

RECREATION PROFILE

2005 – 2006

During the past year the focus in community inclusion has been with physical activity and the arts with the continuation of some programs as well as the introduction of other innovative programs, 'Opening the gate' programme run by DADDA and a more recent pilot physical activity project between DSC and TAFE have provided this opportunity for inclusion.

Continued and Regular Options

Individual options

Water Exercises – Dennis and Jenny

- Change of venues for Dennis and Jenny; Dennis attended Altone Park in the City of Swan whilst Jenny attended Aqua-life in the Town of Victoria Park
- . Both continue to participate

Tenpin Bowling

- Lisa and Audrey continue their attendance at tenpin bowling; Lisa on a weekly basis whilst is Audrey bi weekly.

Regular events – Collective groups

Stepping by the Swan

- Expanded with groups from other areas, Lombardy St (Area 4)
- Introduced twice a week one being on the weekend with residents from other areas (Area 5 & 9) attending. However, this was short lived, due to the time of the day and being on the weekend.
- During the time of the TAFE/DSC pilot physical activity [5 May to 9 June] the walking group ceased.
- The average attendance per week was 7 residents plus the direct car staff
- . Currently awaiting finalisation of the logo Design that the Fairholme Disability Support Group will provide some assistance with regard to the purchase of T-Shirts.

Bush Dance

Whitman Park bush dance ran for a shorter period this year with the some nights involving the rock and roll music.

- This year it was much more crowded than previous years, which created some uncertainty for those residents who loved music but not such huge crowds.
- Numbers attending were down from last year, which has been due in part to the opening of Merian Close and the change of staff in the houses 2 & 3, and the increase in crowds' attending

Paper Making

Wendy Cox (ASD Arts Steering Committee) has asked for 400 Christmas

Cards to be made from the residents by October

- Myself and Jan Mason attended a demonstration at Chidlow conducted by Sue Yardley in paper making
- With discussions with Lyn Willis and Jan Mason it was considered most appropriate for Market Street residents to join Bennett Brook residents by utilising Bennett Brooks 'Creative Space'
- Bennett Brook, Market St and Fairbrook residents have also become involved
- At this stage, the paper has been made for the cards and 200+ cards have been cut from cardboard with approx 125 completed cards already.
- Bennett Brook purchased the necessary items.

One off events

Treks the Trail – Annual event run by Shire Mundaring (9km walk along the section of Railway Heritage Trail. Held in August

- Residents from 33, 35 & 37 Market Street participated with the support of direct care staff last year with all walking 3 kilometres. This year [August 20] it is intended to encourage families to be involved in the walk with their loved ones.

Walk Abilities – Zig Zag walk – Annual event in October

- Sponsored by Kalamunda Shire, Disability Service Commission, and Hills Community Support Group.
- Residents from 33 & 37 Market Street were involved with the support of direct care staff. This year the intention is to compete again with the involvement of interested families.

Projects

Opening the Gate Program

The project's objective was to deliver vocational training to meet the needs of people the special needs of people with disabilities who have lost their supported employment work placement.

- Residents participated in the visual arts, performance and story telling and in the 'See Red' project. This proved to be a success with positive outcomes with residents artworks been displayed and for sale at different locations within the DSC buildings.

DSC/TAFE Physical Activity project

Residents from Market St, Fairbrook, Leake St, Walkington Way and Lombardy were involved in a pilot project with students from the Health, Sport and lifestyle Centre. The physical activity program entailed personal trainers, circuit style activities that were tailored to meet the individual needs. The program was provided free of charge and was for a period of 6 weeks with attendance, once a week.

This proved to be success from all levels. TAFE is implementing another physical activity program in August through to September with the involvement of 90% of those who participated regularly last semester as well as another eight participants from other areas. This is to be held at Perth Central TAFE gym.

Discussion with the Fairholme Disability Support Group is that they will in the future sponsor the DSC/TAFE project with a student award and modification of equipment.

Fairholme Disability Support Group

- Financially funded outdoor equipment, such as a fold up table and chairs, esky, thermos, cups, plates, and cutlery for the residents use in the community.

In conclusion, the past year has been a challenge, filled with enthusiasm and support from all levels as we endeavoured to further enrich the residents' lives through meaningful recreation and leisure pursuits.

The continuation of regular programs with individual and group options and the introduction of a completely new first time activities for other people with disabilities from DSC. This included TAFE students being involved and exposed in new practical disciplines, which has given the opportunity for other doors to be opened for community inclusion.

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