



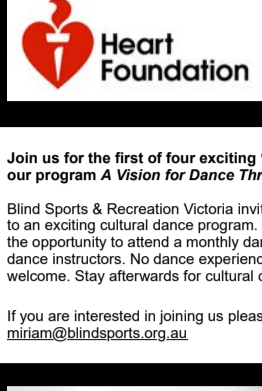
Find out how Forest Bathing is changing lives.

The experience of being 'one with nature' can truly be a fabulous benefit to our wellbeing. Read about the Forest Bathing Walk and Tea Ceremony in the Dandenong Ranges below and on our website.

Get out and about or exercise at home. Whichever you prefer we have plenty of activities on offer to get you involved, to stay healthy and have fun.

Join in on a Cultural Dance experience, Aerobics, Walking, Strength exercises, Yoga, Boxing, Swimming, Circuit training, Football, Tennis, Cricket and MORE. With so many varied sports & recreational programs on offer there are numerous opportunities to try something new. JOIN US and JOIN IN.

What's on



Greek Dance Workshop - A Vision for Dance Through Music

Monday 23 August 2021
2pm - 4pm

Vision Australia - located at
454 Glenferrie Road, Kooyong.

FREE event. Join us and join in.

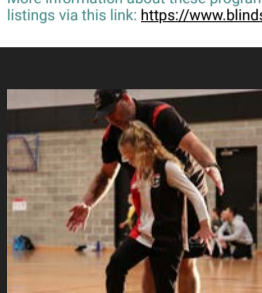


Find out more about the Cultural Dance Workshops by clicking this link

Join us for the first of four exciting 'Cultural Dance Workshops' - part of our program *A Vision for Dance Through Music*.

Blind Sports & Recreation Victoria invite adults who are blind or have low vision to an exciting cultural dance program. From August to November, you will have the opportunity to attend a monthly dance workshop delivered by experienced dance instructors. No dance experience is necessary and all fitness levels are welcome. Stay afterwards for cultural cuisine and conversation!

If you are interested in joining us please email Miriam on 03 9822 8876 or email miriam@blindsports.org.au



Fitness Classes Online Monday to Friday - FREE

Every weekday at 9.30am

Exercise via Zoom or Dial in.

Aerobic and Strength
Walking Class
Energy and Balance

Join one or join them all.



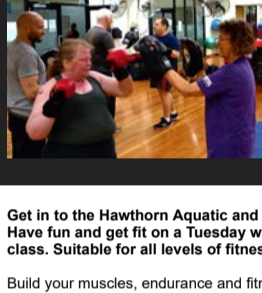
Click here to read about each of the online fitness classes

BSRV offers a range of FREE online fitness classes for blind and vision impaired people to get fit at home. Blind Sports Volunteers are also welcome to join.

These FREE classes are a nice way to keep moving and feeling great all in the comfort of your own home. Come and join in on the fun and give them all a go!

To find out more or to register to join our Fitness Online Program, please contact Jenny Dodd, Program Coordinator by phone: 03 9822 8876 or by email: jenny@blindsports.org.au

More information about these programs appear on our website in the event listings via this link: <https://www.blindsports.org.au/news-articles>



AFL Blind Skill Sessions

Registration NOW OPEN

Fri 16th July - 5-6.30pm
Fri 30th July - 5-6.30pm
Fri 13th Aug - 5-6.30pm
Fri 27th Aug - 5-6.30pm
Fri 10th Sept - 5-6.30pm

Where:
Emmaus Catholic Primary School,
1503 Geelong Rd, Mt Clear, 3350.

Cost: \$40 for 5 sessions

Come and join in, learn new skills and have fun. See you there!



Click here to register for AFL Blind Footy

Participants will have fun and learn new skills in these AFL Blind Skills sessions in a safe and inclusive environment.

Run by a team of passionate, footy-loving individuals, including AFL Blind St. Kilda player Shannon Jones, the modified program is designed at a reduced cost to the participant. Auskickers will constantly be on the move; running, jumping, catching - all while laughing and having a great time with their friends.

Please register and pay via the following link:
<https://www.playhq.com/afllorg/afll-blind-skilltraining-auskick-centre/cdf927ea/register>

For more information please contact kellie.britt@afll.com.au



Super Tuesdays! A variety of classes at the Hawthorn Aquatic & Leisure Centre

A great range of classes available to get fit every Tuesday.

Circuit Training (3pm - 4pm)
Boxing (5.15pm - 6pm)

Cost:
Boxing & Circuit \$5.80 concession



Click here to visit the Blind Sports event listings

Get in to the Hawthorn Aquatic and Leisure Centre (HALC) and get active! Have fun and get fit on a Tuesday with a Boxing class or a Gym Circuit class. Suitable for all levels of fitness. Join us and join in.

Build your muscles, endurance and fitness and enjoy the endorphin highs of the weekly Boxing and Gym Circuit classes for vision impaired / blind participants. Swim in the indoor heated pool in a dedicated lane for blind sports participants.

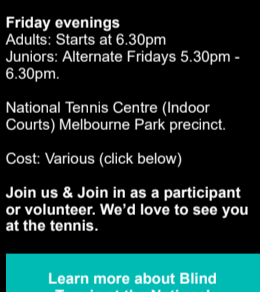
Visit our website for more detailed information about each activity or contact Rachel DeSumma via email rachel@blindsports.org.au or phone her on 0493 105 800.

Click here for more information on Boxing at HALC

Click here for more information about the Gym Circuit at HALC

Would you like to join a Yoga Class in Hawthorn?

We are currently seeking 'expressions of interest' for a Yoga Class in Hawthorn on Tuesday evenings 6.30pm - 7.30pm which will run weekly starting the 3rd August.

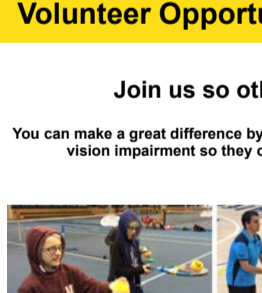


Who doesn't love the 'Mountain Pose' or the 'Downward-Facing Dog'?

We are looking for people to join in a yoga class in Hawthorn (exact location to be confirmed). Numbers will be limited.

This Yoga class is taught by the lovely Elsa and follows the 8 limb approach, which is a mix of ashtanga, yin, meditation, and pranayama (breathing practices). Join us and join in.

To express your interest or for more information please email rachel@blindsports.org.au or phone 0493 105 800.



Blind Cricket for school aged students. Register, participate and WIN!

Registrations NOW OPEN

Great prizes and giveaways!
Follow the link below.

Join us & Join in.



Click here to register for Term 3 Blind Cricket

Victorian Blind Cricket Association have a Major Prize Giveaway throughout Term 3 for all Victorian school aged students who are blind or have low vision.

Some prizes that will be on offer are still being finalized for the giveaway however, we can reveal that some things on offer include signed Australian Blind Cricket uniforms and a visit to your school by Australian and Victorian Blind Cricket representatives.

To register for the Prize Giveaway, simply fill in the online form at <https://forms.gle/9ss6NBbKqeywvvnTA>

For further information, contact the Victorian Blind Cricket Association via email at secretary@vbca.org.au

Registrations for the Prize Giveaway will close on Wednesday the 22nd of September, 2021. Further information about prizes on offer will be sent out throughout Term 3.

Click here to visit the BSRV website for more information on Blind Cricket for all ages



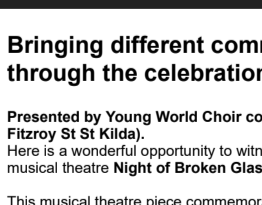
Blind Tennis for adults and juniors

Friday evenings
Adults: Starts at 6.30pm
Juniors: Alternate Fridays 5.30pm - 6.30pm.

National Tennis Centre (Indoor Courts) Melbourne Park precinct.

Cost: Various (click below)

Join us & Join in as a participant or volunteer. We'd love to see you at the tennis.



Learn more about Blind Tennis at the National Tennis Centre for adults and juniors

Come and have a hit at the National Tennis Centre on the indoor courts. It's a great way to stay connected and have fun.

During school terms, a six-week Blind Tennis program, jointly developed by (Blind Sports & Recreation Victoria), Tennis Victoria and Tennis Seniors Victoria is held on Friday nights at the National Tennis Centre on indoor courts.

Participants can choose to play on a social basis or develop and improve their skills to play at a more elite level. We welcome everyone - of all ages and abilities!

"The mental and physical benefits of the blind tennis program for me are numerous, including a wonderful social network, increasing my tennis skills, increased happiness and better self confidence just to name a few" Adam, Blind Tennis participant.

To register or for more information contact Susan Marshall on (03) 9822 8876 or email info@blindsports.org.au

Click here to learn more about Blind Tennis

Volunteer Opportunity - Blind Tennis

Join us so others can join in

You can make a great difference by providing support to someone with a vision impairment so they can participate in Blind Tennis.



Silvana, a Blind Tennis participant says ...
"Blind Tennis is my weekly event. It is my social activity. I love the walk to the Tennis Centre with my Volunteer and my Guide Dog. I listen to all the different sounds around me. I love the atmosphere. I love meeting and talking to the people at Blind Tennis."

How does a volunteer at Blind Tennis help?
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 and from, as well as around the venue and other general activities.

When & where: Friday evenings at various times throughout the year at the National Tennis Centre. Click [HERE](#) or the link below for further details on our website.

We provide training so you can be confident to assist, have fun, and be active too! Volunteers gain new social connections, and have the joy of contributing to their local community!

If you are interested in participating in this program or would like to volunteer your time to assist, please contact Susan Marshall / Phone: 03 9822 8876 / Email: info@blindsports.org.au

Click here to learn more about Blind Tennis

NIGHT OF BROKEN GLASS, the Concert! Sunday 01 August 3pm.

2 of our Blind Sports and Recreation Victoria's participants, Genamarie Richards and Phoebe David are performing in this show. Don't miss out on tickets... BOOK NOW!

Bringing different communities together through the celebration of music theatre.

Presented by Young World Choir conjunction with the Alex Theatre (1/135 Fitzroy St St Kilda).

Here is a wonderful opportunity to witness a moving historical story and see the musical theatre *Night of Broken Glass*.

This musical theatre piece commemorates Aboriginal elder and human rights activist, William Cooper who led a delegation in 1938 from Footscray to the German Embassy in Collins St Melbourne, to present the only private citizen's protest to the German government against their persecution of the Jews during Kristallnacht.

Click here to book your tickets for Night of Broken Glass

Forest Bathing - We joined in!

The Dandenong Ranges Botanical Gardens was the perfect place to enjoy a Forest Bathing Walk. We joined in!

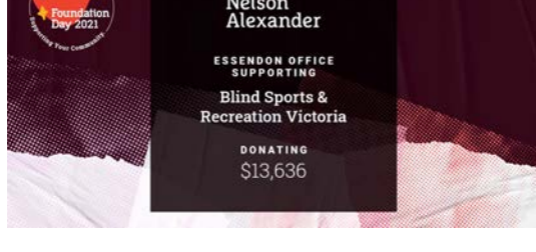
With the sun shining it was a great day for a walk and to connect with nature.

"I was surprised how hot it was standing bathed in late autumn sun, feeling planted as Rachel lead us in a forest meditation. I liked feeling and smelling nature. It was relaxing at the bush tea ceremony, it made me feel closer to nature and the people around me as we sipped and sat". Allen.

"Thank you for celebrating the Japanese Tea service and explaining the process about offering the first cup to the forest and why". Twanny.

Click here to read more about Forest Bathing in the Dandenongs

Going... going... gone!



We are so excited to receive a donation of \$13,636 from Nelson Alexander's 'Foundation Day', their major annual fundraiser.

We are very grateful to Nelson Alexander. It's from their amazing generosity and their dedication to support various communities through selected charities, that we will be able to offer more children with vision loss the opportunity to participate in sport and recreation. They will also become acquainted with people and places within their local community through a series of group activities that help to build local connections and support.

These programs will be supported by specially trained coaches and assistants and will help to reduce social isolation and build social connections for young people with vision loss who live in Melbourne's north-west, as well as their parents and families.

Kaye Speed humbled by OAM



A BIG congratulations to Kaye Speed, Financial Manager of Blind Sports & Recreation Victoria (BSRV) who has been awarded a Medal of the Order of Australia (OAM) for service to people who are blind or vision impaired.

"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.

Photo of Kaye and Maureen. Photographer: Shannon Morris.

[Click here to read more of the article about Kaye Speed OAM on our website](#)

BSRV President Maurice Gleeson OAM

Finalist for the Lifetime Achievement Award in the 2021 Victorian Disability Awards

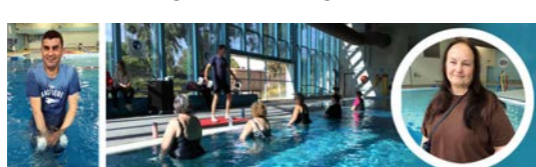


We are proud to announce that our President, Maurice Gleeson OAM is a Finalist for the Lifetime Achievement Award in the 2021 Victorian Disability Awards. These awards are run by Department of Health and Human Services and recognise excellence, leadership and achievement.

The Lifetime achievement honour roll recognises exceptional individuals who have made a significant contribution over the past 20 years and demonstrated an outstanding commitment to the rights, participation and inclusion of Victorians with disability. Congratulations to all the finalists and nominees

Winners will be announced at an awards ceremony on Thursday, 29 July 2021

Donna Perry, Aqua Fit volunteer, loves helping out and experiencing the company of friendly people.



You know those silent people in our community who do so much good without requiring accolades or recognition? Well, meet our new Aqua Fit Class volunteer, Donna Perry, who was nick-named by her cousin as 'Blossom' because of how "cute and kind" she has always been.

[Read about how each Monday, Donna heads down to the Broadmeadows Aquatic & Leisure Centre to assist participants.](#)

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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Mandip Gill built his business upon honesty and trust. Visit the website <https://jkgill.com.au/>



Getting you to where you want to go.

ACA Travel specialises in assisting the disability sector with their travel arrangements. Jane Underwood is the Director and is committed to assisting and supporting the needs of people with a disability.

Contact Jane Underwood on 03 9833 4519 or email jane@ACATravel.com.au



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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