

BLIND SPORTS & RECREATION VICTORIA NEWSLETTER

JUNE 2020

Walking for Fitness and Virtual Morning Tea

BSRV trial in-home health and wellness programs

BSRV is pleased to offer a range of in-home health and wellness programs each week, to keep you active, fit and make connection with others during COVID-19 restrictions.

We understand that the current social distancing guidelines can make it difficult for you to remain physically active and connected. These new programs have been developed to offer a safe and convenient alternative, which can be conducted within your own home.

This trial program is being conducted by BSRV Program Coordinator, Sandra Knight – using the Zoom video/audio conference program. Participants can either join in via landline, mobile or their computer and the range of activities on offer include:

- Full body fitness
- Virtual Morning Teas
- an intermediate level yoga class
(note: as this class is currently at capacity, this will be a wait list only option)

The fitness program involves listening to an exercise session on YouTube, while BSRV's Program Coordinator provides verbal explanations about some of the moves involved. Our Program Coordinator will also try to verbally describe some of the moves prior to the YouTube video commencing.

BSRV is able to offer you advice and support in the use of Zoom video/audio conferencing to facilitate your involvement in these programs. We hope they provide you with opportunities to keep active, fit and involved during the current COVID-19 restrictions.

Everyone is welcome to be involved in the program as much or as little as is wanted by you. What is important to us is for you to join in and give your feedback to help refine the program.

To find out more or register your interest, please contact Sandra Knight, Program Coordinator on Tel: 9822 8876 or sandra@blindsports.org.au.

BSRV walking camps Inclusive for all

Funding from The Andrews Foundation and Parks Victoria enabled 3 camps to take place for people who are blind and vision impaired from September 2019 – March 2020. The camps were held at Mornington Peninsula, Inverloch and Lakes Entrance. Participants enjoyed being active by visiting various parks, beaches and lakes; and the opportunity to socialise with others who were blind or vision impaired whilst learning about the local history.

I had the pleasure of chatting to Springvale's Twanny Farrugia about his experiences of the Lakes Entrance camp that was held in March. Twanny has been ill most of his life, had a kidney transplant 48 years ago and is Australia's 2nd longest surviving kidney transplant recipient. Other medical conditions include having had heart surgery and musculoskeletal disorders - and Twanny is also blind. His positive outlook on life can't help but make you smile and is infectious.

Twanny was thrilled to be able to attend the Lakes Entrance camp as he was regular visitor to this area, prior to his health deteriorating and before becoming confined to an electric wheelchair. His guide dog, Annabelle and two carers accompanied him to the fully accessible cabin that was booked at a caravan park.

"It really was a lovely time" said Twanny. "Although I could not go on all the walks due to the terrain and my wheelchair, the opportunity to participate in some walks and socialise with others was fantastic. We visited Nyerimilang Park, toured the old homestead and walked around the lake. We were also lucky enough to spend some time at a festival which was being held on the foreshore. With everyone assisting and contributing, we had a BBQ one evening and went for a meal at the local hotel the other evening.

“Socialising, meeting new people and catching up with others I hadn’t seen in many years was wonderful. My guide dog Annabelle also got to meet another guide dog who was on the camp with us.

“As I haven’t been able to attend other walks prior to the camp, when the opportunity arose and Sandra said she could organise an accessible cabin for my carers and I, I jumped at the opportunity and am so thrilled I did. With typical Melbourne weather of all seasons in one day it didn’t deter us from getting out and about. I look forward to joining any other camps that will be held and thank Sandra & BSRV for making this inclusive for all”.

Image below: Participants of Lakes Entrance camp on boardwalk



Keeping connected via a new database

As BSRV continues to expand their sporting and recreational activities and the number of participants and volunteers continue to grow, a database with expanded functionality has become a priority for our organisation. With funding from the NDIS Information, Linkages and Capacity building grant program, BSRV has researched and identified a new flexible Membership database to meet our needs now and into the future.. We welcome this opportunity which will enable us to manage all facets of participant and volunteer information - together with the many and varied sporting and recreational activities that are held.

A bright and colourful future for Blind Sports & Recreation Victoria

If you visit the [BSRV Website](#), receive a communication from us or attend one of our events in the future, you will notice that BSRV is now sporting a contemporary new logo and brand image.

Within the context of BSRV's long and stable 43 year history supporting people who are blind or vision impaired to lead healthy, more active lives, the organisation has grown and evolved particularly rapidly during the past eight years. BSRV now offers a diverse range of blind sport and recreation programs so participants of all ages, multicultural backgrounds and abilities from ages four through to 90 years can participate in activities of their choice.

The time was therefore right for BSRV to transform its brand image from our traditional logo and colours – which has served us well during the past 14 years – to a more contemporary, youthful and spirited one, which reflects more closely the organisation that we are today.

The new branding is designed to reflect the nature of our organisation, being inviting, welcoming, friendly, positive, optimistic and inclusive of all.

In this process, BSRV was fortunate to be assisted on a pro-bono basis by Dianne Storrar, who runs her own business, Visual Marketing and Design. Di was motivated to volunteer as a walking companion after seeing BSRV President, Maurice Gleeson OAM on Channel 10's 'The Project' last year. Having had a father who was legally blind, Di understood the challenges involved in living with vision impairment – as well as the great benefits of receiving assistance and the personal joy and fulfilment gained from volunteering.

Speaking about the new brand design, Di says: "There was a great opportunity for BSRV to update their branding to more accurately represent who they are today, their programs for people of all ages and abilities and the difference they make in so many people's lives."

"The new Brandmark was created using a modern and clean typeface for maximum legibility, to allow for easy identification of the organisation at all points of contact for the community," Di continued.

"The colours of blue, teal, pink and yellow create a good balance of contrast on black or white. As BSRV offers such a wide variety of sport, recreation and social activities, the prior brand symbol could not fully represent the breadth of what is on offer. The solution was an abstract depiction incorporating four organic shapes illustrating a collective footprint, the joining of forces and bringing together the community."

“Finally, the new BSRV tag line ‘JOIN US, JOIN IN’ acts as an open invitation not only to participants and volunteers, but also stakeholders, sport and recreation providers, funders and individual donors who, by joining together, create many positive and meaningful experiences to enhance the lives of people who are blind or vision impaired,” Di concluded.

You can check out Visual Marketing and Design’s website [here](#).

‘Opening Doors’ training videos

BSRV were thrilled to receive funding from the National Disability Insurance Agency to produce two training videos to assist allied health workers, sport coaches, sporting clubs, volunteers, fitness industries, students and sport development professionals. These online resources will assist sport and recreation providers in developing knowledge and awareness of meaningfully including people who are blind and vision impaired in their programs.

Tutorial 1 – Knowledge, Awareness, Barriers, Eye Conditions, Impact & Engagement

This video will assist you to develop knowledge and awareness of people who are blind and vision impaired. It provides ideas and support on the journey to becoming a more inclusive sport and recreation provider. It covers:

- the benefits of blind sport and recreation
- common barriers to participation
- the four main eye conditions and
- the impact on engagement in sport & recreation.

[Click here for Opening Doors - Tutorial 1](#)

Tutorial 2 – Strategies, Communication, Guiding and Support

This video covers:

- strategies to assist participation
- communication techniques
- how to safely guide participants with vision loss and
- where to find further support and information.

[Click here for Opening Doors - Tutorial 2](#)

National Volunteer Week

The theme for National Volunteer Week 2020 was: “Changing Communities. Changing Lives.” The theme is reflective of the impact volunteers have on communities. The wide variety and enormous hours volunteers commit to communities across the nation help to change communities and the lives of those in the communities.

On behalf of all the staff at Blind Sports & Recreation Victoria (BSRV), I would like to wish you a happy National Volunteers Week. This week is an important occasion to recognise and thank our volunteers for the contribution you have made over the last year. What an effort!

Through the commitment and support of our volunteers, BSRV continues to meet the growing needs of our community. In our 40 year history as a non-profit organisation, we have always relied on volunteers to help us meet our goals, and you have certainly done this by enhancing the quality of life for people who have low or no vision. While these have been challenging times, we look forward to working with you in the future to provide more sports and recreational activities to improve the life of people with vision loss. Again, thank you for taking up the call to volunteer; your efforts are highly valued by our BSRV community.

Image below: BSRV staff holding signs saying ‘thank you’ to our volunteers



Volunteers of Boroondara

The City of Boroondara have launched a campaign to celebrate amazing volunteers within the community. Jenny, who has been a volunteer with BSRV for many years is featured in the video together with our President Maurice Gleeson OAM.

Thank you to all our amazing volunteers - you have definitely made a difference to the lives of people who are blind and vision impaired!

[Click here to watch 'Volunteers of Boroondara'](#)

Lawn Bowls

Have you ever thought about trying lawn bowls? Bowls provides a social and inclusive environment for people of all ages and abilities. Blind Bowls Victoria (BBV) is a welcoming and friendly club and would love to show you how the game is played.

Bowls Victoria's annual Multi Disability Open

Make a note in your diary that Bowls Victoria's annual Multi Disability Open Day will be held in September at Deer Park bowling club.

This event is held to kick off the all abilities bowls season. People of all bowling experience and ability are welcome to attend. It is a great opportunity for people with a disability to try bowls or socialise with other people with a disability. The cost of the event is \$5 (tbc), which is to cover the cost of the BBQ lunch.

Blind Bowls Victoria will be part of this day and are more than willing to support you at this event.

For further information on blind bowls contact Secretary.bbv@gmail.com



TRY BOWLS

Bowls provides a social and inclusive environment for people of **all ages and abilities.**

Blind Bowls Victoria in conjunction with Bowls Victoria have many great opportunities for **Blind and Vision Impaired** sportsmen and women.

TRY BOWLS TODAY!

For **more information** please visit blindbowlsvic.org.au
bowlsvic.org.au

Contact:
Peter Campion
E: secretary.bbv@gmail.com
M: 0418 539 030

The poster also features a photograph of four people (three men and one woman) wearing blue and white bowling uniforms, smiling and posing together on a bowling green.

Yes, I would like to support Blind Sports & Recreation Victoria

Name: _____

Address: _____

Suburb _____ P/Code _____

Phone: _____ Email: _____

Please debit my credit card for \$ _____ Visa ☐ MasterCard ☐

____ / ____ / ____

Name on card Expiry Date...../.....

Signature

Donations of \$2 or more are tax deductible ABN 42 609 420 605

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