

BLIND SPORTS & Recreation Victoria

Enhancing the lives of people who are blind or vision impaired.

Providing sport and recreation opportunities to stay healthy, active and involved.



Have fun

Be involved

Stay healthy

JOIN US and JOIN IN with a variety of sport and recreation programs created and adapted for a range of interests, experience and abilities.

Come along!

As a participant or volunteer at Blind Sports & Recreation Victoria we support you to stay connected, learn skills, make friends, stay healthy, have fun and enjoy life.

Chris says "When I lost my sight I was withdrawn & feared leaving my house. After discovering blind tennis, my confidence has returned and now I have a wonderful support network and participate in many of the activities BSRV provide."

Francois says "Physical exercise is what has kept me sane. My sincere thanks to those who make these programs possible."

Kathleen says "I feel blessed to be a part of the Walking with Willpower Program as it has a very positive impact on my life. It is greatly rewarding being able to assist someone who is vision impaired & needs guidance."

Join us
Join in



Participate

Our aim is to promote health, well-being and community involvement for people who are blind or vision impaired through sport and recreation.

Whether you are a novice, an elite athlete or would like to try something new, we provide a broad selection of programs to suit everyone.

Here's a sample of what is available:

- AFL
- Bowling
- Camps
- Cricket
- Fitness programs
- Goalball
- Golf
- Gymnastics
- Judo
- Running
- Snow skiing
- Soccer
- Social outings
- Swimming
- Table tennis
- Tennis
- Walking (groups and one-on-one)
- Yoga
- Virtual programs

Volunteer

Volunteers gain great benefit from assisting people who are blind or vision impaired, while enjoying many valued experiences.

As a volunteer there are many ways you can help – for example, being a walking, running, bowling, swimming or gym buddy; a driver; golf caddy and more.

BSRV can only exist with volunteers like you. We provide training so you can be confident to assist, join in, have fun, stay healthy and be involved too. We'd love to hear from you.

Register your interest online or give us a call on 03 9822 8876

www.blindsports.org.au

Blind Sports & Recreation Victoria (BSRV) was established in 1977 to promote health and well-being for people of all ages who are blind or vision impaired.

As a small non-profit organisation, we have a personal, flexible and inclusive approach, ensuring that we meet individual needs. The social nature of our programs help improve physical health, while also strengthening social connections.

Our programs are for all members of the community, regardless of their ability, religion, age, gender, cultural background, sexual orientation or economic circumstances.



As the only recognised State Sporting Association by Sport & Recreation Victoria for people who are blind or vision impaired, BSRV lobbies government on all levels in relation to programs, infrastructure, facilities and funding.

As a Deductible Gift Recipient charity registered by the Australian Charities and Not-for-profits Commission, donations of \$2 or more are fully tax deductible.

www.blindsports.org.au

People with vision loss do play sport.

Join a virtual fitness, wellness or music quiz session from the comfort of home.

Do some healthy stretching and 'Downward Dog' in a yoga class.

Walk the fairway and enjoy the fresh air playing a round of golf.

Enjoy the outdoors and the freedom of a walk or run in the park.

Have a game of tennis with friends who love a hit.

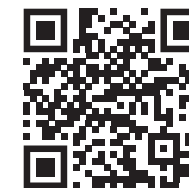
Feel confident in water and learn to swim.



 **BLIND SPORTS**
& Recreation Victoria

454 Glenferrie Road,
Kooyong Vic. 3144

www.blindsports.org.au
info@blindsports.org.au
Ph. 03 9822 8876



Inc A0002644V ABN 42 609 420 605