



## Recreation Sports and Aquatics Club



Clubrooms: 11 Greenfield Pde Bankstown

PO Box 120 Bankstown NSW 1885

9790 5001

Website: [www.disabledsportsrscac.org.au](http://www.disabledsportsrscac.org.au)

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## OPPORTUNITIES

### How You Can Help

- Sponsor a Team
- Assist a Fundraising Effort
- Donate
- Contribute In-kind Support
- Volunteer: efforts, skills or expertise
- Set Up a Regular Giving System
- Your Ideas, Let's Talk!

### Benefits to Sponsors and Supporters

- 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

## 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*