

Sport & Active Recreation Respite Trips June - December 2011



“.... a lifestyle choice”

PO Box 128
Doncaster East 3109

☎ Phone: 9848 9204
Fax: 9840 0123
Email: respite@erls.net



ERLS Sport and Active Recreation Trips are a great way for you to explore the many benefits of sport and recreation. Each ERLS trip “kicks off” on Fridays at 6.00pm.

The next day we go to the sports club or activities that you pick from the list in this brochure. It could be a new experience for you or maybe you have already played the sport?

We usually have time to explore other recreation or leisure activities before we return Saturday at 5.00pm.

- Each trip costs \$60.00 including transport, meals and activities.
- Trips are supported by the energetic team of ERLS Sport and Recreation Access Workers.
- All activities are inclusive and accessible. Your membership and participation will be welcomed and encouraged by the clubs if you wish to get more involved in their sport.



Respite Program – Criteria and Information Sheet

1. Possess a keen interest and are willing to explore and participate in community sport and active recreation.
2. Reside in the Eastern Region of Melbourne.
3. A person with a disability and is aged 16 years and over.
4. Be living with a voluntary full-time carer.

ERLS aims to provide a positive and quality respite experience and would appreciate your support in achieving this by please ensuring that you:

Observe and adhere to drop off and pick up times (6.00 pm Friday – 5.00 pm Saturday)

Notify ERLS as soon as possible if you need to cancel your booking.

Ensure you supply required medication, as stipulated on ERLS medication forms in line with ERLS Medication Policy.

Allow time at the start of your trip to assist staff to confirm medication is correct and any updates of support requirements.

Allow time at the end of your trip for staff to report back on the trip, check off medication and return all belongings.

Cancel your trip if participant is unwell.

Respect the privacy of others.


Ensure you provide your own sunscreen and any other necessary requirements.

ERLS Respite Program mobile phone numbers (If you need to contact staff during trips).

 A. **0407 985 560** B. **0439 360 104** C. **0409 985 561**

Please note above phones are in operation from

 **Friday 5.00 pm – Saturday 6.00pm** only.

For all other times please contact the ERLS office on  **(03) 9848 9204**

No	Trip Dates	Meeting Place	Overnight Stay	Sport and Recreation Choices
16	17 th – 18 th June 2011	ERLS Doncaster Try Centre 125 George St Doncaster East 3109	Urban Campsite Parkville 9328 2818	'Basketball' It's game time on the courts, dribble your way to the net. It's a buzzer beater!
17	15 th – 16 th July 2011	ERLS Bayswater Cnr Pine Rd & Station St Bayswater 3153	Quest Knox Wantirna 9801 6044	'Lawn Bowls' Here we go with some fun in the sun on the greens. It's a Cracker Jack game!
18	22 nd – 23 rd July 2011	Sport Link 2 Hanover Rd Vermont South 3133	Hazelwood Cottage Warburton 5966 2917	'Racquet Ball' Bounce around the walls with this energetic game.
19	29 th – 30 th July 2011	ERLS Doncaster Try Centre 125 George St Doncaster East 3109	Urban Campsite Parkville 9328 2818	'Karate' Learn the art of self-defence and respect. The martial arts expert will take you through drills that will build your skills.
20	5 th – 6 th August 2011	ERLS Bayswater Cnr Pine Rd & Station St Bayswater 3153	Quest Knox Wantirna 9801 6044	'Gym Session' Test your limits in a friendly atmosphere with some great physical exercises.
21	12 th – 13 th August 2011	Sport Link 2 Hanover Rd Vermont South 3133	Hazelwood Cottage Warburton 5966 2917	'Table Tennis' This sport is ping pong loaded with fun!
22	26 th – 27 th August 2011	Monash Aquatic & Recreation Centre 626 Waverley Road Glen Waverley 3150	Quest Knox Wantirna 9801 6044	'Zumba Dancing' Feel the rhythm and feel the beat with the Latin inspired, easy to follow dance craze!
23	2 nd – 3 rd September 2011	ERLS Bayswater Cnr Pine Rd & Station St Bayswater 3153	Urban Campsite Parkville 9328 2818	'Golf' Get some drive by swinging your way around a golf course!
24	9 th – 10 th September 2011	Sport Link 2 Hanover Rd Vermont South 3133	Urban Campsite Parkville 9328 2818	'Go Carting' Speed, Speed, Speed. Zip around the track and be the first to cross the line! N.B. Closed toe shoes must be worn!

No	Trip Dates	Meeting Place	Overnight Stay	Sport and Recreation choices
25	23 rd – 24 th September 2011	Monash Aquatic & Recreation Centre 626 Waverley Road Glen Waverley 3150	Urban Campsite Parkville 9328 2818	‘Cricket’ What a catch? Get a wicket or two and have a bat or bowl!
26	7 th – 8 th October 2011	ERLS Bayswater Cnr Pine Rd & Station St Bayswater 3153	Quest Knox Wantirna 9801 6044	‘Knox BMX Bike Riding’ Beginner coaching that will teach you the basic skills & BMX motor cross bike riding. The club will provide the bikes and helmets
27	14 th – 15 th October 2011	Sport Link 2 Hanover Rd Vermont South 3133	Urban Campsite Parkville 9328 2818	‘Soccer’ Goooooooooal!! Learn new skills and master your existing ones!
28	21 st – 22 nd October 2011	ERLS Doncaster Try Centre 125 George St Doncaster East 3109	Urban Campsite Parkville 9328 2818	‘Gym Session’ This energised session will have you feeling the pump!
29	11 th – 12 th November 2011	ERLS Bayswater Cnr Pine Rd & Station St Bayswater 3153	Hazelwood Cottage Warburton 5966 2917	‘Healesville Tennis’ Game, set and Match! Serve it down the line!
30	18 th – 19 th November 2011	Sport Link 2 Hanover Rd Vermont South 3133	Urban Campsite Parkville 9328 2818	‘Hockey’ Hook in to Hockey and have a go at this Olympic Sport!
31	25 th – 26 th November 2011	Monash Aquatic & Recreation Centre 626 Waverley Road Glen Waverley 3150	Quest Knox Wantirna 9801 6044	‘Archery’ Hit the Bulls-eye with your bow and arrow! Test accuracy
32	9 th – 10 th December 2011	ERLS Bayswater Cnr Pine Rd & Station St Bayswater	Hazelwood Cottage Warburton 5966 2917	‘Fishing’ Hook, Line and Sinker! Catch the fish of the Day!
33	16 th – 17 th December 2011	Sport Link 2 Hanover Rd Vermont South 3133	Urban Campsite Parkville 9328 2818	‘Sailing’ All aboard! Let’s set sail!

How to Book your Trips

1. Fill in the form below or contact ERLS for a referral form.
2. List the preference of trips that you would like to go on from 1-3.
Please note: numbers are limited but ERLS will try to match your choices.
3. Post or fax your applications by **Friday 3rd June 2011**

 **Postal address: PO Box 128**

Doncaster East 3109

Fax: (03) 9840 01 23

4. A letter of confirmation and invoice will be sent via post following the closing date.



✂-----

ERLS Inc Respite Trips

List in order of preference the trip(s) that you would most like to do

1. Trip No. _____ Date: _____
2. Trip No. _____ Date: _____
3. Trip No. _____ Date: _____

If you would like a copy of the ERLS logo or Compic's of Activities chosen for the use on communication Boards / Aids please contact the ERLS Respite Coordinator for this to be arranged.

*If you no longer wish to receive information on ERLS Programs and Activities, please advise us by indicating the following:  YES  NO

ERLS would like to thank you for your valued support and cooperation and hope that you enjoy your ERLS Respite experience.