



BRINGING SPORT TO COMMUNITIES



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PEACE OUT AND MISSION T-SHIRT



PROGRAM UPDATES

EXECUTIVE OFFICER >

EMMA MILANESE

As time is flying by and we are almost at the end of the year, we have decided that this will be our second-to-last newsletter for 2023. I have decided that in next fortnights issue, we will do a recap of the amazing year that we have had at SportsUnited. But for this week, I will do my usual thing and provide an overall update of what our organisation is up to.

The fortnight has consisted of more 2024 planning. Still in preliminary stages, but as each week passes we gain a clearer image of what the future holds.

In the next column over, Robert talks about the busy week he's had with our Sporting Memories program - they went on tour! Sort of. They enjoyed a tour! We absolutely love being able to organise tours/excursions for our Sporting Memories club participants. This addition has added so much value to the program and that's definitely clear in Roberts report.

Although our Supporting Success has finished up for the year, we are still continuing to receive placement experience write ups from our wonderful students. On page 3, Heather talks about her placement experience and the wonderful work she's done throughout her placement journey.

As always, thank you so much for your ongoing support. We appreciate you!



ROBERT LAIDLAW >

SPORTING MEMORIES

It was a huge day at Elizabeth Oval on November 14, when 23 participants from Holden Hill Men's Shed attended a Sporting Memories tour.

The day started out with an inspection of the newly completed Central District Football Club's women changerooms, followed by the viewing of the huge facilities under the grandstand. Besides the men's changerooms, the participants visited the gym, where no one could lift some of the weights the players regularly use! But, at least they could remember when they could! As a special treat, the upstairs area which included many of the club's historic photos, was used for a bit of fun conversation and interesting quiz questions - some curly ones were thrown out as well of course! Then it was out to the oval area, to check out the pickets, where every player who has pulled on the boots at league level for the Bulldogs is located, and other interesting areas, such as the 'Gowans' ends and the Kris Grant Grand Stand.

Through most of the tour at this point, former champion Central District player Robin Mulholland added to the experience with many interesting 'tales' from the early years of the club. Some of the best stories Robin told was about team-mate Sonny Morey, who was a recent guest speaker at the Holden Hill Men's Shed. Next the participants made their way to the clubrooms, where many of the Bulldogs' historical artifacts are located, including old guernseys (and newer ones), trophies and memorabilia. A spot quiz was undertaken at this point, with prizes of the book on the Gowans brothers, 'Two of a Kind' was won by several participants.

David Saywell, a former teammate of Robin's (and my grade six schoolteacher!), was visiting the club for lunch and was introduced to the group, while former club champion Greg Edwards, who is now Central District's CEO, also welcomed the group. Everyone sat down to eat lunch together, before heading back home.

There were numerous enquiries about running another tour in 2024 - we will definitely need to include this as an agenda item in our 2024 planning sessions!



PROGRAM & PLACEMENT

HEATHER KOUFOPOULOS > PLACEMENT EXPERIENCE

Hi, my name is Heather, and I am a UniSA student who undertook placement with SportsUnited. As I reflect on the past four months at placement, I find myself feeling extremely grateful and thankful for the experiences and everything I learnt whilst working closely with all the students at Adelaide West Special Education Centre.

Initially, understanding effective communication whilst working with the students independently was challenging to begin with. However, as the sessions continued and trust was established, it significantly helped me develop strong connections with the students. Consistently working with the same student week after week enabled me to recognise behavioural shifts and their ability to express emotions, whether it be over stimulation, the need for space, or even moments of happiness. It has become obvious to me that building strong connections and establishing trust with the students I have been working closely with is a process that doesn't happen instantly.

Overall, my time working with SportsUnited has been incredibly fulfilling and is an experience I will cherish forever. The connections and relationships I made with the students I worked with holds a special place in my heart, and I take great pride in knowing I could be patient, empathetic, and a true friend to these children. I also enjoyed assisting them in developing important life skills such as encouraging positive social interactions, counting, sharing, developing coordination, and working in a team through diverse sporting activities and games. I will always be appreciative of the rewarding experience I gained from my placement with SportsUnited, working with the other placement students, and for having Kat as my mentor. The impact SportsUnited is clearly having on the students at Adelaide West is something I feel so proud to have been a part of.



RICHARD MCGRATH >

RADIO PROGRAM

Our Sporting Memories Australia program on BBBfm 89.1 over the past two weeks have been fun. Emma and Richard have chatted about some of the oldest sporting clubs in South Australia. Did you know one of the oldest was actually started in the Barossa?? Emma and Richard have also discussed famous sporting teams that have visited Adelaide.

This Saturday Richard will be ably joined by Steve while Emma is in Melbourne (again!!) for another dance competition. She is definitely racking up those frequent flyer points! Emma unfortunately misses a fun week as we will be broadcasting live from the Adornment Artisan Christmas Market in Tanunda from 9am.

The dynamic duo of Richard & Steve will be chatting about the Cricket World Cup (did you see the final last weekend?)

So tune in from 9-11am by visiting the BBBfm website or download the Community Radio Plus app (available for both Apple and Android devices) and search for BBBfm 89.1.

JORDY BIGGINS > MERCHANDISE

At our 2022 SportsUnited X Adelaide West Quiz night, we provided all guests with colouring-in equipment so they could colour in the SportsUnited logo.

We had so many fantastic designs submitted to us, that we've decided to put the design on some merchandise! The 3 designs chosen were, 'Finger Prints', 'The Kid in Us' and 'Colourful Creations'. This merchandise means so much to us because it has been created and inspired by our biggest supporters - YOU! Our SportsUnited community!

Get your merchandise by clicking [HERE!](#)

NEW MERCH AVAILABLE NOW

\$35.00

\$35.00

\$40.00

\$40.00

LONG SLEEVE T WITH LIMITED EDITION LOGO

PURCHASE NOW AT WWW.SPORTSUNITED.ORG.AU/SHOP



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

Email: sports.united18@gmail.com

Phone: 8302 1186

Mobile: 0478 752 564

FACEBOOK

Keep up to date with our latest news and stories.

Join our conversations about sport & health.

Like us now and join the conversation

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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.

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