

## <<First Name>>, a positive end to the year with many things to celebrate and look forward to with BSRV.

BSRV are very fortunate to have many fantastic volunteers and we celebrate some of them in this edition. You will meet one of our Ambassadors who turns negatives into positives, hear some fantastic funding news, listen to Maurice Gleeson talking to ABC Radio's Raf Epstein, enjoy 'In Good Health' podcasts, discover the winners at the Victorian Tennis Awards, access our new Blind Swimming Guidelines and learn of a new volunteer role.

The BSRV at-home zoom / dial in exercise sessions are a great way to stay connected and keep moving. We have some sessions available during January and a special video recorded program called '7 days of fitness' created especially for the BSRV community by BSRV's Jenny Dodd, so we can all get moving or relax at any time we fancy over the Christmas / New Year break.

## What's On - Zoom Events



### Zoom fitness - Monday to Friday. Don't miss the last sessions for 2021. Last day Friday 17th December.

Join in on a range of FREE online fitness sessions for blind and vision impaired people and get / keep fit at home.

All online fitness sessions will cease from Monday 20th December 2021 to 2nd January 2022. Sessions available in January are as follows:

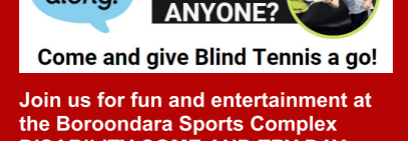
**Walking at home with Robyn**  
Monday 3rd, 10th, 17th January at 9.30am  
Tuesday 4th, 11th 18th January at 9.30am

**Fitness training with Lauren**  
Thursday 6th, 13th, 20th January at 9.30am

**OUR FULL RANGE OF MONDAY TO FRIDAY SESSIONS RESUME Monday 24th January 2022.**

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.](#)

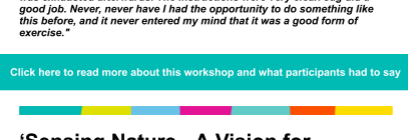


## 7 days of fitness - at home for FREE

Please enjoy this wonderful collection of pre-recorded sessions of fitness and relaxation so you can easily keep active, motivated... and relaxed at home over the Christmas break.

[Click here for more information and to access the video links](#)

## What's On - In-person Events



### The new Victorian Blind Cricket season is upon us. Register now to join in.

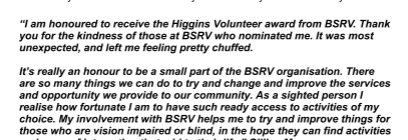
If you are thinking of playing Blind Cricket, why not give it a go by registering your interest to participate via the VBCA website.

Here are three great reasons to play Blind Cricket:

- Socialise with other vision impaired/blind people your age.
- Great exercise – no contact and low risk.
- Established talent pathways to play for high-performance teams.

[Complete the form on the VBCA website via this link and a senior cricket player will be in touch with some more information](#)

## Save the date - Sunday 6th February



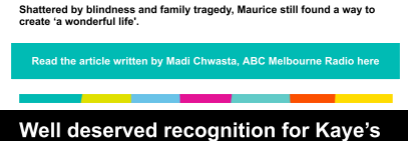
### Come and give Blind Tennis a go!

Join us for fun and entertainment at the Boroondara Sports Complex **DISABILITY COME AND TRY DAY**

Come and give Blind Tennis a go in February 2022. More information on this great event will be available via Facebook and the BSRV website soon.

## We joined in!

### Bollywood Dance Workshop



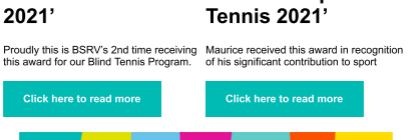
#### A lively dance and movement session

Our third Cultural Dance Workshop, supported by The Heart Foundation's Active Australia Innovation Challenge, was an energising experience enjoyed by all. Thank you to the lovely Jag, the lead female dance instructor from Ignite Bollywood Dance Company for a fun Zoom event.

Participant Carol said "Brilliant, it was lovely and I found it energetic. I was exhausted afterwards. The instructions were very clear. Jag did a good job. Never, never have I had the opportunity to do something like this before, and it never entered my mind that it was a good form of exercise."

[Click here to read more about this workshop and what participants had to say](#)

## 'Sensing Nature - A Vision for Inclusion' was selected for funding!

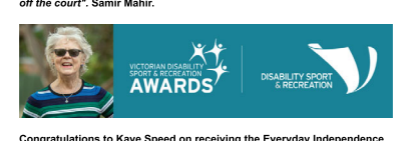


We are thrilled to announce that BSRV was one of 12 successful applicants in the Parks Victoria Volunteering Innovation Fund. 'Sensing Nature - A Vision for Inclusion' will help Victorians with vision loss lead more active, healthy and socially connected lives.

Thank you to everyone who supported BSRV, including RACV staff, by voting for our project. Your vote will help ensure that more people who are blind or vision impaired are able to experience the physical and mental well-being benefits of social group activities.

[To read more about this project click here to visit the BSRV website](#)

## Congratulations to Gillian Manson



Gillian is the Vice President of BSRV, and has been part of the Executive team for over nine years. Gillian has prior experience in sports administration, in both paid and volunteer capacities. We are thrilled that she has received the Higgins Community Volunteer Award. Thank you Gillian for your extraordinary work.

"I am honoured to receive the Higgins Volunteer award from BSRV. Thank you for the kindness of those at BSRV who nominated me. It was most unexpected, and left me feeling pretty chuffed."

"It's really an honour to be a small part of the BSRV organisation. There are so many things we can do to try and change and improve the services and opportunities we provide to our community. As a sighted person I realise how fortunate I am to have such ready access to activities of my choice. My involvement with BSRV helps me to try and improve things for those who are vision impaired or blind, in the hope they can find activities and ways of interaction that add to their life." Gillian Manson

[Click here to read more about this workshop and what participants had to say](#)

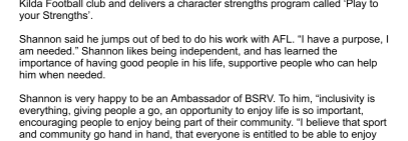
## How does someone without sight test light globes?

Maurice Gleeson talks with Raf Epstein, ABC radio. Listen to Maurice!



[Click here to listen to Maurice talk with ABC Radio's Raf Epstein](#)

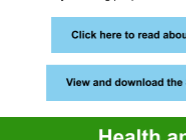
## Every story Maurice Gleeson tells ends with an inspiring life lesson



Shattered by blindness and family tragedy, Maurice still found a way to create 'a wonderful life'.

[Read the article written by Madi Chwasta, ABC Melbourne Radio here](#)

## Well deserved recognition for Kaye's passion for helping others



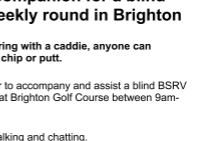
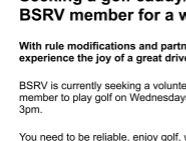
### Congratulations

Kaye Speed recently received the Medal of the Order of Australia (OAM) at Government House for her service to people who are blind or have low vision.

"I'm very pleased that our organisation is recognised, and also humbled, because I believe it has been a team effort and so many other volunteers have assisted me over the years" said Kaye.

[Read more on the BSRV web site by clicking here](#)

## 2021 Victorian Tennis Awards



### Most Outstanding Inclusion Initiative 2021'

### Maurice awarded 'Victorian Spirit of Tennis 2021'

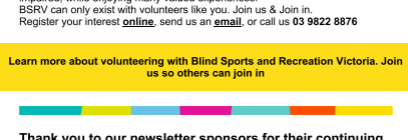
Proudly this is BSRV's 2nd time receiving this award for our Blind Tennis Program.

Maurice received this award in recognition of his significant contribution to sport.

[Click here to read more](#)

[Click here to read more](#)

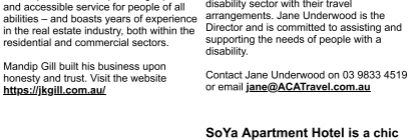
## BSRV recipients of the Victorian Disability Sport and Recreation Awards



Congratulations to Samir Mahir who was awarded the 'Volunteer of the Year' at the Victorian Sport & Recreation Awards.

Samir has shown huge commitment, dedication and expertise as Volunteer Senior Coach for the BSRV's blind tennis program over the past five years. His contribution has made a significant and positive difference in the lives of people who are blind and vision impaired.

"It's a great honour to receive the 2021 VDSR Award. The past couple of years has been challenging for everyone in our sector. BSRV's commitment to collaborating with the Tennis community and making the sport more inclusive has motivated me even more to contribute on and off the court". Samir Mahir.

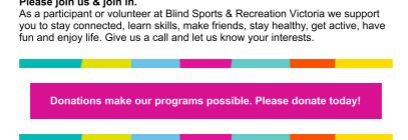


Congratulations to Kaye Speed on receiving the Everyday Independence Lifetime Achievement Award.

Kaye has served as a Voluntary Executive Committee member for more than 19 years and is also BSRV's Financial Manager. She has fulfilled both the Treasurer and Secretary roles.

"I'm honoured to have received this Award and would like to thank Disability Sport & Recreation with the support of Price Waterhouse Coopers, for the work they do in the community. I would not have been able to fulfill my role without the support of the wonderful volunteers who assist me with the financial management and staff of Blind Sports & Recreation Victoria (BSRV). Everyone involved with BSRV has been an inspiration to me for more than 20 years. I look forward to continuing to be a part of, and contributing to BSRV". Kaye Speed.

## Meet Shannon, a BSRV Ambassador



### Shannon says that AFL Blind saved his life. Having emerged from a very dark place, he now loves a challenge and loves life.

Shannon Jones is one of our inspiring Ambassadors. He has a positive attitude and always tries to turn any negative into a positive. Nick Gleeson had a chat with Shannon.

Shannon was told by the Ophthalmologist that he had Retinitis Pigmentosa and that his sight would deteriorate. He was told to stop driving his car immediately and his employment came to an abrupt halt. He was devastated and turned to alcohol and substances. Shannon said, "I was in a very dark place, with very dark thoughts. It was three years later that my fiancé told me enough self-pity. I googled AFL Blind, as I had played AFL from the age of nine to thirty years."

He attended a coach and trainer day and his life received an immediate injection of positivity. "The coach challenged me on the first day to stop smoking and lose weight. I threw my packet of cigarettes into the bin and have not smoked since. I lost 20 kilos and started to exercise. AFL Blind and Mkey saved my life", he said.

I keep pinching myself. I look back from where I came from and it brings a tear to my eye. Tears of joy. I met so many fabulous people at AFL Blind, people who had far less sight than me, who were kicking lifetime goals." Shannon started working as a Community Engagement Program Officer in April at St Kilda Football club and delivers a character strengths program called 'Play to your Strengths'.

Shannon said he jumps out of bed to do his work with AFL. "I have a purpose. I am needed." Shannon likes being independent, and has learned the importance of having good people in his life, supportive people who can help him when needed.

Shannon is very happy to be an Ambassador of BSRV. To him, "inclusion is everything, giving people a go, an opportunity to enjoy life is so important. Encouraging people to enjoy being part of their community. I believe that sport and community go hand in hand, that everyone is entitled to be able to enjoy sport and recreation."

## Blind Swimming Guidelines

This valuable inclusion resource is available from the BSRV website ready to download and share via the link below.



This guide has been produced to help aquatic sport and recreation providers, including aquatic facility staff, swimming teachers, club coaches, school teachers and volunteers, to overcome some of the challenges involved in effectively including people with vision loss.

[Click here to read about the content of this document](#)

[View and download the Swimming Guidelines PDF here](#)

## Health and Well-being

### 'In Good Health' is a podcast with lots of worthwhile information



Hosted by medical doctor, public health expert, VicHealth CEO and foodie Dr. Sandro Demaio, this podcast takes a look at the science and research behind today's buzzwords, current trends and common myths around health and wellbeing. Follow Dr. Demaio as he speaks to community heroes, health specialists, and all the community about what it means to eat well, be active and stay socially connected.

[Listen now by clicking here](#)

## Volunteer Opportunity - Golf Buddy

### Seeking a golf caddy/companion for a blind BSRV member for a weekly round in Brighton

With rule modifications and partnering with a caddie, anyone can experience the joy of a great drive, chip or putt.

BSRV is currently seeking a volunteer to accompany and assist a blind BSRV member to play golf on Wednesdays at Brighton Golf Course between 9am-3pm.

You need to be reliable, enjoy golf, walking and chatting. As a friendly volunteer golfing buddy you need to be more than 18 years of age, with a positive attitude towards people with disabilities and fully vaccinated.

To express interest in this volunteering role please contact Rachel on 03 9822 8876 or by email [rachel@blindsports.org.au](mailto:rachel@blindsports.org.au)



[For more information visit the BSRV web site by clicking here](#)

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 9822 8876**

[Learn more about volunteering with Blind Sports and Recreation Victoria. Join us so others can join in](#)

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[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.

