

This newsletter is best viewed in your browser

Send this email to a friend

Sign up to receive the BSRV newsletter



Friend, let's celebrate!

With the celebration of 100 years of blind cricket in Victoria coming up later this month, it is timely to reflect on how far we have come with sporting opportunities for people who are blind or vision impaired over the past century.

Blind cricket started with modest beginnings in Prahran, when a group of people with vision loss came up with the idea to put rocks in a can and use it as a cricket ball. The Victorian Blind Cricket Association was formed shortly after, with the first sports ground and clubhouse built at Kooyong in 1928.

Not only was blind cricket first invented in Victoria, it was a first for Australia and the world.

Today, we can thank blind cricket for spearheading the development of other blind sports - to the current situation - with more than 30 different sport and recreation programs available for people with vision loss.

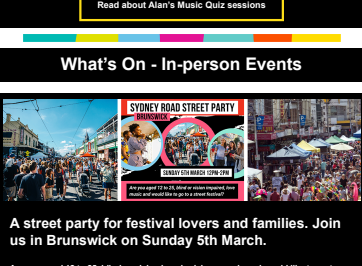
We look forward to celebrating the Centenary of this fabulous sport on 24 March, as well as the part it has played in facilitating the development of adaptive sport around the world so people with vision loss can join in.

The BSRV team :-)

In this edition

- What's on via Zoom / dial in
- What's on - In-person events
- We joined in - Read about some activities and outings
- People in focus:
 - Meet Annette, BSRV Ambassador
 - Doug Sloan talks Blind Cricket
 - Volunteer Ambassadors - Emerging Stronger through volunteering
 - Volunteer with BSRV - Audio brochure
- Participate Melbourne
- Health and Well-being - Brain health
- Get Active voucher program
- Volunteer opportunities
- About our sponsor

What's On - Zoom / dial-in



Zoom / audio dial-in Energy Balance with Jenny.

All fitness levels are welcome, no equipment is necessary, and anyone who is blind or has low vision around Australia can join in. Volunteers are also welcome to join.

"I look forward to sharing this powerful healing practice with you." Jenny.

When: Wednesdays at 9.30am (dial-in from 9.20am)

Where: Via Zoom / audio dial-in from the comfort of your own home.

Help is available if you need assistance to participate.

If you are unable to join in at the live session times, you can sign up to receive a weekly video class recording to enjoy at home whenever it suits you!

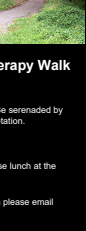
Our online fitness sessions are FREE. Join us and join in. Please contact Jenny for the Zoom / audio dial-in links on 0408 128 888 or email jenny@blindsports.org.au

[Read about Energy Balance and Qigong](#)

MUSIC QUIZ WEDNESDAY



with Quiz Master Alan Bartlett



Join a Music Quiz session online with Alan.

We have so much fun plus it's great to share our love of music with other people like you. If you haven't joined in yet, please give it a go. It's online from the comfort of your own home. Help is available if you need assistance to participate.

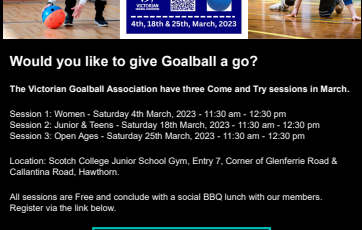
Connect with other adults who are blind or vision impaired, let loose, have fun, get groovy, join a laugh and maybe a bit of a sing along... It's up to you.

Dates: Join us for 1 hour, at 1pm, on Wednesday 22nd March and 3rd of May.

Contact Miriam for the Zoom / audio dial-in link, then get ready... Call 03 9522 8876 or email miriam@blindsports.org.au

[Read about Alan's Music Quiz sessions](#)

What's On - In-person Events



A street party for festival lovers and families. Join us in Brunswick on Sunday 5th March.

Are you aged 12 to 25, blind or vision impaired, love music and would like to go to a street festival?

Blind Sports & Recreation Victoria invite you to come along for a guided festival experience. We'll visit all six stages to listen to the best music talent, browse arty market stalls, and eat delicious street food. The Sydney Road Street Party is always a blast! Siblings & friends are welcome!

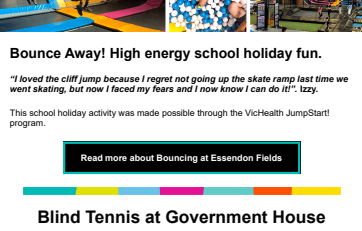
When: Sunday 5th March, 12pm to 2pm. Option to stay on afterwards independently.

Where: Sydney Road, Brunswick. Enquire about meeting locations.

Cost: Any person who is vision impaired will receive up to \$15 for one meal only. BYO own money for all other purchases.

RSVP: Miriam on miriam@blindsports.org.au or telephone 03 9522 8876.

[Get ready for a super fun festival](#)



Join Disabled Surfers Association (DSA) in Ocean Grove on Sunday 5th March.

With 19 branches around Australia (and one in NZ), this life changing, volunteer run organisation, Disabled Surfers Association, is dedicated to 'Putting smiles on dial's' by taking people of all abilities surfing in a fun, friendly and safe environment.

Rob Fletcher, BSRV volunteer Ambassador, was delighted to join in at Ocean Grove early February. Rob said *"Life is full of experiences to explore and embrace. I did it and will do it again! Enjoying a fully supported surfing run at Ocean Grove put a smile on my face and proved you are never too old."*

DSA - Ocean Grove, are having their next session on the 5th March. Whether you would like to participate or volunteer, this awesome activity will certainly put a smile on your dial.

[Click here for more information and DSA contact details](#)



Join us on a 'Sensing Nature' Forest Therapy Walk at Brimbank on Wednesday 8th March.

Meander along the bubbling Maribyrnong River at Brimbank Park. Be serenaded by the local birdsong and be swept away by the soundscape and vegetation.

Where: Lysterfield Lake Park

When: Wednesday 8th March from 10.30am to 2pm.

Cost: No cost to participants and volunteers. BYO lunch or purchase lunch at the cafe.

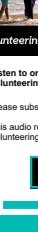
Contact: These walks are popular and places are limited. To join in please email Rachel@blindsports.org.au or call Rachel on 0493 105 800.

Visit our website via the link below to learn what to bring, available support and transport options.

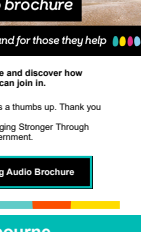
The 'Sensing Nature - A vision for inclusion' video is available to watch from this page.

[Learn more about this 'Sensing Nature' walk](#)

VICTORIAN BLIND CRICKET ASSOCIATION



100 YEARS OF BLIND CRICKET



Join us to celebrate 100 years of Blind Cricket on Friday 24th March in Kooyong.

To celebrate 100 years of blind cricket in Victoria, the Victorian Blind Cricket Association, together with Blind Sports & Recreation Victoria (BSRV), formally invite you to attend a centenary celebration.

BSRV Patron and comedian, Charlie Pickering, will be MC for the evening.

Tickets are selling fast. Book your tickets now online by clicking the link below.

For more information phone 03 9522 8876 or email info@blindsports.org.au

[Read more about the 100 years of Blind Cricket celebration](#)

[Book your tickets now via the TryBooking website](#)



Would you like to give Goalball a go?

The Victorian Goalball Association have three Come and Try sessions in March.

Session 1: Women - Saturday 4th March, 2023 - 11:30 am - 12:30 pm

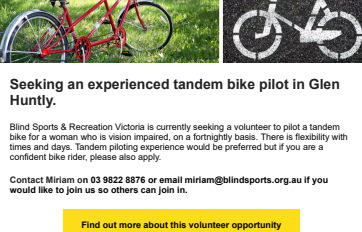
Session 2: Junior & Teens - Saturday 18th March, 2023 - 11:30 am - 12:30 pm

Session 3: Open Ages - Saturday 25th March, 2023 - 11:30 am - 12:30 pm

Location: Scotch College Junior School Gym, Entry 7, Corner of Glenferrie Road & Callantina Road, Hawthorn.

All sessions are Free and conclude with a social BBQ lunch with our members. Register via the link below.

[Register to come and try Goalball](#)



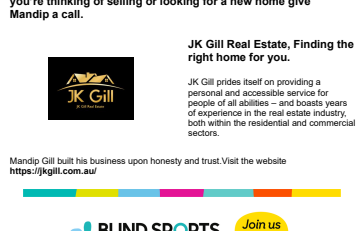
Get involved in audio described and tactile events.

Vitae Veritas (VV) is a major provider of audio description and tactile tour services for performing and visual arts across metro and regional Victoria, making arts and culture more equitable, inclusive and accessible to people who are blind, or have low vision. A listing of all current shows and events can be found on their website via the link below.

[Discover what's on at Vitae Veritas](#)

We joined in!

Music, art and slime - We really joined in!

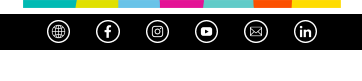


Toe drawing and slimy fart noises.

What a magic session of super sensory fun and creating art, with no rules. Read Miriam's report about this school holiday activity funded by the VicHealth JumpStart! program.

[An exploration of creativity without limits](#)

Jumping for joy!



Bounce Away! High energy school holiday fun.

"I loved the cliff jump because I regret not going up the skate ramp last time we weren't skating, but now I faced my fears and I now know I can do it!" Izzy.

This school holiday activity was made possible through the VicHealth JumpStart! program.

[Read more about Bouncing at Essendon Fields](#)

Blind Tennis at Government House

Government House was open to the public on the 26th January. Blind tennis participants proudly showcased their talent on the grass courts with the public joining in. Her Excellency, the Honourable Linda Dessau, Governor of Victoria, also joined in. Our thanks to all our Blind Tennis Program participants for their time to make this day such a success - Adam Fayad, Robert Fletcher, Ross Patterson, David Gordon, Jason Whiter, Silviana Pavlovic, Terry Dreier and Gigi Richards.

Australian Open - All Abilities Day

Blind tennis participants, Rob Fletcher, Adam Fayad, Phoebe Jane and Jason Whiter took part in an Exhibition Match at the Australian Open.

"It was one of the highlights of my life" said Rob Fletcher.

Heard Rob's experience of the Australian Open and his hope for the future of the many specialised forms of the game, including Blind and Low Vision Tennis. Listen as he chats to Peter Greco on FOCAL POINT, Vision Australia Radio. (Interview starts at 41:35).

[Listen to Rob's interview](#)

Meet Annette - BSRV Ambassador

Annette loves the inclusive nature of blind and low vision sports.

Annette has recently joined BSRV as a Volunteer Ambassador. She shares her story of connecting with BSRV and the blind and low vision community.

[Read Annette's story on the BSRV website](#)

Doug Sloan OAM talks all things cricket

In the lead up to the 100 years of Blind Cricket celebration, Doug Sloan OAM had a chat to 3AW's Craig Willis about cricket and the various 'balls' that have been used over the last century, and how they have evolved over time.

[Listen to Doug's interview](#)

Emerging Stronger through volunteering

Meet great people who are helping others join in.

Over the past few months, we have had the pleasure of working with wonderful people creating a series of videos focused on volunteering.

We appreciate how generous they have all been with their time, with sharing their lives, and telling us how volunteering has been a life changer for them and others.

We are thrilled to be able to share these inspirational stories with you via the YouTube link below. Please subscribe while you are there so you don't miss the others yet to come.

Thank you to the Victorian Government for supporting this project.

[Watch the 'Emerging Stronger' inspirational stories](#)

Volunteering brochure - audio resource

Volunteer with us Audio brochure

Volunteering is a life changer for volunteers and for those they help

Listen to or download BSRV's new audio brochure and discover how volunteering can change lives! Join us so others can join in.

Please subscribe to our YouTube channel and give us a thumbs up. Thank you

This audio resource was created as part of the 'Emerging Stronger Through Volunteering' project, supported by the Victorian Government.

[Listen now to the BSRV Volunteering Audio Brochure](#)

Participate Melbourne

Our adventurous and ever positive Program Manager, Miriam, has organised some great activities and spectacular adventures in and around the city thanks to funding from the City of Melbourne.

Natalie Flores has written a great article about our wonderful adventures in the CBD.

[Read 'Leading a vision for greater inclusion in Melbourne'](#)

Health and Well-being

Physical activity and brain health

We all know that exercise is good for our bodies, but how does it impact our brain health? Visit the Get Active website for some thoughtful tips to boost your brain.

[Discover the ways exercise can help your brain](#)

Get Active Victoria - Voucher Program

Get \$200 to help your child play sport! getactive.vic.gov.au

The Get Active Kids Voucher Program is now open!

The Get Active Kids Voucher Program helps eligible families get their kids involved in organised sport and active recreation activities by providing financial support towards the cost of membership and registration fees.

If your family or child has a Health Care Card or Pensioner Concession Card, you may be eligible for up to \$200 to put towards the cost of your child's participation in sport and active recreation activities. To find out if you are eligible, how to apply, what costs are covered and more, visit the Get Active website via the link below.

[Find out more about the Get Active vouchers](#)

Volunteer Opportunities

[Join us Join in](#)

BLIND SPORTS & Recreation Victoria

Seeking a middle-aged female walking buddy in North Sunshine to accompany a lady on weekly walks... and for a chat.

Join us as a walking companion for a lady on weekly walks in her local area of North Sunshine. You will be reliable, friendly and enjoy walking.

Contact Miriam on 03 9522 8876 or email miriam@blindsports.org.au if you would like to join us so others can join in.

[Read more about this volunteer opportunity](#)

Seeking an experienced tandem bike pilot in Glen Huntly.

Blind Sports & Recreation Victoria is currently seeking a volunteer to pilot a tandem bike for a woman who is vision impaired, on a fortnightly basis. There is flexibility with times and days. Tandem piloting experience would be preferred but if you are a confident bike rider, please also apply.

Contact Miriam on 03 9522 8876 or email miriam@blindsports.org.au if you would like to join us so others can join in.

[Find out more about this volunteer opportunity](#)

Other volunteer opportunities

Tandem bike pilot around Lynbrook - Find out more

South eastern suburbs volunteer needed to drive a vision impaired tennis player to Melbourne Park on Fridays - Find out more

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.

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 9522 8876**

Learn more about volunteering with Blind Sports and Recreation Victoria. Join us so others can 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 team on 03 9522 8876 or send us an email.

Feedback

We welcome your feedback, whether positive or constructive. We would love to hear from you as we strive to provide information to you in accessible ways via various formats including this newsletter, our website and social platforms. You can provide any feedback to BSRV by phone or by email.

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://jkhill.com.au/>

BLIND SPORTS & Recreation Victoria

[Join us Join in](#)

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!](#)

Please help others connect with BSRV

We would appreciate your help to spread the word about our programs, events and activities that are designed to promote health and well-being for people who are blind and vision impaired. We would like to invite others to get involved and stay active. Please follow, like, share and comment with us on the various platforms.

The more people that join us and join in... and stay connected, the happier and healthier our extended community will be. Thank you.

Links can be found below.

