

[View this email in your browser](#)

[Send this email to a friend](#)

[Sign up to receive the BSRV newsletter](#)



## Friend, we're looking forward to many new programs in 2022

Welcome to 2022 and a new year of events, activities and sport and recreation programs at BSRV. We are currently planning some exciting new programs: including forest immersion walks, excursions to cultural events, as well as online virtual programs which will keep you entertained. At the same time, our face-to-face active fitness programs are continuing with COVID safe practices in place.

We are grateful for funding provided by our key supporters - the Department of Social Services, VicHealth, Sport and Recreation Victoria, Parks Victoria and City of Melbourne - which will enable us to offer this wide range of programs, with something on offer for everyone.

You can read below about the programs which are recommencing now, and we will update you as details are finalised of group walks and other forthcoming events. We strongly encourage everyone to prioritise their booster vaccinations, to ensure our events are the safest they can be for all concerned.

Our virtual programs available via Zoom (or telephone) are currently running throughout the week and include:

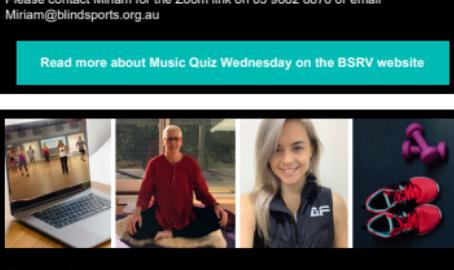
- Walking fitness session with Robyn/Miriam
- Energy balance class with Jenny
- Personal training class with Lauren
- Music quiz with Alan and Miriam (every 3 weeks)
- African Dance Workshop
- African Drumming Workshop

We are interested to hear your ideas about other virtual programs of interest, so please share your thoughts with us as to what you would like to see in future. Please contact Jenny Dodd, BSRV Program Coordinator if you have ideas; or wish to join our online programs by phone: 9822 8876 or by email: [jenny@blindsports.org.au](mailto:jenny@blindsports.org.au)

Thank you for your patience and continued support of BSRV and we look forward to an eventful year ahead.

Maurice Gleeson OAM  
BSRV President

## What's On - Zoom / dial in



### Zoom African Dance and African Drumming Workshops - 9th and 23rd February.

We're excited to announce we have two more African workshops with the wonderful Mirzi and Simon from Melbourne Djembe. No experience necessary to join in. You're sure to have a great time.

#### African Drumming Workshop

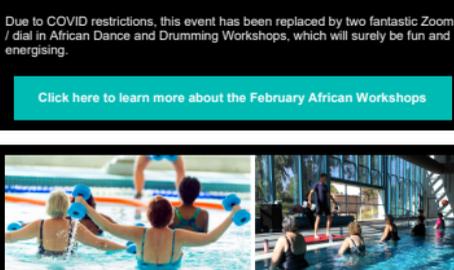
When: Wednesday 9th February, 2022  
Time: 11.30am to 12.30pm  
Where: Via Zoom / dial in - from the comfort of your own home  
Cost: FREE  
Bring your own drum or grab a bucket or use a table top

#### African Dance Workshop

When: Wednesday 23rd February, 2022  
Time: 11.30am to 12.30pm  
Where: Via Zoom / dial in - from the comfort of your own home  
Cost: FREE  
No experience necessary.

If you are interested in joining one or both workshops and would like to be notified when the times have been confirmed, please contact Miriam on 03 9882 8876 or email [Miriam@blindsports.org.au](mailto:Miriam@blindsports.org.au)

[Visit the BSRV website to read more or for any updated event information by clicking here](#)



### Music Quiz - Back by popular demand! First session Wednesday 16 February

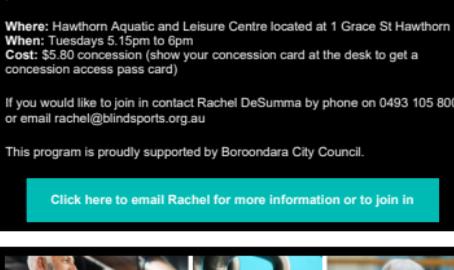
Music Quiz Wednesday is back for 2022! Join Quiz Master Alan Bartlett for 3 sessions during February and March and get your groove on.

When: Wednesday 16th February, 9th and 30th March. 1pm to 2pm.  
Where: Via Zoom / dial in from the comfort of your own home.  
Help is available if you need assistance to participate.

This is a FREE event. Join us and join in.

Please contact Miriam for the Zoom link on 03 9882 8876 or email [Miriam@blindsports.org.au](mailto:Miriam@blindsports.org.au)

[Read more about Music Quiz Wednesday on the BSRV website](#)



### Zoom fitness - Join us and join in. Enjoy sessions Monday to Friday

Our FREE online fitness sessions for blind and vision impaired people return for 2022 to help us get fit, have fun and stay connected from home.

*I am delighted that the 9.30 am, home program will be continuing. It is proving to be a very valuable program for me, thank you. At my age I am not doing high kicks, but I am moving my feet and hopefully improving my balance and general movement. The sessions add just so much to my general feeling of wellbeing, many thanks.* Thelma

Our virtual at-home programs are funded by the Australian Government Department of Social Services. Go to [www.dss.gov.au](http://www.dss.gov.au) for more information.

[Read more about our fitness classes and how to join in by clicking here](#)

## 7 days of fitness at home & 7 days of meditations & relaxations at home

### 7 days of fitness - at home for FREE. Get into it before the end of March!

As we have had such fantastic feedback on Jenny Dodd's collection of pre-recorded sessions, they will continue to be available for you to enjoy through February and March. This program, with both fitness and relaxation recordings, will enable you to easily keep active, motivated... and relaxed at home. Don't miss your chance to give these sessions a go.

*"Thank you so much Jenny, so wonderful to be a part of the online fitness sessions. I know that these classes have been of great benefit to me."* Janene

*"I really appreciate you sending through these recordings. I like the instructions given with all the movements."* Kate

If you've also enjoyed this program we'd love your feedback.

[Click here for more information and to access the video links](#)

## What's On - In-person Events



### Greek Dance Workshop in Coburg cancelled

Due to COVID restrictions, this event has been replaced by two fantastic Zoom / dial in African Dance and Drumming Workshops, which will surely be fun and engaging.

[Click here to learn more about the February African Workshops](#)



### Aqua Fit. Fitness for adults in Broadmeadows

When: Mondays 2.30pm to 3.30pm  
Where: Broadmeadows Aquatic and Leisure Centre, 41-85 Tanderrum Way Broadmeadows.

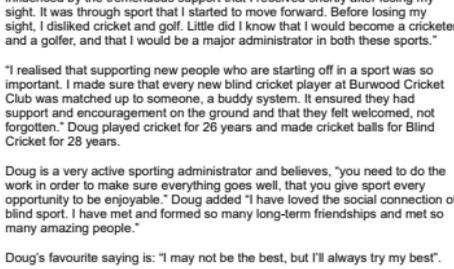
Cost is \$5 per session, carers are FREE. Places are limited.  
Bring a water bottle, bathers and towel. Plus sunglasses for glare.

A support worker is recommended if you require assistance getting poolside or to the change rooms. All attendees must be double vaccinated and show proof upon entry to the Broadmeadows Leisure Centre.

Why try Aqua Fit classes? Working out in water helps build strength, endurance and flexibility whilst putting less stress on your joints and muscles. Come along to get fit, have fun, feel included and make new friends!

Contact Miriam on 9822 8867 or email [miriam@blindsports.org.au](mailto:miriam@blindsports.org.au)

[Read more about these Aqua Fit sessions on the BSRV website](#)



### Put up your dukes... Boxing is back on in Hawthorn.

This is a fun class and great exercise. New people are very welcome. Come along and join this small group class run by Tom, a personal trainer from the YMCA. Gloves and equipment provided. Suitable for many fitness levels. See you there!

Where: Hawthorn Aquatic and Leisure Centre located at 1 Grace St Hawthorn  
When: Tuesdays 5.15pm to 6pm  
Cost: \$5.80 concession (show your concession card at the desk to get a concession access pass card)

If you would like to join in contact Rachel DeSumma by phone on 0493 105 800 or email [rachel@blindsports.org.au](mailto:rachel@blindsports.org.au)

This program is proudly supported by Boroondara City Council.

[Click here to email Rachel for more information or to join in](#)



### Gym Circuit is back on in Hawthorn.

Routines are individually tailored to each participant so it is suitable to a range of fitness levels. Build your muscles and your endurance.

Where: Hawthorn Aquatic and Leisure Centre located at 1 Grace St Hawthorn  
When: Tuesdays 3pm to 4pm  
Cost: \$5.80 concession (show your concession card at the desk, get a concession access pass card)

If you would like to join in contact Rachel DeSumma by phone on 0493 105 800 or email [rachel@blindsports.org.au](mailto:rachel@blindsports.org.au)

This program is proudly supported by Boroondara City Council.

[Click here to email Rachel for more information or to join in](#)



### Blind Tennis is back in full swing at Melbourne Park from Friday 11th February. Join in.

After being treated to some epic matches at the Australian Open it's time for the BSRV Blind Tennis Program to smash in some Friday nights of Blind Tennis sporty fun!

For all ages and all abilities. Join us and join in.

If you are vision impaired or blind and didn't think it was possible to try tennis, think again! We have both a social and competitive program that is held on Friday evenings at Melbourne Park. Volunteers are on hand to assist you. It's a great program to help get fit and have lots of fun!

[Click here for more details on Blind Tennis for ADULTS at the National Tennis Centre](#)

[Click here for more details on Blind Tennis for JUNIORS at the National Tennis Centre](#)



### Guided Walk and Yidaki Meditation with Lionel Lauch from Living Culture at McCrae beach - 17 March 2022

When: Thursday 17 March 2022. 10am to 2pm  
Where: McCrae (Mornington Peninsula, Usula)

Follow the link below for more information or contact Rachel on 9822 8867 or email [rachel@blindsports.org.au](mailto:rachel@blindsports.org.au)

[Click here for more details about this upcoming event](#)

## Event postponed

The Boroondara Sports Complex 'All Abilities come and try sport event' that was scheduled for Sunday 6th February has been postponed. We will let you know when a new date has been set. BSRV and The City of Boroondara thanks you for your patience and understanding.

## We joined in!

### Wangaratta Come and try Blind Tennis Day



### Locals loved the opportunity to have a hit using 'bell balls' and 'vision goggles'.

This great to tennis Victoria, Rural City of Wangaratta and Sport North East for this thank experience. Local families and BSRV ambassadors had a wonderful time on court. It was lovely to meet so many new people who came to have a hit.

As part of the 'AO on the road tour' some lucky people had a chance to get up close to the Norman Brookes Challenge Cup and the Daphne Akhurst Memorial Trophy.

[Read more about this event by clicking here](#)

## Moysey Walk



### It was a very hot day, but the great company and coastal views made it totally worth it.

A hot summer day, a group of lovely people, three gorgeous guide dogs, a park, a garden, a reserve, coastal views, lunch, a library tour and great conversation. Who wants to come along next time?

*"Pearl and I would like to thank you again for organising the Moysey Walk yesterday, and to say how much we appreciated your cheerful fun and assistance along the way. It was good to meet up with an old friend and meet some new ones."* Peter.

Thank you Bayside City Council for their support.

[Click here for more details about this upcoming event](#)

## BSRV Celebration Morning Tea



BSRV's morning tea on Tuesday 14 December celebrated the successes and achievements of our Board members, newly appointed Ambassadors, participants and volunteers, following a challenging few years for us all.

Held in the Mayor's Room at the Hawthorn Arts Centre, the event was an opportunity to reconnect and thank all those who work hard to improve and support sport, recreation and cultural opportunities for people who are blind or vision impaired in our community.

[Read more about this wonderful event celebrating those with a generous spirit](#)

## Meet Doug, a BSRV Ambassador



### Doug, having greatly appreciated the support he received after losing his sight, is dedicated to offering encouragement to others.

Doug Sloan OAM is a very active sports person. He has contributed enormously to Blind Cricket and Blind Golf as a player and administrator and received an Order of Australia Medal in 2004 for his contribution to sport. He is currently the chair of Blind Golf Australia as a lifetime member of Burwood Blind Cricket Club, Victorian Blind Cricket Association, Blind Cricket Australia and Blind Golf Victoria.

Doug has generously volunteered significant time to support Blind Sports and Recreation Victoria. He has for many years been a Master of Ceremonies for BSRV AGMs and other functions, and is always willing to assist where possible.

Doug became totally blind as a young adult after a devastating car accident. However, within 4 months of his accident, he joined Blind Cricket. He recalls the tremendous role models he met. "They gave me wonderful support and encouragement. They were living ordinary lives and enjoying it," he said.

"What happened, had happened. The accident had caused me to lose my sight. I realised I had to go on and get on with my life." he continued. "I was influenced by the tremendous support that I received shortly after losing my sight. It was through sport that I started to move forward. Before losing my sight, I disliked cricket and golf. Little did I know that I would become a cricketer and a golfer, and that I would be a major administrator in both these sports."

"I realised that supporting new people who are starting off in a sport was so important. I made sure that every new blind cricket player at Burwood Cricket Club was matched up to someone, a buddy system. It ensured they had support and encouragement on the ground and that they felt welcomed, not forgotten." Doug played cricket for 26 years and made cricket balls for Blind Cricket for 28 years.

Doug is a very active sporting administrator and believes, "you need to do the work in order to make sure everything goes well, that you give sport every opportunity to be enjoyable." Doug added, "I have loved the social connection of blind sport. I have met and formed so many long-term friendships and met so many amazing people."

Doug's favourite saying is: "I may not be the best, but I'll always try my best".

## Health and Well-being

### How to re-establish a healthy routine



After our daily routines are disrupted how can we get back on track with our exercise?

This VicHealth article has many suggestions on how we can create sustainable and healthy exercise routines making healthy choices part of every day.

[Read the VicHealth article by clicking here](#)

## Volunteer Opportunity Tandem bike pilot



### Do you live in or around the Lynbrook area and have experience on a tandem bike?

BSRV is currently seeking a volunteer to pilot a tandem bike for a vision impaired gentleman on a Sunday (preferred) or Saturday morning fortnightly. The pilot will need to be at least 172cm and experience would be preferred.

You need to be reliable and enjoy bike riding.

As a friendly, volunteer tandem bike pilot you need to be 18 years of age or older, with a positive attitude towards people with disabilities and fully vaccinated.

To express interest in this volunteering role please contact Susan on 03 9822 8876 or by email [info@blindsports.org.au](mailto:info@blindsports.org.au)

[For more information visit the BSRV web site by clicking here](#)

## Other volunteer opportunities

Female Walking Buddy in North Sunshine - [Click here for more information](#)

Gym Buddy in Hawthorn, various times - [Click here for more information](#)

Golf caddy/companion in Brighton - [Click here for more information](#)

BSRV can only exist with volunteers like you. We provide training so you can be confident to assist, have fun, stay healthy and help others join in.

If you are someone who is blind or has low vision and would like to participate in an activity and require volunteer assistance, please get in contact with the BSRV office on 03 9822 8867 or send us an email.

## As a volunteer there are many ways to help

Volunteers gain great benefits from assisting people who are blind or vision impaired, while enjoying many valued experiences.

BSRV can only exist with volunteers like you. Join us & Join in.

Register your interest [online](#), send us an [email](#), or call us **03 9822 8876**

[Learn more about volunteering with Blind Sports and Recreation Victoria. Join us so others can join in](#)



### Thank you to JK Gill Real Estate for their continuing support. If you're thinking of selling or looking for a new home give Mandip a call.

JK Gill Real Estate, Finding the right home for you.

JK Gill prides itself on providing a personal and accessible service for people of all abilities – and boasts years of experience in the real estate industry, both within the residential and commercial sectors.

Mandip Gill built his business upon honesty and trust. Visit the website <https://jkgill.com.au/>

[Download the Blind Sports and Recreation Victoria Accessible Brochure by clicking here](#)

## Join us

Please join us & join in. As a participant or volunteer at Blind Sports & Recreation Victoria, we support you to stay connected, learn skills, make friends, stay healthy, get active, have fun and enjoy life. Give us a call and let us know your interests.

[Donations make our programs possible. Please donate today!](#)

[Like us on Facebook to ensure you don't miss any events, programs, news and opportunities to join in.](#)

[f](#) [globe](#) [envelope](#)

Copyright (C) 2022 Blind Sports Victoria. All rights reserved.

[Update Preferences](#) | [Unsubscribe](#)

