

Beyond Blindness

Salutations for 2020. March is upon us and it just seems as if just a few weeks ago, everyone was wishing others Season's Greetings and now the time is near when footy season will be the go for many of you.

As you can see, the Newsletter has been given a new title to match the changes made to our name. This doesn't mean the contents within will be too different, as from quarter to quarter the information is always updated.



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Special points of interest

- Blind tennis gives vision impaired and blind people the chance to play tennis
- Grant Lock Audio Books
- Book for Wallaroo trip



New Year's Eve—2020

"Our Tech Corner Volunteers can provide support & help remotely over the phone or internet"



"Beyond Blindness is creating and modifying social programs and reaching out to more Members".



*Myponga
outing in
February*



Manager's Report

2020 is off to a flying start with our new Beyond Blindness programs picking up speed. We are already planning the 2020-21 budget around a growth in services with our influx of new Volunteers. Our small jobs Volunteer team is now on the road daily, attending to Member's needs all over Adelaide. So far, they have fixed doors and locks, set up computers, descaled a kettle, planted petunias, hung curtains, sorted out messy cupboards and reassembled wonky furniture and so much more. This is for the most part a free service for Members, who only need to assist with the cost of materials if they are needed.

To get more things happening across the metropolitan area, our new local "Pub Lunches Program" has visited hotels north and west of the city with more lunches in the planning.

Our recently upgraded Technology Room now includes new Braille equipment with Members and Volunteers assisting each other to use the equipment through our Tech Corner program. For those that can't make it to Gilles Plains, our Tech guys have begun home visiting to assist Members with technology problems.

Over the last few months we have added many new faces to our Volunteer Team which has enabled us to provide more services to more Members. We look forward to adding many more.

Jim Colligan

Manager Beyond Blindness



Mt Lofty Gardens Walk

Hot Weather Policy

With the loss of too many programmed days as a result of the hot weather, the Board have again looked at our **Hot Weather Policy**.

It has been decided that individual programmed activities such as home visits or odd jobs will be cancelled if the temperature is predicted to be 36 degrees Celsius or above.

Planned metropolitan group activities involving airconditioned transport to an airconditioned venue will proceed as planned and will only be cancelled if the maximum temperature is predicted to be 39 degrees Celsius or over.

Where possible, planned outdoor or country outings which fall on hot days will be rescheduled to local air-conditioned venues instead. All other activities will be cancelled when the temperature is 39 degrees or over.

Golf anyone?

Have you ever wanted to play golf?

If you have but have just never had the opportunity, well you are in luck.

Introducing the Golf Club. Come and join some like minded members and learn some tips from the pro's and have some fun.

The group goes to the Par 3 Golf Course at Valley View every second Wednesday afternoon. If you would like to register your interest or would like some further information give us a call.

Member Services Report

Well it's not quite Autumn as I am writing this even though some days have been quite cool. I'm not complaining though, since overcast, cool, weather is my favorite, as it is for many of you I know who have issues with too much glare.

The office has been buzzing with the organisation of our Small Jobs Service and many more group outings. We continue to have a successful Social Centre Program with lots of activities and lovely lunches provided. I believe a special Pancake Day is on the cards but I'll be missing out due to being on leave. What a pity. I love pancakes.

The Choir is singing beautifully, and we have several talented musicians in the group. The Peer Group which has been meeting monthly since July 2019, is still in full swing, with members from both the northern and southern regions attending, some of whom have been arranging activities, volunteer supports, information sources and presentations as outcomes to report to the NDIA.

Our newly acquired Braille equipment has allowed us to print the Newsletter in an alternative format and a copy is available at the office for anyone who would prefer to read this version. Music for the choir has also been produced and is in use.

There is an overnight trip to Wallaroo planned for late March and if it is anything like the previous ones to the Barossa and Victor Harbor, it will be great fun. The Fringe of course is underway and there are many events and performances listed as accessible.

I hope you will all have many opportunities to enjoy what remains of this Summer and don't forget that our Activities Calendar is available online, as is all of our Services Information and Member Blog.

All the best

Debra Beeby



Choir singing beautifully

A little poem for Autumn

Little brown autumn leaves
Rustling on the ground
Little boy and little girl
Laughing gayly, fun they've found
Stomping wildly, crunching leaves
Crackle beneath their feet
Simple joys from nature's toys
Make little souls complete



Southern Services Co-Ordinator Report

Hello to all.

Programs and activities for the Southern region have once again commenced with a flourish. This year there are a variety of destinations for the bus trips in the south and also a mix of information and entertainment planned for SE Social group. Conversation Corner is also continuing and looks like a popular destination and a great chance to chat with other Members.

Programs for SE Bus Trips, SE Conversation Corner and also SE Social Group at Woodcroft are now available on the Beyond Blindness website. If you would like a hard copy to be sent to you, please contact me.

Late last year a new initiative commenced with a Men's Lunch. This is an informal opportunity for Members to meet and enjoy a social lunch and 'men's chat' time! Further lunches will be planned so please let me know if you are interested in linking in with this group. Thanks to the Volunteer team who will assist with this gathering.

Another new initiative for Southern Members closer to the CBD area is a monthly Friday lunch. This will be supported by the Beyond Blindness bus service from Gilles Plains. Many Members have already been contacted and if you would like to know more please call myself or Head Office.

The planned fishing charter was unfortunately cancelled due to weather conditions but will go ahead again later in the year (dated tbc). If you are keen to get out on the boat, then let me know.

Welcome also to the many new Members who have joined Beyond Blindness over the past months. It has been a pleasure to meet up with people, hear your stories, and be able to offer support through the Beyond Blindness Organisation in a variety of ways. Along with program activities and Volunteer assistance, the range of subsidies available offer financial support to assist across a broad spectrum. Some of these include assistance with **Adaptive Technology** to enhance daily independence and with **Recreational Activities** which can enhance general wellbeing, social connection and skills development. If you are one who enjoys the theatre, why not apply to cover the cost for an Audio Described performance at the Dunstan Playhouse in Adelaide.

If your main income is a pension, then please make sure you are linked in for the **Power and Telephone subsidy**. When applying for subsidies, Beyond Blindness endeavors to process your application as promptly as possible, however just a note that processing and payment does take time so please allow approximately 10 to 14 days for most applications.

Southern Services Co-Ordinator Report (cont)

Do you Know?

Somerton Park Tennis Club – Blind tennis gives vision impaired and blind people the chance to play tennis using audible tennis balls and modified courts, smaller racquets and relaxed rules.



Social Blind Tennis

When: Tuesday evenings from 6.30pm to 7.30pm

Where: Somerton Park Tennis Club 28-40 Wilton Avenue Somerton Park.

Cost: \$5 per session

Bookings essential.

*Modified courts,
smaller racquets
& relaxed rules.*

Please call 0438 801 967 or email foundationtennis@hotmail.com

"Blind tennis gives vision impaired and blind people the chance to play tennis"

Beyond Blindness Recreation & Personal Development Subsidy

*Beyond Blindness Recreation & Personal Development Subsidy available.

All of this looks a lot of fun, however if you are someone who is more of a home person or in a care facility and would like someone to come for a coffee and chat, Beyond Blindness Volunteers could offer a friendly visit. Southern Office contact number is 8556 6228 or 0438 0561 223

Cheers

**Tracy
Reed**



HR Co-Ordinators Report

Firstly, Happy New Year! Time is flying and we are already into February 2020. Hope you are all well and keeping safe in what has been a challenging time for South Australia with the devastating bushfires.

It has been a great privilege to meet and work with an amazing team of individuals who are not only dedicated, but passionate to see all our Members are well looked after. Their beautiful caring nature shines through.

The Members' Christmas celebrations which was held at the Gilles Plains centre was very successful with the help of our wonderful Volunteers.

In appreciation of our Volunteers, we had a Christmas dinner at Paradise Hotel on 16th December.

40 Volunteers attended the dinner which was thoroughly enjoyed by all. Each Volunteer received a Certificate of Appreciation, plus a small gift.



Volunteers' Christmas Dinner 16th December 2019

HR Co-ordinator's Report (cont)

It's been a great few months with over 20 new Volunteers commencing and some truly fantastic feedback coming in from the Members about the valuable work they do. THANK YOU for the difference you are making in people's lives.

"The unselfish effort to bring cheer to others will be the beginning of a happier life for ourselves." — Helen Keller

Our Small jobs program is in full swing. So far, our Volunteer Team has attended over 80 jobs since the program started in early November last year. If you have any small maintenance tasks or you need any support with some basic IT issues, please give me a call. Our dedicated small jobs Volunteer Team is here to assist you with a range of tasks and can respond within a week depending on the availability of resources.



*Enjoying time together
in the outdoors*

"The unselfish effort to bring cheer to others will be the beginning of a happier life for ourselves" - Helen Keller

Latest news and updates available

For the latest news and updates on Beyond Blindness services please visit our website www.beyondblindness.org.au.

We also have a Facebook page now to keep you updated. Please do like us on www.facebook.com/Beyond-Blindness

We are always looking for new Volunteers and if anybody knows someone who may be interested to volunteer, please tell them to contact me on 8 3 6 7 6 0 8 8 or Tracy in the Southern area on 0 4 3 8 0 5 1 2 2 3.

I look forward to keeping you all updated as future exciting Volunteer activities evolve. Meanwhile, enjoy the coming months and stay cool in the hot weather.

Visa Neelam
HR Coordinator



Beyond Blindness Travel Club 2020 Program

"This year the Beyond Blindness Travel Club program is varied with some interesting new destinations as well as revisiting some old favorites"

14th March

- ◆ Adelaide Planetarium at Mawson Lakes
- ◆ Para Hills Community Club

11th April (Easter Sunday)

- ◆ Footeside Farm
- ◆ Saints Clubhouse

(Please note: this outing is to Eudunda and may not be suitable for those who don't like to travel long distances)

9th May

- ◆ Mini Jumbuk McLaren Vale
- ◆ St Francis Winery Reynella

13th June

- ◆ Grove Venue Elizabeth

11th July

- ◆ The Bend Motorsport Park Tailem Bend
- ◆ Riverside Hotel Tailem Bend

8th August

- ◆ Gully Gardens Dried Fruit Angaston
- ◆ The Clubhouse Tanunda

12th September

- ◆ Willunga Peacock Farm
- ◆ Mt Compass Tavern

10th October

- ◆ Beyond Blindness Social Centre for AGM
Gilles Plains
- ◆ Hampstead Hotel Collingwood

14th November

- ◆ Vadoulis Garden Centre Evanston
- ◆ Willaston Hotel

12th December

- ◆ Kenton Valley Cherries
- ◆ Blumberg Hotel Birdwood

The Beyond Blindness Hot Weather Policy is strictly adhered to. In the event the temperature forecast is for 39° or above on the previous night's 6pm news, the trip will be cancelled. There will be no further notification.

Bookings for the outings close on the Tuesday prior to the date of the trip.

If you are unable to attend, please let Franca Lombardi know 8 3 3 6 6 5 9 3 or 0 4 3 0 3 0 5 2 1 3 as soon as possible.

Please also confirm if you wish to attend the next month's outing when Franca collects the money.

We have decided to keep the cost of the outings at **\$35** and this includes admission and lunch. A **\$4** discount applies to those who are able to get themselves to the pick-up points.

For more information on these please contact Franca Lombardi on the numbers above. Don't forget that the annual Travel Club subs of \$10 are due on the first outing or as soon as possible after. To qualify for the outings, you must be a Member, Associate Member or a Volunteer of Beyond Blindness.

For further information please contact the Beyond Blindness office between 8.30 and 4.30 on 8 3 6 7 6 0 8 8 Franca Lombardi on 8 3 3 6 6 5 9 3 or 0 4 3 0 3 0 5 2 1 3.

This program is true and correct at the time of printing but is subject to change without notification.

Franca Lombardi, Secretary
Beyond Blindness Travel Club

The New \$100 Banknote

The Reserve Bank of Australia is proud to announce the design of its new \$100 banknote, which will be released into general circulation later this year.

Like others in the new series, it features raised bumps along the long edges to help people who are blind or have low vision to distinguish between different denominations of banknotes. On the final banknote in the series, the \$100 banknote, there are five bumps along each of the long edges of the banknote.



The new \$100 banknote continues to use bright colours, broadly similar to the colour of the previous \$100 note, large contrasting numerals and remaining the same size as the previous series.

The new \$100 note follows the design and security traditions established with the first four denominations in the Reserve Bank's Next Generation Banknote series. This includes features such as a top-to-bottom clear window, a flying owl that moves its wings and changes colour, a reversing number '100' and a patch with a rolling colour effect. As with the previous denominations, the new \$100 note also includes representations of a wattle and native bird – the *Acacia pycnantha* and the Australian Masked Owl (*Tyto novaehollandiae*).

"Thank you for all the support during the 'next generation series' program".

Grant Lock Audio Books

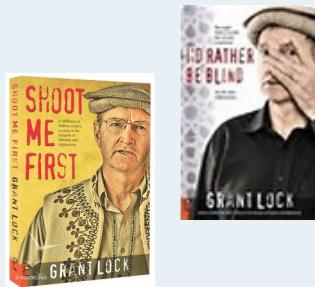
Member Grant Lock is an accomplished author of 2 amazing books. 'Shoot Me First' is a gripping personal account of life in Pakistan and Afghanistan and offers insights into the culture of the tribal territories that straddle the two countries.

Grant directed Afghanistan's largest eye care program until he himself became blind.

His second book 'I'd Rather Be Blind', is about life after Afghanistan where he confronts challenges – both intimate and global – with courage and passion.

Both books are available in paperback, Audiobook and eBook.

Do yourself a favour and read or listen to these fantastic books.



Wallaroo Trip

Departing Tuesday 24th March and returning on Thursday 26th March, we will be staying in the Beach Front Units at the Wallaroo Holiday Park (shared accommodation). Each unit has 2 bedrooms with 1 double bed, 2 single beds and a pull-out sofa bed. Enjoy a beach break - swim, walk or just lay in the Sunshine! Breakfast in the cabins, Moonta Mines, Museum, Lunch at the Port Hughes Tavern, BBQ tea and more will be on offer.

Cost is \$150 and includes accommodation, transport, BBQ dinner, breakfasts, tea/coffee and snacks in the cabins. A deposit is required to secure your booking and numbers are limited.

Full payment will be required by Friday 20th March 2020.

If you have any queries, please call the office on 83676088 and speak with Trudy or email tthain@beyondblindness.org.au

2020 Adelaide Fringe Access Guide

Pick up your copy of the event program which has been designed to be more accessible for people with a vision impaired from Knapman House (230 Pirie Street) or the Rundle Mall Fringe Box.

AD))
Audio Description



Oaks Liberty Apartment

Our apartment in the Oaks Liberty Towers at Glenelg has been a popular destination for members during the summer months.

March and April have also been in great demand with very limited vacancies available.

If you haven't yet had the opportunity to enjoy a stay there, please give me a call.

We can offer you the greatly reduced rate of \$100 for a 3-night stay and \$80 per night thereafter for up to 7 nights per year (please note that Easter long weekend and New Year's Eve are not available).

Give me a call me on 8367 6088 for all reservation enquiries.

DEIDRE GAVROS

Administration Coordinator

GIVE AWAY

We have a used Merlin LCD to give away. If you are interested, please contact the office.

DISABILITY DESTINATIONS

Disability Destinations was created as a result of seeing carers taking a much needed break from their caring duties and leaving their loved one to be cared for by someone else during their break.

It was noticed that the person with the disability often did not get a chance to have a break.

Disability Destinations was set up to assist people with disability to feel included in the opportunity to have a break from their everyday lives and be able to experience the wider community through supported respite.

If you would like to know more, please contact one of our friendly team on 0420247277 or email us respiteinfo@iinet.net.au



Gilles Plains Social Activities

All Members are welcome to attend all the activities and outings in the program.

Please always call the Transport Line to advise attendance and transport requirements for any activity or outing.

Also call the Transport line if you wish to make any changes to your attendance or transport.

Phone: 8369 1350

All Attendances incur a \$3.00 Fee

This fee contributes to keeping activities and outings running (cleaning, utility costs, transport, catering supplies & more)

Lunches available at Social Centre activities from \$4.00

Gilles Plains Social Activities for remainder of March & April 2020

Mondays:

Walking Group (café) 10.30 – 12pm

Crosswords with Ray 10.30 – 12.00

Social Group 1.00 – 2.30 (Games & Trivia 2nd March, Adelaide Cup Day

Public Holiday 9th March, Performer Jude 16th March, Picnic in the Park 23rd March, Ingle Farm shopping 30th March, Games & Trivia 6th April)

Tuesdays:

Extreme Walking Group 10.00 – 1.30 Mt Lofty bakery lunch 3rd March, Waterfall Gully picnic 31st March

Singing Group 10.00 – 1.30pm 10th March, 24th March, 7th April

Local lunch 10.30 – 2.00 17th March

Wednesdays:

Tech Corner 10.30 – 12.00 4th March, 18th March, 1st April

Craft & Chat 10.00 – 12.00 weekly

Lunch 12 noon weekly

Golf Club 1.00 – 2.00 4th March 18th March, 1st April

Carpet Bowls 6.30 – 9.00 4th March 18th March, 1st April

Bingo 1.00 – 2.00 11th March, 25th March, 8th April

Thursdays:

Social Group 10.30 – 2.00 weekly

Birdwood Museum & sausage sizzle lunch 5th March, Chinese lunch 12th March (\$10 plus \$3 attendance), 10 pin bowling & bakery lunch 19th March, Hope Inn 26th March, 2nd April TBA, 9th April Easter brunch (\$10 plus \$3 attendance)

Fridays:

Northern members outing 11.00 – 2.30 6th March and 3rd April

Eastern members outing 11.00 – 2.00 13th March

Western members outing 11.00 – 2.00 20th March

Inner southern members outing 11.00 – 2.00 27th March

Good Friday public holiday 10th April

Sunday:

Country Music Group 12.00 – 5.00 19th April

Elizabeth Community Centre with Lunch and Concert

School Holidays 14th April – 26th April 2020

Social Centre will re-open Monday 27th April 2020

"Beyond Blindness" is a Newsletter for Members of Beyond Blindness.

Beyond Blindness (previously Blind Welfare Association of SA Inc) has been serving its members for over 80 years.

OTHER SERVICES PROVIDED:

- ◆ Transport for medical appointments
- ◆ Personal shopping assistance
- ◆ Grocery shopping assistance
- ◆ Social support home visits

Editor's Comments

I hope you enjoyed this edition of your Beyond Blindness Newsletter. If you would like to make a contribution to our next copy which is due out in early June 2020, please forward it on to the Beyond Blindness office or speak to one of the Staff and they will do the rest.

Contact details are as follows:

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Supporting Independence and Inclusion
for Blind South Australians