

## Friend, thank you for a wonderful year!

Although it's only November, this will be our final newsletter for the year, and I'd like to take this moment to express my gratitude for your support throughout the year. Your commitment in helping us spread the word about the many diverse sporting and recreational activities available for people who are blind or vision-impaired has been invaluable. Together, we've raised awareness, built stronger connections within our community, and created more opportunities for everyone to stay active and engaged.

As we approach the holiday season, I want to wish you a Christmas filled with love, joy, and moments spent with family and friends. May it be a time of rest, reflection, and reconnection with those who mean the most to you. Thank you once again for being such an important part of this journey, and we look forward to continuing our efforts in 2025 and beyond.

Maurice Gleeson OAM,  
BSRV President.

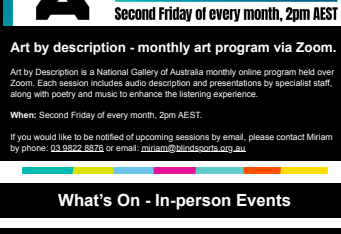
### BSRV's office closing dates for 2024/25.

The BSRV office will be closed from 19th December 2024 and will reopen on Wednesday 22nd January 2025.

#### In this edition

What's on - Zoom / dial in  
What's on - in-person events  
We joined in - Read about some activities and outings  
Tennis Champs play Blind Tennis  
2024 IBTA World Championships in Italy  
Metro campaign  
People in focus  
Sponsorship opportunity  
Health and well-being  
Volunteer opportunities  
Seeking your feedback

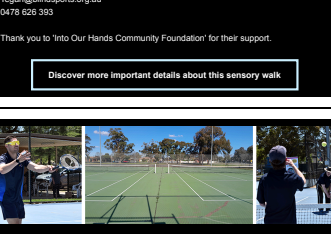
## What's On - Zoom / dial-in



### Keep moving with free online fitness sessions.

Yoga, Pilates and Balance, Walking at Home and our Energy Balance Zoom / dial-in sessions are free to join and a great way to stay active at home. Whether you want to improve your balance, increase your range of movement, muscle tone, flexibility or cardio fitness, there is something for everyone. Join us and join in.

[Read about our online fitness sessions](#)



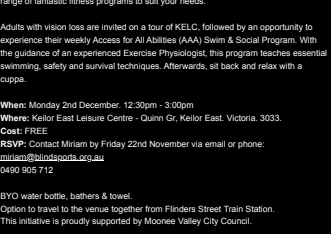
### Get your jingle bells on and join the last Music Quiz for 2024.

Hey music lovers! Get ready to put your musical knowledge to the test. We're SUPER EXCITED for the last Music Quiz challenge, and we want YOU to join in on the fun!

When: Wednesday 11th December, 2024. 1pm to 2pm.

If you would like to join in please contact Miriam for the Zoom link by phone: 03 9822 8876 or email: [miriam@blindsports.org.au](mailto:miriam@blindsports.org.au)  
Help is available if you need assistance to join in.

[Read about Music Quiz with Alan Bartlett](#)



### Art by description - monthly art program via Zoom.

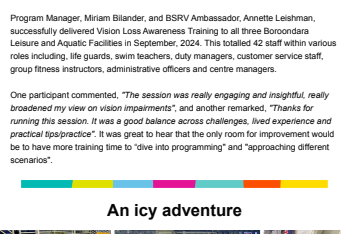
Art by Description is a National Gallery of Australia monthly online program held over Zoom. Each session includes audio description and presentations by specialist staff, along with poetry and music to enhance the listening experience.

When: Second Friday of every month, 2pm AEST.

If you would like to be notified of upcoming sessions by email, please contact Miriam by phone: 03 9822 8876 or email: [miriam@blindsports.org.au](mailto:miriam@blindsports.org.au)

[Discover more important details about this sensory walk](#)

## What's On - In-person Events



### Join our Sensing Nature Walk in Wangaratta.

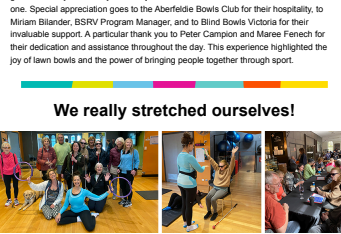
Join in and activate your senses on an accessible nature walk on Thursday 21st November along the Bullawah Trail in Wangaratta.

Blind Sports and Recreation Victoria invite adults who are blind or have low vision to join in on a sensory experience.

Where: Wangaratta's Bullawah Cultural Trail, Wangaratta.  
When: Thursday 21st November. 10:30am to 2:30pm.  
10:30am - Meet at Cafe PreVue, 66-68 Faithfull St, Wangaratta, VIC. 3677.  
12:30pm - Return to Cafe PreVue for lunch.

Cost: Free  
Contact: RSVP by Thursday 14th November to Tegan Allen by email or phone: [Tegan@blindsports.org.au](mailto:Tegan@blindsports.org.au)  
0478 626 393

Thank you to 'Into Our Hands Community Foundation' for their support.



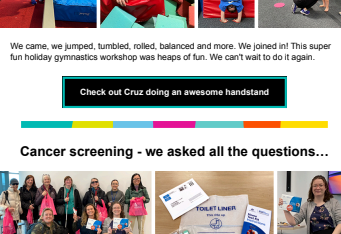
### Come and try Blind Tennis in Shepparton on Tuesday 25th November.

Tennis coaching and all equipment provided. Join in the fun and give Blind and Low Vision Tennis a go. Everyone is welcome.  
Blind Tennis is played with an audible foam ball and a junior tennis racket and is an inclusive and fun game for people with vision loss.

Where: McEwen Reserve Tennis Courts, Brauman St, Shepparton, Victoria.  
Date: Tuesday 25th November, 2024.  
Time: 10:30am to 1:30pm.  
Cost: Free. BBQ lunch and tea and coffee provided.

Contact: Tegan Allen by phone: 0478 626 393 or email: [Tegan@blindsports.org.au](mailto:Tegan@blindsports.org.au)

Proudly supported by State Trustees Australia Foundation.



### Join the MOVEMENT! Centre tour and swim class.

Join us at the Kellor East Leisure Centre on Monday 2nd December.

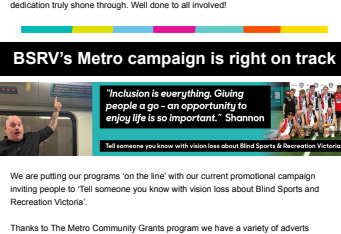
MOVE is Moonee Valley's new face for Council-owned leisure facilities, including the state-of-the-art redeveloped Kellor East Leisure Centre (KELC) which boasts a huge range of fantastic fitness programs to suit your needs.

Adults with vision loss are invited on a tour of KELC, followed by an opportunity to experience their weekly Access for All Abilities (AAA) Swim & Social Program. With the guidance of an experienced Exercise Physiologist, this program teaches essential swimming, safety and survival techniques. Afterwards, sit back and relax with a cuppa.

When: Monday 2nd December. 12:30pm - 3:00pm  
Where: Kellor East Leisure Centre - Quinn Gr, Kellor East, Victoria. 3033.  
Cost: FREE

RSVP: Contact Miriam by Friday 22nd November via email or phone: [miriam@blindsports.org.au](mailto:miriam@blindsports.org.au)  
0490 905 712

BYO water bottle, bathers & towel.  
Option to travel to the venue together from Flinders Street Train Station.  
This initiative is proudly supported by Moonee Valley City Council.



### Vision Loss Awareness Training.

Blind Sports and Recreation Victoria offers Vision Loss Awareness Training to volunteers, sport and recreation groups, coaches, support workers and organisations. We offer both online and in person training options.

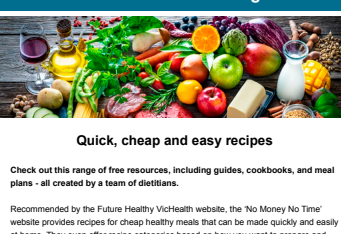
This training covers: awareness of common eye conditions, how to include someone with vision loss in sport and recreation activities, inclusive language, and how to offer sighted guiding to someone with vision loss or blindness.

Visit our website for more information about online session (dates and how to book), in person training and to access free Vision Loss Awareness resources.

[Find out more about Vision Loss Awareness Training](#)

## We joined in!

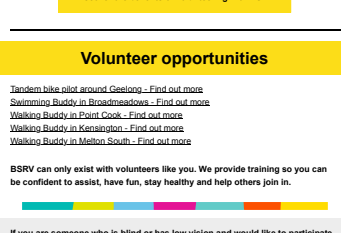
### Vision Loss Awareness Training at the Y



Program Manager, Miriam Bilander, and BSRV Ambassador, Annette Leishman, successfully delivered Vision Loss Awareness Training to all three Boroondara Leisure and Aquatic Facilities in September, 2024. This totalled 42 staff within various roles including, life guards, swim teachers, duty managers, customer service staff, group fitness instructors, administrative officers and centre managers.

One participant commented, "The session was really engaging and insightful, really broadened my view on vision impairments", and another remarked, "Thanks for running this session. It was a good balance across challenges, lived experience and practical tips/practice". It was great to hear that the only room for improvement would be to have more training time to "dive into programming" and "approaching different scenarios".

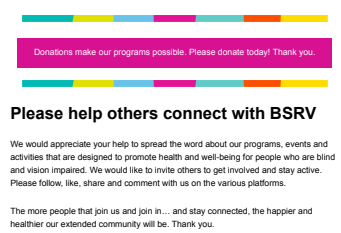
## An icy adventure



Annette tells of her first time on ice as she ticks another thing off her bucket list.

[Read about our visit to the O'Brien Icehouse at Docklands](#)

## Art your heart out!



A Highlights Tour of Melbourne's Ian Potter Gallery. We enjoyed a rich experience with audio descriptions, stories and an inviting atmosphere.

[Read about this wonderful group outing](#)

## Fun on The Green



"We had a wonderful afternoon with lots of laughs on and off the green and of course some enjoyable bowls" said Paul Ives, Aberfeldie Bowls Club President.

It was rewarding to introduce newcomers to the sport of lawn bowls at Aberfeldie Bowls Club, with many people never experiencing it before. The day was filled with enthusiasm, laughter, and a wonderful sense of community as everyone took to the green. Thank you to everyone who joined us and made the event such a memorable one. Special appreciation goes to the Aberfeldie Bowls Club for their hospitality, to Miriam Bilander, BSRV Program Manager, and to Blind Bowls Victoria for their invaluable support. A particular thank you to Peter Campton and Maree Fenech for their dedication and assistance throughout the day. This experience highlighted the joy of lawn bowls and the power of bringing people together through sport.

## We really stretched ourselves!



After navigating a maze of obstacles to get to the Melbourne City Baths we were rewarded with an enjoyable and relaxing Pilates class followed by a social lunch.

[Discover how we made it to class](#)

## Melbourne's lanes and arcades



A great 'Hidden Secrets' tour jam packed full of interesting history, funny anecdotes and surprising revelations. It was a wonderful time exploring some places we had never been.

[Discover the highlights from this tour](#)

## Juniors Gymnastics Workshop



We came, we jumped, tumbled, rolled, balanced and more. We joined in! This super fun holiday gymnastics workshop was heaps of fun. We can't wait to do it again.

[Check out Cruz doing an awesome handstand](#)

## Cancer screening - we asked all the questions...



Thanks to Cancer Council Victoria for providing valuable information via two sessions to women with vision loss. We asked and got answers to very important questions. These sessions were made possible through the Alfred Felton Bequest.

[Read more about these valuable sessions](#)

## Chairs made out of chewing gum packets!



The 2024 Design Fringe tactile tour was an immersive and inclusive experience that was enjoyed by all. Find out what Nisha had to say about this outing.

[What did we discover at the Linden New Art Gallery](#)

## Tennis champs play Blind Tennis



Big smiles all around when Daria and Luke Saville came to visit the Blind Tennis Program participants and volunteers at the National Tennis Centre on Friday 9th August, 2024.

Caroline Lane, Daria's doubles partner on the night, said "What an absolute blast! Playing doubles with these tennis champs was an incredible experience - Jasper and I couldn't wait the smiles off our faces! It was a lot of fun watching Daria and Luke navigate the VI glasses, struggling to hit shots they would never normally miss."

[Discover more information and photos of this special visit](#)

## 2024 IBTA World Championships in Italy



The President and Executives of BSRV extend their congratulations to all the players who represented Australia at the recent IBTA tournament in Italy. Your hard work and dedication truly shone through. Well done to all involved!

## BSRV's Metro campaign is right on track



We are putting our programs 'on the line' with our current promotional campaign inviting people to 'Tell someone you know with vision loss about Blind Sports and Recreation Victoria'.

Thanks to The Metro Community Grants program we have a variety of adverts travelling around Melbourne's trains with some faces that many of you may recognise. With contributions from a number of participants, BSRV have developed engaging ad panels with important messages. If you spot one while out travelling, please follow the QR code or snap a photo and share on social media using @BlindSportsRecVic

BSRV will be participating in an Activation event held at Flinders Street Station on 3rd December, from 10.30am to 12.30pm, to coincide with International Day of People with Disability. Follow our socials to learn how you can get involved.

Someone told Shannon Jones (pictured above) about Blind Sports and Recreation Victoria.

## People in focus - Rick and Carlos



Rick and Carlos are both keen runners even in cold weather. As a volunteer, Carlos, who has learnt to keep up with Rick's enthusiasm, said "The learning curve was steep but I learnt quickly. Rick is patient, experienced as a runner and extremely motivated".

Discover how a text from his wife led Carlos to a wonderful running partnership.

[Read about Carlos' road to volunteering](#)

## Sponsorship opportunity

Blind Sports & Recreation Victoria (BSRV) is actively seeking sponsorship for our newsletter! This is a fantastic opportunity for businesses or individuals to support a great cause while gaining valuable exposure. In return for your sponsorship, BSRV will promote and acknowledge your generous contribution across various platforms. It's a wonderful way to not only enhance your brand visibility but also to show your commitment to supporting inclusive sports and recreational activities for people who are blind or vision impaired.

If you're interested in partnering with us and making a positive impact, we'd love to hear from you! For more details on how you can become a sponsor, please reach out to us at [info@blindsports.org.au](mailto:info@blindsports.org.au). Together, we can continue to expand opportunities for all members of our community to enjoy an active and fulfilling life.

## Health and well-being



## Quick, cheap and easy recipes

Check out this range of free resources, including guides, cookbooks, and meal plans - all created by a team of dietitians.

Recommended by the Future Healthy VicHealth website, the 'No Money No Time' website provides recipes for cheap healthy meals that can be made quickly and easily at home. They even offer recipe categories based on how you want to prepare and cook your meal, whether that's with an oven, frying pan, microwave, pot, blender, BBQ, sandwich press, along with many more options.

Dive deeper into the 'No Money No Time' website and you'll find guides to help improve your diet, meal planners and articles busting food myths. Try out the Healthy Eating Quiz to receive regular personalised recipe recommendations to suit you and your lifestyle.

[Visit the 'Eating with no money and no time' website](#)

## Volunteer with BSRV



You can make a real difference to someone's life in your local community. 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](mailto:info@blindsports.org.au)

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

## Volunteer opportunities

Tandem bike pilot around Geelong - [Find out more](#)  
Swimming Buddy in Broadmeadows - [Find out more](#)  
Walking Buddy in Point Cook - [Find out more](#)  
Walking Buddy in Kensington - [Find out more](#)  
Walking Buddy in Melton South - [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.

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](tel:0398228876) or by [email](mailto:info@blindsports.org.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! Thank you.

## 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.

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.

