

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**

**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: Keyevent

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.

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## 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, Cooroibah, 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 Wises 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.



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## **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](http://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

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## **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

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## **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

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## **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](#) for more information.

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## **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.

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