



Beyond Blindness Magazine



Welcome to our Spring edition of the Beyond Blindness Magazine. As usual, there will be lots to read about and of course the Grand Final is upon us, making for a weekend of anticipation for those who are supporters of whichever teams get to the grand day.

This edition will be the last for the year, and my goodness how quickly this year has flown as there are Christmas decorations and goodies out on the shelves already.

Enjoy the content and a big Thank You must go to Rachel for sourcing important information which is passed on to you.

- Leonore Scott, Editor

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From the CEO

The recent official opening of our new complex at Campbelltown has been the culmination of planning that started some 8 years ago which was also responsible for opening of new offices North and South of the city, introducing our new name, Beyond Blindness, upgrading our bus fleet, and becoming financially secure and independent of Government funding.

I would like to thank everyone involved in making the opening a tremendous success and to all those who took the time to join us in celebrating this milestone.

Our new complex is equipped with modern offices, member activity, technology, board, and interview rooms and compliments our Southern and Northern facilities and will equip Beyond Blindness for many years to come.

With the opening now behind us, and the arrival of new buses, planning is now well underway for our activities program for 2024.

Jim Colligan

CEO - Beyond Blindness

From the Board

Hello Members and Beyond Blindness Volunteers,

The Board of Management would like to thank all those involved in the successful opening of our Campbelltown headquarters and Member Centre. The transition from Gilles Plains to Campbelltown was only possible with the support of volunteers working with the staff to move and install all the admin facilities and to fit out the member areas.

We believe that the new premises will serve the organization well for another 50 years, as did Gilles Plains. Campbelltown along with the Christies Beach and Gawler South offices enable our members to participate in many Social and Recreational activities. Thank you to all those who attended. Also thanks to Mayor Jill Whittaker for cutting the ribbon to officially open the building.

Tony Starkey - President

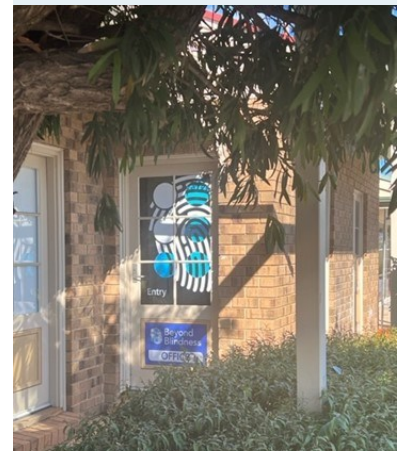
Beyond Blindness Board of Management

OFFICE LOCATIONS:

Below:

Central/East

Office & Social Centre:
516 Lower North East Rd
Campbelltown SA 5074



Above: Northern Office:

1/12 Adelaide Rd
Gawler South SA 5118

Below: Southern Office:

2/4 Clement Tce
Christies Beach SA 5165



Around the Office

Campbelltown Office Open Day



The Campbelltown Office is now officially open! Although we have been operating from the Campbelltown location for a few months, we can now officially say that we are moved in! Mayor Jill Whittaker OAM, MP and Member for Hartley Vincent Tarzia, Beyond Blindness Operations Manager Visa Neelam, and Beyond Blindness Board of Management did the honours of cutting the ribbon and announcing the office as open at a special gathering held on Thursday 21st September 2023.

Taking advantage of modern technology, the official ceremony was simultaneously screencasted and audio-described to the other attendees in the Social Centre 1. Board of Management Vice President Maureen Montes said a few words to welcome everyone and start the presentation. Board President Tony Starkey talked about the history of Beyond Blindness, the meaning behind the name change, and plans for the future. Mayor of Campbelltown, Jill Whittaker OAM then shared her story about how vision impairment has affected her loved ones, what the council is doing to accommodate blind and vision-impaired citizens, and the importance of organisations such as Beyond Blindness to serve members of the local community and broader Adelaide.

Tony then launched the exciting new Infoodle App, and Visa gave a demonstration to the audience, explaining how we can use the technology to conveniently access Beyond Blindness activities, information and forms right from our smartphones and tablets.

Selected Beyond Blindness Members generously contributed their time and travelled to attend as representatives of their regions. Member Steve McPhie talked about his journey with Beyond Blindness, participating in social activities over the years, and being provided accommodation by our organisation. Member Grant Lock has a way with words and gave an emotive performance of his self-written poem, “How to Be Beautiful” which was received so well by the crowd. To wrap up the morning, the musically-talented duo, Lizzie Eastham and Shaun Oliver performed “Put Your Records On”, written by Corinne Bailey Rae, with Lizzie providing vocals, and Shaun playing backing guitar, which got the audience clapping along.

After the presentation, attendees enjoyed a light morning tea, and everyone gathered to chat. Thank you for everyone that came along to celebrate an important day for Beyond Blindness.



Unlocking the Infoodle phone app: Your Pocket-Sized Genie for Beyond Blindness Support!

Hello there, fellow digital explorers! Beyond Blindness has unveiled a real gem of an app – Infoodle, your very own pocket-sized genie!

Let's dive right in and explore the world of Infoodle. This remarkable app is a lifeline for caregivers, family members, and friends of Beyond Blindness members, as well as individuals who are blind and vision impaired.

This is a free app! Whether you're rocking an Android or an iPhone, you can snatch it up from the Google Play Store or the Apple Store, respectively. Simply search for Infoodle, hit that download button, and watch the digital magic unfold.

Once it's good to go, it'll prompt you to choose an organisation and type in "Beyond Blindness". The best part? No need for login details! This app is your all-access pass to everything happening in the Beyond Blindness world – from upcoming activities and events, to newsletters, website access, Facebook connections, and even the ability to drop us an email or give us a call. It's like a one-stop shop for everything related to Beyond Blindness.

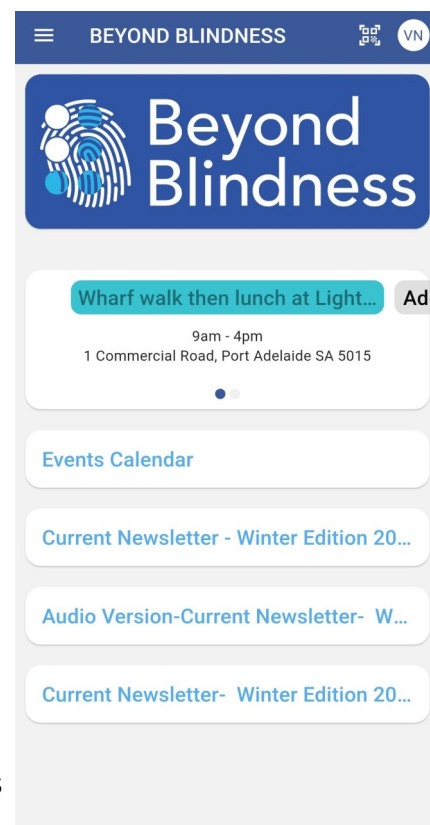
The app will work with iPhone/iPad and Android screen readers.

But hold on, there's more! If you find yourself lost in the digital jungle, don't worry. We've got your back! Reach out to us at 83676088 or shoot us an email at info@beyondblindness.org.au, and we'll be able to navigate the digital world.

So, what are you waiting for? Take the plunge and get this app to unlock a wealth of information and support. Your journey to a more connected and informed world begins right here, right now!

Download to iPhone/iPad: <https://apps.apple.com/nz/app/infoodle/id1596190676>

Download to Android: https://play.google.com/store/apps/details?id=com.infoodle.crm&hl=en_NZ



New buses



You may have already seen or ridden in one of the four new Toyota Hiace commuter buses, now acquired by Beyond Blindness. After a long wait, 4 new buses will make their home with us: 2 buses at Campbelltown, and 1 bus each for the North and South.

Two buses have room for 10 people each, while the other two can accommodate 12 including drivers. As you are aware, the 10-seater buses are decked out with special features like barriers and shelves perfect for trips and outings.

We've also added manual folding steps to the first two buses for easy access. The buses are white with the Beyond Blindness 'B' braille logo on the outside, as well as the wave design.

Happy travels!

Freebies

We still have some audiobooks to give away in both CD and Playaway format. Please refer to the Winter 2023 newsletter for a list of titles available.

A member has also generously donated a Schweizer Illuminated 12D 4500K Handheld Magnifier.

If you would like any of these freebies, please contact the office on 8367 6088 or email marketing@beyondblindness.org.au

Beyond Blindness offers social activities across all of Adelaide:

North, South, East, West, Adelaide Hills, Gawler & Victor Harbor.

BEYOND BLINDNESS ACTIVITIES:

- arts and crafts
- bus excursions & day trips
- sports: golf, bowling, croquet, sailing
- information sessions
- walking/hiking
- dancing
- digital training programs
- cooking
- Country Music Club
- pub lunches
- trivia
- Gawler Low Vision Group
- young persons social group
- movies
- live music
- Victor Harbor groups
- overnight trips to regional SA
- Conversation Corner
- libraries
- men's group
- book club

All members are welcome to attend any activity, in any location in Adelaide, depending on transport and resources availability.

An activity schedule can be found at the end of this newsletter.

Around the Office

Radio Italiana



Member Engagement officer Frank and Business Support Officer Sandra G. recently had the chance to feature on Radio Italiana 531's live radio show, chatting with Marco and Mario in their Hindmarsh studios, on the *Impariamo Insieme* program. They covered topics such as what Beyond Blindness offers, and the importance of inclusivity in society for people affected by blindness and vision-impairment. Thank you to Radio Italiana for giving us the opportunity to reach our Italian blind and vision-impaired members. And well done Frank and Sandra G. for representing our Italian membership.

To listen to the podcast, click the following link: <https://omny.fm/shows/impariamo-insieme-mario-leuci/impariamo-insieme-19-7-2023>

Staff Uniforms

Beyond Blindness staff members are looking very smart lately—from now on Staff will be wearing uniforms. Staff used to wear smart casual clothes. The new uniform consists of a dress, or a business shirt in black, blue pinstripe, navy or grey with the Beyond Blindness logo embroidered on the chest. Paired with black or navy pants, skirt, and black shoes, with a black cardigan or jacket. Staff are also wearing nametags with their first name and the Beyond Blindness logo.



Campbelltown Office Staff modelling the new uniforms

WHO ARE WE?

For the past 85 years, **Beyond Blindness** has provided a range of services to South Australians who are blind or vision-impaired.

Offering a variety of recreational activities, our mission is to promote independence, dignity and quality of life.

Beyond Blindness also provides financial assistance in cases of need, as well as grants and subsidies.

Our services are available to any individual who is legally blind and resides in South Australia.

The cost for a Lifetime Membership is \$25.

Associate Membership is available for:

- people with low vision (not legally blind)
- spouse, partner or immediate family of a full Beyond Blindness member
- registered carer or support person.

The cost of an Associate Membership is \$25 annually.

For all membership enquiries, contact the Campbelltown office:

8367 6088 or

info@beyondblindness.org.au

Beyond Blindness on Focal Point

A weekly program presented by Peter Greco, Focal Point covers services from blindness organisations and other providers, technology, current affairs, breakthroughs in advocacy campaigns about all manner of challenges and promoting activities and events for people who are blind or vision impaired. Once a month someone from Beyond Blindness usually features in a segment, interviewed by Peter.

July 2023 Interview:

Frank Cirillo, Member Engagement Officer (West/Adelaide Hills) for Beyond Blindness, talking about Frank's life; vision impairment and role.
Listen here: Frank's segment starts around 16 minutes, 30 seconds.
Duration: approximately 15 minutes.

<https://omny.fm/shows/focal-point/230719-focal-point-60min>



August 2023 Interview:

Jim Colligan, CEO for Beyond Blindness, shared the organisation's new strategic plan. Jim also had news of expansion into Mt. Barker; possibly Whyalla and some new buses have arrived enabling more travel for members.

Listen here: Jim's segment starts around 16 minutes, 45 seconds in. Duration: around 15 minutes.

<https://omny.fm/shows/focal-point/230816-focal-point-60min>

Focal Point is broadcasted live on Vision Australia Radio every week on 1197 AM, on Wednesdays at 7pm. Or you can catch up on past episodes by visiting their podcast page on omny.fm:

<https://omny.fm/shows/focal-point>

Beyond Blindness Office Summer closure

The Campbelltown Office will be closed from Wednesday 20th December 2023—and will reopen on Monday 8th January 2024. If you have any queries, contact the office or your Member Engagement Officer before the closure. Activity dates over the Summer vary from region to region, so make sure to also refer to the calendar at the back of this newsletter for details.



The next edition of the Beyond Blindness newsletter & activity schedule will be released in late January 2024. Until then, Beyond Blindness would like to wish you a Merry Christmas, Happy New Year, and safe Summer holiday!

Beyond Blindness Area Highlights

Northern Area

Term 3 saw members going to various destinations and it seemed to be mainly about food and conversation. Highlights for the Northern Outreach group included morning tea at Krispy Kreme at Bolivar where the decision on what to order was difficult. There were all sorts of delicious donuts with way too many flavours name. This place is definitely worth a visit for morning tea, afternoon tea or anytime really.

Other destinations included the Woodside Hotel with an earlier stop for morning tea at the lovely Baker Street Café in Williamstown, the family run Da Vince's Café at One Tree Hill, Williamstown Hotel and the 'V' Hotel at Virginia.

I was thrilled to welcome new volunteers Helen and Michael who met members on the outing to the Williamstown Hotel. Helen and Michael will join existing volunteers Simon and Ian to assist our members moving forward. Helen is keen to offer her craft skills and I am hopeful that there will be some interest in this to commence regular sessions at the northern outreach office in Gawler in 2024.

If you are interested in a craft activity please send in your suggestions. If craft isn't your thing but having a coffee and a chat is, you would be more than welcome to still join in.

Planned activities for Term 4 are once again food-focused (as was the request of Northern members) but there is also a couple of full day trips planned.

Thank you again to the members who continue to support the Northern Outreach activities. I really do appreciate your support.

Deidre Gavros
Northern Member Engagement Officer



Krispy Kreme
(Port Wakefield Rd)



Northern members enjoying a cuppa at
Virginia Hotel

Southern Area

Highlights included a bus outing to the Fleurieu Peninsula, stopping for lunch at Belicious café in Inman Valley.

A visit to the new office in Campbelltown and lunch at the Glynde Hotel.

A pamper day at the Southern Office where Ralph a member had his nails done and Donna, a member gave neck massages.

A visit from the RSPCA to update the social group on their new building and activities.



Donna giving a massage
at 'Pamper Day'



'Pamper Day' - Ralph showing
off his new nails



Bus Trip to Inman Valley

Western Area

Some upcoming highlights you may be interested in happening in the Western Adelaide area is:

- Sunday 8th October: Young Adults Group is going to Virginia Nursery for a browse around and then lunch at Donchos Café.
- Sunday 12th of November Young Adults Group: going to lunch & Live music at the Palais Semaphore.
- Tuesday 26th Sep & 24th October VIP Dance Group.

Contact Member Engagement Officer Frank (West) on 8367 6088 to book in.

Adelaide Hills Area

Every second Thursday: Adelaide Hills Group, Mt Barker: Coffee & Chat at Wohlers Café at 10am.

This is a fairly new group created for our blind and vision-impaired residents living in the Adelaide Hills. It's a good chance to come and have an informal chat and cuppa at a nearby café. We are hoping to grow this group, as there is a need for social support in the Adelaide Hills. So if you know anyone that may benefit who lives in the Hills, or a local that is interested in volunteering as a driver or sight-guide, please contact Frank on 8367 6088.



Term 4, 2023 Activities Highlight—Central East Area

For all below activities, please register online, email or contact Marian @ 8367 6088

Adelaide Botanic Gardens Tour followed by lunch @ Alma Tavern

We are thrilled to invite you to a specially organised tour of the Adelaide Botanic Gardens. Friends of the Botanic Gardens of Adelaide has kindly agreed to customise a tour to enrich your experience and engage your senses to immerse you in the beauty of nature. Members will have the opportunity to enjoy the informational and sensory experience of the botanic gardens. After the tour, you can continue your day with friends over lunch @ Alma Tavern. The hotel offers special senior's meals that you can savour.

Day/Date : Thursday, 19th October 2023 // Time : 10.30am to 12pm (Tour only)

Venue: Adelaide Botanic Gardens

Cost: \$2 per person (cash to be paid before the tour)

Lunch: Alma Tavern. Please see the Senior's menu @ www.almatavern.com.au/wp-content/uploads/2023/07/Alma-Seniors-Lunch.pdf

Closing date: Monday, 16th October 2023

Please register online @ <https://b1937.infoodle.com/f/AdelaideBotanicGardenTourREGISTRATIONFORM>

Email/contact Marian. Phone: 8367 6088

Historic tour:Grand Mansions and Sub-Divisions in North Adelaide followed by lunch

The tour focuses on some of the old architecture and who used to live in them, how they made their money, multi-cultural population of Germans, Irish as well as other British immigrants. It includes a visit to an old brewery site and Catholic Church and will tell how North Adelaide developed over the years up to current times.

Day/Date : Thursday, 9th November 2023 // Time : 10.30am to 12pm (Tour only)

Venue: Assemble outside Old Lion Hotel, 161 Melbourne St, North Adelaide SA 5006

Cost: \$15 per person (cash to be paid before the tour)

Lunch: Sussex Hotel, 68 Walkerville Terrace, Walkerville SA 5081 (TBC)

Closing date: Friday 3rd November 2023

Please register online @ <https://b1937.infoodle.com/f/>

[HistoricTourGrandMansionsSubDivisionsREGISTRATIONFORM](#)

Seniors Coffee & Chat (70 years and above)

Catch up with friends over a game of music/or trivia and light refreshments.

Day/Date : Thursday, 16th November 2023 // Time: 10.30am to 1pm (light refreshments will be served)

Venue: Campbelltown Social Centre, 516 Lower North East Road Campbelltown SA 5074

Cooking Class/Demo

Join us for an exciting cooking class or demo where we'll show you how to make simple Christmas favourites and desserts with minimum cooking. Our experienced volunteer chefs, Leonore and Deb Simmons will guide you through the process, providing step-by-step instructions and sharing useful tips and tricks along the way. During the class, you'll have the opportunity to try your hand at preparation, allowing you to gain hands-on experience and build confidence in the kitchen.

Day/Date : Friday, 27th October // Time : 10.30am to 12.30pm (light refreshments will be served)

Venue: Campbelltown Social Centre, 516 Lower North East Road Campbelltown SA 5074

Central/East Area (continued)

Book Club Formation in collaboration with Payneham Library

We are looking to form a book club in collaboration with Payneham library. This book club aims to promote the joy of reading and foster a sense of community among its members. The club will focus on books that have audiobook formats, ensuring that everyone can participate and enjoy the stories.

We invite expressions of interest from all book enthusiasts who are eager to embark on this literary journey. By joining the book club, you will have the opportunity to explore a wide range of captivating stories, engage in thought-provoking discussions, and connect with fellow readers who share your passion.

As we are finalising the details, we're looking to organise sessions on :

Day/Date : First Friday of the month

Time : Morning

Venue : Payneham library (To Be Confirmed)

Mobile Device or Tablet Assistance @ Libraries

Learn to use assistive technology on your mobile or tablet @ Community libraries. Volunteers will answer technology questions and help you discover ways of using technology for learning, entertainment and staying connected in an informal and comfortable setting.

Day/Date : Fri, 10 November

Venue : Hamra Library, 1 Brooker Terrace, Hilton SA 5033

Time : 1pm to 3pm

Day/Date : Thursday, 23 November,

Venue : Ngutungka West Lakes, 9 Charles Street, West Lakes, SA 5021

Time : 11:00 am to 12.30 pm

Golf @ Valley View Golf Course followed by lunch

Join fellow members every Tuesday to enjoy the thrill of golfing and improve your skills in a supportive and inclusive environment. Whether you are a beginner or an experienced golfer, our experienced community instructor will provide personalized guidance to help you achieve your goals.

Enjoy a work out, make friends and up your game on the golf course!

Day/Date : Every Tuesday except during school holidays

Time : 10.30am to 2pm

Cost : \$20 per session per person (Including lesson and buggy)

Venue : 935 Grand Junction Rd, Holden Hill, S.A. 5088

Please note that :

*Pick up may be available for eligible members from the Campbelltown office, Interchanges or enroute to location

*All activities and events are subject to a minimum number of participants and changes.

*Some activities may require an entry fee

Please email or call Marian, phone 8367 6088 should you have any queries.

Oaks Liberty Apartment



The apartment has been very popular and there is no question as to why. A spacious 2 bedroom apartment complete with everything you need for your stay in lovely Glenelg makes for a popular holiday destination. All you need to bring with you is clothes and food. There are limited nights available in October with some availability in November and early December. Cost to stay is still extremely affordable - \$120 for 3 nights with another 4 nights at \$80 per night per year.

For booking queries: contact Deidre on 8166 3330 or dgavros@beyondblindness.org.au

Volunteering

Have some extra time on your hands? Want to be involved in your local community? Looking to share your skills or learn something new?

Beyond Blindness is seeking volunteers in all areas of Adelaide: From Gawler & The Barossa, North, East, South, West, Adelaide Hills and Victor Harbor, no matter where you live, Beyond Blindness would love if you could assist people with vision impairment to experience social activities. Volunteering is also a great way to help others, keep yourself busy and make new friends.

There are vacancies in gardening, bus drivers & transport, handypersons, sight-guides, computer and technology assistants, administration & reception, activity groups at our social centre (crafts, cooking), excursions, overnight trips, and photographers. Or take a look at our activity schedule in this newsletter to see what we get up to.

Please get in touch with the Beyond Blindness Campbelltown Office on 8367 6088 for more information or submit the online form on our website: <https://beyondblindness.org.au/volunteering/>

Thank you to all our volunteers that dedicate their time and skills— we couldn't do it with you!



Blind Without Barriers

(Excerpt)

By David Hume

With Peter R. Murray

'This child does not look directly at you, she jotted on my card before starting a lengthy discussion with my mother. I was nearly one year old.'

From that moment on David Hume was regarded as disabled. He was one of the earliest in an epidemic that saw 10,000 babies left sightless during World War II, mostly premature babies overdosed on oxygen. In *Blind Without Barriers* David tells his story of not only surviving but thriving in a world that wasn't built for people like him.

Born in Muswellbrook, New South Wales to a working-class family, his dad was a coal miner and his mother looked after their five children. When David was five years old, she made the heart-wrenching decision to send him to a boarding school for the blind in Sydney.

To this day, David says, his time at Wahroonga Special School for Blind and Low Vision Children remains seared in his memory as a living nightmare. When he finally 'escaped' at 14, he carried heavy battle scars, but he also came away with invaluable life lessons, not to mention two wonderful marriages, eight children and 20 grandchildren.

It's a life that encompasses the full gamut. From founding several successful businesses, sailing in the Sydney to Hobart Yacht Race, the lead singer in popular rock band and the longest-serving Guide Dog user in Australia.

This eloquently written memoir is about sheer determination, resilience, and the courage to overcome the odds. It's also about a man who refused to accept that a 'normal life' was beyond his reach.

Please find a video of David speaking here: <https://davidhume.com.au/>

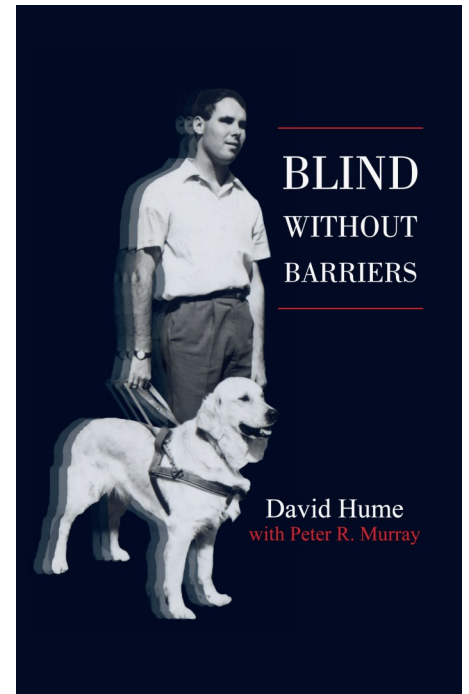
Published in 2022 - B+ Paperback 135 x 205 mm 212 pages.

RRP: Print book \$30.00

ISBN: 978-0-6456666-6-3 (Paperback)

ISBN: 978-0-6456666-7-0 (eBook)

Blind Without Barriers can be purchased at www.davidhume.com.au



Cover of David Hume's book, "Blind Without Barriers"

In Memoriam

The staff and members of Beyond Blindness send their condolences to the family of Mr. Tom Hugo. Mr Hugo has been a long-standing member of Beyond Blindness and was the first convenor of the men's coffee group at Victor Harbor and will be sadly missed. He was involved with several community organisations at Victor Harbor including the Encounter Bay Bowling Club.

We have sent flowers on behalf of Beyond Blindness to his memorial which was held at Encounter Bay Bowling Club on Thursday 7th September 2023.



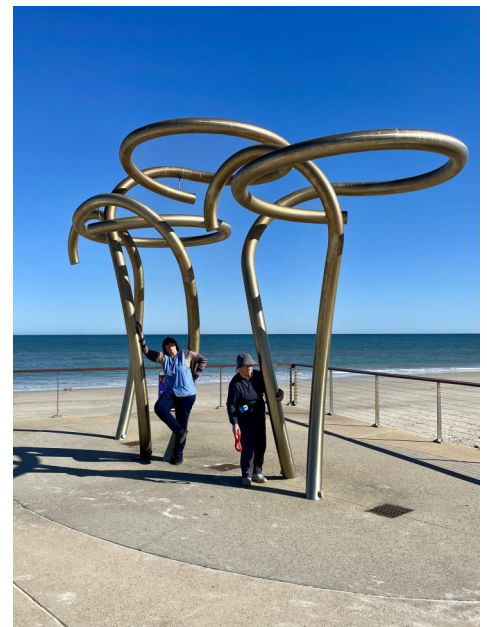
Social Groups Photo Album



Member Kirsten made a new friend on a "Wed Walk" on the Linear Park trail at Paradise



Members Bill and Joan (with hubby Bruce) having a meal at the Port Adelaide Footy Club (Western Group)



Volunteer Chrissy with member Wanda posing with the art sculpture at Henley Beach (Wednesday Walks)



Member Steve hitting the green with Valley View Golf Course assistant Meagan



Adelaide Hills Coffee and Chat at Wohlers Café, Mount Barker



Young Adult Group at Lighthouse Wharf, Port Adelaide



Barmera Trip: Banrock Station - Paula, Cheryl, Jerome, Ian, Janet, Chrissy and Dian



Western group at the Lockleys Hotel for lunch
(Saturday group)



Blackwood Coffee Group



Paula, Steve and Ian on the PV Rothbury
cruising the Murray River (Mildura Trip)



Carpet Bowls at
Modbury Bowling Club



Young Adults Group -
Walk at Fulham



Leonore leading the cooking class at the
Campbelltown Social Centre



(above) Zofia and Chrissy talking to Doug
Woodsie, the owner of Woodsies Gems
(Mildura Trip)



(below) Northern Group at
Williamstown Hotel

Central Market Self-Guided Audio Tour

Explore History, Flavour and Culture with Adam Liaw and Katie Spain in the new Adelaide Central Market Audio Tour.

Take a step back in time and experience more than 150 years of rich history and culinary heritage as you step into the vibrant world of Adelaide Central Market through a new audio-tour launching September 12. Be captivated by the favourite dishes and products of renowned foodies and co-hosts, Adam Liaw and Katie Spain, who will guide you through their cherished finds and give you insights into the heart of the Market.



Visitors are invited to embark on this free audio-tour through time and taste, where the early days of the Market come to life through the stories of multi-generation traders. Hear first-hand accounts of what the Market means to these families and how it has evolved over the years to become an integral part of South Australia's identity.

Over this 50-minute self-guided walking tour, discover hidden gems and must-try products from a plethora of stalls as you weave your way through this culinary wonderland. As one of the largest fresh produce markets in the southern hemisphere, the market is a true testament to the diverse cultures that have shaped South Australia's food landscape. It supports the state's network of local growers, producers and suppliers selling millions of kilograms of fruit and vegetables and fresh food every month.

The Adelaide Central Market brings together a vibrant diversity of cultures from around the world. From the first pizza place in Adelaide to a world-renowned cheese master and even an Olympic volleyballer turned chef, the Market is full of fascinating and unexpected stories waiting to be explored.

Walking through the Market is like strolling through a living time capsule. Pass by the oldest camera shop in SA and uncover a restaurant serving authentic laksa found nowhere else in Australia. Delight in the knowledge of where politicians, celebrity chefs, and prime ministers have savoured meals, adding a touch of intrigue to your experience.

The Adelaide Central Market Audio Tour runs for 50 minutes and is available for free on all Android and Apple podcast platforms. Visitors can pick up a map and start their tour from the Market Stall, located on the ground floor near the central Gouger St entrance.

To listen to the tour podcast from your browser, download the tour map, or for links to the podcast, visit: <https://adelaidecentralmarket.com.au/tour/>

The ABC expands Audio Description service to ABC iView

Audio description (AD) is the auditory narration TV program. It describes important visual elements of a television program, movie or performance between lines of dialogue. It is particularly beneficial to people who are blind and vision-impaired.



Audio Description has been available on ABC TV since 2020. It is available on selected programming on ABC TV, ABC ME, ABC TV Plus and ABC Kids. Approximately 14 hours of content is audio described each week. The ABC provides Audio Descriptions for programs that will most benefit the vision-impaired community. These programs include popular long running series such as Australian Story and Back Roads as well as some of their popular children's series like Bluey and Play School.

From ABC's press release: "In 2023, the ABC expanded its audio description service to ABC iView, allowing audiences to watch their favourite programs on-demand and independently. Launching on the 12th July 2023, the audio description service on ABC iView where more than

100 titles (over 1000 hours of audio described content) are available across iOS (iPhone/iPad), Chromecast and Android devices."

"The expansion of audio described content to ABC iView reflects our commitment to delivering world-class content that's accessible to all Australians,' ABC Managing Director David Anderson said. 'Television provides access to a very important aspect of cultural and social life. We are committed to providing inclusive content and services that cater to the diverse needs of our audience, on-demand — ensuring that everyone have access to high-quality ABC content whenever and however they choose.'"

Read the full ABC press release here: <https://about.abc.net.au/press-releases/the-abc-expands-audio-description-service-to-abc-iView/>

ABC iView Apple App Store: <https://apps.apple.com/au/app/abc-iView/id401778175>

ABC iView Google Play Store: <https://play.google.com/store/apps/details?id=au.net.abc.iView&hl=en&gl=US>

ABC TV Audio Description Schedule: <https://www.abc.net.au/tv/audiodescription/>

ABC Help - Audio Description (AD) on ABC Television

<https://help.abc.net.au/hc/en-us/articles/360001554676-ABC-audio-description-services->

Youtube Video—Audio Description on the ABC (3 Scenes from ABC Shows that have been audio-described):

<https://www.youtube.com/watch?v=hcsPSY7DhOE>

Referendum Voting

As you have probably heard by now, the latest referendum has been announced and every Australian over 18 years old will head to the polls on Saturday 14th October 2023. The question that will be put to voters is whether to alter the Constitution to recognise the First Peoples of Australia by establishing an Aboriginal and Torres Strait Islander Voice.

The Australian Electoral Commission has provided various ways to make voting for the referendum as accessible as possible. Voting is compulsory, so make sure your details are up to date and you are well-informed about the process and options available to you.



Options for accessible voting are:

- Assistance while voting in person. This can be from a family member, friend, support worker, a scrutineer, a campaign worker or a polling official.
- Early voting—in person and over the phone
- Postal voting
- Voters who are blind or have low vision can cast a vote using the dedicated phone service. Registration is required.
- The Referendum Booklet is available in Braille, large print, audio, and screen-reader version.

For further information about the 2023 Referendum Accessibility, visit:

<https://www.aec.gov.au/referendums/vote/accessibility.html>

For information about how to register for telephone voting visit:

<https://www.aec.gov.au/referendums/vote/blv-voters.html>

Accessible versions of the official referendum booklet:

https://www.aec.gov.au/About_AEC/Translated_information/#access

Screen reader version of Referendum Pamphlet:

<https://www.aec.gov.au/referendums/files/pamphlet/referendum-booklet-screen-reader.pdf>

If you have further questions, the public enquiry phone lines are open seven days a week, 8am to 8pm local time. Their phone number is: 13 23 26

Leonore's Cooking Corner

This is an interesting but very easy cake to make. The recipe comes from a chap who has gone back and compiled a book or two with recipes used way back when supplies were in short supply.

Peanut Butter Cake

2 cups flour
Pinch of salt
1/4 cup sugar
4 teaspoons baking powder
1 1/3 cups milk
1/2 cup peanut butter. (I use crunchy for a bit of texture.)

Mix dry ingredients, add milk, mix and then fold in the peanut butter.
Place into a greased loaf tin. (Not too big)
Bake at 160 degrees C for one hour and 10 minutes.
Let sit in tin for 10 minute, turn out onto wire rack.
I made one and put some chocolate coated peanuts in for something different.
Enjoy!



Beyond Blindness AGM (Annual General Meeting)

The Annual General Meeting of the Blind Welfare Association of S.A. Inc. will take place at 11am on Saturday 21st October 2023 at the Beyond Blindness Head Office: 516 Lower North East Road Campbelltown (Bus stop 18 / 18C) and will be followed by a light lunch.

For members who are unable to attend, the meeting will be livestreamed via Zoom however please note that it will not be an interactive link.

Please contact head office on 8367 6088 and an invite to access the link will be provided, or email info@beyondblindness.org.au

A letter with the agenda and other information should have been mailed out to you. If you did not receive it please let us know.

IMPORTANT: We would like to remind everyone that there is still the risk of catching Covid and bringing it to Beyond Blindness activities and centres.

For this reason we kindly ask that you **do not** attend activities, volunteer, or come into the centres if you are sick, feel unwell, or have any cold, flu or respiratory symptoms.

TRAFFIC LIGHTS

Short story by member Margaret Colwell

I sit at the kitchen table absently picking away at a knot in my lacey cloth. I feel quite dejected and despondent, although it is more of a feeling of mixed emotions. I am angry, indignant, bad-tempered - even hot under the collar – miserable and depressed, but surpassing all of these I am HUNGRY! This is not just a feeling in my bones, it has emanated from two sources. The first was at my recent visit to my GP and after taking my blood pressure he undid the cuff and looked thoughtfully over his spectacles announcing in rather a serious and grim voice.

“You know Mrs. Jackson you will have to do something about your weight. At your last blood test, your cholesterol level was high and now I see in your blood pressure test that you are developing high blood pressure “adding in a tone that suggested I was ten years old – “all of this has been created by you and your eating habits. Your WEIGHT is out of control! I reddened and wriggled in the chair and blurted out “But Dr. Thomas, I thought a few extra kilograms came with age”.

“Well, my dear, that is nonsense and I will give you a STOP, CAUTION, and GO chart that you can take home and study. This eating plan is new on the market so if you keep to this eating plan, it is common sense to understand that you will shed these unwanted kilos.

But as I caught the bus home, I had time to think and ponder – “Yes, it would be a cinch, I can easily lose some weight. I could become like the slim, slender, and attractive model-like “creature” depicted on the front of the Traffic Lights folder. I can do what the doctor asks and imagined the look of pride in his eyes as I stepped onto the scales at my next visit. He would tell all of his slackers (in the weight department) of my magnificent effort – they could do just as well if they tried as hard as me.

The second person to twist her knife into me was my daughter, Mandy.

I told her in a somewhat laughingly uncomfortable way just what Dr. Thomas had said and to my absolute dismay, she agreed with his diagnosis. Secretly I presumed she would say that I was still attractive and the family loved me just as I am. “You know, Mum, I have been wanting to say that for some time now, but we always seem to get on the wrong subject. I really think should take his advice. I want you to lose weight – you are not looking so good at the moment.” Well, you could have been knocked over with a feather! Was I that big? Was my family ashamed of me and uncomfortable to be seen with me?

And now, I sit at the table feeling wretched, woebegone, and miserable. I HATE with passion his stupid folder on STOP, CAUTION GO and wonder what idiotic person came up with the idea. TRAFFIC LIGHTS PROGRAMME FOR ADULTS. They must be kidding.

I get up and open the refrigerator door with a childlike expression. There must be something delicious and tasty in there for me – not just a carrot stick and some lettuce leaves! There is a Yahoo at the door and I quickly closed the door guiltily. It is Mandy. I think she pops over more than normal to check up on me. “Hello Mum”, she chortles “How is your new eating plan going? I wonder how much you have lost this week I glance around the kitchen and to my horror see a Violet Crumble wrapper sticking out from the pages of the Advertiser. Had she seen it – have I been caught out in a somewhat frenzied movement I hastily throw the wrapper into the bin?

We have a cup of tea – mine is black and sugarless – I shudder with each sip while we natter about family outings and arrangements. Miserably though, I cannot even look forward to anything on the calendar, as what is a party if one cannot eat sausage rolls, lamingtons, cream cupcakes, and graze-on nuts and potato chips? We talk some more and then I glance around the kitchen and to my horror see the bread and butter plate on the sink. Why oh why did I not wash it up, as now the crumbs of the fruit scone on the plate seem to glisten and gleam like the crown jewels... I get up and nonchalantly move to the sink and plunge the offending plate under the tape.

I am so angry that I have been put into this position. I am STILL the same person even if I am a few kilograms heavier. I have NOT changed personally – although I am starting to think that if I cannot eat just what I want I WILL change and everyone will wonder where my true and ideal personality has gone. As I am chewing over this fact, the doorbell rings. Mandy says “I’ll go Mum it probably is a salesman – I’ll get rid of him”. But then a horrible thought creeps over me and I almost jump out of my chair to race her to the door. I am mortified that she will see who is there. She must not know – it is my secret and must be kept hush-hush. I furtively open the front door a few inches to see the pizza delivery boy standing there with a giant-size box in his hands.

“Delivery for Mrs. Jackson” he almost shouts “the works with extra ham and anchovies on top.” I try not to blush and look guilty as I know Many is close by and tell the lad “Oh no, this must be for next door”. He looks a bit puzzled and says “Isn’t this No. 64?” I am almost stammering now and tell him that heeds No. 62. He trudges off down the path and I wonder” What is the fate of that mouth-watering, appetizing, and delicious pizza. It was to have been my dinner, but you know the saying “the best-laid plans”.....

By: Margaret Colwell

Date: JULY 2023

Sign up to our newsletter

Have you been enjoying reading this newsletter?

The Beyond Blindness newsletter is released 4 times per year and is available in the following formats:

- Paper copy (standard & large print)
- Email—standard & large print (PDF or Microsoft Publisher)
- CD (MP3 or WAV)
- MP3 email (listen on your phone, tablet or computer)

It’s the best way to keep up to date with Beyond Blindness activities, news and what we get up to. You can sign up with simply your name and best contact method, no membership required. Unsubscribe at any time.

If you would like copies for your waiting room, or if you need to reorder, please contact us also.



Call us: 8367 6088 or email: marketing@beyondblindness.org.au

“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 85 years.



We hope that you have been enjoying the latest Beyond Blindness newsletter. Do you have a short story (500 words or less), a short poem (25 lines or less), gardening tips, joke, or even a yummy recipe etc you would like to share?

Would you like to be interviewed as a member or volunteer to share your story? Have you heard any news about anything that affects the South Australian blind and vision-impaired community that you think should be published?

Please get in touch - we would love to hear from you!
Your contributions may be featured in a future edition of Beyond Blindness Magazine.

Thank you to everyone who contributed to this edition.

Call us: **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.

Thoughts on improving services?

The Board and Staff would welcome your input.

Feel free to provide your feedback and ideas to:

info@beyondblindness.org.au

Speak to your region's Member Engagement Officer

Or phone the Campbelltown office on: **8 3 6 7 6 0 8 8**

We would like to thank the generous financial donors that make it possible for Beyond Blindness to provide these activities and services to our members.

Beyond Blindness

(formerly Blind Welfare Association)

Main office:

516 Lower North East Rd,
Campbelltown SA 5074

Mailing address:

PO Box 216
Campbelltown
SA 5074

Phone: 8367 6088

E-mail: info@beyondblindness.org.au

Newsletter or media enquiries:

marketing@beyondblindness.org.au

Website: beyondblindness.org.au

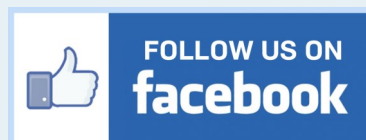
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Follow us on Facebook!

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”



Beyond Blindness Activities Calendar

**October, November, December 2023
& January 2024**

WEST ACTIVITIES

CONTACT FRANK

MEMBER ENGAGEMENT OFFICER (WEST)

PHONE: 0488 114 626

Tuesdays: West-Central Group: Dancing

Tuesday 24th October

Venue: VIP Dance Studio, Hampstead Gardens

Thursdays: West-Central Group: Walk & Lunch

Thursday 26th October: Walk along Henley Beach then lunch at Henley Hotel

Thursday 23rd November: Walk around West Lakes then lunch at Lakes Hotel

Thursday 14th December: Christmas lunch for members and volunteers, 12pm – 2.30pm, Marche Club,
49 Gorge Rd, Paradise SA 5075

Fridays: Western Group

Friday 20th October: Lunch at the Birkenhead Tavern Port Adelaide

Friday 17th November: Lunch at the Seaton Hotel

Saturdays: Western Social Group

Saturday 30th September: Coffee & Lunch at Prices Bakery

Saturday 4th November: Lunch at Challa Gardens Hotel

Sundays: Young Adults Group

Sunday 8th October: Day Trip to Virginia Nursery

Sunday 12th November: Live Music & Lunch at the Palais
Hotel Semaphore

CENTRAL / EAST ACTIVITIES

**CONTACT: MARIAN: MEMBER ENGAGEMENT OFFICER:
(CENTRAL/EAST): 8367 6088**

Note: During school holidays most Central/East activities will be paused.
School holidays are: **30th September until 15th October 2023 &
16th December 2023 until 28th January 2024**

Monday: Gentle Walk & Lunch, 10am - 2:30pm
**16th, 23rd, 30th October & 6th, 13th, 20th, 27th November
& 4th, 11th December & 29th January 2024**

Venues: Mawson Lakes, Oakden Park, Thorndon Park,
Brickworks/River Torrens, Semaphore

Tuesday:

Activity 1: Golf & Lunch, 10am - 2pm
**17th, 24th, 31st October & 7th, 14th, 21st, 28th November
& 5th, 12th December & 30th January 2024**

Venue: Valley View Golf Course

Activity 2: Dance Class, 1pm-2pm
24th October

Venue: VIP Dance Studio, 321 North East Road,
Hampstead Gardens SA 5086

Wednesday: Activity 1: Craft & Chat, 10am - 1pm
**18th, 25th October & 1st, 8th, 15th, 22nd, 29th November
& 6th, 13th December & 31st January 2024**

Activity 2: Bingo, 1pm - 2pm
**25th October & 8th, 22nd November & 6th December
& 31st January 2024**

Venue: Campbelltown Social Centre

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: **4th, 11th, 25th October & 8th, 22nd November
& 13th December & 31st January 2024**

Thursday:

19th October: Botanic Gardens Tour & Lunch @ Alma Tavern, 66 Magill Road, Norwood, 10.30am to 2.30pm

26th October: Central, East, West Activity- Gentle Walk at West Beach & Lunch, 10.30am – 3pm

2nd November: 10 pin bowling at Woodville & Lunch at Tavern 540, 10:30am - 2:30pm

9th November: Historic tour: Grand Mansions and Sub-Divisions; a tour about the city's architecture, immigrants, how wealth was amassed and how Adelaide City came to be, followed by lunch, 10.30am – 2.30pm

16th November: Seniors Group Coffee & Chat (Above 70 years), Campbelltown Social Centre, 10.30am to 12.30pm

23rd November: Central, East, West Activity: Walk & lunch at Henley Beach, 10:30am - 3:30pm

23rd November: Mobile and tablet assistance at Ngutungka West Lakes, 9 Charles Street, West Lakes SA 5021, 11am to 12.30 pm

30th November: Cherries picking at Charleston OR Ancara Estate & Lunch, venue TBC, 10.30am to 2.30pm

7th December: 10 pin bowling at Woodville & Lunch at Tavern 540, 10:30am - 2:30pm

14th December: Christmas lunch for members and volunteers, 12pm – 2.30pm, Marche Club, 49 Gorge Rd, Paradise SA 5075,

1st February 2024: 10 pin bowling at Woodville & Lunch at Tavern 540, 10:30am - 2:30pm

Friday:

First Friday in December 2023/February 2024: Expressions of Interest in Formation of Book Club in collaboration with Payneham Library

27th October: Cooking Class/Demo at Beyond Blindness Campbelltown Social Centre, 516 Lower North East Road, Campbelltown SA 5074

10th November: Mobile and tablet assistance at Hamra Library, 1pm—3pm, 1 Brooker Tce, Hilton SA 5033

NORTH ACTIVITIES

NORTHERN OUTREACH

**CONTACT DEIDRE: MEMBER ENGAGEMENT OFFICER (NORTH):
8166 3330 or 0403 451 817**

Wednesday 1st November: Doncho's Café Virginia Nursery

Monday 6th November: Cuddlee Creek Café

Monday 13th November: Day trip to Murray Bridge

Lunch at the Murray Bridge Community Club

Wednesday 15th November: Rezz Hotel Paradise

(optional wander around Thorndon Park)

Monday 20th November: Carpet bowls Northern Outreach Gawler

& bakery lunch

Monday 27th November: Day trip to Morgan. Lunch destination TBC

Wednesday 29th November: Semaphore Hotel

Thursday 14th December: Christmas lunch for members and volunteers,
12pm – 2.30pm, Marche Club, 49 Gorge Rd, Paradise SA 5075

COUNTRY MUSIC

CONTACT: JOAN SNOWBALL: 0420 794 102

Sundays: October 15th, November 19th, December 17th, January 21st

Country Music: 9am onwards: Playford Country Music Club: Elizabeth Downs
Open to all members, depending on pick-up location and transport resources
available.

BEYOND BLINDNESS GAWLER LOW VISION GROUP

CONTACT: JOAN SNOWBALL: 0420 794 102

Please note: This group is at capacity with transport so anyone wanting to
join in needs to arrange their own transport. Spaces may be limited.

Contact Joan Snowball for further information.

Friday 13th October: Gawler meeting, Meet at Elderly Centre, 10am

Friday 27th October: Willaston Hotel, Meet at Elderly Centre, 10am

Friday 10th November: Gawler meeting, Meet at Elderly Centre, 10am

Friday 24th November: Christmas get together, Meet at Elderly Centre, 10am

Friday 8th December: Southern Hotel, Meet at Elderly Centre, 10am

SOUTH ACTIVITIES

CONTACT: JEREMY: PHONE: 8556 6228
MEMBER ENGAGEMENT OFFICER (SOUTH)

These dates and details are subject to change.
Please contact Jeremy or Christine at the Southern Office
to confirm activities and venues.

OCTOBER

Tuesday 3rd October: Social Group – Ukulele Group at Cove Library
Tuesday 10th October: Craft Group at Office
Wednesday 11th October: Blackwood Coffee Group
Tuesday 17th October: Bus Trip – Goolwa
Monday 30th October: Conversation Corner

NOVEMBER

Tuesday 7th November: Social Group at Office
Wednesday 8th November: Blackwood Coffee Group
Tuesday 14th November: Craft Group at Office
Tuesday 21st November: Bus Trip – To be arranged
Monday 27th November: Conversation Corner

DECEMBER

Tuesday 5th December: Social Group
Tuesday 12th December: Craft Group
Wednesday 13th December: Blackwood Coffee Group
Thursday 14th December: Christmas lunch for members and
volunteers, 12pm – 2.30pm, Marche Club,
49 Gorge Rd, Paradise SA 5075

JANUARY

No activities in January 2024

VICTOR HARBOR GROUPS

CONTACT: JEREMY (SOUTH MEO): PHONE: 8556 6228

Monday 16th October: Talking Books at Victor Harbor Library
Monday 20th November: Talking Books at Victor Harbor Library

Every Tuesday:

Victor Harbor Men's Coffee & Chat:
Crown Hotel, Victor Harbor, 10am - 11:30am
No groups in January 2024

ADELAIDE HILLS ACTIVITIES

**CONTACT: FRANK
MEMBER ENGAGEMENT OFFICER (ADELAIDE HILLS)
0488 114 626**

Thursdays:

Thursday 26th October: Outing to Hahndorf & Lunch (Location TBC)

Thursday 16th November: Adelaide Hills Outing (Location TBC)

Thursday 14th December: Christmas lunch for members and volunteers, 12pm – 2.30pm, Marche Club, 49 Gorge Rd, Paradise SA 5075

TRAVEL CLUB

**CONTACT: CATHERINE BOTTCHER 8395 1005
or BEYOND BLINDNESS on 8367 6088**

Saturday 14th October:

AGM of the Club to be held at the home of Brian and Pam Murdock with a BBQ Lunch

Saturday 11th November:

Elephant's Rest at Callington, with lunch locally

Saturday 9th December:

Kenton Valley Cherry Farm. Lunch at the Gumeracha Hotel

IMPORTANT INFORMATION

Please note:

- *All members are welcome to attend any activity, in any location in Adelaide, depending on transport and resources availability.*
- *All activities are subject to change and a minimum number of sign up*
- *Some activities may have fees involved*
- *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*
- *Most regular activities will take a holiday break during the school holiday period – please refer to the calendar.*
- *Summer school holidays are:
16th December 2023 until 28th January 2024*
- *Contact the appropriate regional Member Engagement Officer for any clarification about activities during the holidays or any general questions.*
- *Refer to ‘Extreme Weather Policy’ on next page regarding the weather and how it may affect activities*



EXTREME WEATHER POLICY

UPDATED: 29th June 2023

32 degrees and over:

No working guide dogs outside

38 degrees and over:

- small jobs and members home visits to be cancelled and rescheduled
- All outdoor activities, Travel Clubs and regional trips will be cancelled except for metropolitan activities. E.g. craft & bingo using air conditioned vehicles to and from

40 degrees and over:

- All Beyond Blindness member services cancelled
- Staff will still be in office on these days

Please Note:

- Activities are subject to change depending on extreme weather conditions (e.g. heat, severe storm warning, or flood alert, etc)
- The health and safety of staff, volunteers and members is essential at all times, but particularly during extreme weather