



**Hobsons Bay**  
CITY COUNCIL

## **Services and information for people with disabilities – large print version.**

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**This directory is an initiative of the MetroAccess  
Program, a partnership between local government  
and the Department of Human Services Victoria –  
Building Inclusive Communities. June 2006**

# Advocacy, legal and financial

## **Action for Community Living**

179 High Street, Northcote 3070

Advocates for people with all 'types' of disability. They do individual and systemic advocacy.

Phone – 9489 2999

[www.advocacyhouse.org/acl/](http://www.advocacyhouse.org/acl/)

## **Action on Disability within Ethnic Communities (ADEC)**

175 Plenty Road, Preston 3072

Represents people from different ethnic communities with a disability, and their carers. Provides advocacy, information, referral, education, training and consultancy.

Phone – 9480 1666

Toll free – 1800 626 078

[www.adec.org.au](http://www.adec.org.au)

## **Action for More Independence & Dignity in Accommodation (AMIDA)**

1<sup>st</sup> Floor, Ross House, 247 Flinders Lane, Melbourne 3000

Provides information and advocacy on housing needs of people with disabilities, including tenants' rights and better access to public housing.

Phone – 9650 2722

[www.amida.infoxchange.net.au](http://www.amida.infoxchange.net.au)

## **Centrelink**

Provides income support, assessment, referral and advice for people with disabilities and their carers. Trained staff include Disability Services Officers, social workers and psychologists. Information can also be obtained in a number of languages other than English.

People with disabilities and carers – 132 717

TTY – 1800 000 567

[www.centrelink.gov.au](http://www.centrelink.gov.au)

## **Citizens Advocacy Western Region**

17 Sun Crescent, Sunshine 3020

Promotes the rights and protects the interests of people with an intellectual disability. Information and referral also provided.

Phone - 9311 1182

[citadvoc@reflex-admin.com.au](mailto:citadvoc@reflex-admin.com.au)

## **Disability Discrimination Legal Service**

2<sup>nd</sup> Floor, 289 Barkly Street, Footscray 3011

Specialises in legal advice about disability discrimination matters. By appointment only.

Phone – 9689 8011

TTY – 9689 8066

[www.ddls.org.au](http://www.ddls.org.au)

### **Disability Employment Action Centre (DEAC)**

Level 8, 55 Swanston Street, Melbourne 3000

Provides advocacy, research, education and training and employment services. Advocacy is both individual, for people experiencing discrimination in education, employment or training, and systemic.

Phone – 9650 2533

TTY – 9650 9229

Free call – 1800 332 265

[www.deac.org.au](http://www.deac.org.au)

### **Disability Rights Victoria**

Disability Resources Centre, 266 Johnston Street, Abbotsford 3067

Provides individual advocacy, information and support to adults with physical and multiple disability via a network of advocates located across Victoria.

Phone – 9417 3211

[www.advocacyhouse.org/drv/](http://www.advocacyhouse.org/drv/)

### **Equal Opportunity Commission – Victoria**

Level 3, 380 Lonsdale Street, Melbourne 3000

Helps resolve complaints of discrimination by offering a confidential, free and impartial service that aims to achieve mutual agreement.

Phone – 9281 7111

TTY – 9281 7110

Toll free – 1800 134 142

[www.eoc.vic.gov.au](http://www.eoc.vic.gov.au)

### **Guardianship List**

55 King Street, Melbourne 3000

Part of the Victorian Civil & Administrative Tribunal, its role is to protect people aged 18+ who, because of a disability, are unable to make reasonable decisions about their circumstances, person, finances or legal affairs.

Phone – 9628 9911

Freecall – 1800 133 055

[www.vcat.vic.gov.au](http://www.vcat.vic.gov.au)

### **Headway Victoria**

86 Herbert Street, Northcote 3070

Key advocacy/information service for people living with acquired brain injury that provides individual and systemic advocacy, information, referral, training, research and resourcing for ABI support groups.

Phone – 9482 2955  
Free call – 1800 817 964  
[www.headwayvictoria.org.au](http://www.headwayvictoria.org.au)

### **Human Rights and Equal Opportunity Commission (Federal)**

Level 8, Piccadilly Tower, 133 Castlereagh Street, Sydney 2000  
Handles complaints under the Disability Discrimination Act 1992.  
Complaints are made to the Commission through its central office and can be made in any language.

Phone – 02 9284 9600  
Complaints infoline – 1300 656 419  
Enquiries and publications – 1300 369 711  
TTY – 1800 620 241  
[www.humanrights.gov.au](http://www.humanrights.gov.au)

### **Migrant Resource Centre North West Region** **See information on page 7**

### **Office of the Public Advocate**

5<sup>th</sup> Floor, 436 Lonsdale Street, Melbourne 3000  
Represents the interests of Victorian people with disabilities and aims to promote their rights, dignity and strengthen their position in society. Independent of government, it can investigate and speak out about situations where people are exploited, neglected or abused. Provides information about guardianship, enduring powers of attorney and medical consent.

Phone – 9603 9500  
TTY – 9603 9529  
Toll free – 1800 136 829  
[www.publicadvocate.vic.gov.au](http://www.publicadvocate.vic.gov.au)

### **Residents for Access, Mobility and Participation (RAMP)**

Outlets Co-operative  
43 Mason Street, Newport 3015  
Advocacy group made up of people with a disability, their carers and family members and any other people with an interest in access issues and a wish to have a voice on issues relating to accessing services, employment and transport. Their aim is to make positive changes for all Hobsons Bay residents.

Phone – 9391 8504  
Email - [outlets@vicnet.net.au](mailto:outlets@vicnet.net.au)

### **Victoria Legal Aid**

350 Queen St, Melbourne 3000

A free copy of 'Using Disability Discrimination Law : A booklet for people with disabilities' can be downloaded from the website or obtained by ringing the office.

Phone – 9269 0243

Free call – 1800 677 402

[www.legalaid.vic.gov.au](http://www.legalaid.vic.gov.au)

### **Victorian Network on Recreation and Disability (VICNORD)**

179 High Street, Northcote 3070

Provides information and systemic advocacy about recreation, sport, physical activity, tourism and the arts. Vicnord also has an activities database of information about inclusive sport and recreation.

Phone – 9489 2999

TTY – 9489 1179

[www.advocacyhouse.org/vicnord/](http://www.advocacyhouse.org/vicnord/)

### **Villamanta Legal Service Inc.**

44 Bellerine Street, Geelong 3220

Works only on disability related legal issues, with a focus on the issues of people who have an intellectual disability. Provides a free telephone information, advice and referral service to people with a disability, casework on disability related legal issues, community education, policy and law reform and sells some publications on disability rights issues.

Phone – 5229 2925

Free call - 1800 014 111

TTY – 1800 014 333

[www.villamanta.org.au](http://www.villamanta.org.au)

### **Western Region Client Network**

Maidstone Community Centre, 21 Yardley Street, Maidstone 3012

Network of people from day programs and self advocacy groups in the Western Region that meets monthly at the Maidstone Community Centre to build their advocacy skills and provide a stronger client voice in the Region.

Phone – 9416 4003 (VALID Inc.) or 8311 4072 (Activate Communities)

[www.valid.org.au](http://www.valid.org.au)

### **Western Region Disability Network**

81 Cowper St, Footscray 3011

Has two main areas of interest:

- information sharing and networking
- regional disability service planning.

Members include people with disabilities, their families and carers, self help groups, service providers, disability advocates, government representatives and other people with an interest in disability issues in

the Western Region. It also manages the Disability Connections web site and sends out a regular newsletter. Membership is free.

Phone – 9687 7066

[www.disabilityconnections.org.au](http://www.disabilityconnections.org.au)

## **Culturally diverse and Aboriginal and Torres Strait Islander people**

### **Action on Disability within Ethnic Communities (ADEC)**

**See information on page 2**

### **Arabic Speaking Association for People with Disabilities**

271 Mahoneys Rd, Reservoir 3073

Self help group for Arabic speaking people, from any nationality or religion, with disabilities and their families. Offers support groups, referral, help with integration at school and respite activities – outings, camping etc.

Phone – 9359 3585

### **AGAPI Care**

PO Box 66, Northcote 3070

Provides an information and referral service and overnight respite for people with disabilities aged 16-65 at its centres in Oakleigh and Preston, 6 beds at each.

Phone – 9416 9768

[www.netspace.net.au/~agapi](http://www.netspace.net.au/~agapi)

### **Care Connect Ltd.**

Ground Floor, 75 Moreland Street, Footscray 3011

Provides a number of flexible respite packages for Vietnamese adults with intellectual, physical or sensory disabilities, aged 18-64 years, who live in the western suburbs with a carer. There is also a program for younger people 18-30 which meets once a month as a group

Phone – 9362 8000, ask for the Disability Intake Worker

[www.careconnect.org.au](http://www.careconnect.org.au)

### **Centacare**

3 Wingfield St, Footscray 3011

Provides a range of family support services to Vietnamese families who have a child with a disability (up to 18 years old).

Phone - 9689 3888

[www.catholicwelfare.com.au/contacts/VIC.asp](http://www.catholicwelfare.com.au/contacts/VIC.asp)

### **Indigenous Gathering Place**

200 Rosamond Road, Maribyrnong 3032

A key Indigenous organisation in the Western Region that provides a broad range of services to Aboriginal people across all age groups. These include health promotion and information, referral to other services, HACCC assessments and links to mainstream agencies including local Councils.

Phone – 9318 7855

[gplace2@bigpond.net.au](mailto:gplace2@bigpond.net.au)

### **Mackillop Family Services (Parent to Parent West)**

9 Victoria Street, Footscray 3011

Provides a parent support group for Vietnamese parents with a child with a disability that meets each Thursday from 10.30-12.30 at the Maribyrnong Community Centre.

Phone – 9689 4799

[parent2parent@mackillop.org.au](mailto:parent2parent@mackillop.org.au)

### **Migrant Resource Centre North West Region (NWMRC)**

45 Main Road West, St Albans 3021

Undertakes community development work, systemic and individual advocacy in partnership with people with disabilities from ethnic communities living in the Western Region. It also runs the Disability & Diversity Program which helps people with disabilities come together and develop self help support groups.

Phone – 9367 6044 [www.mrcnorthwest.org.au](http://www.mrcnorthwest.org.au)

### **Migrant Resource Centre Westgate Region**

78-82 Second Avenue, Altona North 3025

A self help group of people with disabilities and their families meets at the centre each Saturday.

Phone – 9391 3355

[info@wmrc.org.au](mailto:info@wmrc.org.au)

### **Spanish Latin American Welfare Centre (CELAS)**

209 Nicholson St, Footscray 3011

Provides information, referral, counselling and support services to the Spanish speaking community, including people and families with a disability. Programs include Friendly Visiting, Family Wellness, activities for young people and employment consultancy.

Phone – 9687 0181

[www.celas.org.au](http://www.celas.org.au)

### **Victorian Aboriginal Community Controlled Health Organisation (VACCHO)**

5-7 Smith Street, Fitzroy 3065

A collective of Aboriginal community controlled health organisations around Victoria that provides strategic planning and advocacy to improve

the health of Victorian Aboriginal people. Member services located within metropolitan Melbourne include:

**Aboriginal Community Elders Services**

5 Parkview Av, E Brunswick 3057 - 9393 4244

**Bunurong Medical Centre**

PO Box 683, Dandenong 3175 - 9794 5973

**Ngwala Willumbong**

93 Wellington St, St Kilda 3182 - 9501 3233

**Victorian Aboriginal Health Service**

186 Nicholson St, Fitzroy 3065 - 9419 3000

Phone – 9419 3350

[www.vaccho.org.au](http://www.vaccho.org.au)

**Victorian Arabic Social Services**

16 Oxford Street, Newport 3015

Information, support and referral services to people from an Arabic speaking background.

Phone – 9391 0195

[www.vass.org.au](http://www.vass.org.au)

## **Education, employment and information technology**

### **Adult Training & Support Services (ATSS) funded by Department of Human Services**

Programs for people with intellectual and physical disabilities including vocational training, independent living skills and recreational activities. Services are located at various locations across the region and access to a service is based on assessment, the interests of the individual, vacancies available and priority of need. This is managed by Central Intake & Referral, co-ordinated by the Department of Human Services. For more information ring 1800 783 783 (Freecall).

#### **Some local ATSSs include:**

**Scope's Chis-Ion Centre**

175 Mitchell St, Maidstone 3012

9317 0433

**Mambourin Enterprises**

130 Queen Street, Altona 3018

9398 4022

**Macey Heights**

45 Macey Avenue, Avondale Heights 3034

9318 6751

**Artlife Program**

45 Moreland St, Footscray 3011  
9362 8804  
**David House**  
Little David St, Yarraville 3012  
9314 0988

### **Commonwealth Rehabilitation Services – CRS Australia**

Offices in Footscray & Werribee.

CRS Australia delivers rehabilitation services to Australian citizens or residents who have an injury, disability or health condition so that they can get a job or return to their job. Eligibility criteria apply. Services are free for people receiving Centrelink income support payments.

Phone – Footscray 9362 3380, Werribee 9731 5100

Free call – 1800 624 824

TTY – 02 9242 4872

[www.crsrehab.gov.au](http://www.crsrehab.gov.au)

### **Computers and adaptive equipment**

#### **ComTEC**

705 Geelong Rd, Brooklyn 3025

Yooralla's ComTEC service helps people with communication and technology needs. Services include IT technicians, speech pathologists, occupational therapists, a wide range of adaptive equipment, individual support and training.

Phone – 9362 6111

Freecall – 1800 686 533

TTY – 9314 9001

[www.yooralla.com.au](http://www.yooralla.com.au)

#### **Green PC**

Green PC provides quality refurbished computers to people receiving Centrelink payments or on low incomes. Equipment is not free but as affordable as possible and comes with a 3 month parts and service warranty. Prices for desk top models range from \$99 - \$500 and can be browsed on the web site. Green PC also has a One Stop shop for computers and accessories at 462 Geelong Road, Footscray.

Phone – 9418 7400

[www.greenpc.com.au](http://www.greenpc.com.au)

#### **Infoxchange**

A not-for-profit company that can help people to access information technology and exchange information and ideas.

[www.infoxchange.net.au](http://www.infoxchange.net.au)

## **Libraries, Community Centres and Neighbourhood Houses**

All libraries in Hobsons Bay offer computer, internet and email access as well as free training on how to use the internet. Many computer and internet courses are also provided to people in the community through community centres and neighbourhood houses at low cost. For a brochure listing all courses and the location of libraries and centres ring 9932 1000.

## **Technical Aid to the Disabled Australia**

Access to the internet for \$5.50 per month, unlimited downloads, no set up fees, no annual fees, local calls anywhere in Australia and flexible contract period is available to people with disabilities who are in receipt of the Disability Support Pension.

Phone – (02) 6287 4290

[www.disabilityforum.org.au/page.php?id=116](http://www.disabilityforum.org.au/page.php?id=116) or

[www.tadaustconnect.org.au/Register.php](http://www.tadaustconnect.org.au/Register.php)

## **Vicnet**

Provides community internet services, information and support services to Victorian not-for-profit organizations and individuals including free internet and email training for people with limited internet access.

Phone – 8664 7001

[www.slv.vic.gov.au](http://www.slv.vic.gov.au)

## **Vision Australia**

Advice and training in adaptive technology to assist with communicating and accessing information. Options include screen readers, print enlarging software and portable notetakers as well as a help desk service.

Phone – 1300 847 466

[www.visionaustralia.org.au](http://www.visionaustralia.org.au)

## **Job Connections**

Unit 8, 8-10 Station Place, Werribee 3030

Open employment service for people with a disability including assistance in gaining jobs, interview and resume preparation, on-the-job training, job counselling and ongoing support.

Phone – 9742 7771

[www.annecto.org.au](http://www.annecto.org.au)

## **Rosamond Special School**

15 Rosamond Rd, Maidstone 3012

School for children and young people with a mild intellectual disability aged 5-18 years of age.

Phone - 9318 4511

## **Victoria University**

Equity & Social Justice Branch (Disability Services)

Victoria University provides university and TAFE courses at 11 campuses in the Western Region. The Equity & Social Justice Branch helps people with disabilities take part in all aspects of university life.

Phone – 9919 2193

TTY – 9919 2508

[www.vu.edu.au](http://www.vu.edu.au)

## **Wesley Employment Services**

154 Nicholson St, Footscray 3011

Assistance in finding open and supported employment for people aged 16+ with disabilities through job search, interview skills and training and ongoing support after placement.

Phone – 9687 0033

[www.wesley.org.au](http://www.wesley.org.au)

## **WCIG & Disability Employment Services**

151 Nicholson St, Footscray 3011

Specialist employment service that assists people with a disability, illness or injury to find employment through help in setting goals, preparing for interview, wage subsidies etc.

Phone – 9689 3437

[www.wcig.org.au](http://www.wcig.org.au)

## **WISE Employment**

98 Abbotsford Street, West Melbourne 3003

20 Hall Street, Newport 3015

The West Melbourne office provides help to people with disabilities aged 16-65 to find and keep a job. Services include interview and resume preparation, job search and ongoing support after placement. The Newport office is a generic agency but also assists people with disabilities.

Phone – 9326 6075 (Newport – 9391 0755)

TTY – 9326 6658

[www.wiseemployment.com.au](http://www.wiseemployment.com.au)

## **Yarraville Special Developmental School**

117 Blackwood St, Yarraville 3013

School for children and young people with a moderate to severe intellectual disability aged 5-21 years of age.

Phone – 9314 4919

# Health and well being

## **Carer Counselling Program Victoria**

Level 1, 37 Albert Street, Footscray 3011

Short term counselling to carers that can be face to face, by telephone, in a group or couple. There is a cost but no one will be refused access because of an inability to pay. Referrals are usually made through a GP or support worker, or you can self refer.

Phone – 9396 9500

Freecall - 1800 242 636

TTY – 9396 9587

[www.carersvic.org.au/InfoSupport/Counselling.htm](http://www.carersvic.org.au/InfoSupport/Counselling.htm)

## **Early Childhood Intervention Programs**

Services to families who have a child (aged between 0-6 years) with a developmental delay or disability, including assessment, information, speech therapy and support to access pre-school and childcare services. Contact the Department of Human Services, Disability Specialist Children's Services Intake Line on 9275 7500. There may be waiting lists and it is essential to register as soon as possible.

## **ISIS Primary Care**

330 Queen Street, Altona Meadows 3028

Services for people with a disability and older people including physiotherapy, dieticians, podiatry, community health and rehabilitation. Also provide case management, activity groups, social support and information services for people with Acquired Brain Injury and Linkages packages for young people with disabilities.

Phone – 9360 7555

[www.isispc.com.au](http://www.isispc.com.au)

## **Orygen**

35 Poplar Road, Parkville 3052

Mental health service for young people aged 15-24 years that is focused on early intervention and includes working with and supporting family members and significant others. Services are time limited, usually 18 months.

Phone – 9342 2800

Triage Freecall -1800 888 320

[www.orygen.org.au](http://www.orygen.org.au)

## **Royal Melbourne Hospital**

34-54 Poplar Rd, Parkville 3052

Services for people with disabilities and older people to help them do everyday tasks as normally and safely as possible. Services include

assessment, inpatient rehabilitation and a number of specialist clinics including pain management, falls & balance, amputees etc.

Phone – 8387 2000

[www.mh.org.au](http://www.mh.org.au)

### **Western Region Outreach Service**

60 Droop Street Footscray 3011

Offers a non-clinical, home based psychosocial rehabilitation support service to people with a diagnosed mental illness with the aim of linking people back to their community.

Phone – 8379 9400

[www.wrhc.com.au](http://www.wrhc.com.au)

### **Women's Health West**

317 Barkly Street, Footscray 3011

Works to meet the social, emotional and physical health needs of all women in the Western Region including women with disabilities. A program for isolated women with disabilities runs from the Laverton Community centre.

Phone – 9689 9588

[www.whwest.org.au](http://www.whwest.org.au)

## **Housing and accommodation**

**Action for More Independence & Dignity in Accommodation (AMIDA)**  
See information on page 2

### **Aids and Equipment Program (A&EP)**

Helps permanent Victorian residents with a long term or permanent disability to access a range of subsidised aids, equipment and home modifications so that they can continue to live safely in their own homes. Application forms can be obtained from the A&EP provider who will arrange an assessment. The nearest provider is at Sunshine Hospital – 8345 1529. Or for information ring Department of Human Services on 1800 783 783 (Freecall) or go to [www.dhs.vic.gov.au/disability](http://www.dhs.vic.gov.au/disability).

### **Community Residential Units (CRU)**

Supported accommodation for people with intellectual and physical disabilities will usually have 5 residents sharing a house in a suburban setting with full time support staff to assist residents. Access to CRUs is through Central Intake and Referral and is based on assessment, available vacancies and priority of need. For more information ring 1800 783 783 (Freecall).

## **Electra Street Community (Richmond Fellowship of Victoria)**

47 Electra St, Williamstown 3016

A residential, community based rehabilitation program for 10 people from the Western suburbs aged 20-35 with a diagnosed mental illness. Residents can stay for up to 3 years.

Phone – 9397 1028

[www.rfv.org.au](http://www.rfv.org.au)

## **Home and community based programs**

### **Department of Human Services**

A range of programs to help people to live independently in their own homes. Access is through Central Intake and Referral, co-ordinated by DHS, and is based on assessment, available vacancies and priority of need.

- The HomeFirst Program can provide up to 34 hours of in home and community based services per week.
- The Outreach Support Program can provide up to 15 hours per week of home or community based support on a short/long/ongoing basis with priority to people at risk or whose circumstances have changed.

For more information ring 1800 783 783 (Freecall).

**Hobsons Bay City Council** provides a range of home support services through the Home and Community Care Program to people with disabilities. Services include domestic support and personal care.

Phone – 9932 1000

After hours for emergency – 9236 0550

[www.hobsonsbay.vic.gov.au](http://www.hobsonsbay.vic.gov.au)

### **Home Renovation Service**

A free home inspection and advisory service for people aged 60+, people with disabilities and people caring permanently for a person with a disability in receipt of the aged or disability support pension. Low interest loans up to \$20,000 may be available where there are health or safety concerns.

Phone – 9815 1900

### **Independent Living Centre (Yooralla)**

705 Geelong Rd, Brooklyn 3025

Displays and provides information about a wide range of equipment and aids for daily living and where these can be purchased. An advisory service and an equipment library are also provided. Free to visit, individual 90 minute consultations cost \$30, \$15 concession.

Phone – 9362 6111

Freecall - 1800 686 533

TTY – 9314 9001  
[www.yooralla.com.au/ilc.php](http://www.yooralla.com.au/ilc.php)

### **Melbourne City Mission – Western**

214 Nicholson St, Footscray 3011

Provides an Outreach Service, assisting people with disabilities to live independently in the community through support with personal care and independent living skills.

Phone – Outreach worker  
9687 4997

[www.melbournecitymission.org.au/disability2/htm](http://www.melbournecitymission.org.au/disability2/htm)

### **Office of Housing**

Public housing assistance and tenancy management services. The office nearest to Hobsons Bay is at 21 Victoria Street Footscray 3011.

Phone 9689 2311.

### **Supported Accommodation Service (SRS)**

SRSs are private businesses, registered by the State government, that provide a range of accommodation and personal care services to people who need help with everyday living, including people with disabilities. Contact the SRS directly or ring DHS Central Intake and Referral on 1800 783 783 (Freecall). The closest SRSs to Hobsons Bay are:

#### **Footscray House**

633 Barkly Street, Footscray 9687 0992

#### **Western Lodge**

161 Gordon Street, Footscray 9396 1392

#### **Heathglen Lodge**

2 Glendale Court, Werribee 9748 6600

### **Telstra Disability Hotline**

Installs devices for people with disabilities and provides information on the location of TTY public payphones. Specialised equipment for people with disabilities includes TTY, cordless telephone with large buttons and a big button multipurpose telephone which can be used as a speaker or voice aid phone that has the capacity to turn up the voice and ring tones. Charges may apply. For information ring 1800 068 424

## **Recreation and activity - activities**

### **Athletics**

#### **Williamstown Amateur Athletics Club**

Newport Park Athletics Track, The Strand, Newport 3015 (Melways 56, B4)

Newport Park has good wheelchair access with open space and accessibility to the track. The Club is investigating opportunities for

people with disabilities and welcomes interested members to join their programs.

Phone – 0418 101 162

## **Badminton**

### **Western Suburbs Badminton Association**

Altona Badminton Stadium, Paisley Park, Mason Street, Altona East 3025

The Altona Badminton Stadium is wheelchair accessible and has accessible toilet facilities.

Phone – 9391 0880

[wfba@bigpond.com](mailto:wfba@bigpond.com)

## **Basketball**

### **Altona Bay Basketball Association**

Queen St, Altona Meadows 3028

The Altona Sports Complex is wheelchair accessible and has accessible toilet facilities.

Phone – 9360 9288

[altsport@bigpond.com](mailto:altsport@bigpond.com)

## **Wheelchair Basketball**

Wheelchair Sports Victoria hosts two domestic competitions in Melbourne at Coburg and Knox. Players of all levels are most welcome to play.

Phone – 9473 0133

[www.wsv.org.au](http://www.wsv.org.au)

## **Bowling**

### **Altona Bowling Club Incorporated**

113 Civic Pde, Altona 3018

The Club encourages people with a disability interested in lawn bowls to give the game a try. One court has an artificial surface so that people in wheelchairs can play and accessible toilet facilities are available.

Phone – 9398 1407

## **Camps**

### **People Outdoors**

An organisation that provides recreation programs for people with disabilities aged 6-65 years.

Phone – 9350 5116

[www.peopleoutdoors.cav.asn.au](http://www.peopleoutdoors.cav.asn.au)

## **Cricket**

### **Barwon Disability Cricket League (through Leisure Networks)**

The Barwon Disability Cricket League caters for people with a disability who wish to play cricket. Werribee Cricket Club is part of this competition.

Phone – 5222 3911

[www.leisurenetworks.org](http://www.leisurenetworks.org)

### **Westgate Sports Centre**

Cnr Grieve Pde & Dohertys Rd, Altona North 3025

Wheelchair access to cricket and soccer courts. Coaches available.

Phone – 9369 6888

### **Cycling and walking**

#### **Hobsons Bay Coastal Trail**

A 23km bike/walking trail begins at the Westgate Bridge in Spotswood and finishes at the Skeleton Creek track in Altona Meadows. The path travels along the foreshore, through coastal wetlands and historic Williamstown. Most of the track, except at Point Gellibrand, is at least 2 metres wide and sealed in concrete or asphalt. To obtain the map, People, Piers & Pelicans', contact Hobsons Bay City Council on 9932 1000.

### **Handcycling - Melton Cycling Club**

Handcycling allows individuals with many different abilities to get involved in cycling. The Club has access to a purpose built cycling track at Macphersons Park in Melton and are recruiting new members to learn and be involved in recreational handcycling and competition.

Phone – President 0419 521 498

[www.meltoncyclingclub.com.au](http://www.meltoncyclingclub.com.au)

### **Equipment**

#### **Achievable Concepts**

A private company that sells adapted recreation equipment for people with disabilities.

Phone – 9370 0217

[www.achievableconcepts.com.au](http://www.achievableconcepts.com.au)

### **Fishing**

#### **“The Warmies”, The Strand, Newport**

The warm waters that come from the Newport Power Station attract large numbers of fish to this popular location. Access to this area is good with plenty of parking, two piers and accessible toilets. Melways 56, C5.

### **Football**

#### **Western Jets**

Western Jets is part of Football Victoria and can provide information about inclusive football and Auskick programs with clubs and schools throughout the Western Region, including Hobsons Bay.

Phone – 9390 0611  
[jbatty@westernjets.asa.au](mailto:jbatty@westernjets.asa.au)

### **Guides Victoria**

**Guides Victoria** are very welcoming of girls with disabilities being intergrated into units throughout Victoria.

Phone – 9842 7847 – Disability Support Consultant  
[www.guidesvic.org.au](http://www.guidesvic.org.au)

### **Gym & Fitness**

#### **Westgate Health Club**

Cnr Grieve Pde & Dohertys Rd, Altona North 3025

Accessible facility with programs tailored to individual needs. The centre also specialises in rehabilitation programs.

Phone – 9369 6622

#### **Lifestyle Fitness Centre**

Cnr North Rd & The Strand, Newport 3015

Wheelchair access to facility and gymnasium, with accessible toilet.

Individual gym programs are available. The complex also offers Lifestyle for kids programs, with good accessibility.

Phone – 9399 1100

Phone – 9399 1136 Lifestyle for Kids

#### **Altona Swim Centre**

Mason Street, Altona North 3025

Wheelchair access to facility and gymnasium, with accessible toilet.

Individual gym programs are available.

Phone – 9932 2170

#### **South Kingsville Community Centre**

43 Paxton St, Sth Kingsville 3015

Active Sport & Recreation Disability Program – includes golf, swimming, ten pin bowling and occurs every 2<sup>nd</sup> Saturday between 9.30am to 1.30pm.

Kid's/Teen Art & Exercise Program - a range of activities for children/teenagers with multiple disabilities, every 3<sup>rd</sup> Saturday.

Phone – 9399 3000

### **Horse riding**

#### **Riding for the Disabled Association Victoria**

Offers classes at a number of locations (South Melbourne is closest), days and times for people with disabilities aged 4-90 years. Annual registration which includes insurance and coaching is \$50.

Phone – 9752 9044

[www.rdav.asn.au](http://www.rdav.asn.au)

## **Movies**

### **Sun Theatre**

8 Ballarat Street, Yarraville 3012

Accessible toilet and wheelchair access to all cinemas except the Lyric.

Companion Card affiliated.

Phone – 9362 0999

[www.suntheatre.com.au](http://www.suntheatre.com.au)

## **Music, dance and multimedia**

### **Club Wild**

Provides a program of music, dance and multimedia events for people with disabilities as well as training and workshops that include DJing, making videos, band performance and event management.

Phone – 9459 4601

[www.clubwild.net](http://www.clubwild.net)

## **Netball**

### **Altona Netball Association**

Queen St, Altona Meadows 3028

Contact the Association for details concerning competition programs for juniors and seniors and Clubs that provide inclusive programs

Phone – 9360 9288

[altsport@bigpond.com.au](mailto:altsport@bigpond.com.au)

## **Sailing**

### **Royal Yacht Club of Victoria**

120 Nelson Place, Williamstown 3016

Sailing programs for people with disabilities can be arranged on request. Specialised boats and hoists can be organised through Yachting Victoria to assist with training.

Phone – 0411 314 687

[bartley@nex.net.au](mailto:bartley@nex.net.au)

## **Scouts**

**Scouts Australia** have 2 groups in Melbourne that run very active programs for young people with disabilities, 6<sup>th</sup> Camberwell North and 4<sup>th</sup> Frankston. Leaders of these groups also support other groups who have members with disabilities.

Phone – 9786 8996 Branch Commissioner – Special Needs

[www.vicscouts.asn.au/Disabilities/](http://www.vicscouts.asn.au/Disabilities/)

## **Scuba Diving and Snorkelling**

### **Aquability**

16 Balcombe Rd, Mentone 3195

Aquability offers disability specific snorkelling and scuba diving training. The courses are adapted to individual needs. The group can also provide stable, non slip beach access, "all weather" wheel chairs, lifting aids, qualified staff for consultation, or to lend a hand and specialised equipment, such as dry snorkels.

Phone - 9585 7277 [www.aquability.com.au](http://www.aquability.com.au)

## **Swimming**

### **Altona Leisure Centre**

Mason Street, Altona East 3025

Wheelchair access to pool and gymnasium areas but no hoist is available. (Swimming sessions for people with psychiatric illness are provided at the Centre by ISIS Primary Care, ring 8368 3027 for details)

Phone - 9932 2170

### **Laverton Swim Centre**

Jennings Street, Laverton 3028

There is wheelchair access to the centre and an operable pool hoist to assist people with disabilities. Private swimming lessons are available.

Phone – 9360 0318

## **Ten Pin Bowling**

### **Oz Ten Pin Entertainment**

216-230 Blackshaws Road, Altona North 3025

Oz Ten Pin has excellent access to the building, ramps to all of the bowling alleys and frames that assist with bowling the ball. The Centre plans to develop a junior competition with local special developmental schools.

Phone – 9391 9564

## **Tennis**

### **Westgate Indoor Tennis**

Cnr Grieve Pde & Dohertys Rd, Altona North 3025

Wheelchair Accessible. Courts available for hire.

Phone – 9369 2311

### **Laverton Park Tennis Club**

Merton Street, Laverton 3028

Wheelchair access to courts. Limited access to Club House. Full range of programs and coaching available.

Phone – 9398 2339

### **Kingsville Tennis Club**

Hansen Reserve, Wattle Street, Footscray West 3012

A community tennis club offering professional tennis coaching, social and competition tennis opportunities and programs for people with

psychiatric or intellectual disabilities. Wheelchair program and coaching available.

Phone – President - 9944 5693, Disability Programs - 0417 314 943

### **Liston Tennis Cub**

Commonwealth Reserve, Nelson Place, Williamstown 3016

The club facility has been recently refurbished, offers wheelchair access to the clubrooms and the majority of courts and male and female accessible toilets are available. Tennis players of all abilities are welcome to become active members of the club.

Phone – 0439 018 199

### **Volunteering**

#### **Volunteer West**

130 Buckley St, Footscray 3011

Information about how to become a volunteer. Office is open Monday to Wednesday, from 10.00am to 2.00pm.

Phone – 9687 7661

[volunteer@westernvrc.org.au](mailto:volunteer@westernvrc.org.au)

### **Walking**

#### **Hobsons Bay Coastal Trail**

**See information under cycling and walking, Page 19**

### **Yoga/TaiChi/Pilates**

There are many community centres and private facilities that offer these activities. Ring 9932 1000 for a brochure with the contact details for all Community Centres and Neighbourhood Houses in the City of Hobsons Bay.

## **Recreation and activity - services**

### **Amaroo** (Richmond Fellowship Victoria)

97-99 Osborne Street, Williamstown 3016

A structured day program and outreach service for people with mental health issues. Helps people develop their skills, self awareness and social networks. Programs include structured groups, activities and drop in and home based outreach.

Phone – 9397 2709

[www.rfv.org.au](http://www.rfv.org.au)

### **Companion Card**

A wallet sized card issued to people with a significant and permanent disability who need a companion/carer to access a venue or facility.

Card holders buy their own ticket and their companion enters free at affiliated venues.

Phone – 1800 650 611

TTY – 1800 898 888

National Relay Service – 13 36 77

Speech to Speech Relay Service – 1300 555 727

[www.companioncard.org.au](http://www.companioncard.org.au)

### **Entertainment Access (EASE)**

24 Eastern Road, South Melbourne 3205

Provides people with a disability who are members with low cost or free tickets, a specialised seating service and information about current arts, recreation and other cultural events. Individual membership \$25 per year, group membership \$35.

Phone – 9699 8497

TTY – 9699 7636

[www.artsaccess.com.au](http://www.artsaccess.com.au)

### **Hobsons Bay City Council**

115 Civic Parade, Altona 3018

#### **Access All Abilities (AAA) Program**

Hobsons Bay City Council works with clubs and groups to increase local sport and recreation options for people with disabilities. For more information ring the AAA worker on 9932 1000.

#### **Youth Services**

Three programs specifically for young people with mild to moderate support needs are run by Hobsons Bay Youth Services:

**Great Breaks** - annual overnight camp for people aged 10-14 years

**Be Yourself** – holiday programs for 12-17 year olds.

**Expand** – holiday programs for people aged 18-25.

Once a month on a Saturday activities are run that include people from all 3 programs. To find out more ring 9932 3000.

### **Hobsons Bay's Community Centres and Neighbourhood Houses**

A network of Community Centres and Neighbourhood Houses is located across Hobsons Bay and offers a range of recreation and learning programs. Some programs are specifically for people with a disability, but everyone is welcome and encouraged to participate in programs. Each year a brochure listing all programs at all centres is printed. To get a copy, ring 9932 1000.

### **Noah's Ark**

Helps children with disabilities aged 0-6 to attend child care centres, family day care schemes, out of school hours and holiday programs. Referrals to Inclusion & Support Facilitators are usually made by the childcare provider.

Phone (Werribee) – 8742 9777

[www.noahsarkinc.org.au](http://www.noahsarkinc.org.au)

## **Victorian Network on Recreation and Disability (VICNORD)**

**See information on page 5**

### **Wheelchair Sports Victoria**

2 Bloomburg St, Abbotsford 3067

Provides a range of activities and opportunities for people in a wheelchair including as a participant, coach, official, volunteer or supporter. Sports covered include basketball, tennis, rugby, swimming, lawn bowls, shooting and athletics

Phone – 9473 0133

[www.wsv.org.au](http://www.wsv.org.au)

### **Yooralla Recreation Services**

Helps people with disabilities to access recreation programs. These can be one-on-one activities, fortnightly weekend programs and occasional camps.

Phone – 9916 5800

[www.yooralla.com.au](http://www.yooralla.com.au)

### **YMCA Western Leisure Care**

Cnr Essex & Market Streets, Footscray West 3012

Recreation programs for people aged 0-65 with a physical, sensory or intellectual disability living with a voluntary carer.

Phone – 9689 1322 [wlc@ymca.org.au](mailto:wlc@ymca.org.au)

## **Respite and family support**

### **Abercare Family Services**

25 Norwood Crescent, Moonee Ponds 3039

Provides a range of support services for people with an intellectual disability or developmental delay aged 0-18 years of age including short term respite.

Phone – 9373 3800

[www.baptcare.com.au](http://www.baptcare.com.au)

### **Annecto – the people network**

81 Cowper St, Footscray 3011

Provides a range of support, respite and activity programs (Formerly called WIN Support Services.)

Free call – 1800 727 280

Phone – 9687 7066

TTY – 1800 555 677

[www.annecto.org.au](http://www.annecto.org.au)

**Care Connect Ltd.**

Ground floor, 75 Moreland Street, Footscray 3011

Assessment, case management and brokerage services for adults with a disability aged 18-65 and their carers, including respite services for people with disabilities living with their carers.

Phone – 9362 8000

[www.careconnect.org.au](http://www.careconnect.org.au)

**Carers Links West**

Level 1, 37 Albert Street, Footscray 3011

A free service providing information, support and assistance for carers in the Western Region.

Phone – 9396 9550

Freecall – 1800 059 059

[www.carersvic.org.au](http://www.carersvic.org.au)

**Commonwealth Carelink Centres**

Telephone information service about community aged care, disability and other support services.

Free call 1800 052 222

TTY – 1800 555 677 (then ask for 1800 052 222)

Speech to speech relay – 1800 555 727 (then ask for 1800 052 222)

[www.commcarelink.health.gov.au](http://www.commcarelink.health.gov.au)

**Emergency After Hours Response Service**

81 Cowper St, Footscray 3011

After hours emergency service (personal care, telephone and in home support) when most other agencies are closed, including 24 hour service over the weekend.

Free call – 1800 727 280

Phone – 9687 7066

[www.annecto.org.au](http://www.annecto.org.au)

**Facility based respite care**

A number of respite houses provide short term respite - accommodation and qualified carers in a home like environment for people with disabilities in the Western Region. Access is based on assessment, vacancies available and priority of need. Contact Central Intake & Referral, which is co-ordinated by the Department of Human Services, for more information on 1800 783 783 (Freecall).

**Extended Families Australia**

177 Glenroy Road, Glenroy 3046

Supports mature volunteers to provide regular companionship and support to a child with a disability and respite to their carer/family.

Phone – 8311 4044  
[www.extendedfamilies.org.au](http://www.extendedfamilies.org.au)

### **Gateway Social Support Options**

43 Paxton St, Sth Kingsville 3015

Helps people connect with their community through social support programs, transport to community based activities, friendly visiting and community companion programs. All services are provided by trained volunteers.

Phone – 9399 3511  
[www.gatewaysupport.org.au](http://www.gatewaysupport.org.au)

### **Hobsons Bay City Council**

115 Civic Parade, Altona 3018

Council provides a range of home support services through the Home and Community Care Program to people with disabilities and their families. Services include in-home respite, domestic support and personal care.

Programs for children such as Child Care and After School Programs can also be provided. Eligibility, service types and fees are based on assessment. Holiday programs for primary aged children operate from the Altona Meadows Community Centre, Spotswood Primary School and the Westgate Leisure Centre. Hobsons Bay Youth Services run programs for young people – Great breaks (10-14 years), Be Yourself (12-17 years) and Expand (18-25 years).

Phone – 9932 1000  
[www.hobsonsbay.vic.gov.au](http://www.hobsonsbay.vic.gov.au)

### **Interchange Western**

75 Ashley Street, Braybrook 3019

Provides respite, recreation and family support services for families with children and young adults with disabilities, as well as information and referral.

Phone – 9396 1111  
[www.interchange.org.au](http://www.interchange.org.au)

### **Mackillop Family Services**

9 Victoria Street, Footscray 3011

Provides information and a range of support programs for families caring for a family member aged up to 18 years with a disability. Services include brokerage, respite, sibling support and case management services.

Phone – 9689 4799  
[www.mackillop.org.au](http://www.mackillop.org.au)

### **Paraquad Respite House**

89 Power St, Williamstown 3016

Provides respite for people aged 16+ with physical disabilities in single or twin rooms. One room is reserved for people referred by the Multiple Sclerosis Society.

Phone – 9397 4744

[mcoombe@paraquad.asn.au](mailto:mcoombe@paraquad.asn.au)

### **Respite West**

An information web site about respite and disability in the Western Metropolitan Region of Melbourne, including the Respite Options Booklet which can be downloaded from the site. Assistance in registering, posting information or basic IT support is available from the site development worker at Carer Links West.

Phone –9396 9550

[www.respitewest.org.au](http://www.respitewest.org.au)

### **Very Special Kids**

214 Nicholson St, Footscray 3011

Supports families caring for a child with a life threatening illness, from diagnosis through to recovery or bereavement.

Phone– 9680 8222, Western Region. 9804 6222, Head Office

Free call – 1800 888 875

[www.vsk.org.au](http://www.vsk.org.au)

### **Western Respite Services**

226 Nicholson St, Footscray 3011

Richmond Fellowship provides planned (non residential) respite to people with a mental illness or psychiatric disability including group and family holidays or one-to-one support.

Phone – 9689 2766

[www.rfv.org.au](http://www.rfv.org.au)

## **Transport and mobility**

### **Disabled Motorists Association (Victoria)**

2A Station Street, Coburg 3058

Provides information to members about vehicle modifications and purchase, travel, accommodation, Disabled Person's Parking Scheme and other transport and access issues. Also provides advocacy, training and consultancy services.

Phone – 9386 0413

[www.mc2.vicnet.net.au/home/motordma/web](http://www.mc2.vicnet.net.au/home/motordma/web)

## **Disabled Person's Parking Scheme**

This statewide scheme has two categories of permit for eligible people with significant disabilities. Eligibility must be endorsed by a GP or other health professional. Application forms for residents can be obtained from Hobsons Bay City Council.

**Category 1** – entitled to park in designated parking bays for the time marked or in ordinary spaces for double the time limit.

**Category 2** – allows the holder to park in an ordinary parking space for double the time limit. Cannot be used in a parking bay designated especially for people with disabilities.

Phone – Hobsons Bay City Council, 9932 1051. VicRoads, 131 171  
[www.hobsonsbay.vic.gov.au](http://www.hobsonsbay.vic.gov.au) , [www.vicroads.vic.gov.au](http://www.vicroads.vic.gov.au)

## **Melbourne Mobility Centre**

First Floor, Federation Square Car Park

Provides hire of equipment including scooters, wheelchairs and walking frames, fully accessible toilets, wheelchair battery recharge, TTY and internet, tea and coffee, information and companion and meet and greet services. Hire charges apply.

Phone – 9650 6499

Freecall – 1800 735 266

TTY – 9650 9316

## **Mobility maps**

A number of Councils have produced mobility maps to help people with disabilities. These can be obtained by ringing the Council or on the Council web site. Some local maps include:

**Hobsons Bay City Council** has a Mobility Guide, an Easy Access Tourism Guide and a Williamstown & Hobsons Bay Official Touring Map

phone – 9932 1000

[www.hobsonsbay.vic.gov.au](http://www.hobsonsbay.vic.gov.au)

**Maribyrnong City Council** has a map covering Footscray, Seddon, Yarraville and West Footscray

phone - 9688 0200

[www.maribyrnong.vic.gov.au](http://www.maribyrnong.vic.gov.au)

**Wyndham City Council** has mobility maps covering most of the municipality

phone – 9742 0777

[www.wyndham.vic.gov.au](http://www.wyndham.vic.gov.au)

Maps 1E and 1F in the **Melways Greater Melbourne Street Directory** provide information about access and facilities for people with mobility limitations in the Melbourne CBD. Additional copies can be obtained from the City of Melbourne.

Phone – 9658 9658

[www.melbourne.vic.gov.au](http://www.melbourne.vic.gov.au)

### **Multi Purpose Taxi Program**

Provides a 50% discount on taxi fares (maximum of \$30 per trip) for permanent residents of Victoria with a permanent and severe disability that restricts their mobility and prevents them from using public transport. An application needs to be supported by a GP.

Phone – 9320 4360

Freecall 1800 638 802

[www.taxi.vic.gov.au](http://www.taxi.vic.gov.au)

### **Public transport information**

#### **Telephone:**

Metlink information, including passengers with special needs – 131 638

metlink TTY – 9619 2727

Metcard Helpline –

(TTY) 1800 652 313

V/Line information and bookings, including passengers with special needs – 136 196

V/Line TTY – 9619 2727

V/Line customer feedback – 1800 800 120

Disability assistance at Southern Cross station – 9619 2300

Companion card information – 1800 650 611

#### **Websites:**

[www.metlinkmelbourne.com.au](http://www.metlinkmelbourne.com.au)

[www.vline.com.au](http://www.vline.com.au)

[www.victrip.com.au](http://www.victrip.com.au)

[www.companioncard.org.au](http://www.companioncard.org.au)

### **RACV - Royal Automobile Club of Victoria**

#### **Emergency Wheelchair and Scooter Breakdown Service**

Assists members with an emergency wheelchair or scooter breakdown service through either roadside repair or a taxi to the destination (limits apply).

#### **Roadside assistance for deaf, hearing and speech impaired members**

RACV Members can register to call for assistance using SMS.

Phone – 131 111 (assistance) or 131 955 (membership)  
[www.racv.com.au](http://www.racv.com.au)

### **TADAS – Travellers Aid Disability Access Service**

Level 2, 169 Swanston Street, Melbourne 3000

TADAS helps independent people with disabilities who need assistance visiting the City of Melbourne in a number of ways including personal care, meeting at public transport, assistance with shopping etc.

Phone – 9654 7690, at Southern Cross railway station, 9670 2873

TTY – 9654 5412

[www.vicnet.net.au/~tadas](http://www.vicnet.net.au/~tadas)

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**Hobsons Bay**  
CITY COUNCIL