

What are we to do?

Although we are restricted with getting out and about at the moment, we are still optimistically planning lots of great events and activities. Some events have been postponed and will be rescheduled; and others are taking place virtually, so you can continue to join in with others at home during this period.

While we are limited to exercising at home, it's the perfect time to try our virtual classes via Zoom or audio, which are available every day from Monday to Friday. Why not give *Energy Balance*, *Walking at Home* or our *Zoom Fitness Program* with Lauren a try? Try one, try them all and you can take part in as many sessions as you like. Help is on hand if you need assistance using Zoom. We would like to thank the Department of Social Services for funding our range of virtual programs, which are so important during this time.

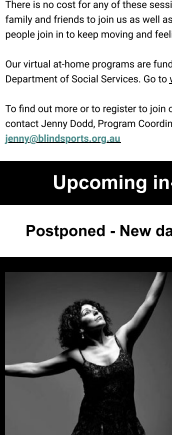
Any length of lockdown can be difficult for us all with the isolation and uncertainty. This is a global challenge and vaccination is our way out of continued lockdowns. We encourage you to consider vaccination, with the recommendation of your health practitioner.

It's important for us to stay socially connected during lockdowns. If anyone needs any help or a chat please know that we are here. Feel free to contact Marg on 0412 486 614 in the first instance. It's nice to know we have friends and support available, being part of this great BSRV family.



What's on

Virtual at-home programs



Fitness Classes at home Monday to Friday - FREE

Every weekday at 9.30am



- Exercise via Zoom or Dial In
- Energy and Balance
- Aerobic and Strength
- Walking at Home



Join one class or join them all.

[Click here for more details and to find out about Digong.](#)

BSRV's Program Coordinator, Jenny is here to help you get fit at home.

Come and join the 'Zoom Energy and Balance' class with Jenny on Wednesdays for some beautiful and gentle exercise. You will also have access to pre-recorded sessions of Jenny's Qi Gong warm up, Shibashi and relaxing audio meditations so you can enjoy these at any time.

[Click here to enjoy Jenny's 10 minute Winter Meditation / Relaxation session. There's plenty more available...](#)

BSRV offers a range of FREE online fitness classes 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 for more information.

To find out more or to register to join our Fitness Online Program, please contact Jenny Dodd, Program Coordinator by phone: 03 9822 8876 or by email: jenny@blindsports.org.au

Upcoming in-person events

Postponed - New date yet to be confirmed



Greek Dance Workshop - A Vision for Dance Through Music

POSTPONED

FREE event. When rescheduled please join us and join in.



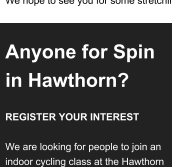
[Find out more about this Cultural Dance Workshop by clicking here](#)

This workshop will be rescheduled. Please get in contact if you would like to come and try something new and fun when we have a new date. Have a dance and a chat or just come and watch.

Please join us for the first of four exciting 'Cultural Dance Workshops' - part of our program *A Vision for Dance Through Music*.

We invite adults who are blind or have low vision to an exciting cultural dance program. You will have the opportunity to attend four dance workshops (or just one if you prefer) delivered by experienced dance instructors. No dance experience is necessary and all fitness levels are welcome. Stay afterwards for cultural cuisine and conversation!

If you are interested in joining us please email Miriam on 03 9822 8876 or email miriam@blindsports.org.au



West African Dance Workshop

Join in on our second of four Dance Workshops from 'A vision For Dance Through Music'.

Monday 15 September 10am-12pm

Vision Australia - located at 454 Glenferrie Road, Kooyong.

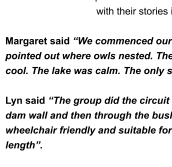


FREE event. Join us and join in.

[Find out more about this Cultural Dance Workshop by clicking here](#)

A great opportunity to watch and try some cultural dancing. This is another one not to be missed!

You can find out more by clicking the link above. If you are interested in joining us, please phone Miriam on 03 9822 8876 or email miriam@blindsports.org.au

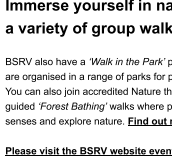


Blind Cricket Open Day - for all ages! Join in.

Join us for an all day BBQ, meet the players and learn about the game of Blind Cricket.

When: Sat 11 September 10am-4pm
Where: Kooyong

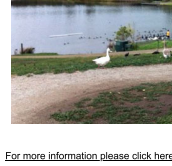
This is a FREE event.
Join us & Join in.



[Click here to learn all about this great Blind Cricket Open Day event](#)

To celebrate the 99th Birthday of Blind Cricket here in Victoria, an all-ages Open Day is being held. Come along, it's completely FREE!

[Click here to visit the BSRV website](#) for more information about this great day out and how you can register and get involved. We hope to see you, your family and friends in September!



Boxing. Join in a weekly class in Hawthorn.

Come and 'put up your dukes' and try this friendly small group boxing class. Have fun and get fit.

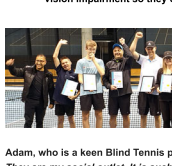
When: Tuesdays 5.15pm - 6pm
Cost: \$5.80 concession



[Click here for more information on this fab Boxing class.](#)

To express your interest or for more information please visit our website or email rachel@blindsports.org.au or phone 0493 105 800.

Events - Register your interest



'Come and Try Judo Day' - for all ages 3+

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](#)

As part of the Active Teens Program supported by Vic Health, we will be conducting a Come & Try Judo Day in the coming months which will be held at Yuki Judo in Strathmore Heights. Anyone 3 years plus are welcome to join in.

[Find out more about our 'COME AND TRY JUDO DAY'](#) by clicking here

To register your interest for the upcoming Come & Try Judo Day, please phone Riley at BSRV on 03 9822 8876 or email Riley at Riley@blindsports.org.au

Anyone for Yoga in Hawthorn?

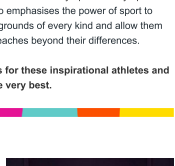
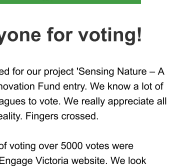
REGISTER YOUR INTEREST

We are looking for people to join in a yoga class in Hawthorn (exact location to be confirmed) which will commence once restrictions allow.

We'd love to see anyone, 'bendy' or not, come and join in.

When: Tuesdays 6.30pm - 7.30pm

[Learn more about this Yoga class on our website](#)



This Yoga class is taught by the lovely Elsa and follows the 8 limb approach, which is a mix of ashtanga, yin, meditation, and pranayama (breathing practices). Join us and join in.

To express your interest or for more information please email rachel@blindsports.org.au or phone 0493 105 800.

We love to organise classes of all types for you to enjoy but we need to ensure we have enough participants to get them up and running. So, if you would like to either try yoga or get back into it after a break, now could be the perfect time. We hope to see you for some stretching, balancing, and breathing soon.

Anyone for Spin in Hawthorn?

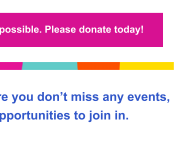
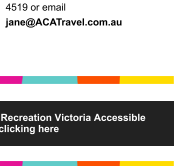
REGISTER YOUR INTEREST

We are looking for people to join an indoor cycling class at the Hawthorn Aquatic and Leisure Centre. Start date yet to be confirmed.

Please register to take part in this great indoor cardio workout class and get pedalling!

When: Tuesdays 1pm - 2pm

[Click here to learn more about this Spin class and how you can join in and 'Get on your bike'.](#)



Spinning is a great indoor cardio workout that blasts up to 400 calories a class, tones legs, and sculpts abs. Bonus: Once you're in the saddle it's your class, your ride because you control the tension of your bike.

To express your interest or for more information please email rachel@blindsports.org.au or phone 0493 105 800.

We joined in!

Lysterfield Lake Park group walk

Lovely bushland with lots of birds and wildlife.

An uplifting day out walking, chatting, laughing, learning and feeling connected with people and with nature. BSRV is lucky to have Margaret and Lyn each write about their experience on our fantastic day out. There's a snippet below with their stories in full on their website.

Margaret said "We commenced our walk, seeing kangaroos and Rachel pointed out where owls nested. The conditions were perfect, no wind, and cool. The lake was calm. The only sound was birds".

Lyn said "The group did the circuit around the reservoir across the old dam wall and then through the bush. The walk was very accessible, wheelchair friendly and suitable for most people. It is about 8 km's in length".

[You can read about Lyn and Margaret's day out on our website by clicking HERE](#)

This walk was made possible thanks to the Lynbrook Hotel Grant administered through the City of Casey.

Please visit our website often to discover walks and other activities available. If you would like further information, please email rachel@blindsports.org.au

Participating and Volunteering

What is Walking with Willpower?

The 'Walking with Willpower' program promotes fitness, wellbeing and community involvement by matching adults who have low or no vision with a trained, friendly volunteer in their local area to share together through this program. [Find out more details by clicking HERE](#)

Immerse yourself in nature and come along on a variety of group walks. Join us and join in.

BSRV also have a 'Walk in the Park' program where group walks and camps are organised in a range of parks for people who are blind or vision impaired. You can also join accredited Nature therapy guide, Rachel DeSumma on guided 'Forest Bathing' walks where participants walk slowly, engage their senses and explore nature. [Find out more details by clicking HERE](#)

[Please visit the BSRV website event listings regularly to see what's on](#)

Volunteer Opportunity - Walking

Join us as a walking buddy in Broadmeadows

We are currently seeking a female volunteer to accompany a lady who is vision impaired living in Broadmeadows on weekly walks in her local area. You need to be reliable, enjoy walking and chatting. Help this lady explore her suburb, get fit and feel socially connected!

[For more information please click here](#) to visit the BSRV website or contact Miriam on 03 9822 8876 or by email miriam@blindsports.org.au

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.

Find out how Tennis transformed Phoebe's life.

"For me, it's not just sport, it's friendship." Phoebe.

Phoebe, one of our lovely BSRV Ambassadors and a keen Blind Tennis player, has been featured in the Port Phillip Diversity Magazine. [You can read the article by clicking here.](#)

If you or anyone you know is interested in trying Blind Tennis or volunteering to help others play, please get in contact with us.

Volunteer Opportunity - Blind Tennis

Join us so others can join in

You can make a great difference by providing support to someone with a vision impairment so they can participate in Blind Tennis.

Adam, who is a keen Blind Tennis player says "Blind Tennis is my family. They are my social outlet. It is such an important sport in my life. I look forward to attending, playing and meeting everyone." Adam loves to see the different players and admires each person for their willingness to 'Give it a go'.

How does a volunteer at Blind Tennis help? Tennis volunteers help with skills development for players who are blind or vision impaired on the court, as well as ball retrieval, guiding participants to and from, as well as around the venue and other general activities.

When & where: Friday evenings at various times throughout the year at the National Tennis Centre. [Click HERE](#) or the link below for further details on our website.

We provide training so you can be confident to assist, have fun, and be active too! Volunteers gain new social connections, and have the joy of contributing to their local community!

If you are interested in participating in this program or would like to volunteer your time to assist, please contact Susan Marshall by phone: 03 9822 8876 or email: info@blindsports.org.au

[Click here to learn more about Blind Tennis](#)

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. Join us so others can join in.](#)

Updates and important information

Thank you everyone for voting!

A HUGE thank you to everyone who voted for our project 'Sensing Nature - A Vision for Inclusion', our Volunteering Innovation Fund entry. We know a lot of you asked friends, family and work colleagues to vote. We really appreciate all your efforts to help make this project a reality. Fingers crossed.

We hear that by the end of the 4 weeks of voting over 5000 votes were received for the various projects via the Engage Victoria website. We look forward to hearing which projects will receive funding late September. Thanks again and stay tuned...

Get set to watch the Paralympics from 24 August - 5 September

The countdown has begun for The Paralympics to commence in Tokyo on August 24! The official Games Motto for the 2021 Paralympic and Olympic Games is 'United by Emotion'. The Motto emphasises the power of sport to bring together people from diverse backgrounds of every kind and allows them to connect and celebrate in a way that reaches beyond their differences.

Life certainly does not have any limits for these inspirational athletes and BSRV wish all Paralympic athletes the very best.

Help the City of Port Phillip become more accessible and inclusive. If you're a person with disability, including a mental illness - or care for someone with disability - the City of Port Phillip would like to hear your suggestions.

[Share your feedback here until Sunday 29 August](#)

Thank you to our newsletter sponsors for their continuing support. If you're looking for a new home or to travel 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 - 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://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

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!](#)

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