

2.2 Are you looking for recreation options and are 16-21 years old?

What does your local council offer?

Your local Council may be able to link you into a range of recreational programs, and may be able to assist in setting up a particular recreation or sporting group. Most Council's employ an Access for All Abilities (AAA) officer who will be able to inform you of what Council can offer in the way of recreation options. This may include activities at Council operated leisure centres or at other venues. Some Council's also have a Metro Access Worker who can assist you in accessing a broad range of activities in your local area. Contact your local Council and ask to speak to an Access for All Abilities Officer or a Metro Access Worker. You may want to read information sheet 4.7 of this kit 'How do I access my local council'

Who else offers facilities and programs for recreation that is inclusive and accessible?

Your local YMCA not only runs different programs but also a range of camps throughout the year that are sometimes for the whole family and other times for just the person with a disability. You can find your local **YMCA** by calling 9403 5000. They will also be able to give you any information about camps and activities.

Escapades offers recreation and planned respite programs if you live in the Moreland or Hume areas, for more information and eligibility requirements phone 9309 7448

Riding for the Disabled offers tailored horse-riding programs to people with a disability. For more information call 9486 5755

Sailability has inclusive sailing programs in Hume, Sugarloaf and Docklands. For more information call 9597 0066

Special Olympics run sporting competitions at a State, National and International level. www.specialolympics.com.au

Other useful recreation contacts

Club Wild	www.clubwild.net	9326 9970
Scope (Community Inclusion)		9894 8966
People Outdoors (camping)		9350 5116
Yooralla Recreation Service		9916 5801
Netball Victoria		9925 6518
Leisure Options		52563344

For School Holiday Programs contact your local Council

Interchange offers both respite and a range of recreation programs for children with a disability, as well as some young adult programs. To find out what Interchange offer in your area call Interchange Western on 9396 1111, Interchange Northwest on 9350 4600 or Interchange Northern on 9462 1011 or visit their website www.interchange.org.au.

<http://www.cmag.org.au>