‘Guide Dogs Victoria’s On the Move – February 2018 Bulletin

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# Tips for reading this newsletter

If you would like to increase the text size on your screen:

* Using the keyboard
	+ 1. Press ALT+W, and then press Q.
		2. Press the TAB key repeatedly until the **Percent** box is selected, and then type a percentage or press UP ARROW or DOWN ARROW to select a percentage.
* Using the mouse
	+ 1. On the View tab, in the Zoom group, click Zoom.
		2. Click the zoom setting that you want or type a percentage in the Percent box.

Contents

[Tips for reading this newsletter 1](#_Toc507086684)

[Editor’s update 2](#_Toc507086685)

[News & events for 2018 4](#_Toc507086686)

[Regional Information Sessions 4](#_Toc507086687)

[Group programs: 5](#_Toc507086688)

[You’re invited! Ongoing social events 7](#_Toc507086689)

[Sports roundup 9](#_Toc507086690)

[It’s back: Guide Dogs Australia is charity partner of the Formula 1® 2018 Rolex Grand Prix again – win a lap around the track! 10](#_Toc507086691)

[International Guide Dog Day – call for your votes on Community Access 14](#_Toc507086692)

[Money Matters: new $50 note and more support with the Albert Terminal 15](#_Toc507086693)

[We are off to India – and you are invited! 17](#_Toc507086694)

[Pet Insurance – new and improved 18](#_Toc507086695)

[Guide Dog Boarding through GDV – Emergencies only please 19](#_Toc507086696)

[Guide Dog Healthcare Update: Autumn care 20](#_Toc507086697)

[Share your story 22](#_Toc507086698)

[Feedback 22](#_Toc507086699)

# Editor’s update

Happy New Year to all On The Movers, and if you are celebrating the Lunar New Year then…

新年快乐 / 新年快樂 (Xīnnián kuàilè) – Chinese characters saying ‘New Year Happiness’.



(Image: red lanterns and Chinese fabrics, baskets and a lychee tree, with a blonde pup, greet the new year)

It’s the lunar year of the dog, and we have a great year planned at GDV – dog or no dog! We are looking forward to really embracing our community, and hearing what you want from us. We have a lot of exciting group programs planned, but we want to be far more innovative and agile in the things we offer – if you have an idea for a program, or something you really want to try that will help you reach another goal or take on a new challenge, then let us know. Whilst our core mission is to support people with the strategies and tools they need to be independent, we also want to be able to help you make the most of that independence by trying new experiences, getting to know new people or taking on the ‘next step’ whether that’s career, education, more travel – whatever you can imagine!

There’s a few experiences on offer in this month’s On The Move. Sign up for the Magnificent Mobility Mission – a sure to be fun Amazing Race style challenge. Go sailing at the Royal Geelong Sailing Clubs 15th Annual sailing day for people who are blind or who have low vision or enter the draw to win a lap in a course car at the upcoming Grand Prix. You could even join a fundraising trip to India! And if adrenaline is not your thing, coffee clubs, a book club and International Guide Dog Day on the horizon.

Finally, a request from me. If you live near Bendigo/Ballarat/Geelong then do come along to our Regional Info sessions to be held near you, if you can, and tell/bring your friends! There will be free refreshments and the chance to catch up with our practitioners. We might be able to surprise you with something new to offer, and we are trying to build our outreach regionally as you all have fed back how important this is over the years. You are often our best way of promoting our services and support, please spread the word! If you even feel able to speak on the day or could put up posters/leaflets in your area, or email on our invite, it would be awesome. Contact me on sophiew@guidedogsvictoria.com.au for more info.

Hope to catch up with you soon!

Sophie Wild

Bulletin Editor

[Return to contents](#ref_TOC)

# News & events for 2018

Regional Information Sessions: Free information sessions with morning or afternoon tea covering the locally available services provided by GDV. Whatever your age, stage or cause of vision loss we can provide Mobility services, Occupational Therapy, Tech advice, Funding navigation support and low vision Orthoptic support at a time and place that’s right for you. Come and meet some of your local practitioners, have a look at some technology, and see if we can offer you something new to help you meet your goals in life. No bookings necessary. Further info 1800 804 805.

* **Bendigo** District RSL, 73-75 Havilah Road, Wednesday 28th February 1.30-3.30pm. No booking necessary, but at this session you can also book in for a GDV Orthoptic Low Vision assessment to be held (at no cost to you) on 21st March at Bendigo Community Health Service Central.
* **Ballarat** Bell Tower Inn, 1845 Sturt St. Ballarat 3350, Wednesday 28th March 1.30 – 3.30pm. No booking required.
* **Geelong & Bayside Peninsula** – Info sessions will be in April (date tbc) but in the meantime we will be at Westfield Shopping Centre on 8th March 10-3pm. Pop along and say hello, meet our Orthoptist Khoa and O&M Instructor Paula.

## Group programs:

**Live Safe Travel Smart**. October 2018:  An opportunity to develop and practice your public transport and personal safety skills in a supportive team environment, over 3 days of training in a group, on and off our Kew campus. Sponsored by Boroondara City Council. Expressions of interest to
csadmin@guidedogsvictoria.com.au

 **The** **Magnificent Mobility Mission!** Have tremendous fun and get a bit competitive while honing your mobility skills in this Amazing Race style challenge. We will hold 2 of these **programs**

* 24th May 2018 Boroondara Magnificent Mobility Mission
* 14th August 2018 Regional Magnificent Mobility Mission – exact location tbc depending on interest

Expressions of interest to
csadmin@guidedogsvictoria.com.au

**Understanding Acquired Brain Injury and Low Vision** – choose from either 30th May 8th August 28th November. The highly recommended one-day information program for people with vision changes secondary to an acquired brain injury (ABI).  Gain essential understanding of:

* how vision can change following an ABI, such as stroke, accident, surgery, tumour or other brain injury.
* how changes to the brain’s function can impact on mobility in unexpected ways.
* share experiences with people of all ages, and their families, who have low vision or blindness from an ABI.

Places are limited to so please book your place by emailing CSAdmin@guidedogsvictoria.com.au or call 1800 804 805.

**Young Adults Program (YAP)** - Connecting young people (approximate age 18-30) with low vision or blindness for discussions and fun activities. YAP sessions run bi-monthly throughout the year. Contact rachelh@guidedogsvictoria.com.au for more information. **First one is this Friday the 22nd February, get in quick, its not too late to sign up!**

**Young Parents Group** – a six session program to be held in the Frankston area. A safe and supportive environment for young parents (and grand parents!) with low vision or blindness and their children to learn from each other. Watch this space for more info!

## You’re invited! Ongoing social events

* **Coffee mornings every Friday in the Frankston area.** If you enjoy having a cuppa and meeting new friends, please join our casual client run coffee mornings. New members always welcome. For details please contact Robert on 0409 685 606 or email
rgsblind@yahoo.com.au
* **Rosebud Coffee Club.** You may know that the Frankston Coffee Club is going strong and it’s time to branch out. We will be starting a Rosebud area coffee club in May 2018. Mobility support from public transport to the café will be supported by GDV O&M Specialists for the first 4 sessions, with meeting facilitation support also provided. Please call 1800 804 805 to register your interest. We hope to see you there!
* **Cranbourne Coffee Club.** If you are interested in us setting up a Cranbourne Coffee Club let us know – email csadmin@guidedogsvictoria.com.au.
* **Ballarat Book Club** – 3rd Thursday of the month. Lunch followed by discussion on our audio book of the month. If you are looking for interesting conversation, a diverse group, and good humour, join us! Our members have Guide Dogs and/or canes all of which are accommodated in a very friendly café atmosphere. Contact Janice on jannorth1@gmail.com
* **Croydon Vision Impaired Table Tennis Club** - Every Tuesday 6:00 pm to 8:30 pm. Table Tennis Stadium, Kilsyth Sports Centre, Liverpool Road Kilsyth Victoria 3137. This is an all-inclusive game of table tennis that has been specially adapted for people with low vision or blindness to play and is a fun game with plenty of laughter and good cheer so come along and join us. Contact Wayne Hyland by phone: 0497 905 638 or email: flinghyland@iinet.net.au
* Description Victoria: Audio described performances and events. Go to
<http://descriptionvictoria.com.au/> for booking information.
	+ Performance: A Pacifist's Guide to the War on Cancer. Friday 16th March. Tactile Tour 6.30pm. Malthouse Theatre Southbank.
	+ Event: Festival of Live Art. Friday 23rd March, 4pm-10pm. Arts House, Melbourne.
	+ Description Victoria want to hear your views, to better understand how you engage with audio description and the arts. This will inform how we develop Description Victoria's service offering, and which organisations we seek to work with going forward. Go to their survey at <https://goo.gl/forms/hT1vaNgojPllGKPk2>

## Sports roundup

**Royal Geelong 15th annual sailing day: Sunday 8th April:** Anyone who is blind or who has low vision, and their companions, are invited to this wonderful day out.

* TIME: 9 – 9.15am (Sail starts at 9.30am sharp)
* CLOTHING   Comfortable according to weather conditions with flat shoes
* FOOD: enjoy a free B.B.Q. Lunch generously provided by the Lions Club

Registration forms can be obtained by ringing Jan Jones 5248 8633; 0432 678548.

**Blind Sports and Recreation Victoria Event Calendar 2018:**

Download at <https://www.guidedogsvictoria.com.au/news-events/?category=general-news> or email info@blindsports.org.au

[Return to contents](#ref_TOC)

# It’s back: Guide Dogs Australia is charity partner of the Formula 1® 2018 Rolex Grand Prix again – win a lap around the track!

Once again Guide Dogs Victoria are revving up in March to ‘Supercharge the senses’ and you can win.

As before our activity will be done under the banner of Guide Dogs Australia but Guide Dogs Victoria will organise all the activity. All funds raised will go directly towards the training of Guide Dogs this year, after the successful raising of funds for our O&M cadets last year.

Join in the fun by joining us!

(Photo below: It’s Driver vs Dog at the Grand Prix! Blonde Guide Dog in Training Albert sits sideways on in front of the Redbull race car at pitlane, under the Melbourne gantry).



**Enter our Client Prize Draw to win!**

1. FIRST PRIZE: A chance for 1 lucky GDV client to win the experience of a lifetime: the chance to do what very few can, experience a lap of Albert Park as passenger to an experienced race driver in a course car, no holds barred! The Australian Grand Prix Corporation has donated this amazing ride around the track in a course car, on Friday 23rd March at 1.30pm. Prize includes a General Admission ticket for Friday 23rd March entry to the Formula 1® 2018 Rolex Australian Grand Prix for the prize-winner and your companion.
2. SECOND PRIZE: Twelve second prizes will be drawn, each of a pair of General Entry tickets: drawn in reverse for Sunday 26th entry (3 x pairs of tickets), Saturday 25th entry (3 x pairs tickets), Friday 24th entry (3 x pairs tickets), Thursday 23rd entry (3x pair tickets).

**How to enter**

All you have to do to enter the draw is to answer this question correctly:

What date is the GDV Bendigo Regional Information Session being held on? Hint (its early on in this newsletter).

Send your answer with your name, address, email and phone number to sophiew@guidedogsvictoria.com.au.

Check the full competition terms and conditions below.

Guide Dogs Victoria must receive all entries by 5pm on Monday, 5th March 2018. No late entries will be considered.

Guide Dog Handlers please note: Due to the trackside environment & noise Guide Dogs should not be brought to the Event – Guide Dog users will need to use alternative travel aids such as long canes or assistance from family or friends.

The Australian Grand Prix Corporation (AGPC) & Guide Dogs Victoria (GDV) Client Prize Draw Terms & Conditions:

Guest lap in a course car winner must be able to attend at Albert Park, Friday 23rd March 1.00pm. Ride commences at 1.30pm sharp.

Only people who are or who have been Guide Dogs Victoria clients may enter this competition.

One entry is allowed per person.

Prize-winners will be drawn blindfolded by Evan Gordon of GDV at the GDV premises on Friday 9th March.

The judges’ decision will be final, and no correspondence will be entered into.

The prizes have no monetary exchange value and will not be exchanged for money and cannot be transferred to other people (unless authorized by GDV).

Paid employees of Guide Dogs Victoria and their families are not allowed to enter.

Competition closes 5pm on Monday 5th March 2018. No entries will be considered after this time. Competition winners will be notified the week of the 12th March 2018.The winners’ names will be published on the GDV website on the 16th March 2018.

Competition winners agree to GDV and/or AGPC publishing their entry and images and agree to being interviewed about their experience.

Competition entrants’ details will not be used for any other purpose.

Competition winners agree to abide by the conditions of entry into the Event available at [www.grandprix.com.au](http://www.grandprix.com.au)

[Return to contents](#ref_TOC)

# International Guide Dog Day – call for your votes on Community Access

International Guide Day falls on 25th April this year, the same day as Anzac Day.

The theme nationally for International Guide Dog Day this year is ‘Guide Dogs Change Lives’, and we will be drawing on the closeness of Anzac Day to commemorate how Guide Dogs have changed the lives of returned service men and women. The contemporary Guide Dogs originated in WW1 in Europe, for soldiers blinded by mustard gas, and to this very day we provide Guide Dogs to returned soldiers who have lost their vision in the line of duty.

We hope to hold a very special commemorative event based on this theme on either the Thursday 26th or Friday 27th (to maintain respect for Anzac Day itself). You will all be invited, so please look out for full details in next month’s On The Move.

In the meantime, I would encourage you to send in your votes for our Community Access Award. This is awarded at our IGDD ceremony, to an individual or business who has gone above & beyond to make clients with vision loss feel welcome. This could be a café or taxi driver who really looks out for you, or maybe staff at a station or a hotel. It could be your employer, leisure centre, gym instructor or council, a local GP or physio, anyone who really role models the importance of equality of access for all. This is our way of thanking that individual or business and raising them as a positive example to others.

Every nomination will be sent a Certificate of Appreciation from GDV signed by Karen Hayes our CEO, and the overall winner will receive a special award at the IGDD event.

[Return to contents](#ref_TOC)

# Money Matters: new $50 note and more support with the Albert Terminal

Following on from the new $10, the Reserve Bank has today [revealed](https://www.rba.gov.au/media-releases/2018/mr-18-03.html) the design of the new $50 banknote. As with the existing banknote, the new $50 features portraits of Aboriginal writer and inventor David Unaipon and the first female member of an Australian parliament, Edith Cowan. The new banknotes will be released into general circulation in October 2018.

The new $50 banknote contains the same security and tactile features as the new $5 and $10 banknotes that were issued in 2016 and 2017 respectively, including a top-to-bottom clear window that contains dynamic features such as a reversing number. Full details of the design and security features on the new $50 banknote are available on the RBA’s [website](http://banknotes.rba.gov.au/).

Also, we are aware that some clients have experienced issues using the new touchscreen Albert payment terminals, and also touchscreen ATMs. We have been lobbying nationally with the Commonwealth Bank to improve accessibility.

The Commonwealth Bank acknowledges that they have more to do to make their touchscreen technologies accessible to people who are blind or who have low vision. Whilst they continue to work on software and hardware solutions, they have developed additional device support resources:

* Credit card sized instruction card on how to enable Albert Terminal’s accessibility features that you can present to retailers, so they can activate the accessibility features
* instructions on how to access the existing audio / headphone feature of the touchscreen ATMs 

(Image: finger touching word withdraw button on touchscreen ATM)

If you would like these resources sent out to you, please email csadmin@guidedogsvictoria.com.au, or call 1800 804 805.

[Return to contents](#ref_TOC)

# We are off to India – and you are invited!



(image: view of Southern Indian valley and mountain – dramatic, lush green with blue sky)

Experience the magic of South India during this 12-day multi-sensory tour.  We are offering you a special and unique opportunity to join Guide Dogs Victoria and help others benefit from our wonderful services, in the same way we hope you have, by joining this sponsored trip to raise funds to breed and train a future Guide Dog. Registrations are now open for this amazing opportunity commencing on 9 November 2018.  You can register over the phone by calling Caroline on 03 9854 4497 or email for more information at caroline.p@guidedogsvictoria.com.au We can’t wait to experience this once in a lifetime adventure with you!

[Return to contents](#ref_TOC)

# Pet Insurance – new and improved



(Logo Text Guide Dogs Pet Insurance on left with dark orange illustration of dog and light orange illustration of cat walking side by side)

A reminder that Guide Dogs Australia’s Pet Insurance now comes through a new supplier, Greenstone.

If you wish to swap from our old supplier PetPlan on renewal, or are currently uninsured and want a new pet insurance policy through the Guide Dogs Australia scheme then please call 1300 467 104, or click the link at <https://www.guidedogsvictoria.com.au/resources/pet-insurance/>.

Accessing it through these links is really important to us at Guide Dogs Victoria, as Greenstone donate a portion of the premium back to us if you purchase insurance through them.

[Return to contents](#ref_TOC)

# Guide Dog Boarding through GDV – Emergencies only please

We’ve had quite an increase in requests to board Guide Dogs for people recently, and we just wanted to nicely remind all handlers that boarding through GDV is for emergencies only. If you know you are going away or need boarding for any other reason then we would encourage you to talk to family or friends first and see if you can arrange temporary care for your Guide Dog. Unfortunately we have a very limited capacity for boarding on site and our community temporary carers are only approved to take puppies in the puppy raising program. Of course, if something unforeseen happens you can contact us, but where you can plan ahead please do.

[Return to contents](#ref_TOC)

# Guide Dog Healthcare Update: Autumn care



(Image: blonde Labrador pup laying in colourful Autumn leaves)

Autumn is sometimes the “forgotten” season when it comes to dog care. In Australia the weather is becoming milder, which can mean forgetting about a lot of necessities in dog care as the seasons change. Here are a few tips to keep in mind this Autumn to keep your Guide Dog happy and healthy all year round.

**Flea Treatments** - It is important to stick to your flea prevention program all year round as continual compliance is the only way to prevent a flea outbreak.

**Tick Control**- Adult ticks are often still prevalent in some areas of Australia until late Autumn. If you live a tick area you need to be aware of this and continue with tick prevention and regular checks of your Guide Dog.

**Chocolate** - Easter means there is generally a lot more chocolate around. Be sure to keep chocolate out of reach of your dog as it is highly toxic for them to ingest and can be fatal.

**Joint Health & Arthritis** - When the weather starts to turn cold we see an increase in joint pain and arthritis symptoms. Be extra that the nights can be getting cooler, and make sure your Guide Dog has a warm and comfortable bed, insulating them from a cold floor, out of drafts. If you are concerned that your Guide Dog is stiffer than normal then check with a vet and ask your Guide Dog Mobility Instructor to come out and have a look, especially if your dog is getting senior – past 8 years old.

Remember to always contact your vet if you ever have any concerns about your Guide Dog’s health as prevention and early treatment is always best.

(article adapted from vetnpetdirect.com.au)

[Return to contents](#ref_TOC)

# Share your story

If you have a story you’d like to share about your low vision or blindness, your achievements, your experiences with our services or being matched with your Guide Dog, we’d love to hear from you. The marketing team are always on the lookout to feature our client’s stories in the media, to help spread the word about the wonderful work of Guide Dogs Victoria and to increase public awareness about people living with low vision or blindness. If you are comfortable with sharing your story, please email the marketing team at marketing@guidedogsvictoria.com.auto get in touch.

[Return to contents](#ref_TOC)

# Feedback

If you have anything to contribute to this newsletter, please feel free to contact us with your piece. We welcome all contributions.

Please either contact or email our client services administration team with your contributions as below:

csadmin@guidedogsvictoria.com.au or phone 1800 804 805.

[Return to contents](#ref_TOC)