

Case Study:

Achilles Hunter Central Coast

Achilles facilitates training and participation in running and walking events in a supportive social environment where people with disabilities can achieve life changing goals. Their vision is to create an Australia where people with disabilities can enjoy the social, recreational and health benefits of an active lifestyle.

Their experienced guides ensure that members feel safe and welcome at regular training sessions where they work with their members to achieve their fitness goals be that walking in a 5km event to running a marathon or an ultra-marathon.

The Hunter Central Coast Chapter of Achilles works towards increasing participation of athletes with a disability and guides at Parkruns around the Woy Woy, Maitland and Newcastle areas of the Hunter Central Coast Region.

Achilles member Kathy Fela loves to run and walk. "It gives me the opportunity to do that without having to worry about bumping into things. We get to participate in big events like City to Surf and the Blackmores Running Festival and participating in interstate events."

Learn more at achillesaustralia.org.au



Case Study: Scuba Gym

The Scuba Gym offers therapeutic and adaptive diving programs to enable people with a range of disabilities, veterans and others suffering from Post-Traumatic Stress Disorder (PTSD) to experience the benefits of diving. The programs offered include Scuba Gym therapy, the RAIDaptive and RAIDaptive Buddy courses and Scuba Camp for young people with disability.

Scuba Therapy allows for unique therapy in a weightless environment giving people the ability to increase strength and flexibility not possible during normal workouts. At the Scuba Gym, individualized workouts are designed in a gravity-free environment.

Learn more at thescubagym.com.au



Case Study:

Central Coast Bicycle Users Group

Central Coast Bicycle Users Group (CCBUG) leads regular weekend rides covering the best locally known routes the Central Coast has to offer. The group is also an advocacy voice for all bicycle users on the Central Coast, whether they cycle for sport, fitness, transport or recreation, even MTB enthusiasts. Since its inception CCBUG has also grown into a large riding and social group, both online and offline, whilst retaining its original advocacy objective as a primary focus.

The CCBUG Rides Assist program provides people living with vision impairment and other disabilities on the Central Coast the opportunity to regularly experience the joys and benefits of riding a bicycle.

As a “stoker” on the back of a tandem, with an experienced and accredited ride leader as “pilot” up front, they participate in a healthy and popular activity – riding a bicycle. This is something they may not be able to do safely on their own. The program also provides social interaction amongst all ride participants during the ride and at regular coffee stops and at other CCBUG events.

Learn more at ccbug.org.au

