

**Linking people and communities through recreation.**



## Newsletter

Summer & Autumn 2011

### Block, Loop, Chop, Smash

You wouldn't know what these words refer to if you don't play, but the photos give it away: Table Tennis strokes. Josh has got to know and use many of these as he plays nearly every week with about 50 other people at the Woodville Park Table Tennis Club. The club has a long history with a fantastic venue nestled amongst residential homes, opening its doors to the local community.

Recreation Link-up met Josh late 2009, introduced to us first by his Employment Coordinator at Interwork. We worked together with Josh's support networks including Life Without Barriers.

Josh had just finished a stint of employment and actually had a very full schedule juggling 'living at home skills' sessions, High 5 social group at Seaton, work skills, fitness activities and time with his family. Josh shared with us his goals: to develop his skills, to meet new people, socialize and increase his interaction with people. Together we aimed to get Josh out into the broader community.

Josh chose some activities that interested him: cooking, car maintenance, table tennis and ten pin bowling. He has many interests and found it hard to narrow down!

Josh completed an 8 week WEA Simple Car Maintenance course, which he found very interesting and helpful. Josh has been attending table tennis most weeks during the day on Wednesday, where he is working on developing his game. Initially the "big boss" of the club gave him some coaching. He was introduced to a practice machine so he could continue to work on those strokes. Josh plays with quite a competitive bunch of friendly folk, rotating through games giving an opportunity to play with everyone. When he is off the table, he chats with other players on the side lines. So congratulations to Josh for meeting his recreational and social goals.



Josh inside the stadium enjoying a hit with some team mates



### Refer!!

Recreation Link-up enjoyed connecting yet another ready and willing service user into a community recreation group. If you know someone with a disability who would appreciate some help connecting in to an activity of their choice, call Caroline or Jenni on 8200 2508 at Recreation Link-up where they will assist you to make a referral.

Referral forms are accessible on our YMCA website, go to <http://www.sa.ymca.org.au/>

Programs and Services, Access and Inclusion, Recreation Link-up and scroll down the page until you come to the "Service Request Form"

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In September 2010 we met Angus and Marina. Marina is Angus's Grandmother and he had recently been placed in her care, and she was looking for Angus to experience different activities.

After we met with both of them, a letter was sent with ideas and Marina followed up with great determination and enthusiasm, and as a result Angus was soon trying lots of new things like golf, soccer, tennis and ten pin bowling.

Pretty soon Marina had gained the confidence to find activities for Angus as well. Angus was having a ball and still is.

This is a perfect example of service users, carers and Recreation Link-up working together to make things happen.

This is what Marina said about our service...

“Many thanks to Recreation Link-up for assisting us in the various sports to join.

Angus enjoys meeting people and loves all sports. He has tennis lessons and very soon will join a Young Stars Golf Program, for lessons.

Thank you Link-up – Your staff are wonderful and caring. Marina & Angus

## What's Happening at the Y?

This is the last newsletter I will be involved in for a while as I have been seconded by the youth department to take on the role as Youth Manager.

This comes at a time of change in many areas of my life— I am doing the big no-no, that is to take on a new job, to get married, and to move house, all at once!

I have enjoyed working in this role now for 4 years. The rewards are great, to see the impact of recreation and community engagement in people's lives is absolutely satisfying! I have worked with a great team and enjoyed getting to know many of you out there that support our cause and are interested in achieving goals for your clients too.

Rebecca Holland, Senior Recreation Facilitator, now Youth Manager

### Introducing Jenni

We have a new Recreation Facilitator, Jenni who will be working 3 days a week.

Here are her stats in her own words:

Jenni Howes ARAD RAD TC, BVA (specialization painting)

I am a fully qualified Ballet Teacher and practicing Portrait Artist working with children and adults. More recently, I have worked in disability (for the last 6 years) developing a variety of Art, Dance and Drama based programs for the City of Playford, Barossa Council and Northern Community groups.

I started with the YMCA 2 years ago, coordinating the Y Day Options (2 ) as well as Head Coach for the Sports4all program at John McVeity Centre.



Jenni & Rebecca

**It's your choice- you can make it happen.**