



Official
Provider



TOTAL RECREATION

actively inclusive



(meeting place)

WELCOME TO "TOTAL REC"

Total Recreation is proud to be offering new inclusive and exciting recreation activities in Alice Springs.

Delivered under the National Disability Insurance Scheme (NDIS) we aim to provide our members with meaningful engagement opportunities to learn new skills, build friendships, enjoy life and achieve their goals.

Delivering inclusive programs for more than thirty years in Darwin and Palmerston Total Recreation now invites new members from Alice Springs to enjoy Social, Fitness, Sport and Travel opportunities.

OUR STORY

Total Recreation started in Darwin by family's who wanted more engaging and active activities for their children, meaningful engagement with a focus on community and social interaction with their peers.



From humble beginnings Total Recreation now provides thousands of hours of recreational services for Territorians with a disability. Programs are guided by member feedback through the Participant Advisory Committee (PAC) and individuals.

A not-for-profit and registered charity formed under the incorporated body act, Total Recreation exists on behalf of its members and operates more like a club and less like a for-profit care or support provider.



Total Recreation is a registered service provider under NDIS and provides services both for individuals and group environments. All program and activity pricing is determined by the NDIS, Total Recreation is open and transparent about all program pricing.

PROGRAMS

Programs aim to promote active healthy choices in a positive environment, do things we enjoy, make friends and maybe try something new!

Total Recreation programs provide opportunities to refine and develop skills towards achieving goals, building independence and confidence in social and community environments.

BENEFITS

Our recreation opportunities aim to be engaging and enjoyable, providing several benefits along with having fun!

- **SOCIAL ACTIVITIES:** making friends, building relationship networks, access to & participate in the community, transactions & money handling, developing independence, try new activities & experiences.
- **FITNESS PROGRAMS:** healthy lifestyle, supported exercise, diet, movement fundamentals, get active, challenge yourself, develop capacity to exercise independently.
- **SPORTS OPPORTUNITIES:** team work, participation, community access, fitness, technical movement, sports skills, pathways and representation.
- **TRAVEL EXPERIENCES:** new experiences, community access, budgeting & cash handling.

All Total Recreation programs are conducted in an inclusive, supportive and safe environment with an emphasis on enjoying social time with friends.

BECOME A MEMBER

Becoming a member is easy and only costs \$10 per year. Talk to our friendly staff member Mark Bensted to find out more about our programs and how you can get involved.

Contact Mark - 0409 082 697

PROGRAM PRICING

Program pricing in this handbook is determined by the NDIS, we have included a per session price and a cost for multiple sessions until July.

Note: there are some costs that your NDIS plan wont cover, these include gate fees, movie or concert tickets, meals & drinks on program. We have included recommended spending money and can support transactions.

Program pricing advertised in this hand book provides members with;

- **NDIS Costs (purple):** indicates the funding that will be invoiced from your NDIS plan (invoiced after the program) as determined by the NDIS.
- **Member Costs (green):** this is generally the program costs, the cost of a movie ticket, an instructor, hire or gate fee.
- **Meal & Drinks (orange):** this is the recommended amount of money to bring for dinner and drinks.

The pricing example below provides a per-session NDIS cost, Member cost, recommended spending money and program dates. We have also provided a price for multiple activity sessions to assist with planning.

<ul style="list-style-type: none">• 16th April• 30th April• 14th May	<ul style="list-style-type: none">• 28th May• 11th June• 25th June	NDIS \$450 5 hours	Member \$0 1 session	
		4 sessions	\$1298	\$0



OPEROO

Operoo is a software program used to manage member communications, program bookings and payments. Designed to reduce the amount of repetitive paperwork Operoo works extremely well for Total Recreation NDIS programs and member communication.

Once set up you will be able to see all your program information from your home computer or mobile phone with the Operoo app.



SOCIALS

WEDNESDAYS - BOWLING & DINNER

Join us each Wednesday for dinner and bowling. Hit the Dust Bowl and bowl a strike, or maybe bowl a "turkey!" (3 strikes in a row!). Everyone welcome bowling beginners to seasoned professional's, catch up with friends and have social bowl.



- Wednesdays - from 16th April

NDIS
\$178
5 hours

Member
\$20
1 session



12 sessions \$2134 \$240

SATURDAYS - SATURDAY SOCIAL

Every second Saturday From April Total Rec wil host a Saturday Social, activities vary and may be suggested by members. Dont sit at home get Saturday Social!

- 16th April • 28th May
- 30th April • 11th June
- 14th May • 25th June

NDIS
\$254
5 hours

Member
\$0
1 session



6 sessions \$1524 \$0

SUNDAYS - LIVE MUSIC & DINNER

Alturnating with Saturday Socials Total Rec will head out every second Sundays to find the best live music in town and enjoy dinner with friends.

- 24th April • 22nd May
- 8th May • 5th June

NDIS
\$325
5 hours

Member
\$0
1 session



4 sessions \$1298 \$0

SPORTS

Conducted in inclusive social environments Total Recreation provide members the opportunity to try different sport and recreational activities. We also support pathway and representative opportunities through netball, bowling, AFL, Special Olympics and more!

WEDNESDAYS - AFL FOOTBALL



Love AFL Football? come and participate in an all inclusive football program delivered by AFL Northern Territory. Conducted Wednesday afternoons the program commences in April and includes free BBQ each week.

- Wednesdays - starts 16th April

NDIS
\$128
3 hours

Member
\$0
1 session



12 sessions

\$1534

\$0

THURSDAYS - TABLE TENNIS



Improve your coordination and play table tennis. Skill games and development challenges each week played in a fun and encouraging environment. Great for beginners and new players.

- Thursdays - starts 27th April

NDIS
\$136
3 hours

Member
\$5
1 session

12 sessions

\$1636

\$60

FITNESS

Working with the highly respected Arrernte Community Boxing Academy, Total Recreation is offering a fitness program with a difference.

Modified boxing program will improve balance, stamina and strength, don't just get fit, get boxing fit!



TUESDAYS - BOXERCISE



Under the expert guidance of instructors these sessions will provide adapted exercise routines.

Exercises and routines develop participants balance, stamina and strength. All activities are conducted in a safe supportive environment.

- Tuesdays - starts 12 April

NDIS

\$134

3 hours

Member

\$10

1 session

12 sessions

\$1617

\$120

ONE-ON-ONE SESSIONS

One-on-one sessions with a private coach, boxing exercises adapted for all abilities are great for improving balance, strength and timing, .

- Contact Mark 0409 082 697



SPECIAL INTEREST

Special interest programs are specific activities that encourage skill development with members. Activity offerings will commence with Community Radio and grow over time.

Total Recreation is calling for expressions of interest for the following activities, if you have an idea for a special interest program let us know.

CRITTER WATCH

Critter watch is unique program supporting research into animal behavior at the Desert Park. Support research through observations of park animals. Data collected in this program is used for research on animal behavior.



- Expressions of Interest are open

BUSH FOOD PROGRAM



Central Australia has some amazing bush foods that have been used by aboriginal people for generations. This program will teach you about bush foods with samples and support to cultivate species at the Desert Park.

- Expressions of Interest are open

SPECIAL INTEREST



Ever thought about having your own radio show?

8CCC **COM**
AU
102.1 FM COMMUNITY RADIO
ALICE SPRINGS & TENNANT CREEK

8CCC - COMMUNITY RADIO

In partnership with 8CCC Community Radio Total Recreation is providing the opportunity for members to learn all about radio including planning, production and delivery of your own radio show.

Build skills towards hosting your own community radio show!

This program provides members with peer mentors along with support from Total Recreation and 8CCC professionals.



Program times are customized with members and align when air time is available. Contact Mark to find out more about this amazing opportunity.

- Custom dates and times

NDIS

\$173

3 hours

Member

\$35

1 session

10 sessions

\$1728

\$350

TRAVEL

Total Recreation provides a variety of supported travel opportunities, from city stays, interstate and international holidays. Is there a place or an event you would like to travel to?

V8 SUPER CARS - DARWIN

Travel to Darwin and hear the V8 Supercars roar and battle at the famous Hidden Valley circuit. Stay overnight in one of Darwin's city hotels and enjoy various activities, events. Relax by a pool, eat out at one of Darwin restaurants and enjoy a staycation away from home.

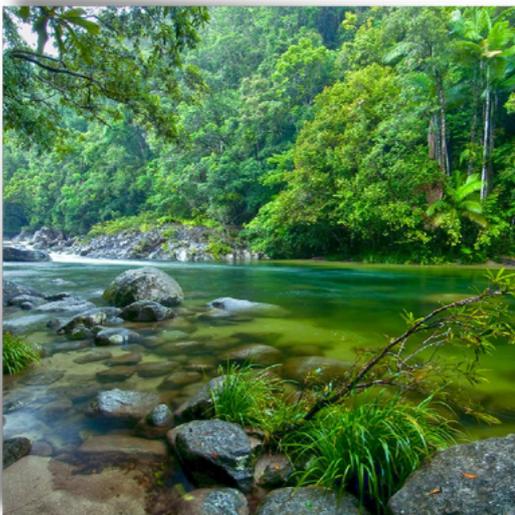


- 17th - 20th June

NDIS
\$2671
50 hours

Member
\$2950
1 session

CAIRNS



Where the reef meets the rainforest, Cairns is one of Australia's premier holiday destinations for tourists. With its close proximity to the Great Barrier Reef and Daintree Rainforest is a Mecca for all travelers.

Total Recreation is calling for expressions of interest to travel to Cairns in November this year.

- November (Dates TBC)

NDIS
\$3159
80 hours

Member
\$3850
1 session

MY PROJECT

My Project - you choose the project or activity and we support you!

Welcome to the My Project support program, you choose the project or activity and we support you. It could be a one off activity or a regular round of golf, fishing, fitness, art competition or even sky diving!

My Project is a flexible NDIS program and can be adapted to your project and NDIS goals. Contact us and find out how we can support your project.

YOUR IDEAS

Total Recreation is a peer lead organisation, this means our members determine what programs are delivered and can suggest new programs.

Program suggestions can be made by several ways:

- Contact or speak with Total Recreation staff
- Reply to one of our members surveys (conducted annually)
- Speak with a members of the Participant Advisory Committee (or PAC). The PAC is a members lead committee that guides programs and activities.

We look forward to hearing from you, contact Mark Bensted on **0409 082 697** or email alicesprings@totalrecreation.org.au

CONTACT



0409 082 697

MARK BENSTED

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totalrecreation.org.au



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