



BRINGING SPORT TO COMMUNITIES

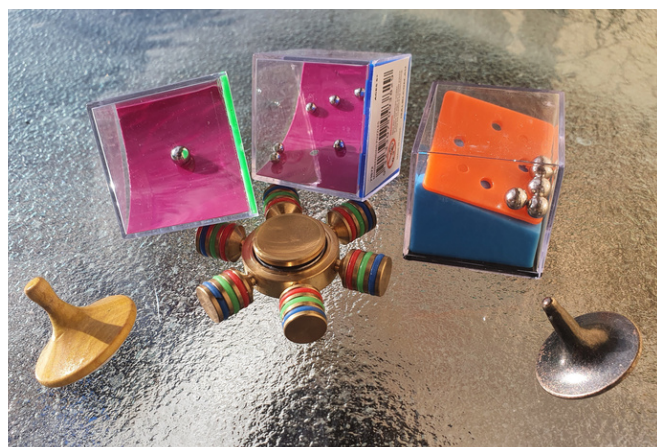


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EMMA MILANESE

This fortnight has been go, go, go!

Particularly this past week, coming up to our SportsUnited X Raptors event, everything is in full swing, all hands on deck and we are so excited for our first event of 2023! There are still a couple of tables available, so if you're free on Saturday and feel like winning some brilliant prizes, whilst showing off how smart you REALLY are - this is your opportunity! Use the QR code, or click on the link provided in the next column to purchase tickets!

Sporting Memories locations continue to thrive. Robert discusses some interesting tools that are now being used at sessions to help with engagement and inspire some small competition amongst group members and other groups!

Supporting Success has wrapped up for term 2, but planning for term 3 is well underway. One of my favourite parts of the Supporting Success program is hearing from placement students about their experiences out on site. Jasmine provides a beautiful reflection of her experience on page 3. We are extremely grateful for her, and all of our fantastic placement students and volunteers who attend our programs - we couldn't do, what we do, without them. As always, thank you so much for your ongoing support. We appreciate you!



EMMA MILANESE >

SPORTSUNITED X RAPTORS QUIZ NIGHT

Love proving how smart you are? Are you normally the smartest in the room? Or do you think you're normally the smartest in the room?

Either way, come test your knowledge at our SportsUnited X Raptors Quiz night!

In collaboration with Raptors Netball Club, we are running our first Quiz Night for 2023! It's actually our first Quiz Night with Raptors, and looking into the future, we can already see that it won't be our last! BUT you don't want to miss our first!

Gather a **table of 10**, bring your own food and drink and get on down to **Beefacres Community Hall (10 Pittwater Dr, Windsor Gardens SA 5087)** on **Saturday the 8th of July from 6:30pm** for a night of fun, laughter, and general knowledge. If you're okay with us randomly assigning you a table, **individual tickets are \$15.00**. Otherwise, make a **table of 10 and purchase the full table for \$90.00**. Use the QR code in the image to grab your tickets or click [here](#).

Whilst it is BYO food and drinks, we will have soft drinks and water available for purchase on the night, as well as a booth for Raptors and SportsUnited merchandise.

To top it all off, we have some brilliant raffle items and silent auction items up for grabs! Follow our social media pages for clues, hints and sneak peaks of the fantastic raffle prizes!

Click on the links: [SPORTSUNITED Facebook page](#), [SPORTSUNITED Instagram page](#), [RAPTORS Facebook page](#), [RAPTORS Instagram page](#).

This event is so important to us. Running this event will enable SportsUnited to raise funds for our programs, so that we can continue to provide opportunities for sports participation in the community. Our programs have brought so much magic, opportunity and fun to all involved, young and old. We want to make sure we can continue to run our programs for years to come. For Raptors Netball Club, this event means providing their athletes with updated sports equipment, so they can continue to be at their best!

We greatly appreciate your ongoing support and hope to see you there on the night!



PROGRAM & PLACEMENT

ROBERT LAIDLAW > SPORTING MEMORIES

Besides sharing sporting memories, quizzes and 'show and tell', there are many other aspects of Sporting Memories programs where participants can experience a variety of activities in sessions. Finger spinners, tops and puzzles have proven to be engaging tools within sessions, which have several benefits, including stress relief, interaction and engagement, friendly competition, and to help improve dexterity.

The introduction of two small spinning tops has seen many participants reflect on their childhood when they come to grips with mastering the skill, again, with the first aim to successfully spin a top with their natural hand, and then to spin two tops simultaneously, one in each hand. Ever popular, the finger spinner has seen mini competitions arise, as each participant attempts to break that day's record for longest spin! A common question is whether anyone from another group holds the record! Then there are the puzzles, with varying difficulty. All participants can get the one ball in the single hole, and even the six balls in six holes, with both having fixed platforms. But the four balls in four holes with a moving base has proven the most difficult, although some participants have managed to succeed in completing this task, with a high level of satisfaction.

There are many devices that we use, that can help with inclusiveness, including 'find the ball' photos, or just the tossing of a soft ball around.

One of the great aspects of the Sporting Memories Program is the range of activities that can be included to help provide variety and enjoyment for participants.

Guest speakers and sporting tours are other highlights of the program, while Richard and Robert are always on the lookout to help enhance the experience for participants.



JASMINE LAWRENCE > PLACEMENT EXPERIENCE

When I first started my placement with SportsUnited, I was nervous yet excited to get involved. On the first day I was met with an amazing, encouraging team which instantly eased my nerves. During my first session, I witnessed what an encouraging, fun, and non-threatening environment Adelaide West Special Education Centre was. The commitment to help improve the student's communication, social, and motor skills was inspiring. I was able to see how much the children benefitted from the program and how much they enjoyed the sessions. One of the most rewarding things I experienced was seeing progress from the children who I worked with regularly. As the children got to know us better, they were increasingly engaged in the activities, consequently their development and social skills improved, and they achieved greater success within each session. Knowing that I have assisted with the students' progress has been extremely rewarding and made my time with SportsUnited fulfilling. By the end of my experience, I fully realised that organisations such as SportsUnited, are extremely vital and beneficial to communities.

I am honoured to have been able to undertake my placement with SportsUnited, where I was able to gain vital experience and witness the immense amount of progress demonstrated from the students.



RICHARD MCGRATH >

RADIO PROGRAM

Emma & Richard have chatted sporting poems and sporting songs during our Sporting Memories Australia radio program on BBBfm 89.1 over the past two weeks. In a world first exclusive, Emma read out a haiku poem she created during the program! Here it is:

Airwaves filled with cheers
As we reminiscence on sport
And the fun games played

What do you think? Does Emma have what it takes to be a world class poet?

This Saturday Emma & Richard will be reminiscing about sporting villains. Which sports people can you recall who have 'behaved badly'? If you'd like to share some of your sporting stories with Emma & Richard on a Saturday morning, give them a call on 8563-3788 anytime between 9-11am.

You can also tune into the program each Saturday morning by visiting the [BBBfm website](#) or download the Community Radio Plus app (available for both Apple and Android devices).



HOW CAN YOU GET INVOLVED?

SEEKING VOLUNTEERS

SportsUnited is currently seeking volunteers for our Supporting Success program at Adelaide West Special Education Centre and Sporting Memories clubs across various Adelaide metropolitan locations.

We are looking for people who can:

- Actively participate in weekly sessions
- Engage and communicate sensitively with our members (some of whom may have difficulties communicating), with their partners or carers, with fellow volunteers, and with SportsUnited staff.
- Enjoy working as part of a team and taking responsibility for guiding fellow volunteers during sessions.
- Understand the value of companionship, have a great sense of humour, and are able to connect with people of all ages and from all backgrounds

SportsUnited volunteers have the opportunity to:

- Experience a range of new opportunities and a sense of fulfillment.
- Use their skills, knowledge, life experiences, and an interest in sport to help tackle social isolation within the local community.
- Have insight into and experience working with an innovative and experienced not-for-profit charity.
- Experience in working as part of and leading a team of volunteers. As well as being part of the wider SportsUnited team.

SportsUnited volunteers are provided with full induction and training, ongoing support, and access to training resources. If you are interested in becoming a

SportsUnited volunteer or have any questions, email:
Supporting Success: Katerina Mattock (Project Officer)

katmattock.sportsunited@gmail.com

Sporting Memories: Robert Laidlaw (Project Officer)

robertlaidlaw.sports.united@gmail.com

or via the SportsUnited website Contact Us page

<https://sportsunited.org.au/contact>

SPORTING PINK PACKS

In response to the Covid-19 global pandemic, SportsUnited has developed a digital publication called Sporting Pink Australia Packs available for anyone (free) to use at home.

Each weekly pack contains a sporting reminiscence story (these can be about sporting players or events), a sporting quiz, and Name the Player as well as a Word Search.

The packs are a great way to get the conversation flowing, to remember those sporting moments, and to talk about sport!

If you, or anybody you know, would like to receive a free copy of the Sporting Pink Australia pack, please complete our [registration form on the SportsUnited website](#).

STAY IN TOUCH

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FACEBOOK

Keep up to date with our latest news and stories.

Join our conversations about sport & health.

Like us now and join the conversation

@sportsunited1

TWITTER

If you like quick and short news or want to join in

a 'live' conversation with us, then follow us

on Twitter. We'd love to hear from you. Follow

us on @sports_united1

INSTAGRAM

We love to share images and videos from our

programs as well as other interesting photos.

Like us now and check out what we are up to

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