

Sign up to receive the BSRV newsletter



Friend, what does the face of a Prime Minister feel like?

The game of 'Guess that Prime Minister' was a great hoot on our Ballarat trip at the Botanical Gardens, where participants felt the cranial features of the bronze busts along the Prime Ministers' Avenue. There were lots of laughs about some of the exaggerated features, as volunteers gave clues to help the participants guess the past PM's.

Including this Ballarat 3 day trip, we have been fortunate to have enjoyed sharing a huge variety of new experiences with you, including:

- admiring the 'G' from the Ponsford stand
- weaving along hiking trails, connecting with nature and enjoying a tea ceremony
- taking front row at the ABC TV Studios to watch Charlie Pickering's The Weekly
- discussing art online
- trying our hand at Swish, and
- Japanese paper folding, among other activities.

We have sport and recreation events and outings to suit many diverse interests and eagerly invite you to give something new a go. To keep up to date with upcoming programs be sure to check our website regularly and follow our socials. We'd love to have you join us and join in.

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What's On - Zoom / dial in



Art by Description: Online
NGA Friday 12th August 2022

NGA - Art by description, 12th August 2022.

Join Curator Anne O'Hehir and National Gallery staff for a presentation on the way artists use the river as a source of inspiration and the site of socially engaged art practice.

This social and creative program engages with the National Gallery's collection through audio description, poetry, music and discussion and will focus on photographs by artists Ruby Davies, Barkindji artist Nici Campston, Peter Dombovskis and the 1980 performance, Murray River Punch by Bonita Ely.

When: Friday 12th August 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.

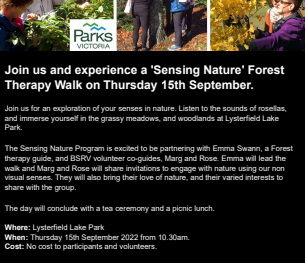
To attend, please click on the button below to access the Zoom / dial in link. Enter the L.D. and Passcode provided below to join in. The link will be active from thirty minutes before the program starts.

Meeting ID: 816 0945 2272
Passcode: 786390

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

Banner image details: Nici Campston, Barkindji people, Scar tree, Barkindji Country, 2011-2014, chromogenic print, colour pencil, watercolour, synthetic polymer paint, 65 h cm, 175 w cm, National Gallery of Australia, Kambarri/Canberra, Purchased 2016. © the artist.

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



Come and try Lauren's Zoom / audio dial in sessions - Zoom on Mondays and 'Gentle Pilates and Balance' on Thursdays.

Session: Zoom Yoga
When: Mondays at 9.30am

Session: Zoom Gentle Pilates and Balance
When: Thursdays at 9.30am

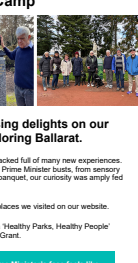
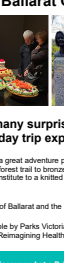
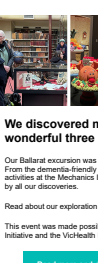
Where: Via Zoom / audio dial in from the comfort of your own home.

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 / audio dial in link on 03 9822 8876 or email Miriam@blindsports.org.au

[Read about Lauren's Zoom Yoga sessions](#)

[Read about Lauren's Zoom Pilates sessions](#)



Don't miss our term 3 Music Quiz sessions.

We've already had one fantastic session but there's still two to go. Don't miss them!

When: Wednesday 24th August and 14th September, 1pm to 2pm.

Where: Via Zoom / audio dial in from the comfort of your own home.

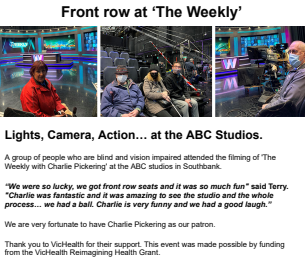
Help is available if you need assistance to participate.

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

Please contact Miriam for the Zoom / audio dial in 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



Come and Try Vision Impaired Table Tennis with Robyn Bousie - Victorian Vision Impaired Table Tennis Association. Monday 15th August.

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 lunch. It's a wonderful game and a lot of fun. Please come and give Swish a try.

A perfect opportunity to get active and socialise!

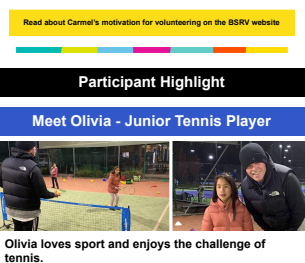
When: Monday 15th August, 11am to 1pm.

Where: Scout Hall, 14a Jolley Street, Brunswick West.

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

Please contact Miriam on 03 9822 8876 or email Miriam@blindsports.org.au

Thank you to Moreland City Council for their support.



Aqua-Fit has returned to the Dandenong Oasis Centre on Mondays from 12 noon to 1pm. Join in.

This aqua fit program, 'Making a Splash', is fun and fitness for blind and vision impaired adults, and includes a variety of activities.

Experienced Coach, Rod Bestleard gives participants instructions that are clear and easy to follow. The sessions are varied and include aqua aerobics in the 50 metre pool (standing depth) with noodles or dumbbells, stretching in the warmth of the hydrotherapy pool, and occasionally exercise in the deep water while wearing flotation belts.

When: Mondays, 12.00pm to 1.00pm (during school terms).

Where: Dandenong Oasis Centre (South East Leisure) Corner Heatherton Road & Cleeland Street, Dandenong, VIC 3175

Cost: \$5 per participant (carers are free)

Contact: If you would like more information or to give 'Making a Splash' Aqua-Fit a try please email info@blindsports.org.au or phone 03 9822 8876. We'd love you to join in.

[Discover the benefits of Aqua-Fit on our website](#)



Join us and experience a 'Sensing Nature' Forest Therapy Walk on Thursday 15th September.

Join us for an exploration of your senses in nature. Listen to the sounds of rosellas, and immerse yourself in the grassy meadows, and woodlands at Lysterfield Lake Park.

The Sensing Nature Program is excited to be partnering with Emma Swann, a Forest therapy guide, and BSRV volunteer co-guides, Marg and Rose. Emma will lead the walk and Marg and Rose will share invitations to engage with nature using our non visual senses. They will also bring their love of nature, and their varied interests to share with the group.

The day will conclude with a tea ceremony and a picnic lunch.

Where: Lysterfield Lake Park

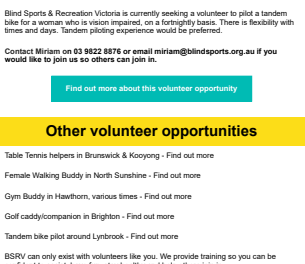
When: Thursday 15th September 2022 from 10.30am.

Cost: No cost to participants and volunteers.

Contact: These walks are popular and places are limited. To join in please email Beatrix@blindsports.org.au or call 0493 105 800. We'd love to have you join us.

Visit our website to learn what to bring, available support and transport options.

[Read more about this wonderful exploration of nature on our website](#)



Fur-get the rest - this place is the best! Come and interact with creatures great and small in the September school holidays.

Join us at 'Animals For All' - a place to explore and have fun with animals. On the first Saturday of the September school holidays, 17th September, we will be heading off to meet, pat, feed and cuddle animals great and small. We invite kids of all ages who are blind or have low vision, and siblings, to this wonderful activity. Please join us.

Places are limited so get in quickly - RSVP to Miriam via email: Beatrix@blindsports.org.au by 5th of September, 2022.

To find out where to go, what to bring and the day's schedule, please visit our website via the link below.

[Learn more about this trip to 'Animals For All'](#)

We joined in!

'Sensing Nature' at Lysterfield



Connecting with nature and experiencing the beauty through our senses.

Emma Swann, our Forest therapy guide, together with BSRV co-guides Margaret and Rose, led a 'Forest Bathing' walk at Lysterfield Lake Park. Discover how we honoured the land at the end of our exploration with a tea ceremony.

This event was made possible by Parks Victoria 'Healthy Parks, Healthy People' Initiative.

[Read about our 'Sensing Nature' walk at Lysterfield Lake Park](#)

Ballarat Camp

We discovered many surprising delights on our wonderful three day trip exploring Ballarat.

Our Ballarat excursion was a great adventure packed full of many new experiences. From the dementia-friendly forest trail to browse Prime Minister busts, from sensory activities at the Mechanics Institute to a knitted banquet, our curiosity was amply fed by all our discoveries.

Read about our exploration of Ballarat and the places we visited on our website.

This event was made possible by Parks Victoria 'Healthy Parks, Healthy People' Initiative and the VicHealth Reimagining Health Grant.

[Read more and discover what a Prime Minister's face feels like](#)

1,000 Origami cranes

Rob Fletcher had a vision to create a gift to benefit others.

Through detailed tactile instructions, BSRV participants, with the assistance of volunteers, crafted 1,000 origami cranes as offerings of eternal happiness.

At a lovely morning gathering to celebrate this successful Japanese paper folding project, the origami creations were delivered to the Association of Children with a Disability so they can be gifted to children.

This project was funded by the Guide Dogs Victoria Connected Together grant.

[Discover why Rob Fletcher, BSRV Ambassador, initiated this wonderful project](#)

City of Melbourne - Tour of the MCG

From the heights of the Ponsford stand to down on the hallowed turf - we joined in and loved it.

A great tour. From discovering the fascinating history and traditions of The 'G' to the team's development. She is very committed to her weekly 'MCG Magic' report on our website to discover what was on the site of the MCG before it became a sports stadium.

This tour was made possible thanks to the support of the City of Melbourne.

[Read about our tour of the MCG](#)

Front row at 'The Weekly'

Lights, Camera, Action... at the ABC Studios.

A group of people who are blind and vision impaired attended the filming of 'The Weekly with Charlie Pickering' at the ABC studios in Southbank.

"We were so lucky, we got front row seats and it was so much fun" said Terry. "Charlie was fantastic and it was amazing to see the studio and the whole process... we had a ball. Charlie is very funny and we had a good laugh."

We are very fortunate to have Charlie Pickering as our patron.

Thank you to VicHealth for their support. This event was made possible by funding from the VicHealth Reimagining Health Grant.

[Read about our experience at 'The Weekly'](#)

We trialed the Chadstone Butler Service

When Ali and her friends, Rob and Phoebe, who are all vision impaired, decided to embark on a shopping expedition to Chadstone Shopping Centre, they were pleased to discover the new Chadstone Butler Service.

Rob said "Lorraine, our concierge was fantastic. She was very knowledgeable about all the stores and described everything in great detail."

Ali said "It was such a positive experience. I would suggest to anyone to give this service a go to make their shopping trip stress free."

[Read about Ali, Rob and Phoebe's experience at 'Chaddy'](#)

QLD Blind and Low Vision Tennis Open

Another great weekend of competitive sport took place in July with skilled athletes from across Australia competing at the Queensland Blind and Low Vision Tennis Open. Congratulations to all participants, finalists and winners who took part.

[Find the results of all matches on the BSRV website](#)

Volunteer Highlight

Meet Carmel - Volunteer

Carmel has a friendliness, humour and positive energy about her that is so welcoming.

Carmel brings a ray of sunshine, practicality and willingness to be of service in a fun and friendly and lively way. She is dedicated to supporting people who are blind and vision impaired.

[Read about Carmel's motivation for volunteering on the BSRV website](#)

Participant Highlight

Meet Olivia - Junior Tennis Player

Olivia loves sport and enjoys the challenge of tennis.

Olivia's coach, Simon, says that "Olivia has been making fantastic progress in her tennis development. She is very committed to her weekly tennis lesson and has great fun working her way through the variety of activities."

Blind Sports & Recreation Victoria and the Eldon Park Tennis Club has given Olivia the support needed to continue her chosen sport.

[Meet Olivia and her coach Simon](#)

Health and Well-being

How much salt should I eat?

The recommended maximum daily salt intake for healthy adults is 5g. That's around 1 teaspoon. And while your body does need some salt to function, it's only around 1-2g and you can easily get this from fresh food like fruit and vegetables.

Discover if too much salt is bad for you, how to cut down, salt versus sodium and about product salt labelling by reading the VicHealth article, developed in partnership with the Heart Foundation as part of the former Unpack the Salt Campaign.

[Visit the VicHealth website to find out more about healthy salt intake](#)

Grants, Awards and Nominations

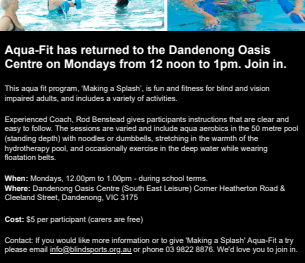
JUMP START!

We have wonderful news that will allow us to create further exciting programs for young people in our community. We're thrilled to be one of the 123 organisations working with VicHealth as part of their JumpStart! program.

With the funding, BSRV will engage young people 5 to 25 years of age who are blind or vision impaired, their siblings and friends, in a range of fun and innovative recreation and arts activities. This will generate a sense of belonging while increasing physical activity and fitness.

We're pretty excited to have this opportunity and can't wait to get this program rolling out. We look forward to sharing more information with you in the coming months.

VicSport Award



We were excited and proud to be awarded the 'VicHealth Active Recreation Initiative of the Year' for our Virtual Health and Wellness Programs at the VicSport Awards.

An inspirational night... watching the Awards live online. There were so many well-deserving, amazing initiatives and dedicated people doing great things.

[Watch a short video of our President, Maurice Gleeson OAM, accepting the award.](#)

Victorian Disability Awards finalist

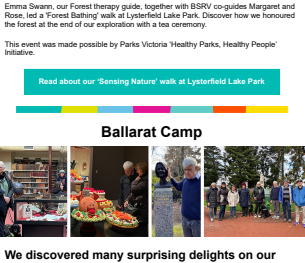
2022 Victorian Disability Awards

Great recognition for BSRV's volunteer ambassadors.

The Victorian Disability Awards honour the contributions of Victorians who support, lead, educate and advocate for people with disability.

Our wonderful volunteer ambassadors have been nominated for the Volunteer Award. This award recognises an individual volunteer or group of volunteers who demonstrate exceptional skill and commitment to making Victoria a more accessible and inclusive place for people with disability.

Third Sector Awards - Please vote for us



We are honoured to be selected as a finalist for the 2022 Third Sector Awards in the category of 'Small Charity of the Year'.

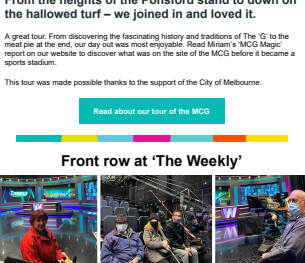
The Third Sector Awards is a national award celebrating and recognising the best Not-For-Profit practices around Australia.

To vote - click the link below, choose Blind Sports & Recreation Victoria, select VOTE NOW, enter your details and then SUBMIT. The last day to vote is this Friday (12th August).

Your vote would mean a lot to us. We'd love you to share the link and to encourage others to vote for Blind Sports and Recreation Victoria. Thank you.

[Please vote for us by clicking here](#)

Volunteer Opportunities

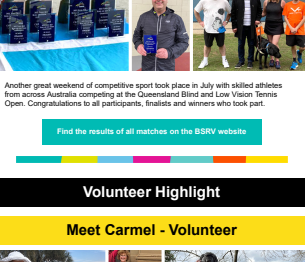


Seeking a youthful walking buddy in Craigieburn

BSRV is seeking a walking companion for a young man on weekly walks around Craigieburn. Training provided.

Contact Miriam on 03 9822 8876 or email miriam@blindsports.org.au if you would like to join us so others can join in.

[Find out more about this volunteer opportunity](#)



Seeking an experienced tandem bike pilot in Glenhuntly.

Blind Sports & Recreation Victoria is currently seeking a volunteer to pilot a tandem bike for a woman who is vision impaired, on a fortnightly basis. There is flexibility with times and days. Tandem piloting experience would be preferred.

Contact Miriam on 03 9822 8876 or email miriam@blindsports.org.au if you would like to join us so others can join in.

[Find out more about this volunteer opportunity](#)

Other volunteer opportunities

Table Tennis helpers in Brunswick & Kooyong - Find out more

Female Walking Buddy in North Sunshine - Find out more

Gym Walking in Hawthorn, various times - Find out more

Golf caddy/companion in Brighton - Find out more

Tandem bike pilot around Lynbrook - 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.

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](#)

Thank you to JK Gill Real Estate for their continuing support. If you're a 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://jk.gill.com.au/>

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



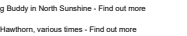
Please join us & join in. As a participant or volunteer at Blind Sports & Recreation Victoria we support you to stay connected, learn skills, make friends, stay healthy, get active, have fun and enjoy life. Give us a call and let us know your interests.

[Donations make our programs possible. Please donate today!](#)

We are now on Instagram

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