HUME CITY COUNCIL

Let me introduce myself, I am Hume City Council's new AAA Officer!

My name is Michelle De Pasquale and I am looking after AAA while Chrissy Dainton spends time with her new baby boy.

I have worked with Hume City Council for over 17 years in various roles including, Gymnastics coach, Fitness instructor, Sport and recreation officer, Active Craigieburn project officer and Sport and recreation planning.

I am a strong believer in providing participation opportunities for all sectors of our community and am excited about working in the AAA role.

For more information on activities and programs I can be contacted on 9205 2510 or at michelled@hume.vic.gov.au

MORELAND CITY COUNCIL

Moreland has some wonderful activities in store this month, with Summer still warming the air, which gives you the opportunity to try something fun and new!

Find details of exciting activities in your area within our Autumn 2012 issue, along with the buzzing local events and festivities.

Enjoy the rest of the sunny weather and if you have any questions or feedback please feel free to contact me.

For more information on activities and programs phone Leah Sumich on 9240 2351 or email lsumich@moreland.vic.gov.au

Happy Autumn!

Hume City Council
Access for all Abilities Officer
Michelle De Pasquale on 9205 2510 or email michelled@hume.vic.gov.au
NRS 133 677
TTY 1800 555 677

Moreland City Council
Access for all Abilities Officer
Leah Sumich on 9240 2351
email lsumich@moreland.vic.gov.au
NRS / TTY 9240 2256
1. LEISURE CENTRE NEWS

2. SPORTS ACTION
   Baseball
   Basketball
   Boccia
   Bowling
   Cheerleading
   Circus
   Discomania
   Lacrosse
   Soccer
   Swimming
   Tennis
   Walking

3. WHAT'S ON

4 SPECIAL INTEREST

SPORTS EQUIPMENT LIBRARY

What is the Sports Equipment Library?
The Sports Equipment Library is a free Hume City Council program giving everybody the opportunity to borrow sporting equipment. Sign up for your free membership today!
All equipment has been selected to provide entertainment, fun and educational benefits.

How to borrow the Sports Equipment?
Equipment is available to borrow from the Craigieburn Leisure Centre, 127-147 Craigieburn Road, Craigieburn. Items can be borrowed during centre opening hours.
*Conditions apply

For more information
Phone Craigieburn Leisure Centre 9205 2650
Email leisure@hume.vic.gov.au
Visit www.hume.vic.gov.au

CRAIGIEBURN LEISURE CENTRE OFFICIALLY OPENS TWO NEW COURTS

Craigieburn Leisure Centre Stadium now has two additional courts providing greater participation opportunities for the community.
The new courts have been designed to integrate with the existing Functions Lounge on the site creating new spaces for community group use.

A new foyer and new player changerooms and accessible toilet facilities will provide further opportunities for increased use by the Craigieburn and broader Hume community.
The new building is a great example of the growing partnership between Hume City Council and State Government. Joint funding was provided for this project with $4.8 million funded by Council and $700,000 allocated by the State Government through the Department of Planning and Community Development.

For more information on activities and programs at the Craigieburn Leisure Centre phone 9205 2650 or email leisure@hume.vic.gov.au
2. SPORTS ACTION

BASEBALL

Baseball – Fun for All

Baseball is a great game for people looking to be active. It is great for improving your hand eye co-ordination, learning how to throw and to improve your fielding technique if you are a cricketer. It is one of the few complete sports that requires strength, agility, speed, co-ordination and reflexes, it is also a great team sport where you get to meet many new people and participate in a relaxed environment.

When: Thursday nights starting 1st of March from 16:30

Competition: Starts 21st of April and runs through to September.

Games: Played on Saturdays, Juniors at 9am and Seniors start around 12:00

Cost: Juniors - $50, Seniors - $300
Concession - $240 for the season

For more information please ring Andy on 0419566658 or send an email to andrew.n.malthouse@team.telstra.com or look for us on the internet www.rebelsbc.com

BASKETBALL

Basketball - Just for fun

Sunbury All Abilities Basketball is a fun sports activity for children and young adults with learning difficulties or disabilities. It is designed to be a fun competition where players can learn about basketball, develop skills, improve their fitness and play in games.

Where
Lakeside Stadium, Rupertswood, Sunbury

When
Every Friday during school term (excluding Friday of long weekends)

Time
5pm to 6.30pm

Cost
$5 per week that you play.

For more information phone Melita Murphy on 9744 4827, 0428 356 052 or email melitamurphy@bigpond.com

Basketball - Just for fun in Coburg

There are a range of activities at Coburg Basketball Stadium inclusive of children and young people with a disability.

Activities include:
- Wheelchair basketball
- Mini hoops
- Skill development
- Netball and volleyball

We are also keen to know if you want to participate in Wheelchair basketball?

This is a fun and exciting sport, so why not give it a try?

Sports Chairs are made available for players at the centre.

To express an interest or for more information phone 9355 7200 or email bsvcoburg@netspace.net.au
BOCCIA

‘Hit the Jack’

Boccia is a traditional recreational sport, similar to bocce. The ‘Hit the Jack’ boccia development program is targeted towards people with disabilities. It encourages people to get actively involved by providing access to accredited coaches and sports equipment in a fun and positive atmosphere.

Where
Fitzroy High School
Falconer Street, North Fitzroy Victoria 3068

When
Fortnightly on Sundays 12.30pm to 2.30pm

Cost
Free first session and then $50 for the year. Cost includes all equipment, including ramp use.

For more information phone Leanne on 0410 432 405 or email leecarlon@hotmail.com

MINI HOOPS

Mini hoops is a structured Junior Basketball Competition for children aged 8 to 15 years old.

Where
Coburg Basketball Stadium
Outlook Drive, Coburg

When
Wednesdays 4.30pm to 6pm

Cost
Registration - $10
$5 per participant per session

For more information phone 9355 7200.
ACCESS FOR ALL ABILITIES

BOWLS

Local Lawn Bowls is sure to hit it off this summer, so come on down to your local Moreland club and have a bowl!

Brunswick Bowls Club
104-106 Victoria St, Brunswick East
Bowls sessions are open to single players or groups
Opening Houses
Tuesday to Thursday from 3pm till dark
Friday to Sunday from 12pm till dark
Other times are available by appointment
For more information phone 9380 1808 or visit www.brunswickbowlingclub.com.au

Bowling Clubs in your area

Contact the following clubs for groups bookings in your local area, or check out their website for further details:

Coburg Moreland Bowling Club
19 Harding St, Coburg
Phone 9354 7980

Craigieburn Bowling Club
245 Craigieburn Road, Craigieburn
Phone 9305 6984

Fawkner Bowling Club
Corner of Creedon and Lorne St, Fawkner
Phone 9359 2268 or email fawknerbc@bigpond.com

Glenroy Bowls Club
Ash Court, Glenroy
Phone 9306 5180, email gbowlsclub@bigpond.com or visit http://glenroybowlsclub.org.au/

West Coburg Bowling Club
24 Linsey ST West Coburg
Phone 9354 9098, email wcbbc@iprimus.com.au or visit www.westcoburgbowlingclub.com.au

CHEERLEADING

Cheerleading is all the go

2012 promises to be bigger and better at Cheer Factor with the introduction of Victoria’s first Special Needs Cheer-Ability program!

The program will be open to girls and boys aged 5 to 25 with participants working towards public performances and displays at local Cheerleading competitions.

Head Coach, Sonia Roarty, and her coaching staff are extremely excited to be starting up this brand new program.

Along with existing teen cheerleaders, who will play the role as Cheer-Buddies, there’s a buzz of excitement amongst the “teal, black and white”.

For further information on classes at Cheer Factor All Stars, call 9338-5567 or email cheerfactorallstars@bigpond.com or speak to Hume’s AAA Officer on 9205 2510.
CIRCUS SKILLS
Crossing the Tightrope Together Program at Westside Circus in 2012

Brunswick’s Westside Circus will again be abuzz with juggling, hula hooping and tightwire walking on Sunday afternoons, when families from Moreland, Hume, Yarra and beyond take part in the Crossing the Tightrope Together program throughout 2012.

The program is targeted towards local children who have a disability (aged 8-16 years) and their families. The program will increase participants’ access to opportunities for physical activity, skill development and social inclusion through the workshops that introduce the participants to a range of circus skills including hula hoops, juggling, devil sticks, diablo, tightwire, acrobalance and tumbling.

When
Crossing the Tightrope Together is held the last Sunday of every month from February until November.

Where
Westside Circus
Warehouse 2 / 29 Cameron Street
Brunswick.

For more information, contact Cynthia Nolan Myers at Westside Circus on 9383 2299 or visit www.westsidecircus.org.au

Fawkner Tennis Club

Fawkner Tennis Club holds an open day every 2 months (on the first Sunday of the month).

During the June School holidays there will be a junior tennis tournament

The club invites people to come down and play tennis with family and friends for a great afternoon. The club has equipment available and can cater for all skill levels and abilities.

Where
Charles Mutton Reserve, Lorne St, Fawkner Creedon Street, off Lorne Street.

Cost
$5 per person per session

For more information contact:
David - 0421 214 205
e-mail fawknertennisclub@yahoo.com.au

Moomba Park Tennis Club

Tennis Hot Shots programme available at Moomba Park Tennis Club.

Lessons for all ages and ability levels also available, no waiting, start today.

Where
Moomba Park Tennis Club, Moomba Park Reserve, 276 McBryde Street, Fawkner.

For more information contact:
Shirley - 9359 2945
Andrew - 0412 225 792
e-mail learntennisnow@hotmailcom
**ACCESS FOR ALL ABILITIES**

**DISCO MANIA**

Get down and boogie at this inclusive disco for people of all abilities. Groovy hip hop DJ will dance you through the night.

**When**
- Friday 18 May
- Friday 17 August
- Friday 16 November

**Time**
7.30pm – 10pm

**Location**
Broadmeadows Leisure Centre
Cnr. Dimboola Road and Pearcedale Parade, Broadmeadows

**Cost**
$12 per person (carers free) which includes light supper and refreshments.

This is an alcohol and smoke free event for 18+ years of age participants.

For more information and bookings contact the Broadmeadows Leisure Centre, Programs Coordinator on 9205 2670.

**Performing Arts Program**

The Hume Performing Arts Program teaches children and adults various forms of dance and drama and encourages them to express themselves.

The Program is suitable for males and females of all ages and abilities. It has been developed to help students with self-esteem, confidence and coordination.

**Dance Classes**

For a low cost, you can learn a variety of dance genres. Hume Performing Arts teachers are fully qualified and carefully selected to ensure each class is enjoyable and interactive. With over 400 students participating each year, it’s a great way to meet new friends and learn some new dance routines.

Classes are held across Hume at Craigieburn, Gladstone Park, Campbellfield, Sunbury and Broadmeadows. Performing Arts Program students perform at an end of year concert.

Classes are available for boys, girls, men and women of all ages.

For more information contact Leanne via email leisure@hume.vic.gov.au or call on 9205 2670.

**FOOTBALL - FIDA TEAM EXPANDS IN 2012**

The FIDA Football team provided opportunities for people with an intellectual disability to play Football in a supportive, family friendly team environment. In 2011 the Coburg FIDA Team, based in Craigieburn won the Division 3 premiership. In 2012 there will be two Coburg Teams participating in the FIDA competition.

For more information on the Coburg FIDA team, please contact Raeleene Eldridge on 0423 207 568 or reldridge7@bigpond.com.
**SPORTS**

**LACROSSE**

The Moreland Lacrosse club runs out of Fleming Park East Brunswick. Lacrosse is a team based sport with 10 players on the field at a time, including one goalie.

We are currently fielding boys U12, U14, U16, U18 and seniors team, as well as an U15 and U17 girls teams.

We encourage anyone interested in playing lacrosse to contact us and come down and have a try.

March will be an exciting month for Lacrosse at the Moreland Club Rooms. See the table below.

**Contact:**

www.facebook.com/morelandlacrosse
morelandlacrosse@hotmail.com or phone Anne on 0409 412 735.

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**GOALS FOR KIDS**

“Goals for Kids” is a program for children with an intellectual disability

The North City Lions Soccer Club has continued its increasingly popular Goals for Kids program in 2012.

Designed specifically for children aged between approximately 5 and 14 years of age with intellectual disabilities, the program begun a couple of years ago and is one of only a handful of similar programs in Victoria. The program provides an opportunity to participate in soccer related activities as well as to socialise with other children and families.

Goals for Kids sessions are each Wednesday night until September. Interested families are encouraged to attend and new participants are welcome throughout the season.

North City Lions Soccer Club is located at Wallace Reserve, Justin Avenue, Glenroy.

Any enquiries can be directed to the Club President and Goals for Kids coach, Steve Colelough by phone 0417 012 189 or email president@northcitylions.com.au

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**SOCCER**
**SWIMMING**

**AQUA PLAY DAY**
Water play time in a safe environment

Fully qualified instructors will supervise the program and the children will be able to socialise and participate in games and activities, in a safe environment.

A storyteller will entertain the children after the swimming session with a storytime session at Craigieburn Library.

**When**
Fridays – School term 1 and 4 only

**Where**
Craigieburn Leisure Centre
127 -147 Craigieburn Road, Craigieburn
9205 2650

**Time**
9.30 to 10.30am

**Cost**
$6.50 per play session
(includes pool admission and complimentary tea/coffee)

Suitable for ages 6 months to 5 years

Parents need to be in the water with their child at all times.

If you would like more information, please contact a Leisure Centre near you today.

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**AQUATIC THERAPY ALL THE RAGE**
Fun aquatic therapy for you and your friends.

**When**
Thursday afternoon

**Where**
Broadmeadows Leisure Centre
Cnr. Pearcedale Parade and Dimboola Road
Broadmeadows

**Time**
12.30pm to 2.30pm

**Cost**
$5 per person
Includes - light refreshments

For more information contact the centre by phone on 9205 2670 or email leisure@hume.vic.gov.au
Heart Foundation Walking Groups

Free, peer-led walking groups in Moreland. Meet friends and keep fit.

The Heart Foundation walking groups cater for all abilities and interests including pram walkers, fast walkers, slow walkers, over 50’s and general interest. Not only do the groups provide a free opportunity for community members to get their daily exercise in their local community, but they also provide a platform for social connection and friendship. Merri Community Health Services are interested to hear from community members interested in joining or leading a walking group.

For more information phone Service Access on 9388 9933 or email serviceaccess@mchs.org.au

Green Walks

Green Walks in the Park is an initiative of the National Heart Foundation of Australia (Victoria) and Bushwalking Victoria, and aims to get more people walking more often in local parks.

The program is a fun and active way to spend time in local parklands and open spaces. Green walks is free and suitable for all ages. Walking in green places, especially with others, is a great tonic for your body and your mind.

To find out what’s happening in your local park and the Green Walks schedule visit, www.heartfoundation.org.au/greenwalks or call 1300 3627 87.

HUME GLOBAL LEARNING CENTRE CRAIGIEBURN

Our Craigieburn community will be able to enjoy the convenience of numerous services under one roof - Hume Global Learning Centre, Craigieburn will be home to Craigieburn Library, a café, gallery, occasional childcare service and Council’s Craigieburn Customer Service Centre on the ground level, meeting and training rooms on the upper level.

What the new Centre means for our local community

A centre for Craigieburn: an iconic community venue and a space for everyone to learn, share knowledge and inspire creativity.

A centre for learning: a central point for anyone that wants to participate in personal development or learning opportunities.

A centre for conferences and professional events: whether you want to hold a forum, seminar, conference, meeting or training workshop, the Centre will offer you and your organisation first class service and facilities at affordable community rates.

For more information phone 9205 2200 or visit www.hume.vic.gov.au
National Volunteer Week
14 - 20 May 2012
‘Volunteers - Every One Counts’

National Volunteer Week (NVW) is the largest celebration of volunteers and volunteerism in Australia, and provides an opportunity to highlight the role of volunteers in our communities and to say thank you to the more than 6.4 million Australians who volunteer.

Australian volunteers are essential to society, and many charities would struggle to survive without the support of their volunteers. Australian volunteers contribute more than 700 million hours of community service to many areas of society, including community health care, heritage and arts, environment conservation, emergency services, education, social justice and sports. NVW provides a platform to pay tribute to these volunteers who donate their time and energy to help others.

National Volunteer Week (NVW) begins the Monday after Mothers Day in May each year - 14th to 20th May 2012.

The NVW website will provide you with all the information you need to celebrate NVW whether you are a volunteer, volunteer organisation, or a corporate organisation seeking ways to help recognise and thank employees who are also volunteers.

http://www.volunteeringaustralia.org/News-and-Events/-National-Volunteer-Week.asp

Hume Relay For Life
Relay For Life is an overnight, community event where teams participate in a relay style walk or run to raise funds for Cancer Council Victoria.
The event brings the whole community together for a night of fun, live entertainment, celebration and remembrance. In March and April local events will be held in Broadmeadows and Moreland.

Moreland
Where
City Oval, Harding Street, Coburg
When
21 to 22 April 2012
Time
4pm Saturday – 10am Sunday

For more information and to register visit www.relayforlife.org.au.
MARKETS IN HUME

Highlands Farmers’ Market
Experience the true essence and atmosphere of an authentic farmers’ market at Highlands Farmers’ Market.

When
Every 3rd Saturday of every month

Where
Highlands Lake, 1 North Shore Drive, Craigieburn.

Sunbury Craft and Family Market
Where you can find beautiful handmade arts and crafts, delicious food and family entertainment.

When
1st Saturday of each month

Where
Sunbury Neighborhood House and Community Centre, Elizabeth Drive, Sunbury.

Sunbury Farmers’ Market
Visit this enjoyable market in the very special grounds of the Gatehouse Café at Rupertswood, home of The Ashes. Meander your way through the stalls that are scattered around the beautiful garden and taste the many delights this authentic farmers market has to offer.

When
Held every 2nd Saturday of the month from 9am - 1pm.

Where
The Gate House, 1 Macedon Street, Sunbury.

For more information on the markets:
Phone: Frank James on 9553 0601
Email: frank@inseasonmaekets.on.au
Website: www.inseasonmarkets.com.au
GRANTS

Apply now for a Local Sporting Champions Grant

Do you know a Local Sporting Champion?
Are you, or do you know, a dedicated young athlete, coach or official participating in a state or national sporting championships?
Are you aged 12-18 years old travelling further than 250km return for a state or national championships?

If yes, then you or your team could be eligible for a Local Sporting Champions grant to help meet costs such as uniforms, travel, accommodation and equipment.

Grants of $500 per individual and $3,000 per team are available for young people participating in a nominated National Sporting Organisation-endorsed state or national sporting championships or a School Sport Australia national championship.

This program is an Australian Government initiative managed by the Australian Sports Commission and supports 8,000 young people each year.

The grants are designed to help athletes, coaches and officials achieve their sporting goals and are distributed across all 150 federal electorates of the national parliament.

Applications are open, so apply now!

Applications must be submitted prior to the commencement of the nominated championships.

Community Grants Program is now open! 4 weeks to go!

Moreland City Council supports community groups and organisations to carry out programs, projects and activities that will benefit local residents. The purpose of the Community Grant Program is to provide financial support and incentive to local not-for-profit community groups and organisations to implement community building initiatives and promote active community participation.

The strategic focus areas of the grants this year are:
- A sustainable and just city
- A proud city
- A healthy and educated community
- A responsive organisation

Grants will be assessed on their overall benefit to the community, their contribution to the strategic objectives outlined in the Council Plan and the supporting strategies outlined within the plan.

Projects must occur in the 2012-2013 financial year (1 July 2012 to 30 June 2013)

Funding Categories available this year:

Seeding grants
New initiatives up to $2999. Groups seeking to become incorporated up to $1000.

Project grants
Up to $5000 financial support to groups, organisations and individual artists in the implementation of projects designed to benefit and engage the Moreland community.

Partnerships (Capital Works) grants
Up to $40,000 Capital Improvement works to enhance facilities inclusiveness, construct or develop community facilities to promote community participation.

continued next page...
It is a prerequisite that all applicants speak to a Council officer about their project before submitting an application.

**Application Opening Times:**
Seeding and Project Grants open Monday 6 February and close Friday 30 March 2012.
Application forms for above will available for download from Monday 6 February.

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There is a limit of three items to be borrowed for a period of up to three weeks. Conditions apply*
*A person 18 years of age or over, must be responsible for the equipment. Council is not responsible for damage/injury to any person arising from the use of a borrowed item.

**For more information**
Phone Craigieburn Leisure Centre 9205 2650
Email leisure@hume.vic.gov.au
Visit www.hume.vic.gov.au

**Useful Council websites:**
Quick Guide and general information
How to apply, application forms and guidelines
Council Plan 2009-2013 – Planning for a sustainable future
Healthy Hume Community Gardens

Get involved in your local Community Garden and grow your very own fresh produce. Community Gardens are places where people come together to grow and harvest fresh fruit and vegetables, to enjoy a cuppa and to learn and share secrets of how to grow prized vegetables.

Through community gardens, Hume community members can participate in fresh food production, make new friends and develop positive relationships and connections within the Hume community while engaging in healthy lifestyle activities.

There are currently two Community Gardens operating in the Hume area and these are located at Broadmeadows (Meadows Educational Community Garden) and Roxburgh Park (Homestead).

Three more Community Gardens are undergoing construction and will be located at Goonawarra, Craigieburn and Westmeadows and are set for completion by the middle of 2012.

The Hume community will have the opportunity to engage with their local community garden and learn about the benefits of growing fresh fruit and vegetables.

If you would like to learn more about participating or getting involved in a garden, please email healthyhume@hume.vic.gov.au or phone the Healthy Hume Team on 9205 2200.

TAKE THE PREMIERS ACTIVE FAMILY CHALLENGE

30 Minutes of physical activity a day for 30 days between 19 March and 30 April 2012.

Register and get:

- 15% off at Rebel Sport
- 20 Free YMCA passes
- One free child pass to National Sports Museum
- One free child pass to Melbourne aquarium

Register now:

www.betterhealth.vic.gov.au
1300 463 684
MS Confident Living Programs (CLP) Physical Activity Group operates at Sunbury Aquatic and Leisure Centre every Tuesday of the week.

MS Australia – ACT/NSW/VIC Physical Activity programs will provide you with the opportunity to increase your overall fitness, core strength and endurance in a fun, relaxing environment.

All sessions are led by qualified gym instructors who can assist you to work towards your individual goals, learn correct techniques for stretches and use of gym equipment.

Participants are welcome to stay after the group to cool down and enjoy lunch together in a social environment if they wish.

**Staff**

Our programs are supported by MS Physical Activity Facilitators and they ensure the general safety of all participants.

**Funding**

Applications to Disability Funded programs will require an Individual Support Package in place prior to commencement.

Participants requiring 1:1 Support in the program will need an Individual Support Package in place prior to commencement.

**Client Contribution**

$8.00 per session contributes to entry and transport to and from the venue.

Transport costs are heavily subsidised by MS Australia – ACT/NSW/VIC.

**More Information**

To find out more about the CLP Physical Activity Program in Sunbury and your eligibility phone the program Coordinator at MS Australia – ACT/NSW/VIC on 03 9845 2700 or MS Connect on 1800 042 138.
EMAIL VERSION OF THIS NEWSLETTER!

Would you like to receive this newsletter electronically instead of a hard copy?

Please provide your details including email address below and we will add you to our electronic mailing list.

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| If you still wish to receive this newsletter in a hardcopy as well, please include your postal address | Hume City Council
               | Attention: Access for All Abilities |
               | P.O. BOX 119
               | Dallas 3047
               | or email: leisure@hume.vic.gov.au |

DOWNLOAD FOR FREE AND JOIN IN THE ACTIVITIES

Did you know that we also have this newsletter available for free download on the Hume City Council website? You will also find previous editions and lots of great programs and activities to be involved in. Just search www.hume.vic.gov.au – under ‘Services for you’- People with Disabilities.