

Newsletter

SPRING 2011

INSIDE THIS ISSUE:

RAPS Activities	4
RAPS Calendar	11
Booking Form	14

COORDINATORS UPDATE

Hi everyone!

As the year continues to race by, it's already time for our third calendar of the year, and a return to the warmer weather (hopefully!) in spring. It is certainly going to be a busy few months, with 40 activities crammed into the next 91 days! As usual there is a good mix of RAPS favourites, as well as new activities suggested at the recent planning BBQ.

Things have been continuing nicely in the RAPS office, with work continuing on our policies and procedures, as well as a number of submissions being made for funds to continue the bus running each weekend. With the financial year for 2010/11 now over, we will also be beginning preparations for the RAPS Annual General Meeting in November.

As I do each year, I would really like to encourage all our RAPS members, and their families, to come along to the AGM and also consider standing for election on to the Management Committee. The Management Committee makes all the important decisions relating to RAPS, so it is very important that as many of our members, as well as their families and carers, are involved in the organisation to ensure that all decisions are made with all of our stakeholders in mind. Further information about the AGM will be sent out with an invite closer to date.

As always we encourage anyone with any kind of feedback to let us know—we are always happy to hear people's opinions and ideas for new activities!

Alistair

Email list

RAPS often gets sent emails from other local service providers and government agencies promoting their services, or notifying us of events in the area that may be of interest to RAPS members.

If you would like to receive a weekly email from RAPS containing information we have received that may be of interest to you, please send an email to alistair@raps.org.au and we will add you to our distribution list. It is an excellent way for RAPS members and their carers to stay up to date with issues and events in the area!

**DISABILITY IS
NO BARRIER TO
FRIENDSHIP...**

MANAGEMENT COMMITTEE REPORT

Hello Everyone,

We're in our Spring program already, and on the downhill slide to Christmas and holidays. RAPS will of course have our usual Christmas party so more details as they come to hand. We will also have our AGM and Committee elections coming up, so if anyone wants to get information on being on committee ask Alistair or anyone who is on committee. We are on most outings.

Committee has been doing its usual budget work and policy and procedure work thanks to Alistair. We are also keeping up with our Strategic Plan and making sure we keep on track with the government body who give us money. I hope that with the new ideas for planning we at RAPS can keep up the good turn out to outings and have as much fun this program as have had this year.

Lisa Hayes
Vice Chairperson



BITS & PIECES



National Disability Insurance Scheme

Some of you may have recently heard about the announcements that have been made regarding the National Disability Insurance Scheme (NDIS). The NDIS, if introduced, will dramatically change the way people with a disability and their carers are supported in Australia.

It will be a new support system that will transform the way services are funded and delivered, and give people greater choice over the services they receive. It will also guarantee that all Australians with a disability will receive support, regardless of how their disability is acquired.

For more information about the NDIS, and when and how it may be implemented, head to:

www.everyaustraliancounts.com.au, or join the RAPS email list, and we will send out updates as we receive them.

Person Centred Funding

Another potentially significant change to disability funding is also in the works at State level. The NSW Department of Ageing, Disability and Home Care is moving towards a system of funding disability services that puts the person with a disability at the centre of the funding process, allowing them to make decisions about the supports and services they use.

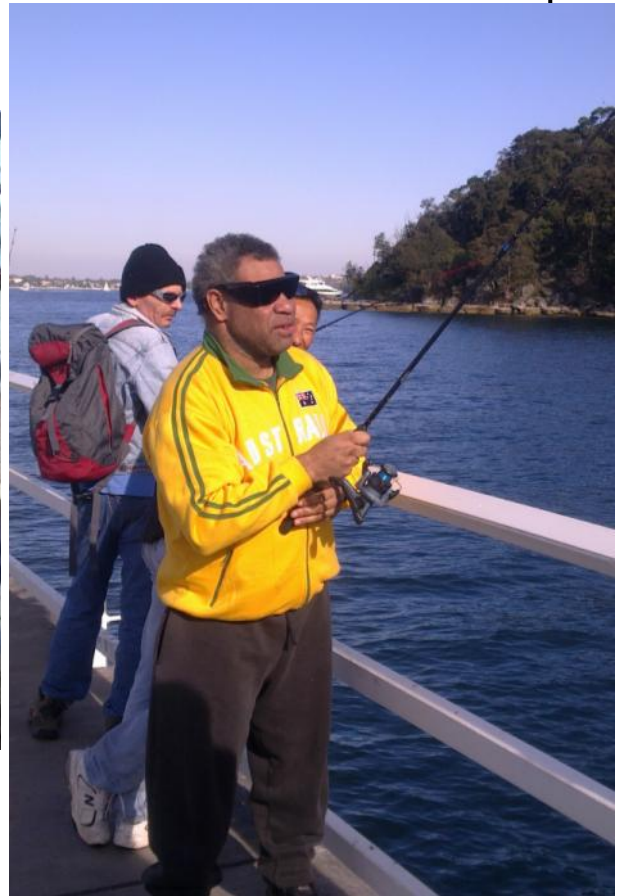
The system may put people with a disability and their families in direct control of the funding they receive, allowing them to choose which services they use.

As with the NDIS, the person centred approach is only in the early stages of any proposed changes, but we do suggest that everybody keeps up to date with the news surrounding these issues, as they will directly effect all of our members. More information on the person centred approach can be found at www.adhc.nsw.gov.au.

OUT & ABOUT WITH RAPS



Glenn & Ron in Darling Harbour



William and Henry doing some fishing during the Men's Group



Con & Sia at the Zoo

RAPS ACTIVITIES SEPTEMBER 2011 →

NOVEMBER 2011

Here is the list of activities RAPS will be doing between now and November. If you would like to attend an activity, please notify the office **at least two weeks before the date of the activity** (we realise some activities will be less than two weeks away when you receive this newsletter, for those activities just give the office as much notice as possible).

You can notify the office you wish to attend activities by:

- Calling 9518 8277;
- Emailing alistair@raps.org.au; OR
- Filling out the booking form at the back of this newsletter.

Please be aware that some minor variations may have to be made to the activities below. Should this be the case, you will be informed well before the activity occurs.

CAFÉ NIGHTS

Twice a month RAPS heads out to a café or restaurant for some good food and a chance to catch up with your RAPS friends.

<u>Date:</u>	<u>Approx Price (per main):</u>
<u>Thursday 1st September:</u> Burwood RSL, 96 Shaftesbury Rd, Burwood.	\$12—\$18
<u>Thursday 15th September:</u> Canada Bay Club (Wings Chinese) 4 William St, Five Dock	\$14—\$20
<u>Thursday 29th September:</u> Ashfield RSL, 374 Liverpool Rd, Ashfield	\$18 (buffet)
<u>Thursday 13th October:</u> Souths Juniors, 558A Anzac Pde, Kingsford	\$14—\$22
<u>Thursday 27th October:</u> Bulldogs Leagues Club, 26 Bridge Rd, Belmore	\$12—\$17
<u>Thursday 10th November:</u> Club Five Dock, 66 Great North Rd.	\$12—\$20
<u>Thursday 24th November:</u> Club Burwood, 97 Burwood Rd, Burwood.	\$8—\$16

All café nights will start at 6.30pm.

FRIDAY FITNESS CLUB

One Friday each month, RAPS gets together for fitness and relaxation based classes—this quarter features strength, stretch and relax classes.

Date: Friday 2nd September
Friday 14th October
Friday 4th November

Venue: Whites Creek Cottage
31 White St, Lilyfield

Time: 10.30am—12.30pm

Cost: Free. Tea/coffee provided after the class

BRUNCH: NAGGY'S CAFÉ & GLEBE MARKETS

Enjoy the first weekend of Spring with one of RAPS favourite activities—brunch at Naggy's Café in Glebe. Followed by a short walk up Glebe Point Rd to the Glebe Markets for a bit of shopping and a look around the markets.

Date: Saturday 3rd September

Venue: Bus will pick you up from home



Time: Pick ups from 8.30am—10am
Drop home from 2—4pm

Cost: Money for brunch (approx \$12—17)

MOVIES

Tuesday night is movie night!! Join us to enjoy the latest new release movies.

Date: Tuesday 6th September
Tuesday 20th September
Tuesday 4th October
Tuesday 18th October
Tuesday 1st November
Tuesday 15th November
Tuesday 29th November

Venue: Hoyts Cinemas,
Broadway Shopping Centre,
Sydney

Time: 6pm (approx.)

Cost: \$11


TEN PIN BOWLING

A chance to hit the lanes and see if you can be the RAPS bowling champion for the night!

Date: Thursday 8th September Thursday 6th October Thursday 17th November	Venue: Strathfield Superbowl 546 Liverpool Rd, South Strathfield.
Time: 6.30pm—8.30pm	Cost: \$6 per game + money for a coffee afterwards (approx \$4).

PICNIC: MAROUBRA

Spring will hopefully mean the start of some warmer weather, so RAPS will be heading down to the park opposite Maroubra beach for a picnic and to soak up some sunshine!

Date: Saturday 10th September	Venue: Bus will pick you up from home 
Time: Pick ups: 9.30—11am Drop home: 3.30—5pm	Cost: Free. Lunch provided, but everyone is encouraged to bring a plate of your favourite food to share with everyone!


MENS GROUP: FRIDAY NIGHT FOOTBALL

The RAPS guys have chosen to head to the pub in Five Dock for some Friday night footy, and to check out the dancing girls!

Date: Friday 16th September	Venue: Illinois Hotel, Five Dock
Time: 6.30pm—9pm	Cost: Money for dinner (approx \$10—15)

SYDNEY AQUARIUM

RAPS will be heading down to Darling Harbour to check out the famous Sydney Aquarium. Exhibits include sharks, penguins, dugongs and many, many more animals from under the sea!

Date: Sunday 18th September	Venue: Bus will pick you up from home 
Time: Pick ups: 9—11am Drop home: 4—6pm	Cost: \$16 entry + BYO lunch, or money for lunch.

HAIRSPRAY

A number of people are interested in seeing Hairspray, so RAPS will be heading off to see a performance of this acclaimed musical. *Please notify the office ASAP if you would like to attend, so that tickets can be pre-booked.*

Date: Wednesday 21st September

Venue: Lyric Theatre, Star City Casino

Time: 7pm—10pm

Cost: \$50

DAYTRIP: BOWRAL TULIP FESTIVAL

Enjoy the bus trip south to Bowral for the annual Tulip Time Festival. The gardens will be in full bloom of tulips and other beautiful flowers—a great way to spend a Sunday in Spring!

Date: Sunday 25th September

Venue: Bus will pick you up from home



Time: Pick ups: 8—10am
Drop home: 4.30—6.30pm

Cost: \$5 entry + money for lunch (approx \$10) or BYO lunch.

DVD NIGHTS

Once a month RAPS gets together for a DVD night so that we can relax and be couch potatoes! Everyone is encouraged to bring along your favourite DVD.

Date: Friday 30th September
Friday 28th October
Friday 25th November

Venue: St Helen's Community Centre,
184 Glebe Point Rd, Glebe

Time: 6pm – 9pm

Cost: Approx \$10 for pizza, or eat before you come

CAPE SOLANDER: LUNCH & WHALE WATCHING

Grab some lunch from the local takeaway to eat in the National Park at Kurnell, overlooking the beautiful Botany Bay. Followed by a short drive round to the Cape Solander Lookout—if we are lucky we will hopefully see some whales passing by!

Date: Saturday 1st October

Venue: Bus will pick you up from home




Time: Pick ups: 9.30—11am
Drop home: 3.30—5.30pm

Cost: Money for lunch or BYO lunch


PICNIC: MIDDLE HARBOUR

RAPS will be heading to Davidson Picnic Area on Middle Harbour for a picnic lunch. Part of Garigal National Park, and right by the water, it is sure to be a very relaxing day out!

Date: Sunday 9th October	Venue: Bus will pick you up from home 
Time: Pick ups: 9.30—11am Drop home: 3.30—5pm	Cost: Free. Lunch provided, but everyone is encouraged to bring a plate of your favourite food to share with everyone!

A-LEAGUE SOCCER: SYDNEY FC v BRISBANE ROAR

Come and see Sydney FC take on last year's A-League champions the Brisbane Roar in the new A-League season!

Date: Saturday 15th October	Venue: Bus will pick you up from home 
Time: Pick ups: 4—6pm Drop home: 10—11.30pm	Cost: \$15 entry + BYO dinner, or money for dinner.


WOMEN'S GROUP: SHOPPING

This month the RAPS women will be heading to Broadway for a bit of Friday morning shopping, followed by a coffee or tea with lunch.

Date: Friday 21st October	Venue: Broadway Shopping Centre
Time: 10am—12.30pm	Cost: Money for tea/coffee/lunch + money for shopping

DAYTRIP: WOY WOY

A short trip north to Woy Woy to enjoy some fish and chips by the water, and see the pelicans that hang out at the wharf!

Date: Saturday 22nd October	Venue: Bus will pick you up from home 
Time: Pick ups: 8.30—10am Drop home: 4—6pm	Cost: Money for lunch (\$10—15) or BYO lunch.

PLANNING BBQ

An opportunity to discuss the current calendar, and make suggestions for the new activity calendar.

Date: Sunday 30th October

Venue: Bus will pick you up from home



Time: Pick ups: 10—11.30am
Drop home: 3.30—5pm

Cost: Free. BBQ lunch provided.

MIND, BODY, SPIRIT FESTIVAL: DARLING HARBOUR

There will be hundreds of exhibitors, plus yoga sessions and seminars, to help you discover new ways to strengthen your body, mind, and spirit.

Date: Sunday 6th November

Venue: Bus will pick you up from home



Time: Pick ups: 9.30—11am
Drop home: 4—5.30pm

Cost: \$13 entry + money for lunch or BYO lunch

SCULPTURE BY THE SEA

A leisurely Friday morning stroll around Mark's Park in Tamarama, to check out some of the Sculpture by the Sea exhibition (an audio described tour can be arranged—please notify the office if you are interested in this). Followed by a tea or coffee from the on site café.

Date: Friday 11th November

Venue: Mark's Park, Kenneth St, Tamarama

Time: 10am—12.30pm

Cost: Money for a tea/coffee (approx \$5)

RAPS ANNUAL GENERAL MEETING

Time again for the RAPS AGM—an invite with more details and forms will be sent out closer to the date.

Date: Sunday 13th November

Venue: Bus will pick you up from home




Time: Pick ups: 9—10.30am
Drop home: 3.30—5pm

Cost: Free. Light lunch and tea/coffee provided.


CHRISTMAS SHOPPING

With just over a month to go to Christmas, RAPS will be hitting the shops so that everyone can start getting Christmas presents for everyone on their list!

Date: Sunday 20th November	Venue: Bus will pick you up from home 
Time: Pick ups: 10—11.30am Drop home: 3.30—5pm	Cost: Spending money for shopping + money for lunch or BYO lunch

DAYTRIP: PARRAMATTA

The bus will drop everyone to Circular Quay, so we can enjoy a nice relaxing cruise up the Parramatta River on the RiverCat. Followed by lunch in the food court at Parramatta Westfield.

Date: Saturday 26th November	Venue: Bus will pick you up from home 
Time: Pick ups: 9am—11am Drop home: 4—6pm	Cost: \$2.50 for RiverCat ticket + money for lunch or BYO lunch

September 2011

Mon	Tue	Wed	Thu	Fri	Sat	Sun
			1 Café Night: Burwood RSL	2 Friday Fitness Club	3 Brunch at Naggy's & Glebe Markets	4
5	6 Movies: Broadway	7	8 Ten Pin Bowling: South Strathfield	9	10 Picnic: Maroubra	11
12	13	14 <i>Management Committee meeting</i>	15 Café Night: Canada Bay Club Wings Chinese	16 Men's Group: Illinois Hotel	17	18 Sydney Aquarium
19	20 Movies: Broadway	21 Hairspray the Musical	22	23	24	25 Daytrip: Bowral Tulip Time
26	27	28	29 Café Night: Ashfield RSL	30 DVD Night: St Helen's, Glebe		

October 2011

Mon	Tue	Wed	Thu	Fri	Sat	Sun
31					1 Cape Solander: Lunch & Whale Watching	2
3 <i>Public Holiday</i>	4 Movies: Broadway	5	6 Ten Pin Bowling: South Strathfield	7	8	9 Picnic: Middle Harbour
10	11	12 <i>Management Committee meeting</i>	13 Café Night: Souths Juniors	14 Friday Fitness Club	15 A-League: Sydney FC v Brisbane Roar	16
17	18 Movies: Broadway	19	20	21 Women's Group: Shopping	22 Daytrip: Woy Woy	23
24	25	26	27 Café Night: Bulldogs Leagues Club	28 DVD Night: St Helen's, Glebe	29	30 Planning BBQ: St Helen's, Glebe

November 2011

Mon	Tue	Wed	Thu	Fri	Sat	Sun
	1 Movies: Broadway	2	3	4 Friday Fitness Club	5	6 Mind, Body, Spirit Festival: Darling Harbour
7	8	9 <i>Management Committee meeting</i>	10 Café Night: Club Five Dock	11 Sculpture by the Sea: Walk & Coffee	12	13 RAPS AGM
14	15 Movies: Broadway	16	17 Ten Pin Bowling: South Strathfield	18	19	20 Christmas Shopping
21	22	23	24 Café Night: Club Burwood	25 DVD Night: St Helen's, Glebe	26 Daytrip: Parramatta	27
28	29 Movies: Broadway	30				

ACTIVITY BOOKING FORM

You can fill out this form and send it to the office to let us know which activities you would like to attend. Please tick the boxes next to the activities you would like to attend and mail to:

Recreation & Peer Support,
4/184 Glebe Point Rd,
Glebe, NSW, 2037.

or fax to 9518 8431.

NAME:

- | | |
|--|--|
| <input type="checkbox"/> Café Night: Burwood RSL, 1 st September | <input type="checkbox"/> A-League, 15 th October |
| <input type="checkbox"/> Friday Fitness Club, 2 nd September | <input type="checkbox"/> Movies, Broadway, 18 th October |
| <input type="checkbox"/> Brunch at Naggy's & Glebe Markets, 3 rd September | <input type="checkbox"/> Women's Group, 21 st October |
| <input type="checkbox"/> Movies, Broadway, 6 th September | <input type="checkbox"/> Daytrip: Woy Woy, 22 nd October |
| <input type="checkbox"/> Ten Pin Bowling, South Strathfield Superbowl, 8 th September | <input type="checkbox"/> Café Night: Bulldogs Leagues, 27 th October |
| <input type="checkbox"/> Picnic: Maroubra, 10 th September | <input type="checkbox"/> DVD Night: St Helen's, 28 th October |
| <input type="checkbox"/> Café Night: Canada Bay Club, 15 th September | <input type="checkbox"/> Planning BBQ, 30 th October |
| <input type="checkbox"/> Men's Group, 16 th September | <input type="checkbox"/> Movies, Broadway, 1 st November |
| <input type="checkbox"/> Sydney Aquarium, 18 th September | <input type="checkbox"/> Friday Fitness Club, 4 th November |
| <input type="checkbox"/> Movies, Broadway, 20 th September | <input type="checkbox"/> Mind, Body, Spirit Festival, 6 th November |
| <input type="checkbox"/> Hairspray, 21 st September | <input type="checkbox"/> Café Night: Club Five Dock, 10 th November |
| <input type="checkbox"/> Daytrip: Bowral Tulip Time, 25 th September | <input type="checkbox"/> Sculpture by the Sea, 11 th November |
| <input type="checkbox"/> Café Night: Ashfield RSL, 29 th September | <input type="checkbox"/> RAPS AGM, 13th November |
| <input type="checkbox"/> DVD Night: St Helen's, 30 th September | <input type="checkbox"/> Movies, Broadway, 15 th November |
| <input type="checkbox"/> Cape Solander, 1 st October | <input type="checkbox"/> Ten Pin Bowling, South Strathfield Superbowl, 17 th November |
| <input type="checkbox"/> Movies, Broadway, 4 th October | <input type="checkbox"/> Xmas Shopping, 20 th November |
| <input type="checkbox"/> Ten Pin Bowling, South Strathfield Superbowl, 6 th October | <input type="checkbox"/> Café Night: Club Burwood, 24 th November |
| <input type="checkbox"/> Picnic: Middle Harbour, 9 th October | <input type="checkbox"/> DVD Night: St Helen's, 25 th November |
| <input type="checkbox"/> Café Night: Souths Juniors, 13 th October | <input type="checkbox"/> Daytrip: Parramatta, 26 th November |
| <input type="checkbox"/> Friday Fitness Club, 14 th October | <input type="checkbox"/> Movies, Broadway, 29 th November |