



ERLS Sport and Active Recreation Respite Program

Did you know?

- ★ ERLS provides 33 Sport and Active Recreation trips each year!
- ★ ERLS trips have a built-in overnight stay in comfortable settings.
- ★ Every ERLS trip features local sport clubs or recreation providers who want everyone who shares an interest or even a passion for their sport feels welcome and is included!
- ★ ERLS trips are a fantastic way for participants to discover sport and recreation that is available locally and explore ways to become involved.
- ★ Every ERLS participant gets to learn about countless personal benefits plus how to fit more sport and recreation into their lifestyle.
- ★ ERLS Sport and Recreation Respite trips provide over 6,000 hours of respite time to families across the Eastern Region of Melbourne each year.
- ★ Every ERLS trip is a lot of FUN!!!!!!

Who can get involved?

Anyone who has a keen interest and are willing to take on the challenge of exploring and getting more involved in community sport and active recreation, who also:

- ✓ Has a disability.
- ✓ Resides in the Eastern Region of Melbourne - including the Shire of Yarra Ranges.
- ✓ Is aged 16 years and older.
- ✓ Has a *voluntary, full-time* carer.
- ✓ Is *not* TAC compensable.

Priority is given to:

- ✓ Carers 65 years plus.
- ✓ Carers under stress.
- ✓ Carers from culturally & linguistically diverse background.
- ✓ Aboriginal or Torres Strait Islanders.

Who do you contact for more info?

ERLS Sport and Active Recreation Respite Program.
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