

## Positive changes are coming.

### We are looking ahead with future easing of restrictions. Join us and join in.

It is hard to believe that it is already October and we're still learning to cope with the ongoing times of uncertainty. As we continue to adapt to change, we are now entering a new phase with the easing of some restrictions ahead. Hopefully, this will be the start of a return to some sort of normality that we were previously used to. It is incredible how some people have been able to adapt and adjust to these difficult circumstances.

The at-home zoom/telephone activities have enabled people to stay connected and it's great to see more and more regional and interstate participants who are blind or vision impaired being a part of this wonderful program.

I would like to acknowledge and thank everyone who has been assisting BSRV including staff, volunteers, participants, sponsors, donors, supporters and other government and community organisations.

As always we welcome any suggestions or feedback to assist us with our ongoing planning for the future.

Maurice Gleeson OAM  
President

## What's On - Zoom Events

### Melbourne Fringe Festival Design Fringe: Audio Described Tour

#### Armchair Travel - THIS THURSDAY. Melbourne Design Fringe Audio Described Tour. Join in.

Join Rachel for an Audio tour of the Design Fringe Festival. Discover the behind the scenes of the Design Fringe Festival. Listen to Artists being interviewed as they describe their work and the design and creation of their pieces. This audio tour is being specifically designed for people who are blind or low vision.

Stay on after the tour to chat about the works. Bring your art appreciation and your ideas.

Thursday 14 October. 11am.  
Join us via Zoom / dial in.  
FREE EVENT. Join us and join in.

Please contact Rachel DeSumma by email [rachel@blindsports.org.au](mailto:rachel@blindsports.org.au) (via the link below) or call our office 03 9822 8876.

For more information or Zoom/telephone details please email Rachel DeSumma, Program Manager by clicking here

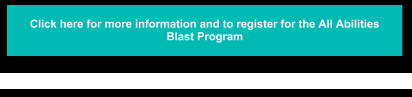


#### African Dance Workshop #2 Back by popular demand!

We're excited to offer you another African Dance Workshop with the wonderful Mitzi and Simon from Melbourne Djembe! This time there will be more singing and more dancing! YOU WILL LOVE IT!

Friday 22 October. 11am - 12pm.  
Join in via Zoom / dial in.  
FREE event. Join us and join in.

For more information about this Cultural Dance Workshop or to register your interest click here



#### Music Quiz Wednesday via ZOOM

Alan Bartlett invites you to join 'Music Quiz Wednesday'. It is filled with great singers and bands - ranging from opera to country to rock to jazz to pop and everything else from the Australian music scene. Join us and join in.

Come and show off your knowledge of all things MUSIC or just come and bop along to the great tunes. It's relaxed, fun and entertaining.

Wednesdays 1pm - 2.15pm (during lockdown).  
Via Zoom / dial in from the comfort of your own home.  
FREE event. Help is available if you need assistance to join in.

Click here for more information and to join Music Quiz Wednesday. We'd love to see you there.



#### Zoom fitness sessions - Monday to Friday. Exercise at home. FREE.

BSRV offers a range of FREE online fitness sessions for blind and vision impaired people to get fit at home. Join us for Energy and Balance, Aerobic and Strength-based fitness and our Walk at Home program.

There is no cost for any of these sessions and all are welcome. We encourage family and friends to join us as well as BSRV volunteers. We'd love to see lots of people join in to keep moving and feeling great.

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.

## What's On - In-person Events

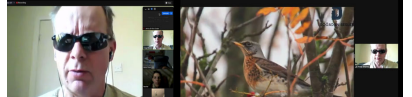


#### Woolworths Cricket Blast. Hey kids...Come and have a hit!

Burwood Cricket Club is very excited and proud to offer an 'All Abilities Blast' program for the first time this season. This program provides the opportunity for children with special needs to play cricket, being guided by enthusiastic volunteers in a wonderfully supportive environment. Join in.

Saturdays 9am - 9.45am  
November 2021 6th-27th and February 5th-26th 2022 (8 week program)  
Burwood Cricket Club

Click here for more information and to register for the All Abilities Blast Program

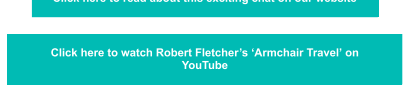


Join us for an all day BBQ, meet the players and learn about the game of Blind Cricket. Come along if you are interested in playing, volunteering or if you are just a local to the area. We'd love to see you there.

When: Saturday 27th November (Time to be confirmed - check VBCA website)  
Where: Kooyong, Behind Vision Australia at 454 Glenferrie Road, Kooyong.  
This is a FREE event.  
Join us & Join in.

For more information on the Blind Cricket Open Day or to register click here to visit the Victorian Blind Cricket Association website

## What's On - Register your Interest



#### Come and Try Judo Day - for all ages 3+ Bring your family and friends.

REGISTER YOUR INTEREST

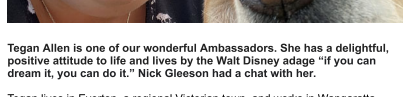
Would you like to come and try Blind Judo? Bring your family, bring your friends and join in. Date to be confirmed.

Kids aged 3 and up are invited with their family and friends to join in, learn new skills and have fun. We'd love to see you there!

Click here to read about the benefits of Judo for people who are blind or vision impaired

## We joined in!

### West African Dance Workshop



#### Very energising. We loved every minute.

Our first African Dance Workshop with the wonderful Mitzi and Simon from Melbourne Djembe was a huge success. So much so, we're doing it all again!

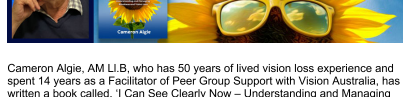
*"Such a wonderful workshop today. It was really fantastic to drum, dance and know that everyone was having a good time. Thank you so much for putting this on for us - hope we may be able to do it again in the future."* Janine.

*"I loved it all, from the warm up exercises, the drumming rhythms, to the clapping and dance steps and movements"* Carol.

Find out what participants had to say about this wonderful workshop by clicking here

The various Dance Workshops have been funded by the Heart Foundation's Active Australia Innovation Challenge.

### Armchair Travel to Everton



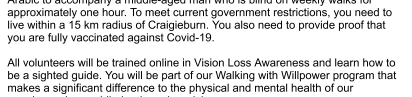
We enjoyed a wonderful and informative interactive session with Tegan Allen, a BSRV Ambassador. Thank you Tegan for sharing with us your life in the Victorian High Country.

*"It was such a joy to learn about the High Country of North East Victoria. Blind Sports Recreation Victoria Ambassador, Tegan Allen was simply superb. Her ability to share her personal story was such a highlight for me. I loved listening and learning about the everyday things of living in a country area and how she manages as a person with a vision impairment. Thank you for sharing your love of where you live and how you work so beautifully with your community. I smile when I recall hearing about sheep, about your Guide Dog and even about brown snakes."* Nick, Armchair Travel participant.

If you are interested in joining future 'Armchair Travel' sessions contact Rachel DeSumma by email [rachel@blindsports.org.au](mailto:rachel@blindsports.org.au) or call our office 9822 8876. Please check 'News and Events' on our website regularly to keep up to date with what is on at BSRV.

Thank you to VicHealth for their support. This event was made possible by funding from the VicHealth Reimagining Health Grant.

### Armchair Travel to Princes Risborough with Andy Shipley



We had the delight of heading to Princes Risborough with Andy Shipley, a nature guide who is visually impaired.

Andy took us through the chalk rivers and Chiltern Hills near his home and described some of the birds and landscape of the area. He also shared some history about his medieval town and the story of a link between Princes Risborough and Australia. Amy Johnson who resides in Princes Risborough was the first female to fly solo from the UK to Australia.

You can find out more about Andy and his work at [www.natural-inclusion.org](http://www.natural-inclusion.org)

Thank you to VicHealth for their support. This event was made possible by funding from the VicHealth Reimagining Health Grant.

Click here to watch Andy Shipley's 'Armchair Travel' on YouTube

### Armchair Travel - An adventurous life with Robert Fletcher



*"Taken on a wonderful journey of delight, international travel and joy. Kate."*

Click here to read about this exciting chat on our website

Click here to watch Robert Fletcher's 'Armchair Travel' on YouTube

Thank you to VicHealth for their support. This event was made possible by funding from the VicHealth Reimagining Health Grant.

## Congratulations to BSRV President Maurice Gleeson OAM



Maurice was honoured to be inducted into the 'Lifetime Achievement Honour Roll' of the Victorian Disability Awards, by the Department of Health and Human Services on 28 September at their virtual Awards ceremony.

The Lifetime achievement honour roll recognises exceptional individuals who have made a significant contribution over the past 20 years and demonstrated an outstanding commitment to the rights, participation and inclusion of Victorians with disability.

Maurice has now been President of BSRV for 30 years and has improved the lives of more than 25,000 Victorians with vision loss and their families since joining BSRV in 1982. His vision and dedication have seen him break down the barriers to participation for people who are blind or vision impaired, while broadening the range of sport and recreation activities available.

You can view the video of Maurice speaking at the Awards event by clicking here

## Meet Teagan, a BSRV Ambassador



Tegan Allen is one of our wonderful Ambassadors. She has a delightful, positive attitude to life and lives by the Walt Disney adage "If you can dream it, you can do it." Nick Gleeson had a chat with her.

Tegan lives in Everton, a regional Victorian town, and works in Wangaratta. Being excluded from activities after becoming vision impaired fuelled her passion to help make sport and recreation opportunities available for all. Tegan said "Full access enables everyone an opportunity to enjoy life. The Shire of Wangaratta is a small community with just over a thousand people with a disability, so it is important that we all have access."

Tegan enjoys photography, using technology to enlarge her images, and has taken some amazing photos. She said "photography and creativity helped fill the huge gap of initially losing the opportunity to do sport."

Tegan enjoys playing tennis with her family and would like to help develop Blind Tennis in surrounding areas. Working for Wangaratta Council as a 'Rural Access Officer' has enabled Tegan to contribute to creating an inclusive community.

## Goalball - Toyko 2020 and Update



The Victorian Goalball Association (VGA) are hoping that the Aussie Belles' performance at the 2020 Tokyo Paralympic games will inspire the next generation of goalball players, especially as they prepare to host the Australian Goalball Championships in October 2022.

If you would like to be part of our goalball family, you can contact the VGA at [info@goalball.org.au](mailto:info@goalball.org.au) or connect with us via Facebook.

Click here to read the full update from the Victorian Goalball Association on the BSRV website

## An important resource for people with vision impairment and their families



Cameron Algite, AM LL.B. who has 50 years of lived vision loss experience and spent 14 years as a Facilitator of Peer Group Support with Vision Australia, has written a book called, 'I Can See Clearly Now - Understanding and Managing Vision Loss'.

When asked why did he write this book? Cameron said, 'After 14 years of Facilitating Peer Support Groups, I found that there was no central resource available which explained in lay terms what vision loss is all about, its impact and understanding the complex psychology of the fear of blindness.'

*"Recreation plays a large part in leading productive lives. So many people who are totally blind undertake tandem cycling, parachuting, walking, bowling, mountaineering and so on. This demonstrates how important sport is to dealing with anxiety, highlighting the importance of programs provided by BSRV."* Cameron says.

Click here to read more about the book 'I Can See Clearly Now' by Cameron Algite

## Health and Well-being

### Which foods make you happy?



VicHealth explores the relationship between what you eat, your gut, and your mental health and well-being in a recent article.

Click here to read about how food affects your mood and how you can feed your happiness

## Volunteer Opportunity - Walking

### Arabic-speaking Walking Buddy in Craigieburn

Blind Sports & Recreation Victoria are seeking a male volunteer who speaks Arabic to accompany a middle-aged man who is blind on weekly walks for approximately one hour. To meet current government restrictions, you need to live within a 15 km radius of Craigieburn. You also need to provide proof that you are fully vaccinated against Covid-19.

All volunteers will be trained online in Vision Loss Awareness and learn how to be a sighted guide. You will be part of our Walking with Willpower program that makes a significant difference to the physical and mental health of our members who are blind or have low vision.

To express your interest in this role, please contact our Program Manager, Miriam, via email [miriam@blindsports.org.au](mailto:miriam@blindsports.org.au) or call the BSRV office 03 9822 8876.



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.

## Other Volunteer Opportunities

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

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

Gym Buddy in Hawthorn, Tuesdays 3-4pm - [Click here for more information](#)

### 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 our newsletter sponsors for their continuing support. If you're looking for a new home, to organise some travel, or a place to stay in South Yarra, please support them when you can.



#### 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.

Mandy Gill built his business upon honesty and trust. Visit the website <https://jk.gill.com.au/>

#### Getting you to where you want to go.

ACA Travel specialises in assisting the disability sector with their travel arrangements. Jane Underwood is the Director and is committed to assisting and supporting the needs of people with a disability.

Contact Jane Underwood on 03 9833 4519 or email [jane@ACATravel.com.au](mailto:jane@ACATravel.com.au)

#### SoYa Apartment Hotel is a chic new destination with all the bells and whistles.

The rooms are cleverly decorated and equipped exquisitely for any type of stay - Corporates, long stays, over-night, romantic getaways, social catch-ups, families and even pet friendly options.

Visit the SoYa Hotel website <https://www.soyahotel.com.au/>

### Download the Blind Sports and Recreation Victoria Accessible Brochure by clicking here



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.

