



Recreation Sports and Aquatics Club



Clubrooms: 11 Greenfield Pde Bankstown

PO Box 120 Bankstown NSW 1885

9790 5001

Website: www.disabledsportsrscac.org.au

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OPPORTUNITIES

How You Can Help

- Sponsor a Team
 - Assist a Fundraising Effort
 - Support an Event
 - Donate
 - Contribute In-kind Support
 - Volunteer: efforts, skills or expertise
 - Set Up a Regular Giving System
 - Your Ideas, Let's Talk!
- Feel Good
 - Community Links
 - Credibility of Association with a Well Known Local Charity
 - Supporting Local Community
 - Get to Know the People You Help
 - Speakers at Your Events
 - Tax Deductibility
 - RSAC Event Invitations

Benefits to Sponsors and Supporters

WHO IS RSAC?

RSAC is a charity that provides leisure activities (sports, social, life skills education) for people with disability and support for carers. **BUT more than that!** We are a community that includes people with disability, carers, friends and families. We strive together to make RSAC work, and become friends and confidants, peers and family.

United for one aim: to be inclusive and supportive of one another, provide quality services and activities and to be a valuable community for people with disability and their circle of support.

Over 500 people of all ages with disability participate regularly in RSAC activities, many more enjoy our outreach programs.

The benefits to participants include:

- ★ Enhanced social interaction & social skills ★ meeting people with similar interests ★ improved communication skills ★ learning to follow instructions & acquire new skills ★ learning to work as part of a team & support team-mates ★ develop an understanding of empathy for others ★ become more independent with community living life skills ★ meeting people outside of normal circle ★ opportunity to do their "own thing" away from family & usual environment ★ building & maintaining friendships ★ improve fitness, health and hand/eye coordination ★ have fun, improve self-confidence and self-esteem

Speak to Bob, Jenny or the Team to Discuss