

From Shari's home office...

When we started planning our calendar this year, no one knew what was ahead of us. The idea of 6 months of programs without stepping foot on a basketball court was unheard of; and the concept of running online activities wasn't something we even thought about exploring. It's easy to look at 2020 in terms of all the things we haven't been able to do, and all the things we've had to miss out on.

It's important, however, to acknowledge all the things we have been able to do, and all the positive ways we've surprised ourselves. Despite the current restrictions, we are currently offering activities 5 days a week – something we never would have tried to tackle with face-to-face programs. Whilst we know that online programming doesn't suit everyone, we have been able to engage and reengage with many of our members on a more personal level, with more time to get to know each other as we Zoom in from our lounge rooms, bedrooms and backyards. We have connected like-minded individuals through our buddy groups; and given our members the opportunity to try things like yoga and dance parties, from a safe and comfortable environment.

It might not be our ideal way to "do sport", but I am incredibly proud of our whole community – our members, coaches, buddies, families and supporters – for adapting, embracing and allowing us to be a part of their 2020 journey.

Keep moving: Online Activities

We have continued to run our suite of online activities to keep our members connected and active during these restrictions.

We are so grateful to both our regular coaches and the 'special guests' who have kept our programs engaging and entertaining, week after week.

We'd especially like to acknowledge:

- Barb Bejer and David Chester, our fantastic basketball coaches
- Mandie Teperman, who has smoothly switched from our Shmooze and Groove walking group to Shmoozing and Moving online with us
- Debra Kiven from Yoga Atma for a calming and centring yoga session
- Dave "Sandwich Bag Dad" who helped us develop some relaxing screen-free skills and ran a cartooning workshop for us
- Nutritionist Elise Den, PT Izzy Worth and Mindfulness Maven Shannyn Einsohn for running an informative healthy living forum
- Our amazing buddies Max, Shannyn, Cara, Dean, Mia, Naomi, Hudson, Charlie, Maddy, Teegan and Zoe for providing regular small-group opportunities for engagement

Welcome Bella

We are excited to announce that Bella Oldham has joined the team as the new All Abilities Program Officer.

Bella first encountered Maccabi when she undertook a uni placement with us and returns to us now as a qualified social worker and personal trainer.



Why did you want to work for Maccabi?

I had such a wonderful experience on my placement which was with Maccabi All Abilities in 2017.

What are you most excited about with this role?

Meeting everyone, both online and face to face.

How have you been keeping active lately?

Doing all sorts of online exercise and stretch classes, and teaching fitness classes.

What have you been cooking lately?

Cookies. So many cookies!

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Mazal Tov and Thank you Phoenix

We would like to say a huge thank you to Phoenix Janover who recently celebrated his bar mitzvah. Melbourne's stage 4 lockdown rules didn't stop him from having a meaningful celebration with loved ones, and Phoenix generously shared his simcha with us, asking for donations to support our program. Phoenix's bar mitzvah contributed over \$9000 to Maccabi All Abilities, and the funds will be used to support our various activities, including cricket programs over summer.

"I have always been taught and strongly feel we all have that opportunity to make life better for others who aren't as fortunate for one reason or another, and may not have the same access to opportunities that we do...I have chosen this foundation because post corona I would very much like to be involved in arranging sports clinics for children with disabilities because I understand how good it feels to participate in sport, both the sense of personal satisfaction and achievement, and the great feeling of belonging you get just from being part of a team."



Thank you Cara

We would like to say a huge thank you to Cara Davies who recently finished up her role as All Abilities Program Support. We wish her best of luck with her new internship and are so happy that she is staying on board as a volunteer.

Training the Trainers

In preparation for term 3 we ran an online training session for our coaches and buddies. We discussed inclusive coaching and communication strategies, and also explored some issues that are specific to the online environment. We also shared a new inclusive coaching handbook that Shari and Cara created, and ensured all coaches and volunteers had access to a copy.

What's Next?

With the recent announcement about continued restrictions, we are currently planning our continued online programming for term 4. We will continue to offer multiple opportunities per week for involvement, including basketball, buddy groups and various Sunday sessions. We will continue to monitor the changing restrictions and plan our return to play accordingly.

For further information or to get involved please contact:

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