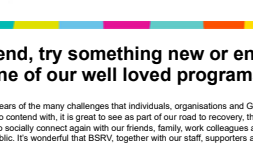


Sign up to receive the BSRV newsletter



## Friend, try something new or enjoy one of our well loved programs.

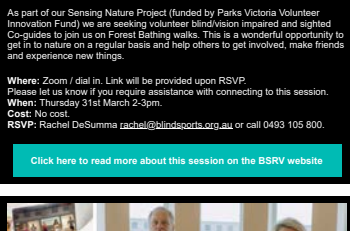
After two years of the many challenges that individuals, organisations and Government have had to contend with, it is great to see as part of our road to recovery, that we are now able to socially connect again with our friends, family, work colleagues and the general public. It's wonderful that BSRV, together with our staff, supporters and sponsors, are now able to carry out their physical and outdoor recreational activities. Sport and Recreation is so incredibly important for both our physical and mental wellness.

Maurice Gleeson OAM  
BSRV President

### In this edition

- What's on via Zoom / dial in.
- What's on - In-person events.
- People in focus:
  - Meet Lisa - Blind Bowls champion.
  - Meet Kathy who is LOVING Blind Tennis.
  - Maurice reflects on BSRV Patron, Vale John Landy.
- We joined in - Read about some activities and outings.
- Health and well-being in focus.
- Volunteer highlights and opportunities.
- About our sponsor.

## What's On - Zoom / dial in

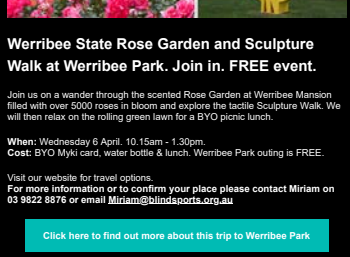


### Don't miss the final March Music Quiz session on Wednesday 30th at 1pm.

**When:** Wednesday 30th March. 1pm to 2pm.  
**Where:** Via Zoom / dial in from the comfort of your own home.  
Help is available if you need assistance to participate.

This is a **FREE** event. Join us and join in.  
Please contact Miriam for the Zoom link on 03 9822 8876 or email [Miriam@blindsports.org.au](mailto:Miriam@blindsports.org.au)

[Read more about Music Quiz Wednesday on the BSRV website](#)



### Join us as a Forest Bathing Walk Co-guide.

Forest Bathing (also known as Forest Immersion) is inspired by a Japanese practice and has many health benefits. It involves immersing ourselves in nature, focusing on our senses, slowing down to be present in the moment, and noticing what is around us.

Join in our 'Online Introduction Session' to discover what Forest Bathing is and being a volunteer Co-guide with BSRV is all about. There is no experience required to become a Co-guide as training will be provided.

As part of our Sensing Nature Project (funded by Parks Victoria Volunteer Innovation Fund) we are seeking volunteer blind/vision impaired and sighted Co-guides to join us on Forest Bathing walks. This is a wonderful opportunity to get in to nature on a regular basis and help others to get involved, make friends and experience new things.

**Where:** Zoom / dial in. Link will be provided upon RSVP.  
**Please:** Let us know if you require assistance with connecting to this session.  
**When:** Thursday 31st March 2-3pm.  
**Cost:** No cost.  
**RSVP:** Rachel DeSumma [rachel@blindsports.org.au](mailto:rachel@blindsports.org.au) or call 0493 105 800.

[Click here to read more about this session on the BSRV website](#)



### Join our FREE, online walk at-home sessions - three times a week.

The Walk at Home Zoom / dial-in fitness sessions are 30-45 minutes and involve listening to an exercise session on YouTube, while BSRV's Program Coordinator provides verbal explanations about some of the moves involved.

**When:** Monday 9.30am (dial in from 9.20am) - coordinated by Robyn.  
Tuesday 9.30am (dial in from 9.20am) - coordinated by Miriam.  
Friday 9.30am (dial in from 9.20am) - coordinated by Robyn.

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.

To find out more or for Zoom log-in or telephone dial in details, please contact Jenny Dodd, Program Coordinator on 9822 8876 or [jenny@blindsports.org.au](mailto:jenny@blindsports.org.au)

[Read more about Zoom walking at home by clicking here](#)

## What's On - In-person Events



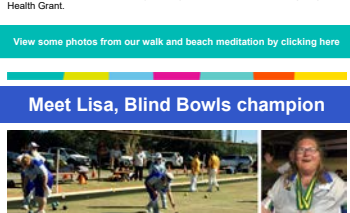
### Werribee State Rose Garden and Sculpture Walk at Werribee Park. Join in. FREE event.

Join us on a wander through the scented Rose Garden at Werribee Mansion filled with over 5000 roses in bloom and explore the tactile Sculpture Walk. We will then relax on the rolling green lawn for a BYO picnic lunch.

**When:** Wednesday 6 April. 10.15am - 1.30pm.  
**Cost:** BYO Mjki card, water bottle & lunch. Werribee Park outing is FREE.

Visit our website for travel options.  
For more information or to confirm your place please contact Miriam on 03 9822 8876 or email [Miriam@blindsports.org.au](mailto:Miriam@blindsports.org.au)

[Click here to find out more about this trip to Werribee Park](#)



### Come for a spin with us at the Hawthorn Aquatic and Leisure Centre on Wednesdays.

Join Personal Trainer, Denise for a weekly Wednesday class at 11am for adults who are blind and vision impaired. Suitable for varying levels of fitness.

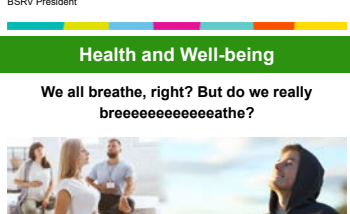
**When:** Wednesdays 11am - 11.45am (First session Wednesday 13th April)  
**Where:** Hawthorn Aquatic and Leisure Centre located at 1 Grace St Hawthorn  
**Cost:** \$5.70 for CAC card holders (apply for the gym with a health care card) \$11.50 concession price, each Spin class.

**Contact:** Please register with Rachel DeSumma via email: [rachel@blindsports.org.au](mailto:rachel@blindsports.org.au) or give her a call on 0493 105 800.

Visit our website for travel information and available support (link below).

This program is proudly supported by Bororoondara City Council.

[Read more about our upcoming Spin sessions in Hawthorn](#)



### Tailored exercises suited for your fitness level and ability. Join the Gym Circuit in Hawthorn.

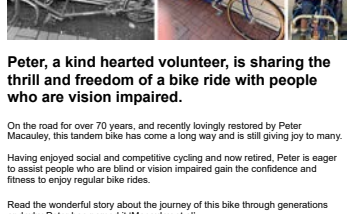
Get moving, build your muscles and your endurance at our friendly Gym class.

**Where:** Hawthorn Aquatic and Leisure Centre located at 1 Grace St Hawthorn.  
**When:** Tuesdays 3pm to 4pm  
**Cost:** \$5.80 concession (show your concession card at the desk, get a concession access pass card).

If you would like to join in, please contact Rachel DeSumma by phone on 0493 105 800 or email [rachel@blindsports.org.au](mailto:rachel@blindsports.org.au)

This program is proudly supported by Bororoondara City Council.

[Visit our website for more information about this class](#)



### Try a range of accessible sports at the 'All Abilities Come and Try Sports Event'

People with disabilities and their families are invited to watch or try a range of inclusive sports for free in a social and supportive environment.

Sports include: Wheelchair rugby and AFL, Blind Tennis and All Abilities Badminton, Goalball, Ten-pin Bowling, Blind Soccer and Gymnastics.

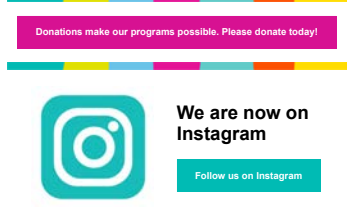
**Date:** Sunday 10 April 2022.  
**Times:** 11am - Launch of the 2022 AFL Wheelchair season. 1pm - 3.30pm - All other activities.

**Where:** Bororoondara Sports Complex - 271C Belmore Rd, Balwyn North.  
**Entry:** Free - open to all abilities and people aged 5 years and over.

Contact Rachel DeSumma by calling the BSRV office on 03 9822 8876 or send her an email [rachel@blindsports.org.au](mailto:rachel@blindsports.org.au)

This program is proudly supported by Bororoondara City Council.

[Click here for more information, to view the event flyer and the link to Eventbrite to register](#)



### Kathy is loving Blind Tennis on Friday nights at Melbourne Park. You can too!

Having last played tennis in 2012, Kathy, who is sight and hearing impaired, is a few weeks in playing Blind Tennis and LOVING IT! With an impressive swing she looks as though she could be on her way to the championships already.

After reading about Blind Tennis on the BSRV website Kathy was really eager to have a go. She is able to join in thanks to Hannah from Able Australia who drives Kathy to and from Melbourne Park and assists her with communication when needed by signing. Kathy says that she has most enjoyed meeting new people and finds tennis lots of fun.

Both a social and competitive program is held on Friday evenings at Melbourne Park. Volunteers are on hand to assist you. It's a great program to help get fit, meet people and have fun!

**When:** Friday night - Juniors 5.30pm-6.30pm / Adults 6.30pm-8pm  
Visit our website for term dates and other information.

We would love to hear from you if you'd like to give Blind Tennis a go or would like to volunteer to help others join in. Please contact Susan Marshall / Phone: 03 9822 8876 / Email: [info@blindsports.org.au](mailto:info@blindsports.org.au)

[Click here for more details on Blind Tennis for ADULTS at the National Tennis Centre](#)

[Click here for more details on Blind Tennis for JUNIORS at the National Tennis Centre](#)

## We joined in!

### Government House was a big hit!



### BSRV's Riley recounts his recent visit to Government House with participants of the Blind Tennis Program for a tour and some tennis on the lawn court.

On Thursday the 3rd of March, a group of us from the Blind Tennis program were lucky enough to be invited to the Victorian Government House, organised by Tennis Victoria, for a guided tour of the Grand State Rooms and a hit of tennis on the lawn courts in the gardens.

On arrival, we were given a private tour of the State Apartments where we explored the breathtaking architecture and grandeur of the building. Some highlights of the tour included the Billiard Room, State Hall, State Drawing Room, State Dining Room and of course the Ballroom!

Following the tour, we were able to relax in the beautiful gardens for a few minutes before gearing up for a hit of tennis on the lawn courts. It was the first time anyone from our group had tried Blind Tennis on grass and it was interesting to experience a different surface. The court was kept in immaculate condition, so the bounce of the ball was more consistent than we all expected. We enjoyed having a hit for about 45 minutes on such a lovely evening.

It was a fantastic experience for us all. Hopefully we will be back with even more of our tennis crew to showcase their skills next year.

Riley Thompson.  
BSRV Program Support Coordinator.

[Click here to view some photos taken at Government House](#)

## Guided Walk and Yidaki Meditation



### Lionel shared how this land has provided for a Millennium for all inhabitants.

Along McCrae's beachside nature trail, we started our journey as Lionel shared his passion and vast knowledge about indigenous native plants and their uses in cooking and medicine. We enjoyed the experience by using our senses to hear, touch, smell and taste.

After the trail walk, we returned to the beach and took off our shoes to feel the sand between our toes. With a gentle breeze and the smell of fresh sea air, Lionel relaxed us with a healing sound meditation on his Yidaki. It was a wonderful experience.

*"The walk was refreshing. Thanks to Lionel for his joyful and lively sharing of local indigenous culture."* Helen.

This event was made possible by funding from the VicHealth Reimagining Health Grant.

[View some photos from our walk and beach meditation by clicking here](#)

## Meet Lisa, Blind Bowls champion



### Discover how playing Blind Bowls has been life changing for Lisa Condy.

With her husband David as her 'eyes on the green', Lisa has become a champion at Blind Bowls. She is setting goals and giving it a go!

With an impressive playing history, Lisa says that the rewards go well beyond the trophies and medals. "It's been life changing for me. Once I was a recluse, now I can't wait to get out on the green and meet new people," she says.

[Click here to read Lisa's story on our website](#)

### 'Vale John Landy, your legacy will live on', Maurice.



Through my life's journey, I have been fortunate enough to have met many outstanding people who have had a great influence in my life. Many of those people have been high profile, but many others who are not household names, have also been just as outstanding. However, John Landy was a privilege for me to have met and for him to have been a Patron of our organisation. John was a high achiever, a scientist, environmentalist, author, former Governor of Victoria and a first class athlete, although, I think his greatest attribute was his humility and his contribution to humanity.

John, it was a great honour for me to know you personally and for you to have been a Patron of Blind Sports & Recreation Victoria. Although you have left us, you have made a great impact and your legacy will live on through making a difference for all. Vale my friend John.

Maurice Gleeson OAM.  
BSRV President

## Health and Well-being

### We all breathe, right? But do we really breeeeeeeeeeeeathe?



### Using various breathing techniques can help improve our day to day life.

When tense, a person's breathing is rapid and shallow, which can lead to hyperventilation or panic attacks. Hyperventilation is a process where shallow breathing gets rid of too much carbon dioxide which can lead to lightheadedness, breathlessness, feeling air guffocation, blurred vision and numbness or tingling in hands or feet as well as a hot, flustered feeling. Try the abdominal breathing below when next feeling anxious:

1. Rate your level of anxiety on a scale from 1 to 10.
2. Sit as comfortably as possible in a chair with your head, back and arms supported, free legs and close your eyes (if you like).
3. Place one hand on your abdomen right beneath your rib cage.
4. Inhale deeply and slowly, send the air as low and deep into your lungs as possible. If you are breathing from your abdomen you should feel your hand rise, rather than your chest.
5. When you have taken a full breath, pause before exhaling. As you exhale imagine all of the tension draining out of your body.
6. Do 10 slow abdominal breaths. Breathe in slowly counting to four, before exhaling to the count of four (four seconds in, four seconds out). Repeat this cycle 10 times.
7. Hold final breath for 10 seconds, then exhale.
8. Now re-rate your level of anxiety and see if it has changed.

Controlled breathing techniques can help reduce overall levels of tension and are a useful strategy to use when faced with high-anxiety or high-risk situations when response is timely.

This article was provided by EAP Assist. <https://eapassist.com.au/>

### Don't forget you can take a breather with Jenny.



Don't miss Jenny Dodd's FREE program which includes both fitness and relaxation recordings designed to help you easily keep active, motivated... AND relaxed at home. [Find the links to these session by clicking HERE](#)

## Volunteer Highlight



### Peter, a kind hearted volunteer, is sharing the thrill and freedom of a bike ride with people who are vision impaired.

On the road for over 70 years, and recently lovingly restored by Peter Macauley, this tandem bike has come a long way and is still giving joy to many.

Having enjoyed social and competitive cycling and now retired, Peter is eager to assist people who are blind or vision impaired gain the confidence and fitness to enjoy regular bike rides.

Read the wonderful story about the journey of this bike through generations and why Peter has named it 'Macauley et al'.

[Click here to learn how Peter is empowering others to enjoy cycling and how you can join in.](#)

## Volunteer opportunities

Female Walking Buddy in North Sunshine - [Click here for more information](#)

Gym Buddy in Hawthorn, various times - [Click here for more information](#)

Golf caddy/companion in Brighton - [Click here for more information](#)

Tandem bike pilot around Lynbrook - [Click here for more information](#)

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 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 office on 03 9822 8876 or send us an email.**

### 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.

You 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](#)

### 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/>

[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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