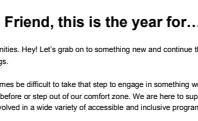


Send this email to a friend

Sign up to receive the BSRV newsletter



## Friend, this is the year for...

New opportunities. Hey! Let's grab on to something new and continue this year trying different things.

It can sometimes be difficult to take that step to engage in something we haven't experienced before or step out of our comfort zone. We are here to support you to join in and get involved in a wide variety of accessible and inclusive programs, events and activities.

Having a chat, a laugh or joining others to engage in an activity or sport, can be very energising; physically, mentally and emotionally. It's a great joy to feel part of a community and be welcomed into a group or team; to feel connected and confident to join in. So, please join us... and try new things!

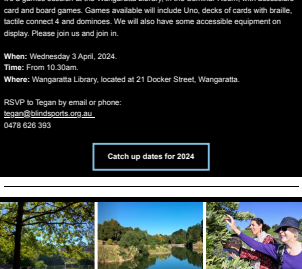
We are excited to meet and welcome new friends as we all continue to take that leap to say YES to new experiences.

Welcome to our March newsletter.  
The BSRV team.

### In this edition

What's on - Zoom / dial in  
What's on - In-person events  
We joined in - Read about some activities and outings  
2024 Victorian Blind and Low Vision Tennis Open  
Meet BSRV volunteers  
Tennis on 'The Project'  
Blind Cricket on 'The Project'  
Vision loss awareness training - Broadmeadows  
Health and well-being  
Volunteer opportunities  
Seeking your feedback

## What's On - Zoom / dial-in

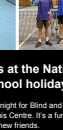


### Stay active and keep moving at home.

Yoga, Pilates and Balance, Walking at Home and our Energy Balance Zoom / dial-in sessions are free to join and a great way to stay active at home. Whether you want to improve your balance, increase your range of movement, muscle tone, flexibility or cardio fitness, there is something for everyone. Join us and join in.

[Read about our online fitness sessions](#)

## MUSIC QUIZ WEDNESDAY



with Quiz Master Alan Bartlett

### Why is Music Quiz Wednesday such a great hit?

Michelle said "Alan plays all sorts of different genres so we learn about new songs and artists which is really good."

"And we're a fun group!" added Louise.

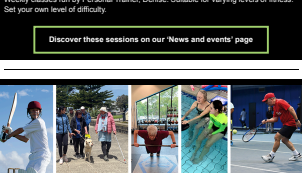
Next session: Wednesday 19th June, 2024. 1pm to 2pm.

If you would like to join in, please contact Susan for the Zoom link by phone or email: 03 9822 8876 [info@blindsports.org.au](mailto:info@blindsports.org.au)

Help is available if you need assistance to join in.

[Read about Music Quiz with Alan Bartlett](#)

## What's On - In-person Events



### Wangaratta Peer Support Group. Exciting news!

UNO what our exciting news for April could be?

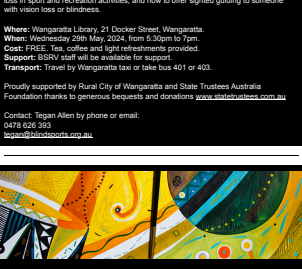
It's a games session at the Wangaratta Library, in the Seminar Room, with accessible card and board games. Games available will include Uno, decks of cards with braille, tactile clock 4 and dominoes. We will also have some accessible equipment on display. Please join us and join in.

When: Wednesday 3 April, 2024.  
Time: From 10.30am.

Where: Wangaratta Library, located at 21 Docker Street, Wangaratta.

RSVP to Tegan by email or phone: [tegan@blindsports.org.au](mailto:tegan@blindsports.org.au)  
0478 626 393

[Catch up dates for 2024](#)



### Join us at Wilson Botanic Park in Berwick.

Join us on a Sensing Nature style walk together with co-guides Marg, Rose and Rachel, as we wander through the Wilson Botanic Park. It's a beautiful spot, previously a quarry, with paved paths, lovely deciduous trees and a lake.

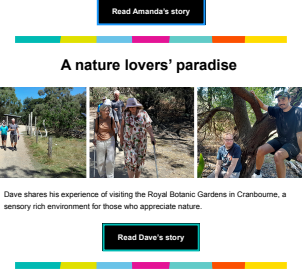
When: Wednesday 24 April, 2024. 10.45am to 2pm.  
Where: Wilson Botanic Gardens located at 668 Princes Hwy, Berwick.

Cost: Free. Please bring or buy your own lunch.

RSVP to Rachel DeSumma by phone or email: 0493 105 800 [rachel@blindsports.org.au](mailto:rachel@blindsports.org.au)

This walk is proudly supported by the City of Casey Community Grant.

[Discover transport options and what to bring](#)



### Blind Tennis at the National Tennis Centre returns after the school holidays.

Join us on a Friday night for Blind and Low Vision Tennis. Juniors and adults welcome at the National Tennis Centre. It's a fun activity and a great way to support daily life.

"It's great to get on court and experience the camaraderie" said Brendon, who also plays Blind Cricket and Soccer. "It's satisfying and good for your physical and mental health to get out, have a run around and try new things to find what you like." Brendon, Blind Tennis participant.

Remaining 2024 dates:  
Term 2: 15th April to 28th June.  
Term 3: 19th July to 20th September.  
Term 4: 11th October to 13th December.

Juniors: Friday evenings from 5.30pm to 6.30pm.  
Adults: Friday evenings commencing at 6.30pm to 8pm.

[Discover more about Blind Tennis](#)



### Gym Circuit, Boxing and Spin in Hawthorn.

Try one of these fun sessions or give all three a whirl at the Hawthorn Aquatic and Leisure Centre (HALC).

**Gym Circuit Class. Tuesdays 3pm to 4pm.**

Suitable for a range of fitness levels with a routine individually tailored to each participant. BSRV volunteer gym buddies are available to assist with changing weights and transitioning between equipment.

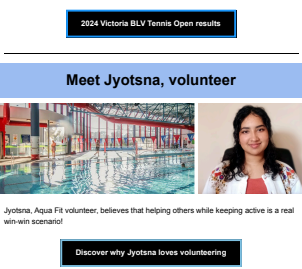
**Boxing Class. Tuesdays 5.15pm to 6pm.**

Boxing is a great way to get fit and have fun. If you're not sure if it's for you, come and try it. Support is available.

**Spin Class. Wednesdays 11am to 11.45am.**

Weekly classes run by Personal Trainer, Denise. Suitable for varying levels of fitness. Set your own level of difficulty.

[Discover these sessions on our 'News and events' page](#)



### Get active in North East Victoria. Find something fun, inclusive and accessible.

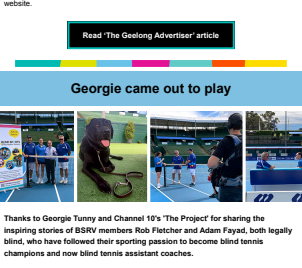
Are you 18 years and above, blind or have low vision and ready to try a sport or recreation activity? We want to know what you are interested in. Get in touch with us to discover how you can stay healthy, active and involved.

We can assist with:

- Connecting you with sports clubs, recreation groups, and online programs.
- Volunteer support so you can feel confident to participate.
- Discovering local sports and activities and how they can be adapted.
- Providing easy access to online Zoom/dial-in health and wellness programs.

Proudly supported by State Trustees Australia Foundation thanks to generous bequests and donations [www.statetrustees.com.au](http://www.statetrustees.com.au)

Contact: Rachel DeSumma by phone or email: 0493 105 800 [rachel@blindsports.org.au](mailto:rachel@blindsports.org.au)



### Vision loss awareness training in Wangaratta.

Learn how to support someone with low vision or blindness in your sporting club or workplace.

Blind Sports & Recreation Victoria is offering vision loss awareness training to sporting and recreation groups and members of the broader Wangaratta community who work in customer or service provision roles.

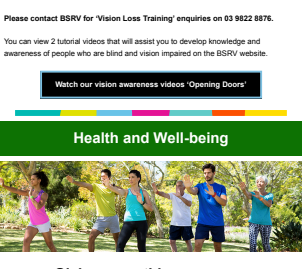
This training covers: awareness of eye conditions, how to include someone with vision loss in sport and recreation activities, and how to offer sighted guiding to someone with vision loss or blindness.

Where: Wangaratta Library, 21 Docker Street, Wangaratta.  
When: Wednesday 29th May, 2024. From 5.30pm to 7pm.  
Cost: FREE. Tea, coffee and light refreshments provided.

Support: BSRV staff will be available for support.  
Transport: by Wangaratta taxi or take bus 401 or 403.

Proudly supported by Rural City of Wangaratta and State Trustees Australia Foundation thanks to generous bequests and donations [www.statetrustees.com.au](http://www.statetrustees.com.au)

Contact: Tegan Allen by phone or email: 0478 626 393 [tegan@blindsports.org.au](mailto:tegan@blindsports.org.au)



### Join us in Hampton for an art and coffee gathering.

Create your own art piece using a variety of tools and art materials. Local artist, Janis Morgan, will invite you to reflect on special places that bring you joy and create an art piece inspired by this place. There will be a range of tactile materials to experiment with and you can take home your finished piece. We will gather for a coffee before the event at a local cafe.

Where: Hampton Community Centre, 14 Willis St Hampton.  
Date: Wednesday 12 June, 2024.  
Time: Coffee / lunch catch up from 11.30am. Art class from 1pm to 3pm.  
Cost: \$10 to contribute to materials.

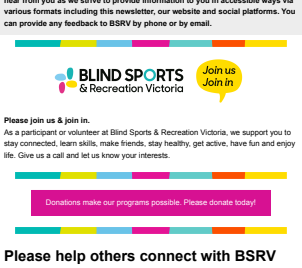
Contact: Rachel DeSumma by phone or email: 0493 105 800 [rachel@blindsports.org.au](mailto:rachel@blindsports.org.au)

This event is proudly supported by Bayside City Council.

[Discover more about this exciting creative opportunity](#)

## We joined in!

### Learning the ropes



We discovered sailing and loved it!

Amanda, sailing participant, beautifully tells of her first experience sailing a 'Pacer' on Port Phillip Bay.

[Read Amanda's story](#)

### A nature lovers' paradise



Dave shares his experience of visiting the Royal Botanic Gardens in Cranbourne, a sensory rich environment for those who appreciate nature.

[Read Dave's story](#)

### A great man-made Island



How many people have had the chance to discover Herring Island? Not many it seems... but a few more of us have now.

On a fresh morning in late February, a group of enthusiastic adventure seekers from Blind Sports and Recreation Victoria, had the opportunity to explore Herring Island. The island is nestled within an Aboriginal cultural landscape in the traditional country of the Wurundjeri People. The man-made island situated on the Birrangung 'yarra River' is only 4km from the bustling central business district of Melbourne.

Annette Leishman shares her experience of journeying through this beautiful place.

[Read about Annette's adventure](#)

### Tactile exploration and sculpture workshop



Kala shares with us her adventure with clay and the tactile tour of a sculpture garden.

[Read about Kala's tactile experience](#)

## Harmony Day - Everyone Belongs



Thirteen adults with vision loss celebrated Harmony Day at The Multicultural Hub in the heart of Melbourne's CBD, each wearing the colour orange to show their commitment to inclusiveness, respect and belonging to all Australians, regardless of cultural or linguistic background.

[Discover how we celebrated Harmony Day](#)

## Wangaratta Support Group



At our March Peer Support Group catch-up we had Daniel from Vision Australia come and show us some useful equipment to support daily life. These items included a talking clock, radio, liquid level indicator, talking scales and audiobook player. Daniel also supported group members with some technology issues.

The Wangaratta Peer Support Group would like to thank Vision Australia for taking the time to show us products and assistive technology that is available.

This event was made possible with funding from the Rural City of Wangaratta Community Grant.

Join us at the Wangaratta Library on Wednesday 3rd April, to try out a variety of accessible board and card games.

[Discover the BSRV Wangaratta Support Group](#)

## 2024 Vic BLV Open. 16th-17th March.



Spectators were treated to some thrilling tennis action at the 2024 Victorian Blind & Low Vision Open on the 16th and 17th March. It was an exciting event with a few new faces amongst the 36 competitors, with both adults and juniors playing singles and doubles matches, spread over 14 events. New participants were welcomed to try Blind Tennis at the Come and Try session and juniors had the chance to chat with young champion Arato Katsuda-Green to hear about his life and sporting journey.

Vic player, David, was a winner in the Junior Doubles with his playing partner Matthew from South Australia. David said "Matthew is an amazing friend and an extremely talented tennis player. It was an honour to play tennis with him and great to win the trophy."

Congratulations to everyone who played. Thanks to the officials, ball kids and volunteers. It's great to witness all the support from family and friends too.

Photos supplied by Tennis Victoria.

[2024 Victoria BLV Tennis Open results](#)

## Meet Jyotsna, volunteer



Jyotsna, Aqua Fit volunteer, believes that helping others while keeping active is a real win-win scenario!

[Discover why Jyotsna loves volunteering](#)

## The joys of volunteering and making great friends.



Jemma, a BSRV 'Walking With Willpower' volunteer, shares her story about how meeting up with Maria brightens up her week. "We became fast friends and have never been at a loss for things to talk and laugh about."

[Read this inspiring story](#)

## Five years on the road



BSRV participant, Sue, and her Tandem Cycling volunteer, Rich, have been riding for 5 years and have completed a total of 80 rides together, equating to a MASSIVE 4,500 km covered across Geelong, the Bellarine Peninsula and the Surf Coast. The Geelong Advertiser wrote a lovely article about the couple which you can read on the BSRV website.

[Read 'The Geelong Advertiser' article](#)

## Georgie came out to play



Thanks to Georgie Tunny and Channel 10's 'The Project' for sharing the inspiring stories of BSRV members Rob Fletcher and Adam Fayad, both legally blind, who have followed their sporting passion to become blind tennis champions and now blind tennis assistant coaches.

Georgie joined us on Centre Court at Kooyong to have a hit and learn about playing and coaching tennis with vision loss. Click below to watch 'The Project' segment.

[Watch now](#)

## An inspiring story about the importance of inclusive sport and finding your tribe.



"Playing cricket and becoming part of a team basically saved my life". Julie Neumann.

Julie and Addie were part of the first-ever all-female Blind Cricket team and are taking on the world. Thank you to Julie and Addie for sharing your personal journeys and to 'The Project' for showcasing this great sport.

Click below to watch 'The Project' segment.

[Watch now](#)

## Vision loss awareness training



Miriam Blander, BSRV Program Manager, with BSRV Ambassador, Maria Goumas, provided Vision Loss Awareness Training to 15 staff at the Broadmeadows Aquatic and Leisure Centre on Wednesday the 21st of February, 2024.

Those in attendance were a mixture of staff from across customer service, gym, group fitness and leadership roles.

At the conclusion of the training, staff reported that they felt much more confident engaging with people who are blind or vision impaired. One participant stated "The session was really great. Having someone who was vision impaired in attendance made it real to participants".

Please contact BSRV for 'Vision Loss Training' enquiries on 03 9822 8876.

You can make a real difference to someone's life in your local community.

If you are interested in volunteering your time to assist, please contact Susan Marshall by phone: 03 9822 8876 or by email: [info@blindsports.org.au](mailto:info@blindsports.org.au)

[Discover the benefits of volunteering with BSRV](#)

## Volunteer opportunities



[Tandem bike pilot around Geelong - Find out more](#)

[Walking buddy in Bundora - 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.

If you or 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 9822 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.



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.



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