting group or participate in an exercise program. Lots on offer.

- 🕒 Tuesday 15 November
11.00 am - 1.00 pm
- 📍 Noble Park Community Centre
Memorial Drive, Noble Park
- 👤 Therese Kennedy - Centre Manager
(03) 9547 5801
manager@nobleparkcc.org.au
- 💰 **FREE**



Variety Activate Inclusion Sports Day (6 to 12 years)

Free Sports Day for 6 to 12 year old children with disabilities.

🕒 Tuesday 15 November
10.00 am - 1.00 pm

📍 Casey Stadium
65 Berwick-Cranbourne Road, Cranbourne

👤 Kristy Rohrer - Facilitator Disability Sport Australia
0426 507 995
aisd@sports.org.au

💰 **FREE**



Disability Hub

A series of 3 community events, over 3 weeks that invite people with disability their friends, family and local organisations to share their ideas about inclusive library programs and services.

Disability Hub will be held on 8 November 10.00 am - 12.00 pm, 16 November 3.00 pm - 5.00 pm, and 22 November 10.00 am - 12.00 pm. Morning tea, activities and social connections provided!

🕒 Wednesday 16 November
3.00 pm - 5.00 pm

📍 Springvale Community Hub
5 Hillcrest Grove, Springvale

👤 Meenah Harrison - (03) 8571 5439
meenah.harrison@cgd.vic.gov.au

💰 **FREE**





Sit Down Exercise

Gentle sit exercise class.

🕒 Wednesday 16 November
10.30 am - 11.30 am

📍 Beaconsfield Community Centre
8 O'Neal Road, Beaconsfield

👤 Sue Howat - Program Co-ordinator
(03) 8768 4400
program@bncinc.org.au

💰 Gold coin donation - Must contact centre prior to attending.



Paddle Whackers Table Tennis

An all standards, access for all table tennis group, all ages and abilities welcome.

🕒 Wednesday 16 November
9.30 am - 11.30 am

📍 Cardinia Life
4 Olympic Way, Pakenham

👤 Reception - Cardinia Life
(03) 5945 2888

💰 \$5.00



Youth Chorale's Flying Free Choir

Choir for people with an intellectual disability.

🕒 Wednesday 16 November
4.30 pm - 5.15 pm

📍 Hampton Park Secondary College
E Block, 58-96 Fordholm Road, Hampton Park

👤 Kerry Alexander - Manager
0490 709 327
manager.myc@gmail.com

💰 **FREE**



Disco at the Factory Rehearsal Centre

All Abilities Disco.

- 🕒 Wednesday 16 November
10.00 am - 12.00 pm
- 📍 The Factory Rehearsal Centre
65 Berwick-Cranbourne Road, Cranbourne East
- 👤 John Zammit - 0456 131 443
jtzammit64@gmail.com
- 💰 \$12.00 cash/card (Free entry for Carers)



Love to Plant

Learn how to pot plants with our garden guru, step by step instructions and take home your plant.

- 🕒 Wednesday 16 November
10.00 am - 12.00 pm
- 📍 Myuna Farm
182 Kidds Road, Doveton
- 👤 Caterina Kasiaras - 0421 035 809
Cathy@maaccare.com.au
maaccare.com.au
- 💰 **FREE**



Piaf and Aznavour - Back in Time

Embark on a journey into the fascinating world of French popular music where the real stars are the famous songs of Edith Piaf and Charles Aznavour. This show is performed in English and in French. This performance is part of the Drum's Encore Program. All Encore tickets include complimentary morning tea and a parking voucher. Morning tea provided before the show, from 9.30 am.

- 🕒 Thursday 17 November
Morning tea 9.30 am. Show 10.30 am - 11.45 am
- 📍 Drum Theatre
Corner Lonsdale and Walker streets, Dandenong
- 👤 (03) 8571 1666
drumtheatre@cgd.vic.gov.au
<https://drum.greaterdandenong.vic.gov.au/drum/events/piaf-and-aznavour-back-time>
- 💰 Full price \$22 / Group (8+) \$20 each / DRUM Member \$18



Talking Faith - Disability Inclusion

The Talking Faith forum will be exploring the topics of faith, disability and inclusion. Panel members invited by the Greater Dandenong Interfaith Network will share their thoughts and experiences followed by a Fusion Theatre performance. The forum is an event that explores community stories to build interfaith bridges of trust, understanding and friendship. For assistance with any technological queries, contact Library Tech Assist on 1300 630 920 during opening hours. Walk ins welcome.

- 🕒 Thursday 17 November
7.00 pm - 9.00 pm
- 📍 Springvale Community Hub
5 Hillcrest Grove, Springvale
- 👤 Marijana - 1300 630 920
cgdlibraries@cgd.vic.gov.au
- 💰 **FREE**



Photography Session

Learn photography - bring your iPad, camera or phone. Bookings essential.

- 🕒 Thursday 17 November
12.30 pm - 2.00 pm
- 📍 Balla Balla Community Centre
Casey Complex, Building 03
65 Berwick Cranbourne Road, Cranbourne East
- 👤 Frank Cutuli - 0401 098 865
frank.cutuli67@gmail.com
- 💰 **FREE**



Golf Day Out (All Ages)

Ranfurlie Golf Club all abilities participation. Golf coaching, games and tips to players, using the golf range. Bookings essential.

- Thursday 17 November
10.00 am - 12.30 pm (Golf instructions / Range access)
12.30 pm - 1.00 pm (Lunch)
- Ranfurlie Golf Club
825 Cranbourne-Frankston Road, Cranbourne
- Elliott Braulins - Ranfurlie Pro Shop
(03) 9788 8288
proshop@ranfurlie.com.au
- FREE**



Valid Dance Group - Come and try session

Dance - All community members welcome. Modern, Pop, Hip Hop. Get your dancing shoes on for a groove. Bookings essential.

- Friday 18 November
12.00 pm - 2.00 pm
- The Factory Rehearsal Centre
65 Berwick-Cranbourne Road, Cranbourne East
- Ann Hutchinson
0410 479 545
Ann@valid.org.au
- \$5.00



FRIDAY
18
NOVEMBER



SUNDAY
20
NOVEMBER

Sit Down Board Games

2 hours of board games for all, Mah-jong is the game of choice however there are a variety of games on offer for all ages.

- 🕒 Friday 18 November
12.00 pm - 2.00 pm
- 📍 Beaconsfield Community Centre
8 O'Neal Road, Beaconsfield
- 👤 Sue Howat - Program Co-ordinator
(03) 8768 4400
program@bncinc.org.au
- 💰 \$4.00



Come and try - Accessible Sports Day

Everyone is welcome to come along and experience a variety of wheelchair sports and activities such as wheelchair basketball, wheelchair AFL and a whole lot more! No prior experience is required, and sports wheelchairs will be provided on the day. Bring along friends and family and have a fabulous day participating with experienced coaches to show you how it's done.

- 🕒 Sunday 20 November
11.00 am - 1.00 pm
- 📍 Springers Leisure Centre
400 Cheltenham Road, Keysborough
- 👤 disabilityinclusion@cgd.vic.gov.au
greaterdandenong.vic.gov.au/make-your-move
- 💰 **FREE**



Resources and Information

Carer Gateway

Carer Gateway provides a range of free services and support just for carers. Services are delivered in-person, online and over the phone. Our dedicated team of Carer Gateway service providers across Australia, which you may already be familiar with, provide in-person services across Australia.

For more information go to: www.carergateway.gov.au

Disability Gateway

The Disability Gateway is an Australian Government initiative and has been developed to improve the navigation to access relevant information and services, including multiple sectors such as health, housing, employment, transport, and everyday living.

For more information go to: www.disabilitygateway.gov.au

NDIS contacts

Early Childhood - Birth to 7 years

[NDIS Early Childhood Early Intervention - Link Health and Community \(linkhc.org.au\)](http://linkhc.org.au)

NDIS - Local Area Coordination (LAC) 7-65 years

[Local Area Coordination \(LAC\) | Latrobe Community Health Service \(lchs.com.au\)](http://lchs.com.au)

Council contacts

City of Casey

Disability Access and Inclusion Officer

☎ (03) 9705 5200

✉ mahall@casey.vic.gov.au

What's on at the City of Casey news: casey.vic.gov.au/news

City of Greater Dandenong

Community Inclusion Officer - Disability

☎ 0423 758 066

✉ disabilityinclusion@cgd.vic.gov.au

What's on at the City of Greater Dandenong news:

greaterdandenong.vic.gov.au/connect-with-council

Cardinia Shire Council

Access and Inclusion Facilitator - Disability

☎ 1300 787 624

✉ accessandinclusion@cardinia.vic.gov.au

What's on at the Cardinia Shire Council: cardinia.vic.gov.au/events

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SOUTHERN
REGION
**DISABILITY
ALLIANCE**

