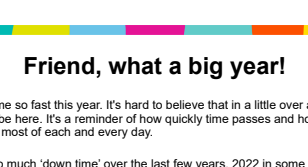


Send this email to a friend

Sign up to receive the BSRV newsletter



Friend, what a big year!

December came so fast this year. It's hard to believe that in a little over a week, the New Year will be here. It's a reminder of how quickly time passes and how important it is to make the most of each and every day.

After having so much 'down time' over the last few years, 2022 in some ways feels like a whirlwind of a year, one where we have had the opportunity for new experiences, meaningful connections and creating great memories. We are looking forward to 2023, anticipating good times, and exciting adventures with old and new friends alike.

"I've enjoyed being challenged to experience new destinations and the opportunity to connect and interact with new people." Dave, participant.

Despite all the craziness of the year, it's nice to enjoy the festive season and to be able to spend time with family and friends. We hope you have a relaxing break so you're ready for another big year of joining in.

Best wishes for a wonderful festive season and a safe and happy new year.

The BSRV Team :-)

Season's Greetings from BLIND SPORTS & Recreation Victoria

December and January office hours. Please note that the BSRV office will be closed from Thursday 22nd of December, and will reopen on Monday 30th January 2023. Phone messages will be checked over the break period.

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

Vision Australia's Family Fete

AO All Abilities Day

Inspiring stories:

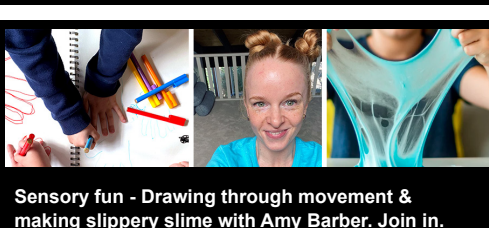
- Ghazala and Sandi

- Mehdi Hassani

Disability Sport and Recreation Awards

About our sponsor

What's On - Zoom / dial-in



Zoom / audio dial-in walking sessions with Robyn.

Our full Monday to Friday program has finished for 2022 and will re-commence on Monday 30th January, 2023.

Our Zoom / dial-in walking sessions (coordinated by Robyn) will continue from Monday 9th January on the following dates:
When: January 9th, 13th, 16th, 20th, 23rd, 27th. All sessions start 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 Jenny for the Zoom / audio dial-in links on jenny@blindsports.org.au or call 03 9822 8876 and leave a message.

[Read more about the Zoom / dial-in walking sessions](#)

Summer Fitness Online Program

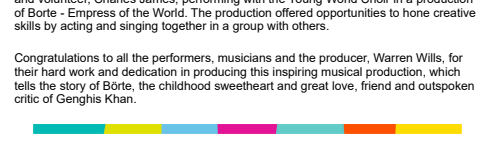
Please enjoy our Summer Fitness Online Program to keep you moving 7 days a week.

Another fantastic program has been created by BSRV's Jenny Dodd, especially for our BSRV community of participants, volunteers and supporters.

This collection of pre-recorded sessions, available on YouTube, has been created to help keep you active, motivated and relaxed at home for FREE over the 2022-23 Christmas break... and beyond.

[Click here to find more information and the session links on our website](#)

What's On - In-person Events



Sensory fun - Drawing through movement & making slippery slime with Amy Barber. Join in.

BSRV invites kids and teens (4-16 years) with vision loss, to a creative workshop.

When: Friday 20th January 2023, 10am to 12pm.

Where: Vision Australia, Conference Room 3, 454 Glenferrie Road, Kooyong, 3144

Cost: FREE. Places are limited. Bookings essential.

RSVP: Miriam on miriam@blindsports.org.au or telephone (03) 9822 8876.

[Discover more about this workshop](#)



Bounce Away! Trampolining for kids 5-18 years with vision loss on 25th January 2023. Join in.

When: Wednesday 25th of January, 2023, 9.45am-11.30am.

Where: Bounce, Hangar 4, 236 Wirraway Road, Essendon Fields, 3041

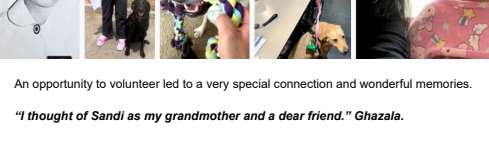
Cost: FREE. Places are limited. Bookings essential.

Age range: 5-18 years (you need to be over 110cm to participate in all the activities). Siblings are welcome.

RSVP: Miriam on miriam@blindsports.org.au or telephone (03) 9822 8876.

[Read more about jumping for joy at Bounce](#)

We joined in!



Festive origami project. The joy of folding and giving to others at Christmas time.

Mastering the ancient art of Origami as a person who is blind or vision impaired brings additional challenges, when tactile and auditory senses provide the only cues to creation. This didn't deter a group of sixteen BSRV participants, who were on a mission to produce hundreds of colourful Origami boxes, hearts and doves, which now adorn four Christmas trees.

[Read more about these gifts of gratitude](#)

City Sights Kayak Tour

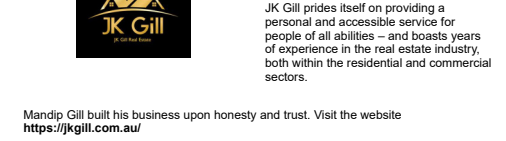


"It was a spectacular adventure, typical of Blind Sports!" Jane, BSRV participant.

We paddled past Flinders Street train station and squeezed under the Queen's Bridge on this super fun water adventure.

[Read about BSRV's City Sights Kayak Tour](#)

Exploring the delights of Geelong

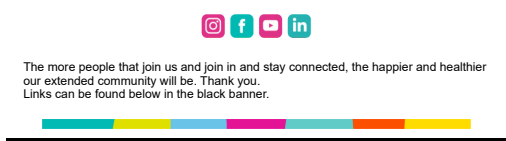


An entertaining day with surprises along the way.

We were treated to a fantastic day in Geelong with our tour guide, the popular journalist, entertainer and local guide Colin Mockett. We were certainly entertained, enjoying many tactile experiences and a special musical treat with our lunch at the Geelong Boat House.

[Read about our travels in Geelong](#)

Adventures of discovery in Williamstown



One remarkable location, two adventures...

In this excursion, one group of participants and volunteers experienced the beautiful Williamstown Botanic Gardens, and enjoyed sensing nature; while the other explored historic landmarks and places of interest on a longer walk. We all came together by the beach to dive in to some scrumptious fish and chips.

[Discover the joy of history, nature and a beachside lunch](#)

A great trip... Uh huh-huh

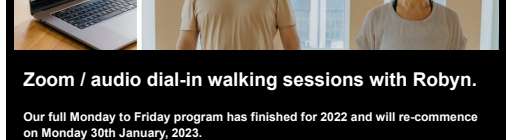
We couldn't help falling in love with Bendigo.

We loved Elvis (actually three Elvis' of world-leading performer status), the Shamrock Hotel, the vintage talking train with an historic tour, the hearty breakfasts, delicious dinners, the great company, good conversation, glorious strolls and a pie to go, all made for a busy but fabulous two-day trip. We really did join in!

Thanks Bendigo for having us... thank you, thank you very much!

[Our story about Bendigo will get you 'All Shook Up'](#)

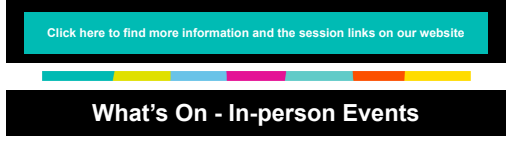
Borte: Empress of the World



It was so uplifting to see BSRV participants, Genamarie Richards and Rob Fletcher; and volunteer, Charles James, performing with the Young World Choir in a production of Borte - Empress of the World. The production offered opportunities to hone creative skills by acting and singing together in a group with others.

Congratulations to all the performers, musicians and the producer, Warren Wills, for their hard work and dedication in producing this inspiring musical production, which tells the story of Borte, the childhood sweetheart and great love, friend and outspoken critic of Genghis Khan.

Vision Australia's Family Fete

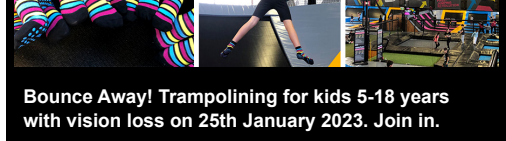


Blind sports, sporting stars, puppies, sausages, Christmas carols and Santa. What a day!

Visitors were thrilled to learn about, and try, blind sports at the Vision Australia Family Fete on Sunday 27th November. It was wonderful to see smiling faces and hear laughter, as participants turned their hand to something new.

[Read about this day full of sport and activities for kids](#)

The first ever AO All Abilities Day



Australian Open 2023 will host the first-ever All Abilities Day on Tuesday 24th of January, 2023, to celebrate and provide opportunities for all members of our diverse community to experience and enjoy the tournament. Two BSRV Ambassadors had the opportunity to be part of the announcement photo shoot with Dylan Alcott and other sportspeople.

[Read what Adam and Rob had to say about this great tennis initiative](#)

Inspiring Stories

A homage to a beautiful friendship



An opportunity to volunteer led to a very special connection and wonderful memories.

"I thought of Sandi as my grandmother and a dear friend." Ghazala.

[Read Ghazala's heartfelt story](#)

An inspiring journey



Mehdi's life took a new direction after discovering athletics and football.

Mehdi and his four siblings made the courageous decision to leave their war-torn homeland and seek asylum in Australia. He now uses his experience of adversity to inspire hope in others.

"I learnt about all the sports available for people with vision loss, it showed me that just because you have a vision impairment, you shouldn't be ruled out, there are lots of opportunities." Mehdi Hassani.

[Read Mehdi's story](#)

Awards

Disability Sport & Recreation Awards

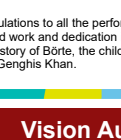


BSRV participants and affiliated clubs in the spotlight at the Victorian Disability Sport & Recreation Awards.

Disability Sport & Recreation (DSR) celebrated their 60th birthday this year and their Annual Awards event on Tuesday 8th November 2022 highlighted the work of so many people across Victoria, who are helping to make our state a more inclusive place to participate.

[Discover the list of awards and winners](#)

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.



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[Download the Blind Sports and Recreation Victoria Accessible Brochure](#)

BLIND SPORTS & Recreation Victoria

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.

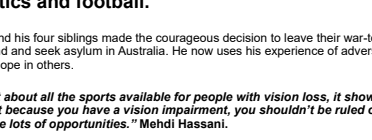
[Donations make our programs possible. Please donate today!](#)

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 social 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 in the black banner.



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