



How do I find recreation activities in my community?



Think outside the box, you may think there is nothing out there that meets your interests, but do a Google search of your interests and suburb and you may find exactly what you're looking for...

Look for recreational activities that require physical activity, social interactions and will allow you to actively participate in a group with other like-minded people so that you are able to have fun and enjoy the life you choose to have.



Types of Recreational Activities

- ✳ **Physical Activities:** E.g. Sports and games like football, netball, water polo, tennis, etc.
- ✳ **Social Activities:** This includes things like festivals, barbeques, parties, picnics, carnivals etc.
- ✳ **Outdoor Activities:** This involves activities like camping, horse riding, backpacking etc.
- ✳ **Arts and Crafts:** Examples includes activities like painting, sewing groups, weaving and beading circles, woodwork, sculpting etc.
- ✳ **Musical Activities:** Includes musical bands, singing, dance groups etc.
- ✳ **Drama and Theater:** This includes acting, plays, puppetry etc.
- ✳ **Service Activities:** awareness for causes (e.g. running for cancer), fundraising, volunteering etc.

The above list is just a handful of recreational activities that you can get involved in and can give you some ideas on where you would like to start searching for on what kind of activity that you would like to try. It's important to remember that everyone is different so searching for your interests should be part of your search for recreational activities in your community.

Examples of Recreational Activities

- > Backpacking
- > Bowling
- > Camping
- > Canoeing
- > Fishing
- > Fencing
- > Golf
- > Ice Skating
- > Kayaking
- > Sailing/Boating
- > Skiing
- > Ping pong
- > Rowing
- > Roller-skating
- > Social dancing
- > Scuba Diving
- > Skydiving
- > Surfboarding
- > Swimming
- > Volleyball
- > Walking

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The Internet

If you have a computer at home then the internet is a great place to start. Google www.google.com.au is by all means the best, fastest and most thorough way to find out about activities in the community. Here are some tips...

Type into the Google search bar the recreation activity that you would like to be part of and a suburb. If it is not a common activity, try to use the city that you live in instead of your suburb.

Think outside the box, you may think that there is nothing out there that meets your interests, type into Google search bar any interest you have and a suburb to see what comes up. You may find a club or group that does exactly what you're looking for.

Go to Google Maps and zoom in to the area that you live and the surrounding suburbs. Then type a keyword based on an interest (Cricket, Craft, Art Classes, Yoga, Horses, Gardening, Boxing etc.) and then click search to see opportunities close to home.

Sport and Recreation

If you have a sport in mind and you are trying to find out where to join, Peak Organisations and Associations are often the most reliable places for gaining information on a specific sport or interest.

You can look at the Australian Sports Directory which contains contact details of national sporting organisations (NSOs) and national sporting organisations for people with disability (NSODs): www.sportaus.gov.au/australian_sports_directory



Local Government

Have a look on your local City Councils website and identify key people to talk to such as the:

- Community Development Team
- Family and/or Youth Services Team
- Club Development Officers

Don't forget to check the event pages and what's on guide as you may find things such as festivals that are happening in your area.

Also, on the government website you will find information on:

- + Leisure and Recreation Centres
- + Community Centres
- + Youth
- + Local City Councils website
- + Our five top tips:
- + Research the internet
- + Try recreation and arts centres
- + Volunteer somewhere local
- + Get out and about in your local community
- + Don't forget libraries and newspapers!

Consider Volunteering

Volunteering is often one of the easiest ways to do something you love for free. You can do almost anything as a volunteer. Have a look at the websites below for information on Volunteering in your state.

www.volunteeringaustralia.org/#/
(Click 'become a volunteer' to find a volunteer resource centre near you).

www.govolunteer.com.au/

www.communitymates.org/

www.volunteer.com.au/volunteering

Also try getting out and about. Get to know your local area by driving, taking public transport or walking in your community. Ask a friend, family member or support worker to go with you if you aren't comfortable going alone.

Your Local Library

If you don't have a computer or internet access at home then joining your local library would be a good option as you can use the computers there for free. The library is still the most popular place for community groups to advertise, along with notice boards at your local shopping centre. If you're not sure where your library is, ask someone you know if they can tell you or ask them if they could look it up for you on the local government website.

Community Newspapers & e-newsletters

You can usually pick up a copy of these at your local library, newsagent or council. Don't forget to look out for the many other community papers that serve more specific purposes (specifically for parents or seniors etc). Remember that local governments also now do an e-newsletter that you can subscribe to which will send you information on upcoming community events and programs. You can also do a search online to find others that you would like to receive.

Social Media

If you have a Facebook account you can search for different recreational activities in your area that you can be part of using the search function at the top of the page. Most groups will have a Facebook or social media account (for example Instagram) that you can request to join so that you can go and see if they are the right group for you next time they meet.

Most social media accounts have a message option so you can ask any questions you have directly with someone in the group and get your answers before turning up to your first group meet up.