

BEYOND BLINDNESS

(BWA serving its Members for over 80 years)

**Magazine for Members
of BEYOND BLINDNESS**

AUTUMN EDITION 2023

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Welcome to the Autumn edition of our Beyond Blindness Magazine, a bit later than usual, but hopefully the content below will make up for the delay. The move to Campbelltown has been a learning experience for all of us who either work or volunteer with the organisation. I am adjusting to a smaller kitchen and surprisingly enough, it isn't too bad at all. There is as always topics of interest to be shared with you all and updates on activities coming up. Enjoy!

- Leonore Scott, Editor

From the CEO

It's an exciting time for Beyond Blindness with staff and members moving to our new center at Campbelltown, the new facility is our latest and biggest replacing the ageing Gilles Plains site and now adds to the other two other modern facilities, North at Gawler and South at Christies Beach.

Equipped with two main member areas plus a revised technology room, board/training room, interview room, small jobs store and modern open plan office, our new facility should serve members of Beyond Blindness and other blindness groups for many years to come.

Security has been pepped up with buses and company vehicles housed in our newly fenced and monitored car park, access by keypad will enable volunteers to pick up and drop off buses after hours. A 38 KW of solar on the roof will eliminate our ongoing power expenses and a long-term lease of the upstairs office space will return an income to Beyond Blindness for the future and cover the cost of leases for both Christies Beach and Gawler offices.

This has all been part of a long-term plan by the board and management to upgrade and modernize our facilities while adding to our long-term sustainability. It began 7 years ago when we identified that our member accommodation at Gilles Plains was substandard and a plan was set in motion to rehouse these members to more suitable accommodation in the community.

When a sizable bequest was received in 2021, the hunt began to identify a suitable modern facility, more central, but still close enough to meet the needs of both existing and future members.

When LJ Hooker's announced their intentions to move from Campbelltown to St Peters the opportunity arose to purchase the property free hold. For a short while we leased the facility back to LJ Hookers while they renovated their new offices at St Peters and it gave us the opportunity to plan our own renovation of Campbelltown.

Beyond Blindness management acted as our own project managers subcontracting out all the building work to save money and our team of small jobs volunteers did an outstanding job of finishing off many small tasks.

Our volunteer team, including our craft ladies did a wonderful job of packing and helping in the move. And last week saw the first craft group at Campbelltown and then Leonore and her daughter Jean Scott run a wonderful cooking workshop for members from the new kitchen on making sweets and desserts in time for Easter.

As CEO I am so proud of the efforts of all the Staff and Volunteers involved in ensuring our new facility will give countless hours of pleasure, training, entertainment, and be an administration center for many years to come.

To add to the good news, we will be strengthening our Recreational and Leisure team with the addition of a new role of Rec and Leisure coordinator. This role will lead the engagement and rec team and will identify new activities to keep Beyond Blindness relevant and maximize the use of all our facilities to give maximum benefit to members.

In addition to this new role, I have great pleasure in announcing our volunteer Rachel has joined the team in the new role of part-time Marketing & Admin Support, this newsletter will be one of her first accomplishments. I am sure the first of many to come.

I am also pleased to announce that Visa, who has overseen much of

the modernization of our administration system and software, has now been promoted to Operations Manager. She along with myself and the new coordinator of Recreation and Leisure will form the basis of our senior team aimed at developing and growing our opportunities and improving the lives of our members.

An official opening of Campbelltown will be planned to coincide with the completion of new signage and in the meantime, stay tuned as we are planning to have some open tours of Campbelltown for members from across the metro area.

As a final note I must be asked several times a week what is going to happen to Gilles Plains and the answer is, unless we can find a better use of the capital, we will lease the site to return more income to Beyond Blindness to be ploughed back into member activities and benefits.

Jim Colligan - CEO

Around the Office

I'm sure you all know by now about the big move from Gilles Plains to the new building at Campbelltown. The new address is 516 Lower North East Rd, Campbelltown SA 5074. The building is fully wheelchair accessible, with a ramp on Piccadilly St. There are contrasting blue doors for visual accessibility. The building is along several bus routes. Further accessibility information can be found pinned to the Beyond Blindness Facebook page, as well as in your email inbox, or contact us for information.

It took a lot of planning, packing, organising, boxes, and the appreciated help from our wonderful volunteers. Many hands make light work and we appreciate helping us to move over. Thank you to everyone that helped us with the move!

As a result of the move, Beyond Blindness has some Adaptive Technology machines to give away:

- Enhanced Vision Desktop Magnifiers x 3

- HumanWare ScanaR
- Plextor Plectalk
- ABiSee Eye-Pal Vision
- Clarke & Smith Tape Talking Book Reproducer

If you are interested in taking something above, please get in touch.

It is first come, first serve!

Social Groups News

Northern Outreach

Clare day trip

Earlier this month our northern members went to Clare. The weather wasn't great but everyone enjoyed the banter and commentary of our wonderful driver Brian. First stop was coffee and cake at Valley's Edge Café in Saddleworth followed by lunch at the Clare Hotel. Our scenic journey home included pitstops at St Aloysius Church, Seven Hill Winery and Taylors Wines for those who wanted to do some tasting and buying.

Melba's Chocolate Factory and lunch

Everyone loves to Melba's Chocolate Factory in Woodside. Our Northern Members (and me) stocked up on some goodies before travelling on to enjoy lunch at the Oakbank Hotel. Before heading home, we soaked up the sun in the lovely beer garden. Special thanks to our volunteers Vince and Reg for helping me out at short notice.

Deidre Gavros

Northern Member Engagement Officer

Message from Frank Cirillo, our Western Engagement Officer:

The next Young Adults Group will be on the 14th of May at the mosaic hotel at West Lakes if you are under fifty years of age you are welcome to join us. Just contact Frank on - 0 4 8 8 1 1 4 6 2 6

NDIS/Aged Care info session

We have invited Healthcare Australia (HCA), a healthcare solutions provider to conduct an informal information session for members about NDIS and Home Care (Aged Care) schemes.

Some of the topics that will be covered are :

1. NDIS Scheme Overview

Eligibility and application

Funding Categories

How to manage your funding

Types of supports catered in a NDIS plan

2. Home Care Packages Program Overview:

Eligibility

How to apply

Levels of Funding available

3. NDIS & Home Care Services by HCA

Services available

How we tailor supports

Quality & Safety

4. Q&A

Day/Date : Thursday, 18 May 2023

Time : 10.30am to 1pm (light refreshments will be served)

Venue : 516 Lower North East Road, Campbelltown SA 5074

Closing Date : Sunday, 14 May 2023

To register, please fill in and submit your form @

<https://b1937.infoodle.com/f/NDISHomeCareAgedCareInfoSessionRegistrationForm18May2023>

Please contact Marian @ 8 3 6 7 6 0 8 8 should you have any queries.

Global Centre for Modern Ageing

Early in (February) I attended along with Maureen Montes a Group Session set up specifically to find out how older people over the age of 65 manage with a vision loss. For some of us, having lived with poor eyesight all our lives, or most of it, depending on the eye condition made for interesting listening and as they say, what you haven't had, you don't miss.

Those who later on in life lost some of their independence due to vision loss have found it very difficult to adapt as their world has been turned upside down, and instead of being able to do things for others, now have to in some instances ask for assistance, and it's understandable that there can be frustration.

There was discussion on the type of adaptive technology available to computer users and of course the tablets and mobile phones. Voice over is an excellent tool for those who have very little sight, or none at all. Like most things in life, not everyone is comfortable using certain adaptive technology, but for all that, they manage and, in some instances, there is family support to make their lives that much easier.

The Researchers apparently had a list of questions to ask the Group, but without even getting to ask, most of them were answered by some who managed to address several by unintentionally incorporating the information into a question asked. Saved a lot of time!

We all spoke of our different experiences and how we manage and I think over all it was a successful gathering and the Researchers have something to go by. The Tonsley Hub was huge and to think that in the past cars used to be assembled there, is mind boggling.

—Leonore Scott

Cooking Corner with Leonore

I am known for my love of cooking and when possible, I share my

results with those prepared to take the risk and have a taste. As a result of being a show off, not a bragger, I was asked to do a demonstration late last year before the Christmas break for this term. I sailed through the warmer months putting the thought to the back of my mind as to what I could do which would be inclusive and easy for those who have a vision impairment or those who are blind. Before I knew it, the time had arrived, and the 31st March was the day.

I have to say thankfully the day went off well, thanks to the assistance of Debbie one of our Volunteers and my daughter Jean who has been a Chef in a previous life. I did the sweet stuff and Jean made up pizza using a base made up of Greek yoghurt and self-raising flour.

As this was a first time for me, (and who knows, maybe the last) I thought for this occasion it was prudent to prepare as much as I could before hand. I read out each recipe's ingredients and quantities and preparation for the end result. Those attending had pizza and apple slice for lunch.

—Leonore Scott

Adaptive Tech Corner

Rebokeh - Visual Assistance App for iPhone and iPad

Rebokeh is a free assistive app for those with visual impairment. By pointing your phone at signs, menus etc, you can adjust the screen to enhance what you're looking at, by adjusting colour, contrast etc. It works by using customisable smart phone camera filters that the users can change to suit their unique visual impairment.

It was created by American Rebecca Rosenberg, who lives with Oculocutaneous Albinism. When she attended a technology meeting at Commission for the Blind and Visually Impaired, however, she found the technology outdated and it didn't meet with her needs in this modern world. So she set out to create an app to provide solutions for providing visual clarity in every day life.

Reviews from the App Store have said of the product:

“This app is so helpful to me. I use it everyday to read food labels, makeup labels & all sorts of other small or blurred print!”

“Great for those with vision difficulties! Use this app multiple times a week to help both indoors and outside.”

Designed with moderate vision impairment in mind, the ReBokeh app was created to enhance vision, not overpower it. The app allows you to adjust the view of what appears on the screen and save presets for later.

Why the name? “Rebokeh” is derived from the photography term “Bokeh,” a technique in which all light sources are out of focus and blurred. Re-Bokeh is meant to be a re-clarifying of what is blurry.

You can search for Rebokeh in the Apple App Store and download.

Sign up to the wait list on the Rebokeh website to be notified of an Android release date.

More information and links can be found at their website: rebokeh.com

Rebokeh.com

Special Purpose Funding (SPF) – spotlight on Adaptive Equipment Subsidy

The Special Purpose Funding (SPF) and other subsidies have been established by Beyond Blindness to provide financial assistance to its members in cases of need and with the aim of enhancing their quality of life. These funds are provided through Beyond Blindness fundraising activities including bequests and donations. Means test apply only to some subsidies. This edition we focus on the Adaptive Equipment Subsidy.

Did you know that the Adaptive Equipment Subsidy is not means tested?

The Beyond Blindness Adaptive Equipment /Technology subsidy is intended to assist full members gain and maintain independence in daily living, study or employment.

A subsidy may be paid to assist with the cost of purchase of equipment or aids made exclusively for people with low vision or for a multi-use mobile smart device that come standard with adaptations for the blind. This does not include hardware such as computers/screens or laptops.

A subsidy of fifty (50) percent of the cost price may be paid on items costing \$100.00 or more up to a maximum subsidy of \$4000.00 over a 3-year period.

We are pleased to update you that Beyond Blindness has contributed to the purchase of the following equipment in the last few months:

December: 1 iPad and 3 new iPhones

January: 1 new phone

February: 1 zoom text keyboard

1 talking microwave,

1 Orcam reader and 5 new iPhones

Members, if you are looking to update your adaptive equipment, please do reach out to the office. Keep in mind the adaptive equipment subsidy program has been put on hold until the new financial year (1st July 2023), and we will provide members with further news after that date. However, you are welcome to enquire with us in the meantime for general information.

Remember: Please do not proceed with purchasing items or engaging services before approval is given by Beyond Blindness. Members will not be reimbursed if these guidelines are not followed.

We do our best to accommodate all requests, but please note funds are limited and budgeted for, so it is anticipated members will exhaust other specific government schemes where available (Employment schemes, NDIS) before applying for funding through Beyond Blindness.

A Spotlight on... Volunteer: Heather Couzner

“Volunteers don’t get paid, not because they’re worthless, but because they’re priceless” is a quote that we definitely believe at Beyond Blindness, and it’s a saying that volunteer of 15 years Heather Couzner holds close to her heart. Being a reliable fixture in the Central Wednesday craft group, Heather has given so much of her time and energy and received so much in return.

Born as proud third generation “Kangaroo Islander”, Heather lived, attended school and worked on “the rock” on a property of 30000 acres. During her childhood, a blind man, Harold Ramond and his dog stayed with her family on the property. Heather’s Mum and Dad were on the school committee and they organised a couple of concerts to raise money for Townsend House, Brighton, which established educational and residential accommodation and facilities for deaf and blind people.

After graduating Parndana Area School, she obtained employment at Page’s General Store on the island, before moving to the mainland at the age of 19 for further opportunity. Settling in Ingle Farm, she worked at Ingle Farm Shopping Centre shortly after it opened, at Condous Deli, a continental deli. Shortly after she met her future husband Wayne, who also volunteers for Beyond Blindness, and she gave up work for a few years to raise their two boys.

For the next 18 years Heather worked as a cleaner and also helped out in her husband’s lawn mowing business. Her volunteering journey started as soon as she turned 18, regularly donating blood for the Red Cross on Pirie St and eventually making sandwiches for others who donated blood.

However, it was an illness in 2005 that forced her to stop working completely. Two years later she felt that she needed to do something with her time. Speaking of volunteering, Heather said, “I couldn’t just sit at home when I was sick, doing nothing. I loved the interactions, seeing different people and going different places.”

As it happens, her friend Joan was volunteering for the Blind Welfare

League, reading letters to members and taking them out to morning tea. This piqued Heather's interest and she was soon signed up to provide that service to members from the Gilles Plains location. Her time was also spent driving members to medical appointments, shopping, home social visits, as well as writing letters, walking pet dogs, and going out to the pub lunches every Thursday.

Since 2015, Heather had to pull back from the individual supports role due to personal reasons, however, you would be most familiar with Heather as a volunteer at the Craft & Chat every Wednesday at the Central activity centre. She learnt basket weaving from member Len Clothier, and also does beading, knitting, crocheting, alongside the Beyond Blindness members and other volunteers. Putting the "chat" in Craft & Chat, volunteering has formed lifelong friendships, with many laughs and celebrating milestone birthdays together as the years go on.

"Us volunteers have pulled each other through the hard times of life." They are friends that Heather treasures to this day. Heather also appreciates the staff of Beyond Blindness who she has also gotten to know well.

Heather has also taken away life lessons from spending time with the members too. "Even though the members are vision impaired, they are so cheerful. They really teach you not to take anything for granted the things you can do. Even though the craft groups are a lot of work, and you do sometimes feel tired at the end of the day, you can also come away feeling lifted by helping someone else."

Heather's efforts at Beyond Blindness have not gone unnoticed.

In 2014 she won SA's Irene Bell Award, nominated by Beyond Blindness. The Irene Bell Award celebrates women making a difference for fellow women in the fields of community involvement, leadership and support. Her win came as a complete shock to her, as she did not even know she was nominated when attending the 2014 SA International Women's Day Luncheon with a friend. "I was really chuffed," says Heather. On her nomination form was written, "Heather takes her

volunteer work very seriously and she performs above and beyond what is expected. She is very reliable and always displays a positive outlook.”

Outside of volunteering, Heather enjoys gardening, particularly her orchids and lilies and tending to her vegetable patch. She also keeps active with her husband by heading to Ardrossan Caravan Park, enjoying the fishing, crabbing and squidding. Spending time with family is also important to Heather, including with her grandchildren.

And what does Heather have to say about anyone else thinking of volunteering? “If you have a few hours up your sleeve, come and join us. Spending time with blind and vision impaired members gives you a new perspective on life.”

If you are a Beyond Blindness volunteer and would like to be interviewed for the next “Spotlight On” segment, please get in touch!

Sports News

The 2023 Beyond Blindness Blind Golf South Australia Stableford Championship will be back for another year.

It will be held on 8th and 9th May 2023, with participants teeing off at the Westward Ho Golf Club at West Beach. There are different categories, such as Men’s and Women’s overall winners, runner-ups, and B1 - B4 Champions and runner ups. For rules, eligibility requirements, and further information, and entry forms, visit the Blind Golf South Australia Facebook page:

facebook.com/BlindGolfSouthAustraliaInc

Good luck to all entrants!

Audiobooks on Overdrive

There is a free library service available right now, and all you need is a library card and compatible device. With thousands of ebooks, audiobooks and magazines ready for download at the click of a few buttons. The Libby app is available through the Apple Store and Google

Play Store. On desktop (computer and laptop) you can borrow content and listen to or read through your Internet browser. It is currently not available to use with Kindle.

Content can be borrowed for up to 21 days, and you can borrow up to 10 items at a time. For popular titles there may be a waiting list, however you can put items on hold and you will be notified when the item is available to borrow. You can even request for the library to purchase a title if it's not available in the library catalogue.

There many different genres of audiobooks available. They are classic novels, modern stories, fiction, non-fiction, teens, kids, as well as selected by genre such as "Christmas" and "Seaworthy Stories". There are also magazines and ebooks that could be used with a text to speech program. Most content is available in English but there are some titles available in other languages too, such as German, Spanish, Italian, Chinese, French and more.

To use this online service you just need to use your library card number and PIN (password). To sign up or to find out your card number and PIN, you can contact any library in South Australia or visit in person and the staff members will assist you. You can then access the online catalogue and borrow online anytime, anywhere. The South Australian Public Library Network (SAPLN) website is <https://sapln.overdrive.com/>

Trevor Frost Award

2022 Trevor Frost Award recipient

Luke Brumby was the very deserving recipient of the 2022 Trevor Frost Award. Luke is 11 years old and has been involved in music and instruments since a very young age. When he was 5 years old, the Celtic Music group gave him an Irish hand drum. He was excited to play it and feel the music in the group and this made him more determined to learn more and more. Luke can now play the boron drum, guitar, cello, baritone uke and piano. Luke said "I enjoy the challenge of learning music and I'm looking forward to more. I like the connection with people and music and want to continue it".

In Luke's application, he said he would spend the \$2000 prize money on more guitar lessons and attending Braille Camp this year if his application was successful.

Luke's mum Sophi says "Luke has been continuing on with the cello and he really looks forward to the sessions. He loves to play new songs and explore the different moods the cello can create, such as comparing harmony and melody. The award money has been very helpful for costs associated with this. Luke has also been able to use the award to register for the Variety Braille Music Camp later this term, which he is very excited about. Luke is also hoping to explore using equipment to record his own music".

Trevor Frost Award

Beyond Blindness (Blind Welfare Association of SA) established an annual award to assist a young South Australian with a vision impairment to further develop their skills in music or the performing arts.

The \$2000 award has been named in honour of the late Trevor Frost. Trevor used his own personal experience with vision loss and his passion to help others. He assisted many newly vision impaired South Australians with support and advice through his wonderful work at the Low Vision Centre and this is recognised in the naming of this award after him.

The purpose of the award is to recognise the potential of a current vision impaired student in the field of Music or Performing Arts and assist them to further achieve their potential through the provision of a grant of \$2,000 to be used for additional tutoring or the purchase of musical instruments or equipment.

Eligibility criteria applies.

Oaks Liberty Apartment

I do love to be beside the seaside...do you?

How about a stay in the 2-bedroom apartment at the Oaks Liberty Suites in Glenelg?

Members can stay for up to 7 nights a year at a reduced rate of \$120 for 3-nights and only \$80 per night for a further 4-nights.

Go on...what are you waiting for?

For all your booking queries please contact Deidre on 8 1 6 6 3 3 3 0

Or email d g a v r o s @beyondblindness.org.au

National Volunteer Week

National Volunteer Week runs from 15th until 21st May 2023.

The theme for this year is “The Change Makers.” National Volunteer Week is an annual event celebrated right across Australia. The week-long event recognises the vital support that the millions of volunteers in our country provide to their communities and encourages people to consider volunteering. National Volunteer Week 2023 is a celebration of our power to drive change and ensure volunteering is inclusive of all members of the Australian community. Beyond Blindness would like to extend a heartfelt thanks to all our reliable and essential volunteers! We couldn't do it without you! Thank you!

Guide Dog Day 2023

Wednesday 26th April 2023 is International Guide Dog Day: A day to celebrate the important role that Guide Dogs play in supporting people all around the world with low vision or blindness to achieve their goals and live independently.

This year Guide Dogs Australia will shine a light on the humans behind these amazing dogs. Their ‘Talk to the Handler’ campaign will see Guide Dog Handlers share their thoughts on a wide variety of topics important to them, speak out about issues and challenges, and answer questions you've always wanted to know but felt you couldn't ask.

There will be lots of ways to get involved with International Guide Dog Day 2023. Test your dog's skills and participate in the Guide Dogs Challenge on TikTok (launching early April). See if you your furry friend can complete some special behaviours that Guide Dogs are known for,

for example, can they sit, find a seat or lay on their bed like a Guide Dog?

Follow Guide Dogs Australia Facebook or check out their website for one of the most important community education and advocacy days on the calendar. Stay up to date by following Guide Dogs Australia on social media.

Their website is: <https://guidedogs.com.au/international-guide-dog-day-2023/>

“Eye Contact” 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.

Editor’s Comments

I hope you enjoyed this edition of Beyond Blindness Magazine.

Are you interested to contribute to the next edition of the newsletter?

We are always looking for volunteers or members to be interviewed for our “Spotlight On” segment.

Do you have a poem, short story or opinion piece you would like to share?

Any suggestions, comments or improvements?

Please get in touch and let us know!

We would love to hear from you!

Call us at the Beyond Blindness 8 3 6 7 6 0 8 8

Email: marketing@beyondblindness.org.au

Or have a chat next time you are at the Campbelltown office.

Follow us on Facebook

For the latest news, photos and for information about future events and everything else about Beyond Blindness, follow us on Facebook.

facebook.com/beyondblindnessSA

Or search for “Beyond Blindness” on Facebook

Beyond Blindness (formerly Blind Welfare Association)

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Beyond Blindness Activities Calendar

TERM 2: May, June, July 2023

TRIPS

CONTACT: TRUDY, GROUP TRAVEL PLANNER: 0 4 8 8 1 0 4 3 5 4

June 26 – 29, 2023: Barmera, Cost: \$350.00

August 14 – 18, 2023: Mildura (5 Days/4 Nights), Cost \$425.00

September 18 – 21, 2023: Port Augusta, Cost \$350.00

October 30 – November 2, 2023: Port Hughes, Cost \$350.00

December 4 – 8, 2023: Mannum (5 Days/4 Nights), Cost \$425.00

All trip accommodation has been Booked and Confirmed.

A non-refundable deposit of \$50.00 will be needed to confirm any bookings.

To register your interest or if you have any queries, please contact

Trudy: email: t t h a i n @beyondblindness.org.au

Or call, 0 4 8 8 1 0 4 3 5 4 and leave a detailed message.

TRAVEL CLUB

CONTACT: CATHERINE BOTTCHER 8 3 9 5 1 0 0 5

or BEYOND BLINDNESS on 8 3 6 7 6 0 8 8

May 13:	Waite Arboretum and Sensory Garden (tour if possible) lunch at a venue to be decided
June 10:	Gilbert Motor Museum, Strathalbyn, lunch at the Victoria Hotel
July 8:	Hill & Song Grand Organ, Tanunda with lunch at the Club House

CENTRAL / EAST ACTIVITIES

**CONTACT: MARIAN, MEMBER ENGAGEMENT OFFICER
(CENTRAL/EAST): 8 3 6 7 6 0 8 8**

Note: During school holidays most Central/East activities will be paused. School holidays are:

15th April until 30th April 2023 &

8th July until 23rd July 2023

For any questions please contact the Central office.

Monday: Gentle Walk & Lunch, 10am - 2:30pm Dates: 1, 8, 15, 22, 29 May // 5, 12, 19, 26 June // 3, 24, 31 July Venues: Thorndon Park, Semaphore, Mawson Lakes, Brickworks, Oakden Park
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Tuesday:

Activity 1: Golf & Lunch, 10am - 2pm

Dates: 2, 9, 16, 23, 30 May // 6, 13, 20, 27 June // 4, 25 July

Venue: Valley View Golf Course

Activity 2: Dance Class, 1pm-2pm

Dates: 9, 23 May // 6, 20 June // 4, 25 July

Venue: VIP Dance Studio, Hampstead Gardens

Wednesday:

Activity 1: Craft & Chat, 10am -1pm

Dates: 3, 17, 31 May // 7, 14, 21, 28 June // 5, 26 July

Activity 2: Bingo, 1pm - 2pm,

Dates: 10, 24 May // 7, 21 Jun // 5 Jul

Venue: Beyond Blindness Campbelltown

Activity 3: Wednesday Walks (7km walk),

10am - 4pm: Various Locations

**Please note Wednesday walks will be cancelled when it coincides with week of trips*

Dates: 10, 17, 24, 31 May // 7, 14, 21 June // 5, 12, 19, 26 July

Thursday:

Dates: 4 May, 1 June, 6 July: 10-pin bowling at Woodville & Lunch at Tavern 540: 10:30am - 2:30pm

11 May: No activity

18 May: NDIS & Aged Care Information Session, 10.30am to 12.30pm followed by light refreshments.

Venue: Beyond Blindness Campbelltown

25 May: Western Activity: Trip to Museum

8 June: No activity

15 June: Cultural Caper: Historic Tour of Adelaide City (Cost \$15), Lunch venue To Be Confirmed, 10.30am to 3pm

22 June: Western Activity: West Lakes Library & lunch

29 June: No activity

13 & 20 July: School Holidays. No activities

27 July: Western Activity: Virginia Nursery

Friday:

Activity 1:

2 June: Open Day, Coffee, Cake & Finger Food

For Central, East & West members: 10.30am to 1pm

23 June: Cooking Class (Cost : \$5): 10.30am – 12.30pm

Venue: Beyond Blindness: 516 Lower North East Road,
Campbelltown

Activity 2: Friday Hike: 9:30am – 2pm

Dates: 12, 26 May // 9, 23 Jun // 14, 28 Jul – Various Locations

NORTH ACTIVITIES COUNTRY MUSIC

CONTACT: JOAN SNOWBALL: 0 4 2 0 7 9 4 1 0 2

Sundays: May 21: June 18: July 16:

Country Music: 9am onwards:

Playford Country Music Club: Elizabeth Downs

Open to all members, depending on pick-up location and transport resources available.

NORTHERN OUTREACH

CONTACT DEIDRE, MEMBER ENGAGEMENT OFFICER (NORTH):

8 1 6 6 3 3 3 0 or 0 4 0 3 4 5 1 8 1 7

Monday 22 May: 10am: morning tea & trivia:

Northern Outreach office, Gawler

Monday 5 June: 12pm, Lunch at St Kilda Hotel

Monday 3 July: 12pm, lunch at the Southern Hotel Gawler

Wednesday: 31 May: 10am: indoor carpet bowls, and optional bakery lunch, (own cost), Northern Outreach office, Gawler

Wednesday: 14 June: 1pm - Sip & Painting, part 1.

Enjoy a cuppa or a glass of bubbles, (non-alcoholic), and have the option to either paint on a canvas or a plant pot

Wednesday: 21 June: 1pm – Painting, part 2. Put a little plant in your painted pot from last week, or have fun painting on canvas

BEYOND BLINDNESS GAWLER LOW VISION GROUP (BBGLVG)

CONTACT: JOAN SNOWBALL: 0 4 2 0 7 9 4 1 0 2

Spaces may be limited.

Please contact for further information.

Alternate Fridays:

Gawler Low Vision Group:

Friday 28 April, Home Meeting, Meet at Elderly Centre, 10am

Friday 12 May, Para Hills Community, Meet at Elderly Centre, 10am

Friday 26 May, Gawler Meeting, Meet at Elderly Centre, 10am

Friday 9 June, Da Vince Café, Meet at Elderly Centre, 10am

Friday 23 June, Gawler Meeting, Meet at Elderly Centre, 10am

Friday 7 July, Java Hut Gawler, Meet at Elderly Centre, 10am

Friday 21 July, Gawler Meeting, Meet at Elderly Centre, 10am

SOUTH ACTIVITIES

CONTACT: JEREMY, MEMBER ENGAGEMENT OFFICER (SOUTH):

8 5 5 6 6 2 2 8 on Monday & Tuesday only

Monday

Activity 1: Victor Harbor Talking Book Club

17 April: 8 May: 19 June

Venue: Victor Harbor Library, 10.30am - 12pm

Activity 2: Conversation Corner

24 April: 29 May: 26 June

Venue: Finnis Street Café, Marion

1.30pm - 3pm

Tuesday

Activity 1: Victor Harbor: Men's Coffee and Chat

Every Tuesday: (except ANZAC Day)

Venue: Crown Hotel, Victor Harbor
10am-11.30am

Activity 2: Southern Social

2 May: 6 June: 4 July

Venue: Christies Beach Southern Office

Activity 3: Southern Craft

9 May: 13 June: 11 July

Christies Beach Southern Office
10.30am - 1pm

Activity 4: Southern Bus Outing

16 May: 20 June: 18 July

Departs Christies Beach office 10.30am

Wednesday

Blackwood Coffee Group

10 May: 14 June: 12 July

WEST ACTIVITIES

CONTACT: FRANK, MEMBER ENGAGEMENT OFFICER (WEST):

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Tuesday: West - Central Group: Dancing

May 9 & May 23

June 6 & June 20

July 4 & July 25

Venue: VIP Dance Studio, Hampstead Gardens

Thursday: West - Central Group

May 25: Visit the Museum & Lunch

Jun 22: West Lakes Library & lunch

July 27: Virginia Nursery

Friday: Western Social Group Lunches

May 19: Lunch at Lockleys Hotel

June 16: Lunch at Port Adelaide Footy Club

July 21: Lunch at Woodville Hotel

Saturday: Western Social Group

May 6: Virginia Nursery walk & Lunch

June 3: Orange spot Bakery Lunch

July 1: Lunch at Lockleys Hotel

Sunday: Young Adult Group Lunches

May 14: Mosaic Hotel for Lunch

June 11: Birkenhead Hotel for Lunch

IMPORTANT INFORMATION

Please note:

- 1. Members from all regions are welcome to attend all activities*
- 2. All activities are subject to change and a minimum number of sign up*
- 3. Some activities may have fees involved*
- 4. Transport may be provided for members living within predetermined radius. For members who are living outside of the radius, alternative central pick-up locations can be arranged, subject to availability*
- 5. Term 2 School holidays are: 8th – 23rd July 2023 – most regular activities will take a holiday break during this period – please refer to the calendar and contact the regional Member Engagement Officer for any clarification*
- 6. For the health and safety of all members and volunteers, members and carers who participate in activities MUST be triple vaccinated for COVID-19*