

Variety
**ACTIVATE
INCLUSION**
SPORTS DAYS

In celebration of International Day of
People with a Disability, Greater
Shepparton City Council is partnering with
Disability Sports Australia to deliver a

**FREE, FUN AND INCLUSIVE DAY
OF ACTIVITIES TO TRY!**



**FOR PHYSICAL, SENSORY &
INTELLECTUAL DISABILITIES**

Thursday, 8th December 2022

12:30pm - 3:00pm

Shepparton Sports Stadium

120 Numurkah Road, Shepparton

**Limited places available.
Scan below to register:**



Hosted by:

GREATER
SHEPPARTON



Delivered by:



DISABILITY
SPORTS
AUSTRALIA

Contact:

Kristy Rohrer

Disability Sports Australia

02 8736 1223

aisd@sports.org.au or

Greater Shepparton City Councils'

Access & Inclusion Officer

03 5832 9700 or

mark.tomkins@shepparton.vic.giv.au



VARIETY ACTIVATE INCLUSION SPORTS DAYS

**Enabling kids to be
more active, more
often!**

Variety Activate Inclusion Sports Days (AISD) give kids the opportunity to try sports they might otherwise miss out on. Aimed at kids aged 5-18 with learning difficulties, intellectual, sensory and physical disabilities, the days are an opportunity to have a go in a fun and inclusive environment.

Each day involves:

- a range of sports to try
- specialised coaching
- adaptive equipment
- showbags
- local sporting club exhibitors
- access to community services
- opportunities to network with other families and teachers



BENEFITS OF THE DAY

Activate Inclusion Sports Days encourage and empower kids to explore sporting opportunities in their local community.

Benefits of attending the day include:

- the health benefits of physical activity
- building social wellbeing and friendship
- strengthening balance, coordination and mobility skills
- working as part of a team, collaborating and planning
- increased self-esteem through a sense of achievement

Variety - the Children's Charity believes all kids deserve a fair go. They provide practical and essential support to kids who are sick, disadvantaged or have special needs. **Disability Sports Australia** aims to get more Australians with a disability more active, more often while working nationally to support sport and active recreation participation.



www.variety.org.au



www.sports.org.au