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Sign up to receive the BSRV newsletter



Friend, welcome to our June newsletter.

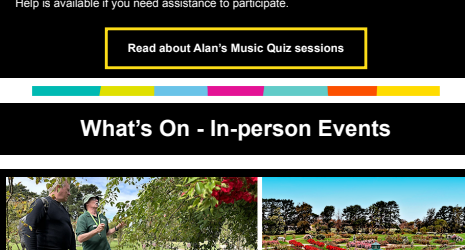
As the weather starts to cool down, it can be tempting to stay indoors and hibernate... but don't let the changing seasons dampen your enthusiasm. It's important for us all to stay connected and active regardless of the temperature outside. Rug up and join us on a Park walk to engage with nature or keep moving in the comfort of your home with online and YouTube exercises. Read on to discover what's coming up and what we've been up to. We hope you join us and join in very soon.

The BSRV team :-)

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What's On - YouTube and Zoom / dial-in



New!! Exercises for common health problems.

FREE for members with vision loss and for volunteers.
Try these new short videos focused on treating common health problems created by Jenny Dodd.

Videos include easy exercises for feet and hands, digestion, sadness and grief and better breathing. No need to dial-in to zoom, just click below and enjoy anytime in the comfort of your own home.

[Enjoy Jenny Dodd's new videos on YouTube](#)



Tune in to our Music Quiz sessions. Join the fun.

Challenge your mind and connect with other adults who are blind or vision impaired, let loose, have fun, get groovy, test your music knowledge, have a laugh and maybe a bit of a sing along... it's up to you.
Dates: Join us for one hour, at 1pm, on 19th July, 16th August and 13th September.
Contact: Miriam for the Zoom / audio dial-in link, then get ready...
Call 03 9822 8876 or email miriam@blindsports.org.au
Help is available if you need assistance to participate.

[Read about Alan's Music Quiz sessions](#)

What's On - In-person Events



Engage in nature with all your senses at the Werribee Park Formal Garden. Monday 5th June.

Come and immerse yourself in nature on a FREE Parks Victoria and BSRV volunteer-led walk through the Formal Gardens at Werribee Park. Enjoy the stunning surrounds of the Werribee Park grounds, chat to fellow walkers and discover some of the interesting historical facts about Werribee Park.

This leisurely-paced walk is approximately 1.5 hours and covers up to 2km.
The walk is pram and wheelchair accessible and follows flat even ground.

When: Monday 5th June, 2023. Time: 11.00am to 12.30pm.
Where: Werribee Park, K Rd Werribee South, VIC 3030.

Contact: Email or call BSRV to register your interest - email info@blindsports.org.au 03 9822 8876

Bookings are essential. Find more information about what to bring, accessibility, where to meet, travel options and the link to book on the BSRV website.

[Learn more about this walk and get your free tickets](#)



Come along to the Morang Wetlands at Plenty Gorge for a free Sensory Park Walk. Monday 19th June.

Come and immerse yourself in nature on a FREE Parks Victoria and BSRV volunteer-led sensory walk through the Morang Wetlands at Plenty Gorge Parklands.

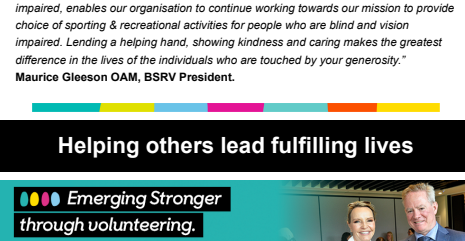
Be guided through the vibrant wetland ecosystem which supports a wide range of plant and animal life. Learn more about the wetlands through our friendly and knowledgeable volunteer guide whilst walking alongside kangaroos and wallabies that populate the area or listen to the song of the plethora of bird species that make the Morang Wetlands their home.

When: Monday 19th June, 2023. Time: 11.00am to 12.30pm.
Where: Plenty Gorge Park, South Morang.

Contact: Email or call Miriam to register your interest - email miriam@blindsports.org.au 03 9822 8876

Find more information about what to bring, accessibility, where to meet and travel options on the BSRV website.

[Learn more about this walk at Plenty Gorge](#)

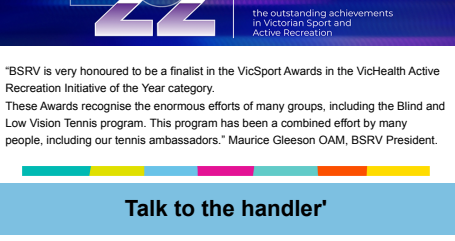


Come and try Blind and Low Vision Tennis at East Malvern Tennis Club. Free event. Wednesday 14th June.

Where: East Malvern Tennis Club, 15 Moira St. Glen Iris, 3146.

When: Wednesday 14th June. Starting at 6.30pm. Tennis 7-8pm followed by pizza and drinks. Evening concludes by 9pm.

Bookings are essential.
RSVP / Contact: Lita Trimmings at East Malvern Tennis Club 0477 858 854
admin@eastmalvernmlc.com.au



Blind Tennis at Melbourne Park on Friday nights - All welcome.

Join us on the indoor courts at Melbourne Park Tennis Centre.

People with varying level of vision impairment participate in the program with the support of volunteers. Learn new skills, have a casual hit or come and play a game.

Participants are instructed by qualified, professional coaches and all equipment is supplied. Free parking is provided at the venue.

When: Friday evenings. Please check the website for dates.
Juniors: Friday evenings from 5.30pm to 6.30pm.
Adults: Friday evenings commencing at 6.30pm to 8pm.

[Discover more about Blind Tennis and when it's on](#)

We joined in!

Horse riding holiday time fun

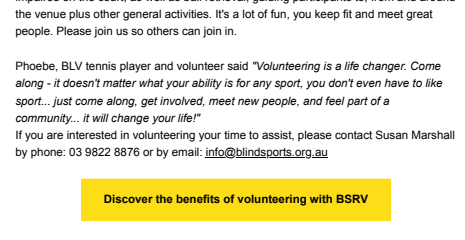


A great day of making friends and having fun with horses at Tooradin Estate.
Eva, a 10 year old BSRV participant, wrote a great report on their experience that you can find on our website.

This event was made possible thanks to the VicHealth JumpStart! program.

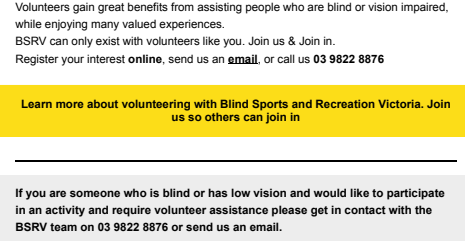
[Read 'Exploring all about horses' written by Eva.](#)

100 years of Blind Cricket celebration



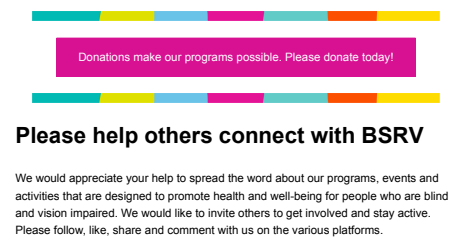
What a wonderful celebration of 100 years of blind cricket at Kooyong Tennis Centre late March. We would like to thank the many people who contributed to making this historic milestone event so special. So many wonderful memories and friendships were celebrated and will continue going forward.

Serenity at Brimbank Park



Our final Sensing Nature walk, in this series, was a delightful excursion in to nature. We meandered along the Maribyrnong River discovering the park with all of our senses: noticing the bird calls around the old river redgum hollows, trying out delicious Acacia seed bliss balls and smelling lemonscented gum. We warmed ourselves at the end of the walk with a peppermint tea and an opportunity to share what we were grateful for in nature.

Change makers and life changers



"Having recently celebrated National Volunteer Week, I would like to thank all our wonderful volunteers and supporters on behalf of Blind Sports & Recreation Victoria (BSRV). You matter and you make a difference!"

Your generosity has a profound and lasting impact on BSRV. The willingness by our volunteers to share their time and support our members who are blind and vision impaired, enables our organisation to continue working towards our mission to provide choice of sporting & recreational activities for people who are blind and vision impaired. Lending a helping hand, showing kindness and caring makes the greatest difference in the lives of the individuals who are touched by your generosity."

Maurice Gleeson OAM, BSRV President.

Helping others lead fulfilling lives

The *Emerging Stronger* campaign highlights the stories and experiences of Blind Sports and Recreation Victoria volunteers who are blind or vision impaired. They have gained confidence, new skills and leadership qualities by adopting meaningful volunteering roles in the community.

[Watch the Emerging Stronger playlist on YouTube](#)

VicSport Awards - Finalist

"BSRV is very honoured to be a finalist in the VicSport Awards in the VicHealth Active Recreation Initiative of the Year category.

These Awards recognise the enormous efforts of many groups, including the Blind and Low Vision Tennis program. This program has been a combined effort by many people, including our tennis ambassadors." Maurice Gleeson OAM, BSRV President.

Talk to the handler'

In a video created by Guide Dogs Australia for International Guide Dog Day, appears one of BSRV's Volunteer Ambassadors, Rob Fletcher, with his Guide Dog Hamish. Rob joins Nikki, Antony and Lucy to talk about the important relationship they have with their beautiful Guide Dogs and to remind people to 'Talk to the handler'.

[Watch 'Talk to the handler' via YouTube](#)

2023 Vic Blind and Low Vision Open

A fantastic weekend of tennis action. Congratulations to everyone who competed in the 2023 Vic Blind and Low Vision Open on 6th and 7th May. The results are published on the Tennis Vic website.

[Visit Tennis Vic website for all the results](#)

Health and Well-being

Magda investigates what good health looks like

In this VicHealth 'In Good Health' podcast, actor and comedian Magda Szubanski reflects on a powerful year in her health journey, and what she's learned about the most common barriers to health in Australia.
Magda Szubanski did not know what she was getting herself into when she agreed to host a national TV event on health in Australia. And she definitely didn't know she'd walk away with a new health-obsessed bestie, in Dr Sandro Demaio.

[Listen to the podcast on the VicHealth website](#)

Volunteer Opportunities

Join the Blind Tennis program at Melbourne Park.

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, from and around the venue plus other general activities. It's a lot of fun, you keep fit and meet great people. Please join us so others can join in.

Phoebe, BLV tennis player and volunteer said "Volunteering is a life changer. Come along - it doesn't matter what your ability is for any sport, you don't even have to like sport... just come along, get involved, meet new people, and feel part of a community... it will change your life!"

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

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

Other volunteer opportunities

[Social buddy \(cuppa, chat & stroll\) in South Melbourne - Find out more](#)
[Running buddy - Wendouree Lake Track loop in Ballarat - Find out more](#)
[Tandem bike pilot around Coburg - Find out more](#)
[Tandem bike pilot around Lynbrook - Find out more](#)
[Tandem bike pilot around Glenhunity - Find out more](#)
[Walking buddy in Thornbury - Find out more](#)
[South eastern suburbs volunteer needed to drive a vision impaired tennis player to Melbourne Park on Fridays - 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.

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](#)

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 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.

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[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.

[Instagram](#) [Facebook](#) [YouTube](#) [LinkedIn](#)

The more people that join us and join in... and stay connected, the happier and healthier our extended community will be. Thank you.
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