

Delivering the NDIS in your community

Pathways to Play

Resource Guide & Directory

Learn what disability sports and recreation are available in Western NSW

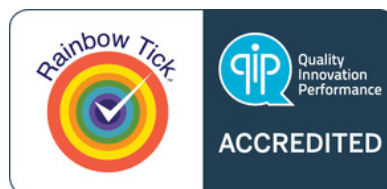


Delivering the NDIS in your community

Are you interested in disability sports?

THIS BOOKLET HAS BEEN PREPARED BY PATHWAYS TO PLAY AS YOUR LOCAL GUIDE TO ACCESSIBLE SPORT AND RECREATION.

- Give different sports a try, get active and make new friends
- Improve skills and find opportunities
- Foster lifelong connections and community ties
- Improve mental health and wellbeing



We acknowledge the Traditional Custodians and Owners of the land where we live and work and their continuing connection to land, water, sea and community. We pay respects to Australia's First Peoples, to their unique and diverse cultures, and to Elders past, present and future.

Inclusion is about the actions we take every day. We welcome, support, and celebrate diversity.

Delivering the NDIS in your community



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Sport & recreation

BATHURST



BATHURST TENPIN BOWLING

- Social bowling, learn, casual play.
- Bathurst: Mitre Street
- All ages

www.tenpinbathurst.com

02 6331 9922



BATHURST ATHLETICS CLUB

- Universal Design for Learning where events are inclusive and possible for children with a range of needs.
- Bathurst Sports Ground
- Monday nights
- Registration necessary
- Ages 5- 18yo

www.bathurstaths.org.au

secretarybathurstaths@gmail.com



BATHURST CYCLING CLUB

- Races and grades in both Road and Track to ensure all classified riders enjoy their racing regardless of ability.
- Bathurst Velodrome, 624 Vale Rd
- Ages 15+

www.bathurstcyclingclub.com.au

bathurstcyclingclub@gmail.com

0417 231 982



BATHURST ARCHERS

- Family-friendly, not-for-profit archery club. Beginners, come-and-try, competition, festivals and workshops.
- Bathurst: 255 Boundary Rd
- All ages

www.facebook.com/bathurstarchers

bathurstarchers@gmail.com

0455 309 596

Sport & recreation

DUBBO



ALL ABILITIES SWIM

- We offer tailored, one-on-one and small-group swim sessions designed for both children and adults
- Dubbo: East St
- All ages

www.allabilities-swim.com.au

allabilitiesswim@gmail.com

0420 849 368



DUBBO & DISTRICT FOOTBALL ASSOCIATION

- MiniRoos competition for Under 5 to 11. Junior Under 12 through to Under 17. All-Age Men and an All-Age Women competition
- Dubbo: various clubs
- All ages

www.dubbofootball.com.au

dubbodistrictfa@gmail.com

0438 499 222



DUBBO RSL AQUATIC & HEALTH CLUB

- Indoor pool, gym and group exercise
- Dubbo: 178-188 Brisbane St
- All ages

www.rslhealthclub.com.au

rshealthclub@dubborisl.com.au

02 6884 1777



DUBBO SOFTBALL

- Social twilight softball competition with modified rules to suit both beginners and experienced players. 6pm Thursday nights (Oct-March)
- Dubbo: Jubilee Oval
- Ages 14+

www.revolutionise.com.au/dcsa

dubbosoftball@gmail.com

0431 963 286

Sport & recreation

DUBBO



DUBBO SPORTSWORLD - INDOOR CRICKET

- Tuesdays 6pm: 6-a-side Opens.
- Thursdays 6pm: Wicket Cricket Opens
- Thursdays 4pm: Wicket Juniors.
- Dubbo: 163 Sheraton Rd
- All ages

www.dubbosportsworld.com.au

dubbosportsworld@gmail.com

02 6884 0123



FITNESS FOCUS

- Fitness for adults
- Gymnastics and Swimming School - open to all children of different abilities
- Dubbo: 7 Jannali Rd
- All ages

<https://fitnessfocus.com.au/>

info@focusgymnastics.com.au

02 6884 0988



PARAMOUNT DUBBO TENNIS CLUB

- Social and competitive tennis and coaching (group and individual), in a family friendly environment.
- Dubbo: 74 Wingewarra Street
- All ages

www.play.tennis.com.au/paramounttennisclubdubbo

paramounttennis@live.com.au

0418 346 337



DUBBO TOUCH ASSOCIATION

- Juniors, mens, womens, mixed
- All Abilities: Wednesdays 330pm-430pm
- Dubbo Touch Fields, Macleay St
- All ages

www.dubbotouch.com

info@dubbotouch.com

0405 630 725

Sport & recreation

ORANGE



ORANGE CYMS NETBALL CLUB

- An inclusive, community-focused club that welcomes players of all ages and genders. U8s through to Seniors, competitive and non-competitive
- Orange: Anzac Park, Seymour St
- All ages

www.facebook.com/cymsnetballclub
registrar@cymsnetball.com.au
0419 696 270



ORANGE AND DISTRICT SOFTBALL ASSOCIATION

- Family friendly and inclusive for those aged 4 and up and of all abilities.
- locations
- All ages

www.revolutionise.com.au/odsa
orangedistrictsoftball@gmail.com
0408 683 182



ORANGE TENPIN BOWL

- Recreation, and inclusive competition leagues for all abilities and ages.
- Orange: Byng St
- All ages

www.orangetenpinbowl.com.au
02 6362 5466



ORANGE THUNDER TOUCH FOOTBALL

- Mixed, Mens & Womens social touch competitions
- All Abilities touch football competition is an inclusive program for people with intellectual and/or physical impairments
- All ages

www.orangetouch.com.au
orangethundertouch@yahoo.com

Sport & recreation

WESTERN NSW



www.pcycnsw.org.au

PCYC host a broad range of activities to suit all interests, and are proud to boast facilities, spaces and classes that cater to all ages and fitness levels.

BATHURST

- Gymnastics - including circus, parkour/ninja
- Boxing

Cnr Morrisset & Commonwealth Sts
bathurst@pcycnsw.org.au
02 6331 2191

COWRA

- Basketball
- Gymnastics
- Pickleball
- Oz Tag

40 Young Rd
cowra@pcycnsw.org.au
02 6341 2035

DUBBO

- 3D Archery
- Boxing
- Gymnastics - including parkour/ninja, tumbling & trampolining)
- Gym & fitness
- Volleyball

Cnr Erskine & Darling Sts
dubbo@pcycnsw.org.au
02 6882 3273

Sport & recreation

WESTERN NSW



MUDGEES

- Basketball
- Futsal
- Gym & Fitness
- Hydrotherapy pool
- Mixed Netball
- Pickleball

50 Market Street
mudgee@pcycnsw.org.au
02 6372 1367

ORANGE

- Boxing
- Ballroom & Latin Dancing
- Futsal
- Gymnastics - including parkour
- Gym & Fitness
- Guitar lessons
- Pickleball

2-10 Seymour Street
orange@pcycnsw.org.au
02 6360 2249

PARKES

- 3D Archery
- Boxing
- Gymnastics - including parkour/ninja, tumbling & trampolining
- Gym & Fitness - Movement & mobility
- Rock Climbing
- Wheelchair Basketball

36-38 Pearce Street
parkes@pcycnsw.org.au
02 6862 3825

WELLINGTON

- Basketball
- Boxing
- Dance - including Cheerleading
- Futsal/ Indoor Soccer
- Gymnastics
- Judo
- Learn to play: Life Skills
- Martial Arts
- Pickleball

69 Gobolion Street
wellington@pcycnsw.org.au
02 6845 2590

Sport & recreation

WESTERN NSW



www.parkrun.com.au

A free, fun, and friendly weekly 5k community event . Walk, jog, run, volunteer or spectate – it's up to you! We'd love for you to join in with an all ages parkrun event! parkrun is free and you only need to register once whether walking, jogging, running, volunteering or a combination.

Every Saturday at 8:00am – All ages, all abilities

- BATHURST: Bicentennial Park
- COWRA: Cowra Breakout Cycleway
- DUBBO: Sandy Beach Park
- ORANGE: Gosling Creek Reserve
- MUDGEES: Lawson Park
- NARROMINE: Narromine Wetlands
- PARKES: Northparkes Oval



www.sailabilitynsw.com.au

Dedicated to making sailing accessible for people with disability – for all ages.

Carcoar Dam Sailing Club
sailabilitynsw@sailabilitynsw.com.au
0412 339 288

Sport & recreation WESTERN NSW



RIDING FOR THE DISABLED ASSOC (NSW)

www.rdansw.org.au

Providing equine assisted activities for people with disability.
All ages (kids, teens, adults).

BATHURST:

bathurst@rdansw.org.au

0419 090 207

FORBES:

forbes@rdansw.org.au

0408162261

MUDGEE:

mudgee@rdansw.org.au

0407 288 070

ORANGE:

orange@rdansw.org.au

02 6365 1104

Sport & recreation

WESTERN NSW



PICKLEBALL AUSTRALIA

www.pickleballaus.org

Small court dimensions, modified equipment and a focus on fun, make Pickleball suitable for a wide range of skill levels, ages and abilities.



BATHURST PICKLEBALL

- Social Pickleball and Pickleball competitions
- Bathurst: 261 Durham Street
- All ages

www.bathursttenniscentre.com.au/pickleball/

0431 354 480



LOVE PICKLE CLUB - ORANGE

- Introductory classes, and Pickle & Play Social – Members' Smash Bash!
- Orange: 61-89 Warrendine St
- All ages

www.lovepicklecluborange.com.au

info@lovepickleclub.com.au

02 8633 8899



PCYC PICKLEBALL

- Casual and competition
- Mudgee, Orange, Parkes & Wellington
- All ages

www.pycnsw.org.au/activities/sport-and-recreation/pickelball

See pages 8-9 for contacts



DUBBO PICKLEBALL

- Social and competition play, Come n try nights
- Dubbo: 163 Sheraton Rd
- All ages

www.dubbosportsworld.com.au/sports

dubbospickleball@gmail.com

02 6884 0123

Sport & recreation

WESTERN NSW



www.wsnsw.org.au

WHEELCHAIR BASKETBALL

Weekly Come and Try:

- Cowra - Cowra High School.
Mondays 4:00pm - 5:30pm
- Dubbo - PCYC Dubbo. Mondays
5:30pm - 7:30pm
- Orange - Canobolas Rural
Technology High School.
Thursdays 6:00pm - 7:30pm
- Parkes - PCYC Parkes. Tuesdays
(fortnightly) 4:00pm - 5:30pm
- All ages

www.wsnsw.org.au/play-sport/wheelchair-basketball

Martam@wsnsw.org.au

0408 358 605

JUNIOR WHEELIES CAMPS

- Everyone who comes along will have the chance to try different wheelchair sports, learn some skills and meet new friends.
- Central Coast, Sydney
- Ages 6-18 years

www.wsnsw.org.au/our-programs/junior-wheelies-camps

darcyh@wsnsw.org.au

0423 738 825

WHEELCHAIR TENNIS

- Weekly training clubs - no experience is necessary and we will provide you with equipment.
- Orange Indoor Tennis Club,
Orange
- All ages

<https://www.wsnsw.org.au/play-sport/wheelchair-tennis>

meekev@wsnsw.org.au

0451 309 583

ADAPTIVE LAWN BOWLS

- People with a physical disability can participate equally with able-bodied competitors
- All NSW
- All ages (depending on club)

www.wsnsw.org.au/play-sport/adaptive-lawn-bowls

meekev@wsnsw.org.au

0451 309 583



WHEELCHAIR BASKETBALL DUBBO

PCYC Dubbo

Erskine St &, Darling St, Dubbo

- ✓ Free weekly training
- ✓ Equipment and coaching provided
- ✓ All ages and experiences welcome
- ✓ Opportunity to build skills and community

Every Monday
during
school term
5.30pm - 7.30pm



For more information contact
Sports Coordinator Marta Myhill
E: Martam@wsnsw.org.au
P: 0408 358 605



Funded by the
Australian Government Department of Social Services

Peak disability sport organisations

NATIONAL



BLIND SPORTS & RECREATION NSW & ACT

- NSW & ACT sporting organisation for community members with blindness and low vision.
- All ages (depending on club)

www.blindsportsnsw.com.au

info@blindsportsnsw.com.au

0478 177 842



DEAF SPORTS AUSTRALIA

- Facilitates and supports the participation of D/deaf & hard of hearing Australians in all levels of sport
- National
- All ages (depending on club)

www.deafsports.org.au

info@deafsports.org.au

03 9473 1191



DISABILITY SPORTS AUSTRALIA

- Abilities Unleashed events provide people with disability the opportunity to try a range of sports and recreational activities
- National
- All ages (depending on club)

www.activateinclusion.com.au

aisd@sports.org.au

02 8763 1223



SPORT 4 ALL

- Giving community sport clubs and schools the support and skills to include people with disability
- National
- All ages (depending on club)

www.sport4all.com.au

info@sport4all.com.au



Delivering the NDIS in your community

Social Futures is your National Disability Insurance Scheme (NDIS) partner.

We support people with disability to access the NDIS and provide local area coordination (LAC) support coordination services throughout regional NSW.

HOW DO I CONNECT?

LAC Hotline

1800 522 679

socialfutures@ndis.gov.au

LAC office locations

Ballina | Bathurst | Broken Hill | Dubbo | Gosford
Grafton | Lismore | Orange | Tweed Heads South
Wyong

Join us on



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