Social Futures

Out and About in Community

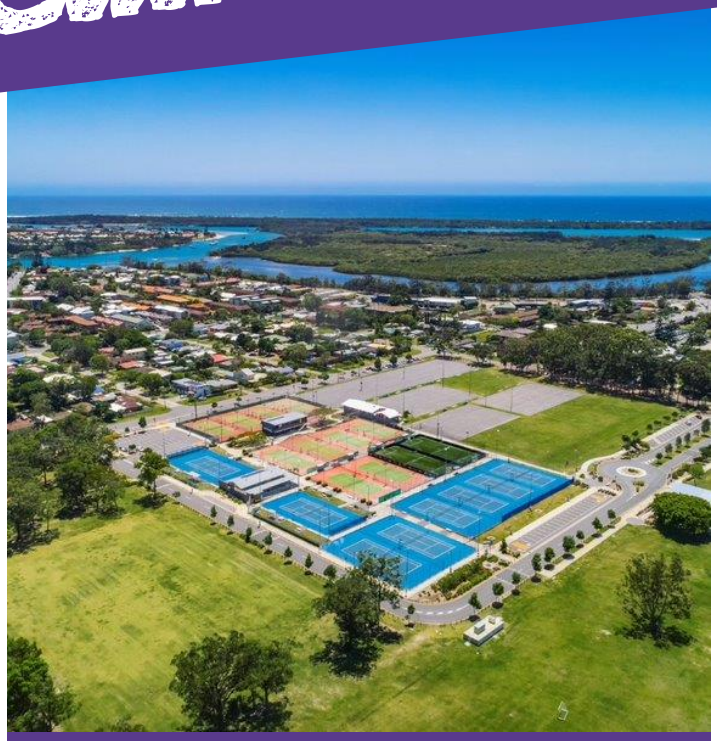
Your guide to inclusive and accessible community groups, clubs and activities in your area.

ndis Social Futures

Delivering the NDIS in your community

COMMUNITY

Tweed Heads Pro One Tennis Club



Mon-Sun 2.30pm to 8pm

Arkinstall Park

Cunningham Street,

Tweed Heads South 2485

COST: Varies per activity

Everyone is welcome to come and play, socialise, and meet new friends.

Pro-one Tennis Academy is the premier tennis venue on the Tweed coast. It has full wheelchair accessibility and boasts 8 plexipave courts and 10 synthetic grass tennis courts including 2 championship sized show courts. We have a range of tennis programs for all ages and skill levels with qualified coaches that can help you have a fun, social and enjoyable tennis experience.

- ENTRANCE RAMP
- ACCESSIBLE TOILET
- GUIDE DOG FRIENDLY
- ACCESSIBLE PARKING
- ADAPTED ACTIVITIES AVAILABLE

CONTACT: Natasha Kersten

E: mail@pro-onetennis.com.au

M: 0405 327 004

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Laurie Lawrence Swim School

Various times

Crn Leisure & Greenway Dr,

Banora Point NSW 2486

Laurie Lawrence Swim School is excited to provide quality aquatic experiences for varied abilities. In modifying the facilities, equipment, skill and instructional strategies used in planning and delivering our lessons we provide inclusive learning opportunities for all abilities.

COST: Varies per service

Everyone is welcome to come along and have fun!

- ADAPTED ACTIVITIES AVAILABLE
- ACCESSIBLE PARKING
- ENTRANCE RAMP
- ACCESSIBLE TOILET
- GUIDE DOG FRIENDLY

CONTACT: Wendy Beutel

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P: 07 5523 3177

M: 0433 290 951

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COMMUNITY

Murwillumbah Tennis Club

Mon-Sun 6am to 9pm

Murwillumbah Tennis Courts

Brisbane Street,

Murwillumbah NSW 2484

Professional Tennis coaching services facilitated by Tennis Australia qualified coaches. We provide an inclusive, welcoming environment where anyone can play tennis and we can tailor our services to meet your needs. Everyone is welcome from intellectual disability to wheelchair tennis. All equipment is provided. We facilitate a Pickleball Disability Session that meets weekly on Monday 9:30-10:30am. All equipment is provided. Companion cards accepted. Cost $10 casual, 10 sessions $100 (can be invoiced for NDIS).

Group and private sessions for Tennis or Pickleball are available by appointment.

COST: Various

We welcome members with disabilities, give us a call to discuss how we can best include you!

- GUIDE DOG FRIENDLY
- ACCESSIBLE PARKING
- ADAPTED ACTIVITIES AVAILABLE
- ENTRANCE RAMP

CONTACT: Gemma Eaton

E: coastcommunitytennis@gmail.com

M: 0412 200 923

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Wollumbin Dragon Boat Club

Saturday's 7.30am

Tumbulgum Boat Ramp,
Tumbulgum NSW 2484

Every day we get on the water, we are winning! We are improving our health and wellbeing, our friendships, our love of nature, and the sport of paddling. Race day .... well that's just the icing on the cake! Every opportunity to get on the water and paddle builds our fitness, strengthens bonds and makes us appreciate life a little more. Dragonboat paddling is not just a sport it's a lifestyle.

Finding an outlet to manage anxiety, depression and loneliness can be challenging. Consider Dragon Boat Paddling as a great way to overcome these moments in our lives. Exercise is described as a great support for depression and anxiety. Dragon boat teams have an innate ability to welcome, engage and include fitness, age and gender into a sport that is very team focused.

COST:
$160 annual membership
$5 weekly training fee

Everyone is welcome to come and have a paddle regardless of their abilities. It is so exciting to see interest in our club. To welcome new visitors and members is always a thrill. With summer fast approaching now is the time to sign up and start training. We can't wait to meet you!!

GUIDE DOG FRIENDLY

PARKING ACCESSIBLE PARKING

CONTACT: Anne Bowden

E: president@wollumbindragons.com

M: 0428 446 482

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Pottsville Men's Shed

Tuesday-Thursday
9am-12pm

Black Rock Sports Field
Overall Drive,
Pottsville NSW 2489

COST: $50 Membership $2 per day

The intent of the Men's Shed is to encourage the social and cultural well-being of men within the Pottsville local area. The Pottsville Men's Shed will enhance the well-being, health and quality of life of men by providing a well-equipped workshop and activities, projects and hobbies that they can work on for their own enjoyment or for the benefit of the community at large. Men will share skills and information to enhance adult learning opportunities and help combat isolation and depression.

We welcome all abilities to come along and socialise. If you are interested in woodwork or metalwork this is a perfect place for you. We are a safe place with no judgements for everyone.

- GUIDE DOG FRIENDLY
- ACCESSIBLE PARKING
- ENTRANCE RAMP
- ACCESSIBLE TOILET
- ADAPTED ACTIVITIES AVAILABLE

CONTACT: John Taylor

E: secretary@padms.org

M: 0418 432 864

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Pottsville Ladies Lifeball Group

Thursdays
9.30am-11.30am

Pottsville Community Hall

Pottsville NSW 2489

Lifeball is a game for women over 50's who want to stay healthy with a medium level of exercise. It is designed to utilise very basic skills at a slow pace. Ball passing by handing or throwing to a team-mate, catching the ball, and shooting for a goal. It can be adapted for all fitness levels. Played on a netball court divided in 3 zones. Physical distancing is part of Lifeball rules and meets covid-19 safety plan required by Tweed Shire Council.

COST: $5 per session
No registration fees

First lesson is free, come along and see if this low impact sport is for you.

- ADAPTED ACTIVITIES AVAILABLE
- ACCESSIBLE PARKING
- ENTRANCE RAMP
- ACCESSIBLE TOILET
- GUIDE DOG FRIENDLY

CONTACT: Jan Hampson

M: 0431 909 760

E: jphc4@hotmail.com

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COMMUNITY

Side by Side 4 Teenz

Friday Evenings

Pottsville Beach Neighborhood Centre

10b-12a Elizabeth Street,

Pottsville 2489

COST: Free!

We welcome members with disabilities, give us a call to discuss how we can best include you! Family members are welcome to come along also.

Peer support group for families with high school aged teenagers on the autism spectrum. A diagnosis is not necessary.

It is a supportive space where teens and adult guardians come together side by side to meet and grow. It is run by facilitators with lived experience.

The group meets Friday evenings during NSW school terms at the Pottsville Beach Neighbourhood Centre.
The intake process is compulsory before joining the sessions. Please contact for more information.

CONTACT: Rochelle

E: tcyp@pbnc.org.au
M: 0460 015 530

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- ENTRANCE RAMP
- ADAPTED ACTIVITIES AVAILABLE
- GUIDE DOG FRIENDLY
- ACCESSIBLE PARKING
- ACCESSIBLE TOILET
- SENSORY FRIENDLY

Brunswick Valley Landcare

Various locations and times across the Byron Shire, scan QR code to find one that suits you!

Individual yearly membership: $20
Individual Lifetime membership: $100

We welcome people of all different abilities to join our groups. Some of our sites have limited access due to being in natural bushland. Get in touch and we can let you know the conditions of the individual sites.

Brunswick Valley Landcare Inc (BVL) is a charity supporting the Byron Shire community to conserve and restore the natural environment.
BVL acts as an umbrella group for 22 locality groups and 2 special interest groups, including Byron Bird Buddies. Our locality groups have regular working bees on both public and private land carrying out regeneration work including weeding and planting. These groups work in all different environments from the foreshore to the forests.

GUIDE DOG FRIENDLY

ADAPTED ACTIVITIES AVAILABLE

*Location accessibility features vary

CONTACT: Alison Ratcliffe

E: info@brunswickvalleylandcare.org.au

M: 0421 244 640

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COMMUNITY

Mullumbimby Uke Club

COST: $15

Mondays, 6.10pm-7.50pm

Mullumbimby Ex Services Club

58 Dalley Street,

Mullumbimby NSW 2482

The Mullum Uke Club is a gathering of people who like to play ukulele and sing. There are players of all ages and ability, and we learn and play a wide variety of songs. We meet most Mondays at The Mullum Ex-Services Club and then usually the 1st Wednesday of the month for our performance night.

You will need to know how to play a little bit before attending, so private lessons would help initially. There are many online resources. We welcome members with disabilities, give us a call to discuss how we can best include you.

- GUIDE DOG FRIENDLY
- ACCESSIBLE PARKING
- ACCESSIBLE TOILET
- ENTRANCE RAMP
- LARGE PRINT AVAILABLE

CONTACT: Stuart Eadie

E: stu@ukemullum.com

M: 0431 678 616

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COMMUNITY

Shedding Community Workshop

Various times

91 Main Arm Rd

Mullumbimby NSW 2482

COST: Workshops from $30

Inform us of your needs and we can work with you to understand how we can best assist you.

At the Shedding Community Workshop, we offer an all-inclusive safe and supportive environment to teach you hands-on skills in carpentry and building and everything in between, as an avenue towards positive mental health, resilience, and community connection.

PARKING ACCESSIBLE PARKING

GUIDE DOG FRIENDLY

CONTACT: Sophie Wilksch

shedding.communityworkshop@gmail.com

0490 501 745

shedding.com.au

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All Abilities Soccer

Sundays 10am-11am

During the winter football season

Pine Avenue

Mullumbimby NSW 2482

COST: $100 Season Registration

Everyone is welcome to come along and play or watch.

Mullumbimby Brunswick Valley Football Club is proud to have established the first Football 4 All program in the Far North Coast region. The program aims to provide players of all abilities and additional needs with a supportive and inclusive environment, that gives them the opportunity to maximise their potential and enjoy playing non-competitive football (soccer) at a community-based club.

- GUIDE DOG FRIENDLY
- ACCESSIBLE PARKING
- ADAPTED ACTIVITIES AVAILABLE
- SENSORY FRIENDLY
- ACCESSIBLE TOILET

CONTACT: Sharon Scriven

E: F4a@mbvfc.com.au

M: 0435 057 463

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Ballina RSL Club Marine Modellers

9am-12pm, 2nd and 4th Sunday

13 Pipi Place,

Ballina NSW 2478

The Marine Modellers Club was formed approx. 20 years ago and is a sub club of the Ballina RSL Club. Members are most aged 60 plus, however we encourage younger people to join us, and we welcome visitors.
Our boats are generally hand built, however some are bought ready built and ready to sail.
Our boats are radio controlled, electric powered and steam driven. We are unable to use petrol driven models due to insurance requirements.

COST:
$5 Annual membership fee
$2 per sailing day
$10 RSL Club membership required

Everybody is welcome and we are willing to help anyone interested in our hobby.

GUIDE DOG FRIENDLY

ADAPTED ACTIVITIES AVAILABLE

CONTACT: Brian Peterson

E: bapeterson2@optusnet.com

M: 0429 891 936

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The Bollywood Sisters

South Golden Beach

Mondays 6.30pm- 7.45pm

Brunswick Heads

Wednesdays 10.15am- 11.15am

Ballina

Wednesdays 6.45pm- 8pm

COST: 8 Weeks for $170

Bollywood dance is joyful modern Indian dance, which is fun, energetic and expressive. It combines modern dance styles with classical Indian and folk dances. Our classes begin with a group check-in & warm up followed by learning a choreography over the 8 weeks. We finish with a stretch and cool down. At the end of the term we offer an opportunity to perform the dance somewhere in the community.

We welcome members with all abilities and can tailor the class to your individual needs. This is a fun and supportive environment where you can connect with other people, expand your dance experience, and most importantly have fun!

- ADAPTED ACTIVITIES AVAILABLE
- ACCESSIBLE PARKING
- ACCESSIBLE TOILET
- ENTRANCE RAMP

CONTACT: Zerina Millard

E: zerina@bollywoodsisters.com

M: 0423 301 9335

W: www.bollywoodsisters.com

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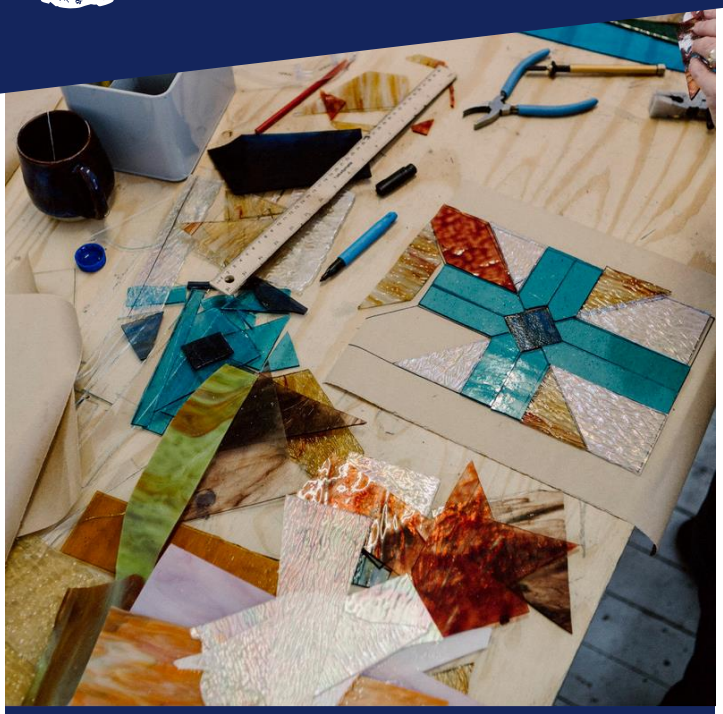
COMMUNITY

Northern Rivers Stained Glass



COST: $300 for 2-day course

6/164 Molesworth Street
Lismore NSW 2480

Northern Rivers Stained Glass offers beginners stained glass classes for the community. The classes are normally run 6 hours per day over two days. Northern Rivers Stained Glass also caters for groups and private functions, this has included holding the workshops over three days at 4 hours a day for participants that may need shorter learning days.

Hi I'm so glad you are interested in being creative and even more so that you are interested in learning the art of stained glass. This class is pretty relaxed. We focus on having fun. It's a safe space to learn and to make mistakes.

- ENTRANCE RAMP
- ACCESSIBLE TOILET
- ADAPTED ACTIVITIES AVAILABLE
- GUIDE DOG FRIENDLY

CONTACT: Maire Barron

E: nrstainedglass@yahoo.com

M: 0429 891 936

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COMMUNITY

Lismore Tennis Club

Mon-Sun, Various Times

Lismore Tennis Centre

82 Ballina Road,

Lismore NSW 2480

Come and try tennis at the Lismore Tennis Club, we offer:

- ANZ Hotshots Classes
- Private lessons
- Competitions
- Squads
- Cardio Tennis
- Holiday Clinics
- Sporting Schools Program
- Pro Shop
- Restringing
- Coaching people with disabilities

Book in on our website or call us today to come and play!

COST: Various

Everyone is welcome to come along and play tennis. Please email or call to discuss how we can best include you.

GUIDE DOG FRIENDLY

ACCESSIBLE PARKING

ADAPTED ACTIVITIES AVAILABLE

CONTACT: Dean Kyle

E: ontourtennis1@gmail.com

M: 0414 826 318

W: www.ontourtennis.com.au

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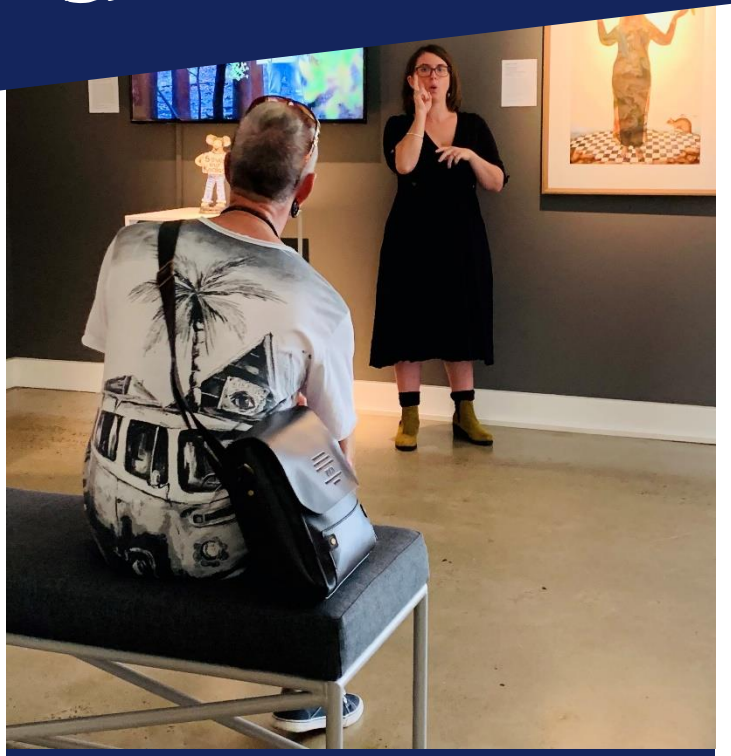
Lismore Regional Gallery



Wednesday-Sunday, 10am-4pm

11 Rural Street,

Lismore NSW 2480

COST: $5 Entry (Suggested)

At Lismore Regional Gallery we invest in artists in the commissioning of new work, and bring the community along on a shared journey of making and engaging in contemporary art.

Access Programs we provide at Lismore Regional Gallery include:

- Deaf Led Auslan Tours once a month.
- Auslan interpreted Peggy Popart Tour & Art Activities 2nd Sunday of the month.
- Openings are Auslan interpreted.
- Talks and Workshops Auslan interpreted on request.
- Arts & Dementia Tours on Monday and Tuesday by appointment (our staff and volunteers for this program have all undertaken Dementia awareness training).
- On Tuesdays the gallery is closed to the public and is available to be booked for visits and tours for people with sensory needs.

People with a disability are always welcome in our gallery. Lismore Regional Gallery is 'A Place for Every Body'. We are passionately inclusive and work towards ensuring that everything we do connects deeply with the community and builds on our work in supporting artists and audiences with a variety of access needs.

- ENTRANCE RAMP
- ACCESSIBLE TOILET
- ACCESSIBLE PARKING
- ADAPTED ACTIVITIES AVAILABLE
- LARGE PRINT AVAILABLE
- GUIDE DOG FRIENDLY
- SENSORY FRIENDLY
- AUSLAN AVAILABLE

CONTACT: Claudie Frock

E: claudie.frock@lismore.nsw.gov.au

P: 02 66 2746 00

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Grafton City Tennis Club

Court Hire: 7 days
Lessons: Saturday

202 Prince Street,
Grafton NSW 2460

Come and play at the Grafton City Tennis Club! We offer private lessons or group lessons, or you can just hire a court and play.

COSTS
Membership: $60-$100 per year
Casual: $15-$25 per hour
Private Lessons: $40 (30 mins) $80 (1 hour)
Group Lessons: $20 per player (up to 4 players)

Grafton City Tennis Club offers people with all abilities the opportunity to learn tennis or have fun at the tennis court.

- ENTRANCE RAMP
- SENSORY FRIENDLY
- GUIDE DOG FRIENDLY
- ACCESSIBLE TOILET
- ADAPTED ACTIVITIES AVAILABLE
- ACCESSIBLE PARKING

CONTACT: Phil Beckman

E: graftoncitytennis@gmail.com

M: 0422 586 089

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Grafton Supa Oldie Soccer

Thursdays 6pm-8pm

Rushforth Park,

South Grafton NSW 2460

COST:
$45 Annual Registration
$8 per game (approx.)

Grafton Supa Oldie Soccer has been playing at Rushforth Park for over 20 years. Most of our players are aged over 30 and include people of all abilities and backgrounds.

We take our football seriously but prioritise having a good game over winning. During the Summer season we have over 20 teams with 300 players and in the Winter season we have 10 teams with 150 players.

Potential players are invited to come to the canteen on a Thursday evening between 6pm and 8pm for a chat with a committee member. If you decide to join our competition, then we will help you find a suitable team.

ENTRANCE RAMP

ACCESSIBLE TOILET

ACCESSIBLE PARKING

CONTACT: Peter Johnstone

E: grafton.sos.inc@gmail.com

M: 0427 454 474

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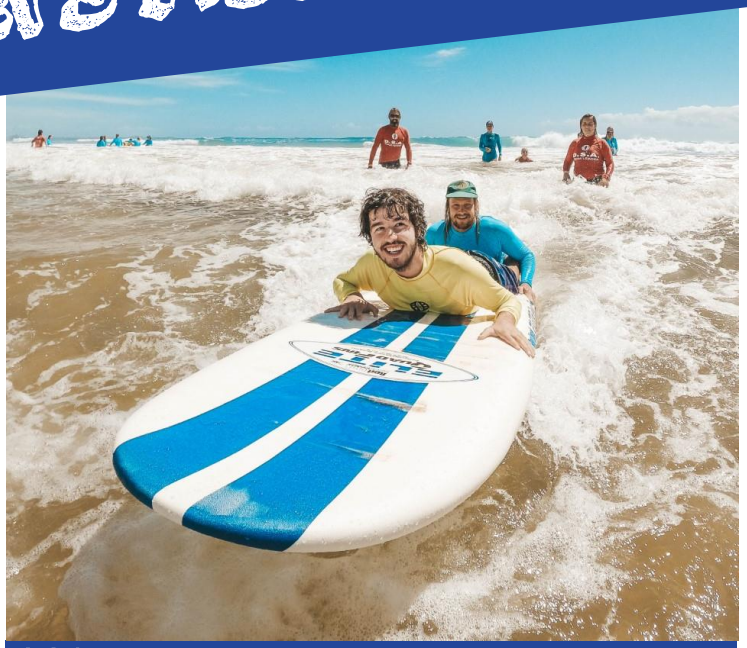
Far North Coast Disabled Surfers Association



Various times and locations across Northern NSW, Scan QR code for details:

COST:
$20 annual membership
Add $15 if you want an exclusive DSA t-shirt

An organisation formed by surfers, for surfers – providing the opportunity for people of all abilities to access surfing and all of the beauties the beach has to offer!
A surf day for anyone who is interested, facilitated by volunteers.
*All events subject to relevant Covid restrictions and guidelines.

Come along to any of our events and enjoy a day at the beach with new friends and supporters! Ride as many or as little waves as you want, or find your enjoyment playing in the shallows or the sand – everything is encouraged!

- ENTRANCE RAMP
- ACCESSIBLE TOILET
- ADAPTED ACTIVITIES AVAILABLE
- SENSORY FRIENDLY
- GUIDE DOG FRIENDLY
- ACCESSIBLE PARKING

CONTACT: Kirsten Davis

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M: 0481291172

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