



Beyond Blindness Magazine



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Welcome to the Winter 2024 edition of the Beyond Blindness Magazine. By the time you get to read this informative magazine, the Winter's shortest day will be behind us as the days slowly start to get longer again, heading towards the Spring and Summer. (I have to say unashamedly, that I love these nippy days and when others say the same, it gives me pleasure to know that I am not the only one to think this way!) The footy season is something many of you enjoy, especially if your teams are doing well, and to those who are devoted followers of the teams which are not doing as well as hoped for this year, it certainly is a topic of conversation and there will be next year.

We have to thank Rachel for the great effort she puts into getting the information together for the Newsletters. Enjoy!

- Leonore Scott, Editor

From the CEO

The new Financial Year is now upon us, and we have already finalised 2024-25 budget. Our aim in the 2024-25 year will be to take a conservative approach to spending with all new growth derived from making greater use of our existing assets. These include our new buildings and vehicles.

We will also be looking to support our wonderful team of volunteers and recruit more to fill gaps, and to help with establishing regional activities. To assist with this, we have employed a part-time Volunteer Recruitment Officer. This role will help our Member Service Officers find the right volunteers for the tasks and expand opportunities.

We also aim to build on our successful activities in Whyalla and Mount Barker and to duplicate this success in other SA regional centres with the use of new and existing volunteers.

With the help of Tandems from Blind Sports SA and our volunteer team, a Tandem cycling program is now up and running. The team has also been working with local governments to introduce members to technology.

We recently welcomed Jen Musolino, our new Northern Member Engagement Officer. Jen is already running new activities from our Northern office and looking to expand services to the Mid-North.

Once again, I would like to thank our wonderful volunteers and my team, and look forward to seeing the results of their effort in the new financial year.

Jim Colligan

CEO

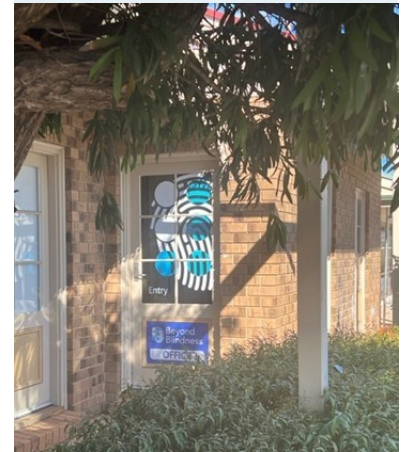
Beyond Blindness



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



New Staff Member: Hello. My name is Jenny Musolino, but you can call me Jen. I am Beyond Blindness' new Northern Member Engagement Officer, working out of our Gawler office.

The office has now re-opened on Mondays, Wednesdays and Fridays, 8.30am to 4.30pm. If you're passing by, please pop in and say "Hi!", or we can even have a cuppa. It would be great to meet as many members as I can and find out what you would like to see happening out here in the North.

The Beyond Blindness Northern Outreach is also seeking volunteers: we are in need of drivers, sight-guides and activity assistants. If this sounds like something you are interested in putting your hand up for, please get in touch!

Communication is the key to running a great social programme, so thinking caps on and I look forward to hearing from and meeting you all soon.

The Beyond Blindness North Office is located at:
Unit 1 / 12 Adelaide Road, Gawler South SA 5118
Phone: 8166 3330
Stay warm.
Jen

Giveaway: We have a second-hand Rehan Looky 10 Handheld Electronic Screen Magnifier to give away that has been generously donated. Incorporating a superb 10.1" display, the Looky 10 produces crystal clear Full HD (1080p) images. The Looky 10 is the ideal 2 in 1 Magnifier as it bridges the gap between the smaller screen portable devices and the larger fixed Screen desktop systems in one portable package.



The Looky 10 is packed with useful features including: Fold out Integrated Stand creating the optimum reading angle for the user, Live Panning which allows the user to explore live text and images without moving the device, Excellent Distance view feature which will allow the user to view train timetables etc., Mirror/Self View feature. It is powered by a mains power cord and it comes with a stand. The screen dimensions are: 245 x 200 x 22mm and it weighs: 680 grams.

If you are interested in this giveaway, contact Rachel, Marketing Officer: 8367 6088 or email: marketing@beyondblindness.org.au

Beyond Blindness offers social activities across all of Adelaide:

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

Special Purpose Funding: Adaptive Technology Subsidy interview

Member Frank Mercorella approached Beyond Blindness in mid-2023 for financial assistance, by the way of the Beyond Blindness Adaptive Technology Subsidy, to buy his own personal Braille display machine. “I wanted to purchase the Braille display to improve my literacy skills. I was excellent at spelling in school. But, as I lost my sight, I was no longer able to spell new words. This was made more difficult because I have also lost some hearing, and this prevents me from being able to distinguish between letters that sound the same. For example, I find it difficult to distinguish an F and an S, and M and N. So, even listening to a screen reader has become more difficult. Being able to check the physical Braille letters is invaluable as it reinforces literacy retention in a completely new way.”



After acquiring a quote from supplier HumanWare, Frank settled on the Brailiant BI 20X braille display. “I had no exposure to Braille until 2022. This is when I discovered a U.K. charity, known as 'The Brailists Foundation'. They held an online course to teach Braille to beginners. They posted the Braille resources to me and I followed the course in audio format. The instructor was excellent and I found it great to follow. “

There was a learning curve after obtaining the display machine, but Frank now feels he has a better handle on it. “There is a continual learning process. I am becoming more proficient the more I use it. The more I use the Braille display, the more confident and competent I become. The Braille display enables me to escape the audio overload associated with screen readers that we, as blind people, have to deal with every day. I use the machine to read anything and everything that I don't feel like listening to.”

He's most impressed with the machine having the ability to connect the Braille display to multiple devices, such as, a Windows PC, Macintosh PC, the iPhone and iPad. “I use the Braille display in a variety of ways. This includes reading emails, text messages, documents, e-books and even playing dice and word games.” It also has the ability to connect to USB, Bluetooth, Daisy book player, Victor Reader application offers download resources from Bookshare, NLS BARD and other libraries, 20 refreshable cells, supports various file types including DOCX, DOC, TXT, PDF, BRF, BRL and more.

The subsidy to buy his Braille display machine has helped Frank in the following way, “If I was unable to secure funding, it would have taken me a long time to save up the money to purchase it. Receiving the funding for half of the cost was an enormous help,” Frank says.

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**.

As per our guidelines, all Special Purpose Funding/Adaptive Technology Subsidy payments are subject to member assessment and funding availability.

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.

Have you as a member received an Adaptive Technology Subsidy from Beyond Blindness? If you would like to be interviewed for a future edition of our newsletter, particularly if you have bought a different type of technology (other than a braille display), please contact Marketing Officer Rachel by emailing: marketing@beyondblindness.org.au or call the Campbelltown office on 8367 6088 to share your story.

Beyond Blindness Area Highlights

Overnight Trips: Normanville 2024: What an amazing trip: the first for 2024.

The scenery was absolutely stunning. You would not think that you were just over an hour from Adelaide.

The highlight of the trip was definitely the Hills and Seascape Discovery Drive. This 85km scenic route took us to historical sites like the Christ Church in Yankalilla, natural wonders like Deep Creek Conservation Park, Rapid Bay and Second Valley Beach. There were also some man-made locations like the Starfish Hill Windfarm and the HMAS Hobart site.



We couldn't fit it all in one day so the next day we went to the Yankalilla Museum which had special displays to celebrate History Month. Members were shown how to spin yarn, weave, bail hay and make horseshoes as well as explore old farming equipment and local artefacts.

Ingalalla Waterfalls was also a sight to behold. We were concerned that they wouldn't be flowing due to lack of recent rains but were pleasantly surprised to see and hear them. We certainly didn't go hungry either with some delicious bakery goods and local seafood. Of course, we also managed to find some craft and lolly shops. Overall, we had a great time catching up with old friends and making new ones and are looking forward to Peterborough.

For bookings or enquiries for Overnight Trips, contact Franca Lombardi, Phone: 0488 104 354 or email: trips@beyondblindness.org.au

Travel Club: Bungaree Station, Clare: The Travel Club visited Bungaree Station and heard and saw how sheep farmers lived in the past. Bungaree Station is not a museum, but a living record of rural Australia since 1841. It resembles a little village with its own church, station store and shearing shed. We then travelled to the Clare Hotel for lunch.

For bookings or enquiries for Travel Club, contact Wendy Carter: 0408 082 524 or Beyond Blindness: 8367 6088



Beyond Blindness Area Highlights

Central/East: Highlight for Term 3, 2024

Cooking Demonstration: Come join Leonore and Deb for another cooking session.

Get ready for a culinary adventure! Our upcoming cooking demonstration will tantalize your taste buds with two classic favourites: Scotch Eggs and Quiche. But that's not all! We'll also whip up a delightful dessert to satisfy your sweet tooth.

Date: Friday 26th July 2024

Time: 10.30am to 12.30pm

Location: Beyond Blindness Campbelltown Social Centre, 516 Lower North East Road, Campbelltown SA 5074

Cost: \$5 per participant

Unlocking the Power of Insurance: An Informative Session: Are you puzzled by the myriad of insurance options out there? Our tailored insurance talk is designed just for you. Here's what we'll cover:

Types of Insurance: Dive into the world of health, life, funeral insurance and more.

Understand the nuances and benefits of each type.

Needs Assessment: Learn how to assess your unique needs.

Comparison Strategies: Uncover the secrets to comparing insurance plans effectively.

Date: Thursday, 8th August 2024

Time: 10.30am - 12pm

Location: Beyond Blindness Campbelltown Social Centre

516 Lower North East Road, Campbelltown SA 5074

Cost: Free

Join Us for Combined Exercise/Active Day!:

Beyond Blindness is committed to supporting independence and inclusion for blind and vision-impaired individuals. Our "Exercise/Active Day" initiative encourages members to engage in simple exercises, fostering agility and overall well-being!

What's in store:

Get Active: Whether it's gentle stretches, simple daily exercises, friendly games or carpet bowls we've got something for everyone.

Meet Fellow Members: Connect with Beyond Blindness members from different regions. Share stories, laughter, and camaraderie.

Date: Tuesday 13th August, 10th September, 22nd October 2024

Time: 10.30am-12.30pm

Location: Campbelltown Social Centre, Gawler Social Centre, Christies Beach Social Centre

Cost: To be confirmed

Beyond Blindness Area Highlights

Swish: Inclusive Table Tennis for the Vision-Impaired:

SWISH is a unique table-based game that combines elements of basketball, dexterity, and camaraderie. It is played like table tennis, but instead of hitting a ball over the net, the ball is hit/pushed under a wooden barrier and must travel along the surface of the table. The net is at a certain height so that those players with various degrees of sight do not have an advantage over blind players. The ball has bells in it to make it audible and it is about the size of a tennis ball and made of plastic with holes in it

Date: Friday 23rd August, Friday 13th September, Friday 25th October 2024

Time: 10.30am - 12pm

Location: Lefevre Community Stadium, 541 Victoria Road, Osborne SA 5017

Lunch: TBC

Cost: \$3 per participant

East End Escapade

Graeme from Down to Earth Tour will be back for another informative tour. Participants can wander through some of the areas in the East End, boasting some larger mansions as well as a mix of workers-style cottages. They'll hear about stories regarding who used to live in some of these houses and how they made their money.

Date: Thursday, 19 September 2024

Time: 10.30am-12pm

Location: Meet at Bocelli Caffè Ristorante, 81-83 Hutt Street, Adelaide CBD

Lunch: TBC

Cost : \$15 per member for tour

Audio Description Movie

Join fellow members to catch the latest movie of the season. We might watch WOLFS or Beetlejuice 2. Let us know which movie you'd like to watch!

Date: Thursday, 26th September 2024

Time: Late morning

Location: Hoyts Tea Tree Plaza

*Subject to movie theatre screenings and availability of audio description accessories

Keep an eye out for our monthly Activities Highlights email, sent at the end of each month. Or register with your region's Member Engagement Officer via email or phone to secure your spot.

Email: mphuah@beyondblindness.org.au or call 8367 6088 to register.

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

Beyond Blindness Area Highlights

North Activities: In the North we are still finding our way a little and getting the feel of what members interests are. So, follow along on the Calendar to see what events/Activities we are doing that might interest you to participate. Some of our events are listed below. Please RSVP to what you are wanting to attend. It would be great to see some new faces over the next few months. Please remember if you are passing the office on a Monday, Wednesday or Friday pop in and say Hi.

July: Taking a trip to Buckingham Palace from the comfort of a chair. Followed by a quiz on Buckingham Place, Sculpt and Sip, using air dry clay to make a vase whilst sipping on some bubbly. The cost will be \$5.00.

Lunch out at the Salisbury North Football club, Gawler South Bakery lunch we will do monthly, and soup and toasted sandwich lunch at Gawler Social Centre, Cost will be \$5.00. We will be having North meets West Social group at The Saint Kilda Hotel. Craft, Bingo and quiz. We are starting a monthly chair exercise class on a Friday morning. So, let's get our physical on.

August: Gawler South Bakery Lunch, Soup and Sandwiches (\$5.00), a trip to Lyndoch Lavender Farm for a tour and morning tea, Cost will be \$15.00, Visit to Maggie Beers Farm Shop for lunch. We will also be doing armchair travel, Bingo, craft and chair exercise.

September: Monthly Bakery lunch, visit to Barossa Valley Chocolate Company, A walk around Freemont Park, A visit to Whispering Wall, and let's celebrate National Cheese Burger Day by having McDonalds.

October: Monthly Bakery lunch, Let's take a walk group, Lunch at the Willaston Hotel, Coffee and Catch Up Club, chair exercise and mystery bus drive.

To sign up for North activities, contact Northern Member Engagement Officer: Jen Musolino. Call 8166 3330 or 0403 451 817.



Trevor Frost Award 2024 Applications Open



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 Award is open to blind and vision-impaired South Australian primary or secondary school students. Other eligibility criteria apply. For further information and to submit an application form, visit: <https://beyondblindness.org.au/trevor-frost-award/>
Contact Rachel, Marketing Officer, on 8367 6088 or email: marketing@beyondblindness.org.au for enquiries.

In Memoriam

Shaun Wilkinson: It is with deep sadness that we announce the passing of our beloved long-time member, Shaun Wilkinson. Shaun was an integral part of our Wednesday Craft and Chat sessions, finding joy in Bingo and the cherished friendships cultivated during our Wednesday activities. In the weeks preceding his departure, he eagerly anticipated rejoining our Bingo sessions, though he awaited confirmation of support provision from his care company. Please take a moment to read a message about Shaun from his friends at Beyond Blindness. Our thoughts are with Shaun's family and friends at this time.

Today, we're not sad but grateful for the wonderful journey of Shaun Wilkinson. He was like a bright light wherever he went. Shaun faced challenges with bravery, even though he couldn't see. For over ten years, he brought joy and laughter to our crafts and Bingo group with his big smile and through simple act of sharing jokes.

In the crafts group, Shaun was a master at untangling yarn and making beautiful things. He showed us that life is like a tangled yarn sometimes, but there's beauty in figuring it out. His jokes were not just about laughter; they were about connecting with others and brightening someone's day. In a world that can sometimes feel heavy, Shaun reminded us of the importance of humour and cheerfulness.



But it was during our Bingo sessions that Shaun truly shone. With each game, he brought a spark of magic, not only in his intense desire to win but also in the joy he shared with each participant. His secret rituals and whispered chants with the Bingo balls became famous, filling the room with laughter and anticipation. Though Shaun may no longer be with us in body, his spirit will forever remain a guiding light, inspiring us to embrace life's challenges with laughter and joy. Farewell, our dear friend. Thank you for the laughter and the memories.

Michael Wehr: We are saddened to inform you that our long-standing member, Michael Wehr, has suddenly passed away. Michael was a regular participant in our social activities, including chat and craft, crossword puzzles, and bingo. He will be greatly missed by all of us.

New Contact Method: Text Message

Beyond Blindness will soon be rolling out a text message service. You may start to receive reminder text messages on your mobile phone. It is a convenient way to receive Beyond Blindness communications. If you usually listen to the newsletter via a CD, have you considered changing your communication preference to text or email? This ensures that you will have access to Beyond Blindness correspondence instantly, saving you time and making sure you don't miss out on any timely news.



To opt in or out of text messaging, or to discuss your preferred communication options, contact Rachel, Marketing Officer, on 8367 6088 or email: marketing@beyondblindness.org.au

In Loving Memory



Shaun David Wilkinson
4-4-1967 ~ 31-3-2024
Aged 56

Volunteer Week Morning Tea

Beyond Blindness volunteers celebrated National Volunteer Week with a morning tea at the Campbelltown Main Office and Social Centre on Tuesday 21st May 2024. Volunteers are the backbone of our organisation, freely giving their time, energy and skills to support blind and vision-impaired members to attend activities and live independently.

National 20-26 MAY 2024
Volunteer
Something for Everyone Week



The theme of National Volunteer Week 2024 was "Something for Everyone" - and our volunteers have so many varied skills to offer, whether it be in admin, sight-guiding, transport, handywork, or running errands, we appreciate what each and every volunteer brings.

Debbie attends activities and helps out twice a week. "I like volunteering because I love meeting people and the members are absolutely beautiful. Even the other volunteers are lovely as well."

Robin started volunteering with the golf sessions, now moving to assisting with driving buses, sight-guiding on excursions and trips, Wednesday craft group, and various other duties. Robin was semi-retired when he first came to Beyond Blindness, and has grown to love it because "they're a great bunch." Robin says, "it's also gratifying for me to volunteer because as I'm giving to others, it's a rewarding feeling."

Thank you to all volunteers who helped in organising this event, Leonore for cooking so many yummy cakes and slices for morning tea, and staff who assisted.

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 and some regional areas, to assist South Australians with vision impairment to experience social activities and support their independence. 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 linked on our website:

<https://beyondblindness.org.au/volunteering/>



Sports: 2024 Beyond Blindness Blind Golf SA Stableford Championship



Beyond Blindness is proud to have sponsored the Blind Golf SA Stableford Championships for the past 3 years, since 2022. A collaboration between Beyond Blindness, Blind Golf SA, Golfing Australia and West Beach Parks Golf, what great practice, planning, skill and sportsmanship has been displayed from everyone involved. Thank you to all the participants for this year's event. There was a high turn out for this championship, numbers-wise.

Acknowledgement must be extended to Blind Golf SA Secretary Lindsay Mortimer who stepped up to plan and facilitate this year's event and making it possible.

Congratulations to this year's winners:

Overall Winner - DARREN SOLLY

Overall Runner Up - DAVID LEE

B1 Winner - DOUG SLOAN

B1 Runner Up - DAVID BLYTH

B2 Winner - GRAHAM COULTON

B2 Runner Up - MARK EINTHAL

B3 Winner - JAMIE HAIN

B3 Runner Up - MARK ESCHBANK

If you are interested in taking up golf as a hobby or keen to pick up a golf club again, Blind Golf SA regularly hosts Golfing Academies at West Beach. Follow them on Facebook for updates or contact Lindsay Mortimer on 0412 693 038.

Beyond Blindness also has a weekly golfing activity at Valley View Golf Course every Tuesday. All abilities are welcome. Contact Marian on 8367 6088 to sign up.

Social Groups Photo Album



Western Group: Glenelg Surf Lifesaving Club



Whyalla Coffee & Chat



Adelaide Hills Group at Commercial Hotel, Strathalbyn



Melba's Barossa



Donut Day at Northern Office



Overnight Trip to Normanville

Social Groups Photo Album



Seniors Group at Campbelltown



Margaret at Himeji Gardens



Northern Outreach at McQueen's Tavern



Southern Social Group - Sing Australia



Happy Valley Reservoir



Travel Club: d'Arenberg Cube

Leonore's Cooking Corner: Soda Bread

Ingredients

170g Wholemeal Self Raising flour
170g Plain flour
½ Teaspoon salt
½ Teaspoon Bicarbonate of Soda
290 ml Buttermilk



Method

- Preheat the oven to 400F/200C/Gas 6
- Tip the flours, salt and bicarbonate of soda into a large mixing bowl and stir.
- Make a well in the centre and pour in the buttermilk, mixing quickly with a large fork to form a soft dough. (Depending upon the absorbency of the flour, you may need to add a little milk if the dough seems too stiff but it should not be too wet or sticky.)
- Turn onto a lightly-floured surface and knead briefly.
- Form into a round and flatten the dough slightly before placing on a lightly floured baking tray.
- Cut a cross on the top and bake for about 30 minutes or until the loaf sounds hollow when tapped.
- Cool on a wire rack.

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:
F. Rohrlach, W Noureen, S. Tejas, K Chudleigh, R Kent, K Whittington.

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

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

If you have any questions or concerns, please contact your region's Member Engagement Officer.

“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
Or speak to your region’s Member Engagement Officer
For newsletter feedback: 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 2030
GLYNDE PLAZA LPO
Shop 2 / 471 - 473 Payneham Road
FELIXSTOW SA 5070

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”





Supporting Independence and Inclusion
for Blind South Australians

Beyond Blindness Activities Calendar

TERM 3: JULY, AUGUST, SEPTEMBER, OCTOBER 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 6th July until Sunday 21st July 2024 & Saturday 28th September until Sunday 13th October 2024.**

Extreme weather may affect activities.

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

WEST ACTIVITIES: TERM 3 2024

CONTACT FRANK: MEMBER ENGAGEMENT OFFICER (WEST):

PHONE: 8367 6088 or 0488 114 626

Fridays: Western Social Group: every Third Friday of the month

Friday 19th July 2024: St Kilda Hotel Lunch: West meets North

Friday 16th August 2024: Walk then lunch at Seaton Hotel

Friday 20th September 2024: Lunch at Challa Gardens Hotel

Friday 18th October 2024: Lunch at Birkenhead Tavern

Saturdays: Western Social Group: First Saturday of the month.

Saturday 6th July 2024: School Holidays

Saturday 3rd August 2024: Lunch at Lockleys Hotel

Saturday 7th September 2024: Lunch at the Lighthouse Wharf

Saturday 5th October 2024: School Holidays

Sundays: Young Adults Group: Second Sunday of the month.

Sunday 14th July 2024: Lunch at the Lakes Hotel

Sunday 11th August 2024: Lunch & Music at Lighthouse Wharf

Sunday 8th September 2024: Lunch at Lockleys Hotel

Sunday 13th October 2024: Day Trip to Virginia Nursery

ADELAIDE HILLS ACTIVITIES: TERM 3 2024

CONTACT: FRANK: MEMBER ENGAGEMENT OFFICER (HILLS):

PHONE: 8367 6088 or 0488 114 626

Thursday 25th July 2024: Day Trip to Victor Harbor

Thursday 29th August 2024: Trip to Hahndorf & lunch

Thursday 26th September 2024: Trip to Murray Bridge & lunch at Bridge Hotel

Thursday 24th October 2024: Trip to Langhorn Creek

WHYALLA ACTIVITIES: TERM 3 2024

CONTACT: FRANK: MEMBER ENGAGEMENT OFFICER (WHYALLA):

PHONE: 8367 6088 or 0488 114 626

Second Tuesday of the month. Whyalla Coffee, Biscuits & Chat. 10am—12pm

Tuesday 13th August, Tuesday 10th September, Tuesday 8th October 2024

CENTRAL/EAST ACTIVITIES: TERM 3 2024

CONTACT: MARIAN: MEMBER ENGAGEMENT OFFICER (CENTRAL/EAST):

PHONE: 8367 6088

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

Monday:

Monday 5th August, 12th August, 19th August, 26th August 2024

Monday 2nd September, 9th September, 16th September, 23rd September 2024

Monday 14th October, 21st October, 28th October 2024

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

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

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

Venue: Valley View Golf Course

Tuesday: 6th August, 20th August, 27th August 2024

Tuesday 10th September, 17th September, 24th September 2024

Tuesday 15th October (TBC), 29th October 2024

Activity 2: Exercise/Active Day

Tuesday 13th August, Tuesday 10th September, Tuesday 22nd October 2024

*Please note that when there is Exercise/Active Day, Golf will be cancelled

Wednesday:

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

Wednesday 7th August, 14th August, 21st August, 28th August 2024

Wednesday 4th September, 11th September, 18th September, 25th September 2024

Wednesday 16th October, 23rd October, 30th October 2024

Venue: Campbelltown Social Centre

Activity 2: Bingo, 1pm - 2pm

Wednesday 14th August, 28th August 2024

Wednesday 11th September, 25th September 2024

Wednesday 23rd October

Venue: Campbelltown Social Centre

Activity 3: Wednesday Walks (7km walk)

10am - 4pm, Various Locations

Wednesday 7th August, 14th August, 21st August, 28th August 2024

Wednesday 4th September, 11th September, 18th September, 25th September 2024

Wednesday 2nd October, 9th October, 23rd October, 30th October 2024

*Please note Wednesday 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 1st August, Thursday 5th September, Thursday 17th October 2024

Exclusive Insurance Talk for Members, 10.30am – 12.30pm

Thursday 8th August 2024

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

Thursday 15th August 2024

Seniors Group Gathering at Campbelltown Social Centre, 10.30am - 12.30pm

Thursday 22nd August, Thursday 12th September 2024

Thursday 24th October 2024

Waterfall Gully & Lunch at Torrens Arms Hotel, 10.30am – 12pm

Thursday 29th August 2024

East End Escapade: Adelaide City Tour with Graeme, 10.30am – 12pm

Lunch Venue TBC, 12pm – 2.30pm

Thursday 19th September 2024

Audio Description Movie, Late morning, followed by lunch

Thursday 26th September 2024

Day Trip: Nan Hai Pu Tuo Temple, Lunch TBC

Thursday 31st October 2024

Friday: Activity 1: Free Readers Book Club, Campbelltown Library, 10am – 12pm

Friday 2nd August, Friday 6th September 2024

Venue: Campbelltown Library, 172 Montacute Road, Rostrevor SA 5073

Activity 2: SWISH, Lefevre Community Stadium, 541 Victoria Road, Osborne

Friday 23rd August, Friday 13th September, Friday 25th October 2024

Please note: Term 3 school holidays are:

Saturday 28th September - Sunday 13th October 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 3 2024

NORTHERN OUTREACH

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

JULY

Monday 22nd July 2024: Sculpt and Sip, Gawler Office 10am, \$5 per person

Monday 29th July 2024: Gawler South Bakery Lunch

Wednesday 24th July 2024: Bingo, Gawler office, 10am.

Wednesday 31st July 2024: Armchair Travel and quiz, Gawler Office 10.30am

Friday 26th July 2024: Chair exercise, Gawler office, 10.30am

AUGUST

Monday 5th August 2024: Gawler South Bakery lunch, 12 noon

Monday 12th August 2024: Lyndoch Lavender Farm, 10am, \$15 per person

Monday 19th August 2024: Maggie Beers Farm Shop, 12 noon

Tuesday 13th August 2024: Combined Active exercise held at Central

Friday 9th August 2024: Armchair travel

Friday 23rd August 2024: Chair exercise Gawler Office, 10.30am

SEPTEMBER

Monday 2nd September 2024: Gawler South Bakery lunch, Gawler Office

Monday 9th September 2024: Barossa Chocolate Factory 10.30am

Monday 16th September 2024: Take a wander around Freemont Park, 10.30am

Monday 23rd September 2024: Whispering Wall 10.30am

Wednesday 18th September 2024: National Cheeseburger Day

Gawler McDonalds, 12 noon

Friday 20th September 2024: Chair exercise, Gawler Office, 10.30am

OCTOBER

Friday 4th October 2024: Mystery Drive

Wednesday 9th October 2024: Gawler South Bakery Lunch 12 noon

Monday 14th October 2024: Let's take a walk, 10.30am, Gawler

NORTH ACTIVITIES: TERM 3 2024 (Continued)

COUNTRY MUSIC

CONTACT: JOAN SNOWBALL: PHONE: 0420 794 102

Sundays: 21st July, 18th August, 15th September, 20th October 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: PHONE: 0420 794 102

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

Friday 2nd August 2024: Gawler Meeting, Meet at Elderly Centre, 10am

Friday 16th August 2024: Gawler Meeting, Meet at Elderly Centre, 10am

Friday 30th August 2024: Gawler Meeting, Meet at Elderly Centre, 10am

Friday 13th September 2024: Gawler Meeting, Meet at Elderly Centre, 10am

Friday 27th September 2024: Gawler Meeting, Meet at Elderly Centre, 10am

Friday 11th October 2024: Gawler Meeting, Meet at Elderly Centre, 10am

OVERNIGHT TRIPS

CONTACT: FRANCA LOMBARDI (OVERNIGHT TRIPS COMMITTEE):

PHONE: 0488 104 354 OR EMAIL: trips@beyondblindness.org.au

Mildura trip: If you missed out on the Normanville or Peterborough trips, there is limited availability for the Mildura trip.

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

Where: Staying at the Sunraysia Resort

What: Apart from taking advantage of the resorts amazing facilities, including mini golf, we will also visit Woodsies Gem Shop, cruise on a paddle steamer, visit Mildura Arts Centre and Rio Vista Historic House (Chaffee House) and much more.

Cost \$475: this covers accommodation, transport, continental breakfast, volunteers and entrance fees as per above. The cut off date for registering your interest is **2/8/2024**.

So, if you have any questions or are interested in going, please contact Franca Lombardi on 0488 104 354 or email: trips@beyondblindness.org.au. Don't miss out.

NOTE: we have changed the process slightly. From now on we will have a cut off date for registering your interest. After that date the invoices will be issued with a week to pay the non-refundable deposit. The remaining payment will need to be made 3 weeks before the trip.

SOUTH ACTIVITIES: TERM 3 2024

CONTACT: JEREMY MEMBER ENGAGEMENT OFFICER (SOUTH):

PHONE: 8556 6228

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 6th August 2024: Pamper Day

Tuesday 3rd September 2024: Music Day

Tuesday 1st October 2024: RSPCA Outing

Bus Trips

Tuesday 20th August 2024: Hahndorf

Tuesday 17th September 2024: Mount Lofty Gardens, Stirling for lunch

Tuesday 15th October 2024: Virginia Nursery

Marion Conversation Corner

Monday 26th August, Monday 30th September, Monday 28th October 2024:

Finnis Street Café, Marion, 1:30pm

Blackwood Coffee Group (Location to be advised.)

Wednesday 14th August 2024

Wednesday 18th September 2024

Wednesday 9th October 2024

Advanced Walking Group

Tuesday 27th August, Tuesday 24th September, Tuesday 22nd October 2024

For those who can walk 10km. Various Locations.

VICTOR HARBOR GROUPS: TERM 3 2024

CONTACT: JEREMY MEMBER ENGAGEMENT OFFICER (SOUTH):

PHONE: 8556 6228

Talking Books at Victor Harbor Library

Monday 12th August 2024: Movies, television and music

Monday 9th September 2024: Science Fiction and Fantasy

Monday 14th October 2024: Animals

Goolwa Men's Coffee and Chat

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

TRAVEL CLUB: TERM 3 2024

CONTACT: WENDY CARTER: 0408 082 524

or BEYOND BLINDNESS: 8367 6088

Saturday 13th July 2024: AGM, lunch TBA

Saturday 10th August 2024: Serenity Nursery. Lunch at Mannum Club

Saturday 14th September 2024: Milang Historical Museum, BBQ Lunch

Saturday 12th October 2024: Victor Harbor Horse Drawn Tramway to Granite Island, Lunch Locally

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