

# ParaQuad Association of Tasmania Inc. Est. 1990

## Membership Form 2016 - 2017

26-28 Tolosa St Glenorchy TAS 7010 PO Box 1528 Glenorchy TAS 7010  
P 03 6272 8816 F 03 6272 8511 info@paraquadtas.org.au

Full Name/Organisation: \_\_\_\_\_

Dependent(s) (if req) \_\_\_\_\_ Date of Birth / /

Address: \_\_\_\_\_

Suburb: \_\_\_\_\_ Postcode:\_\_\_

### Email:

\_\_\_\_\_ Mobile \_\_\_\_\_

I would like to receive the quarterly Paraview Newsletter? NO or **By Mail** or by Email (circle)

I would like to receive all future correspondence via Email or Post (circle)

**Physical disABILITY Sports Tasmania.** If you are interested in participating in sport or recreational activities and don't know where to turn, let us know below. We will endeavor to facilitate your involvement in the activity of YOUR choice, or assist you in finding some activities that you'll enjoy. Members and their dependents are also eligible for athlete grant funding through the PdST Athlete Development Fund.

Sports/Craft/Recreational interest:\_\_\_\_\_

### Membership 2016 - 2017

Membership fee for 2016 - 2017 \$ 20

*Tax Deductible* Donation to ParaQuad Tasmania (thank you) \$

Total Paid \$\_\_\_\_\_

Payments may be made by cheque, money order or credit card and forwarded with your renewal form in the envelope provided. Would you like a tax invoice forwarded YES or NO? (please circle).

Card No: \_\_\_/\_\_\_/\_\_\_/\_\_\_

Expiry Date: \_\_\_

Name on Card: \_\_\_\_\_

#### EFT PAYMENTS:

ParaQuad Association

BSB: 037 009

Ac#: 160 691

Use full name on payment

Remit: [accounts@paraquadtas.org.au](mailto:accounts@paraquadtas.org.au)

#### Cheque Payments to:

ParaQuad Association

PO Box 1528

GLENORCHY 7010

*Membership is for the financial year ending 30 June 2017*



# Benefits of Membership and Activities

## ParaQuad Association of Tasmania Inc.

[www.paraquadtas.org.au](http://www.paraquadtas.org.au)

*Mission statement includes - To assist Tasmanians, who have a physical disability to achieve their choice of lifestyle.*

Information and Referrals - Access Audits of Buildings and Venues - ParaQuad's BodySafe Education Programs - [wheeliegoodguide.com.au](http://wheeliegoodguide.com.au) - Accessible accommodation/venues across Tasmania - Glenn Moore Accessible Units for short term hire at a reasonable cost - Government lobbying on issues pertaining to spinal cord injury and related disabilities - Social events - Paraview Newsletter - Spinal Cord Injury Fact Sheets - Peer Support Programs - Visitations to Tasmanian patients in Tasmanian Hospitals and Interstate Spinal Units on request - PQ Tasmania Healthcare Supplies [www.pqhealthcare.com.au](http://www.pqhealthcare.com.au) - Founding member of the Australian Spinal Injury Alliance

## Physical disABILITY Sports Tasmania (PdST)

[www.pdstasmania.org](http://www.pdstasmania.org)

*Mission - To provide people with a physical disability the opportunity to participate in sport and recreational activities at a social, national or international level*

Financial assistance from the PdST Athlete Development Fund - Large array of share equipment - Support from our Sports Development Officer to assist in your participation across a broad range of activities - Networking and peer support - Online Calendar of Events

## ParaQuad BodySafe Education

[www.paraquadtas.org.au/resilience.html](http://www.paraquadtas.org.au/resilience.html)

The message our programs sends to all its participants is one of lifelong awareness and mindfulness - it is about developing sensitivity to environment, context, and the tendency to minimise and dismiss risk. These programs cover awareness of injuries that occur in the everyday, the in-between parts of life, as well as those relating to specific activities, workplaces, sports, driving.

They also empower their participants in ways to question the safety of activities, consider the consequences, and ways to say **yes** to living, while remaining ever aware of risks - including the risk of complacency. This program is about using mindfulness to live a life without regrets. We see this program as one of our most important activities.

Our staff are ready to take calls from you to organize a presentation for you across Tasmania.

## Glenn Moore Accessible Accommodation

[www.glenmooreunits.com.au](http://www.glenmooreunits.com.au)

Our spacious accessible units are maintained to the highest standards for short term accommodation whilst holidaying or visiting Hobart. Each unit features undercover parking, air-conditioning, level access, adjustable beds, easy access bathroom and low level cupboards. \*Eligibility requirements relating to disability must be met.

## PQ Tasmania Healthcare Supplies

[www.pqhealthcare.com.au](http://www.pqhealthcare.com.au)

3/65 Albert Rd Moonah TAS Phone 1300 741 234

Our healthcare supply business carries a comprehensive range of products across a large variety of categories. Purchase goods through our store in Moonah, or online at our secure website. We cater for individuals, group homes, aged care facilities, doctors surgeries, dental clinics, hospitals and pharmacies.

