

Create, Connect, Flourish

Celebrate International Day of People with Disability

All community members are invited to participate in a range of free all abilities activities and workshops from 24 November to 8 December in celebration of International Day of People with Disability 2023.

Please note that some activities will have age restrictions. Please see the booking details for each activity to confirm.

Activity Schedule

Disability Employment Tips

Date: Friday 24 November

Time: 10am – 11.30am

Location: Rockingham Library,
Dixon Road, Rockingham

Information and booking details:
Rockingham Library on 9528 8683 or
via email
rlcontact@rockingham.wa.gov.au

Age: 18 and above

Learn from award-winning career coach, Alison Bannister, how to navigate the job market with a disability.

All Abilities Filmmaking

Date: Tuesday 28 November

Time: 9.30am – 11am

Location: Mary Davies Library and
Community Centre
17 Settlers Ave, Baldivis

Information and booking details:
Customer service on 9528 0333 or via
email
customer@rockingham.wa.gov.au

Lights, camera, action! Learn the basics of film making and create your own 30 second 'this is me' video. This session is open to all community members and is facilitated by First Line Productions who are experienced teaching people of all abilities.

Storybook STEM

Date: Tuesday 28 November

Time: 10.30am – 12pm

Location: Safety Bay Library
197 Safety Bay Road, Safety Bay

Information and booking details:

Customer Service on 9528 0333 or via email

customer@rockingham.wa.gov.au

Calling curious minds to embark on an exciting journey through the world of STEM with engaging experiments, coding challenges and engineering projects. Led by an educator from Wise Owl Tuition who specialises in teaching people with intellectual disability this session will give participants new knowledge and a sense of accomplishment.

Basketball with Bizlink Flames

Date: Tuesday 28 November

Time: 6pm – 8pm

Location:

Mike Barnett Sports Complex
Dizon Road and Goddard Street,
Rockingham

Come and join the Bizlink Flames all abilities basketball team to play ball in a fun, competitive environment. This free 'come and try' session is for athletes with a physical or intellectual disability.

Information and booking details:

Customer Service 9528 0333 or via email

customer@rockingham.wa.gov.au

'Have a go' All Abilities Activity Morning

Date: Wednesday 29 November

Time: 9.30am – 11.30am

Location: Churchill Park,
Rockingham Foreshore

Bookings not required.

Join us at the Rockingham Foreshore for some fun all abilities recreation and wellbeing activities.

Find balance with Taoist Tai Chi in a session which can improve balance, flexibility and connection with yourself and the outside world. Engage in soccer and basketball skills, move with mindfulness through dance and unwind with some jewellery making.

Business Basics Workshop

Date: Thursday 30 November

Time: 10.30am – 12pm

Location:

Secret Harbour Community Centre
Oasis Drive, Secret Harbour

Information and booking details:

Customer Service 9528 0333 or via email

customer@rockingham.wa.gov.au

Calling all aspiring small business and microenterprise owners. Learn how to get started with the expertise of award winning small business owners and founders of Cape Ability Network, Sally Newman and Emily Fogg.

Tovertafel Thursday

Date: Thursday 30 November

Times: 11.30am – 12.15pm
1.30pm – 2.15pm
3.30pm – 4.15pm
5.30pm – 6.15pm

Location: Rockingham Library
Dixon Road, Rockingham

Information and booking details:
Rockingham Library 9528 8683 or via email
rlcontact@rockingham.wa.gov.au

Tovertafel translates to magic table.

Come along to a 45 minute session to experience the magic. The interactive games are designed to be accessible for people living with dementia and adults with intellectual disability but are fun for all.

Armchair Travel Session One

Date: Friday 1 December

Time: 9.30am – 11am

Location: Rockingham Library
Dixon Road, Rockingham

Information and booking details:
Rockingham Library 9528 8683 or via email
rlcontact@rockingham.wa.gov.au

Age: 14 and above

From the comfort of an armchair, travel with us on an African expedition with the use of Virtual Reality, thanks to SilVR. The session will start with a 20 minute introduction video followed by a guided tour of places in Africa.

'Open to All' Art Class

Date: Friday 1 December

Time: 9am – 11am

Location: Sound City Church,
5 McCamey Ave, East Rockingham

Information and booking details:
Customer Service 9528 0333 or via email
customer@rockingham.wa.gov.au

Beginners welcome.

Join Mixed Palette Art Group for a class focused on expressive drawing using different materials, facilitated by Tegan Jenkins, a Perth based artist. Suitable for everyone from absolute beginners to experienced artists.

Learn Cook Share

Date: Friday 1 December

Time: 10am – 12.30pm

Location:
Mary Davies Library and Community Centre

Information and Booking details:
Customer Service 9528 0333 or via email
customer@rockingham.wa.gov.au

Learn how to plan and cook healthy meals with our easy, tasty and healthy recipes. This interactive session starts with nutrition education followed by participants cooking a range of delicious recipes and sitting down to share a meal.

'Create and Craft' Session

Date: Saturday 2 December

Time: 10am – 3pm

Location:

Stockland Baldivis,
20 Settlers Ave, Baldivis

Join us for an arts and crafts session for all ages and abilities run by experienced art therapists from Social Recovery WA.

Activities will include decorating 'Happy Reindeer Bags', crafting personalised Christmas cards and creating your own painting masterpieces.

No bookings required.

and decorate your planter pot so you can take your freshly planted seedlings home in style.

Aspiring growers of all ages welcome.

Armchair Travel Session Two

Date: Monday 4 December

Time: 3.30pm – 5pm

Location: Rockingham Library
Dixon Road, Rockingham

Information and booking details:

Rockingham Library 9528 8683 or via email

rlcontact@rockingham.wa.gov.au

From the comfort of an armchair, travel with us on an African expedition with the use of Virtual Reality thanks to SiVR. The session will start with a 20 minute introduction video followed by a guided tour of places in Africa.

Let it Grow Gardening Workshop – Session One

Date: Monday 4 December

Time: 10am – 11.30am

Location:

Secret Harbour Square Community
Garden,
420 Secret Harbour Boulevard

Information and Booking Details:

Customer Service 9528 0333 or via email

customer@rockingham.wa.gov.au

Learn the tips and tricks to successful growing. In this interactive workshop you will plant seedlings, discover the art of caring of new plants and take a tour of the Secret Harbour Square community garden. Then get crafty

Let it Grow Gardening Workshop – Session Two

Date: Monday 4 December

Time: 3.30pm – 5pm

Location:

Secret Harbour Square Community
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420 Secret Harbour Boulevard

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Learn the tips and tricks to successful growing. In this interactive workshop you will plant seedlings, discover the art of caring of new plants and take a tour of the Secret Harbour Square

community garden. Then get crafty and decorate your planter pot so you can take your freshly planted seedlings home in style.

Aspiring growers of all ages welcome.

Walking Netball

Date: Monday 4 December

Time: 9.30am – 12.30pm

Location:

Baldivis Indoor Sports Complex,
Eighty Road, Baldivis

Information and booking details:

Baldivis Indoor Sports Complex
9591 0840 or via email

baldivisindoorsc@rockingham.wa.gov.au

This program is a modified version of netball that reduced the risk of injury while promoting a safe, non-threatening environment for play. Come and try a session for free in celebration of IDPWD 2023.

Pop-Up Stalls – Secret Harbour Square

Dates:

Monday 4 – Friday 8 December

Time: 9am – 5pm

Location: Secret Harbour Square,
420 Secret Harbour Bld and
Cnr Warnbro Sound Ave,
Secret Harbour

Pop-up stalls of handmade goods crafted by people with disability and their carers.

Come down to the shopping centre to buy Christmas presents and support local microenterprises.

Pop-Up Stalls – Rockingham Centre

Dates: Wednesday 6 and Thursday 7
December

Time: 9am – 5pm

Location: Rockingham Centre,
1 Council Ave, Rockingham

Pop-up stalls of handmade goods crafted by people with disability and their carers.

Come down to the shopping centre to buy Christmas presents and support local microenterprises.

Youthbeats: Inclusive Silent Disco

Date: Thursday 7 December

Time: 3.30pm to 5.30pm

Location:

Malibu School
104 Georgetown Drive, Safety Bay

Information and booking details:

Customer Service 9528 0333 or via email

customer@rockingham.wa.gov.au

Age: 6 to 17 years

Groove to your own beat at this inclusive and accessible celebration. Whether you love pop, rock, hip-hop, or a mix of genres, you'll find something to love at an afternoon of music, games and nibbles.

Bookings essential. All participants must attend with a parent or guardian.

Inclusive Move-Fit

Date: Friday 8 December

Time: 10.30am – 11.15am

Location:

Baldivis Indoor Sports Complex,
Eighty Road, Baldivis

Information and booking details:

Baldivis Indoor Sports Complex

9591 0840 or via email

baldivisindoorsc@rockingham.wa.gov.au

A low impact circuit workout which combines cardio and resistance exercises to give you a total, full body conditioning experience.
Come and try a session for free in celebration of IDPWD 2023.

Therapy and Assistance Dog Hangout at RYC

Date: Friday 8 December

Time: 2.30pm – 6pm

Location: Rockingham Youth Centre,
20 Mackinnon St, Rockingham

Age: 12 to 17 year olds

Animal Companions WA will be attending this hang out session at RYC in celebration of IDPWD. Gary the rough collie and Spirit the shetland sheepdog will educate young people on the differences between therapy and assistance animals and the benefits these animals have for people with disability.

No bookings required.
