

recreation



Recreation and leisure activities play an important role in the development of social skills, self esteem and independence. Northcott Disability Services Recreation Service enables people with physical disabilities to participate in recreational and leisure activities of their choice. The service also helps participants to establish social networks and special interests that in turn promote enhanced independence and social confidence.

Group activities – Social groups offer the chance for people to meet on a regular basis in their local area. Recreation staff and trained volunteers provide support so that clients can pursue activities of their choice in the community e.g. outing to restaurants, the movies, ice-skating and bowling.

One off events – Clients can also request support to attend activities such as concerts, sporting events or once in a lifetime outdoor adventures.

Camps – Recreation staff and trained volunteers provide practical assistance and support for people to attend informal weekends away, short holidays and special purpose camps such as Ski camp and Schoolies camp.

School holiday programs – Teen Recreation (formerly known as Childrens Recreation) offers a range of

Contact Northcott Disability Services
Recreation Service

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activities during the school holidays. Events are promoted via a newsletter and clients are able to choose what they would like to attend.

School Sports Carnivals – Northcott's Recreation Service organises six annual inter-school sports carnivals where students with disabilities can compete alongside peers of similar ability levels. These include junior and senior swimming and athletics carnivals, as well as wheelchair football and wheelchair soccer carnivals.

Sport – Northcott provides assistance for clients to access Wheelchair Sports competitions such as Wheelchair football, hockey and athletics.

Eligibility

Childrens Recreation: Young people of high school age with a primary physical disability.

Recreation for Adults: Adults with a primary physical disability. Priority is given to people who find it difficult to access recreation and leisure activities due to the nature of their disability.

Geographical area – Greater Metropolitan Sydney

Cost – Individuals pay all their own expenses for outings and activities. Cost details are provided in advance.

Funding – The Recreation Service receives some funding from the Department of Ageing, Disability and Home Care and is also supported by Northcott Disability Services.

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