



Newsletter

WINTER 2013

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COORDINATORS UPDATE

Hi everyone!

With the cooler months approaching, we hope everyone is looking forward to another jam-packed calendar of activities! The planning BBQ has again raised more ideas than we can possibly fit in to one calendar, but we have done our best to fit in as many as possible.

In fact we have had so many ideas from our previous planning BBQ's, that instead of dedicating a whole activity to planning we will be combining it with our Christmas in July lunch.

Other exciting activities include the combined Men's and Women's group at the Fright Night Theatre Restaurant, the music workshop with Henry and our trip down to the snow.

As it is not always possible to share everyone's birthday with them throughout the year, this Winter we will be having one BIG birthday party to ensure no one has been forgotten.

Also this quarter we will be joining forces with the leisure groups at Rozelle Neighbourhood Centre. We hope this provides RAPS members with a chance to mingle with people outside of the group. There we also be opportunities to bring a non-raps friend along to the movie day and the disco.

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!

Amira

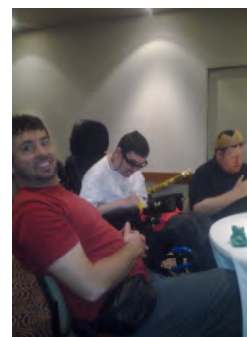
Wesley Grivas

As most of you will have now have heard, Wes, a long time member of RAPS, sadly passed away on the 3rd May.

Wes had a great sense of humour, he loved watching movies and footy. We hope the Eels win a few for you this season.

Our heartfelt condolences to his mother, Diane, and to his family and friends who will miss him dearly.

In memory of our friend, we have renamed DVD Night to Wes's DVD night.



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



BITS & PIECES



RAPS Trips Away

In February, RAPS had their first regular weekend away to Canberra. It was an action packed weekend that included visiting parliament house, the science museum and the war memorial. Lisa spoke with Shayne and Sue to sum up their thoughts on the trip.

Sue said, "I loved it and want a trip away every quarter. I didn't like the bunk beds though." Shayne said, "I loved parliament house I thought it was interesting & so was the war memorial because my parents were in the war. I wasn't keen on the science museum their wasn't anything to feel or touch but I liked the trip." "I hope we can have more trips away and day trips too"

Hunter Valley

Last week RAPS headed up to the Hunter Valley for an overnight stay. We all got involved in playing tennis & basketball after breakfast, although we spent more time fetching the balls from over the fence than playing. Then off to the wineries for the Lovedale Long Lunch for lunch and wine tasting.

Spending time away gives everyone in the group an opportunity to get to know each other better, to interact in a relaxing atmosphere.

Soccer Games

The Sydney FC game in Feb this year was so popular that RAPS headed back

out in March to do it all again. So what was it like?

Carmelo described the night as a great experience and said the atmosphere was electric. "It felt like we were at an international game. We should go to more of these games"

Despite my team (Central Coast Mariners) losing, I loved the Sydney FC cheer squad, who really helped make the night great for all.

1 in 5 Film Project

The 1 in 5 Film Project (named so as 1 in 5 people identifies as having a disability) is a short film supporting emerging actors with a disability.

RAPS had the opportunity in May to attend the premiere screening. The film was amazing and many people wanted to see it again.

RAPS has purchased two copies of the DVD which has both subtitles and audio description. If anyone would like to borrow the DVD, please call the office and I will arrange for a copy to be sent to you.

Sept 14th Election

The federal Government is putting in place a new telephone voting option for voters who are are blind or have low vision.

Voters with a disability can bring an assistant to the polling place or may use an assistant to complete a postal vote.

OUT & ABOUT WITH RAPS



RAPS in the Hunter Valley



Carmelo & Jave at the Sydney Dragway

RAPS ACTIVITIES JUNE 2013 →

AUGUST 2013

Here is the list of activities RAPS will be doing between now and August. 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).


To avoid missing out on tickets to events, RAPS will now book and pay in advance. Please remember that if you commit to buying a ticket to any event or to the trip away, it is your responsibility to pay for it. Should you be unable to attend, let us know well in advance so we can try to find someone to take your place. If this is not possible, you will still be responsible for payment.

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

- Calling 9518 8277;
- Emailing amira@raps.org.au; OR
- Filling out the booking form at the back of this newsletter and returning to Amira at 665A Darling St Rozelle NSW 2039.

CAMPSIE FOOD FESTIVAL

Campsie will be transformed into a marketplace, where we will be able to try foods from countries such as Korea, France, Hungary, Japan, Thailand and Turkey. There is also live cooking demonstrations, and eating contest, and a visit from the GWS Giants AFL team!

Date: Saturday 1st June	Venue: ANZAC Mall, Campsie
Time: 11am—3pm	Cost: Approx \$15 for lunch 

STATE OF ORIGIN: RNC

A RAPS favourite—we'll be heading to Petersham to watch each game of the State of Origin series between NSW blues and QLD maroons, and cheer for our favourite state!

Date: Wednesday 5th June Wednesday 26th June Wednesday 17th July	Venue: Rozelle Neighbourhood Centre
Time: 7pm—10pm	Cost: Money for drinks. Please have dinner before you come.

MOVIES

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

Date: Tuesday 4th June
 Tuesday 18th June
 Tuesday 2nd July
 Tuesday 16th July
 Tuesday 30th July
 Tuesday 13th August
 Tuesday 27th August

Venue: Hoyts Cinemas,
 Broadway Shopping Centre,
 Sydney

Time: 6-9:30pm (approx.)

Cost: \$11.50 for ticket

PICNIC: MANLY

We'll be heading over to Manly by ferry for a fish & chips by the sea.

Date: Saturday 8th June

Venue: Bus will pick you up from home

Time: Pick ups from 9.30—11am
 Drop home from 4.30—6pm

Cost: Money for lunch (approx \$15—25)



CULTURAL 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</u> <u>(per main):</u>
<u>Thursday 13th June:</u> Wests Leagues Club, 115 Liverpool Rd, Ashfield.	\$14—\$20
<u>Thursday 27th June:</u> Outback Steakhouse, Level 1,3 George St, Nth Strathfield	\$20—\$35
<u>Thursday 11th July:</u> Pancakes on the Rocks, Level 1,3 George St, Nth Strathfield	\$15—\$25
<u>Thursday 25th July:</u> Casa Messina, 110 Marion St. Leichhardt	\$15—\$25
<u>Thursday 8th August:</u> Hornsby RSL, 4 High St, Hornsby	\$14—\$25

All café nights will start at 6.30pm and end approx 9:30pm

MONORAIL

After 25 years, the famous Sydney Monorail is being dismantled. Join us for one last ride around Sydney to take in the sights of our beautiful city!

Date: Saturday 15th June	Venue: Bus will pick you up from home 
Time: Pick ups: 9.30—11am Drop home: 3—5pm	Cost: \$5 for monorail trip (free for Companion Card and Vision Impaired travel card holders) + money for lunch

ABBALANCHE: BURWOOD RSL

ABBALANCHE recreate the quintessential ABBA sound, totally live, blending beautifully harmonised vocals with an exciting six piece band.

Date: Saturday 15th June	Venue: Burwood RSL, 96 Shaftesbury Rd, Burwood.
Time: 7.30pm—10.30pm	Cost: \$15 + drink money

TEN PIN BOWLING

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

Date: Thursday 20th June Thursday 4th July Thursday 15th August	Venue: Strathfield Superbowl 546 Liverpool Rd, South Strathfield.
Time: 6.30pm—9.30pm	Cost: \$10 per game + money for a coffee afterwards (approx \$4).


FRIDAY FITNESS CLUB

One Friday each month, RAPS gets together for fitness and relaxation based classes in strengthening, stretching, and relaxing. The classes are a lot of fun, and are tailored specifically for people with a disability, so anyone can join in!

Date: Friday 21st June Friday 5th July Friday 2nd August	Venue: Whites Creek Cottage 31 White St, Lilyfield
Time: 10.30am—12.30pm	Cost: Free. Tea/coffee provided after the class

NRL - EELS v RABBITOHS: ANZ STADIUM

A chance to join your RAPS friends for some Sunday afternoon footy! We'll be heading to ANZ Stadium to watch the Eels take on the Rabbitohs.

Date: Sunday 23rd June	Venue: Bus will pick you up from home 
Time: Pick ups: 12—1.30pm Drop home: 5.30—7pm	Cost: \$15 entry


WES'S DVD NIGHTS

Renamed in remembrance of our friend Wes, who loved to watch movies. Once a month RAPS gets together for a relaxing night to watch a DVD and catch up.

Date: Friday 28th June Friday 26th July Friday 30th August	Venue: RNC, Meeting Room
Time: 6pm – 9pm	Cost: Approx \$10 for pizza, or eat before you come


RAPS BIG BIRTHDAY PARTY: Nth Ryde RSL

Come and join us to celebrate everyone's at RAPS birthdays.

Date: Saturday 29th June	Venue: Bus will pick you up from home 
Time: Pick ups: 9—11am Drop home: 4—6pm	Cost: \$15 (TBC)


PERSON CENTREDNESS: ONE PAGE PROFILES

We'll be finishing of the One Page Profiles we started last quarter with Northcott. For those who didn't come, we will be happy to help you start yours.

Date: Sunday 7th July	Venue: Bus will pick you up from home and Bring you to Rozelle Neighbourhood Centre 
Time: Pick ups: 9—11am Drop home: 4—6pm	Cost: Approx \$15 for Lunch or bring your own

MOVIE DAY: TWILIGHT ZONE @ RNC

Join members of Rozelle Neighbourhood Centre's weekend group (WERP) for movies in the main hall. Bring a friend for free. Bookings are essential.

Date: Sunday 14th July	Venue: Bus will pick you up from home 
Time: 1-4pm	Cost: \$10 includes popcorn. Eat before you come.


JIMEOIN: BURWOOD RSL

We'll be heading to Burwood RSL to see one of Australia's favourite comedians, who will no doubt give us a few good laughs!

Date: Thursday 18th July	Venue: Burwood RSL, 96 Shaftesbury Rd, Burwood.
Time: 8pm—10.30pm	Cost: \$39


XMAS IN JULY/PLANNING DAY: RNC

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

Date: Saturday 20th July	Venue: Bus will pick you up from home 
Time: Pick ups: 9—10.30am Drop home: 4:30—6.00pm	Cost: Free

HUNTER VALLEY

RAPS will be heading back to the beautiful hunter valley. Please note there are only 10 places available.

Date: Friday 2nd August— Sunday 4th August 2013	Venue: Bus will pick you up from home 
Time: Pick ups: 11-12pm Friday Drop home: 6—7:30pm Sunday	Cost: To be confirmed

RAPS BIG DAY OUT

Exactly what it sound like—a big day out with the RAPS crew! First we will have lunch, followed by an afternoon of ten pin bowling and karaoke. Lastly we will have dinner together, before heading home for some much needed rest!

Date: Saturday 10th August

Venue: Bus will pick you up from home



Time: Pick ups: 9—11am
Drop home: 9—10.30pm

Cost: Approx \$60

WINTER MAGIC DISCO: RNC

Rozelle Neighbourhood Centre will transform its main hall for a night of dancing and fun. Invitations to RAPS members and RNC leisure groups will be sent out in June. Bookings are essential.

Date: Friday 16th July

Venue: Rozelle Neighbourhood Centre, 665A Darling St, Rozelle.

Time: 7-10pm

Cost: \$12 entry includes dinner + \$5 drinks

AFL: SWANS v St KILDA

Head to the SCG to watch the Swans take on the Saints in their quest to retain the AFL premiership!

Date: Sunday 18th August

Venue: Bus will pick you up from home



Time: Pick ups: 12—2pm
Drop home: 6—7.30pm

Cost: \$19.50 per ticket

WEEKEND AWAY : JINDABYNE

Get ready to hit the snow.

Date: Monday 19th—Thursday 22nd August

Venue: Bus will pick you up from home



Time: Pick ups: 11-12pm Monday
Drop home: 6—7:30pm Thursday

Cost: \$600 Approx (TBC)

HENRY'S MUSIC WORKSHOP

RAPS musical expert Henry will be sharing his knowledge on all things to do with music, including teaching us more about his didgeridoo.

Date: Thursday 29th August

Venue: Rozelle Neighbourhood Centre, 665A Darling St, Rozelle.

Time: 5:30-9pm

Cost: Free

WOMEN'S & MEN'S GROUP

A complete night out including pre-show entertainment, buffet dinner, dessert. Be entertained by singers, dancers and comedians followed by a dance party.

Date: Saturday 31st August

Venue: Fright night Liverpool

Time: 5:30– 11:30pm

Cost: \$49 for everything

June 2013

Mon	Tue	Wed	Thu	Fri	Sat	Sun
					1 Food Festival: Campsie	2
3	4 Movies: Broadway	5 State of origin: Game 1 RNC	6	7	8 Picnic: Manly	9
10 <i>Queen's Bday Public Holiday</i>	11	12	13 Cultural Night: Wests Leagues Ashfield	14	15 Monorail Burwood RSL: Abbalanche	16
17	18 Movies: Broadway	19	20 Ten Pin Bowling: South Strathfield	21 Friday Fitness: Lilyfield	22	23 Footy: Eels vs Rabbitohs Anz Stadium
24	25	26 State of origin: Game 2 RNC	27 Cultural Night: Outback Steakhouse,	28 Wes's DVD Night: RNC meeting room	29 RAPS Big Birthday Party Nth Ryde RSL	30

July 2013

Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	2 Movies: Broadway	3	4 Ten Pin Bowling: South Strathfield	5 Friday Fitness Club	6	7 Person Centredness: One Page Profiles RNC Main Hall
8	9	10	11 Cultural Night: Pancakes on the Rocks, Strathfield	12	13	14 Movie Day: Twilight Zone RNC
15	16 Movies: Broadway	17 State of origin: Game 3 RNC	18 Burwood RSL: Comedian Jimeon	19	20 Planning Day: Xmas in July RNC	21
22	23	24	25 Cultural Night: Casa Messini Leichhardt	26 Wes's DVD Night: RNC meeting room	27	28
29	30 Movies: Broadway	31				

August 2013

Mon	Tue	Wed	Thu	Fri	Sat	Sun
			1	2 Friday Fitness Club Hunter Valley	3 Hunter Valley	4 Hunter Valley
5	6	7	8 Cultural Night: Hornsby RSL	9	10 Big Day Out: Lunch, Bowling Karaoke, Dinner	11
12	13 Movies: Broadway	14	15 Ten Pin Bowling: South Strathfield	16 Winter Magic Disco RNC	17	18 AFL: Sydney VS St Kilda SCG
19	20 Trip Away Jindabyne	21	22	23	24	25
26	27 Movies: Broadway	28	29 Music Workshop with Henry	30 Wes's DVD Night: RNC Meeting room	31 Women & Men's group: Fright Night Theatre Restaurant	

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,
665A Darling St,
Rozelle, NSW, 2039. - or fax to 9810 8532.

Please indicate if you require a taxi booking or will make your own way to weekday activities.

NAME:

- | | |
|---|--|
| <input type="checkbox"/> Campsie Food Festival 1 st June | <input type="checkbox"/> Hunter Valley, 2-4 th August |
| <input type="checkbox"/> Movies, Broadway 4 th June | <input type="checkbox"/> Cultural Night: Hornsby RSL 8 th August |
| <input type="checkbox"/> State of Origin: Game 1, RNC, 5 th June | <input type="checkbox"/> Big Day Out: 10 th August |
| <input type="checkbox"/> Picnic: Manly, 8 th June | <input type="checkbox"/> Movies, Broadway, 13 th August |
| <input type="checkbox"/> Cultural Night: Wests Leagues 13 th June | <input type="checkbox"/> Ten Pin Bowling, S. Strathfield, 15 th August |
| <input type="checkbox"/> Monorail 15 th June | <input type="checkbox"/> Winter Magic Disco: RNC, 16 th August |
| <input type="checkbox"/> Abbalanche: Burwood RSL 15 th June | <input type="checkbox"/> AFL Sunday Swans vs St Kilda, 18 th Aug |
| <input type="checkbox"/> Movies, Broadway, 18 th June | <input type="checkbox"/> Week Away: Jindabyne, 19 th to 22 nd Aug |
| <input type="checkbox"/> Ten Pin Bowling, S. Strathfield, 20 th June | <input type="checkbox"/> Music Workshop with Henry, RNC, 29 th August |
| <input type="checkbox"/> Friday Fitness Club 21 st June | <input type="checkbox"/> Wes's DVD Night: RNC, 30 th August |
| <input type="checkbox"/> Footy: Eels vs Rabbitohs 23 rd June | <input type="checkbox"/> Men/Women's group: Fright Night Theatre Restaurant, 31 st August |
| <input type="checkbox"/> State of Origin: Game 2, RNC, 26 th June | |
| <input type="checkbox"/> Cultural Night: Outback Steakhouse, 27 th June | |
| <input type="checkbox"/> Wes's DVD Night: RNC, 28 th June | |
| <input type="checkbox"/> RAPS Big Birthday Party 29 th June | |
| <input type="checkbox"/> Movies, Broadway, 2 nd July | |
| <input type="checkbox"/> Ten Pin Bowling, S. Strathfield, 4 th July | |
| <input type="checkbox"/> Friday Fitness Club 5 th July | |
| <input type="checkbox"/> One Page profiles RNC 7 th July | |
| <input type="checkbox"/> Cultural Night: Pancakes on the Rocks Strathfield, 11 th July | |
| <input type="checkbox"/> Movie Day: Twilight Zone @ RNC, 14 th July | |
| <input type="checkbox"/> Movies, Broadway, 16 th July | |
| <input type="checkbox"/> State of Origin: Game 3, 17 th July | |
| <input type="checkbox"/> Jimeon: Burwood RSL, 18 th July | |
| <input type="checkbox"/> Planning Day/Xmas in July, RNC, 20 th July | |
| <input type="checkbox"/> Cultural Night: Casa Messina, 25 th July | |
| <input type="checkbox"/> Wes's DVD Night: RNC, 26 th July | |
| <input type="checkbox"/> Movies, Broadway, 30 th July | |
| <input type="checkbox"/> Friday Fitness Club 2 nd August | |

EXPRESSIONS OF INTEREST FOR FUTURE ACTIVITIES

- | |
|--|
| <input type="checkbox"/> Week end Away - Gold Coast in November |
| <input type="checkbox"/> Halloween Sleepover – Sat 2 nd Nov |
| <input type="checkbox"/> Cinderella Ballet – Wed 4 th Dec |

Comments/Notes: