



Friend, what does a python feel like?

A great bunch of kids and their families had the opportunity to meet a variety of creatures on an adventure at 'The Funky Farm'. Read how it was a wonderful new experience to hold, smell and touch a variety of animals including a wombat, an emu, a parrot and yes, even a python.

Please join us and try something new in June. Try a game of Swish, ride a tandem bicycle, fold paper birds, chat about art or zoom in on a music quiz. Visit our website regularly for other sports and activities to help you keep active and involved. We'd love you to join in.

From Maurice Gleeson OAM, BSRV President.

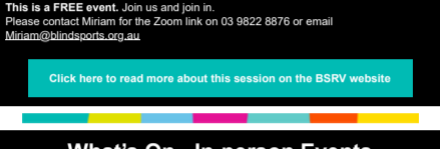
As the financial year for 2022 draws to a close, the Board and I would like to acknowledge and thank all our donors and sponsors, as well as the Government and corporate sector for their support. This has enabled our organisation to continue to provide many programs and expand a number of them - while also offering new opportunities for people who are blind and vision impaired to be involved. One such example is the establishment of the new role of Volunteer Co-Guides, which involves people with vision loss assisting at our Forest Immersion Group walks, while they learn more about and share how we can engage with nature using our non-visual senses.

As our organisation grows in metropolitan, regional and interstate areas, it is so rewarding to see how these programs are enhancing people's lives and socially engaging them to help minimise isolation.

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What's On - Zoom / dial in



NGA - Art by description, June 2022.

The National Art by Description Online Program is a free, monthly program delivered by the National Gallery for people who are blind or vision impaired from across Australia. The program includes music, poetry, storytelling, and audio description about significant works of art in the Gallery's collection.

In June, the focus will be The Story of Hermannsburg: Albert Namatjira and his legacy.

When: Friday 10th June 2022. 2pm to 3pm ACT, NSW, VIC, QLD and TAS, 1.30pm in SA and NT, 12pm in WA.

This is a FREE event. Join us and join in.

There is no need to register online. The National Gallery has provided BSRV with the meeting link and passcode to make the process of joining in as easy as possible. Click on the Zoom link below on the day and time of the event and enter the following details.

Meeting ID: 882 4023 5576
Passcode: 807986

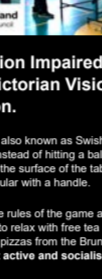
For more information please email access@nga.gov.au or call 02 6240 6632.

Banner image - Image caption: Albert Namatjira, Western Arramta people, not titled [Ghoss Gum, Mt Sonder, MacDonnell Ranges], c. 1953, National Gallery of Australia, Canberra/Kamerra, Purchased 1959. © Namatjira Legacy Trust/ Copyright Agency.

[Click here to go to the Zoom meeting link](#)

MUSIC QUIZ WEDNESDAY

with Quiz Master Alan Bartlett



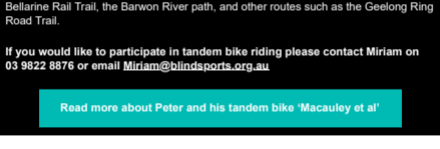
Don't miss the next Music Quiz on Wednesday 8th of June. New time of 12.30pm.

When: Wednesday 8th June. 12.30pm to 1.30pm.
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

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

What's On - In-person Events



Origami cranes come to life to make a wish come true. Join us for some folding fun.

We have now held two successful Origami workshops where participants who are blind or vision impaired are learning the Japanese art of Origami, with instructor, Kissy Lynch.

This week we were joined by two volunteers from the Melbourne Origami Group, Mike Assis and Steve Casey, who helped impart their expert skills and shared their knowledge with participants.

With four more workshops to go, all are welcome to join – whether a volunteer or participant, you don't need any experience or skill, just a desire to have fun, while meeting others.

Participant, Rob Fletcher, developed the concept for this project, with an overall aim to produce 1,000 Origami cranes (swans). At the end of the workshop sessions, the group will present the cranes to a community organisation supporting children who are seriously ill or have life-limiting conditions.

When: Join us and join in on Wednesdays from 11am to 1pm at Kooyong and be part of this exciting venture.

This project is kindly funded by Guide Dogs Victoria Connected Together grant.

Please email info@blindsports.org.au or phone 9822 8876 to register your interest.

Come and Try Vision Impaired Table Tennis with Robyn Reid - Victorian Vision Impaired Table Tennis Associaie.

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.

At this event, you will learn the rules of the game and take turns participating. In-between playing, you will get to relax with free tea and coffee and enjoy a delicious spread of Lebanese pies and pizzas from the Brunswick A1 Bakery.

A perfect opportunity to get active and socialise!

When: Monday 20th June. 11am to 1pm.
Where: Scout Hall, 14a Jolley Street, Brunswick West.

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
Thank you to Moreland City Council for their support.

Do you want to try tandem bike riding? Join Peter on a tandem bike ride and share the feeling of freedom.

You are invited to join Peter, who will be your pilot, so you can enjoy the unique feeling and freedom of bike riding. He will take great care and ensure you feel comfortable while developing your strength, balance and coordination.

Peter is an experienced rider who began competitive cycling at thirteen and raced for twenty years, including competing as a domestic-based professional road cyclist.

You may like to start with short rides before increasing the distance once your confidence and fitness has reached a level where you can enjoy a longer journey.

Now retired, Peter wishes to empower others to enjoy cycling on courses such as the Bellarine Rail Trail, the Barwon River path, and other routes such as the Geelong Ring Road Trail.

If you would like to participate in tandem bike riding please contact Miriam on 03 9822 8876 or email Miriam@blindsports.org.au

[Read more about Peter and his tandem bike 'Macaulay et al'](#)

We joined in!

Funky Farm



Animal encounters at The Funky Farm.

It was moving to see kids' faces light up at 'The Funky Farm' when they felt the animals for the first time, and completely awe-inspiring to watch their bravery when going to hold a 'clawy' parrot or a python.

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

[Read about the fun and new experiences had on our hands-on tour at Funky Farm](#)

Werribee Rose Garden

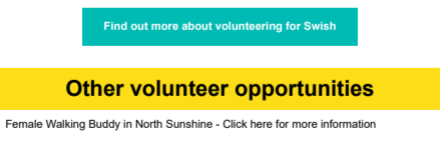


Taking time to stop and smell the roses.

Who knew there was a rose called 'Pope John Paul the Second'? Read Miriam's account of our day out at the wonderfully fragrant Werribee Park State Rose Garden on our website.

[Discover how many roses were in bloom at the Werribee State Rose Garden](#)

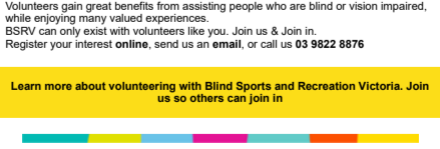
Education Awareness at Box Hill Institute



Students who were blindfolded needed to rely on their other senses for navigation, when AFL Blind and Victorian Golf Association (VGA), together with Blind Sports & Recreation Victoria, conducted an Education Awareness program at Box Hill Institute.

[Read about the students' experience at this eye-opening session](#)

Blind and Low Vision State Tennis Championships



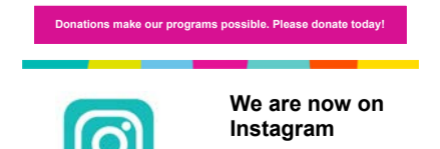
A great weekend of competitive sports with skilled athletes from across Australia at the National Tennis Centre. Congratulations to all participants, finalists and winners who took part in Tennis Victoria's Blind & Low Vision State Championships.

A big thank you to all the volunteers who joined in to make this event memorable. Images provided by Tennis Victoria.

[Discover the results on our website](#)

Volunteer Highlights

Meet Alan Bartlett - Music Quiz Master



Alan is a multi-instrumentalist with over 30 years of performing experience. He honed his craft performing on the streets of Melbourne as a one-man-band, moving between flutes, pan-pipes, the recorder and other instruments.

Alan shares his love of all things music, for one hour via Zoom / dial in, on selected Wednesdays. These sessions allow people who are blind or vision impaired to connect with others, test their music knowledge, have fun and maybe have a boogie or a sing along.

Don't miss the last term 2 Music Quiz session on Wednesday the 8th of June, at 12.30pm. No expertise is required to join in.

[Read more of Alan's story on the BSRV website](#)

Meet Mary, a BSRV 'Walking With Willpower' volunteer

Mary loves her weekly walks and sharing stories with Cathy, with whom she has formed a close friendship. Read about her experience as a walking buddy on the BSRV website.

[Read Mary's story about volunteering](#)

Health and Well-being

Sport as a tool for social change - VicHealth

One of the wonderful podcasts from VicHealth's 'In good health' series.

We know sport and physical activity are good for our bodies and our health, but they're also good for our mind. In this episode, we talk to Sarah Loh (the first female CEO of an AFL league) and discuss how sport can be used as a tool to create meaningful social connections, the importance of strong role models, as well as generating social change through the world of sport.

[Listen to this VicHealth podcast interview now](#)

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 sessions by visiting our website](#)

Volunteer Opportunity

Victorian Vision Impaired Table Tennis are looking for people to assist as umpires, lines people and ball fetchers at Moreland (Brunswick) and Kooyong. All volunteers will be trained and given the support they require and are sure to make lots of new friends.

Contact Susan on 03 9822 8876 or send us an email info@blindsports.org.au if you would like to join us so others can join in.

[Find out more about volunteering for Swish](#)

Other 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.

BSRV can only exist with volunteers like you. Join us and join in. Register your interest [online](#), send us an [email](#), or call us on 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://jkgill.com.au/>

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

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!](#)

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