



Disability Action Week

# **PROGRAM GUIDE**

# **2023**

## **ACCESS IGNITES:**

## **it's good business**

Help us celebrate Disability Action Week on the Sunshine Coast with a range of activities and events on offer!

**Disability Action Week 25 November–2 December 2023**

[sunshinecoast.qld.gov.au](https://sunshinecoast.qld.gov.au)  
07 5475 7272



**Sunshine Coast**  
COUNCIL



# Disability Action Week

25 November – 2 December 2023 **Program**



## ACTIVITIES



KEY EVENT



WORKSHOP



LIBRARY  
ACTIVITY



BEACH  
ACTIVITIES



ART DISPLAY



SPORTING



COMPETITION



PERFORMANCE



HEALTHY  
SUNSHINE COAST

# DISABILITY ACTION WEEK

## Accessible Sunshine Coast Photo Competition



**29 October—27 November**

### Category: Competition

Council is holding its first Accessible Sunshine Coast Photo Competition. We're asking residents with lived experience of disability to capture and share their photographs with us from across our region for their chance to win a Family Pass to Australia Zoo!

**More information:** Visit [Council's Have Your Say page](#) to submit your photo!

## Panel discussion - accessible tourism and employment for people with disability



**Friday, 24 November, 4pm (for 4.30pm start)**

### Category: Key event

**Location:** Altitude 9, City Hall, First Avenue Maroochydore

Celebrate Disability Action Week as we explore the benefits of workforce diversity and why inclusion supports business success. Is your business ready to open up to opportunity and position itself for the 2032 Olympic and Paralympic Games and more? This event promises to ignite the possibilities.

**More information:** Visit [panel discussion event page](#) for more information and to purchase tickets.

## Art Display - Equity Works



**On display from 26 November until 2 December 2023**

### Category: Art Display

**Location:** Caloundra Library



# PROGRAM GUIDE 2023

## Art Display - Freedom Studios



On display from 6 November until 29 November 2023

Category: Art Display

Location: Nambour Library

## Art Display - The Flourish Connection



On display from 26 November until 2 December 2023

Category: Art Display

Location: Beerwah Library

## Art Display - Equity Works



On display from 26 November until 2 December 2023

Category: Art Display

Location: Maleny Library

## Wheelchair Rugby



Saturday, 25 November 12 noon

Category: Sporting

Location: UniSC Stadium, Sippy Downs

**More information:** Visit Suncoast Spinners at [suncoastspinners.com.au](https://suncoastspinners.com.au) for more information. Free event.

# DISABILITY ACTION WEEK

## Let's Go Surfing - Free lunch time BBQ



**Sunday, 26 November 9am**

**Category:** Sporting

**Location:** Maroochydore, beach access 150, Pierce Park

**More information:** Sign on 7.30am to 8.30am for volunteers, surfing starts at 9am. For more information contact Disabled Surfers Association Sunshine Coast on 0439 217 086 or [secretary-sunshine-coast@disabledsurfers.org](mailto:secretary-sunshine-coast@disabledsurfers.org)

## Healthy Sunshine Coast - Laughter Yoga with Po Mei



**Sunday, 26 November 9am**

**Category:** Healthy Sunshine Coast

**Location:** Tesch Park, Corner of Bunya and Coral Streets, Maleny

**More information:** Healthy Sunshine Coast is a holistic low-cost community program for all fitness levels. You must be registered for the program to join in the activities - please check [Council's website](#) for details. All activities cost \$10 or \$5 with a Health Care/Pensioners card.

## Healthy Sunshine Coast - Weights and Core



**Monday, 27 November 8am**

**Category:** Healthy Sunshine Coast

**Location:** Beerwah Community Hall, 25 Peachester Road, Beerwah

**More information:** Healthy Sunshine Coast is a holistic low-cost community program for all fitness levels. You must be registered for the program to join in the activities - please check [Council's website](#) for details. All activities cost \$10 or \$5 with a Health Care/Pensioners card.

# PROGRAM GUIDE 2023

## Healthy Sunshine Coast - Chair Yoga



**Monday, 27 November 11.30am**

**Category:** Healthy Sunshine Coast

**Location:** Millwell Road Community Centre,  
11A Millwell Road East, Maroochydore

**More information:** Healthy Sunshine Coast is a holistic low-cost community program for all fitness levels. You must be registered for the program to join in the activities - please check [Council's website](#) for details. All activities cost \$10 or \$5 with a Health Care/Pensioners card.

## Healthy Sunshine Coast - The Practice of Mindfulness for Stress Reduction



**Monday, 27 November 5.30pm**

**Category:** Healthy Sunshine Coast

**Location:** CWA Hall, Kalinga Street, Caloundra

**More information:** Healthy Sunshine Coast is a holistic low-cost community program for all fitness levels. You must be registered for the program to join in the activities - please check [Council's website](#) for details. All activities cost \$10 or \$5 with a Health Care/Pensioners card.

## Come and try sailing



**Tuesday, 28 November 9am—11am**

**Category:** Sporting

**Location:** Mooloolaba Marina, Parkyn Parade (near pier 33)

**More information:** Subject to suitable weather. Please phone Sailability Sunshine Coast after 7am on the day to confirm is sailing is on 0488 578 466. \$10 for 30 minutes

# DISABILITY ACTION WEEK

## Disability Action Week Expo - Including performance by Sunshine Butterflies



**Tuesday, 28 November 10am — 12 noon**

**Category:** Performance

**Location:** Sunshine Butterflies, 468 McKinnon Drive, Cooribah, 4565

**More information:** Free event. Contact Sonia Martin on 5470 2830 for more information.

## Disability Inclusive Emergency Preparedness Session



**Tuesday, 28 November 9.30am — 11am**

**Category:** Information session

**Location:** Millwell Road Community Centre, 11 Millwell Road East, Maroochydore

**More information:**

Bookings are essential as seats are limited. For booking and more information please contact Council's Disaster Management Team at [SCC.DisasterManagement@sunshinecoast.qld.gov.au](mailto:SCC.DisasterManagement@sunshinecoast.qld.gov.au)

## Healthy Sunshine Coast - Fun, Fitness and Strength



**Tuesday, 28 November 10am**

**Category:** Healthy Sunshine Coast

**Location:** The Hitroom, Suite 3/84 Wisers Road Maroochydore

**More information:** Healthy Sunshine Coast is a holistic low-cost community program for all fitness levels. You must be registered for the program to join in the activities - please check [Council's website](#) for details. All activities cost \$10 or \$5 with a Health Care/Pensioners card.



# PROGRAM GUIDE 2023

## Healthy Sunshine Coast - PrYme Lite



**Tuesday, 28 November 11.15am**

**Category:** Healthy Sunshine Coast

**Location:** YMCA Caloundra, 125 Arthur Street, Caloundra

**More information:** Healthy Sunshine Coast is a holistic low-cost community program for all fitness levels. You must be registered for the program to join in the activities - please check [Council's website](#) for details. All activities cost \$10 or \$5 with a Health Care/Pensioners card.

## Healthy Sunshine Coast - Laughter Yoga with Po Mei



**Tuesday, 28 November 1pm**

**Category:** Healthy Sunshine Coast

**Location:** CCSA Hall, Nutley Street, Caloundra

**More information:** Healthy Sunshine Coast is a holistic low-cost community program for all fitness levels. You must be registered for the program to join in the activities - please check [Council's website](#) for details. All activities cost \$10 or \$5 with a Health Care/Pensioners card.

## Healthy Sunshine Coast - Finding Presence in Nature Program



**Wednesday, 29 November 10am**

**Category:** Healthy Sunshine Coast

**Location:** Maroochy Regional Bushland Botanic Gardens

**More information:** Healthy Sunshine Coast is a holistic low-cost community program for all fitness levels. You must be registered for the program to join in the activities - please check [Council's website](#) for details. All activities cost \$10 or \$5 with a Health Care/Pensioners card.

# DISABILITY ACTION WEEK

## Suncoast Spinners - Kids Club (kids 4-14 years)



**Wednesday, 29 November 5pm — 6pm**

**Category:** Sporting

**Location:** UniSC Stadium, Sippy Downs

**More information:** Visit Suncoast Spinners at [suncoastspinners.com.au](https://suncoastspinners.com.au) for more information. Free event

## Come and try sailing



**Wednesday, 29 November 9.30am — 11.30am**

**Category:** Sporting

**Location:** Noosa Yacht and Rowing Club

**More information:** Free event and bookings not required. Contact Ken Plunket at [kenplunket@aussieb.com.au](mailto:kenplunket@aussieb.com.au) or Brian on 0449 841 000

## Compass has Talent



**Wednesday, 29 November 10.30am — 1.30pm**

**Category:** Performance

**Location:** Lighthouse Rugby Club, 81 Arthur Street, Caloundra

**More information:** Come and support our wonderfully talented Compass Trainees showcase their moves in the annual "Compass has Talent" 2023. Limited Seating. Raffles, cold drinks and home baked refreshments available. \$5 entry fee (Donation to Compass)

Contact: [admin@compassinc.org.au](mailto:admin@compassinc.org.au) or 5445 9116

# PROGRAM GUIDE 2023

## Wheelchair Basketball



**Wednesday, 29 November 6.30pm - 8.30pm**

**Category:** Sporting

**Location:** UniSC Stadium, Sippy Downs

**More information:** Visit Suncoast Spinners at [suncoastspinners.com.au](http://suncoastspinners.com.au) for more information. Free event

## Healthy Sunshine Coast - Ageless Grace Brain Health Movement with Music



**Thursday, 30 November 11am**

**Category:** Healthy Sunshine Coast

**Location:** CWA Hall, Kalinga Street, Caloundra

**More information:** Healthy Sunshine Coast is a holistic low-cost community program for all fitness levels. You must be registered for the program to join in the activities - please check [Council's website](#) for details. All activities cost \$10 or \$5 with a Health Care/Pensioners card.

## Healthy Sunshine Coast - PrYme Lite



**Thursday, 30 November 11.15am**

**Category:** Healthy Sunshine Coast

**Location:** YMCA Caloundra, 125 Arthur Street, Caloundra

**More information:** Healthy Sunshine Coast is a holistic low-cost community program for all fitness levels. You must be registered for the program to join in the activities - please check [Council's website](#) for details. All activities cost \$10 or \$5 with a Health Care/Pensioners card.

# DISABILITY ACTION WEEK

## Sensory Play and Pamper for Mum



**Thursday, 30 November 10am — 12 noon**

**Category:** Library Activity

**Location:** Noosa Leisure Centre

**More information:** Free event — [Booking required](#).

## Workshop - Building Resilience after floods and natural disasters



**Thursday, 30 November 10am — 1pm**

**Category:** Workshop

**Location:** The Flourish Connection, Shop 7, 35 Swan Street Beerwah

**More information:** Building resilience through art. The Flourish Connection is a social and recreational group fostering friendships and connections through group-based activities and community projects for participants with a disability. Free event. Contact Michelle Thomas 0459 069 098 for more information.

## Wheelchair Rugby



**Thursday, 30 November 4pm — 6pm**

**Category:** Sporting

**Location:** UniSC Stadium, Sippy Downs

**More information:** Visit Suncoast Spinners at [suncoastspinners.com.au](http://suncoastspinners.com.au) for more information. Free event

# PROGRAM GUIDE 2023

## Messy Play/ Pamper Day



**Friday, 1 December 10.45am — 12.45pm**

**Category:** Sporting

**Location:** Noosa Leisure Centre

**More information:** Complimentary coffee from the cafe, morning tea, and 15-minute neck and shoulder massages are available for mothers while their children enjoy playtime.

## Come and try sailing



**Friday, 1 December 9am — 11am**

**Category:** Sporting

**Location:** Mooloolaba Marina, Parkyn Parade (near pier 33)

**More information:** Subject to suitable weather. Please phone Sailability Sunshine Coast after 7am on the day to confirm if sailing is on 0488 578 466. \$10 for 30 minutes.

## Genie and the Magic of Freedom



**Friday, 1 December & Saturday, 2 December 11.30am**

**Category:** Performance

**Location:** Lind Lane Theatre, 16 Mitchell Street Nambour

**More information:** The creative programs of Spiral will present a little festival of inclusive musical theatre and dance at the Lind Theatre in Nambour from Friday 1 December till Tuesday 5 December to celebrate Disability Action Week and International Day of People with Disability. \$15 for general admission. Companion Card Tickets Free. Book online through Humantix.

Contact: Jasmine Bethell, Spiral Incorporated, 5476 2711  
or [spiralinc.org.au](http://spiralinc.org.au)

# DISABILITY ACTION WEEK

## Wheelchair Basketball Come and Try plus Reverse Inclusion Basketball Match



### Friday, 1 December

Come and try — 12.30pm — 1pm

Reverse Inclusion Basketball Match 1 - 1.20pm — 1.35pm

Reverse Inclusion Basketball Match 2 — 1.40pm — 1.55pm

**Category:** Sporting

**Location:** UniSC Stadium, Sippy Downs

**More information:** Reverse Inclusion is an innovative and interactive inclusive sports education program developed by Suncoast Spinners Wheelchair Basketball Inc.

The aim of Reverse Inclusion: Reverse Inclusion aims to deliver a truly inclusive sporting opportunity where people of all abilities can play sport together on an equal playing field (court).

The importance of access to sport and the benefits of inclusion practices within the wider community are major awareness aims of the program. This match will feature Council representatives against a pro team that include 2 time Paralympian Bridie Kean.

Visit Suncoast Spinners at [suncoastspinners.com.au](http://suncoastspinners.com.au) for more information. Free event.

## All Access Day at the Beach



**Friday, 1 December 2pm — 6.30pm**

**Category:** Beach Activities

**Location:** Mooloolaba Main Beach in front of the surf club

Free Fun Activities at the Beach for people of all abilities.

**More information:** Visit [Council's website](http://Council's website) for more information.



# PROGRAM GUIDE 2023

## Wheelchair Rugby



**Saturday, 2 December 10am — 12 noon**

**Category:** Sporting

**Location:** UniSC Stadium, Sippy Downs

**More information:** Visit Suncoast Spinners at [suncoastspinners.com.au](http://suncoastspinners.com.au) for more information. Free event.

## Finding Captain Nimo



**Monday, 4 December 11.30am**

**Category:** Performance

**Location:** Lind Lane Theatre, 16 Mitchell Street Nambour

**More information:** Spiral - Monday Theatre and Movement Group presents Finding Captain Nimo. \$15 for general admission. Companion Card Tickets Free. Book online through Humantix. Contact: Jasmine Bethell, Spiral Incorporated, 5476 2711 for more information [spiralinc.org.au](http://spiralinc.org.au)

## Super Stars



**Tuesday, 5 December 11.30am**

**Category:** Performance

**Location:** Lind Lane Theatre, 16 Mitchell Street Nambour

**More information:** Spiral - The Shooting Stars Dance Company presents Super Stars. \$15 for general admission. Companion Card Tickets Free. Book online through Humantix. Contact: Jasmine Bethell, Spiral Incorporated, 5476 2711 for more information [spiralinc.org.au](http://spiralinc.org.au)

### **Acknowledgement of Traditional Custodians**

Sunshine Coast Council acknowledges the Sunshine Coast Country, home of the Kabi Kabi peoples and the Jinibara peoples, the Traditional Custodians, whose lands and waters we all now share.

We commit to working in partnership with the Traditional Custodians and the broader First Nations (Aboriginal and Torres Strait Islander) community to support self-determination through economic and community development.



**[sunshinecoast.qld.gov.au](http://sunshinecoast.qld.gov.au)**

**[mail@sunshinecoast.qld.gov.au](mailto:mail@sunshinecoast.qld.gov.au)**

**T 07 5475 7272**

**Locked Bag 72 Sunshine Coast Mail Centre Qld 4560**