



# Beyond Blindness Magazine



Winter is upon us and don't we know it? Hopefully you are all keeping warm and for those of you who love footy, your team is doing well. There seems to be an increase in the flu virus circulating currently, so let's hope not too many of our Members and their families catch it. I went out and got my last Covid and then the Flu jabs as soon as they were available. As usual, there is going to be lots of interesting reading for you and updates on what is happening within Beyond Blindness. Enjoy!

- Leonore Scott, Editor

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## From the CEO

The new centre and head office at Campbelltown has now been completed and all Gilles Plains Staff and activities have resumed at Campbelltown, a big thank you for all the help provided by volunteers and staff to make this happen. Our first open day was held for members which was a great success and open days for members both North and South are planned over coming weeks.

Commercial tenants have now been found for both Gilles Plains along with the upstairs offices at Campbelltown which will provide additional income to help support our growing member service programs.

Beyond Blindness has again finished the financial year in a strong position. The new budget for 2023/24 has been developed and approved by the board of management.

The Board and I have also been working on developing our new strategic plan for the next three years with our focus being placed on the following five themes.

**Independence** - Enhance the independence of our membership through participation and learning in the community.

**Growth** - Grow the organisation through the recruitment of members and volunteers.

**Equability** - Rebalance and expand services to meet the needs of members of all backgrounds and ages, living across the Adelaide metro area and near country.

**Governance** - Develop systems of best practice and good governance to simplify administration, meet disability standards and improve accessibility for members.

**Representation** – As a member led not for profit, build upon the experiences of our membership to represent the Blind Community of SA and raise our community profile.

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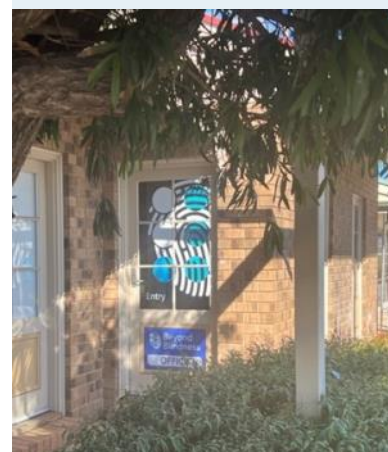
### Office Locations:

**Below:**

**Central/East**

**Office & Social Centre:**

**516 Lower North East Rd  
Campbelltown**



**Above: Northern Office:**

**1/12 Adelaide Rd  
Gawler South**

**Below: Southern Office:**

**2/4 Clement Tce  
Christies Beach**



## From the CEO (continued)

With the passing of the COVID pandemic the Board has moved to relax our Covid and vaccination requirements in line with current Health Commission guidelines.

And finally, after much delay, the first two of our four new Toyota commuter buses have arrived in Adelaide and just awaiting tow bars, luggage barriers and new signage and we understand the other two buses will be here next month. I am looking forward to the first test drive.

Jim Colligan - CEO

## From the Board

### **From the Board**

This is an exciting time for Beyond Blindness as we have transitioned to our new Member Services home at Campbelltown. Feedback from those Members who have visited is very positive. With the help of our wonderful Volunteers, we have setup the new venue to not only look exciting but function efficiently and was achieved with minimal expense.

The move to Campbelltown brings together many years of planning and positioning the Organisation into one that is modern, responsive, and financially sustainable.

Our recent review of the Strategic Plan gives guidance for the Management Team and Staff to improve and expand our services and opportunities to you to enjoy social and leisure activities on a regular basis.

The Board approved the 2023/24 Financial Budget which includes the position of Recreation and Leisure Coordinator to assist the four Member Services officers and ensure we provide an equitable offering to all Members.

As you review the activities and planned trips listed in the Events Calendar, and you think those activities are not in your sphere of interests, let the Team know, and if we can get another couple of Members with similar interests, they can organise an activity that you would wish to attend.

Jim Colligan, CEO, reports the Board has revised the Beyond Blindness Policy to Public Health warnings and how we respond. We therefore encourage Members to follow the policy and protect each other and our Volunteers and Staff.

Tony Starkey - President

## Around the Office

New signs: Have you seen the new signage at the Beyond Blindness Campbelltown Office? What do you think? Behind the reception desk there is now a painted blue wall with the Beyond Blindness logo (Beyond Blindness in white, with the braille for 'B' thumbprint).

Above the entry way outside is a long sign that says "516" and "Beyond Blindness" with a wave pattern, in dark blue, blue and white. There are also Beyond Blindness signs and logos on the doors, next to the car park, at the side of the building, and on the back staff entrance door. Along the windows is the blue and white wave pattern again.



### Campbelltown Office Open Days:



Members from all regions had the opportunity to visit our new office at Campbelltown.

The morning started with a welcome and thanking the volunteers who helped with the big move from Gilles Plains. It was a great chance for members to familiarise themselves with the new building: including new members who haven't been to the office before, as well as members we haven't met in a long while. It was good to spend time with you again!

Attendees walked around the office in two groups and shown the different areas of the office and activity areas. A descriptive tour was given of the areas, as well as taking the members outside and inside the building, to talk about the signage and familiarise themselves with the ramps and steps leading into the building.

Everyone enjoyed morning tea and coffee: cupcakes, sandwiches, and cake. Members chatted amongst themselves and caught up on personal news.

## Around the Office



We are pleased to welcome new staff member Christine as our Admin Support in the South, working one day a week on Wednesdays.

She will be assisting Southern Member Engagement Officer, Jeremy, with all the admin tasks at the Beyond Blindness Christies Beach office. You may be aware she has been volunteering with us for over two years already.

Welcome aboard Christine! 😊

Freebies: We have some audiobooks to give away in both CD and Playaway format.

The following titles are in CD format:

The Black Ice by Michael Connelly

Seven Ancient Wonders by Matthew Reilly

Hover Car Racer by Matthew Reilly

A Short History of Nearly Everything by Bill Bryson

The following titles are in Playaway format:

Indian Takeaway: A Very British Story by Hardeep Singh Kohli

The Finer Points of Sausage Dogs by Alexander McCall Smith

The Night is Watching by Heather Graham

Taking Eve by Iris Johansen

Sinister by Lisa Jackson

Suspicious by Lisa Jackson

Ballistics: A Novel by D.W. Wilson

The Girl Who Kicked the Hornet's Nest by Stieg Larsson



Please note that you will need to provide your own AAA (Triple A) batteries and headphones to use the Playaway format. Limit of 2 audiobooks per person. If you are interested in any of these audiobooks, please contact the Campbelltown office on 8367 6088.

There is also another giveaway: Pre-loved Humanware Prodigy Desktop with cords and user guide (2016 model). This will allow you to magnify and read documents. No warranty.

Contact Deidre in the Gawler South office on 8166 3330.

## Central/East Term 3 Activities Highlight

### NDIS/My Age Care Info Session 2:

With the success of Healthcare Australia's informative session on NDIS & My Aged Care last term, we have organised another session to provide members and volunteers with more information about NDIS & My Age Care Plans.

Some of the topics to be covered are :

- Overview of Healthcare Australia (HCA) and who they are
- My AgedCare Topics:
  - Basics and Eligibility of a Home Care Package
  - What supports are available in a home care package
  - How a Home care Package can be managed
- NDIS Related topics:
  - What does a NDIS plan do
  - What are the categories of funding are available
  - What support can you get from this funding
  - How can the plan be managed
- Question & Answers



**Day/Date** : Thursday 14th September 2023

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

**Venue** : 516 Lower North East Road, Campbelltown Social Centre

**Closing Date** : Thursday 7th September, 2023

Please register for the info session: <https://b1937.infooodle.com/f/REGISTRATIONFORMNDISMyAgeCareInfoSession2>

Or contact Marian: 8367 6088 should you have any queries.

## Central/East Term 3 Activities Highlight (continued)

### Library Regular Digital Training Programs:

Community libraries have a digital training program to help the public familiarise themselves with IT devices. Library 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.

To promote the use of technology for emails, finding information and more, we are organising to bring members to libraries in different regions which offer these Training Programs.

#### **Day/Date : Friday, 11th August 2023**

Venue : Campbelltown Public Library  
171 Montacute Rd, Newton SA 5074

#### **Day/Date : Friday, 25th August 2023**

Venue : Hamra Centre Library  
1 Brooker Terrace, Hilton SA 5033  
Time : 1pm to 3pm  
Please email or call Marian: 8367 6088 for arrangements

### Indoor Bowls at Modbury Bowling Club:

We are organising Indoor Bowling for members at Modbury Bowling Club.  
For members who have not tried the sport, come along and enjoy a morning out.

#### **Day/Date : Thursday, 10th August 2023**

Lunch : From 12pm onwards @ Modbury Hotel, 989 North East Road, Modbury SA 5092  
Venue : Modbury Bowling Club, Jack High Lane, Ridgehaven, SA, 5097  
Time : 10.30am to 12:30pm  
Please register at: <https://b1937.infoodle.com/f/IndoorBowlsOnThur10AugREGISTRATIONFORM>

## Central/East Term 3 Activities Highlight (continued)

### Seniors Coffee, Games & Chat (70 years and above):

We would like to invite our senior members for a catch up session and to enjoy a game of “Guess that Song” at our Campbelltown Social Centre.

**Day/Date : Thursday, 17th August 2023**

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

**Venue** : 516 Lower North East Road, Campbelltown Social Centre

Please email or call Marian @ 8367 6088 to register.

### Beauty Day @ Beyond Blindness:

Members will be treated to a morning of manicure and hand massage, right in the comfort of our Campbelltown Social Centre

**Day/Date : Wednesday, 23 August 2023**

**Time** : 10.30am to 12pm

**Cost** : \$35 for Manicure **Lunch** : \$5

**Venue** : 516 Lower North East Road, Campbelltown Social Centre

**Closing Date:** Thursday, 17 August 2023

Please register at <https://b1937.infoodle.com/f/BeautyBeyondBlindnessWed23August2023RegistrationForm>

### Adelaide Botanic Gardens Tour:

Friends of the Botanic Gardens of Adelaide have kindly agreed to conduct a tour for our members.

**Day/Date : Thursday, 19th October 2023**

**Time** : 10.30am to 11.30am

**Venue:** Adelaide Botanic Gardens

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

**Lunch** : TBC (At member's expense)

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

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: 8367 6088 should you have any queries.

## Northern Outreach Highlights



Members showing off their finished pots at 'Sip & Paint' at the Gawler South Office

Highlights from Term 2 included a day trip to Beerenberg Café in Hahndorf for coffee and morning tea followed by a stroll and lunch at the German Cake Shop. I must say that the wonderful selection of delicious cakes and yummy offerings at the Beerenberg Café made it difficult to choose just one. Members have participated in trivia in the northern outreach office, pub lunches and a "Sip & Paint" activity where members had the option to paint either a pot plant or a canvas whilst enjoying a glass of bubbly (non-alcoholic) and nibbles. Special thanks to members of the Beyond Blindness Gawler Low Vision Group who join in on everything on offer in the north whether it's an outing or an in-house activity and volunteer Ian for all the driving. Please contact me if you would like to attend any of the Term 3 outings.

Deidre Gavros

Northern Member Engagement Officer

## Cook's Corner

**Health Cake** - An easy to make cake with only 5 ingredients

- 1 cup diced dried apricots (I prefer the real dried apricots, not the Turkish type)
- 1 cup sultanas
- 1 cup soft brown sugar
- 1 cup milk
- 4 weetbix, crushed or 4 cups Allbran
- 1 cup Self Raising flour

Pre heat the oven to around 180°C or if fan forced 170°C

Method: Into a medium sized bowl add the crushed weetbix, diced apricots, sultanas, sugar and milk. Leave stand for 15 minutes, mixing every now and then to make sure the milk has absorbed. Stir in the flour before putting mixture into the tin.

Grease well a loaf tin. Bake for one hour.  
Enjoy!

## Special Purpose Funding (SPF) – spotlight on Recreation & Personal Development Funding

The 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. This edition we focus on the Recreation & Personal Development Fund.

Did you know that the Recreation & Personal Development Fund Subsidy is not means tested? This subsidy is intended to enable full members to access funding assistance to participate in a recreation or personal development program or activity to enhance overall wellbeing. Have you thought about taking up an activity such as Yoga, Golf lessons, Social sporting club memberships and competitions, gym membership or events?

In processing your Recreation & Personal Development Subsidy application, we will consider what your initial goal is in undertaking the activity or participating in a development program. As with all our subsidies, there is a limit. However, \$250 per term with an annual umbrella limit of \$1000 is a great contribution from Beyond Blindness to our Life Members. We are pleased to update you that Beyond Blindness have contributed to the following activities in the last few months:

Ten Pin Bowling competitions (local & national competitions)

Sailing Club membership

Yoga term pass

All abilities Golf lessons

Gym membership



**Members**, if you would like to apply for the Recreation & Personal Development Subsidy, please do reach out to Business Support Officer Sandra Gesuato (Wednesdays to Fridays). You may also choose to apply directly via our new online form here: [Application for Recreation and Personal Development Funding](#) where you can upload your supplier/organisation's quote during the application process. Or go to our website: Services > Financial Assistance > Recreation and Personal Development Funding & click on the link to the online form.

**Remember:** Please **do not** proceed with 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. **As per our guidelines, all SPF payments are subject to member assessment and funding availability**

**Latest Update:** Adaptive Technology Equipment Subsidy funding has been re-opened as of 1 July 2023. There are some small amendments to our guidelines:

Any AT subsidy for any "I" product application will be limited to half of the cost of a basic version of the device applied for at the time and the minimum storage available (e.g. 64GB). The subsidy will only be approved to a member who is not currently receiving any form of Adaptive Technology/Equipment subsidy from any other organisations/programmes. You may apply online [HERE](#) or go to our website: Services > Financial Assistance > Adaptive Technology Equipment Subsidy > "You can submit an online application here". Or please contact Sandra Gesuato for more information.

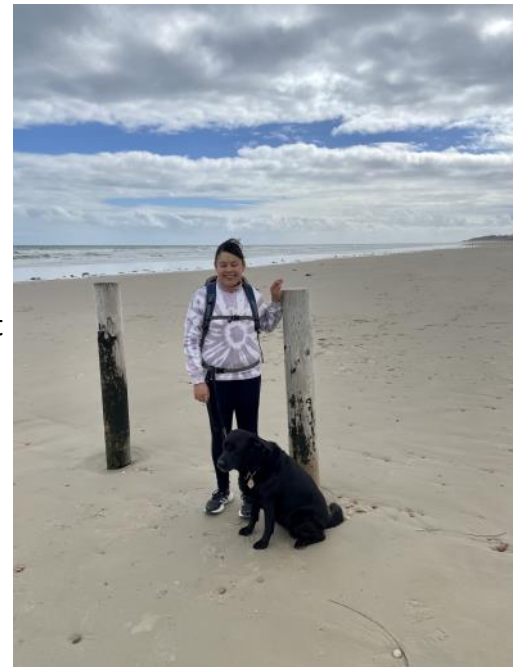
Lizzy is a well-known Beyond Blindness member and lives with Septo-optic dysplasia. The simplest way to describe this condition is that the nerves that connects the eyes to the brain is like a frayed wire. She can sometimes see very bright light. She was born with that condition, and it took 3 days for it to be discovered. Lizzy values her independence, and it's something that she has had to learn how to do for herself. During her high school years, she would be chauffeured by taxi to and from school, meaning that she didn't have as much of an opportunity to socialise with her peers, hanging out after school, and doing the things most teenagers take for granted.

After high school, Lizzy was accepted into The Elder Conservatorium at The University of Adelaide, studying a Bachelor of Music, Specialising in Jazz Vocals. She studied for 6 months, but due to her mental health, had to drop out as she felt she was unable to ask for supports to complete the program.

After turning 18 Lizzy moved into the units at Cameron Avenue, Gilles Plains. Even though it was regretful for Lizzy to drop out of university, it gave her the chance to work on her independence. In her early twenties, she used that time and opportunity to learn independence, building confidence and navigating the world in a figurative and literal way. Even just things such as going on a picnic with friends, using public transport, shopping, this all helped Lizzy to gain experience. Lizzy met local vision-impaired and blind people online through Facebook, and they created an informal social group of 8 – 10 people. She still values those friends and is still friends with them to this day.

While living at the Cameron Avenue units, conveniently located next to the Blind Welfare at the time, Lizzy put her natural music skills to good use, offering to write a piece of music for an advertisement to promote volunteering. As soon as Lizzy heard that we needed a jingle, she raced home and wrote a piece of music for the video, and finished writing the music and lyrics in an hour. Recording in an official studio, hearing it professionally mixed, and lending her talents to Blind Welfare is one of her proudest achievements. You can watch this video pinned on our Facebook page (with video description) or on the Beyond Blindness Volunteering page on our website.

Lizzy volunteered at Radio Adelaide with a show called "Access All Areas" every Wednesday afternoon. It was a show hosted by young people with disabilities, covering topics such as news, sports, arts, music, geek culture, advocacy, and interviews. After doing that for a year, her team of 4 co-hosts started creating content themselves. She would also spend every Thursday transcribing the meeting minutes at Radio Adelaide into a digital copy that would be accessible to all volunteers and station workers, using her BrailleNote device.



**Lizzy at the beach with her seeing eye dog, Lacey**

## A Spotlight on... Member Liz Eastham (cont)

In July 2015, Lizzy was able to further increase her independence with the introduction of her first seeing eye dog, Lacey, a black Labrador trained in Melbourne. Living with Lacey meant that Lizzy was able to walk faster, more confidently, and was able to use her free hand to use a GPS, which equalled more freedom of movement.

“[The walks and hikes] offered an opportunity to get out of the house for a few hours, and a way to feel human in such a turbulent time.”

In 2017, her time at Radio Adelaide came to an end. Wondering what to do with herself, she was reminded of The Blind Welfare Association of SA, now known as Beyond Blindness. She naturally joined the singing group, playing piano and helping the group through vocal exercises. On Thursdays she would go on Day Trips, here, there and everywhere. She also participated in the walking group every Friday.

A volunteer named Marek joined Beyond Blindness in 2018, and he introduced an “extreme walking group,” for members that wanted to increase their fitness and push themselves to their limits. This group was more challenging than the usual leisurely walks. Liz and Marek would work together and create ways to make these hikes possible for blind and vision-impaired people. No matter what obstacle was in the way, Marek would say that they can find a way to do it.

The trail that started it all was the Pengana Spur Track at Waterfall Gully. Eventually they were tackling 20 kilometre walks a day. If you can think of a trail in Adelaide, Lizzy has probably hiked it. They would venture on the less popular, hidden tracks, with mountainous paths, steep with rocks. Marek invented a way to guide Lizzy safely, threading a rope through a tent pole, and attaching it to a military belt, which was attached to Lizzy. This gave Lizzy two free hands to each hold a Nordic hiking pole.



Lizzy hiking at Deep Creek

More members were interested in the unofficial hiking group, so in 2021, Liz asked CEO Jim Colligan for the use of the Beyond Blindness buses. The request was approved, adding the hiking group to the official Beyond Blindness activity program.

The benefits of these walks were: being with nature, mood-elevation, and weight loss. These walks continued during the Covid-19 pandemic and were one of the few activities that were able to continue, as they were in the open and fresh air, meaning a safer way to spend time together. It also offered an opportunity to get out of the house for a few hours, and a way to feel human in such a turbulent time.



**Lizzy with her husband Steven Eastham**

Sadly, Marek passed away in 2022. He is very much missed but his impact on Lizzy and Beyond Blindness will never be forgotten. “Marek was an amazing person who really pushed for these groups. He felt that disability shouldn’t be a barrier to experiencing nature and if it weren’t for him I never would have experienced these things.”

One of Lizzy’s favourite hiking memories with Marek was in Deep Creek at Mount Bold where they were so immersed that you could not hear a sound other than the birds chirping and insects. His out-of-the-box thinking has left a legacy for Beyond Blindness and changed the group for the better.

A memory that comes to mind is when the group went to Victor Harbor and Granite Island. Pekka and Brian described the sculptures in front of them so Lizzy and other members were able to experience them. Being able to go on trips away has opened up Lizzy’s world. Another highlight for Lizzy was playing the pipe organ at the Soldier’s Memorial Hall in Tanunda. Created in 1877, it is oldest concert organ on the Australian mainland. She recommends going for a visit if you can.

A big impact Beyond Blindness has had on Lizzy’s life was meeting her now husband Steven Eastham. Connecting in 2020 through a singing group, they became friends first and have recently now tied the knot. A big congratulations to them both!

Lizzy would like to take this opportunity to encourage members reading this to consider coming along to the walks and hiking groups. To experience nature and challenge themselves, and keep up those social connections. “You never know what you can do if you put your mind to it, and there are so many benefits to hiking, you just have to give it a go.”

## Oaks Liberty Apartment



Have you stayed in the apartment in Glenelg yet?

The reduced rate for members is still an absolute bargain at \$120 for 3 nights with a further 4 nights at \$80 per night.

You have 12 months to use your 7 nights and there are still plenty of dates available over the winter months if you need a little break.

For all your booking queries please contact Deidre on 8166 3330 or email: [dgavros@beyondblindness.org.au](mailto:dgavros@beyondblindness.org.au)

## Covid-19 update

After careful consideration and review of the current COVID-19 situation, Beyond Blindness has decided to revoke the mandatory vaccination policy, effective 1st July 2023.

The decision to revoke the mandatory vaccination policy was made based on several factors, including changing guidelines from public health authorities.

While we are revoking the mandatory policy, we strongly encourage all employees, volunteers and members to consider getting vaccinated against COVID-19. Vaccination remains an essential tool in reducing the spread of the virus, protecting our health and well-being, and contributing to the overall efforts to overcome this global pandemic.

Although the mandatory vaccination requirement is no longer in effect, we will continue to prioritise the health and safety of our members, employees, and volunteers, and follow all the safety measures related to COVID-19.

If you have any questions, concerns, or require additional information, please reach out to us. We are here to provide the necessary support and guidance. Thank you for your understanding, cooperation, and ongoing commitment to maintaining a safe and healthy workplace.

The current Beyond Blindness Covid-19 Policy may be found on our website:

[beyondblindness.org.au](https://beyondblindness.org.au) > Home > Publications > Covid-19 Policy > Click link to view or download the PDF



**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.

If you have any questions or concerns please call and speak to your region's Member Engagement Officer.

## Sports News

The 2023 Beyond Blindness Blind Golf SA Stableford Championship was held at Westward Ho Golf Club. West Beach, Adelaide on 8th and 9th May, 2023. The winner for the third year in a row was Cameron Reid.

Overall Winner : Cameron Reid - 67 Points

Overall Runner-Up : Sean Witting - 60

B1 Winner : Doug Sloan - 48

B1 Runner-Up : Glenn Niciejewski - 41

B2 Winner : Mark Einthal - 41

B3 Winner : Jeff Ellis - 49

B3 Runner Up : Robert Curtin - 22

B4 Winner : Brett Emmett - 51

Congratulations to all the winners and well done to all participants. Blind Golf South Australia would like to thank all of the interstate players and caddies who travelled to participate, and to the tournament Director Daryl Stewart for all of his help. As well as Nathan Horne and the staff at West Beach Parks Golf, as well as Steven Freeling and the staff at Westward Ho Golf Club. Most of all, they'd like to thank their sighted caddies. Without whom, participation in the sport wouldn't be possible at all.

Follow Blind Golf South Australia on Facebook:  
[facebook.com/BlindGolfSouthAustraliaInc](https://facebook.com/BlindGolfSouthAustraliaInc)



Photo of overall winner Cameron Reid holding the Chris Ross Shield  
Image courtesy of Jo Delaney.

## The Barossa Council Disability and Inclusion Access Advisory Group

The Disability and Inclusion Access Advisory Group was established in 2017 to promote equitable participation in the region for people living with disability through:

- Provision of information advice, and suggestions to Council on disability issues based on lived experience.
- Review disability access facilities provided to Council buildings and public places within the area
- Assist Council with the development and implementation of the Barossa, Light and Lower North Disability Access and Inclusion Plan and Council's Disability Access and Inclusion Action Plan
- Act as an advisory role in respect of issues relating to the provision of facilities for persons with a disability relative to the application of the *Disability Discrimination Act 1992*, *Planning, Development and Infrastructure Act 2016*, and the *Disability Inclusion Act (SA) 2018*.
- Actively seek feedback from the community about access and inclusion issues and refer them to Council or other appropriate organisation

Offer advice to the owners of non-Council owned facilities regarding improving access and inclusion for people with disability. Membership is made up of people with disability, carers of people with disability, disability service providers, and Council staff. New members are welcome. 2023 Meeting Dates - first Wednesday of every second month at 1:00pm: 7 June, 2 August, 4 October, 6 December.

Contact Advisory Group Facilitator: Natalie Mudge, Community Development Officer:  
85638488 or [nmudge@barossa.sa.gov.au](mailto:nmudge@barossa.sa.gov.au)

## Social Groups Photo Album



Travel Club at Gilbert's Motor Museum, Strathalbyn



Travel Club at Gilbert's Motor Museum, Strathalbyn



Southern group at Port Adelaide Birkenhead Bridge



Members went on a trip to Robe and touched the tactile artwork



Northern Member Engagement Officer Deidre at the Paint & Sip art class with members at the table



Volunteer Vince & Member Lizzy at a dog park with Lacey

## Social Groups Photo Album



Joan from the Western group enjoying her cake at the Orange Spot Bakery in Glenelg



The Western group walked from the bakery to the end of Glenelg Jetty



Paula clowning around at Tanunda



Travel Club at Virginia Nursery



Southern Craft group



(left) Central/East Members on the Cultural Caper Tour on North Terrace in the city



Gawler Low Vision group: Joan and Don dancing

### Savour

She doesn't eat the skin. Slowly she scrapes aside the thin, speckled cinnamon layer until she hits milky rice pudding beneath. It's sweet, creamy, the colour of dandelion sap and android blood. It clings to the fronds of her tongue and leaves a sticky film over her lips like anaemic custard. Julia sees herself, upside-down, on the back of the silver spoon and goes in for more. In her sorrow, she empties the deep ceramic dish over two days before her parents and little brother have the chance to taste it.

Her Poppa made two batches of rice pudding every other weekend, his specialty, the only treat he was allowed in a house full of vitamins, supplements, mysterious powders, broths and home-grown, organic fruits and vegetables. After the complicated birth of their third child, Julia's uncle, her nanna swore to follow a health focused lifestyle and her husband supported her, for the most part. Each time he gathered ingredients for the dessert together in their dimly lit, claustrophobic kitchen, her nanna frowned and huffed and muttered about the benefits of brown rice under her breath until she left the room. Her poppa wore a wry smile. He was only human.

In the early fifties they emigrated from Wales to the north-eastern suburbs of Adelaide, after purchasing a plot of land on what was once a flourishing farmer's market. A scenic suburb surrounded by tall, leafy gum trees and a nearby creek. From time-to-time Julia's father shares memories of growing up in the family home, in particular the meals his mother made. He remembers well the taste of tripe, overwhelmingly salty spam in sandwiches and the disturbingly gelatinous texture of re-hydrated raisins in quickly made curries. Each Christmas Julia's nanna makes up a large bowl of homemade coleslaw. The vegetables are roughly chopped, the flesh crisp and slightly bitter. Julia's mum adores it, always goes back for seconds but it pales in comparison to her Poppa's pudding.

Years passed and the family spent more time apart, the grandchildren grew up, Poppa visited less often, and they came together only on birthdays and Christmas. One night, Julia was told that her Poppa had gone to live in a nursing home after a trip to the beach with her nanna went frighteningly wrong.

They waded in the briny water a few metres out from shore when Nanna turned away for a moment. In the time she took to look back, Poppa went under and didn't have the strength to get to his feet and after a few frantic seconds she managed to bring him up to the surface. At home he had several falls and Nanna struggled to look after him the way he needed. Four months living in the nursing home, and he passed away.

## Short Story—Savour by Bethany Cody (continued)

After the funeral their family gathers in the grandparents' home for the wake. The small couch in the corner of the lounge room is taken up so her cousins sit with their legs folded on the dusty Persian carpet. They communicate in quiet murmurs, hushed 'mhmms' and 'uh-huhs' until Nanna says she'll make a pot of tea. Julia watches her shuffle around the kitchen opening the wrong cupboards as if she's forgotten where everything is, in this house she and her husband built from the ground up. When she comes to the cupboard above the stove she pauses. Multi-coloured boxes of loose tea from their many missionary travels over the years lie stacked tightly together inside. Her sun spotted hand trembles as she reaches in.

Julia squeezes her Nanna's shoulders and says, 'Let me help.'

The kitchen table is cluttered with finger foods, miniature pies and pasties, salted crackers stacked on a platter with soppy looking dips and a rectangular ceramic dish of rice pudding. Julia is nervous as she removes the plastic film covering her fifth attempt at recreating Poppa's pudding. She makes several in the days after his death leading up to the wake. All of them end up in the bin, untouched, uneaten. This is the one she keeps. She gouges spoonfuls of the smooth, delicate dessert into flimsy paper bowls for the family. It's her Nanna's idea, easier to clean come morning. The muted sounds of mastication fill the room, everyone's eyes downcast or tracing invisible patterns on the lounge room wall.

Julia's aunt is the first to speak. 'This is really good.'

Her voice is loud in the stuffy room, chasing out haunted air and renewing it with life. Julia's cheeks colour and she thanks her aunt with a silent smile. In her heart she knows it can't compare. The rice is overcooked, soggy and separated. The pudding is watery, the texture too thin, too sugary and the cinnamon layer is bitter, burnt around the edges. When everyone has a portion the family comes together in their grief, swapping stories of Poppa's life, their tears dripping onto the blackened surface of the pudding. Julia doesn't eat the skin. She feels the loss deeply, the house feels unnaturally empty and her family's praises, hollow.

*He would've loved it.*

*It's delicious.*

Julia cries into her bowl, her chest spasming.

Her little brother lays a hand on her knee for a moment before he speaks. A small, knowing smile plays on his lips when he says, 'I think you need more practice.'

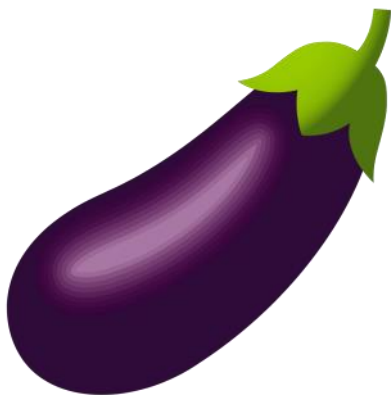
"Savour" written by Bethany Cody

## “How to be beautiful” by Grant Lock

I used to be the one who looked out for the loner.  
Now that my central vision is no more,  
I am the one on the edge.  
After the meeting time for tea  
mix and match  
Laugh and chat  
But as for me  
I'm out of community  
  
Dysfunction at the junction, where  
my personality and disability meet  
gut-level grief and pain.  
  
I peer at you, my faceless friends  
In vain  
  
There's a fuzzy wall  
between me and you  
Lonely corner, bitter pie  
No Jack. No Horner  
Alone, am I  
  
These fractured molecules,  
In this seemingly functional cell.  
I feel Un-needed  
Useless  
redundant  
macular slice of separation , the taste of hell  
  
Leper,  
“Unclean. Unclean.”  
Can't you hear my bell  
ringing out the warning

Yet pleading for your touch  
Your voice  
your association  
  
Surely  
That's not too much to ask  
but here I float beneath the bastions of your castle  
melting iceberg a lonely moat  
  
And in this opaque corner  
Marginalised by the unseeing focus  
of these muddy eyes  
inwardly I scream,  
“Where are you Jack?” “Where are you Horner?”  
  
Mrs Glibly passes by “Er, ... who are you?”  
I tentatively ask. And glibly she replies  
“But Grant! You know me, you know my voice!”  
  
And glibly, she swans into the night  
But I have no choice  
If I can't make the connection right  
I'm lost, alone  
  
Out in the cold, Old Jack Frost.  
Then you come out of the audio forest  
a welcome, blurry tree  
I feel your touch  
I hear my name  
You say, “Grant, come and join us. Come with me  
  
Thank-you  
Thank-you ....You are beautiful

Grant Lock



### Chinese Eggplant with Spicy Szechuan Sauce

**Submitted by Josie**

*\*Vegan Friendly*

*\*Vegetarian*

*\* Extremely Spicy*

#### Ingredients

2 eggplant (about 500g)

2 tsp salt

2 tbs cornflour

Peanut oil as needed

4 cloves garlic, roughly chopped

2 tsp fresh ginger, finely chopped

Red chillies (I used 5 for a good kick).

#### *Szechuan Sauce*

1 tsp Szechuan or black peppercorns

¼ cup soy sauce (or reduced salt soy sauce)

1 tbs garlic chilli paste or 1 tsp chilli flakes

1 tbs sesame oil

1 tbs rice wine vinegar

1 tbs Chinese cooking wine or mirin

3 tbs sugar, brown sugar, coconut sugar, maple syrup  
or alternative

½ tsp Chinese five spice powder

Cut eggplant into bite-sized pieces.

Place in a large bowl, cover with water and stir in 2  
teaspoons salt. (*see note 1*)

Place a heavy plate on the eggplant to submerge .

Leave for 30 mins.

Chop the garlic, ginger and chillies.

Make the Szechuan Sauce:

Toast peppercorns in a small dry frypan over medium  
heat.

Peppercorns are ready when fragrant and start to  
pop.

May take a few minutes.

Crush the peppercorns and place in a medium bowl  
along with remaining Szechuan sauce ingredients and  
whisk well.

Drain eggplant and pat dry with paper towel.

Toss with 2 tbs cornflour.

Heat oil in a large frypan. Place half the eggplant in  
the pan in a single layer. Stir occasionally and cook till  
golden and slightly charred. (*see note 2*)

Remove from pan.

Repeat with remaining eggplant.

Add a little more oil.

Gently fry garlic, ginger and chilli until softened. (*see  
note 3*)

Pour prepared Szechuan sauce into pan with the  
garlic ginger mixture and simmer 20 seconds.

Add cooked eggplant and toss to coat.

Remove to a bowl and serve.

Note 1: Don't skip this step. Soaking the eggplant  
helps the eggplant soak up less oil when frying.

Note 2: Cooking the eggplant will take at least 10  
minutes. Poke a piece with a fork to determine  
doneness. Fork should go in easily when eggplant is  
cooked.

You may have to add extra oil as you go.

Note 3: Taking a little time to slowly cook the garlic,  
ginger and chillies. This will give the chillies a sweet  
flavour.

## National Volunteer Week morning tea



National Volunteer Week ran from 15th - 21st May 2023. As part of our National Volunteer Week celebrations, our hard-working volunteers joined us at the Beyond Blindness Campbelltown office for some morning tea.

A video was played highlighting this year's theme, The Change Makers. Visa thanked the group, then Jim, the CEO, gave a news update as to what's been happening at Beyond Blindness. Volunteers introduced themselves and talked about the type of volunteering they do. Then it was morning tea time.

Lastly, certificates were handed out to recognise the service that our volunteers generously give to Beyond Blindness. Thank you to everyone who attended! And thank you to the volunteers that couldn't attend, yet generously give their time and efforts!

**NATIONAL** 15-21 MAY 2023  
**VOLUNTEER**  
**THE CHANGE MAKERS WEEK**



### Be My Eyes

Launched in 2015, Be My Eyes is a Danish mobile app that aims to help blind and visually impaired people to recognize objects and cope with everyday situations. It was created by Hans Jørgen Wiberg and Christian Erfurt. An online community of sighted volunteers receive photos or videos from randomly assigned affected individuals and assist via live chat. The app is currently available for Android and iOS. Over 6.3 million volunteers and 470,000 blind or visually impaired people use the app. Over 180 languages and 150 countries are represented.

How it works: A visually impaired person starts a live stream showing their view from their mobile phone camera. They are assigned, through a phone call or chat, a random volunteer who speaks the same language and who is in the same time zone. This allows the volunteer to describe an object and assist the visually impaired person, such as guiding the person to move their camera, read instructions, or clean up a spill. Through speech synthesis, content can be read out loud. This process encourages a more independent life for blind and visually impaired people.

As an example: Norbert from Switzerland loves spending his time playing board games or card games and making them accessible for blind and low-vision people. Norbert once got a new card game that he wanted to make accessible by putting braille labels on the cards. The task itself was simple enough, as the cards were placed in order. However, sometimes Norbert would forget which way he turned the card, and a Be My Eyes volunteer would help him place the label on the right side of the card.

Be My Eyes is also updated regularly, using new technology and AI (Artificial Intelligence) to improve the app. Released in March 2023 as a beta testing mode, the new Virtual Volunteer feature from Be My Eyes will be integrated into the existing app and is powered by OpenAI's new GPT-4 language model, which contains a dynamic new image-to-text generator. Users can send images via the app to an AI-powered Virtual Volunteer, which will answer any question about that image and provide instantaneous visual assistance for a wide variety of tasks. There is the goal to release the AI version of the app to the general public sometime in the future.

More information can be found at <https://www.bemyeyes.com/>

The app is free and available for both iOS and Android.

## Community consultation about Personal Mobility Devices on footpaths

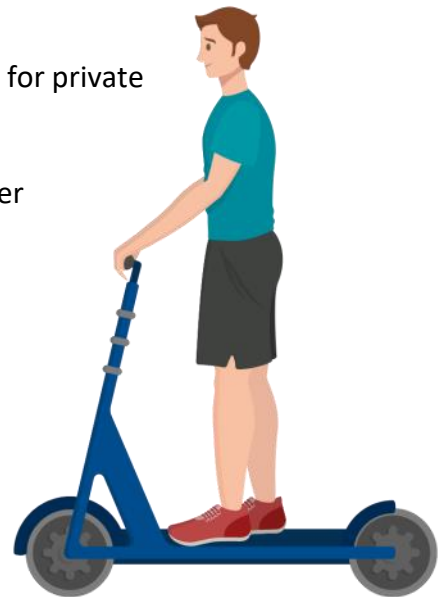
Until May 21st 2023, The Department for Infrastructure and Transport sought feedback from the community on whether people want the South Australian Government to enable ongoing use of electric scooters (e-scooters), electric skateboards (e-skateboards) and other personal mobility devices (PMDs) on the road network in South Australia.

The aim is to ensure that any future framework for the use of PMDs, including for private purposes, on public roads and paths is safe for all road users.

A PMD is currently defined in South Australia as an electric personal transporter which includes devices like:

- e-scooters;
- e-skateboards;
- single wheel self-balancing devices; and
- segways.

In South Australia, PMDs are currently not permitted to be used on public infrastructure (public roads and paths) unless approval has been granted by the Minister for Infrastructure and Transport.



Currently, only fleet-operated e-scooters are approved for use in a partnership between local councils and commercial e-scooter fleet operators. Since the introduction of trials in March 2019, there has been a significant increase in the popularity of e-scooters and other PMDs.

The South Australian Government has committed to consulting with privately owned PMD users and the broader community on the desirability of moving beyond a trial phase and allowing ongoing use of PMDs on roads and in other public areas.

Community feedback on key consultation topics will be used to inform draft legislative changes to existing Acts and/or Regulations. While this consultation is open and feedback is considered, approved trials of e-scooters will continue to operate and be monitored by the Department for Infrastructure and Transport, in consultation with key trial stakeholders.

Beyond Blindness admin volunteer Robyn had this to say about the topic:

“They are a serious safety hazard for vision impaired people and should not be permitted on footpaths. Commercial ones abandoned on the footpath in Adelaide are a safety hazard for all pedestrians. It's hard enough to avoid tripping over them on crowded pavements as a sighted person, it must be a nightmare for those living with vision impairment. I understand there have been accidents involving them where pedestrians have been severely injured. I hope all Beyond Blindness members, volunteers and staff took up the opportunity to caution the government on approving these vehicles.”

More information may be found at: <https://yoursay.sa.gov.au/personal-mobility-device-use>

## Blind and low-vision community calling on federal government to install noise emitters on all electric vehicles

By Hinako Shiraishi  
Posted Wed 17 May 2023

Vision-impaired Australians are calling for electric vehicles to be fitted with noise-emitting devices. Unlike America, Europe and parts of Asia, Australia does not currently require electric vehicles to generate sound. Vision Australia says while the lack of noise from EVs heavily affects people who are blind or have low vision, it's a safety issue for all.

However, with the sharp rise in electric vehicle (EV) ownership in the ACT, Mr Barlow is worried that one day he will be hit by one of the cars because he did not hear it coming.

"One guy actually yelled at me, 'Didn't you hear me?!' I said 'No'. I had no idea until he was virtually on top of me that he was there," Mr Barlow said.

"I use the standard noises that a car would make to make a judgement call to cross the street ... with an EV because they're so silent, it makes it so challenging to cross the road.

"It really does take my confidence levels away, when I want to cross the street independently."

The sharp rise in EV uptake is prompting calls from the low-vision community to fit the vehicles with noise-emitting devices called acoustic vehicle alert systems (AVAS), so pedestrians can hear them coming at low speeds.

Canberra continues to lead the nation in the uptake of EVs, with data showing almost one in five new cars registered in the ACT this year were electric.

However, the federal government said if noise emitters were mandated, older electric cars would not need to be retrofitted with the device.

A spokesperson from the Department of Infrastructure and Transport confirmed any AVAS mandate would apply only to new vehicles entering the Australian market, from a proposed phase-in date of January 2025.

Full article is available at: <https://www.abc.net.au/news/2023-05-17/blind-low-vision-community-call-electric-vehicle-noise-emitters/102318344>

### Personal Alert Systems

Personal alert systems are devices designed to call for help on your behalf during an emergency. A monitored personal alert system will give you 24/7 emergency support by trained staff who can assist with medical and duress situations and immediately contact ambulance, police, fire and your contact person. Other systems can connect you directly to a relative or friend so they can be alerted to your situation. There are many devices available ranging from pendants, wristbands and watches. Knowing you have a personal alert system will give your loved ones peace of mind knowing that emergency support will be provided to you if you are alone and in need. Perhaps talk to your family or GP to discuss the benefits of you having a personal alert system.



"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.



## Editor's Comments

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 get included in a future edition of Beyond Blindness Magazine.

Call us: 8 3 6 7 6 0 8 8

Email: [marketing@beyondblindness.org.au](mailto:marketing@beyondblindness.org.au)

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

Thoughts on improving services? If you have any thoughts of how we might be able to improve services to you, the Board and Staff would welcome your input.

Feel free to provide your feedback and ideas to:

[info@beyondblindness.org.au](mailto:info@beyondblindness.org.au)

Or speak to your local Member Engagement Officer

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

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

## Beyond Blindness

**(formerly Blind Welfare Association)**

**Office:**

**516 Lower North East Rd,  
Campbelltown SA 5074**

**Mailing address:**

**PO Box 216**

**Campbelltown**

**SA 5074**

**T: 8367 6088**

**E-mail: [info@beyondblindness.org.au](mailto:info@beyondblindness.org.au)**

**W: [beyondblindness.org.au](http://beyondblindness.org.au)**

**ABN 73 095 200 204**

## 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](https://facebook.com/beyondblindnessSA)

Or search for "Beyond Blindness"



# ***Beyond Blindness Activities Calendar***

**July, August, September, October 2023**

## **TRIPS**

**CONTACT: TRUDY, GROUP TRAVEL PLANNER: 0488 104 354**

**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: [tthain@beyondblindness.org.au](mailto:tthain@beyondblindness.org.au)

Or call 0488104354 and leave a detailed message.

## **TRAVEL CLUB**

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

**July 8:** Hill & Song Grand Organ Tanunda  
with lunch at the Club House

**August 12:** Round House at Murray Bridge, with lunch locally

**September 9:** Port Milang Historic Railway Museum guided tour at Milang and lunch at the Commercial Hotel in Strathalbyn

## CENTRAL / EAST ACTIVITIES

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

Note: During school holidays most Central/East activities will be paused.  
please refer to the calendar and contact the region's

Member Engagement Officer for any clarification.

School holidays are: **8<sup>th</sup> July until 23<sup>rd</sup> July 2023 &  
30<sup>th</sup> September until 15<sup>th</sup> October 2023**

**Monday:** Gentle Walk & Lunch, 10am - 2:30pm

**Dates:** 3, 24, 31 July & 7, 14, 21, 28 August &  
4, 11, 18, 25 September & 16, 23, 30 October

Venues: Mawson Lakes, Oakden Park, Thorndon Park, Brickworks,  
Semaphore

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

**Dates:** 4, 25 July & 1, 8, 15, 22, 29 August &  
5, 12, 19, 26 September & 17, 24, 31 October

Venue: Valley View Golf Course

**Activity 2:** Dance Class, 1pm - 2pm

**Dates:** 25 July & 8, 22 August & 5, 19 September & 24 October

Venue: VIP Dance Studio, Hampstead Gardens

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

**Dates:** 5, 26 July & 2, 9, 16, 30 August &  
6, 13, 20, 27 September & 18, 25 October

**Special Activity:** \*Beauty @Beyond Blindness,

Venue: Campbelltown Social Centre

**23 August, 10:30am until 1pm**

Members can enjoy manicures & hand massages at special rates

*\* Activity will replace Craft & Chat for that week*

**Activity 2:** Bingo, 1pm - 2pm

**Dates:** 5 July & 2, 16, 30 August & 13, 27 September & 25 October

Venue: Campbelltown Social Centre

**Activity 3:** Wednesday Walks (7 km walk), 10am - 4pm: Various Locations

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

**Dates:** 5, 12, 19, 26 July & 2, 9, 16, 23, 30 August &  
6, 13, 20, 27 September & 4, 11, 18, 25 October

## **Thursday:**

### **Dates:**

**6 July:** 10-pin bowling at Woodville, Lunch at Tavern 540

**13 & 20 July:** No activities (school holidays)

**27 July:** Central/East/West Activity: Virginia Nursery

**3 August, 7 September:** 10-pin bowling at Woodville  
& Lunch at Tavern 540, 10:30am - 2:30pm

**10 August:** Indoor Bowls at Modbury Bowling Club & Lunch at  
Modbury Hotel, 10:30am - 2:30pm

**17 August:** Seniors Coffee, Chat & Games (70 years and above)  
Campbelltown Social Centre, 10:30am - 12:30pm

**24 August:** Central/East/West Activity: Port Adelaide Footy Club for  
Lunch, 10:30am - 3:30pm

**31 August:** No activity

**14 September:** NDIS/My Aged Care Info Session 2  
Venue: Campbelltown Social Centre, 10:30am - 1pm

**21 September:** No Activity

**28 September:** Central/East/West Activity:  
Wharf Walk then Lunch at Lighthouse Wharf, 10:30am - 3pm

**19 October:** Botanic Gardens Tour & Lunch at Alma Tavern  
66 Magill Road, Norwood, 10:30am - 2:30pm

**26 October:** Central/East/West Activity:  
Gentle Walk at West Beach & Lunch, 10:30am - 3pm

## **Friday:**

**Dates: 11 August:** Campbelltown Library Digital Training Programs,  
1 - 3pm, Venue: 171 Montacute Road, Newton, SA, 5074

**25 August:** Hamra Centre Library, 1 - 3pm  
Venue: 1 Brooker Tce, Hilton, SA, 5033

**20 October:** Cooking Class, Cost \$5, 10:30am - 12:30pm  
Venue: Campbelltown Social Centre

**NORTH ACTIVITIES**  
**COUNTRY MUSIC**

**CONTACT: JOAN SNOWBALL: 0420 794 102**

**Sundays: July 16th : August 20th : September 17th : October 15th**

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):  
8166 3330 or 0403 451 817**

**Wednesday 26th July:** morning tea at Krispy Kreme (Port Wakefield Rd) followed by lunch at the Whitehorse Inn

**Wednesday 9th August:** lunch at Woodside Hotel

**Wednesday 23rd August:** morning tea at Da Vince Café, One Tree Hill

**Monday 28th August:** lunch at Williamstown Hotel

**Wednesday 6th September:** lunch at Virginia Hotel

**Monday 25th September:** lunch at Gully Public House & Garden,  
Tea Tree Gully

**Wednesday 18th October:** lunch at B.Social Restaurant, Oakden

**Monday 23rd October:** morning tea/lunch at Café de Grove

**BEYOND BLINDNESS GAWLER LOW VISION GROUP (BBGLVG)**

**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 for further information.

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

**Friday 21st July**, Home meeting, Meet at Elderly Centre, 10am

**Friday 4th August**, Hampstead Hotel, Meet at Elderly Centre, 10am

**Friday 18th August**, Home meeting, Meet at Elderly Centre, 10am

**Friday 1st September**, Two Wells Hotel, Meet at Elderly Centre, 10am

**Friday 15th September**, Home meeting, Meet at Elderly Centre, 10am

**Friday 29th September**, Semaphore Hotel, Meet at Elderly Centre, 10am

**Friday 13th October**, Home meeting, Meet at Elderly Centre, 10am

## **SOUTH ACTIVITIES**

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

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

### **JULY**

**Tuesday 4th July:** Social Group Pamper Day  
**Tuesday 11th July:** Craft Group  
**Monday 17th July:** Talking Book Club at Cove Library  
**Tuesday 18th July:** Bus Trip: Campbelltown Beyond Blindness Office  
**Monday 24th July:** Conversation Corner

### **AUGUST**

**Tuesday 1st August:** Social Group  
**Tuesday 8th August:** Craft Group  
**Wednesday 9th August:** Blackwood Coffee Group  
**Tuesday 15th August:** Bus Trip - Glenelg  
**Monday 21st August:** Talking Book Club at Cove Library  
**Monday 28th August:** Conversation Corner

### **SEPTEMBER**

**Tuesday 5th September:** Social Group  
**Tuesday 12th September:** Craft Group  
**Monday 18th September:** Talking Book Club at Cove Library  
**Tuesday 19th September:** Bus Trip: Wittunga  
**Saturday 23rd September:** Conversation Corner

### **OCTOBER**

**Tuesday 3rd October:** Social Group— Ukelele Group  
**Tuesday 10th October:** Craft Group  
**Monday 16th October:** Talking Book Club at Cove Library  
**Tuesday 17th October:** Bus Trip - Goolwa  
**Monday 23rd October:** Conversation Corner

### **VICTOR HARBOR GROUPS**

**Mondays: 17th July, 21st August, 18th September, 16th October:**  
Victor Harbor Talking Book Club: Victor Harbor Library, 10:30am—12pm

#### **Every Tuesday**

Victor Harbor Men's Coffee & Chat:  
Crown Hotel Victor Harbor, 10am - 11:30am

## WEST ACTIVITIES

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

### **Tuesday:** West - Central Group: Dancing

25th July

8th & 22nd August

5th & 19th September

24th October

Venue: VIP Dance Studio, Hampstead Gardens

### **Thursday:** Social Group

27th July, Virginia Nursery

24th August, Port Adelaide Footy Club (The Precinct)

28th September, Lighthouse Wharf & Lunch

26th October: Gentle Walk at West Beach & Lunch

### **Friday:** Western Social Group Lunches

21st July: Woodville Hotel

18th August: La Vita Café

15th September: Tavern 540

20th October: Lunch at Seaton Hotel

### **Saturday:** Western Social Group Lunches

1st July: Lockleys Hotel

5th August: Schnitzel House

2nd September: Lighthouse Wharf

7th October: Lunch at the Challa Gardens Hotel

### **Sunday:** Young Adult Group Lunches

13th August: Lighthouse Wharf ( Lunch & Music)

10th September: Lockleys Hotel (Lunch & Music)

8th October: Day Trip (To Be Confirmed)

## **IMPORTANT INFORMATION**

*Please note:*

- Members from all regions are welcome to attend all activities*
- 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*
- Term 3 School holidays are: 30th September—15th October 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*
- Please refer to Extreme Weather policy on next page regarding the weather and how it may affect future 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. severe storm warning or flood alert)
- The health and safety of staff, volunteers and members is essential at all times, but particularly during extreme weather