

BLIND SPORTS & Recreation Victoria

Friend, let's connect!

We've just had Mental Health Week and were encouraged to check in with ourselves and those around us – to connect with each other and to practice kindness and compassion. Ideally, we should aim to look after our emotional, psychological, and social well-being every day of the year.

There are many benefits to staying connected – both in person and online. Socialising can lighten our mood and make us feel happy and promote a sense of belonging. Our mental health can affect the way we think, feel and act, how we handle stress and can influence the choices we make.

Exercise and healthy interactions with other people promote our brain's release of the chemicals oxytocin, dopamine, serotonin, and endorphins that can improve our mood.

"Blind Sports is the gift of friendship wrapped up in sport and recreation." BSRV Volunteer.

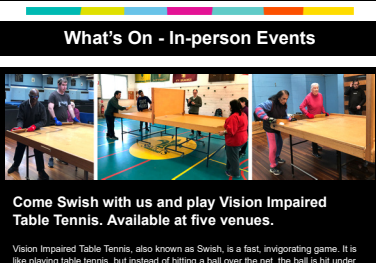
BSRV's programs and activities are designed to be all inclusive and are created and adapted for a range of interests, experience and ability. As a participant or volunteer, we support you to stay connected, learn new skills, make friends, stay healthy, have fun and enjoy life. We'd love you to join us and join in.

The BSRV team :-)

In this edition

What's on via Zoom / dial in
What's on - In-person events
We joined in - Read about some activities and outings
Victoria BLV Tennis Open
People in focus:
- Meet Riley, BSRV team member
- Meet Terry, BSRV Ambassador
Health and Well-being
BSRV Awards
Volunteer opportunities
About our sponsor

What's On - Zoom / dial-in



Zoom / audio dial-in fitness sessions are an excellent way to keep active and stay connected from home.

Sessions: Monday to Friday at 9.30am.

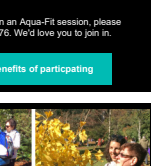
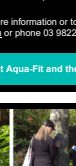
Where: Via Zoom / audio dial-in from the comfort of your own home. Help is available if you need assistance to participate.

This is a **FREE** event. Join us and join in. Please contact Miriam for the Zoom / audio dial-in links on 03 9822 8876 or email Miriam@blindsports.org.au

[Discover our online fitness sessions](#)

MUSIC QUIZ WEDNESDAY

with Quiz Master Alan Bartlett



Music Quiz is back for term 4. Join in.

When: Wednesday October 26th, November 16th and December 7th.
Where: Via Zoom / audio 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 / audio dial-in link on 03 9822 8876 or email Miriam@blindsports.org.au

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

What's On - In-person Events



Come Swish with us and play Vision Impaired Table Tennis. Available at five venues.

Vision Impaired Table Tennis, also known as Swish, is a fast, invigorating game. It is like playing table tennis, but instead of hitting a ball over the net, the ball is hit under the net and must travel along the surface of the table. The ball has bells in it to make it audible and the bat is rectangular with a handle.

There's no ongoing commitment, you can come along when you like... but we warn you that it is addictive. Play Swish at Kooyong, Dandenong, Moreland, Mooroolbark and Frankston.

[Discover where and when you can play Swish](#)



Aqua-Fit for adults at Dandenong or Broadmeadows. Join us in the water and join in.

"Water is freedom" says Susan, a regular BSRV Aqua Fit participant who loves to start her week off getting active.

Dandenong Oasis Centre (South East Leisure): Mondays, 12.00 to 1.00pm during school terms.

Broadmeadows Aquatic & Leisure Centre: Mondays, 2.30 to 3.15pm during school terms.

Cost: \$5 per participant (carers are free).

Contact: If you would like more information or to join an Aqua-Fit session, please email info@blindsports.org.au or phone 03 9822 8876. We'd love you to join in.

[Read more about Aqua-Fit and the benefits of participating](#)



Our next 'Sensing Nature' Forest Therapy Walk is on Monday 17th November. Join in.

Join us for an exploration of your senses in nature. Listen to the sounds of rosellas, and immerse yourself in the grassy meadows, and woodlands at Lysterfield Lake Park.

Where: Lysterfield Lake Park
When: Monday 17th November 2022 from 10.30am.
Cost: No cost to participants and volunteers.

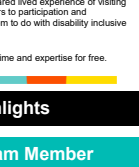
Contact: These walks are popular and places are limited. To join in please email Rachel@blindsports.org.au or call 0493 105 800. We'd love to have you join us.

Visit our website to learn what to bring, available support and transport options.

[Discover more about 'Sensing Nature' and then join us](#)

Join our Christmas Origami project

Four sessions starting Wednesday 2nd November at Vision Australia, Kooyong.



We welcome you in to the fold this November for some Christmas decoration folding fun. Join in.

Get into the Christmas spirit and join our fun series of Origami workshops on Wednesday afternoons in November, where we will make simple decorations to adorn Christmas trees.

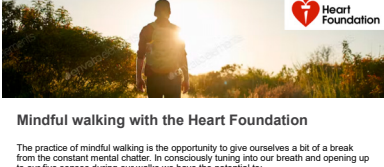
For four sessions at Vision Australia, Kooyong, we will create simple Christmas boxes, stars and doves that will be donated at the end of the project.

For more information, click the button below or contact Susan on 03 9822 8876 or email info@blindsports.org.au

[Read more about the BSRV Christmas Origami project](#)

We joined in!

Up close animal encounters



A fun day with animals, family and friends.

"We loved seeing the sneaky ducks in with the chickens". A great day out for all. This event was supported by funding from the VicHealth Reimagining Health Grant.

[Read about our experience at 'Animals Fur All'](#)

Frank's passion for Swish increases the more he plays



Frank really likes how Swish is all inclusive.

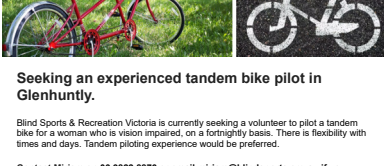
"It's great how anyone can play. People with sight and people with a vision impairment can play together. It feels good that a game has been developed to accommodate people with vision loss. Having the sound in the ball helps us hear when it's coming."

Frank had wanted to try Swish for a while when he heard that there were others with a vision impairment catching the train to play at Kooyong. That was about seven years ago. He especially loves meeting new people at the various Swish venues.

Photos of Swish players Frank and Dan were taken at the Table Tennis Centre at the Dandenong Oasis Centre.

[Find your closest Swish venue, bring your friends and join in](#)

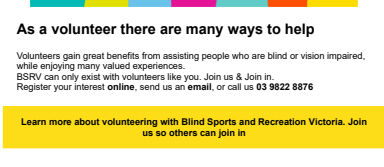
St. Paul's Cathedral Tour



Twenty three people with vision loss embarked on a tour of one of Melbourne's major architectural landmarks to hear an interesting history and the magnificent acoustics.

[Read about the tour and concert at St. Paul's Cathedral](#)

Melbourne Fringe Festival



We excitedly explored textures and materials at two art spaces on a tactile tour having received a warm invite from Nilgun Guven, CEO of Vitae Veritas, to attend this year's Furniture Tactile Tour and the Melbourne Fringe Festival.

[Read more about our day exploring furniture by touch](#)

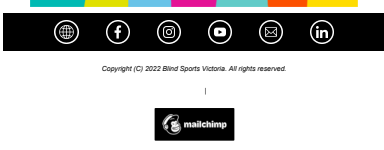
Vic Blind and Low Vision Tennis Open



International Blind Tennis Association (IBTA) and BSRV President, Maurice Gleeson, congratulates Tennis Australia and all concerned in staging a wonderful inaugural Blind & Low Vision Tennis Championships at the National Tennis Centre last weekend. Well done to all players who competed at such a high level and thank you to everyone who contributed in making this such a successful event.

[Read more about the Vic Blind and Low Vision Tennis Open](#)

A sweet holiday activity



Blind Sports & Recreation Victoria joined forces with Chef, Susan Yarrow, from Gourmet Kids to put on a fun baking workshop for young people with vision loss.

[Find out what we made on this fun morning activity](#)

Serendip Sanctuary Consultation

Back in 2019, Blind Sports & Recreation Victoria received a generous offer from Parks Victoria to bring a group of children with vision loss and their families to Serendip Sanctuary near Lara in Melbourne's West. With roaming emus, birds and kangaroos, the kids enjoyed a bush walk, a lizard animal encounter and a chance to touch Aboriginal cultural artefacts and learn their true purpose and significance.

Three years later, when Education Officer, Vanessa Wiggeraad, invited representatives from BSRV to provide feedback on the future direction of Serendip, Program Manager, Miriam Blander, jumped at the opportunity. Henceforth, on Monday the 10th of October, Miriam and two BSRV Ambassadors, Robert Fletcher and Silvana Pavlovic, headed to the Belmont Library in Geelong, for an Inclusive Trail Plan Workshop to give advice and input on the design and use of a new indigenous sensory garden.

In such a welcoming atmosphere, Rob and Silvana shared lived experience of visiting bushlands with vision loss, described significant barriers to participation and enjoyment of open spaces, and offered pearls of wisdom to do with disability inclusive design.

A heartfelt thanks to our Ambassadors for giving their time and expertise for free.

BSRV Team Highlights

Meet Riley - BSRV Team Member

"I love seeing the joy the BSRV tennis programs bring to everyone involved!" says Riley Thompson, Blind Sport and Recreation Victoria's Program Support Coordinator.

Riley is a positive and enthusiastic young person who is a valued member of the BSRV team. From the time we first met Riley when he joined us on placement, then as a volunteer, and now in his role as Program Support Coordinator, he has demonstrated a great passion for all things sport and an admirable desire to assist others to have the opportunity to join in.

We invited Riley to share how he came to be part of the BSRV family.

[Read about how Riley joined BSRV](#)

Meet Terry - BSRV Ambassador

Terry loves the feeling of hitting a winner, on the tennis court and via the radio waves.

'Travel FM' was the brainchild of Terry, who is not only an Ambassador to BSRV but participates in many of our programs including Blind Tennis.

Terry's passion for travel and music is shared on his radio program with an international audience.

[Discover how Terry's passion developed during lockdown](#)

Health and Well-being

Mindful Walking

Mindful walking with the Heart Foundation

The practice of mindful walking is the opportunity to give ourselves a bit of a break from the constant mental chatter. In consciously tuning into our breath and opening up to our five senses during our walks we have the potential to:

- Decrease stress and symptoms of worry and anxiety.
- Improve sleep habits
- Improve overall mood
- Develop more appreciation and gratitude, which can substantially improve mental health and wellbeing.

If we allow ourselves a few moments without our smartphones, our 'to do' lists, our worries and fears, we organically allow our minds to slow a little and generally feel better.

The Heart Foundation have engaged mindfulness expert Marika Knight from Cool Karma Collected, a Modern School for Mindfulness. Marika has developed resources to share how we can utilise our walking to better manage our minds as well as regulate our stress levels.

You can find a number of mindful walking videos on the Heart Foundation website via the link below.

[Listen to the Heart Foundation guided mindful walk recording](#)

[Read more about mindful walking](#)

[Find out more about this volunteer opportunity](#)

Awards

Victorian Disability Awards

BSRV's Volunteer Ambassadors receive 2 Awards at the Victorian Disability Awards.

We were thrilled that the work of our talented and committed Volunteer Ambassadors was recognised at the Victorian Disability Awards, where they received:

1. The Minister's Award for Outstanding Leadership
2. The Volunteer Award.

Our Ambassadors play an important role raising awareness in the community about blind sports and recreation, while helping other sighted members of the community to understand more about vision loss and adapting to change.

[Meet our wonderful Volunteer Ambassadors](#)

[Read more about the Victorian Disability Awards](#)

[Find out more about this volunteer opportunity](#)

[Read more about this volunteer opportunity](#)

[Read more about this volunteer opportunity](#)

[Read more about this volunteer opportunity](#)

[Read more about this volunteer opportunity](#)

[Read more about this volunteer opportunity](#)

[Read more about this volunteer opportunity](#)

[Read more about this volunteer opportunity](#)

[Read more about this volunteer opportunity](#)

[Read more about this volunteer opportunity](#)

[Read more about this volunteer opportunity](#)

[Read more about this volunteer opportunity](#)

[Read more about this volunteer opportunity](#)

[Read more about this volunteer opportunity](#)

[Read more about this volunteer opportunity](#)

[Read more about this volunteer opportunity](#)

[Read more about this volunteer opportunity](#)

[Read more about this volunteer opportunity](#)

[Read more about this volunteer opportunity](#)

[Read more about this volunteer opportunity](#)

[Read more about this volunteer opportunity](#)

[Read more about this volunteer opportunity](#)

[Read more about this volunteer opportunity](#)

[Read more about this volunteer opportunity](#)

[Read more about this volunteer opportunity](#)

[Read more about this volunteer opportunity](#)

[Read more about this volunteer opportunity](#)

[Read more about this volunteer opportunity](#)

[Read more about this volunteer opportunity](#)

[Read more about this volunteer opportunity](#)

[Read more about this volunteer opportunity](#)

[Read more about this volunteer opportunity](#)

[Read more about this volunteer opportunity](#)

[Read more about this volunteer opportunity](#)

[Read more about this volunteer opportunity](#)

[Read more about this volunteer opportunity](#)

[Read more about this volunteer opportunity](#)

[Read more about this volunteer opportunity](#)

[Read more about this volunteer opportunity](#)

[Read more about this volunteer opportunity](#)

[Read more about this volunteer opportunity](#)

[Read more about this volunteer opportunity](#)

[Read more about this volunteer opportunity](#)

[Read more about this volunteer opportunity](#)

[Read more about this volunteer opportunity](#)

[Read more about this volunteer opportunity](#)

[Read more about this volunteer opportunity](#)

[Read more about this volunteer opportunity](#)

[Read more about this volunteer opportunity](#)

[Read more about this volunteer opportunity](#)

[Read more about this volunteer opportunity](#)

[Read more about this volunteer opportunity](#)

[Read more about this volunteer opportunity](#)

[Read more about this volunteer opportunity](#)

[Read more about this volunteer opportunity](#)

[Read more about this volunteer opportunity](#)

[Read more about this volunteer opportunity](#)

[Read more about this volunteer opportunity](#)

[Read more about this volunteer opportunity](#)

[Read more about this volunteer opportunity](#)

[Read more about this volunteer opportunity](#)

[Read more about this volunteer opportunity](#)

[Read more about this volunteer opportunity](#)

[Read more about this volunteer opportunity](#)

[Read more about this volunteer opportunity](#)

[Read more about this volunteer opportunity](#)

[Read more about this volunteer opportunity](#)

[Read more about this volunteer opportunity](#)

[Read more about this volunteer opportunity](#)

[Read more about this volunteer opportunity](#)

[Read more about this volunteer opportunity](#)

[Read more about this volunteer opportunity](#)

[Read more about this volunteer opportunity](#)

[Read more about this volunteer opportunity](#)

[Read more about this volunteer opportunity](#)

[Read more about this volunteer opportunity](#)

[Read more about this volunteer opportunity](#)

[Read more about this volunteer opportunity](#)

[Read more about this volunteer opportunity](#)

[Read more about this volunteer opportunity](#)

[Read more about this volunteer opportunity](#)

[Read more about this volunteer opportunity](#)

[Read more about this volunteer opportunity](#)

[Read more about this volunteer opportunity](#)

[Read more about this volunteer opportunity](#)

[Read more about this volunteer opportunity](#)

[Read more about this volunteer opportunity](#)

[Read more about this volunteer opportunity](#)

[Read more about this volunteer opportunity](#)

[Read more about this volunteer opportunity](#)

[Read more about this volunteer opportunity](#)

[Read more about this volunteer opportunity](#)

[Read more about this volunteer opportunity](#)

[Read more about this volunteer opportunity](#)

[Read more about this volunteer opportunity](#)

[Read more about this volunteer opportunity](#)

[Read more about this volunteer opportunity](#)

[Read more about this volunteer opportunity](#)

[Read more about this volunteer opportunity](#)

[Read more about this volunteer opportunity](#)

[Read more about this volunteer opportunity](#)

[Read more about this volunteer opportunity](#)

[Read more about this volunteer opportunity](#)

[Read more about this volunteer opportunity](#)

[Read more about this volunteer opportunity](#)

[Read more about this volunteer opportunity](#)

[Read more about this volunteer opportunity](#)

[Read more about this volunteer opportunity](#)

[Read more about this volunteer opportunity](#)