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BLIND SPORTS & Recreation Victoria

Friend, join us and join in.

It only takes a slight rise in temperature to lift our spirits as we look forward to Spring! With the improving weather here comes a feast of BSRV sport and recreation activities and programs to keep us all energised and engaged.

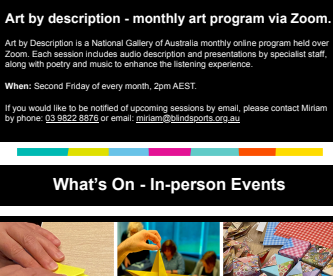
We invite you to keep active, get social and have fun with us. Be sure to visit the BSRV website where news and events are updated regularly to keep up to date with what's on. We encourage and welcome everyone to join us and join in.

Welcome to our July newsletter.
The BSRV team.

In this edition

- What's on - Zoom / dial in
- What's on - In-person events
- We joined in - Read about some activities and outings
- Welcome Daria and Luke
- 2024 Victorian Blind and Low Vision Tennis Championships
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- Dare to dream! IBTA World Championships
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- Volunteer opportunities
- Seeking your feedback

What's On - Zoom / dial-in



Stay active and keep moving at home.

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](#)

MUSIC QUIZ WEDNESDAY



with Master Alan Bartlett

Join us for Music Quiz Wednesday.

Cool tunes, interesting music facts, playful competitiveness and feel-good nostalgia is what you'll get when you join BSRV's online Music Quizzes with host extraordinaire, Mr. Alan Bartlett, and sassy score-keeper, Miss Miriam Blander.

Term 3 sessions:
Wednesday 14th August, 2024, 1pm to 2pm.
Wednesday 11th September, 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

Help is available if you need assistance to join in.

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

NG Art by Description

Second Friday of every month, 2pm AEST

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

What's On - In-person Events



Join us to discover the art of origami folding.

Blind Sports & Recreation Victoria (BSRV) and Guide Dogs Victoria invite you to join our origami Christmas decoration project.

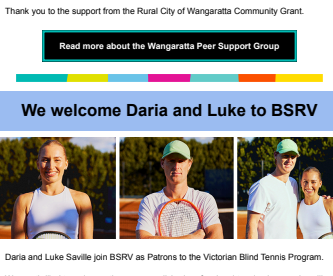
You are invited to participate in a series of fun-filled workshops, from Tuesday 30th July, where you will learn how to make beautiful origami Christmas decorations. Join others who are blind or vision impaired, along with dedicated and supportive volunteers.

Where and when:
Location: Plaza Room 4, Vision Australia, 454 Glenferrie Rd., Kooyong.
Day: Weekly, every Tuesday, beginning 30 July through to 17 September, 2024.
Time: 12 pm to 2 pm.

Participants and volunteers are welcome to bring their own lunch. Tea, coffee and sweet treats will be provided at each workshop.

Volunteers: If you would like to be involved in the origami workshops supporting people who are blind and vision impaired, please call us as we'd love to have you on board.
RSVP to BSRV by phone: 03 9822 8876 or email: info@blindsports.org.au
This project is supported by Guide Dogs Victoria's 'Connected Together' program.

[Discover more about the origami project](#)



Ice-skating for beginners: get your skates on!

Join us on Monday 5th August.

In the spirit of Winter, Blind Sports & Recreation Victoria invites adults who are blind or vision impaired to participate in an introduction to ice-skating lesson at the fabulous Docklands O'Brien Icehouse.

With the assistance of two experienced coaches, skate aids and disco music, nothing will stop you from whizzing around the rink and feeling energised by this special sport.

Everyone who joins will be provided with skates and optional helmet hire. Afterwards, we will walk to Yassas Greek Restaurant to enjoy authentic Greek street food for lunch.

When: Monday 5th August, 2024.
Times: 11:00am to 12:30pm: Skating lesson.
12:30pm - 2pm: Lunch at Yassas - The Greek Way (Docklands).

Transportation: Option to travel to venue together from Flinders Street Train Station.
Cost: Lesson FREE. Buy your own Lunch.

RSVP to Miriam by phone: 03 9822 8876 or email: miriam@blindsports.org.au

[Read more about getting on the ice with BSRV](#)



Join us for Junior Gymnastics and Goalball on Sunday 18th August in Balwyn North.

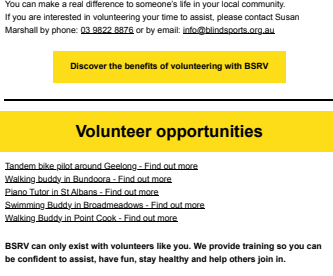
You're invited to a Come and Try Day at the Boroondara Disability Sport and Recreation Hub involving fun indoor sessions for people who are blind or have low vision.

Come & Try Sessions:
Junior Gymnastics: In this session, junior participants will learn the basics of gymnastics at a pace tailored to them. All participants are invited to bring a plus-one to enjoy the session with.
Goalball: This team session will have participants rolling the ball into the opponent's goal while the opposition are on the defence.

When: Sunday 18 August 2024. Activities start at 10:30am.
Where: Boroondara Sports Complex, 271c Belmore Road, Balwyn North

Free event. Bookings are essential. For more information and to reserve your place, click the link below or email Dominique.holland@ymca.org.au

[Book to join in Junior Gymnastics or Goalball](#)



Shepparton Vision Loss Awareness Training.

Join us on Thursday 12th September.

Blind Sports & Recreation Victoria is offering vision loss awareness training to sport, recreation, and community groups, and members of the broader community who would like to support someone with low vision or blindness. 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.

Where: Shepparton Library, 41-42 Marung St. Shepparton.
On street parking available and ample parking along the road.
When: Thursday 12th September, 2024, 5.15pm to 7pm.
Cost: FREE. Tea, coffee and light refreshments provided.

Support: BSRV staff will be available for the Wyndham St/Nixon St bus stop, then walk 350 metres along Nixon Street to the library.
RSVP by Monday 9th September 2024 to Tegan Allen by phone: 0478 626 393 or email: tegan@blindsports.org.au

Proudly supported by State Trustees Australia Foundation thanks to generous bequests and donations www.statetrustees.com.au

Join us for a 'Birding by Ear' sensory walk at Westgate Park with BSRV and Parks Victoria.

This accessible activity allows people with vision loss to participate in birding. Join in to learn through birdsong and discover the birds that call Westgate Park home. Enjoy the unique scenery on a free and relaxed ranger and volunteer-led walk. On these walks learn how to identify key bird species by their calls.

Westgate Park is a renowned birding hotspot close to Melbourne's CBD, and in this easy, hour-long walk, we will learn about the birds and the habitat that supports them.

Where: Westgate Park, Salt Lake Car Park, Todd Road, Port Melbourne.
When: Friday 13th September, 10am to 11:30am.
What to bring: Please bring a water bottle, closed comfortable and appropriate clothing for all weather conditions.

Listen to Annette Leishman talk about 'Birding by ear' with Peter Grecco on 'Focal Point'.

[Register for this event via Eventbrite](#)

Gymnastics workshop for young people with vision loss. Join us on Monday 30 September.

Have a blast on the bar, test your balance on the beam, develop your tumbling talent, or just jump for joy on one of the trampolines - it's all happening this Spring School Holidays!

We invite children and young people over the age of 4 years, who are blind or vision impaired, to participate in an energetic school holiday program. With experienced coaches at your side, you will master new skills, enjoy being physically active, build your confidence and have fun! Sighted siblings are welcome, and no gym experience is necessary. Hang around after class for afternoon tea and a social catch-up.

Where: Essendon Kellar Gymnastics Academy, 194 Roberts Road, Airport West.
When: Monday 30th September, 2024.
Time: 1pm - 2:15pm Class, 2:15pm - 3pm Afternoon Tea
Cost: FREE

RSVP to Miriam by Wednesday 18th September by phone: 03 9822 8876 or email: miriam@blindsports.org.au

This initiative is proudly supported by Moonee Valley City Council through its biannual grants program.

[Read more about school holiday gymnastics](#)

Come and try Blind Tennis in Shepparton on Thursday 3 October.

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 a audible foam ball and a junior tennis racquet and is an inclusive and fun game for people with vision loss.

Where: McEwen Reserve Tennis Courts, Brauman St., Shepparton, Victoria.

Date: Thursday 3 October.
Time: 10.30am-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

Proudly supported by State Trustees Australia Foundation.

We joined in!

Finding joy through creativity

We used tactile materials to create artwork inspired by special places and the people in our lives. Thanks to artist Janis Morgan for making our experience fun and memorable.

[Maria shares how she discovered her creative potential](#)

Wangaratta Peer Support Group

There were big smiles, laughs and heaps of fun playing accessible card and board games at the Wangaratta Library.

Inclusion and social connection are very important for our health and wellbeing. Our friendly support group provides the opportunity for people with low vision or blindness to come together and support each other and learn from one another.

If you have any queries or would like to join our monthly sessions, please contact Tegan by phone: 0478 626 393 or email: tegan@blindsports.org.au

Thank you to the support from the Rural City of Wangaratta Community Grant.

[Read more about the Wangaratta Peer Support Group](#)

We welcome Daria and Luke to BSRV

Daria and Luke Saville join BSRV as Patrons to the Victorian Blind Tennis Program. We are thrilled to welcome these accomplished professional tennis players who will help support and raise awareness for Blind and Low Vision Tennis.

Maurice Gleeson OAM, President of BSRV said "We have confirmed the appointment of Daria and Luke as Patrons of our blind tennis program, which has helped change the lives of so many people who are blind and vision impaired over the past 15 years. In their new role, Daria and Luke will help to raise awareness of the program and the wonderful abilities of our players. Together, we are poised to inspire change, challenge perceptions, and pave the way for a more inclusive future in tennis."

2024 AUST BLV Tennis Championships

Proceeding a full 3 days of thrilling competition, Western Australia's Ben Rowe (later crowned the inaugural B1 singles champion) kicked off the 2024 Blind and Low Vision Australian Championships with a wonderful acoustic rendition of the national anthem. We heard great opening speeches by Tennis Australia representatives, reiterating the exciting growth of blind and Low Vision Tennis nationally, and the national tournament itself. Over fifty players battled it out in B1 - B4 male and female, singles and doubles categories. Four world champions and 6 medalists from the 2023 World Blind Games competed amongst many talented athletes.

Thanks to Daria and Luke Saville, BSRV's Blind Tennis Program Patrons for their special message and best wishes leading up to the tournament.

Rob Fletcher, BSRV Ambassador and player stated "The BLV Tennis Community proved again how a strong community can make great things happen. This tournament was fun, professional and world class in its organisation."

Thank you to everyone involved in making these Championships a great event and congratulations to all the competitors and volunteers, and to NSW who retained the Maurice Gleeson Cup in a close tussle with South Australia. Discover the results on the Tennis Australia website. Photos courtesy Felicity Fletcher and Tennis Australia.

[2024 Australian Blind and Low Vision Championships results](#)

Beyond Sight: A celebration

15 years of Blind Tennis in Victoria and Australia.

A special celebration marking 15 years of Blind Tennis in Australia was held at the National Tennis Centre. Recognising the many achievements of BSRV's Blind Tennis Program, we heard from BSRV Ambassadors and blind tennis players, Gill Richards and Robert Fletcher, about the major impact the program has had on their lives. We were entertained by our MC, Warren Willis, who composed and performed a special piece titled 'Game, Set, Match' followed by a brief history of blind tennis.

It is not just on the tennis court, both locally and internationally, that the efforts of our participants have been rewarded. Many have gone on to adopt meaningful roles coaching, planning, advising and extending the program to new clubs and localities. Beyond this, a great spirit of friendship, inclusivity and community has been established.

Congratulations to all our participants and Ambassadors and a huge thank you to the many volunteers, supporters and partners, who have joined together to help this program grow and thrive, including Tennis Victoria, Tennis Australia and RACV Ltd.

Farewell and good luck Amanda Webb

A heartfelt goodbye after 14 years at BSRV.

After an incredible 14-year journey with BSRV, Amanda Webb, our General Manager of Operations, Digital & Marketing, has decided to pursue new interests. Some of Amanda's greatest attributes include her passion, dedication, communication skills, commitment and friendship.

Her leadership in Operations has ensured our smooth and efficient functioning and her dedication and tireless efforts have left an indelible mark on the company, inspiring her colleagues and fostering a positive and collaborative work environment.

Amanda, as you embark on this new chapter of your life, we want to extend our heartfelt thanks and best wishes. May you find joy, fulfillment, and success in all your future endeavors.

We dare to dream! Help us reach our goal

Help Victoria's Blind Tennis players compete in the 2024 IBTA World Championships

Six vision impaired Victorian tennis players have been selected to attend the International Blind Tennis Association World Championships in Italy this coming September.

Your generosity can help turn their dreams into a reality. By providing financial assistance, you will not only empower these athletes to fulfill their aspirations but also demonstrate the power of unity and support within our community. Every contribution, no matter the size, plays a vital role in enabling these athletes to travel to Italy and compete against the best in the world.

To contribute to this wonderful cause, kindly click on the PayPal link provided or reach out to us on 03 9822 8876 or at info@blindsports.org.au for direct donations.

Please help if you can. Every donation makes a difference. Thank you.

[Watch the video and find the PayPal link to donate](#)

Health and well-being

Sport, physical activity and our health

We all know that physical activity is good for our health no matter our age and fitness level. As physical activity can be anything that gets us moving, increases our breathing and heart rate, we can get creative in finding enjoyable ways to squeeze more exercise into our day.

Discover how to incorporate movement into your day at work, at home and at play on the Better Health Channel website.

[Discover ideas to get moving - Better Health Channel](#)

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

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

Volunteer opportunities

- [Tandem bike pilot around Geelong - Find out more](#)
- [Walking buddy in Bunjoroora - Find out more](#)
- [Piano Tutor in St Albans - Find out more](#)
- [Swimming Buddy in Broadmeadows - Find out more](#)
- [Walking Buddy in Point Cook - 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: info@blindsports.org.au

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 or email.

BLIND SPORTS & Recreation Victoria

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! 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.

Facebook Instagram Twitter LinkedIn YouTube

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BRV mailchimp