

Beyond Blindness Magazine



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Welcome to 2024!! We hope you have had a great time over the Festive Season and enjoyed the food of which no doubt many over indulged, and why not, it is only Christmas once a year, isn't it? The weather at the beginning of Summer was a little bit out of character with so much rain along with the lightning and the thunder storms which has been good for the gardens. I do enjoy a good storm, not sure that my cat and others do, or dogs for that matter, along with a few people. We have to thank Rachel for collating the content of the magazine as she is very resourceful and manages to put lots of interesting articles together.

- Leonore Scott, Editor

From the CEO



Happy New Year, and I hope everyone had a lovely Christmas. The opening of our new Campbelltown Centre and the purchase of four new buses last year, has set the scene to further expand our social and peer support activities this year. This year's upcoming programs should see a good mixture of Beyond Blindness and member run activities.

I recently met with members to discuss the use of buses for member-run outings and we have developed new guidelines for their use. New this year will also see the trial of Tandem cycling with bikes initially on loan

from Blind Sports SA. We envisage regular activities initially at Victoria Park before venturing further afield.

From member feedback we are conscious of the isolation of many country members and will be working to facilitate coffee and chat groups for members living in some of our larger regional centres in 2024. Our Engagement Officer Frank Cirillo will be building on the success of his Mount Barker group to contact and develop other groups in other regional towns. If you are living in a regional centre and aware of other members in your area who would enjoy catching up, please contact Frank to see what we can do.

In addition to our regular Board Meetings the Board and I will meet in February to work on longer term planning and the next stage of our strategic plan.

Recruitment will start soon to fill the vacancy left by the retirement of Deidre Gavros from our Northern office. Deidre was with Beyond Blindness for 27 years and I thank her for her many years of service and support to our Board and the Organisation. At her farewell presentation Deidre spoke of her plans to undertake a cruise to New Zealand and a trip to Bali. We wish Deidre every success in her future endeavours.

Once again, I wish to thank my team and our many wonderful volunteers that work to make our Organisation and its activities a success. I look forward to another year of growth in services and support to the legally blind community of SA.

Jim Colligan
CEO, Beyond Blindness

OFFICE LOCATIONS:

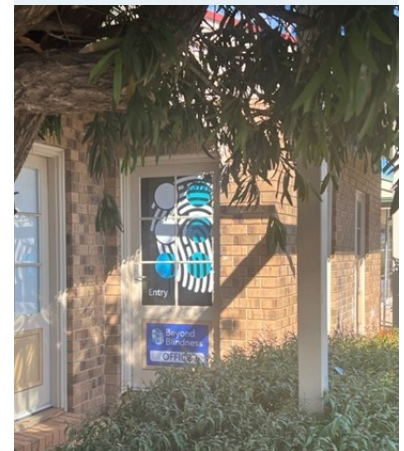


Central/East

Office & Social Centre:

516 Lower North East Rd
Campbelltown SA 5074

8367 6088



Northern Office:

Unit 1

12 Adelaide Rd
Gawler South SA 5118

8166 3330



Southern Office:

Unit 2

4 Clement Tce
Christies Beach SA 5165

8556 6228



The Beyond Blindness Annual General Meeting was held on Saturday 21st October 2023. It was a well-attended meeting with all Board Members, Campbelltown staff, volunteers and members who came in to hear a review and news of how the Organisation has performed in the past financial year as well as pick up themselves a copy of the latest 2022-2023 report, and hear an overview of how things are running.

Business Support Officer Sandra Gesuato hosted the morning. First up CEO Jim Colligan read out the audited financial statement for year ending 30th June 2023. The Board President, Tony Starkey, indicated he would comment on the healthy position of the Organisation as well as the finances.

Further comments were made on the Infoodle App and the work conducted over time to implement it, and thanked the team input including special acknowledgement to volunteer Chris Moyle who assisted the team with IT issues. The Organisation is in a good financial position and we now cover both ends of the metropolitan area so we're looking forward to continuing services with the team putting together a good list of social activities next year.

Tony then announced the departure of Board member, Sarah Savage giving sincere thanks and congratulations, with her having seen through quite a bit of change and improvements during her time as a Board member. All thanked Sarah for her contribution. The Board and room then welcomed member Elisabeth Eastham as the newest Board member, a well-known and active member who is keen to bring her ideas and contribute to an Organisation she knows well. Elisabeth thanked Leonore for the questions and informed all that she would like to contribute to how the members view how the Organisation is run and what activities are on and to essentially act as a spokesman for the members. Elisabeth acknowledged lack of experience with business decisions but was looking forward and appreciative of the prospect of fellow Board members teaching her.

The floor was then opened up for questions or discussion by any attendees who were able to put forth their concerns directly to the Board and CEO. It was also a great opportunity for new members to attend and get a feel for how the Organisation is run and give feedback about activities, and suggestions from their perspective of what might help new members feel more involved.

Maureen Montes, Vice President, presented Visa with birthday wishes and expressed her gratitude for her contribution to the Organisation. Tony closed the meeting advising that the next AGM is to be held at the South office at Christies Beach. Everyone stayed at the Centre for a lunch prepared by the Staff followed by some fresh fruit.

Around the Office



Beyond Blindness member and Disability Advocate Bethany Cody has collaborated with ABC News to produce a report about e-scooters on footpaths and the hazard they create for blind and vision-impaired South Australians when navigating the city. Beyond Blindness Board President Tony Starkey was interviewed by Bethany at Beyond Blindness Campbelltown for the report.

Well done Bethany for highlighting and giving some insight into this issue! Read her article by clicking this link: <https://www.abc.net.au/news/2023-11-20/escooters-trip-hazard-for-vision-impaired/103059782>

We have some golf clubs to give away at the Campbelltown Social Centre. They are quite old and in varying condition, but they are free. There are two golf bags as well, mustard and orange in colour.

Neither have buggies, so they are not trolleys. They are heavy.

The first set of golf clubs are Slazenger brand: labelled the following way:

3, 6, pitching wedge, sand wedge, 7, 4, 3, putt, 5, 3, 4, 8.

The second set is: Legacy Black 3, Paradox 1, Razor X 5, Ovation 3.

3, 5, P, and 3 putters.

You are welcome to inspect them in person, if you like.

If you are interested, please contact the Campbelltown office, 8367 6088 and ask to speak to Marian.



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.

Member & Volunteer Christmas Party 2023



Beyond Blindness Members and Volunteers were treated to a fantastic and festive Christmas Party, held at the Marche Club, Paradise on Thursday December 14th 2023. An occasion that brought together members and volunteers from all regions, it was a great way to celebrate such an eventful year that 2023 has been. Enjoying a main course and a dessert, attendees listened to Beyond Blindness CEO Jim Colligan give a speech about the progress Beyond Blindness has made this year, and Board President Tony Starkey gave his thoughts as well.

In between speeches, and while eating their meals, one-man band Fred Labrosciano entertained the audience with his jaunty tunes that even got some members and volunteers on the dance floor.

The Beyond Blindness' Trevor Frost Award 2023 winner and recipient Adeline Roe was presented with the award for her outstanding achievements and potential in the field of music, with Board Member Elisabeth D'Sylva-Clark doing the honours of selecting and presenting her award.

Operations Manager Visa Neelam gave out certificates to thank our band of reliable volunteers for their hard work last year, as well as gave a talk about the Infoodle app. On the way out, attendees were given a Christmas gift to thank them for coming.

Thank you for everyone who attended and we hope you had a great time!

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.

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



25th October 2023 Interview:

Frank Cirillo, Member Engagement Officer (West & Adelaide Hills)

- 2023 Annual General Meeting
- West and Adelaide Hills activities
- The growth of the Adelaide Hills/Mount Barker Coffee & Chat Group
- How the Hills and Western Suburbs Young Adults Group might try new activities in the future, with suggestions put forth by the members themselves
- Information about the upcoming CBD tour, "How the Adelaide City Came to Be" as well as the cooking class held at Campbelltown, and the Tuesday Dance Class

Interview starts 17:25 and the segment goes for about 15 minutes.

Listen here: <https://omny.fm/shows/focal-point/focal-point-podcast-25-oct-2023>

15th November 2023 Interview:

Rachel, Marketing & Administration, Beyond Blindness

- How Rachel started volunteering at Beyond Blindness as an Administration Assistant
- How Rachel markets the Beyond Blindness Organisation and getting the word out
- Beyond Blindness activities for November and December, including: Mannum Trip, Cherry Picking, Phone and Tablet Technology Session, and Adelaide Hills Group

Interview starts at: 15 minutes 50 seconds, and it goes for about 15 minutes

Listen here: <https://omny.fm/shows/focal-point/15-nov-2023>

20th December 2023 Interview:

Visa Neelam, Beyond Blindness Operations Manager

Rachel, Marketing & Administration, Beyond Blindness

- Visa updates listeners about the Infoodle App, making it easy to access Beyond Blindness news, activity calendars and documents.
- Rachel also has a chat to Peter about the Christmas closures and the new trial tandem bike activity offered to members in 2024.

Listen here: <https://omny.fm/shows/focal-point/20-dec-2023>

Interview starts around 16 minutes, 30 seconds.

History



Here is an interesting part of history, where a photo was taken on Noemfoor Island in Dutch New Guinea on 11th November 1944. Personnel of Number 78 (Kittyhawk) Squadron RAAF at an operational base were presented with a vivid audio description of the Melbourne Cup horse race. A shorthand note is taken of the shortwave broadcast on ABC radio and the transcription is realistically presented over amplifiers, engaging the troops with a retelling of the race that stops the nation back at home. This piece of history really shows the importance of audio description when telling stories and communication, and the vital connection it provides, boosting moral for those posted overseas.

Image description: Black and white photo of about 50 males aged about from late teens to late 30s, most shirtless, wearing beige pants. They are sitting next to tents and there are tall tropical trees in the background of the photos. In the middle of the group is a speaker: a pole with a cone on each side. The men are sitting down listening to the broadcast.

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 anyone aged over 18 years old 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

Flashback of Central/East Activities for Term 4, 2023



Day Tours

Members enjoyed several day tours in Term 4, 2023. They visited the Adelaide Botanic Gardens and enjoyed a sensory tour where they felt the textures of leaves and tree barks. They were also taught about the uses and history of the many trees in the Gardens.

In November, members participated in a historic tour of North Adelaide, where our experienced tour guide, Graeme showed members and volunteers the buildings, talked about the history of the settlers and described the buildings and surroundings.

And to round off the year, members and volunteers went to the Beerenberg Farm in Hahndorf to pick strawberries and enjoy tea, scones and more at the cosy but modern Farm Cafe & Dairy.

Tell us of any special tours you would like us to organise by participating in our year end survey or dropping us an email: info@beyondblindness.org.au



Digital Assistance @ Local Libraries

Beyond Blindness has embarked on a program to identify Community Libraries which offer digital assistance programs to help members use voice-over, SIRI, google-assist and other assistive technology on their mobile devices, tablets and laptops.

This year, we started working with Hamra and Ngutungka West Lakes Library to assist members in the West to familiarise themselves with assistive technology. We will continue to identify more Libraries around Adelaide which offer such programs to improve and reach members across different regions.

Look out for information as we add to the list of Libraries which offer these services, or contact Marian at 8367 6088 to request information about a Library near you.



Highlight of Activities for Term 1, 2024

The Central/East group has activities from Mondays to Wednesdays and some Thursdays.

Mondays – Gentle Walks @ Semaphore, Mawson Lakes, Oakden Park, Thorndon Park, River Torrens

Tuesdays – Golf @ Valley View

Wednesdays – Activity 1: Craft & Chat, alternate weeks Bingo /// Alternate Activity - 7km Wednesday Walk

Historic/Day Tours

Various day and/or historic tours have been planned for February, March and April 2024. We are looking to plan day trips to Nairne, Garden Grove and Himeji Garden over a Thursday and/or Friday in February, March and April. Look out for more details in our monthly Activity Highlights email.

Day/Date: Thursday 8th February, Thursday 14th March, Friday 12th April 2024

Time: 10.30am to 1pm

Seniors Coffee & Chat (70 years and above)

Join our senior members once a month to enjoy coffee, tea, refreshments, and a game of guess that song or trivia. Meet new friends, share your stories, and learn more about the support for vision impaired seniors in our community.

Day/Date : Thursday, 15th February, 21st March, 11th April 2024

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

Venue: 516 Lower North East Road, Campbelltown SA 5074

Cost: \$10

Beyond Blindness AFL Gather Round

Beyond Blindness is hosting an exciting evening of AFL Gather Round at their Social Centre, The event is specially planned for members to enjoy the festival of footy with fellow members! Come and join us for a night of fun, food, and footy!

Day/Date: Thursday, 4th April 2024

Time: Evening (light refreshments will be served)

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

Cost: \$10

More information will be sent via email in March 2024.

Tandem Bike & Café Lunch

Beyond Blindness is excited to announce a new activity for members. We are starting a tandem bike riding event and recommend that participants are comfortable with cycling for at least 30 minutes at a moderate pace before participating. For members who prefer to come enjoy the day out, we have a café lunch planned for everyone.

Day/Date: Thursday, 22nd February 2024

Time: 10.30am to 2pm

Venue: To be Confirmed

Cost: \$10

More information will be sent via email in late January 2024

Central/East Area (continued)

Desserts with Leonore & Deb

Come learn how to make yummy, healthy and different desserts with Leonore and Deb.

Day/Date: Friday, 8 March 2024

Time: 10.30am to 12.30pm

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

Cost: \$10

Book Club Formation in collaboration with Campbelltown Library

We are looking to form a book club in collaboration with Campbelltown Library. We invite expressions of interest from all book enthusiasts who are eager to embark on this literary journey.

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

Day/Date: First Friday of the month beginning on Friday, 2nd February 2024

Time: Morning

Venue: Campbelltown Library

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

Tips on how to use Voice Over, Google Assist and SIRI on your device

Join us for a session on how to use voice assistants like Google Assistant and Siri to help vision-impaired members use their mobiles or laptops to find information and communicate efficiently.

Day/Date : Thursday, 29 February 2024

Time: 10.30am to 12pm

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

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

Apple Picking @ Lenswood

Apple picking at Lenswood is a fun and unique experience that our members will love. You can pick your own apples fresh from the orchard, enjoy locally produced food at the onsite cafe, and participate in farm games and activities for kids. The orchard is surrounded by beautiful Lenswood views and wildlife, making it a perfect day spent in country air. @lenswood Pick Your Own is open for business from March 6th throughout the season till the end of May

Day/Date: Thursday, 28 March 2024

Time: 10.30am to 12pm

Venue: 122 Harris Rd, Lenswood, SA, 5240

Entry Fee: \$6 per adult (excluding costs of apples)

More information will be sent via email in late February 2024.

Northern Area Highlights: Do you live in the Northern suburbs of Adelaide? The Beyond Blindness Northern Outreach group has lots of exciting activities coming up that might just pique your interest.

Lunch get-togethers: Join a group of friendly members for a good meal and chat on Mondays at the pubs listed below:

Venues – Birkenhead Tavern, Exchange Hotel, Glenelg Surf Club, McQueens Tavern.

See activity calendar for dates and details.

Bingo: Legs 11, rise and shine 29, queen bee 73: will your lucky numbers be called?

Come along for a few rounds at the Gawler Northern Outreach office and you might just be the one to shout “Bingo!”

Date: Monday 18th March 2024

Location: Gawler Office

Time: 10am - 12pm

Music Sing-along: Bring your singing voices with you for an afternoon with familiar tunes you can sing your heart out to.

Date: Monday 29th April 2024

Location: Gawler Office

Time: 12pm

Contact the Campbelltown Office to book in for any of these activities by calling 8367 6088.

Vincent Tarzia



Thank you to Honourable Vincent Tarzia - Member for Hartley who popped by the Beyond Blindness Campbelltown office on a morning in December to check out our new Toyota buses. His instrumental role in facilitating the waiver of stamp duty for our buses was a significant help for us financially and very much appreciated. These buses transport members to and from social activities, events and excursions, which is important for members socially, and helps increase their participation in the community, as well as trips all over South Australia. Beyond Blindness is grateful for his support.

Oaks Liberty Apartment



Do you feel like you want to take a break? Why not take advantage of the few nights stay in the relaxing Oaks Liberty Apartment? Beyond Blindness can offer its members a stay at a reduced rate. Cost to stay is still extremely affordable - \$120 for 3 nights with another 4 nights at \$80 per night per year. What a bargain! For booking queries or further information call 8367 6088.

SASSVI Presentation Concert

Tuesday 12th December 2023 was the night of SASSVI's (South Australian School & Services for Vision Impaired) annual presentation concert, attended by Marketing Assistant Rachel and Board Member Elisabeth. As part of the night, Beyond Blindness sponsored an award to the value of \$200 to support the student in their educational endeavours.

The "SASSVI Spirit Award" was awarded to Luke for his "demonstration of school values of compassion for others, being honest and fair, and having a strong sense of responsibility." Congratulations and well done Luke!



Before the concert there was an exhibition set up with the theme of "outer space" - displaying students' creative creations, such as spacemen, rockets and planets, all made from recyclable material that would have otherwise been discarded. These tactile sculptures were made from materials such as ice cream buckets, cardboard, plastic bottle tops, alfoil, string and many other bits and bobs. Other art pieces were cats and Picasso-inspired Cubism-style sculptures. They were very interesting and clever, with stories about the artwork written in text and braille beside them.



The theme of the concert was a radio show: SASSVI Radio 20.23, which brought a lot of laughs as the students hosted a radio show with jokes, weather reports, awards, 2 plays: Kitty the Space Donkey & The Weird Flower, music performances, traffic report, with the grand finale being a rock band and "Rudolph the Red-nosed Reindeer." Thank you to SASSVI for giving Beyond Blindness a chance to attend your wonderful concert!

Spotlight on Member: Maureen Montes

Maureen Montes is someone I'm sure you all know as a long-time fixture and contributing Board member of Beyond Blindness for the past 11 years. Bringing her business-sense and determination that has been invaluable to grow the reach and Beyond Blindness brand.

Maureen was born in South India, at home in her grandparents house called Ivy Villa in 1949. Her parents were Royalists so they gave her the classic regal middle name, Elizabeth. Her father worked as an Officer for the ASC (Army Sustainment Command) in the Indian Army Service Corps, specialising in the distribution service, managing trucks and supplies. As a consequence of being posted away to a highly secure non-family station, Maureen's father only saw her when she already was 8 months old, when he returned. Her father's letters had to be screened by the Army before being delivered to her mother. Her father came across Aussies in the army who would sing songs such as "Waltzing Matilda," which her father liked so much he gave Maureen the nickname, "Tilda."



Maureen and her sister, who is 7 years younger, moved around the country often because of her father's work. Maureen had to adapt to new schools and making friends in each location, causing her to become adaptable to most situations. Maureen finished her primary school in Bangalore and then went on to complete her schooling at Baldwin Girls High School, a school founded by an American missionary, also located in Bangalore. Maureen was active in dramas and plays, and loved to "strut her stuff" on stage – at one performance, even playing the part of 3 different roles – having to quickly run backstage for her next character's costume. A model student, she was selected to be the Service Squad Captain, making sure that fellow students were following rules, such as putting rubbish in the bins. Maureen was always talkative, and joined the debating team in Grade 10.

She graduated high school comparatively early, at 14 and a ½ years old. She applied to Mount Carmel Catholic College, but because of her young age, she had to seek permission from the Bangalore Catholic Church Bishop to start her studies. Studying Economics, English, Hindi and Logic, she found university to be more fun than school because it offered more freedom.

At the age of 18 Maureen graduated university after 3 years of study, and got married fairly shortly after in 1967. She met her husband Russell through a mutual friend at a Mess, which is a designated area where military personnel socialize, eat and drink. Russell was an Indian Airforce fighter pilot, so Maureen had that in common with him, coming from a military family herself. Moving straight from her parents' house to an Airforce base, Maureen had to suddenly learn how to cook basic food, using a pressure cooker, as there was no on-site domestic help, and she would pack her husband's lunch in a tiffin box.

Welcoming 2 children while in India, a girl and a boy in the 1960s and '70s, Maureen focused on being a mother during that time. As her husband's work hours were irregular, being a Mum kept Maureen's hands full. In 1984 Russell was offered to move their family to Australia under the skilled migrant program, as Parafield airport was seeking pilots to act as flying instructors in their Flying Academy. They first moved to Salisbury East, into a completely unfurnished house, meaning they had to make do with sleeping on the floor until they were able to buy second-hand beds and loaned a small fridge until the rest of their furniture was shipped from India.

Maureen's vision impairment first became noticeable when she started school, as her teachers said that she couldn't see. She had consultations with optometrists who simply said she had "limited vision" and no glasses could help. Maureen had to sit at the front of the classroom so she was able to see the blackboard, which meant that she was kept closely monitored by teachers, so had to be on her best behaviour.



Later, aged 15, when she just started university, Maureen went to eye specialists and was diagnosed with Stargardt Disease, a condition which affects the nerves going from the retina to the brain. Stargardt disease is a rare genetic eye disease that happens when fatty material builds up on the macula — the small part of the retina needed for sharp, central vision. Vision loss usually starts in childhood — but some people with Stargardt disease don't start to lose their vision until they're adults. There is no treatment at this time and Maureen has around 5% vision, however her central vision is almost gone.

In 1985, a year after moving to Adelaide, Maureen set up a business that imported wholesale silk fabric, working from her home in Prospect at the time, filling a niche, to be the first person in Adelaide to import silk for the bridal industry. Maureen would catch buses to and fro all over Adelaide, lugging a bag of silk samples to display to potential buyers, which required persistence. Expanding to opening a physical shop along Chapel Street in Melbourne for a year, selling silk and bridal fabric. After her silk business closed, Maureen spent her days looking after her grand-daughter from when she was a baby, which kept her on her toes for 2 days a week.

Maureen was introduced to the Blind Welfare Association of SA, as Beyond Blindness was known at the time, by the way of Trevor Frost, who gave her an eye monacle to check her silk fabrics closely, and Peter Heatherington, who recommended a talking books tape recorder.

In around 2010 Maureen took up a volunteering role in retirement villages, offering social support to blind and vision-impaired residents: a chat, friendly voice and touch, and occasionally taking them out shopping.

Always looking to make a difference in the community, Maureen ran for the local council elections in the 1990s in the district of Nailsworth Ward, as it was divided at the time. She narrowly missed out on a win by only 200 votes. In 2002, after moving to her now home in Parkside, Maureen found there was a long walk to the next set of lights to safely cross the road to the bus stop. She proposed to the Department of Transport to install a traffic light crossing, and 10 months later it was installed, saving 15 minutes of walking and making the area safer for pedestrians needing to cross the road.

Maureen's go-getter and productive nature did not go unnoticed by the BWA. She was personally invited to join the Board in 2012 as a member of expertise because of her business background. At first Maureen took the opportunity to listen to the Board and observe how they ran, but it wasn't too long before Maureen chimed in with some suggestions to improve the BWA, as she is always the type to think ahead for the future. She has been instrumental in suggesting many of the ideas adopted by the Board. These have been: the Trevor Frost Award, an annual award to assist a young South Australian with a vision-impairment to further develop their skills in music or the performing arts, the purchase of the Glenelg apartment, giving members a chance to rest and relax at a discounted rate, and the name change to "Beyond Blindness" and new logo to keep up with the times and best represent the organisation's perspective, and a strong supporter of the move to the new Campbelltown site.

Outside of her Board duties, Maureen enjoys going to the orchestra, theatre, the arts, socialising with friends, walking on the beach, and spending quality time with her family: she is very proud of her two children and grandchildren. One of her favourite recipes is fruitcake, usually cooked around Christmas time. 6 months after arriving in Adelaide in 1984, Maureen entered a contest for the best turkey stuffing, winning the contest with her entry: "Curried Turkey Stuffing from the Days of the Raj", made with ingredients such as fresh coriander, all spice, walnuts and almonds, with no chilli, and only a mild spice flavour, as to match the Australian palette. Her exotic recipe had her attending a special ceremony where the radio station 5AA, presented her with a prize of a raw turkey, hamper of smallgoods and wine. Callers rang the station to ask for her recipe, with over 100 copies being sent out by post, by request. Maureen still makes this recipe every Christmas to this day, and is working on passing on the correct technique to her son so the recipe can be enjoyed in years to come.

Maureen is very happy and proud that Beyond Blindness is doing so well. Joining Beyond Blindness has channelled her wish to always help people, especially those that are in the same boat, vision-wise. "It gives me a great deal of satisfaction to see the progress of Beyond Blindness and I hope the Organisation can continue to do great things. We might be blind but we still motor on."



TEG's Ticketek Empowers Inclusion: Launches Enhanced Ticket Booking Platform - Sets New Standards for Accessibility

AUSTRALIA, 22 November 2023 –TEG today announced that Ticketek, a global leader in live event ticketing, data and analytics, is rolling out an online accessible ticket booking platform, creating a simpler way for people with disability, and their companions, family and friends to purchase tickets online.

Ticketek has listened to customer feedback and consulted with government bodies, industry partners, and advocacy groups [...] to improve the booking experience of people with disability.

There are several types of accessible seating available through the new digital platform, including for customers who use wheelchairs, require easy access, have a vision impairment or use a hearing loop. Companion tickets can also be purchased – allowing fans with disabilities to redeem a complimentary companion ticket for any seat within a venue. Importantly, the new enhanced digital platform is an 'always on' experience for participating venues and events, which means fans can buy accessible seating tickets online and in real-time, including for high-demand events.

"At Ticketek we believe that all Australians should have equal opportunities to attend their favourite events. Offering an ideal purchasing experience for accessible seating is a project we hold close to our hearts. We are aware that the process has not been as easy as it should be to date, so we are delighted to be delivering this improved experience for fans and their companions. [...]"

"Attending concerts, festivals and sporting events is a favourite pastime for many Australians, including those who need more support in accessing venues. It's so important that accessibility does not become a barrier for people living their life to the fullest. We are proud to have worked with Ticketek to introduce true equity to ticketing. The same customer experience whether people have a disability or not is a new benchmark in accessibility for all Australian companies to aspire to."

The most up to date information on accessible bookings is available at <https://help.ticketek.com.au/hc/en-us/articles/360001880427-How-do-I-book-an-Accessible-Ticket->

Customers who have questions, can contact Ticketek's Accessible Seating Hotline on 1300 665 915 where a trained Ticketek staff member can discuss their accessible seating needs.

Ticketek's new Accessible booking platform is available on selected events at the following South Australian venues (A full list of venues can be found by visiting the press release page.)

Dunstan Playhouse (AFC) (SA)
Festival Theatre (AFC) (SA)
Her Majesty's Theatre (AFC) (SA)

This press release has been amended and the full release may be accessed here: <https://www.teg.com.au/tegs-ticketek-empowers-inclusion-launches-enhanced-ticket-booking-platform-sets-new-standards-for-accessibility/>

Volunteer spotlight: Small jobs group



The Beyond Blindness volunteer small jobs group helps out by visiting member homes and doing odd jobs: little things around the house that they may be unable to complete themselves but that will help their quality of life once done. Such as installing light globes, hanging picture frames or installing curtain rods, etc. The group also helps onsite at the Campbelltown office by assembling the new shed, hanging pictures and installing shelving, especially during the move: clearing out from the Gilles Plains centre and settling in of the new office space in Campbelltown.

Interested in 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.



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/>

Adelaide Zoo Welcomes Assistance Dogs

by Amy Vogelsang

Amy Vogelsang is Zoos SA's Senior Communications Coordinator

It's the start of a new era as Assistance Dogs are welcomed through the gates of Adelaide Zoo for the first time, opening up a world of wild experiences to visitors from near and far who are supported by accredited Assistance Dogs. Partnering with See Differently (formerly Royal Society for the Blind), Zoos SA's assistance animal program initially allows See Differently accredited Assistance Dogs to visit the zoo between 10.30am and 3.00pm.

An Assistance Animal zone map guides people and their Assistance Dogs through the zoo, making sure Labradors, lemurs and humans alike all have a rewarding and safe experience. The creation of this map is where the science comes in.

Zoos SA's Animal Behaviour and Creative Programs Manager, Nic Bishop, said the program is a result of strategic animal behaviour research between Zoos SA vets, keepers and See Differently specialist dog trainers.

See Differently assistance dogs took part in four testing days to meet zoo animals. Testing involved walking dogs past animal habitats across the zoo while Nic recorded the zoo animal reactions and the handlers noted the responses from the dogs.

"We wanted to know what might happen when a lion meets a Labrador. Using over 100 pieces of behavioural footage I assessed how dogs and different zoo animals responded to each other to assess where assistance animals can go in the zoo. Many animals are naturally interested in new things, sometimes this can be positive and enriching and other times this can have negative outcomes," said Nic.

For the vast majority of species, the testing process found that seeing an Assistance Dog was a positive enrichment experience. "It was fascinating seeing the Meerkats reaction, they were so curious and all ran over to the glass fence to check out their furry visitor."

These findings formed the traffic light system for the Assistance Animal zone map. Green zones mean assistance animals can safely move about, orange is where people should exercise caution and be aware of how their assistance dog may react, and red zones are restricted where Assistance Animals are not permitted.

"We want people and their Assistance Dogs to feel as at home with us as the 250 different species that live at Adelaide Zoo, and the zone map is one way we will facilitate a positive welfare outcome for Assistance Dogs and the furry, scaly and feathered friends at the zoo," finished Nic.



With See Differently providing Assistance Dogs to more than 130 South Australians, Zoos SA Chief Executive, Elaine Bensted, said this program marks an important milestone in providing a welcoming and accessible space for all.

“This is an exciting step on our accessibility journey and we’re thrilled to be supporting more people to visit, learn about incredible species and have a wild experience at the zoo. Assistance Animals help give people with an accessibility requirement greater independence and we’re proud to support this at Adelaide Zoo.

“We’ve had great feedback from the community on our Relaxed Zoos Hours initiative, where we reduce human noises in select sessions to create a more sensory friendly environment for guests, and we look forward to building on this work and opening up the zoo to more people with the Assistance Dogs program,” said Elaine.

See Differently Executive Director, Damian Papps, said, “The research phase of this program, in introducing guide and assistance dogs in training to different animals, was fascinating and a unique learning opportunity for the See Differently and Zoos SA teams.”

“We are here to provide people with the capability to see differently, and this initiative with Zoos SA is enabling South Australians with a guide or assistance dog to experience the Adelaide Zoo in a whole new, accessible way. We’re really pleased that people with a guide or assistance dog can now enjoy a visit to the Adelaide Zoo – a quintessential leisure experience, with their children, grandchildren and families and friends. With The Zoo founded in 1883 and See Differently founded in 1884 it is a wonderful opportunity for us to work together enriching the lives of South Australians.”

Human Services Minister Nat Cook said, “I’m delighted that Adelaide Zoo is opening its gates to visitors and their Assistance Dogs, ensuring even more South Australians have access to the great experiences on offer. “Earlier this year the State Government announced \$10,000 for Zoos SA to expand and deliver its series of relaxed experiences for the state’s autistic and autism communities. These initiatives are all part of the work taking place to make South Australia more accessible and inclusive for all.”

People visiting with an accredited See Differently Assistance Dog can head to the Accessibility page on the Adelaide Zoo website and access the Assistance Animals Guide and complete an application or call Adelaide Zoo on (08) 8267 3255. There are a number of support measures in place to ensure the safety of guests, their Assistance Dog and our animals and by following the guide Adelaide Zoo can support everyone to have a rewarding and safe experience.

At this early stage of the program Adelaide Zoo is open to accredited See Differently Assistance Dogs and not other species of assistance animals. If you are the handler of an assistance dog accredited by a different institution, we are seeking additional feedback and people to work with so we can support everyone (and every animal) to have the most rewarding and safest interactions. As we continue to learn and grow, we welcome feedback to guide this program to be the most useful for the most people, and look forward to working with additional organisations.

Apply via the Adelaide Zoo website: <https://www.adelaidezoo.com.au/assistanceanimalapplication/>

This article has been reproduced with permission from Zoos SA.

Social Groups Photo Album



Member James taking a seat during the wharf walk at Port Adelaide with the Central-East group



Central/East Member Engagement Officer Marian with member Margaret at the Botanic Gardens



Members in front of the roses at the Botanic Gardens in Adelaide for the guided-tour



Beyond Blindness Western Social Group at Prices Bakery, Allenby Gardens



Members at Woodville Bowling



Terence, Ralph and Rob at Southern group having a BBQ



Craft and Chat at the Campbelltown Social Centre



Southern Social Group Lunch at Christies Beach Hotel



Adelaide Hills Social Group lunch at The Old Mill, Hahndorf



Monday's Gentle Walk Group at Thorndon Park, Paradise



Gawler Low Vision Group



Western Group: Lunch at Henley Beach Hotel

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

The See Differently Techfest 2023 was held at U City in the Adelaide CBD on Thursday 2nd November 2023. A few Beyond Blindness staff as well as members were able to check it out and discover the latest and greatest available in Adaptive Technology Equipment.

Techfest was held in an exhibition space with displays from all over Australia and the world, presenting the latest technology to assist blind and vision-impaired South Australians. There were many different tables set out with options of technology, such as magnifiers, screen-readers, braille machines, phone apps, and gadgets, to make things easier around the home, as well as out in the community. New models of hardware were updated with WiFi, which opened up the option to connect to the internet, to keep the hardware up-to-date, as well as, for example, download and print documents by connecting online. The event was hands-on, with attendees able to try many products for themselves to see if they might benefit.

Techfest also had 3 seminars with guest speakers giving talks about different products inside the home, in the community and the latest in technology. Coming all the way from the USA, Assistive Technology Expert, Content Creator & the TechFest ambassador Samuel Seavey, talked about exciting advances in technology. Sam, the founder and creator of The Blind Life YouTube Channel, who developed an early onset form of macular degeneration, and was legally blind by his mid-teens, gave a presentation on the future of Assistive Technology.

Sam spoke about some mind-blowing opportunities and we were presented with the Envision Glasses. We were shown how the glasses use a wide-angle camera to scan the area in front of you with scene detection. There is further advancement with the use of ChatGPT (AI) where you can interact with the glasses to ask questions. You are even able to interact with the glasses by asking questions about the scene, plus you are able to contact up to 10 allies via the glasses, where your ally can view the scene that you are in! What a great way to get out of a sticky situation when you may be disoriented or require further assistance to give you a live description of what's in your environment!

I encourage you to check out a great review Sam has produced on his Youtube channel The Blind Life – Link here: [Envision Glasses Just Got Better!!](#)

Plus check out Sam's website: The Blind Life (Sam Seavey): <https://theblindlife.net/>

You can also seek more information on the Envision Glasses via Pacific Visions website: [smart glasses for the blind and vision impaired \(1lowvision.com\)](#)

With so many displays at TechFest from many suppliers around Australia and the world, the list is long on the technology, applications and equipment available. It is clear that technology is advancing at a rapid pace, and despite the concerns those may have with the use of A.I., the opportunities to gain and maintain your independence is endless, and going in such a hopeful and positive direction.



**Beyond Blindness Business Support Officer
Sandra Gesuato at TechFest 2023**

Some other highlights that Sam touched on for the future in adaptive technology equipment & software were:

- Wayfinding technology: Improving indoor navigation such as virtual corridors giving you an aid to navigate your surroundings;
- Haptic technology: Haptic clothing will use haptic technology which essentially is the use of touch sensations a.k.a. vibrations via a wearable small device that is installed on your clothing to send a signal to the spot of impact which reaffirms direction and to avoid an obstacle in your way;
- Robot guide dogs: Enabling both a mobility and guide aid given that some are designed almost the size of a suitcase or small walker with multiple wheels, about the size of a baby's pram – check out the link: [Seamless Vision - Buddy - A new kind of Guide for the Blind and Visually Impaired - YouTube](#), however it must be reiterated that these robots cannot replace the companionship, intelligent disobedience that a dog can provide a person who is blind.

Check out these suppliers and their products, who were present at the TechFest:

See Differently with Royal Society for the Blind - <https://www.seedifferently.org.au/>

Pentronics - <https://www.pentronics.com.au/>

NV Access - <https://www.nvaccess.org/>

BindiMaps - <https://bindimaps.com/>

Sage Automation - <https://www.sageautomation.com/>

Eschenbach - <https://eschenbach.com/>

Magnifiers Australia - <https://magnifiersaustralia.com.au/>

Ecept - <https://ecept.com.au/>

Humanware - <https://www.humanware.com/en-australia/home>

HIMS International - <https://himsintl.com/en/index.php>

Pacific Vision - <https://au.1lowvision.com/>

Quantum - <https://www.quantumrlv.com.au/>

Visitech Magnifiers - <https://visitechmagnifiers.com.au/>

Members, if you are looking to explore any devices or software that are exclusively for people with low vision, please do reach out to Business Support Officer Sandra Gesuato by phoning **8367 6088**. Once you have obtained a quote from your supplier you may choose to apply directly via our new online form here: [SPF Adaptive Technology Subsidy Application Form](#) where you can upload your supplier quote during the application process.

The Beyond Blindness Adaptive Equipment /Technology subsidy is intended to assist full members gain and maintain independence in daily living, study or employment. A subsidy may be paid to assist with the cost of purchase of equipment or aids made or software that come standard with adaptations for the blind. This does not include hardware such as computers/screens or laptops. A subsidy of fifty (50) percent of the cost price may be paid on items costing \$100.00 or more up to a maximum subsidy of \$4000.00 over a 3-year period. These funds are provided through Beyond Blindness fundraising activities including bequests and donations.

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 and

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



Beyond Blindness Member Paul Cormack has returned from the 2023 XIX (19th) Australian Masters Games hosted in Adelaide from 7th -14th October 2023. Created by the Confederation of Australian Sport in 1987, the Australian Masters Games is a week-long festival of sport that brings together weekend warriors from around Australia, and the world, to enjoy an extensive sport and social program.

Participating in many tenpin bowling events, such as doubles, trios, and individual, Paul came away with his hands full, winning a total of 9 medals: 6 gold and 3 bronze, competing in varied events, individually and in a team, depending on the category. Paul has been bowling since 2014, quickly making a name for himself in the Adelaide bowling scene, and participating in his first Masters Games in 2016. He keeps his skills sharp by playing in a bowling league every Monday night at Zone Bowling, competing against 10 other teams. Growing up, Paul found ball sports hard to access, as he was blind, but he still had some vision. Tenpin bowling was difficult but still the most accessible out of all of the sports.

Though he was happy to find the sport as it was a way to keep fit and also be social, which Paul feels is vital way to stay healthy, both mentally and physically.

Paul demonstratively has the skill and talent to bowl 'em over, and combined with the Recreation and Personal Development Subsidy funded by Beyond Blindness, the subsidy has made it easier for Paul to participate in these types of competitive events. "The Recreation and Personal Development Subsidy helps ease the financial pressure of participating in recreational and competitive sport, because it covers the registration and game fee. I'm thankful for it, and I'm also grateful to Beyond Blindness for supporting me," Paul says. He also encourages more members to try bowling: "I've been able to make friends, both blind and with vision, locally and interstate. But I'd definitely love to see more vision-impaired people bowl in the Masters Games."

Well done Paul and congratulations on your achievements!

If you think you might benefit from the Beyond Blindness Recreation and Personal Development Subsidy, or for more information, please contact Sandra Gesuato at the Campbelltown office on 8367 6088.



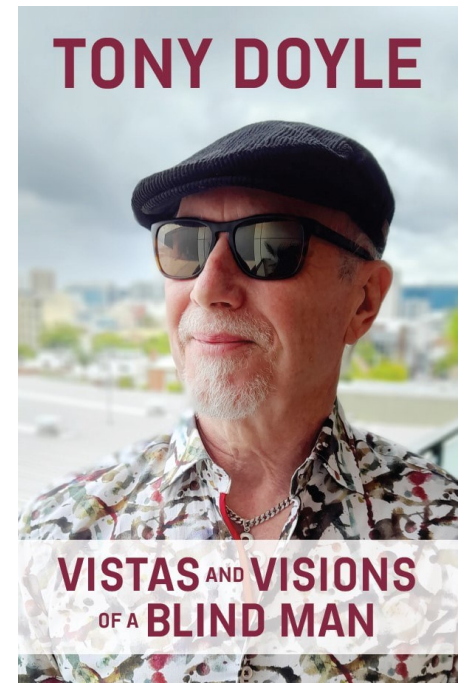
To apply online, go to: beyondblindness.org.au/financial-assistance and scroll down to "Recreation and Personal Development Funding" and follow the information and link.

Alternatively, use this link to upload your application online: https://b1937.infoodle.com/form_process?g=78e769c1-50ef-4e85-aeed-02103f810995

Please note: you must have your supplier/provider quote available to upload when applying online, to attach with your application.

Being Blind by Tony Doyle

I've never had normal sight and for many years I've been totally blind
It's not an uncommon plight, it effects .5 per cent of human kind
We're more capable than people think, some barriers are real, others in
the mind
But, I function well at the kitchen sink and can cook whenever I feel
inclined
We're frequently misunderstood and empathy can be hard to find
There's more I would do if I could but I don't object to a bit of hard grind
Blind people need more time than others especially when tasks are
entwined
But we often make better lovers so we don't accept being unjustly
maligned
I don't like being patronised but I like people who are genuinely kind
We won't be unfairly criticised, discarded or simply left behind
So think again when you refer to blind folk, we don't want false images
assigned
If wrong impressions are what you evoke you can expect a poke in the eye from the blind
THAT'S ME



A signed copy of Tony's book can be purchased from him at the reduced price of \$30 by emailing: tdoyle.visions@bigpond.com or calling on: 0417 798 857.

Below is information about his book, 'Vistas and Visions of a Blind Man'

This collection of poems and sketches will take you on an intricate, winding journey focussing on society, environment, science, politics, religion and many other, often poignant, aspects of life. These poems contain critique, commentary, lots of humour, pathos, absurdity and a degree of red alert.

Tony Doyle's poetic styles vary and references to blindness are sprinkled throughout the book. These poems will entertain, challenge, amuse and perhaps even shock you. Some of them take a critical look at modern life, recent cultural changes and possible future scenarios. The widening gap between rich and poor is referred to in several poems. The author considers it to be a dangerous and undealt with phenomenon of the modern era. Other poems will cheer you up with a bit of irreverent and quirky humour.

Magic Peanut Butter Cookies

Prep time: 5 minutes

Cook: 10 minutes

Ingredients

1 cup (270g) Peanut butter

½ cup (100g) granulated sugar

1 large egg

Method

Preheat the oven to 350°F (180°C)

Combine all the ingredients in a bowl and mix well.

Drop by level tablespoons onto a baking paper lined baking sheet for 10 minutes.

Cool briefly on the baking sheet before transferring to a wire rack to cool completely.



ANZAC Biscuits

With ANZAC Day upon us shortly, thought these might be nice to make to share around.

Prep: 20 minutes

Cook: 10 minutes

1 cup (90g) rolled oats

1 ¼ cups (175g) plain flour

1 cup (120g) unsweetened shredded coconut

¼ teaspoon salt

2/3 cup (150g) butter, softened

¼ (60ml) golden syrup

1 teaspoon baking soda

Method

Preheat the oven to 350°F (180°C)

In a large bowl, combine the oats, flour, coconut, sugar and salt. Set aside.

In a saucepan over medium heat, combine the butter and golden syrup until the butter has melted.

Remove from heat and add the baking soda, stirring briefly. The mixture should begin to fizz.

Immediately add the saucepan ingredients to the dry ingredients and mix quickly until barely combined.

Drop by tablespoon or small cookie scoop onto a baking paper lined or greased baking sheet and bake for 9 to 11 minutes. Cool briefly on the baking sheet before transferring to a wire rack to cool completely.



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.

Donations



Did you know that Beyond Blindness is entirely self-funded?

We rely on the generous donations of our members and associates to fund support services for blind and vision-impaired South Australians.

If you would like to make a donation, or information about leaving a bequest, please get in touch.

Beyond Blindness can also provide envelopes if you would like family and friends to make a charity donation in your loved one's honour.

We value any amount, big or small.

Contact the office on 8367 6088 or visit beyondblindness.org.au/donations/ for more information, or to donate online via PayPal.

Your contributions are greatly appreciated and will help change the lives of our members.

Thank you to the following people who have recently donated to Beyond Blindness:

- Estate of J. Holbrook
- K. Whittington
- M. Rahman
- A. Ambegaonkar
- S. Pearson
- N. Wajid
- D. Jeffery
- CJ & P Prior



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 via post (standard or text only large print)
- Email (standard or text only large print)
- 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. 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**

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

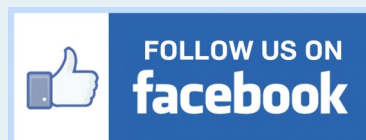
ABN: 73 095 200 204

Follow us on Facebook!

For the latest news, photos, 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

TERM 1: JANUARY, FEBRUARY, MARCH, APRIL 2024

Note: During school holidays some activities may be paused.

Please take note of this activity schedule and contact your region's Member Engagement Officer for any queries or call the office: 8367 6088

School holidays are:

Thursday 21st December 2023 until Sunday 28th January 2024 & Saturday 13th April until Sunday 28th April 2024

Please note: Easter long weekend may affect regular activities:

Good Friday 29th March until Easter Monday 1st April 2024

Extreme weather may affect activities and the policy can be found at the end of this newsletter.

WEST ACTIVITIES: TERM 1 2024

CONTACT FRANK: MEMBER ENGAGEMENT OFFICER (WEST)

PHONE: 0488 114 626

Tuesdays: West/Central activity: VIP Dance. 1pm - 2pm

Tuesday 13th February, Tuesday 27th February

Tuesday 12th March, Tuesday 26th March

Thursdays: West/Central activity: Sailing at the Royal Yacht Squadron

Thursday 21st March 2024 (To Be Confirmed)

West/Central/East/South activity: Tandem Bike & Café Lunch:

Thursday 22nd February 2024

Fridays: Western Social Group

Friday 16th February 2024: Lunch at the Rex Hotel.

Friday 15th March 2024: Walk around West Lakes & lunch Lakes Resort

Friday 19th April 2024: School holidays

Saturdays: Western Social Group

Saturday 3rd February 2024: Lunch at Challa Gardens Hotel

Saturday 2nd March 2024: Walk & lunch at the Bartley Tavern

Saturday 6th April 2024: Walk then lunch at the Bay

Sundays: Young Adults Group

Sunday 11th February 2024: Walk around the Bay then lunch

Sunday 10th March 2024: Day trip to McLaren Vale

Sunday 14th April 2024: School Holidays

CENTRAL/EAST ACTIVITIES: TERM 1 2024

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

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

**Monday 29th January & Monday 5th, 12th, 19th, 26th February
& Monday 4th, 11th, 18th, 25th March & Monday 8th, 29th April 2024**

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

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

**Tuesday 30th January & Tuesday 6th, 13th, 20th, 27th February
& Tuesday 5th, 12th, 19th, 26th March
& Tuesday 2nd, 9th April 2024**

Venue: Valley View Golf Course

Activity 2: West/Central activity: VIP Dance: 1pm - 2pm

**Tuesday 13th February, Tuesday 27th February
Tuesday 12th March, Tuesday 26th March 2024**

To sign up to the dancing, contact Frank: 0488 114 626 or 8367 6088

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

**Wednesday 31st January & Wednesday 7th, 14th, 21st, 28th February
& Wednesday 6th, 13th, 20th, 27th March &
Wednesday 3rd, 10th April 2024**

Venue: Campbelltown Social Centre

Activity 2: Bingo, 1pm - 2pm

**Wednesday 31st January & Wednesday 14th, 28th February
& Wednesday 13th, 27th March & Wednesday 10th April 2024**

Venue: Campbelltown Social Centre

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

Dates: **Wednesday 31st January & Wednesday 7th, 14th, 21st,
28th February & Wednesday 6th, 13th, 20th, 27th March
& Wednesday 3rd & 10th April 2024**

Thursdays: 10 pin bowling at Woodville & Lunch at Tavern 540,
10:30am - 2:30pm: **Thursday 1st February & Thursday 7th March 2024**

Nairne Day Tour (To Be Confirmed): **Thursday 8th February 2024**

Seniors Group Gathering at Campbelltown Social Centre:
Coffee and Chat for 70 years and above
10:30am - 12:30pm: **Thursday 15th February 2024**

Central/East/West/South Activity: Tandem Bike & Café Lunch:
Thursday 22nd February 2024

Tech Talk - Assistive technology for communications on both Android and Apple devices. (To Be Confirmed): **Thursday 29th February 2024**

Garden Grove Gardening Centre & Lunch at Cafe de Grove:
10.30am to 2.30pm: **Thursday 14th March 2024**

Seniors Group Gathering at Campbelltown Social Centre
Coffee and Chat for 70 years and above
10:30am - 12:30pm: **Thursday 21st March 2024**

Apple Picking at Lenswood: **Thursday 28th March 2024**

AFL Gather Round at Campbelltown: **Thursday 4th April 2024**
Adelaide Crows vs Melbourne Demons: Evening

Seniors Group Gathering at Campbelltown Social Centre
Coffee and Chat for 70 years and above
10:30am - 12:30pm: **Thursday 11th April 2024**

Fridays:

Book Club with Campbelltown Library, 10am – 12pm
Friday 2nd February 2024

Desserts with Leonore & Deb: Cooking Demo, 10.30am – 12.30pm
Friday 8th March 2024

Himeji Japanese Gardens, Central South Terrace & Glen Osmond Rd
Friday 12th April 2024

NORTH ACTIVITIES: TERM 1 2024

NORTHERN OUTREACH

CONTACT: CAMPBELLTOWN OFFICE 8367 6088

Monday 5th February: Bakery Lunch. Meet at Gawler Office, 11am

Monday 19th February: Exchange Hotel, Gawler, 12pm

Monday 4th March: Birkenhead Tavern, Port Adelaide, 12pm

Monday 18th March: Bingo, Gawler Office, 10am

Monday 1st April: Glenelg Surf Club, Glenelg, 12pm

Monday 15th April: McQueens Tavern, Angle Park, 12pm

Monday 29th April: Music Sing-a-long, Gawler Office, 12pm

COUNTRY MUSIC

CONTACT: JOAN SNOWBALL: 0420 794 102

Sundays: February 18th, March 17th, April 21st 2024

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 2nd February: Gawler meeting, Meet at Elderly Centre, 10am

Friday 16th February: Disability Showroom, Meet at Elderly Centre, 10am

Friday 1st March: Gawler meeting, Meet at Elderly Centre, 10am

Friday 15th March: Grenville Hub, Meet at Elderly Centre, 10am

Friday 29th March: Good Friday (no meeting)

Friday 12th April: Belair Hotel, Meet at Elderly Centre, 10am

SOUTH ACTIVITIES: TERM 1 2024

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.

JANUARY 2024: No activities for Southern Group

FEBRUARY 2024:

Tuesday 6th February: Social Group: Music and the year ahead

Tuesday 13th February: Craft Group: Office

Wednesday 14th February: Blackwood Coffee Group

Tuesday 20th February: Bus Trip: Semaphore and Palais for lunch

Thursday 22nd February: West/Central/East/South activity:

Tandem Bike & Café Lunch

Monday 26th February: Conversation Corner: Finnis Street Café, Marion

MARCH 2024:

Tuesday 5th March: Social Group: Port Noarlunga Arts

Tuesday 12th March: Craft Group

Wednesday 13th March: Blackwood Coffee Group

Tuesday 19th March: Bus Trip Inman Valley: Belicious for Lunch

Monday 25th March: Conversation Corner: Finnis Street Café, Marion

APRIL 2024:

Tuesday 2nd April: Social group: Guest speaker

Tuesday 9th April: Craft Group

Wednesday 10th April: Blackwood Coffee Group

Tuesday 16th April: Bus Trip: Wittunga National Park,
lunch at Flagstaff Hill Hotel

Monday 29th April: Conversation Corner: Finnis Street Café, Marion

VICTOR HARBOR GROUPS: TERM 1 2024

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

Monday 19th February, Monday 18th March, Monday 15th April 2024:
Talking Books at Victor Harbor Library

Every Tuesday: Goolwa Men's Coffee and Chat: 10am - 11.30am
Café Goolwa Shopping Centre

ADELAIDE HILLS ACTIVITIES

TERM 1 2024

CONTACT: FRANK

MEMBER ENGAGEMENT OFFICER (ADELAIDE HILLS)

8367 6088 or 0488 114 626

Thursday 29th February 2024: Lunch at Bridge Port Hotel, Murray Bridge

Thursday 28th March 2024: Lunch at Old Mill Hotel, Mt Barker

TRAVEL CLUB: TERM 1 2024

CONTACT: WENDY CARTER 0408 082 524

or BEYOND BLINDNESS: 8367 6088

Saturday 10th February 2024: Movie at Wallis Cinema Mt Barker,
Movie name: The Boys in the Boat, Lunch at Lobethal Hotel

Saturday 9th March 2024: Victor Harbor Horse Drawn Tramway
and Granite Island, Lunch locally

Saturday 13th April 2024: Adelaide Zoo, BYO lunch or buy at the Zoo

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*
- *Regular activities may take a break during the school holiday period – please refer to the activity calendar for details*
- *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