



BLIND SPORTS & RECREATION VICTORIA NEWSLETTER – DECEMBER 2020

Why is braille important for those who are blind or vision impaired?

People often ask how useful Braille is and how it came about. Louis Braille was born in 1809 during the turbulent reign of Emperor Napoleon Bonaparte. He became totally blind in an accident as a young child and experienced ill health during his adult years. He is arguably the first and one of our finest advocates for people who are blind. His tireless effort to break through the enormous barriers to education was considerable and he was an exceptional role model at a time when people who were blind were often treated poorly.

The braille labelling of lift buttons, medication packages and recipes are only a few examples of the benefit of his creation. There are those who love to read their books in braille, whether it be a hard copy or using a paperless braille computer. An avid braille reader recently said, "I can read my braille book whilst other things are happening around me. I listen to the character voices through my fingers and hear their words in my mind". She went on to say, "A narrator of an audio book will create their own character voices and these will be different to my interpretation". People often say that they find it extremely helpful to note down information in braille on their portable machine and transfer the data onto their electronic devices.

Louis Braille died on the 6th of January 1852, two days after his 43rd birthday. The cause of death was tuberculosis. He was laid to rest in Coupvray, the small village where he was born. However, this was not his final resting place. One hundred years later, his body was moved to the Pantheon in Paris. The people of his village were not entirely happy as they argued Louis Braille and his family were such an important part of their history. A compromise was reached. The hands were separated from his skeleton and placed into a small urn. His original home, a small stone cottage is now a museum. A place where people can acknowledge his huge contribution to the wellbeing of those who are blind.

Louis Braille was a wonderful teacher, a leader, an inventor. A humanitarian and most people would agree, a genius. His work was a tremendous foundation for the future. It is most appropriate that Louis Braille have the last say. His powerful words still ring out loudly and with resounding relevance to our existing world.

"Access to communication in the widest sense is access to knowledge, and that is vitally important for us if we are not to go on being despised or patronised by condescending sighted people. We do not need pity, nor do we need to be reminded that we are vulnerable. We must be treated as equals — and communication is the way we can bring this about." *Louis Braille*

Maurice Gleeson OAM
President

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“A Huge brown horse called Woody who liked to eat wood...”

Ben & Abbie reflect on their horse riding experience

By Ben and Abbie

Pictured below: Ben with his horse Skulley



On the last week of the school holidays I went to Tooradin Estates with my sister Abbie and did horse riding. It was an amazing experience and I would certainly do it again.

When we got there we had a bite to eat. We were then introduced to the people running the event and they took us to the horses. My horse's name was Skulley. We groomed and fed him then I took him for a walk. Walking him was fun but he was hard to keep up with.

After that we entered the round yard which was full of horses. One of them was a huge brown horse named Woody who liked to eat wood. After that it was time for us to ride the

horses! The horse I rode was named Jane. Everyone helping out was very helpful and I felt very safe.

The whole thing was amazing so I don't have a favourite part. I really appreciate that they let my sister attend. Here's what she thought: “Hi, I'm Abbie and I also really enjoyed the day. It was something I've never done before and I've never really been around horses before so it was really fun and new experience. The part I enjoyed the most was riding the horse.

My horse's name was Majesty. I was nervous at first but they helped me a lot and I would definitely do it again. I liked horse riding because it felt cool to be up on a horse.

Pictured below: Abbie with her horse Majesty



Everyone helping out were helpful. I felt really safe. I am glad that they let me attend the event. It was a really fun day!”

Djembe Workshop for Juniors



Blind Sports & Recreation
Victoria invite all young people (4-17 years) who are blind or have low vision and their siblings to an exciting West African dance & drumming workshop this April school holidays!

GET YOUR GROOVE ON WITH MELBOURNE DJEMBE!



*Enjoy the beautiful sounds and stories of Africa with experienced facilitators
Simon Lewis and Mitzi McRae*



**MONDAY
APRIL
6TH
10 AM
TO 12PM**

JUNGLE CITY STUDIOS

Suite 7b/7-9 Hope Street, Brunswick
COST \$10 per child
Morning tea will be provided



PLACES ARE LIMITED SO RSVP TO MIRIAM ON 98228876 OR EMAIL MIRIAM@BLINDSPORTS.ORG.AU

Come & join a workshop with a difference! We are inviting children who are blind or vision impaired and under the age of 18 years to join in a 'Djembe' workshop. What is Djembe? It's one of West Africa's best known instruments - a goblet shaped hand drum.

The workshop will include African dance & drumming. It will be held on Monday April 6 from 10am - 12pm.

Places are limited so email Miriam@blindsports.org.au to register your interest.

Join Our Goalball Family

By Brooke Carter

Have you ever seen a game of Goalball?



Pictured above: Children with their hands in the air and ready to play

What is Goalball? Well it's a unique Paralympic team sport designed specifically for the blind and vision impaired. Goalball is real fun, real active, real social and it runs right here in Victoria.

Whether you want to play socially, represent your state or travel the globe, there's a program for you. In 2020 we will be offering our U15 Program (Juniors) and Local League Competition (Seniors). Through providing these programs, we offer people of all ages the opportunity to meet new people, boost their confidence and develop skills such as communication, teamwork, problem solving, whilst testing their hearing and orientation.

Not quite ready to step on the Goalball court but still want to get involved? Come and volunteer, you will not only have the

opportunity to make a difference to the lives of people who are blind or who have low vision, but you will also have the chance to build on your own skills.

So, what are you waiting for? It all begins on March 14th, 2020. To enquire about becoming a member of our Goalball family, connect with us by emailing info@goalball.org.au, following us on Facebook <https://www.facebook.com/vic.goalball> or visiting our website <https://goalball.org.au/>.

Active Teens Program News

By Allie Douglas



Here at the Active Teens program we've been very busy over the summer.

PROGRAM UPDATES

Three ongoing programs are continuing in Term 1, with tennis in Werribee, table tennis in Kooyong and football in Cranbourne all commencing recently. If you want to give it a go, the first session is free, and we offer reduced costs for fewer sessions.

If you are interested in any of these activities – or if you have your own ideas for activities or areas to develop – please get in contact with us at activeteens@blindsports.org.au

Term 1 programs

Active Teens Football program

2 pm to 3 pm Sundays, 23 February to 22 March
Casey Stadium, 65 Berwick Cranbourne Road Cranbourne East
\$40 PER FAMILY per term

VVITTA Active Teens Table Tennis

1 pm to 3 pm Saturdays
Vision Australia, 454 Glenferrie Rd, Kooyong
\$2 per session

Active Teens Tennis program

2.30 pm to 3.30 pm Sundays, 1 March to 22 March
Eagle Stadium, 35 Ballan Rd, Werribee
\$30 PER FAMILY per term

NEW PROGRAMS!

In 2020 we are developing a **BRAND NEW tennis program** in the inner-eastern suburbs, and other opportunities for young people to get involved in blind and low vision sports and activities like gymnastics, personal training and other opportunities.

For information about these opportunities, contact us here at activeteens@blindsports.org.au.

Active Teens Blind Sports program, Cranbourne

In Term 2 the Active Teens football program at Casey Stadium will be transforming into the Active Teens Blind Sports Program, Cranbourne. This revamped program will offer a range of different sports for young people to try (including football!).

Participants are helping to design the program, and during the Term 1 program they will be deciding what sports and activities to try during the rest of the year.

Are you a teen living in the south eastern suburbs? Have your say and help decide what activities to run in Cranbourne.

Contact activeteens@blindsports.org.au to find out how to get involved!

Blind sports and recreation Active Teens national survey

Between December 2019 and February 2020, the Active Teens program has been running a market research project with the help of our wonderful volunteer Debra and the support of Quantum Market Research.

Thank you to the parents and carers who took part in interviews in December, and to all the parents and carers around Australia who filled out our online survey in February.

Did you miss out on responding to the national survey? Are you the parent or carer of a teen from 12 to 17 years who is blind or has low vision? If you have important insights into your teen's experiences of sport and recreation or ideas for the future, please feel free to email us at activeteens@blindsports.org.au

Victorian Blind & Low Vision State Tennis Championships

Tennis Victoria will be hosting the Victorian Blind & Low Vision State Championships at the National Tennis Centre in Melbourne. This tournament is open to players of all age and ability levels and a great opportunity to have a first competitive opportunity in the sport.

There will be a pre-tournament training opportunity for all players competing in the tournament on the Friday afternoon. Everyone is encouraged to attend and participate.

Training Camp Details:

All players competing in the tournament are invited to a pre-tournament training camp being held at the National Tennis Centre. This is a great opportunity to meet fellow players and coaches prior to competing in the tournament.

Training Camp Date: Friday, 27 March

Training Camp Venue: National Tennis Centre, Olympic Blvd, Richmond, VIC

Entry Fee: \$10.00 – payable by cash on-site.

Time: 1:00-4:00pm

RSVP: BlindTennis@Tennis.com.au by March 14, 2020.

Home Carer's Direct

Sponsorship of BSRV Newsletter

By Zeina Torre



Home Carers Direct is a family owned business that seeks to empower members of the community to do things on their own terms. As such, Executive Director, Zeina Torre, feels that her company's values are closely aligned to those of BSRV.

Having become a sponsor of BSRV in 2019, Home Carers Direct is continuing its support this year and will be involved in a number of our events.

Commenting on the sponsorship, Zeina says: "We admire the BSRV team and the many volunteers who do invaluable work in supporting the blind and vision impaired community to participate in sports and recreational activities of their choice. In our small part, it is our pleasure to support them."

Home Carers Direct is an online platform which connects people who are looking for home care or disability support directly with Care and Support workers in their community. The system is designed to provide choice and control without compromising on safety. The process of using Home Carers Direct is as simple as Search, Connect, Book.

Zeina adds that all workers are vetted and insured and the system features a number of controls designed to promote safety. "This combination was recognised when Home Carers Direct was selected as a finalist in the 2019 *innovAGEING* National Awards in the category of Improving Consumer Choice."

There is no joining or exit fee or minimum use requirement. Workers using Home Carers Direct set their own hourly rates and at present, the average total hourly cost is \$33 for Domestic and Social Care; and \$32 for Personal Care.

If you would like to learn more, please feel free to call us or visit our website at [Home Carers Direct](http://HomeCarersDirect.com.au)

Gymnastics Clinic for Children

Essendon Keilor Gymnastics Academy has been running a Blind Sports Gymnastics Program since late 2011.

They currently have vacancies for children attending primary school to participate in their classes.

The classes are held Friday's from 5.15-6.10pm during school terms.
Cost: \$23.50 per week.

If you would like further information on the program or would like to come and observe a session please contact Christy at EKGA on 9336 4077 or Christy@ekga.com.au

Volunteer in Vogue

Appreciating the little things in life....

By Sarah Louise – WWW Volunteer

Photo below: Sarah & Maria having a coffee



Getting to spend time with Maria is a really nice part of the rhythm of my life. We have our regular walk – down along Merri Creek. First along the winding path with low hanging trees, next onto the shared bike path with people whizzing by. Finally, up the hill to Ceres community gardens – where we sometimes have a chat and a coffee surrounded by children and chickens.

I decided to volunteer with Blind Sports after the death of my mother and father. Both of them were very community minded. I realised that perhaps finding ways to get out of the house and connect with people in my community would be a good thing for everyone involved.

Walking with Maria has been really lovely. I enjoy Maria's perspective and humour. She is good for a chat and is a true Brunswick local – knowing the back streets and short cuts. I like that when guiding Maria I need to

stay in the present in order to see, guide and explain the surroundings. It makes me appreciate the sound of the frogs and the sunshine on my skin more.

I think Maria enjoys my company too... although I don't want to put words in her mouth! I know that having a walking partner has made her more relaxed and less daunted to head out for a walk in the parklands. I think the scheduled activity is nice for both of us. It's part workout, part outing, and part chat. Looking forward to many more walks.

A “win-win” situation!

By Heather Rudge, WWW Volunteer

Photo below: Carmela and Heather out walking



I have been working with my husband in our family business for many years. Now in my 60s I have spare time and was looking to do “something else”. Volunteering interested me and I stumbled upon a Blind Sports

advertisement somewhere on the internet. I am a long-time bushwalker and love to share the walking experience with others. Being a walking buddy for a vision impaired lady seemed an obvious fit.

Carmela turned out to be an excellent walker and great company. We meet each Tuesday morning and before we knew it we've walked and talked for 8km. We have become good friends and look forward to our Tuesday mornings together. Blind Sports has created a "win-win" for Carmela and me.

Calendar of Events

March

- 1st - Lawn Bowls, Mordialloc
- 1st - Golf, Malvern
- 1st - Junior Swimming, Kew
- 1st - Active Teens Football, Cranbourne
- 1st – Active Teens Tennis, Werribee
- 1st – Active Teens Table Tennis, Kooyong
- 3rd - Fitness Program, Hawthorn
- 6th - Indoor Bias Bowls, Kooyong
- 6th - Tennis, National Tennis Centre
- 8th - Active Teens Football, Cranbourne
- 8th - Active Teens Tennis, Werribee
- 8th – Active Teens Table Tennis, Kooyong
- 10th - Fitness Program, Hawthorn
- 9th-11th - Tenpin Bowling, Nationals Qld
- 13th - Tennis, – National Tennis Centre
- 15th - Junior Swimming, Kew
- 15th - Active Teens Football, Cranbourne
- 15th - Active Teens Tennis, Werribee
- 15th - Active Teens Table Tennis, Kooyong
- 15th - Goalball, Scotch College Kooyong
- 16th-17th Golf, Rosebud (Vic Open)
- 17th - Fitness Program, Hawthorn
- 19th-20th – Golf, Rosebud Aus Open
- 20th - Indoor Bias Bowls, Kooyong
- 21st - Tennis, National Tennis Centre
- 21st - Goalball, Scotch College Kooyong
- 22nd - Active Teens Football, Cranbourne
- 22nd - Active Teens Tennis, Werribee
- 22nd - Active Teens Table Tennis, Kooyong
- 24th - Fitness Program, Hawthorn
- 27th – Tennis, Victorian State Championships, National Tennis Centre
- 28th - Goalball, Scotch College Kooyong

April

3rd - Indoor Bias Bowls, Kooyong
4th - Goalball, Scotch College Kooyong
5th – Golf, Malvern Valley Singles Stableford
6th - Djembe (African dance & drumming)
for juniors, Brunswick
7th - Fitness Program, Hawthorn
14th - Fitness Program, Hawthorn
19th - Junior Swimming, Kew
15th-16th - Lawn Bowls, Bendigo
17th - Indoor Bias Bowls, Kooyong
18th - Goalball, Scotch College Kooyong
19th - Junior Swimming, Kew
21st - Fitness Program, Hawthorn
24th Tennis, National Tennis Centre
25th - Goalball, Scotch College Kooyong
26th - Junior Swimming, Kew
28th - Fitness Program, Hawthorn
19th-20th – Golf, Yass Vic/NSW Challenge

May

1st – Tennis, National Tennis Centre
1st - Indoor Bias Bowls, Kooyong
2nd - Goalball, Scotch College Kooyong
3rd - Junior Swimming, Kew
5th - Fitness Program, Hawthorn
8th - Golf, Malvern Caddie Championship
8th-13th - Lawn Bowls, NSW
9th - Goalball, Scotch College Kooyong
10th - Junior Swimming, Kew
12th - Fitness Program, Hawthorn
15th Tennis, National Tennis Centre
15th-25th - Lawn Bowls, Port Macquarie
15th - Indoor Bias Bowls, Kooyong
16th - Goalball, Scotch College Kooyong
17th - Junior Swimming, Kew

19th - Fitness Program, Hawthorn
22nd - Tennis, National Tennis Centre
23rd - Goalball, Scotch College Kooyong
24th - Junior Swimming, Kew
26th - Fitness Program, Hawthorn
29th - Tennis, National Tennis Centre
30th - Goalball, Scotch College Kooyong
18th-19th – Golf, Sth Aus Open
21st-22nd – Golf, Adelaide
28th - Tennis, National Tennis Centre
31st - Junior Swimming, Kew

June

2nd - Fitness Program, Hawthorn
5th - Indoor Bias Bowls, Kooyong
7th - Junior Swimming, Kew
13th - Goalball, Scotch College Kooyong
14th - Golf, Malvern
14th - Junior Swimming, Kew
16th - Fitness Program, Hawthorn
20th - Goalball, Scotch College Kooyong
21st - Junior Swimming, Kew
27th - Goalball, State Titles
28th - Goalball, State Titles
30th - Fitness Program, Hawthorn

July

2nd - Fitness Program, Hawthorn
3rd - Indoor Bias Bowls, Kooyong
4th - Goalball, Scotch College Kooyong
5th - Indoor Bias Bowls, Kooyong
7th - Fitness Program, Hawthorn
11th - Goalball, Scotch College Kooyong
14th - Golf, Malvern
14th - Fitness Program, Hawthorn
17th - Tennis, National Tennis Centre
17th - Indoor Bias Bowls, Kooyong

18th - Goalball, Scotch College Kooyong
 19th - Junior Swimming, Kew
 19th - Indoor Bias Bowls, Kooyong
 21st - Fitness Program, Hawthorn
 24th – Tennis, National Tennis Centre
 25th - Goalball, Scotch College Kooyong
 26th - Junior Swimming, Kew
 28th - Fitness Program, Hawthorn
 31st - Indoor Bias Bowls, Kooyong
 31st – Tennis, National Tennis Centre

August

1st - Goalball, Scotch College Kooyong
 2nd - Junior Swimming, Kew
 4th - Fitness Program, Hawthorn
 7th - Tennis – 7th – National Tennis Centre
 7th - Indoor Bias Bowls, Kooyong
 8th - Goalball, Scotch College Kooyong
 9th - Junior Swimming, Kew
 11th - Fitness Program, Hawthorn
 14th – Tennis, National Tennis Centre
 15th - Goalball, Scotch College Kooyong
 16th - Junior Swimming, Kew
 Fitness Program, Hawthorn
 16th – Golf, Malvern
 21st – Tennis, National Tennis Centre
 22nd - Goalball, Scotch College Kooyong
 23rd - Junior Swimming, Kew
 25th - Fitness Program, Hawthorn
 29th - Goalball, Scotch College Kooyong
 30th - Junior Swimming, Kew

September

1st - Fitness Program, Hawthorn
 4th - Indoor Bias Bowls, Kooyong
 5th - Goalball, Scotch College Kooyong
 6th - Junior Swimming, Kew
 8th - Fitness Program, Hawthorn
 12th - Goalball, Scotch College Kooyong

13th – Golf, Burnley
 13th - Junior Swimming, Kew
 15th - Fitness Program, Hawthorn
 18th - Indoor Bias Bowls, Kooyong
 19th - Goalball, Scotch College Kooyong
 22nd - Fitness Program, Hawthorn
 29th - Fitness Program, Hawthorn

October

2nd - Indoor Bias Bowls, Kooyong
 6th - Fitness Program, Hawthorn
 11th - Junior Swimming, Kew
 13th - Fitness Program, Hawthorn
 11th - Golf, Malvern Valley Doubles Cup
 16th - Tennis, National Tennis Centre
 16th - Indoor Bias Bowls, Kooyong
 18th - Junior Swimming, Kew
 20th - Fitness Program, Hawthorn
 25th - Junior Swimming, Kew
 23rd – Tennis, National Tennis Centre
 27th - Fitness Program, Hawthorn
 30th – Tennis, National Tennis Centre

November

1st - Junior Swimming, Kew
 3rd - Fitness Program, Hawthorn
 6th - Indoor Bias Bowls, Kooyong
 6th – Tennis, National Tennis Centre
 8th - Junior Swimming, Kew
 10th - Fitness Program, Hawthorn
 11th-12th - Golf - NSW Open Liverpool
 13th - Tennis, National Tennis Centre
 15th - Junior Swimming, Kew
 15th - Golf Malvern
 17th - Fitness Program, Hawthorn
 20th - Tennis, National Tennis Centre
 20th - Indoor Bias Bowls, Kooyong
 22nd - Junior Swimming, Kew
 24th - Fitness Program, Hawthorn
 29th - Junior Swimming, Kew

December

- 1st - Fitness Program, Hawthorn
- 4th - Indoor Bias Bowls, Kooyong
- 6th - Junior Swimming, Kew
- 8th - Fitness Program, Hawthorn
- 13th - Junior Swimming, Kew
- Golf – 13th – Burnley 9 Hole

Tenpin Bowling – further events can be found at [Tenpin Bowling Australia](#)

Walking Program – many groups walks are held at various times throughout the year. Contact BSRV for further dates/information.

Volunteering Opportunities

If you have ever thought about volunteering, we would love to hear from you and discuss with you the many options we have available. We are always looking for volunteers to assist us in the many sporting and recreational activities we have available.

Some of the areas BSRV and their affiliates require volunteers are:

- Achilles Melbourne (running guides)
- Blind Bowls Victoria (lawn bowls)
- Blind Golf Victoria
- Victorian Blind Indoor Bias Bowls
- Victorian Blind Cricket Association
- Victorian Goalball Association
- Victorian Vision Impaired Table Tennis
- Victorian Vision Impaired Tenpin Bowling
- Tennis
- Walking
- Swimming & fitness programs
- Soccer

- AFL
- Education Awareness to community groups and expos about BSRV
- Drivers to assist on organised outings

To find out about these and other volunteering opportunities, why not call us on 9822 8876 or email

Jenny@blindsports.org.au

Sponsorship

Blind Sports & Recreation Victoria invites interested individuals and companies to contact us about sponsorship in this newsletter, a quarterly publication distributed widely including all three levels of government and various departments including Department of Sport & Recreation, VicHealth and Department of Education.

The newsletter is well circulated through the Australian Sports Commission, a number of generic sporting organisations, numerous corporate partners – both small and large, and other disability sporting groups as well as the Victorian Institute of Sport and to members of the general public. If you would like to discuss the opportunity for sponsorship, please contact Susan on 9822 8876 or email info@blindsports.org.au

Current Sponsors of BSRV Newsletter

[Home Carers Direct](#)

Giving you choice and control over your home care

[Vision Australia](#)

Blindness and low vision services

Find us on Facebook

[Blind Sports & Recreation Victoria](#)



Yes, I would like to support Blind Sports & Recreation Victoria

Name: _____

Address: _____

Suburb _____ P/Code _____

Phone: _____ Email: _____

Please debit my credit card for \$_____ Visa ☐ MasterCard ☐

____ / ____ / ____

Name on card **Expiry Date**...../.....

Signature

*Donations of \$2 or more are tax deductible
Blind Sports & Recreation Victoria, 454 Glenferrie Road, Kooyong 3144*

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