

# Beyond Blindness Magazine



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Welcome to the Autumn edition of the magazine. As usual, it is amazing how quickly the year is flying by and we are now heading towards some cooler months and of course the football. Easter snuck up and on us too, and the Easter Bunny no doubt was very busy hopping around hiding the yummy chocolate eggs, but let's hope it wasn't too hot as they would have melted and the temptation for the dogs to sniff some out would have been something all dogs must avoid at all costs, as you know, chocolate can be deadly :( You will be able to read up on all the informative news Rachel managed to collate and share. Catch you next time :)

- Leonore Scott, Editor

## From the CEO

2024 is well underway, with activities including the new Tandem cycling group up and running. Our first regional group is planned for April with Frank starting our first Whyalla coffee and chat group.

Planning is also well underway for the 2024/25 budget and Staff and the Board have also been involved in strategic planning sessions to expand upon our five pillars or priorities, to promote: Independence, Growth, Equability, Good Governance and Member representation.

Some of the ideas our Board strategic planning session identified:

- The need to grow our volunteer base by the recruitment of a Volunteer-dedicated Recruitment Officer.
- Greater involvement in disability expos and events to promote our activities
- Develop links with First Nations Communities
- Establishing sinking funds (putting funding aside) to ensure the organisation covers the future costs of vehicles, building maintenance, and staff entitlements.
- Establishing a member-run group to advocate for the needs of the legally blind community.
- Continue to promote member independence through education and activities.
- Promote independence by use of public transport.
- Simplify our administrative tasks and costs by employing more technology.
- Continue to grow our regional activities by establishing more regional coffee and chat groups.

I am also pleased to report that Jen Musolino has accepted the role of new Northern Coordinator to run and develop activities from our Gawler office. Jen has many years of experience running activities in both the aged and disability sectors across the Northern region. Jen will be commencing with Beyond Blindness on the 8<sup>th</sup> of April at Campbelltown, before starting at Gawler the following week. Jen will be working Mondays, Wednesdays and Fridays. I am sure you will join with me in making Jen to feel welcome at Beyond Blindness.

Once again Beyond Blindness maintains its strong financial position. We continue to grow our membership base and with our new facilities, vehicles and with our fantastic team of Volunteers and Staff, Beyond Blindness is in a great position to continue to expand activities for many years to come.

**Jim Colligan, CEO, Beyond Blindness**



## OFFICE LOCATIONS:

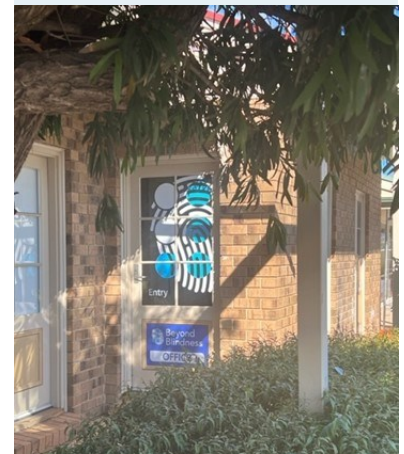


### Central/East

#### 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**

## Around the Office



We have a second-hand “ReadEasy Move 2 Reading Device: Low Vision OCR Text to Voice Scanner” to give away for free. This equipment combines ease of use with the highest quality speech output and the world’s fastest text recognition. It can capture and read any printed material such as letters, bank statements, newspapers, food packaging etc. and reads the text aloud using a natural sounding voice. The machine is a heavy metal box. The dimensions are: 21cm height x 8 cm depth x 19 cm width.

If you would like to take it, call the office on 8367 6088 and speak to Rachel or email: [marketing@beyondblindness.org.au](mailto:marketing@beyondblindness.org.au)



Beyond Blindness is now on Instagram!

Follow us by clicking here:

<https://www.instagram.com/beyondblindnessSA/>

Or search for "BeyondBlindnessSA"

Beyond Blindness offers social activities across all of Adelaide:

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

### 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 person’s 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.

## Associate Memberships

We are so appreciative of our Members' partners and supporting network who are reaching out to join as an Associate Member. We also have received an increase in Associate memberships for those with significant vision impairment and low vision and we welcome you to the membership cohort.

The benefit of a Beyond Blindness Associate Membership, offers:

- Access to all our Social Centre's activities across 4 regions in metro Adelaide, friendship groups, and outings
- Participation in special events and celebrations
- 'Eye Contact' newsletter (quarterly) and remain up to date with the efforts and good work undertaken on behalf of our members
- Knowing that your contribution is assisting a worthy organisation

It is worthwhile reminding us all of our Associate Member Policy, particularly as we have seen an increase in requests for carers/support persons and partners seeking access to specific full member benefits, such as transport to our activities. We take this opportunity to outline our Associate Membership policy below:

### **Associate Member Policy**

The Beyond Blindness (BB) full Membership eligibility criteria determines that the person applying for Membership will be legally blind. For those persons that are vision impaired (and not legally blind) or those that wish to support a BB Member as an immediate family member, partner/spouse or carer, BB offers and encourages Associate Membership registration.

**Policy:** It is the Policy of BB that all persons wishing to participate in BB Social Centre activities, outings, friendship groups and clubs shall be a Member or a currently registered Associate Member.

In order to participate in BB scheduled activities and programs as an Associate Member, the following criteria must be met;

- ♦ A person that is Vision Impaired with corrected visual acuity measured between 6/18 and 6/60, and/or with a visual field loss (and not legally blind).
- ♦ Be a spouse or partner of the Member.  
Be a registered Carer of the Member they are supporting.
- ♦ Be an immediate family Member (son, daughter, sister etc) of the Member they are attending with/ supporting. "Grandfathered" from 1<sup>st</sup> July 2016.
- ♦ Association Memberships shall fall due on 1st July annually.
- ♦ Associate Members shall be able to participate in special events and celebrations and receive BB Eye Contact newsletter.
- ♦ Associate Members shall not be eligible to access BB Special Purpose Welfare Funds.
- ♦ Associate Members shall not be entitled voting rights, as are full Members.
- ♦ Associate Members are not provided transport to and from BB activities unless; they are in the vicinity of a Member pick up and there is available room in the BB transport vehicle.
- ♦ Associate Members shall pay full price to attend any event that is subsidised.
- ♦ Associate Membership shall incur a cost of \$25 per annum effective 1.7.2023.

If you have any questions about this policy, please contact our office on 8 3 6 7 6 0 8 8.

If you have any friends or family that may benefit from joining, please have them submit their application via our online forms via our website: <https://beyondblindness.org.au/membership/> or the Infoodle app.

### OrCam Read 3 - With new features powered by AI

Just Released- New Model: This newly released OrCam Read 3 is a text-to-speech device you can use anywhere, any time without the need for internet connectivity. It is handheld, pen-sized and lightweight. OrCam Read 3 has magnifier functions, which, when connected to an iPad or computer can magnify paperwork photos and packaging and read handwriting, much like an electronic magnifier.



For those with low vision, the ability to zoom in on photographs and diagrams while listening to surrounding text and textbooks is an exciting feature. Even people with no vision will enjoy hand-free scanning of documents, and appreciate the powerful AI features. Imagine stepping through the instructions and ingredients in a recipe. It allows the user to follow a highlight moving through the captured text, whilst hearing the document read out loud.

If you would like to try out this new product, we encourage you to make contact with Quantum directly, or you may wish to access See Differently with the RSB's technology experts for a demonstration. You may be eligible to take up this opportunity to use your Adaptive Technology Equipment subsidy to purchase this item. You must supply a quote from a supplier **BEFORE** purchasing and submit with an application to Beyond Blindness as we do not reimburse members for their equipment purchases. Please access the application form by:

Infoodle App: download the app using the Apple App Store or Google Play Store and search for "Beyond Blindness", Sign up as a Public User (no registration required), Menu > Financial Assistance—Special Purpose Funding.

Website form: [Adaptive Technology Subsidy Application Form v1.2 | BEYOND BLINDNESS \(infoodle.com\)](#)

QR Code for Adaptive Technology Subsidy Application Form:



For any further questions on the application process please contact Sandra Gesuato on 8367 6088.

## 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 subsidies and grants.

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



### Launch of Tandem Bike Program

Thanks to Blind Sports SA, Beyond Blindness was able to enjoy unlimited loan of 3 Tandem bikes to launch our Tandem Bike Program. Our volunteers collected the bikes and brought them for servicing. Then volunteers Giovanni, Paul and Mario cleared out the shed at Gilles Plains to make room to store the bikes. They also had to dismantle the screen door, and level up the ground to allow for a shuttle door to be installed for better security.

In late February, Beyond Blindness ran our first Tandem Bike activity with 4 bikes at Victoria Park Street Circuit. Volunteers Paul Smith, Ian Simmonds, Robin, Harry, Vince, Member Engagement Officers Jeremy and Marian and support worker Julie acted as pilots cycling with members around the track.

We were happy to have 10 enthusiastic member cyclists participating and patiently waiting their turn on a beautiful spot in the shade on the grass. Some members hadn't been cycling in many years since they were young, and they did really well - I guess you never really forget how to ride a bike! There was also a member that had never ridden a bike before, but they soon picked up the motions quickly. After their workout, it was just a short distance to the onsite The Velo Precinct for lunch.

We would like to thank AusCycling for the generous loan of signages to be placed around Victoria Park, and Kayla from Active City in the City of Adelaide Council for their support in renting the venue for our event. And all the volunteers who assisted as pilots and Stephen Wilson-Shaw, Erwin and Gai Gossert with the logistics in the event. Thank you also to Donna Montes and Paul Murray for their assistance on the Tandem Bike Committee to help get the project off the ground and make the project a success. Appreciation is also extended to experienced tandem cyclist, David Rankin, and Southern Member Engagement Officer, Jeremy Peck, who both guided all the way through to make this Tandem bike activity happen.

Catch the next ride at our Tandem Activity at Victoria Park on **Thursday 16th May 2024**.

For further details, read the activity schedule at the end of this newsletter.

To register: Email Marian: [mphuah@beyondblindness.org.au](mailto:mphuah@beyondblindness.org.au) or phone 8367 6088

Or email Jeremy: [jpeck@beyondblindness.org.au](mailto:jpeck@beyondblindness.org.au) or phone 8556 6228

## Highlight of Activities for Term 2, 2024: Central/East Region

### Assistive Technology for Vision Impairment - FREE

Learn about technology that can help people with vision impairments.

There are a range of tools, products and technology available to assist people who are blind or have low vision to live the life they choose. Whether in the workplace, school, university or at home there are many solutions that can minimise the barriers people who are blind or have low vision face. Assistive technology, (also known as adaptive technology) are devices, apps, aids or equipment that help people living with vision impairment to live independently. It can help make everyday living easier or safer, such as reading, communicating and getting around to different places.

Anne from See Differently will be also giving a 'show & tell' on some of this technology - it's one you don't want to miss!

When: Wednesday 1st May 2024

Time: 11am-12pm

Where: Campbelltown Public Library, 171 Montacute Road, Newton SA 5074

Contact Marian: [mphuah@beyondblindness.org.au](mailto:mphuah@beyondblindness.org.au) or call 8367 6088 to register.

### COTA (Council on the Ageing) SA Talk

COTA [Council on the Ageing] SA is an older people's movement and the peak body that represents the rights, interests and futures of the more than 700,000 South Australians aged 50+.

Topics :

- Background information on COTA SA and some of the other programs we may have to offer
- General information on My Aged Care
- information on our Care finder program and how we can help vulnerable people
- Available resources for the aged

Please register online @ <https://b1937.infoodle.com/f/COTACouncilOnTheAgeingSATalkRegistrationForm23May2024>

Email or contact Marian: 8367 6088 by Mon, 20th May 2024

**Overnight Trips** are back! We have an exciting array of trips this year. These 2 trips are still taking bookings.

#### Peterborough

Cost: \$350

Monday 1/7/24 to Thursday 4/7/24

Staying at the Roundhouse Motel in family rooms which sleep 3 people in one room.

Peterborough has a rich railway history and one of the highlights will be the Steamtown Heritage Rail Centre.

#### Mildura

Cost: To Be Announced

Monday 14/10/24 to Friday 18/10/24

Staying at the Sunraysia Resort

Apart from taking advantage of the resorts amazing facilities, we will also visit Orange World, Woodsies Gem Shop and much more.

If you are interested in either of these trips, or would like more information, please contact Franca Lombardi on 0430305213 or email: [flombardi2410@gmail.com](mailto:flombardi2410@gmail.com)

## Spotlight on Member: Donna Dalling

Donna's life began overseas in 1966, when she was born in Kent, England. Attending a mainstream school and wore glasses due to poor eyesight. From 3 years old to 11 years old, she lived in Zambia, in Africa due to her father's work, living with a chameleon and finding a scorpion in her garden. When Donna was 12 years old, she moved to Australia to start a new adventure, following her uncle who already had settled in the country. Living in Tea Tree Gully, the kangaroos and koalas were different to the wildlife in Africa and quite the novelty to a young Donna.

During her childhood, Donna had only a slight vision impairment, corrected by reading glasses, changing to contact lenses in High School. At age 19 noticing that her vision was changing, and after investigation, she was diagnosed with Axenfeld-Rieger syndrome, which, in her case, had genetic causes. She then began experiencing symptoms of glaucoma after noticing a further decrease in vision. In Year 11 Donna started her first work experience in clerical work, learning shorthand, and typing, which she enjoyed, but it was not suited to her eye conditions.

At age 22 she underwent surgery for the glaucoma to relieve eye pressure. For all of her 20s, Donna worked for St John Ambulance in Eastwood, Adelaide, doing clerical work, answering phones and working in accounts and membership. She enjoyed that role, particularly the companionship and fulfillment of helping other people, being able to assist them on the phone with their issues.

After leaving her clerical role, Donna's time was spent raising 2 children, who also acquired degrees of vision-loss. Donna had more surgery to fix her worsening vision, but she coped as best as she could given the circumstances. At age 45 Donna started a new job in supported employment, packaging and laundry services, and she loved it, doing that job for 10 years until the time had come to move on as the working conditions were no longer suitable.

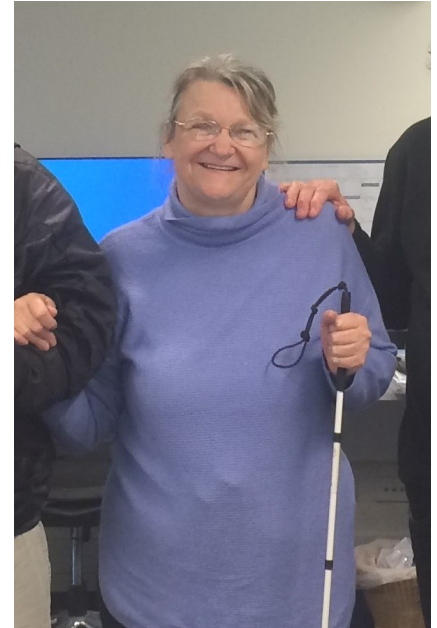
In 2016, the opportunity arose for Donna to start her own business in massage therapy, Blind Touch Relaxation. It was a way to put her skills to use, as she is sensitive to people's needs, and she loved to see her clients come out from a treatment relaxed and pampered. She offered those services for 7 years deciding to close the business in 2023.

Through word of mouth, she found out about Beyond Blindness at Christies Beach in 2021, and was curious about the activities offered. As other social doors were closing due to her vision loss, Donna wanted to meet other people and make friends. The Beyond Blindness Southern Office opening in late 2021 improved access, and because it was closer to home, it was easier for Donna to participate in the social services within her local area.

It was in April 2022 when Beyond Blindness Southern Member Engagement Officer Jeremy approached Donna to host a craft group in the Christies Beach Social Centre. Donna was immediately keen and accepted the proposal straight away, taking up the challenge. She had lots of craft ideas to offer the group, starting with greeting cards for all occasions. It has now newly been named "Ying & Yang Craft Group."

It's important to Donna to always be open to group feedback, and she wants the crafts that the group makes to be meaningful, and not throwaway, thinking outside the box to offer new activities to keep members always interested and engaged. Some of the craft group's creations so far have been card-making, beading, toilet fizzes, household cleaner, filling the Southern Social Centre with a flowery fragrance. Donna's dear friend Shirley joined the group in June 2022, on hand to give knitting and crotchet advice, and assist with knitting coat hangers and scarves, or anything else the group wants to make. After the craft mornings, the members like to enjoy a lunch together which is a good way to share news, chat and catch up and offer support.

Donna occasionally makes her way up to the Campbelltown Social Centre, and members were lucky to join in on a Pamper Day late last year, with hand massages, nail painting, and lotions being applied, with members feeling refreshed with soft hands and pretty fingernails by the end of the session.





## Spotlight on Member: Donna Dalling

“All of this would not be possible without the volunteers who join in on the crafts, but also offer transportation to and from the centres.” Also drawing from her clerical skills, Donna presents her craft group’s news in the form of a regular and descriptive newsletter, detailing all the crafts that the members created each month.

She also shares news about ongoing projects, and talks about adaptive equipment, for example, The Colour Star, used to detect colours – surely a useful tool when working with arts and crafts and great for members to know. And any other ideas that Donna comes across that is helpful, she shares with the group.

When not dabbling in crafts, Donna can be found on Youtube with her channel, Crafty Blind Girl Donna, a place to post craft and cooking videos with a vision-impaired focus to encourage people on their journey. Her channel is self-described as “A crafty, well-travelled 50-something who has lost her vision and is now kicking butt and having fun, with a budgie on the side!” The videos show Donna in her kitchen, whipping up “easy peasy” recipes, like lamingtons, cheesecake, muesli and cookies. In her lamington recipe video, Donna demonstrates how she uses adaptive technology, a Pen Friend, a pen device that will read out labels on containers, to help prevent any ingredient mix-ups while cooking. Make sure to check out her channel and subscribe if you enjoy her content.



“Beyond Blindness is a big part of my life, which came along at the right time, when quality of life was starting to elude me. With the social groups and the holiday getaways, I’m looking forward to the trips away. I like them because it’s not on a time schedule and everyone is very kind and friendly, especially the volunteers. It’s a lot of fun going to op shops and on walks.” Despite her worsening eye sight to near complete blindness, her secret is to keep busy. “I’m not focusing on my vision-loss and I’m very grateful to Beyond Blindness for a being a part of my ongoing journey.”

Now happily remarried, her husband is also vision-impaired. They provide support to each other through their dual vision-loss. Her budgie Bert, who you might be able to hear chirping and talking in the background of her Youtube videos, is a constant joy, providing lots of love and laughter in their household. Donna is a proud Mum of 2 adult daughters, who are both studying at university. They enjoy going out and attending musicals such as Mary Poppins, and comedians with their Mum.

Donna encourages members to take advantage of what is offered at Beyond Blindness, “to enhance their lives, as it has done for me. It might just give you the support that you need and a purpose. Aside from making all kinds of crafts we also support one another and share skills learnt through life.”

Donna’s Youtube Channel Link: <https://www.youtube.com/@craftyblindgirdonna>

Donna’s Facebook group: <https://www.facebook.com/groups/2412642115549649/>

## Trevor Frost Award 2023 Winner

Adeline Roe was the deserving recipient of the 2023 Trevor Frost Award. 17 year old Adeline was selected due to her talented singing skills. Adeline first started singing when she was 9 years old, learning to play the drums at first, but she always sung a lot at home – pop music on the radio such as Justin Bieber and Beyonce, which her older sister listened to at the time. She also picked up piano when she was 13 years old. Adeline is now a vocalist in her band at school, where they play cover songs. Out of all the instruments she has learnt, she enjoys singing the most, “it expresses a lot of emotion and certain songs are beautiful.”

Beyond Blindness Board Member Elisabeth selected Adeline based on her desire to continue her vocal training and her passion for performing. “I also based my decision on the comments of her teacher regarding Adeline’s mastery of technique and dedication to practice. Her teacher was quite detailed in her comments on Adeline’s ability to perform and interpret music in a way that is personal to her. As a vocalist myself, I understand the importance of being able to adapt a piece of music to suit the voice of the performer. This is a skill that takes quite a lot of time and persistence to learn.”

Adeline plans to spend the prize money on private singing lessons to improve her skills, and perhaps a new microphone, PA system and keyboard. In the future she would like to work in the music sector in some way, writing music and singing. Adeline also hopes to join a band with her friends.

Adeline was very happy to win the award, feeling excited: “It’s an honour and a privilege to win this wonderful award that helps many young people like myself.”

Congratulations Adeline and best of luck with your future musical endeavours!

### **Trevor Frost Award**

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

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

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

Details about how to apply for the 2024 Trevor Frost Award will be announced later in the year.

Or email: [info@beyondblindness.org.au](mailto:info@beyondblindness.org.au) or [marketing@beyondblindness.org.au](mailto:marketing@beyondblindness.org.au)



## Volunteer spotlight

Fred is one of our favourite volunteers at Christies Beach. He is always ready to help out transporting our members to all and any event, even Craft Group. He always has a smile and time for a chat. He is excellent at getting the varied requests for tea and coffee 100% right and remembers everybody's preferences. Fred has been volunteering for around 4 years. "I like the ability to help people and seeing members being happy. It's a fun group."



## Volunteer Week Morning Tea



Join us to celebrate National Volunteer Week 2024.

The theme for this year is "Something for Everyone."

To show our appreciation for Beyond Blindness' wonderful and reliable volunteers, you are invited to a Volunteer Week Morning Tea:

Tuesday 21st May 2024, 10:30am—12:30pm

At the Campbelltown Social Centre:

516 Lower North East Rd, Campbelltown, SA, 5074

Beyond Blindness volunteers from all regions welcome.

Advise of any dietary requirements. RSVP by: Thursday 16th May 2024

Contact: Rachel: 8367 6088 or email: [marketing@beyondblindness.org.au](mailto:marketing@beyondblindness.org.au)

## 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, Victor

Harbor, and Whyalla, no matter where you live, Beyond Blindness would

appreciate if you could assist people with vision impairment to experience social activities near you.

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.

To put your hand up for volunteering, 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/>



A new app trial has been released to ensure that passengers are no longer overlooked at bus stops. Beyond Blindness member, and Adelaide-based Programmer at SAGE Automation, Cassie Hames, created the app to improve accessibility and visibility, as she found it frustrating when buses would drive straight past her while waiting at a stop. “As a frequent public transport user, I wanted to develop a solution that increases accessibility for all people so that everyone can feel comfortable, confident, and safe catching the bus.”

The See Me app enables passengers to alert bus drivers of their presence at a stop without the traditional physical hailing. The app interacts with the bus’s onboard system, notifying drivers when a passenger is waiting. It also sends spoken, visual, and haptic notifications to passengers as the bus approaches their pick-up and drop-off points. This development is not just about convenience; it’s a tool for empowerment, ensuring that everyone, regardless of their ability, can use public transport safely and independently. ‘See Me’ helps to eliminate the fear of missing stops and supports users in navigating their journeys with confidence.

The See Me app commenced a six-month trial on Monday 5<sup>th</sup> February 2024 on the 99A and 99C free City Connector services, available in the Adelaide CBD from Monday to Friday. As of Monday 26<sup>th</sup> February 2024, the trial has been extended to include the 98A and 98C free City Connector services which operate seven days a week.

If you would like to participate in the trial and will be catching the above City Connector buses, then the See Me app is available now for download on Apple and Android devices by searching for “See Me: Bus Signalling.”

## Books

The first thing Nicola thought when she heard the words 'brain tumour', was 'why me?' What followed was a complete life change, swapping a career and social life for hospitals and surgery. After constant hurdles and complications, Nicola learnt to appreciate each day and the importance of living life to the fullest. Positivity and support from friends and family helped her confront this huge challenge.

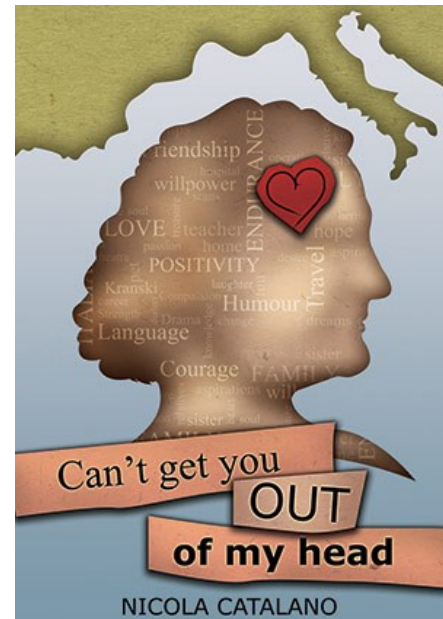
Nicola launched her book, "Can't Get You OUT of My Head" in 2015 and she is keen to let you know that it is now available to borrow for free as an audio recording from the Vision Australia Library.

Nicola says, "When it was first released, I gave a talk at Beyond Blindness about it and some members purchased it, but now if they want to read it, they can borrow it. The book outlines how I lost my sight when I was having my fourth operation of removing a tumour on my pituitary gland and my optic nerve was cut, so I woke up totally blind!! As you can imagine, this has completely changed my life, especially with my career as I use to be a high school teacher!! I've also had to adjust my home life so that I can still live independently."

To borrow this book visit: <https://www.visionaustralia.org/services/library/collection>

To access the Vision Australia Radio library, you will need to create a free account.

To purchase her book in other formats and for more information visit Vivid Publishing's website: <https://www.vividpublishing.com.au/cantgetyououtofmyhead/>



## Leonore's Cooking Corner

### Whole Orange Cake

#### Ingredients

1 whole orange, skin and all  
180g melted butter  
3 eggs  
1 cup castor sugar  
1 ½ cups self-raising flour

#### Icing

2 ½ cups icing sugar  
2 tablespoons melted butter  
Orange juice and zest

#### Method

Pre heat oven to 180C.  
Grease and flour a ring tin  
Process the whole orange until well pureed  
Add all other ingredients and process until well mixed.  
Bake 35 minutes

#### Icing

Mix icing sugar, butter and zest and enough orange juice together until icing is of a consistency to run down sides of the cake. Cut orange into quarters and remove excess pith if desired. Try half orange and whole lemon, cook 40 minutes.



# Social Groups Photo Album



Free Readers Book Club at Campbelltown Library



Garden Grove Cafe



Young Adults Group at Largs Bay



Adelaide Hills Social Group



Western Social Group at the Bartley Hotel



Central/East Cooking Class

# Social Groups Photo Album



Northern Group at Birkenhead



Tandem Bikes at Victoria Park



Digital Assistance at Hamra Library



Seniors Group Gathering at Campbelltown



Nairne Day Tour



Northern Outreach: Bingo



Ying & Yang Craft Group (Christies Beach)

## See With Me Group

See With Me: A volunteer-run, self-help group, aimed at people who are blind or those with a serious vision-impairment. We experience vision issues, or are close to those who do. We are a free service.

See With Me offers:

- Monthly meetups: They consist of meetings with cake and coffee. Lunches and games. A nice way to spend a few hours.
- Very basic assistance with Technology. Offering the use of an iPhone or audio book reading device, for a few weeks, with a little training of how to use. Like a try before you buy concept.
- We also offer face-to-face meetups, with people at their homes, in a public space or over the phone, for counselling, a friendly ear or just a catch up.



Lauren is a qualified Counsellor, registered with the Australian Counselling Association. We also like to stay in touch with people and say hello every 4 or 5 weeks, via a phone call or email. Staying in regular contact with people is so important.

See With Me, is based on the South Coast and its meetups operate from Victor Harbor.

If you are not too far away, we can organise transport for you.

The other services we offer, apply to people, from all over Adelaide and surrounding suburbs.

We are an optimistic bunch and our Services are Free of Charge.

Please contact Lauren either by:

Mobile: 0405424265

Email: [info@seewithme.org.au](mailto:info@seewithme.org.au)

Facebook: [facebook.com/seewithme.org.au](https://www.facebook.com/seewithme.org.au)

Website: <https://seewithme.org.au/>

Please note: The 'See With Me' group is not organised or run by Beyond Blindness. Please contact the group coordinator Lauren for all enquiries.

## 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/](https://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: R. Ghuliani, N. Wajid, K. Whittington, T. Somaiya, K. Chudleigh, A. Lal, Cowell Bowling Club, C. Seely, L Nonnis, M. Rahman, B. Brereton, Lions Club of Murray Bridge, S. Pearson, R Stanton.



## South Australian Transport Subsidy Scheme



As a SATSS member, you can now choose to use up to three vouchers or trips to subsidise high-fare journeys for travel within metropolitan and regional areas.

For fares under \$41, SATSS members may use one voucher or trip. For fares between \$41 and \$81 (inclusive) up to two vouchers or trips may be used. For fares above \$81 three vouchers or trips may be used.

The subsidy applies to the first \$40 of a taxi fare. You must cover the full amount of any fare over the \$40 maximum fare limit, or use another trip entitlement to further discount the fare.

You can contact SATSS on 1300 360 840 or visit the website:

<https://www.satss.sa.gov.au/>

## 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)
- BRF format (for use with braille display machines)

It's the best way to keep up to date with Beyond Blindness activities, news and other announcements. 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](mailto:marketing@beyondblindness.org.au)



**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.

“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.



## Feedback

We hope that you have been enjoying the latest Beyond Blindness newsletter. Your feedback is appreciated. Please get in touch - we would love to hear from you!

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](mailto:info@beyondblindness.org.au)  
Or speak to your region’s Member Engagement Officer  
For newsletter feedback: [marketing@beyondblindness.org.au](mailto:marketing@beyondblindness.org.au)  
Or phone the Campbelltown office on: **8367 6088**

Thank you to everyone who contributed to this edition.

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

Newsletter or media enquiries:

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

Website: [beyondblindness.org.au](http://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](https://facebook.com/beyondblindnessSA)

Or search for “Beyond Blindness”



# **Beyond Blindness Activities Calendar**

## **TERM 2: APRIL, MAY, JUNE, JULY 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:

**Saturday 13th April until Sunday 28th April 2024 &  
Saturday 6th July until Sunday 21st July 2024**

Extreme weather may affect activities.

The extreme weather policy can be found at the end of this newsletter.

### **WEST ACTIVITIES: TERM 2 2024**

**CONTACT FRANK: MEMBER ENGAGEMENT OFFICER (WEST)**

**PHONE: 8367 6088 or 0488 114 626**

**Fridays:** Western Social Group

Friday 17th May 2024: Walk around the Port, then lunch at the Lighthouse Wharf

Friday 21st June 2024: Lunch at the Precinct: Port Footy Club

**Saturdays:** Saturday Social Group

Saturday 4th May 2024: Virginia Nursery, walk around, then lunch at Doncho's

Saturday 1st June 2024: Lunch at Glenelg Surf Lifesaving Club

**Sundays:** Young Adult Group

Sunday 12th May 2024: Lunch at the Mosaic

Sunday 9th June 2024: Lunch at the Birkenhead Hotel

Sunday 14th July 2024: Walk around Glenelg, lunch at Glenelg Surf Lifesaving Club

### **ADELAIDE HILLS ACTIVITIES: TERM 2 2024**

**CONTACT: FRANK: MEMBER ENGAGEMENT OFFICER**

**8367 6088 or 0488 114 626**

**Thursday 30th May 2024:** Lunch at British Hotel, Langhorn Creek

**Thursday 27th June 2024:** Lunch, Coffee, and a chat at Lobethal Bakery

### **WHYALLA ACTIVITIES: TERM 2 2024**

**CONTACT: FRANK: MEMBER ENGAGEMENT OFFICER**

**8367 6088 or 0488 114 626**

**Tuesday 14th May 2024:** Coffee & Chat at Uniting Church, Whyalla Playford

**Tuesday 11th June 2024:** Coffee & Chat at Uniting Church, Whyalla Playford

**Tuesday 9th July 2024:** Coffee & Chat at Uniting Church, Whyalla Playford

## CENTRAL/EAST ACTIVITIES: TERM 2 2024

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

All members outside of the Central/East are welcome to attend if they can meet a pick up point enroute to location.

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

**Monday 6th, 13th, 20th, 27th May & Monday 3rd, 17th, 24th June  
& Monday 1st, 22nd, 29th July 2024**

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

**Tuesday:** Golf & Lunch, 10am - 2pm, Venue: Valley View Golf Course

**Tuesday 7th, 14th, 28th May & Tuesday 4th, 11th, 18th, 25th June  
& Tuesday 2nd, 23rd, 30th July 2024**

Volunteer Week Morning Tea: 10:30am - 12:30pm, **Tuesday 21st May 2024**

Campbelltown Social Centre. 516 Lower North East Rd, Campbelltown, SA, 5074

Beyond Blindness volunteers from all regions welcome.

Advise of any dietary requirements.

RSVP: Thursday 16th May 2024

Contact: Call Rachel: 8367 6088 or email: [marketing@beyondblindness.org.au](mailto:marketing@beyondblindness.org.au)

Please note: golf is cancelled this day.

**Wednesday: Wednesday 1st May 2024:** Assistive Technology for Vision Impairment\*,

11am – 12pm Venue: Campbelltown Library, 172 Montacute Road, Rostrevor SA 5073

\*this activity will replace “Craft & Chat” for that week

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

**Wednesday 8th, 15th, 22nd, 29th May  
& Wednesday 5th, 12th, 19th, 26th June  
& Wednesday 3rd, 24th, 31st July 2024**

Venue: Campbelltown Social Centre

Activity 2: Bingo, 1pm - 2pm

**Wednesday 15th, 29th May  
& Wednesday 12th, 26th June  
& Wednesday 24th July 2024**

Venue: Campbelltown Social Centre

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

Dates: **Wednesday 15th, 22nd, 29th May**

**& Wednesday 5th, 12th, 19th, 26th June  
& Wednesday 3rd, 10th, 17th, 24th, 31st July 2024**

\*Please note Wed walks will be cancelled when it coincides with week of Trips

**Thursday:**

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

**Thursday 2nd May, Thursday 6th June, Thursday 4th July 2024**

Seniors Group Gathering at Campbelltown Social Centre, 10:30am - 2:30pm

**Thursday 9th May 2024**

Tandem Bike at Victoria Park: 10am - 12pm, Lunch at Velo Precinct: 12pm - 2pm

**Thursday 16th May 2024**

COTA (Council on the Ageing) SA - Talk about Available Support for the Elderly in SA, Campbelltown Social Centre, 10.30am – 12.30pm: **Thursday 23rd May 2024**

\$5 for light refreshments (please pay via card)

Melba's Chocolates at Angaston & Barossa Nursery SA: 10:30am - 12pm

Lunch at Linke's Bakehouse & Pantry: 12pm - 2:30pm: **Thursday 30th May 2024**

Seniors Group Gathering at Campbelltown Social Centre, 10:30am - 2:30pm

**Thursday 13th June 2024**

Tandem Bike at Victoria Park: 10am - 12pm, Lunch at Velo Precinct: 12pm - 2pm

**Thursday 20th June 2024**

Newman's Horseradish at Langhorne Creek: 10.30am to 12pm

Lunch at Bridge Hotel Langhorne Creek: 12pm – 2pm

**Thursday 27th June 2024**

Tandem Bike at Victoria Park: 10am - 12pm, Lunch at Velo Precinct: 12pm - 2pm

**Thursday 25th July 2024**

**Friday:**

Free Readers Book Club, Campbelltown Library, 10am – 12pm

**Friday 3rd May, Friday 7th June, Friday 5th July 2024**

Please note: Term 2 school holidays are: Saturday 6th July – Sunday 21st July 2024.

Most daily activities will take a holiday break during this period – please refer to the calendar and contact the region's Member Engagement Officer or the volunteer in charge for any clarification.

Please be aware that all activities are subject to a minimum number of participants and potential changes.

## **NORTH ACTIVITIES: TERM 2 2024**

### **NORTHERN OUTREACH**

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

**Monday 29th April 2024:** Queenies Angle Park, 12pm

**Monday 13th May 2024:** Maranello Cafe Restorante, Salisbury, 12pm

**Monday 27th May 2024:** Central Districts Football Club, Elizabeth, 12pm

**Monday 10th June 2024:** Public Holiday (no activity)

**Monday 24th June 2024:** Cafe De Vili's, Elizabeth, 12pm

### **COUNTRY MUSIC**

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

**Sundays: 21st April, 19th May, 16th June, 21st July 2024**

Country Music: 9am for bus pickups, activity starts at 11am

Location: 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**

**Friday 26th April 2024:** Gawler Meeting, Meet at Elderly Centre, 10am

**Friday 10th May 2024:** Gawler Meeting, Meet at Elderly Centre, 10am

**Friday 24th May 2024:** Gawler Meeting, Meet at Elderly Centre, 10am

**Friday 7th June 2024:** Gawler Meeting, Meet at Elderly Centre, 10am

**Friday 21st June 2024:** Gawler Meeting, Meet at Elderly Centre, 10am

**Friday 5th July 2024:** Gawler Meeting, Meet at Elderly Centre, 10am

**Friday 19th July 2024:** Gawler Meeting, Meet at Elderly Centre, 10am

### **TRAVEL CLUB: TERM 2 2024**

**CONTACT: WENDY CARTER 0408 082 524  
or BEYOND BLINDNESS: 8367 6088**

**Saturday 11th May 2024:** Bungaree Station Clare, lunch at station or locally

**Saturday 8th June 2024:** D'Arenberg Cube, lunch at St Francis Winery

**Saturday 13th July 2024:** AGM, lunch TBA

## **SOUTH ACTIVITIES: TERM 2 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.

### **Southern Social Group**

**Tuesday 7th May 2024:** Beach walk and morning tea out  
**Tuesday 4th June 2024:** Sing Australia Choir at Byards Community Centre  
**Tuesday 2nd July 2024:** Quiz Morning

### **Bus Trips**

**Tuesday 21st May 2024:** Yankalilla  
**Tuesday 18th June 2024:** Port Adelaide and Birkenhead for lunch  
**Tuesday 16th July 2024:** Winery

### **Marion Conversation Corner**

**Monday 29th April 2024:** Finnis Street Café, Marion, 1:30pm  
**Monday 27th May 2024:** Finnis Street Café, Marion, 1:30pm  
**Monday 24th June 2024:** Finnis Street Café, Marion, 1:30pm  
**Monday 29th July 2024:** Finnis Street Café, Marion, 1:30pm

### **Blackwood Coffee Group**

**Wednesday 10th April 2024:** Coffee at Blackwood Coffee Shop  
**Wednesday 8th May 2024:** Bus Trip to Woodside Chocolate Factory  
**Wednesday 12th June 2024:** Blackwood Coffee Shop

## **VICTOR HARBOR GROUPS: TERM 2 2024**

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

### **Talking Books at Victor Harbor Library**

**Monday 13<sup>th</sup> May 2024:** Cooking and Gardening  
**Monday 17<sup>th</sup> June 2024:** Inspiration from the Coast and the Sea

### **Goolwa Men's Coffee and Chat**

**Every Tuesday:** 10am - 11.30am  
Goolwa Café, Goolwa Shopping Centre

## **OVERNIGHT TRIPS: 2024**

**CONTACT: FRANCA LOMBARDI (OVERNIGHT TRIPS COMMITTEE)**  
**PHONE: 0430305213 OR EMAIL: flombardi2410@gmail.com**

**Peterborough:** Monday 1st July - Thursday 4th July 2024

**Mildura:** Monday 14th October - Friday 18th October 2024

Read further details about these trips in the "Highlights" section of this newsletter

## **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