



Community Matters

Connecting Families with Resources in the Community

Contact

Talking Matters

238 Midway Road, Elizabeth Downs,
South Australia 5113

(08) 8255 7137

office@talkingmatters.com.au

www.talkingmatters.com.au

Summary of Project & resource

This community resource was first developed in 2019, where as a part of a University of South Australia Occupational Therapy placement, students undertook a community development project as part of their studies at Talking Matters. This community resource is reviewed each year with the aim to keep the information as up to date as possible.

The aim of this continuing project is to form connections with activities, programs, community centres and other extra-curricular activities within the local community. The formation of these connections aim to provide a greater breadth of knowledge regarding available resources and allow for ease of access to these services for those wishing to seek them.

This resource was developed in collaboration with numerous families of the Talking Matters community, acknowledging their expertise as full-time parents and caregivers and ensuring it is best suited to those it has been created for.

This resource provides information on a variety of identified community resources, suitable for children with a disability and their families, categorised for ease of access under the headings of education, sport/recreation, social activities, support groups and volunteer opportunities.







**University of
South Australia**



**Talking
Matters**

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Education

HIPPY

Services

HIPPY is a home intervention program for parents and young children which aims to assist children in development, relationship forming and learning. The program provides a 60-week at home early learning program to help children prepare for and participate in school.

Activities within the program are designed to take 10-15 minutes per day, 5 days a week and aim to improve literacy, language skills, problem solving, numeracy and motor skills.

Home tutors (parents using the program in your community who have received training from coordinator) are available to assist with the implantation of this program. They visit weekly or fortnightly to work through the program activities with parents and their children from home.

Parent Group Meetings are also offered as a learning resource and source of support.

Age group and ability focus

Kindy and reception ages (4&5) for the 2 year program

Locations and Contact

Davoren Park

Shop 14, The Fields Shopping Centre,
130 Peachy Road Davoren Park SA 5113
Provider: Novita Children's Services
T: 08 8284 5369
E: rebecca.hanchett@novita.org.au

Elizabeth

73 Elizabeth Way SA 5112
Provider: Anglicare SA
T: 08 8209 5413 / 0437 354 178
E: Lorelle.Bennett@anglicaresa.com.au

Salisbury

17 Bagster Rd Salisbury North SA 5108
Provider: Novita Children's Services
T: 09 8182 3122
E: sadie.sandery@novita.org.au

The Parks

3/164 Ridley Grove Woodville Gardens SA 5010
Provider: Novita Children's Services
T: 08 8284 5369
E: brooke.starr@novita.org.au

Costs

Free of Cost

Better Behaviour Centre

Services

The Better Behaviour Centre is located within a small building at Salisbury Downs Primary School. It is a small classroom environment, catering for a maximum of 10 students at any given time from multiple schools within the Northern catchment area. Students who attend the Better Behaviour Centres are in grades 3-7 and attend the centre for 2 days every week for up to 12 months. The program focusses on well-being and learning, including extra assistance with school work provided by their usually-attended school and other learning opportunities in the area of social and life skills.

Out of school hours care is available for the children attending the Better Behaviour Centre through the Salisbury Downs Primary School.

For a child to attend the Better Behaviour Centre, they require a referral from their school leadership team and Behaviour Support Coach. This referral can be requested by parents, support workers or therapists.

Age group and ability focus

Primary school children

Locations and Contact

Salisbury Downs

39 Paramount rd, Salisbury Downs SA 5108
Mr Josh Talbot-Smith
T: 08 8283 0157

Elizabeth East

15 Dolphin Street Elizabeth East 5112 SA
Mrs Wendy Jolley
T: 08 8255 2262
F: 08 8212 0454

Costs

Free of Cost

Elsie Ey Toy Library

Services

The Elsie Ey Toy Library is a borrowing resource providing a variety of different toys, puzzles, books, dress-ups and a number of other learning resources specific to a child's age, abilities, needs and interests.

A yearly family membership entitles each child in the family to borrow 2 toys and 1 puzzle or literacy/numeracy kit per borrowing cycle of 2 weeks.

Age group and ability focus

School aged children

Location

Gawler

22A Cowan St, Gawler SA 5118

T: 0419 185 318

Facebook page: Gawler &
Districts Elsie Ey Toy Library

Costs

\$35 family membership per year

NDIS Funded

No

Salisbury Libraries

(Len Beadell, Mawson Lakes,

Para Hills library, Salisbury West library)

Overview

The City of Salisbury offers library services across five branches, each with a range of resources, events and programs for the Salisbury community. Membership to each included branch is free and adults can apply for a membership for themselves or their children by completing an application at any of the Salisbury Libraries. Applying for a membership at any of these branches requires 2 types of identification that includes name, current address and signature. Additionally, proof of legal guardianship is required when joining children under 18.

The City of Salisbury has developed a free smart phone app for member convenience. The app features:

- Free membership sign-up
- Scan your library card into the app so you can always have it with you
- Find your nearest library
- Manage loans/holds using the app

Specific information regarding news and event information for your local branch

Age group and ability focus

General library services: All ages

Para Hills Library

Services

The Para Hills Library branch offers a range of general library services including the borrowing of various toys, books and DVD's suitable to the age, abilities and interests of the child.

Anyone can sign up for a library card, a library card allows you to access any of the general services mentioned above.

In addition to general library services, the Para Hills Library branch also offers a number of free group programs as outlined below:

'Giggle Time' is a group-based story time for children aged 0-2 years. The program provides social interaction within a positive learning environment and occurs on Thursdays at 10am.

'Story Time' is a group-based story time for children aged 3-5 years. The program provides social interaction within a positive learning environment and allows children to hear rhymes, stories and language, and broaden their creativity and imagination. The program occurs on Fridays at 10am during school terms.

* COVID-19 restrictions – adjusted opening hours and not longer able to access the toy library. These changes will be returned to 'normal' once restrictions cease. Opening hours can be seen on the Facebook page.

Age group and ability focus

General library services: All ages
'Giggle Time' 0-2 years
'Story Time' 3-5 years

Location

Para Hills

Wilkinson Road
Para Hills SA 5096
T: 08 8406 8530
E: library@salisbury.sa.gov.au

Costs

Free of Cost

Len Beadell Library

Services

The Len Beadell Library branch offers a range of general library services including the borrowing of various books and DVD's suitable to the age, abilities and interests of the child.

Anyone can sign up for a library card, a library card allows you to access any of the general services mentioned above.

In addition to general library services, the Len Beadell Library branch also offers a number of free group programs as outlined below:

'Story Time' is a group-based story time for children aged 3-5 years. The program provides social interaction within a positive learning environment and allows children to hear rhymes, stories and language, and broaden their creativity and imagination. The program occurs on Mondays at 10am during school terms.

Age group and ability focus

General Library Services: All ages
'Story Time': 3-5 years

Location and Contact

Salisbury

55 John Street, Salisbury
T: 08 8406 8283
E: library@salisbury.sa.gov.au

Davoren Park

Shop 14, The Fields Shopping Centre,
130 Peachy Road
Davoren Park SA 5113
Provider: Novita Children's Services
T: 8284 5369

Onkaparinga

111 Beach road Christies beach SA 5165
T: 8186 8942

Costs

Free of Cost

Salisbury West Library

Services

The Salisbury West Library branch offers a range of general library services including the borrowing of various books and DVD's suitable to the age, abilities and interests of the child.

In addition to this the Salisbury West branch offers a sports library which allows members to borrow up to 4 sets of sports equipment for a period of 2 weeks. The availability of equipment may vary between libraries and may differ from season to season, however examples of sports equipment available for borrowing include: Hockey stick and balls, frisbees, grip balls, scoop set, tennis rackets e balls, footballs, lawn balls, cricket equipment, swimming goggles, rack it back, basketballs, vortex, netballs, badminton set, soccer ball and boxing gloves.

Anyone can sign up for a library card, a library card allows you to access any of the general services mentioned above.

In addition to general library services, the Salisbury West Library branch also offers free group programs as outlined below:

The 'Read, Play, Learn!' program is a free family program providing positive literacy learning opportunities and experiences to all family members. The program runs on Tuesdays at 10am-11am during school terms only.

Age group and ability focus

General library services: All ages
'Read, Play, Learn!' program': 0-5 years

Location and Contact

Salisbury Downs

Hollywood Boulevard
Salisbury Downs SA 5108
T: 08 8406 8489
E: library@salisbury.sa.gov.au

Costs

Free of Cost

Mawson Lakes Library

Services

The Mawson Lakes Library branch offers a range of general library services including the borrowing of various books and DVD's suitable to the age, abilities and interests of the child.

In addition to this, the Mawson Lakes branch offers a sports library which allows members to borrow up to 4 sets of sports equipment for a period of 2 weeks. The availability of equipment may vary between libraries and may differ from season to season, however examples of sports equipment available for borrowing include: Hockey stick and balls, frisbees, grip balls, scoop set, tennis rackets e balls, footballs, lawn balls, cricket equipment, swimming goggles, rack it back, basketballs, vortex, netballs, badminton set, soccer ball and boxing gloves.

Anyone can sign up for a library card, a library card allows you to access any of the general services mentioned above. In addition to general library services, the Mawson Lakes Library branch also offers a number of free group programs as outlined below:

'Giggle Time' is a group-based story time for children aged 0-2 years. The program provides social interaction within a positive learning environment and occurs on Mondays at 10am during school terms.

'Story Time' is a group-based story time for children aged 3-5 years. The program provides social interaction within a positive learning environment and allows children to hear rhymes, stories and language, and broaden their creativity and imagination. The program occurs on Thursdays at 10am during school terms.

Age group and ability focus

General library services: All ages

Giggle Time: 0-2 years

Story Time Program: 0-5 years

Location and Contact

Mawson Lakes

2-8 Main Street

Mawson Lakes SA 5095

T: 08 8302 5555

E: library@salisbury.sa.gov.au

Costs

Free of Cost

Para Hills Community Hub

Services

The Para Hills Community Hub is a place for people to meet, for business or leisure, participate in a variety of programs, access the library and its services, or utilise the centre's computers and Wi-Fi.

A number of free group-based programs are offered at the hub as outlined below.

The 'Bricks n' Bots' LEGO building and robotics club provides children with the opportunity to learn how to program robots and have fun with LEGO within a safe and social environment. The program is suitable for children aged 6+, however children under 8 years need to be accompanied by an adult. The sessions occur weekly on Wednesdays at 3:30-4:45pm during term 4. Please contact the Para Hills Community Hub for updated session dates and times.

'Story Time' is a group-based story time for children aged 3-5 years. The program provides social interaction within a positive learning environment and allows children to hear rhymes, stories and language, and broaden their creativity and imagination.

The program occurs on Fridays at 10am during school terms.

'Giggle Time' is a group-based story time for children aged 0-2 years. The program provides social interaction within a positive learning environment and occurs on Thursdays at 10am during school terms.

The Chess Club provides people of all ages to play and

practice against others of similar ages or seek tougher challenges if they desire. This program focusses on helping children learn, improve and have fun within a social environment. Knockout Tournaments are run regularly as well as junior championships and club championships. The chess club occurs on Mondays at 3:30pm-5:00pm

Age group and ability focus

General services: All ages

'Bricks n Bots': ages 6+

'Story time': 3-5 years

'Giggle time': 0-2 years

Location and Contact

Para Hills

22 Wilkinson Road, Para Hills SA 5096

P: 8406 8533

E: library@salisbury.sa.gov.au

Costs

Free of Cost

Playford Civic Centre Library

Services

The Playford Civic Centre Library is one of the two library branches offered by the City of Playford. The Playford Civic Centre branch allows members to borrow books, DVDs and CDs, healthy move kits and fun kits 4 kids.

Members can use their membership card to access any of the above services. Membership is free and you can sign up at your local branch.

In addition to general library services the Playford Civic Centre Library offers a variety of school holiday programs. The program timetable is updated each school holiday period so please contact your local branch for further information regarding dates and times.

Age group and ability focus

All ages

Location and Contact

Elizabeth

10 Playford Blvd, Elizabeth SA 5112
T: 08 8256 0334

Costs

Free of Cost

Playford Stretton Centre Library

Services

The Playford Stretton Centre Library is one of the two library branches offered by the City of Playford. The Playford Stretton Centre branch allows members to borrow books, DVDs and CDs, healthy move kits and fun kits 4 kids.

Members can use their membership card to access any of the above services. Membership is free and you can sign up at your local branch.

In addition to general library services the Playford Stretton Centre Library offers a variety of school holiday programs. The program timetable is updated each school holiday period so please contact your local branch for further information regarding dates and times.

Age group and ability focus

All ages

Location and Contact

Munno Para

307 Peachey Rd Munno Para, SA 5115
P: 8256 0333
E: library@playford.sa.gov.au

Costs

Free of Cost

Playford Home Library Service

Services

Home library provides free access for Playford residents dealing with short or long-term difficulties caused by illness, age, frailty or disability.

The Home Library Service is available to eligible customers on a designated day each month; customers will have access to library resources including books (large print, fiction and non-fiction), DVDs, CDs, talking books, magazines, jigsaws, and more. Please email library@playford.sa.gov.au or contact any of the Playford library branches for information regarding specific visiting days.

Playford Libraries offer a mobile library service, offering members a variety of resources including a selection of books, DVDs, CDs, magazines.

The mobile library operates on a fortnightly basis and visits shopping centres, including Angle Vale and One Tree Hill, Nursing homes and residential villages, the Elizabeth Rise Community Centre. A timetable outlining specific dates and times is available on the city of Playford website.

On alternate weeks the Playford Mobile Library visits preschools, kindergartens and primary schools to foster early literacy, while establishing a positive connection with the library.

Age group and ability focus

All ages

Location and Contact

Home Visits

Visits your home once a month on designated day (usually Monday, Tuesday or Wednesday morning)
Contact playford library service on: 8256 0333
E: library@playford.sa.gov.au

Costs

Free of Cost

Playford Mobile library

Services

Playford Libraries offer a mobile library service, offering members a variety of resources including a selection of books, DVDs, CDs, magazines.

The mobile library operates on a fortnightly basis and visits shopping centres, including Angle Vale and One Tree Hill, Nursing homes and residential villages, the Elizabeth Rise Community Centre. A timetable outlining specific dates and times is available on the city of Playford website.

On alternate weeks the Playford Mobile Library visits preschools, kindergartens and primary schools to foster early literacy, while establishing a positive connection with the library.

Age group and ability focus

All Ages

Location and Contact

Mobile Library

Visits fortnightly to shopping centres (Angle Vale, One Tree Hill & Elizabeth Rise Community Centre), pre-schools.

Mobile library timetable: can be found at www.playford.sa.gov.au/community/library-services/locations

Costs

Free of Cost



Social activities

Elizabeth Rise Community Centre

Services

Elizabeth Rise is a community-based centre with is inclusive to people of all ages and abilities. This free of charge facility provides monthly activities, as well as school holiday programs. Contact for specific dates and times as per monthly schedule.

Age group and ability focus

Varies depending on activity (email contact of visit centre staff for more details)

Location and Contact

Elizabeth Downs

Shop 7 23 Hamblynn Road Elizabeth Downs 5112

T: (08) 8256 0448

E: elizabethrisecommunitycentre@playford.sa.gov.au

Costs

No cost

Anglicare SA

Overview

AnglicareSA is an organisation that has been around for over 150 years, aiming to support people to change their lives for the better. They provide a range of different activities for children of different ages to be involved in depending on your child's interest.

Programs that AnglicareSA provide include:

- School readiness programs
- Kids club programs held afterschool each term •
- Scholarship programs
- School holiday programs
- Playgroup
- Family support services
- Volunteer opportunities e.g. Gardening and soup kitchen
- 'Play 2 learn'
- 'New and emerging communities' program

Age group and ability focus

Children and parents

Location and Contact

Hindmarsh

Head Office: 159 Port Road,

Hindmarsh SA 5007

T: 8305 9200

E: admin@anglicaresa.com.au

Northern Lego Club

- Anglicare SA

Service

The Northern Lego club at Elizabeth is a free Lego club for 5-12 year old children with autism and their siblings and families, held on Saturday mornings during school terms. To be involved, registration is required.

As this club runs termly, contact Meg on 0422407855 for exact dates.

Age group and ability focus

5-12 years

Location and Contact

Elizabeth

The Platform, Anglicare SA,
73 Elizabeth Way, Elizabeth
Contact Dana on 0422407855

Costs

Free of Cost

The Mix program

- Anglicare SA

Services

- Social skills development program for children with Autism
- Participate in a range of activities while being supported to engage in positive interactions with peers
- Registration required
- Fortnightly on Fridays, 5-6:30pm contact Meg on 0422407855 for exact dates

Age group and ability focus

10-14 years

Location and Contact

Elizabeth

The Platform, Anglicare SA,
73 Elizabeth Way, Elizabeth

Costs

Free

Lego Club - Anglicare SA

Service

Anglicare SA run a lego club specific for children with Autism is held fortnightly on Saturdays at 10am-12pm. The lego club provides a fun and safe environment for children to interact with others.

Age group and ability focus

5-12 years recommended (negotiable)

Location and Contact

Anglicare website or contact Dana on 0417081051 for exact term 2 dates

Costs

Free of Cost

Pom-Pom Arts Space

- Anglicare SA

Service

Pom Pom is an art program run by Carclew and funded by Communities for Children, Anglicare SA which focuses on wellbeing and creative skills development across all art forms for children 0-12 years and their families/carers. This program runs 11am-3pm every Saturday during the school term and Monday - Friday during school holidays.

Age group and ability focus

0-12 years

Location and Contact

Davoren Park

Davoren Park Shopping Centre, Peachy rd
Davoren Park SA 5113

Costs

Free of Cost



Sport/Recreation

YMCA

Services

YMCA is a community-based charity established in 1850 which strives to connect people, families and communities with programs/services that contribute to a better life. They offer a range of programs in South Australia at recreation centres, swimming pools, health and fitness facilities, camps, early education and schools and youth services.

A valuable program on offer is the Konnections Program which was designed to create a safe environment for those diagnosed with high functioning autism or Asperger's to improve social skills, build friendships and most importantly, have fun!

YMCA offers two groups; Youth Konnections suitable for teens 12-17 and Konnections Plus for ages 18-35.

Age group and ability focus

Youth Konnections: Teens between 12 and 17
Konnections Plus: ages 18-35

Location and Contact

Holdfast bay

Holdfast bay community centre
51 King George Ave, Hove

Woodville

St. Clair recreation centre
109 Woodville road Woodville

Smithfeild Plains

John Mcveity centre
182 Peachey road Smithfeild Plains

For more info Call 8298 7422

Costs

Aligned to NDIS price and NDIS funding guide under social group activities on YMCA website

NDIS Funded

Yes

Aquadome at Playford

Services

The Aquadome offers a range of services associated with health and fitness such as swimming lessons, 24/7 gym, group fitness classes, pool, spa, steam room, health consults (Exercise Physiologists).

Age group and ability focus

All ages and abilities welcome

Locations and Contact

Elizabeth

1 Crockerton Road
Elizabeth, SA 5112

E: aquadome@ymca.org.au
(08) 8502 9109

Costs

Depends on individual client (NDIS funding, time of day, day of week)

NDIS Funded

Yes

LEAP Aquatics - Aquadome at Playford

Service

The LEAP Aquatics Program run at the Aquadome encourages and teaches people with a disability how to swim and be confident in the water. Sessions are tailored to the individual and aimed at those who may need extra support when learning how to swim which allows them to progress at their own pace. Sessions often begin one-on-one with swim teachers who are autism swim trained. This builds confidence and when ready students can be transitioned into small supported classes to introduce aspects of socialisation learning and having fun with siblings and friends. Get involved by visiting sa.ymca.org.au/leap

Age group and ability focus

All ages and abilities welcome

Locations and Contact

Elizabeth

1 Crockerton Road
Elizabeth, SA 5112

E: Mica.Tiscornia@YMCA.org.au
P: (08) 8502 9109
<https://www.aquadome.ymca.org.au/aquatics/swimming-lessons/leap-aquatics>

Costs

No set cost (depends on individual NDIS plan)

NDIS Funded

Yes

Group swimming

- Aquadome at Playford

Service

Group swimming programs are available for all ages and aim to teach skills and knowledge to develop swimming, water safety, survival and basic rescue skills. Sessions focus on stroke development which is a solid foundation for involvement in aquatic recreation and sports in the future. The group-based environment promotes social engagement and development of social skills.

Age group and ability focus

From 6 months

Locations and Contact

Elizabeth

1 Crockerton Road
Elizabeth, SA 5112

P: (08) 8502 9109

Book online: <https://www.aquadome.ymca.org.au/aquatics/swimming-lessons/book-online>

Costs

\$17.30 per week
Memberships available also available

NDIS Funded

No

Aquaplay- Aquadome at Playford

Service

Aquaplay is a 6-week program for preschool aged children which focuses on water confidence through non-structured sessions which parents/carers are encouraged to engage in. Sessions run during the school term on Tuesday & Friday Morning 9.30am-10.15am and 10.15-11am. No bookings are required however class capacity is limited to 20 students. Collect a ticket from the front desk to join.

Age group and ability focus

Up to 4 years

Locations and Contact

Elizabeth

1 Crockerton Road
Elizabeth, SA 5112

P: (08) 8502 9109

Book online: www.aquadome.ymca.org.au/aquatics/swimming-lessons/book-online

Costs

1 adult & 1 child = \$7.50,
1 adult 2 children = \$10.50,
members \$5

NDIS Funded

No

Starplex

Overview

STARplex is a friendly sports, training, arts and recreation provider offering quality lifestyle health and fitness experience by qualified staff for families in the Northern community.

Age group and ability focus

Varies depending on activity

Locations and Contact

Evanston Park

18-20 Alexander Avenue
Evanston Park, SA 5116

Kindergym - Starplex

Services

Kindergym runs Wednesday and Thursday 9.30am-10.30am at STARplex aiming to allow children to interact and explore various equipment in a safe setting through free-play.

Age group and ability focus

2-5 years old

Locations and Contact

Evanston Park

18-20 Alexander Avenue
Evanston Park, SA 5116

Costs

\$80 per term, \$9.50 per casual session

NDIS Funded

No

Aussie hoops - Starplex

Services

Aussie hoops is an introductory program supporting basketball skill development and team skills. Designed to ensure participants are involved in activities and games relevant to their physical and mental capabilities, facilitating fair and enjoyable competition. If necessary, additional support and catering to the specific needs of your child can be discussed. Participants are able to transition to local club competitions when ready.

Age group and ability focus

5-10 years

Locations and Contact

Evanston Park

18-20 Alexander Avenue
Evanston Park, SA 5116

Costs

\$90 per term for new members

NDIS Funded

No

Recreational Gymnastics - Starplex

Services

The Recreational Gymnastics program is a class-based setting where participants of a beginner or intermediate level learn basic gymnastics skills such as jumping and landing, shapes, swinging, climbing, balance and coordination. Classes run during school terms on Tuesday-Saturday, please see website for current class times.

Age group and ability focus

From 5 years old

Locations and Contact

Evanston Park

18-20 Alexander Avenue
Evanston Park, SA 5116

Costs

\$125 per 10 weeks

NDIS Funded

No

Baby Boogie dance program - Starplex

Services

The Baby Boogie dance program is all about having fun and watching your child's imagination and confidence grow as they learn to express themselves to music. Children accompanied by their parent/caregiver will be taught basic steps and movements e.g. first position, plies, pointing and flexing toes and rhythm. This program runs on Tuesdays 9.15am-10.00am and 10.15am-11.00am. Trial lessons are available for all dance programs, bookings essential.

Age group and ability focus

1-3 years (with parent/caregiver)

Location

Evanston Park

18-20 Alexander Avenue
Evanston Park, SA 5116

Costs

\$100/ 10 weeks

NDIS Funded

No

Dancing Child - Starplex

Services

The Dancing Child dance program is an excellent first dance class to develop confidence and expression alongside a parent/caregiver who are encouraged to join in or watch. Participants will be taught basic steps and movements e.g. pointing and flexing toes, skipping, gallops, rhythm, marching, balancing and hopping. This program runs on Wednesday and Thursday at 9.30am-10.15am. Trial lessons are available for all dance programs, bookings essential.

Age group and ability focus

3-4 years (with parent/caregiver)

Location

Evanston Park

18-20 Alexander Avenue
Evanston Park, SA 5116

Costs

\$100/ 10 weeks

NDIS Funded

No

Creative Moves

- Starplex

Services

The Dancing Child dance program is an excellent first dance class to develop confidence and expression alongside a parent/caregiver who are encouraged to join in or watch. Participants will be taught basic steps and movements e.g. pointing and flexing toes, skipping, gallops, rhythm, marching, balancing and hopping. This program runs on Wednesday and Thursday at 9.30am-10.15am. Trial lessons are available for all dance programs, bookings essential.

Age group and ability focus

6-9 years

Location

Evanston Park

18-20 Alexander Avenue
Evanston Park, SA 5116

Costs

\$100/ 10 weeks

NDIS Funded

No

Junior Hip Hop

- Starplex

Services

At Junior Hip Hop, students will perform varying levels of steps including isolations, walks, turns, arms, travelling and combinations which are taught and graded each term. This program runs on Mondays at 4.30pm-5.15pm. Trial lessons are available for all dance programs, bookings essential.

Age group and ability focus

6-10 years

Location

Evanston Park

18-20 Alexander Avenue
Evanston Park, SA 5116

Costs

\$100/ 10 weeks

NDIS Funded

No

Kids Fit and Active Program - Starplex

Services

The Kids Fit and Active Program is activity based, targeting imagination, exploration, movement, music, games and becoming aware of the importance of keeping your body healthy and strong. This program runs during school terms, please see website for current class times.

Age group and ability focus

2.5-5 years And 5-12 years

Locations and Contact

Evanston Park

18-20 Alexander Avenue
Evanston Park, SA 5116

Costs

\$80 per 10 weeks

NDIS Funded

No

National Karate Academies - (N.K.A.)

Overview

National Karate Academies run junior and senior Martial Arts sessions at a number of locations across South Australia. Junior classes are specifically tailored to learn Martial Arts in a non-violent way. Separate junior and senior classes are run to assist in learning due to different emotional and physical needs and developmental level. The Freestyle Karate lessons Cater for all students regardless of physical size, age, health, strength or gender.

Age group and ability focus

Junior and Senior levels based on ability and developmental stage

Locations and Contact

Classes are available throughout S.A.
Please call 0437523913 or visit
www.nationalkarate.com.au

Costs

\$12 per session

NDIS Funded

Yes

Inclusive Freestyle Karate - N.K.A.

Services

The Alberton Primary school gym location offers an inclusive program working closely with Novita at on Friday 6pm. This program still occurs in a group-based setting, however with more staff and support available. 'Freestyle Karate' lessons are run at this location for juniors only.

Age group and ability focus

Junior and Senior levels based on ability and developmental stage

Locations and Contact

Queenstown

Alberton Primary School Gym.
14 Broad Street, Queenstown
Juniors: Friday 6pm

Costs

\$12 per session

NDIS Funded

Yes

Next Generation Taekwondo

Services

The Next Generation Taekwondo program offers group-based classes across multiple locations with an emphasis on basic Taekwondo skill development and promoting an active lifestyle. Taekwondo group-based sessions promote social interaction between individuals and aim to boost confidence and self-esteem as well as creating a sense of belonging.

Next Generation Taekwondo offer a specific special needs program where sensory components of a typical Taekwondo lesson are left out. These components include music, whistles, lights and shouting. Class sizes for this program vary from 2 to 6 participants. Anyone can sign up by contacting Next Generation Taekwondo via the phone or visiting any of the outlined studios.

The program is run at the Craigmores Village studio on Thursdays at 5:30pm, the Hollywood Plaza studio on Wednesdays at 5:30pm and at the Montague Road studio on Mondays at 5:30pm.

Age group and ability focus

Programs for ages 2+

Locations and Contact

Craigmores

Craigmores Village Shopping Centre
176 Yorktown Rd, Craigmores

Salisbury Downs

Hollywood Plaza Shopping Centre
Winzor St Salisbury Downs

Ingle Farm

255 Montague Rd, Ingle Farm

Costs

\$20 per session

NDIS Funded

No

Riding for the Disabled Association

Services

Riding for the Disabled Association is a voluntary, non-profit organisation Providing therapeutic horse-riding opportunities for children with a disability. Horse riding is known to provide great benefits to children with a disability through the formation of connections and confidence building. Classes run weekly in two locations, Barossa and Globe Derby, are 1 hour in duration and typically consist of groups of 5 or 6 participants. Participants are also provided with the opportunity to progress and become coaches or volunteers within the organisation. It should be noted that due to small class sizes and high demand for this activity, participants will need to go on a waitlist prior to joining.

Age group and ability focus

3 years and above

Locations and Contact

Globe Derby Park

Globe Derby Equestrian Centre,
Corner of Ryans and Whites Roads
Globe Derby Park, SA 5110
Centre President, Michael Sztekel:
T: 8336 2068 or 0403 944 356
E: mi-kanglor@bigpond.com

Greenock

Barossa Pony Club grounds, PO Box 212
Greenock SA 5360
T: 08 8564 3658
E: sallym270160@outlook.com

Costs

\$70 per session (NDIS may cover up to \$50 of this cost)

NDIS Funded

Yes

Indoor Sport

- Action indoor sports centre

Services

Services Action Indoor Sports is an indoor sports centre providing services for the local community at all ages with a range of different activities.

Indoor inclusive cricket runs regularly from 5-8:30pm, with junior sessions running for an hour. In each game, everyone gets a turn to bat, bowl and field. The divisions are divided based on age and ability so that everyone has the best game possible.

Indoor Soccer is a 5 a side competition with 30 minute games running from 6-10pm. There are a number of teams built based on age and ability giving everyone a fair chance of succeeding.

Age group and ability focus

Divisions based on age and ABILITY so the child has the best game possible

Location

Salisbury East

Owner: Daniel McKay
10 Clayson Road, Salisbury East SA 5109
T: 8258 6000
E: info@brahmaloddgeisc.com.au

Costs

Junior sport competitions \$8 per game, no registration fee.

NDIS Funded

No

Inflatable world

- Action indoor sports centre

Services

Inflatable world is held at Action Indoor Sports Centre on Saturday and Sunday from 10am-4pm March-October and 9am-1pm November-February. The sessions are 2 hours long filled with inflatable obstacles and slides throughout the centre.

Parents/caregivers and carers/support workers are allowed to assist the children on the equipment, with children under 5 in a separate section with a smaller play area. Children under 12 must be accompanied by an adult at all times. Children who may find the open age area too intimidating are welcome to join the smaller play space.

Age group and ability focus

Children of all ages & adult parent/guardian.

Locations and Contact

Salisbury East

Owner: Daniel McKay
10 Clayson Road, Salisbury East SA 5109
T: 8258 6000
E: salisbury@inflatableworldoz.com.au

Costs

No need to book, just turn up, pay your entry fee and enjoy the best value 2 hours of fun in Adelaide!
Entry Fee is for a 2 hour period: your 2 hours of play time starts upon purchase of your wristband! Please be aware that entry costs are fixed; if you arrive with less than 2 hours play time until we close the price does not change. Head to our Hours page for details on our opening times.

Entry Fee:

5 years and Over - \$15.00

4 Years and Under - \$8.00

4 Years & Under plus a Playing Parent - \$15.00

Playing Adults - \$15.00

Spectators - Free

NDIS Funded

No

Inclusive AFL 9's

- SANFL

Service

'Inclusive AFL 9's' football team is an Australian rules football competition consisting of 12 team members per side. Members of this team are males with an integration difficulty. This program also encourages parents, siblings and caregivers to join in.

Age group and ability focus

14+ years

Locations and Contact

Adelaide Lutheran Sports Club

Goodwood Rd, Adelaide SA 5000

To register contact Nathan Pepper at SANFL

E: nathan.pepper@sanfl.com.au

T: 0422 089 865

More info at: afl9s.com.au

Costs

Free to play

NDIS Funded

No

SANFL APM Inclusive

Services

The SANFL APM Inclusive League (formerly C7 Division) is for males with disability aged 15 years and over. The league offers regular, competitive football to inclusive teams in a safe, fun and friendly environment. The focus is on the development of players and their social inclusion at community football clubs. Currently there are five clubs involved in the competition: Christies Beach, Eastern Park, Goodwood Saints, Kenilworth and Salisbury.

When?

Matches are played on Saturdays, late afternoon from May through to August. Clubs may also hold their own training sessions during the week.

Where?

The fixture rotates venues between the five clubs involved: Christies Beach, Eastern Park, Goodwood Saints, Kenilworth and Salisbury.

Age group and ability focus

Ages: 14+ years

Contact

E: nathan.pepper@sanfl.com.au
M: 0422 089 865
<https://sanfl.com.au/inclusive-league/>

Locations

Location dependent on sport and club of choice

Cost

Club membership fee – determined by the club

NDIS Funded

No

Indoor Rowing

Service

A fun program for people living with disability. The program has been highly successful in enabling participants to get fit and active in a safe and inclusive environment.

What?

Indoor Rowing uses machines to simulate the action of rowing for the purpose of exercise or training for rowing. However, Indoor Rowing has become established as a sport in its own right. Inclusive Sport SA have partnered with Rowing SA to deliver an Indoor Rowing Program for people living with disability. The program has been highly successful in enabling participants to get fit and active in a safe and inclusive environment.

When?

Wednesdays 5pm to 6pm

Age group and ability focus

10+ years

Locations and Contact

West Lakes Shore

Rowing SA, Indoor Rowing Centre,
100 Military Road, West Lakes Shore

More info at:

<http://inclusivesportsa.com.au/indoor-rowing/>

To join contact Jose Rabet

T: 8122 6732

E: jrabet@inclusivesportsa.com.au

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Netball C6 division

Service

C6 Division is part of the AMND (Adelaide Metro Netball Division) competition. The C6 Division is a netball competition for females with integration challenges and suitable for ages 14 years and over. Currently there are six AMND clubs involved in the competition: Central District, Newton Jaguars, Semaphore, Contax, Matrix and Woods Panthers.

Matches are played on Saturdays, 12.15pm – 1.45pm from May to September. Clubs may also hold their own training sessions during the week.

Age group and ability focus

14 years and over

Locations and Contact

Netball SA Stadium

155 Railway Tce, Mile End

Central Districts Netball Club

Email – cdnc.secretary@gmail.com

Contax Netball Club

Email – enquiries@contax.net.au

Matrics Netball Club

Email – matricspresident@bigpond.com

Email – matricspresident@bigpond.com
Newton Jaguars Netball Club
Email – secretary@newtonjaguars.com.au
Semaphore Netball Club
Email – semaphorennetball@outlook.com
Woods Panthers Netball Club
Email – Hello@WoodsPanthers.com.au

Costs

Club membership fee – determined by the club
Entry into Netball SA Stadium (to be advised)

NDIS Funded

No

Lawn bowls

Service

Lawn bowls is a fun, social and inclusive sports program offered by the Clearview Bowling Club. The sport can be played outdoors and indoors on Mondays during school terms. Please refer to contact details below if interested in timing.

Mondays during school terms from 6.30pm to 8.00pm

Age group and ability focus

Recommended for participants of all abilities aged 10 years old and over (under 18s must be accompanied by a parent/carer).

Locations and Contact

Clearview Bowling Club

Gordon Ave Clearview
T: 0401 377 681
E: clearviewbowls@adam.com.au

Costs

Membership to Clearview Bowling Club
– \$80 annual fee* *subject to change

NDIS Funded

No

Basketball - Basketball SA

Services

Basketball SA offers an extensive basketball program. The program offers competition and training opportunities for those with an intellectual disability, physical disability, special needs or learning and integration difficulty. The program is inclusive of males and females of all abilities, from beginner to advanced.

Age group and ability focus

12+ years, teams are coordinated based on ability not age too ensure balanced competition.

Locations and Contact

Mount Barker

Adelaide Hills Recreation Centre:
St Francis de Sales College,
Springs Road, Mount Barker
Contact: Robyn Wooden
T: 0427 982 797
E: rjwooden@tpg.com.au

Pasadena

Springbank Sports Centre,
Goodwood Rd &, Daws Rd, Pasadena SA 5042
T: 0424 696 490
E: adminpasadena@basketballsa.com.au

Costs

Mount Barker

Cost: Free registration
Game: \$8
Singlet: \$25

Pasadena

Cost: \$6.50

NDIS Funded

No

Aquatic therapy

Services

RapidSwim also offers group-based swimming lessons through their Learn to Swim program. These lessons are designed for children with an integration difficulty and may require a high level of support. The activities within each session aim to develop and refine swimming strokes, increase social skills and develop confidence and awareness around water safety. Whilst in a group session, 1 to 1 support can still be offered and all instructors are Austswim qualified. This program is run at the following centres'

- Minda Aquatic Centre
Wednesday 6.00pm - 8.00pm
& Thursday 6.00pm - 8.00pm

- Hampstead Rehabilitation Centre
Wednesday 4.00pm - 6.30pm
& Saturday 10.00am - 12.30pm

- Women's and Children's Hospital
Wednesday 5pm to 7pm

Age group and ability focus

All ages

Locations and Contact

Hampstead rehabilitation centre
207-235 Hampstead Rd, Northfield SA 5085

Minda Aquatic Centre
207-235 Hampstead Rd, Northfield SA 5085

Women's and Children's Hospital
72 King William Rd, North Adelaide SA 5006

Contact

Register online at:
<http://inclusivesportsa.com.au/aquatic-therapy/>

More info: rapidswim@inclusivesportsa.com.au

T: 8122 6730
E: rapidswim@inclusivesportsa.com.au

Costs

\$96.99 for a 30 min session Annual Quote
- 40 sessions per year \$3879.60

\$145.49 for a 45 min session Annual Quote
- 40 sessions per year \$5819.60

NDIS Funded

Yes

Rapidswim, Learn to Swim

Services

RapidSwim also offers group-based swimming lessons through their Learn to Swim program. These lessons are designed for children with an integration difficulty and may require a high level of support. The activities within each session aim to develop and refine swimming strokes, increase social skills and develop confidence and awareness around water safety. Whilst in a group session, 1 to 1 support can still be offered and all instructors are Austswim qualified. This program is run at the following centres'

- Minda Aquatic Centre Wednesday 6.00pm - 8.00pm & Thursday 6.00pm - 8.00pm

- Hampstead Rehabilitation Centre
Wednesday 4.00pm - 6.30pm
& Saturday 10.00am - 12.30pm

- Noarlunga Leisure Centre
Tuesday 5.00pm - 8.00pm

- Thebarton Aquatic Centre
Saturday 12.30pm - 3.00pm

- ARC Campbelltown Swim Centre
Saturday 1.00pm - 3.00pm

Age group and ability focus

All ages

44

Locations

Hampstead rehabilitation centre
207-235 Hampstead Rd, Northfield SA 5085

Minda Aquatic Centre
12-16 king George ave, north brighton SA 5048

Noarlunga Leisure Centre
13 seamanrd, Noarlunga centre SA 5168

Thebarton Aquatic centre
1 Meyer st torrensville

ARC Cambelltown Swim centre
531 lower north east road cambelltown

Contact

Contact: 8152 2472
E: services@inclusivesportsa.com.au

Costs

Learn to swim fees:

Lesson fee \$24 per session ANNUAL QUOTE (40 sessions per year): \$960 (cannot be claimed in NDIS plan)

PLUS

Individual Support Fee \$27.15
weekday lesson /\$38.09 weekend
lesson (may be claimed in NDIS
plan)

ANNUAL QUOTE (40 sessions per
year): Weekday Lessons \$1086 /
Weekend Lessons \$1523.60

NDIS Funded

No (unless 1:1 is required to
participate)

Special Olympics

Services

Special Olympics Australia is part of a global inclusion movement using sport, health, education and leadership programs to end discrimination against and empower people with intellectual disabilities.

Special Olympics Australia offers regular training in athletics, basketball, bocce, bowling, cricket, equestrian, football, golf, gymnastics, netball, sailing, softball, swimming, table tennis, tennis and winter sports.

In addition to this, Special Olympics Australia also offers coaching and volunteering opportunities.

Age group and ability focus

Dependent on sport and club of choice

Contact

E: info.sa@specialolympics.com.au

Make an enquiry to join Adelaide club through Special Olympics website <http://www.specialolympics.com.au/index.php/clubs/join/33>

Locations

Location dependent on sport and club of choice

Costs

Determined by the club

NDIS Funded

No

Flip Out

Overview

Flip out is a large trampoline arena available to anyone in the community. Individual sessions can be purchased at own leisure or memberships to a number of group sessions can be purchased. Bookings can be made online or via the phone.

Age group and ability focus

All ages

Locations and Contact

Munno Para
600 Main North Road,
Munno Para Shopping City
T: 8254 3700
E: contact@flipoutsa.com.au

Costs

General 1 hour session: \$18
General 2 hour session: \$20

NDIS Funded

No

Mini Ninjas - Flip Out

Services

Flip out's 'Mini Ninjas' is a program designed to fast-track your child's development in a fun and exciting play environment. Sessions run weekly for 10 weeks throughout the School term for a duration of 45 minutes with 15 minutes of free play at the end of each session. Classes run on Mondays and Tuesdays at 10:00am.

Sessions within this program teach a whole range of movement & social skills including, Jumping, Rolling, Landing, Balancing, Playing with equipment and social skills. Run only on Fridays. Session time: 10am

Age group and ability focus

Ages 2-5 years

Locations and Contact

Munno Para
600 Main North Road,
Munno Para Shopping City
T: 82543700
E: contact@flipoutsa.com.au

Costs

\$120 for the term

NDIS Funded

No

Little Ninjas - Flip Out

Services

Flip out's 'Little Ninjas' program allows kids to learn how to be safe on the trampolines along with tricks including flips and twists. The program involves a total of 10 classes run on Tuesdays, Wednesdays and Thursdays at 4:00-5:00pm. Advanced classes are run on Thursdays at 7:00-8:00pm

- o Run only Thursdays
- o Session times: 4pm, 5pm, 6pm, 7pm (1 hour sessions)

Age group and ability focus

Ages 5-13

Locations and Contact

Munno Para

600 Main North Road,
Munno Para Shopping City
T: 8254 3700
E: contact@flipoutsa.com.au

Costs

\$150 for 10 weeks during school term

NDIS Funded

No

Teen Tricks - Flip Out

Services

Flip out's 'Little Ninjas' program allows kids to learn how to be safe on the trampolines along with tricks including flips and twists. The program involves a total of 10 classes run on Tuesdays, Wednesdays and Thursdays at 4:00-5:00pm.

Advanced classes are run on Thursdays at 7:00-8:00pm

Age group and ability focus

Ages 13-17

Locations and Contact

Munno Para

600 Main North Road,
Munno Para Shopping City
T: 82543700
E: contact@flipoutsa.com.au

Costs

\$150 for 10 weeks during the school term

NDIS Funded

No

Inclusive Soccer

Service

Group soccer coaching and games. Programs are open to all ages across various Adelaide locations.

Age group and ability focus

6-65 years

Locations and Contact

Modbury Jets

Smith Partners Stadium, (Golden Grove Rd, Ridgehaven)
Saturday 9am - 10am
Age: 6 to 65

Adelaide Comets

Adelaide High School (West Terrace, City)
Saturday 9am - 10am Juniors
Age: 6 to 12
10am - 11am Seniors
Age: 13 to 65

Playford Patriots

Playford City Soccer Club (Barfield Crescent, Edinburgh North) Saturday 9am - 10am Age: 6 to 65

SA Panthers

O'Sullivan's Beach Sports Complex
(Marine Drive, O'Sullivan's Beach)
Saturday 9am - 10am
Age: 6 to 65
Inclusive Futsal

Aberfoyle Park

The Hub Recreation Centre
(Taylors Road, Aberfoyle Park)
Wednesday 5pm - 6pm
Age: 6 to 65

Inclusive Futsal Lightsview

Wednesday 5:30pm - 6:30pm
Age: 6 to 65

Campbelltown City Soccer Club

Saturday 9am - 10am
Age: 6 to 65 years
Steve Woodcock Sports Centre, Newton
COMING SOON!

Costs

Determined by each club

NDIS Funded

Yes

Indoor Cricket

Services

What?

Inclusive Sport SA support Action Indoor Sports Salisbury's Inclusive Indoor Cricket program for people with an integration difficulty.

When?

Thursdays 5.20pm (for a 5:30pm start) to 6.30pm

Age group and ability focus

10+ years

Locations and Contact

Salisbury

10 Clayson Road, Salisbury East

T: 0421 243 970

E: matt_woods@y7mail.com

Costs

\$9 per game

NDIS Funded

No

Futsal

Services

Open to all ages and abilities, the LINKUP Futsal Academy is a place where everyone belongs! Learn the fundamentals of this fast-paced sport in a safe and very fun environment.

- Friendly coaches
- Open to all ages and abilities
- Fun games and Skills Development
- Free Come'n Try
- Pathway to Elite

Every Thursday night 7.30pm

Age group and ability focus

10+ years

Locations and Contact

Woodville

St Clair Rec Centre, Woodville

T: 0402 721 221

E: admin@unitedabilities.org.au

Costs

Did not specify

NDIS Funded

Yes



Support Groups

Online:

Facebook Groups

Facebook is a free service to sign up to, and provides multiple support groups you can join online. This is an easy way to see what is helpful for you and join the groups you like.

Organisation	Web Address	Services offered	Age group and focus
ASD Matters	https://www.facebook.com/groups/asdmatters/	ASD matters is a group for families to share experiences, ask questions, respond to questions and connect with other families in similar situations.	Parents/Carers
Autism Dads Australia	https://www.facebook.com/groups/AutismDadsAustralia/	Autism Dads Australia is a group for Dads of children with Autism. This group aims to connect Dads with other dads in similar situations to help support each other, celebrate wins, console losses and share experiences.	Dads of children with Autism
NDIS Grassroots Discussion	https://www.facebook.com/groups/239631286154106/	NDIS Grassroots is a group for people with disabilities, their families and carers/support workers where you can discuss the NDIS and its impact.	People with disabilities, families, carers/support workers
ASD Discussion Page	https://www.facebook.com/autismdiscussionpage?fref=ts	ASD Discussion Page is a group for children with autism. It is a tool sharing page that helps children on the spectrum feel safe, accepted and more competent.	Children with autism
NDIS School Aged Families in SA	https://www.facebook.com/groups/NDISSchoolAgedFamilies/	NDIS School Aged Families in SA is a group for parents and carers to post and answer questions in a forum base. Parents and carers can share resources, information and frustrations to help each other.	Parents/carers
Sisterhood of the Asperger Girl	https://www.facebook.com/groups/581453665321975/	Sisterhood of the Asperger Girl is an online support group for mothers of girls with autism to talk with each other.	Mothers of girls with autism

Websites

The internet has many online websites and blogs free of access to read.

Organisation	Web Address	Services offered	Age group and focus
Autism Self Advocacy Network	https://autisticadvocacy.org	'Autism Self Advocacy Network' is a non-profit organisation run by and for people with autism. It provides support to people with autism, working to educate communities and improve public knowledge/perception on autism.	People with Autism
The Thinking Person's Guide to Autism	http://www.thinkingautismguide.com	'The thinking person's Guide to Autism' is a blog promoting evidence-based information for people with autism, their families and professionals.	People with autism, families and professionals
Bub Hub	https://www.bubhub.com.au/community/forums/forumdisplay.php?46-Parents-of-Children-with-Special-Needs info@bubhub.com.au	The 'Bub Hub' is an online forum for parents of children with special needs, providing them with support.	Parents/carers

Physical Support Groups:

ASD Family Support Group (Northern Carers Network)

Services

The 'ASD Family Support Group', run by Northern Carers Network, is for parents and carers to socialise over coffee, share experiences, express concerns, give advice and provide each other with general support with occasional guest speaker appearances. The group of 12-13 meets fortnightly on every 1st and 3rd Tuesday of the month at 9:30-1:20am.

Contact

pbagley@centacare.org.au

Costs

Free

Age group and ability focus

Parents/carers

Respite for children can be provided if required during this time

Locations and Contact

Munno Para Uniting Church

Curtis Rd &, Douglas Dr, Munno Para SA 5115

My Time

Services

'MyTime' is a support group led by a trained facilitator for parents and carers of children with disabilities. In the group, experiences are discussed and professional guidance on local services is given. A play helper is available to engage non-school aged children to provide respite for the parents/caregivers during the group. There are several locations MyTime is held at, with each group consisting of 4-12 members. The groups meet once a week for 2 hours during school terms, with attendance being whenever the parent/caregiver feels like attending, depending on the weekly schedule discussed at the beginning of each term.

Age group and ability focus

Parents/caregivers

Non school aged children

Locations and Contacts

Forbes Children's Centre

80 Thomas St, South Plympton
Tuesday 9.15 am - 11.15 am,
Silvana Zotti 0488 151 789

Lockleys Childrens Centre

57 Malurus St, Lockleys
Tuesday 12.15 pm - 2.15 pm
Silvana Zotti 0488 151 789

Trinity Gardens Childrens Centre

Off Devitt Ave, entrance
Friday 9.30 am - 11.30 am,
Silvana Zotti 0488 151 789

Gilles Plains GP Plus Super Clinic

1 Gilles Cres, Hillcrest
Friday 9.30 am - 11.30 am,
Silvana Zotti 0488 151 789

Parafield Gardens Childrens Centre

9 Casuarina Drive, Parafield Gardens
Friday 12.30 pm - 2.30 pm,
Silvana Zotti 0488 151 789

Munno Para

Monday 9.30am - 11.30am,
Keryn Baker-Cocks 0414 912 816

Elizabeth Grove

Tuesday 1:00pm – 3:00pm,
Keryn Baker-Cocks 0414 912 816

Gilles Plains

Friday 9:30 - 11:30,
Silvana Zotti 0488 151 789

Costs

Free

Access4u

Services

Gai Dawe is the senior manager of Access4u, who provides guidance and support to families of children with a disability to assist in navigating and helping them understand through the transition to the NDIS system. This includes working to find the most appropriate service provider and supports for individual needs, locate assistive equipment stated in NDIS plans, help build individual capacities and increase independence, and support to achieve goals and meet milestones.

Age group and ability focus

Parents and caregivers

Locations and Contacts

Suite 3, 250 Glen Osmond Road,
Fullarton South Australia 5063
Gai Dawe – Senior Disability Manager
T: 1800 022 237
M: 0422 411 352
Gai.Dawe@access4u.org.au

Costs

Free

Family Connections Night Group

Services

'Family Connections Night Group' is a community run program registered with Autism SA. This group runs on the first Thursday of every month at 7-9pm to support families of children with autism through understanding and providing information to them.

Age group and ability focus

Families

Locations

Remote service

Contact

Contact Julie on 0466585041 for venue and program details

Costs

Free

AnglicareSA

Services

AnglicareSA is an organisation that has been around for over 150 years, aiming to support people to change their lives for the better. As part of AnglicareSA, The Annexe Community Programs run termly from 9:30-11:30am on Mondays, Wednesdays and Fridays. Each of these days have different activities to attend.

'Coffee links' is a program held on Wednesdays from 9:30-11:30am. During this session, everyone has coffee while being connected to people in the community, such as NDIS pathways, immunisation clinic and toy libraries, participating in activities and listening to guest speakers all determined by the group members attending.

Every Friday during the school terms at 9:30-11:30am, AnglicareSA run a program called 'Health Kick Fridays' which provides health classes, healthy cooking sessions and mental health and mindfulness sessions.

'Master-Class Monday' workshops are held during the school terms at 9:30-11:30am, which include activities such as sewing group, finance workshop and safe environments for children and young people workshop.

Age group and ability focus

Everyone welcome

Locations and Contacts

130 Peachy Road, Davoren Park Corner of Peachy Road and Whittington Road, Fields Shops

The Annexe: 82541937

Wendy (children's case worker): 0409755973

Or email: whurmuzniya@anglicaresa.com.au

Costs

Free

Respite:

Focus Day Options

Overview

Focus Day Options provides a friendly, focused and fun day options service for individuals' needs and aims to promote independence and community integration. Focus Day Options provides day services 5 days a week, with 2 days a week spent at the location, and 3 days spent on excursions. Activities at the location include walks, cooking, craft and downtime such as watching movies and pampering activities. Excursions can include swimming, sailing, bowling and eating at restaurants. Ideas of activities come from the participants which gives them a choice of what they want.

Age group and ability focus

17+

Locations and Contacts

Gawler

550 Main North Road, Evanston Park SA 5116

Salisbury

129 Salisbury Highway, Salisbury SA 5108

Elizabeth North

607 Main North Road, Elizabeth North SA 5113

Contact

Daily pick up/drop off service is \$0.60 per kilometre

Participants bring in \$5 a day to cover cost of outings etc.

Daily fees start from \$21.79 per hour depending on each individual's needs – quotes are provided before starting

Costs

Please contact for pricing and advice regarding NDIS funding

NDIS Funded

Yes

Hireup

Service

Hireup is a program for people with disabilities to hire and manage support workers to connect people with like interests through online enrolment. Support is offered for home personal care, work and community activities. All support workers are screened and verified before they are available to be hired.

You can connect with 'Hireup' support workers through posting an ad of the 'Hireup' job board, searching and messaging 'Hireup' support workers in your area. Once you have found a support worker suitable for you, you can create a booking through the 'hireup' online booking form.

Age group and ability focus

Support for all ages and abilities

Locations and Contacts

Online platform to hire support workers
hello@hireup.com.au

Costs

Hire up will pay the support worker and issue you an invoice which can be paid through NDIS

NDIS Funded

Yes

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Cara

Service

Cara is a disability-services provider that provides support to empower people for greater independence. Cara has a respite camp program for children with a disability. Activities scheduled on the camps are accessible and appropriate to the capabilities of each individual and a high level of support is available by qualified disability carers and volunteers. The camps provide an opportunity for respite for parents and a way for children to form connections and friendships with their peers.

Age group and ability focus

Children Aged 4-18

Locations and Contacts

Cara head office: Unit 1, 2-4 Adam Street,
Hindmarsh SA 5007
E: contact@cara.org.au
T: 08 8347 4588
Website: www.cara.org.au

Costs

Varies depending on camp (please contact for details)

NDIS Funded

Yes

Kids Club - Cara

Service

Cara run a 'Kids Club' program which serves as a 6-hour respite program for parents and carers. The program is located in Woodville and entails a range of craft, sensory play, cooking, reading and music activities. Support is available for each child and activities are tailored to each child's specific needs.

Age group and ability focus

Children aged 4-17

Locations and Contacts

Cara head office: Unit 1, 2-4 Adam Street,
Hindmarsh SA 5007
E: contact@cara.org.au
T: 08 8347 4588
Website: www.cara.org.au

Costs

Please contact for pricing and advice regarding NDIS funding

NDIS Funded

Yes

Interchange SA

Overview

Interchange SA is an organisation that aims to create fun, friendship and support for children, teenagers and adults with disabilities. All Interchange programs are funded through the NDIS.

Age group and ability focus

All ages

Locations and Contacts

Head office: 6 George Street, Stepney SA 5069

08 8132 5300
Online enquiry form:
<http://www.interchangesa.org.au/contact>

Costs

Please contact for pricing and advice regarding NDIS funding

NDIS Funded

Yes

Mentor 1:1 - Interchange

Service

The Mentor 1:1 program matches a volunteer or paid staff member with adult or young person. The program gives participants the opportunity to access activities in the community whilst having fun with someone who enjoys their company. Staff / volunteers are matched with participants based upon shared interests and live within 30 minutes' drive of one another. The focus is on enhancing life and social skills, goal development, building confidence and promoting independence.

Age group and ability focus

All ages

Locations and Contacts

Head office: 6 George Street, Stepney SA 5069

08 8132 5300

Online enquiry

referrals@disabilityliving.org.au

Costs

Please contact for pricing and advice regarding NDIS funding

NDIS Funded

Yes

EighTeen - Interchange

Service

The EighTeen program is a service for people aged 17-25 years old to engage in a range of weekend activities. The program allows participants to experience exciting social and community events before transitioning into older adulthood, such as the Adelaide Fringe, Burger & Bowling and Chocolate Tours. Groups in the program are led by specialist staff who have either a Certificate III in Disability, a degree in a relevant field or are working towards a relevant degree, have child and disability DSCI checks, a full drivers licence, have been reference checked, completed a senior first aid certificate, child safe environments certificate and assist with medication training certificate. Now offering outings during the day on Saturdays

Age group and ability focus

18-25 years

Locations and Contacts

Head office: 6 George Street, Stepney SA 5069

08 8132 5300

Online enquiry <http://www.interchangesa.org.au/contact>

Costs

Please contact for pricing and advice regarding NDIS funding

NDIS Funded

Yes

Teen Connect - Interchange

Service

The Teen Connect Program is aimed at teenagers aged 14-17 years old. This group is in the form of overnight camps which occur once a month throughout the year. Each activity is focussed on fun, peer interaction, making choices, taking part in different activities and sharing new experiences. The aim of this program is to achieve an increase in social and independent living skills, increased confidence and a greater willingness to try new things. Groups in the program are led by specialist staff who have either a Certificate III in Disability, a degree in a relevant field or are working towards a relevant degree, have child and disability DSCI checks, a full drivers licence, have been reference checked, completed a senior first aid certificate, child safe environments certificate and assist with medication training certificate.

Age group and ability focus

12-17 years

Locations and Contacts

Head office: 6 George Street, Stepney SA 5069

08 8132 5300

Online enquiry form:

<http://www.interchangesa.org.au/contact>

Costs

Please contact for pricing and advice regarding NDIS funding

NDIS Funded

Yes



Volunteering Opportunities

Volunteering SA&NT

Service

Volunteering SA&NT is a not-for-profit organisation, the peak body for volunteering and a volunteer resource centre, leading the sector in South Australia and Northern Territory. For 35 years, they have worked with individuals, organisations, businesses and communities to lead, advance, grow, promote and celebrate volunteering.

Volunteering plays a valuable role in sustaining healthy, resilient communities and contributes significantly to the quality and vibrance of our society and can be short or long-term.

People volunteer for many different reasons including making a difference to the lives of others; supporting a passionate cause; giving something back; feeling valued and part of a team; gaining or developing new skills, knowledge and experience and improving employment prospects.

Age group and ability focus

Working age
(approx. 16+)

Locations and Contacts

Online resource
www.volunteeringsa-nt.org.au/
E: reception@nvsa.org.au
E: reception@volunteeringsa-nt.org.au

Voulunteer.com.au

Service

Volunteering is a fantastic way for people of all ages and abilities to be involved in their local community. It can provide endless opportunity for growth, independence, social connections and the enhancement of many other areas of health and well-being.

Volunteering Australia have provided a website and smartphone app for people wishing to seek out volunteering opportunities within their local area. This online database has a filtering option which allows you to filter volunteering opportunities based on those suitable for people with a disability or wheelchair access (tick box "suitable for: people with a disability")

Age group and ability focus

Working age
(approx. 16+)

Locations and Contacts

Online resource
<https://govolunteer.com.au/volunteering/in-elizabeth-sa-5112?goodfor=3%2c13&radius=30>
E: reception@volunteeringsa-nt.org.au

Talking Matters

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