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

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Contents

[Tips for reading this newsletter 1](#_Toc522252865)

[Editor’s update 2](#_Toc522252866)

[News & events for 2018 3](#_Toc522252867)

[Group programs: 4](#_Toc522252868)

[Practical Parenting Peer Support Group 6](#_Toc522252869)

[Southland Station - Stop and Shop Program 8](#_Toc522252870)

[Mobility Mission Boroondara! 10](#_Toc522252871)

[Try Before You Ride 13](#_Toc522252872)

[Important changes to Public Transport Services in Victoria 14](#_Toc522252873)

[My Health Record – the news so far 18](#_Toc522252874)

[Meet Gabrielle, our newest Occupational Therapist 20](#_Toc522252875)

[Vote for GDV in Pick My Project! 21](#_Toc522252876)

[Shining Through the Darkness – GDV client Steph Agnew invites you to her inaugural speaking event 23](#_Toc522252877)

[2018 Para-Sport Talent Search 24](#_Toc522252878)

[Advice from the Guide Dog dept: Coughs and sniffles 26](#_Toc522252879)

[Described performances on soon 30](#_Toc522252880)

[Social and Sport diary 33](#_Toc522252881)

[Share your story 36](#_Toc522252882)

[Feedback 36](#_Toc522252883)

# Editor’s update

Hi everyone, it’s another bumper month! I would urge you to read this On The Move as it has some very important information in it regarding

* Changes to the public transport timetable across Victoria, from the end of the month.
* News on the My Health Record government program.

There are also the program updates for the final part of the year, we have a lot of really interesting and fun things going on so why not give one a try. For parents there is a new support group led by GDV practitioners where you can share tips on managing all things family and children, from cooking to school organisation, if you have vision loss as a parent or grandparent. There is the upcoming orientation visit to explore Southland Station and the adjoining Southland Shopping Centre. Our hugely fun Mobility Mission scavenger hunt is back, perfect if you like to get out and about on a bit of a challenge adventure. Finally, there is the opportunity to attend our ever-popular Live Safe, Travel Smart program - an O&M program to build up your confidence in public transport and personal safety skills.

Finally, it’s time to say goodbye as editor for On The Move, as I’m moving into a different role at GDV and handing over the reins to my wonderful colleague Rosalind. I’ve loved getting to know you all and will still contribute articles for OTM, and I know Rosalind will bring some great new ideas as well. My new role focuses on improving our processes and programs to make them even better – so if you have any feedback, ideas or suggestions then please always get in touch [sophiew@guidedogsvictoria.com.au](mailto:sophiew@guidedogsvictoria.com.au)

Sophie Wild

Bulletin Editor

[Return to contents](#ref_TOC)

# News & events for 2018

**Brimbank Melton and surrounds information session: Friday 31st August 1.30-3.30pm** Melton Country Club, 28-30 Reserve Road Melton.

Come along to this free information session (with 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, Technology advice, support with understanding funding options, and low vision Orthoptic support – all 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 booking necessary. For further info call 1800 804 805.

## Group programs:

**Live Safe Travel Smart**. 8-11th 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. Supported by Boroondara City Council. Expressions of interest to   
[csadmin@guidedogsvictoria.com.au](mailto:csadmin@guidedogsvictoria.com.au)

**Understanding Acquired Brain Injury (ABI) and Low Vision** – 28th November. The highly recommended one-day information program for people with vision changes secondary to an 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 affect 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 so please book your place by emailing [info@guidedogsvictoria.com.au](mailto:info@guidedogsvictoria.com.au) or call 1800 804 805.

**Young Adults Program (YAP)** - Connecting young people (between 18-30 years of age) with low vision or blindness for discussions and fun independent skill building activities. YAP sessions run bi-monthly throughout the year. Please contact [info@guidedogsvictoria.com.au](mailto:info@guidedogsvictoria.com.au) for more information.

**Practical Parenting Peer Support Group.** A fun and social program for parents and grandparents with vision loss, covering a range of practical topics on all things family and children. Sessions run fortnightly 22nd August, 5th & 19th September and 3rd October, Seaford. For more information call 1800 804 805.

**Southland Station - Stop and Shop Program.** Come and join in on the benefits of the new Southland train station, located at the doorstep of Southland shopping centre. Thursday 20th September, 10am-1.30pm. For more information call 1800 804 805.

**Mobility Mission Boroondara!**Have tremendous fun and get a bit competitive while honing your mobility skills in this "Scavenger Hunt" style challenge.

Thursday, 1st November 2018: Hawthorn area. For more information call 1800 804 805.

**Try Before You Ride.** Build your confidence by exploring stationary public transport in a supported and safe environment**.** Wednesday 10th October 10-2pm, Box Hill Train Station. Included in the 3 day Live Safe Travel Smart program, or can be standalone. For more information call 1800 804 805.

[Return to contents](#ref_TOC)

# Practical Parenting Peer Support Group

A group for parents with low vision or blindness.

Time 10-1pm, every other Wednesday, includes lunch (please feel free to arrive from 9.30 for 10am start), Seaford Surf Life Saving Club, [10N Nepean Hwy, Seaford VIC 3198](https://maps.google.com/?q=10N+Nepean+Hwy,+Seaford+VIC+3198&entry=gmail&source=g)

* Partners and children welcome
* Taxi vouchers provided
* You can attend all sessions or just ones that interest you. There are five sessions remaining, details below
* RSVP to Client Service Admin Team on 1800 804 805 with any dietary requirements by the Friday prior to a session

1. **Wednesday 22nd August: Day spa**

* How to apply makeup and nail polish
* Men’s grooming
* How to do your child’s hair etc
* Parents to bring own make up. We will supply other resources, model and wigs
* Eye health with Kate

1. **Wednesday 5th September: Technology day**

* Share your favourite tech tip and app
* New apps and technology to assist daily life with a family (diary, vision, mobility apps, pen friend etc.)
* Top 3 phones
* iPhone apps

1. **Wednesday 19th September: Easy cooking and recipe day**

* Share your favourite easy recipes and cooking tips
* Shopping tips
* Practical appliance review: slow cooker, airfryer & Thermomix, induction cook tops

1. **Wednesday 3rd October: Counsellor session**

* Managing your day, your family and yourself
* Participants can email questions they want raised prior to the session to be raised anonymously during the presentation
* Careers counselling, education advice

1. **Wednesday 17th October - self-run by participants**

* Supported by GDV staff
* Planning for the continuation of the group network

OTHER INFORMATION: Light catered lunch for adults will be provided – BYO children’s food, nut free. Transport needs for participants can be accommodated when you RSVP. The program will be delivered at no direct cost to our clients due to the contributions of The Flora and Frank Leith Charitable Trust.

BOOKING: Call 1800 804 805 and advise numbers of adults and children attending, and any transport needs.

[Return to contents](#ref_TOC)

# Southland Station - Stop and Shop Program

Come and join in on the benefits of the new Southland train station, located at the doorstep of Southland shopping centre.



(Image description: inside of Southland Shopping Centre showing escalator in foreground and shops and cafes such as Cotton On and Jamaica Blue, over 2 levels)

This program is a great opportunity to get prepared for your Christmas shopping and learn about the accessibility services that the station and shopping centre have to offer.

* General orientation to the station and the ground floor of the shopping centre will be provided, and tactile maps available
* Explore uses of technology to assist orientating within Southland Shopping Centre
* Participants will also have the chance to speak with a Metro officer from the station, as well as a Southland Shopping centre concierge, to discuss what services are available to them
* Morning tea will be provided

DETAILS

**Date:** Thursday 20th September, 10am-1.30pm

**Location:** Meet at Southland Station (Situated on the Frankston line, between Highett and Cheltenham stations).

Mobility instructors will be available to support Clients to travel from Frankston station and Highett station.

**RSVP required:** Limited spots are available. To reserve your place call 1800 804 805, and advise of any support required to travel from Frankston or Highett Stations.

**Please note**:

A shopping experience is not provided as part of the program; however, participants may choose to remain at the centre and complete their own shopping at the end of the program.

This program is provided by the Adult Mobility Service at Guide Dogs Victoria.

[Return to contents](#ref_TOC)

# Mobility Mission Boroondara!

Thursday 1st November 2018: Hawthorn area

Have tremendous fun and get a bit competitive while honing your mobility skills in this "Scavenger Hunt" style challenge.



(Image description: A group of people wearing yellow T-shirts take a selfie picture of their group, gathered on a paved city area, to mark their location in the hunt.)

This Scavenger Hunt style event is back for a second year, by popular demand, for anyone with low vision or blindness, mobility aid or no mobility aid.   
    
Teams of approximately 3 will go on a Competitive Scavenger Hunt in Hawthorn (and surrounds if you dare chase the big points!). Clients can get together and apply as a team, or we can allocate people into Teams and you will get to make new friends. Each team will be accompanied by an O&M practitioner. There is a prize for the winning team, and everyone will get pre-race refreshments.   
    
It’s fantastic fun, but don’t take our word for it. Last year’s participants said:   
*“I really liked the race. It was really fun. It made you think outside the box.”*   
*“The program was terrific and allowed me to do things I wouldn’t normally do.”*   
    
    
**DETAILS:**

* Thursday, 1st November approx. 10am - 3.30pm
* We have various meeting point options with slightly different start and finish times: the Hawthorn Arts Centre, Glenferrie Station, or Flinders Street Station
* Participants to fund own lunch (lunch venues will be part of the Scavenger Hunt)
* Support provided to return to Glenferrie Station or Flinders Street Station where required

**BOOKING:** RSVP required by 1st October 2018 by emailing [info@guidedogsvictoria.com.au](mailto:csadmin@guidedogsvictoria.com.au)

**COSTING:** Generously supported by the City of Boroondara and delivered at no direct cost to attendees, or can, like many of our group programs, be funded under “Group based community, social and recreational activities” within applicable NDIS Plans

[Return to contents](#ref_TOC)

# Try Before You Ride

Build your confidence on public transport

Wednesday, 10th October 10-2pm, Box Hill Train Station

Try Before You Ride is an annual event designed to provide people of all abilities the opportunity to familiarise themselves with our public transport system. This includes people with disability, parents with children and seniors.

Each year, Victorian public transport operators come together to give customers access to a range of stationary vehicles as part of familiarisation and basic travel training.

Participants have a chance to boost their confidence by practicing how to board and alight a low-floor tram, low-floor bus, train, coach and accessible taxi.

PTV and operator staff including drivers, Authorised Officers and customer service staff are there on the day to answer questions, along with disability advocacy groups.

Operators involved including, Metro Trains, Yarra Trams, Bus Association Victoria, Transdev (Bus), V/Line (Coach), the Taxi Services Commission and Travellers Aid Australia. Guide Dogs Victoria Practitioners will be in attendance.

Information below from <https://www.ptv.vic.gov.au/getting-around/accessible-transport/try-before-you-ride/>

[Return to contents](#ref_TOC)

# Important changes to Public Transport Services in Victoria

There are a number of changes to Melbourne metropolitan and regional public transport services starting from Sunday 26 August 2018.

**Metropolitan train timetable change**

A new metropolitan train timetable will start on Sunday, 26 August when the new stations open at Mernda, Hawkstowe and Middle Gorge.

The South Morang line will be renamed the Mernda line and have a new timetable with more services.

The Hurstbridge, Werribee, Cranbourne and Pakenham lines will also have new timetables with extra services.

One service each on the Belgrave and Lilydale lines will change as well as two Glen Waverley services from Flinders Street.

**Bus changes**

Around 100 bus timetables will also be adjusted to maintain connections between bus and train services. A full list of impacted bus services is available on the PTV website (under the heading "Bus timetable changes to keep you connected to trains").

Buses in the Plenty Valley area will be adjusted to connect with trains at the new stations at Mernda, Hawkstowe and Middle Gorge.

* Routes 381, 382, 383, 384, 386, 386 and 387 will have changes to where they travel and will have new timetables.
* We're also adding a new loop service to connect Mernda and Doreen with Mernda Station. Route 388 will run anti-clockwise, seven days a week. Route 389 will run clockwise, Monday to Friday.

Routes 385, 388 and 389 will have temporary changes in Mernda and Doreen while works on Wallaroo Way and Painted Hills Road are finished.

* Route 385 will travel a different way between Bridge Inn Road and Elation Boulevard. From 26 August, it will travel along Resort Boulevard, Fortress Road and Independence Boulevard. Once works on Wallaroo Way are finished, it will travel along Vantage Point Boulevard and Wallaroo Way.
* Routes 388 and 389 will change between Eminence Boulevard and Bridge Inn Road. From 26 August, it will travel along Eminence Boulevard and Bassetts Road. Once works on Painted Hills Roads are finished, it will travel along Painted Hills Road.

More information is available on the PTV website (under the heading "Plenty Valley buses will connect you to your new stations").

**Timetable updates for Warrnambool, Geelong, Bairnsdale and Traralgon trains**

From Sunday, 26 August 2018, minor changes will be made to the Warrnambool, Geelong, Bairnsdale and Traralgon line train timetables. Casterton, Mount Gambier, Portland and Heywood coaches will also have new timetables. For more information, visit the V/Line website.

* Route 541 extension to Mount Ridley Road
* Route 541 will be extended from its current terminus at Roxburgh Park to Mount Ridley Road in Craigieburn North, providing bus access to key community locations including Hume Global Learning Centre and Library and Craigieburn Central Shopping Centre.
* As part of these changes, trips at school bell times will stop at Hume Anglican Grammar and Kolbe Catholic College (on Lysterfield Drive). Access to Mount Ridley P-12 College will also be improved with all trips stopping near the school on Aitken Boulevard.
* For full details including the new route map and timetable, visit the Route 541 information page.

Further information: The Public Transport call centre can be contacted to answer any questions regarding these changes: call 1800 800 007 or submit an online feedback form.

Copies of the new timetables for all these services are available on the PTV website and app, at staffed stations, at the PTV Hubs (at Southern Cross Station and 750 Collins Street in Melbourne, Bendigo Marketplace near Bank of Melbourne and the ground floor of Westfield Geelong) or by calling 1800 800 007.

[Return to contents](#ref_TOC)

# My Health Record – the news so far

You may be aware of media about the government’s My Health record program to all Australians.

My Health record is a centrally held electronic personal health record, helping health professionals coordinate care and ensuring you don’t have to keep repeating your health story. Many Australians already have a My Health record, but everyone will automatically have one made for them unless they choose to opt out of the process.

People are concerned about privacy and who gets to see their record, and the government has tightened up the criteria to ensure that there is a very strict judicial process (court order) required for any non-health agency to obtain this data (called secondary use).

The Australian Medical Association supports the My Health Record so long as this privacy mandate is upheld and the My Health record is only used positively by healthcare professionals, to assist a patient.

However, you have the right to opt out of My Health Record program, but you must do this by November 15th 2018. To opt out you go to <https://www.myhealthrecord.gov.au/for-you-your-family/opt-out-my-health-record>

Click the ‘opt out now’ button on this page to get started. You will need to verify your identity, and provide personal details such as your name and date of birth. You don't need a myGov account to complete the opt-out process.

People with vision loss have reported accessibility issues with this government website. We are investigating further and will update all our clients once we have more information about this, but if you experience issues, or would rather opt out with someone over the phone, the Government has a help line you can call on: 1800 723 471

[Return to contents](#ref_TOC)

# Meet Gabrielle, our newest Occupational Therapist



(Image Description: Gabrielle smiling at the camera. She has dark brown curly hair to her shoulders and is wearing a dark grey Guide Dogs Victoria cardigan with the yellow logo)

My name is Gabrielle and I joined Guide Dogs Victoria in June of this year as an Occupational Therapist. Throughout my career I developed a passion for working with neurological conditions, in particular acquired brain injury where I practiced for a number of years before joining Guide Dogs Victoria. I have always loved working with Clients in the community to increase their independence and achieve their goals. Working in acquired brain injury I have often worked alongside Guide Dogs Victoria in the past and I am now excited to be a part of their team.

I have been lucky enough to have already worked with a number of Clients since starting here, and experienced a number of events that Guide Dogs Victoria run. I’m looking forward to being one of the facilitators of the Young Adult Program (YAP) and having some great nights out with our Clients and planning many more for next year.  I am also excited to be one of the facilitators of our Practical Parenting Sessions (see earlier in this newsletter).

Remember, at GDV the Occupational Therapist can help you gain confidence and strategies for any daily skill that you are finding tricky because of your vision loss. Just give us a call on 1800 804 805 to find out more.

[Return to contents](#ref_TOC)

# Vote for GDV in Pick My Project!

Pick My Project is a community grants initiative, with $30 million available to fund local projects. GDV is thrilled to have been shortlisted for two of our project ideas in Pick my Project. But shortlisting is just the first step. To win we need your votes!

How to vote:

**GDV Project 1) Safe road crossing technology for people living with blindness or low vision**. GDV will produce a ‘SensaCane’ that will automatically detect white crossing lines on the road and provide vibrational feedback to the user, preventing veering. To vote for this project:

**1.** [Click here](https://pickmyproject.vic.gov.au/rounds/pick-my-project/ideas/safe-road-crossing-technology-for-people-living-with-blindness-low-vision) and set your location to 2-6 Chandler Highway, Kew, 3101

**2.** Find the project and add it to your shortlist.

**3.** Browse other interesting projects near GDV Kew, and add three to your shortlist

**4.** Once you have selected your three projects, follow the prompts to vote.

**GDV Project 2) Send 10,000 students to experience Dialogue in the Dark.** Funding will allow 10,000 students in Metro Melbourne to experience Dialogue in the Dark. This experience will teach students about diversity, empathy and understanding. To vote for this project:

**1.** [Click here](https://pickmyproject.vic.gov.au/rounds/pick-my-project/ideas/safe-road-crossing-technology-for-people-living-with-blindness-low-vision) and set your location to 29 – 31 Star Crescent, Docklands, 3008.

**2.** Find the project and add it to your shortlist.

**3.** Browse other interesting projects near Dialogue in the Dark, and add three to your shortlist

**4.** Once you have selected your three projects, follow the prompts to vote.

Happy voting,

Team GDV and DiD

NOTE: Pick My Projects website is run by The Department of Premier and Cabinet and endeavours to conform to level AA of the World Wide Web Consortium (W3C) [Web Content Accessibility Guidelines 2.0.](http://www.w3.org/TR/WCAG20/)

If you have any difficulties with the website’s accessibility, or have any suggestions on how we can improve the accessibility of this website, please [Click here](https://pickmyproject.vic.gov.au/contact_form)

[Return to contents](#ref_TOC)

Shining Through the Darkness – GDV client Steph Agnew invites you to her inaugural speaking event  
  
Steph is a tenacious 31-year-old woman sharing her story of losing her sight but gaining her determination in her twenties. At the age of 19, Steph was given the life changing diagnosis - that her vision would slowly deteriorate and result in blindness.

She will share an earnest account of her journey to acceptance and discuss the tools that have helped her.

Steph's story of finding the perfect wedding dress even though she couldn’t see it has recently been widely shared across Australian and international media.

Steph is holding a special event for GDV clients, their families and friends as she kicks off her speaking career.

When: Friday 14th September

Where: 50 Albert road, 29th floor, South Melbourne

Closest tram stop is Park Street on St Kilda road stop 20, just before the old domain interchange

* Time: 6pm
* Cost: $5.50 per person light refreshments included

Reserve your seat for Shining Through the Darkness at <https://www.eventbrite.com.au/e/shining-through-the-darkness-tickets-48862173075>

Should you have any questions or require a sighted guide from the Park Street tram stop please email  [steph.agnew@hotmail.com](mailto:steph.agnew@hotmail.com)

[Return to contents](#ref_TOC)

# **2018 Para-Sport Talent Search**

The Australian Paralympic Committee (APC) are searching for the next generation of talented Para-athletes to compete at a future Paralympic Games, in addition to providing opportunities for Para-athletes already engaged within a Para-sport pathway but may be considering a transition to an alternative sport.

The APC is conducting testing sessions throughout the country to evaluate which Para-sports individuals may be eligible for, in addition to which Para-sports might be best suited depending on the type and level of impairment, history in sport and a range of other considerations.

Testing for Victoria will take place in Melbourne on Sunday 21st October.

**Further information**

For further information please read this [Fact Sheet](https://paralympic.us15.list-manage.com/track/click?u=7dd4b68cecc236e2f97392d3f&id=bf62b16ddc&e=a393de1a1d). You can also email [performancetalent@paralympic.org.au](mailto:performancetalent@paralympic.org.au)  or phone on 03 8633 9002

**Where do I register?**

Registration is available at the following link:

[https://www.paralympic.org.au/talent-search-registration-form/](https://paralympic.us15.list-manage.com/track/click?u=7dd4b68cecc236e2f97392d3f&id=a6d519edd7&e=a393de1a1d)

**What if you can’t make it to a testing day?**

We still want to hear from you.  One of the options on the registration link considers this and enables individuals to upload impairment information and footage participating in an activity and we will follow up with you independent of the Para-sport testing days.

**Who’s eligible to participate?**

Individuals with a physical disability, low vision or blindness or mild intellectual impairment, over the age of 10 are welcome.

[Return to contents](#ref_TOC)

# Advice from the Guide Dog dept: Coughs and sniffles

Dog get coughs and colds. A cold is a mild viral infection that usually clears up on its own in less than 2 weeks, often resulting in a bit of a cough and some lethargy. But not all coughs are minor, it’s important to get them checked out if you are worried.



(Image description: a yellow retriever pup lies sleeping with a blue ice pack on its head)

The reason for coughing is reasonably straight forward. Your Guide Dog is coughing because there has been some sort of irritation to the respiratory system: i.e.: their nose, throat, respiratory tract and lungs.

There are a number of different types of cough that can indicate a number of different illnesses and conditions. Coughs that are very intense or go on for more than a week or two should be checked out. For example, a wheezy, drawn-out cough could point to asthma. Another common cause of chronic coughing is dogs is ‘Kennel Cough’. It is typically a dry distinctive hacking cough, worse at night.

Kennel Cough has been described by many as the dog equivalent of the common cold or the flu suffered by humans. Coughing, sneezing and running eyes and nose or all symptoms of the condition.

The condition is known as Kennel Cough because it spreads easily where a lot of dogs are in close contact like boarding kennels. Dogs do not need to have direct physical contact with each other to pick up a virus. Viral colds and coughs can be caught when one dog’s mouth touches something that an infected dog has been in contact with, or by inhaling droplets of fluid containing traces of another dog’s cold virus.

Because it is highly contagious, we ask that if your Guide Dog has an undiagnosed cough that might be Kennel Cough, you don’t bring him or her on campus at Kew, or meet up with other Guide Dogs, until you have seen a vet. The good news is that Kennel Cough will clear up, often without any need for medication.

Remember that although Kennel Cough is one of the most common reasons for coughing, a chronic cough could be pointing to a more serious underlying illness. Always consult your veterinarian if you are unsure, or if this cough has lasted for longer than a week or two.

Some parasites, especially heartworms, can cause serious constriction to the heart and lungs, causing coughing in a futile attempt to shift the worms. Heartworms can be fatal and this is why it’s so important to keep up to date with your monthly Heartworm chews fort your Guide Dog. These are available free for all Guide Dogs from [info@guidedogsvictoria.com.au](mailto:info@guidedogsvictoria.com.au) – please get in touch if you are running low.

**Treatment and management**

Depending on the cause of the coughing, your veterinarian will prescribe the appropriate treatment. If your dog is suffering from Kennel Cough try taking them into the bathroom while you are having a hot shower; the steam will soothe the dog’s throat and relieve them of some of the irritation.

If you can, try not to smoke around your Guide Dog, especially indoors, and definitely if they have a cough. The smoke will really aggravate a Kennel Cough or asthmatic cough and make them very uncomfortable. Also try to prevent them going into long grass releasing seed and pollen.

Mould or damp in your home is also unhealthy for both you and your Guide Dog. If there are any slow leaks in the house, call a plumber to fix them. Close up the house whilst it’s raining outside and invest in a humidifier to dry out wardrobes and other small, damp-prone areas.

**Did you know?**

The vapour from a cough or sneeze can travel three feet.

It’s believed that the speed of air leaving the nose during a sneeze could in some cases exceed 100 miles per hour. Other experts have claimed that this is a conservative estimate; they believe the speed is perhaps much faster.

Coughing is considered to be chronic if it lasts at a consistent rate for more than eight weeks. If your Guide Dog is coughing regularly, record the frequency and type of cough so that if you take them to the vet, you’ll have some helpful notes handy.

Article credit: adapted from https://bowwowinsurance.com.au/pet-care/diseases-conditions/dog-coughing/

[Return to contents](#ref_TOC)

# Described performances on soon

**This Saturday, 18th August: Interactive Artwork: Between the Trees**

[[**To listen to this information in audio format please click here.**](https://descriptionvictoria.us15.list-manage.com/track/click?u=b24a8ce2cada0283b7d44e171&id=21d1d72170&e=72a7ee3ff7)]

Part interactive tree-installation, part collaborative musical instrument, Melinda Hetzel and Co.’s latest artwork, Between the Trees, is inspired by the connectivity of mycelium, ‘the internet of the forest’.

This playful, immersive experience gently reminds us of our connectedness to the natural world and each other. Incorporating touch technology, plant material and a live performer, Between the Trees invites participants to ‘play’ the installation by interacting with suspended, miniature ecospheres, creating original compositions together in real time. It evokes a sense of wonder at the natural world by framing the beauty of plants and the delicate intricacies of usually invisible subterranean structures.

Between the Trees forms a striking, site-responsive, performance-installation under the canopy of a tree, creating a magical world of plants, humans, music and light.

A describer guide will be available on-site on Saturday August 18 from 6pm until 10pm to support people who are blind or have low vision in experiencing the work. You can contact Will on 0405 725 423 or by replying to this email to arrange a meeting spot before the event, or just get in touch when you arrive.

**Where**: Central Park, 148 Bourke Rd, Malvern East. [Find the exact location on Google Maps here](https://descriptionvictoria.us15.list-manage.com/track/click?u=b24a8ce2cada0283b7d44e171&id=08ccf2c2aa&e=72a7ee3ff7).

**When**: Saturday August 18, 6pm till 10pm.

**How much**: Free!

**How to book**: No bookings required.

[**More info is available on the Glow Winter Arts Festival website.**](https://descriptionvictoria.us15.list-manage.com/track/click?u=b24a8ce2cada0283b7d44e171&id=33347b719a&e=72a7ee3ff7)

**Thursday, 23rd August, Frankston Jurassica by Red Stitch Theatre.**

[[**To listen to this information in audio format please click here.**](https://descriptionvictoria.us15.list-manage.com/track/click?u=b24a8ce2cada0283b7d44e171&id=468fea6b86&e=72a7ee3ff7)]

Set in Moorabbin, Jurassica explores what it is to migrate, to be displaced and to spend the rest of your life searching for home.

Ralph and Sara migrated from Italy in the 1950s to their concrete-front-yard house in Melbourne suburbia. Their son, Ichlis, never really forgave them for his misunderstood name, and grandson Luca is struggling to talk to his father or grandfather. Until one night Ralph is rushed to hospital and, through an unlikely connection with Kaja, an interpreter, Luca learns to reconnect.

Winner of the 2015 Green Room Award for Best New Australian Writing, Dan Giovannoni’s magical new play, Jurassica, weaves the past and present together, with a sometimes hilariously accurate depiction of migrant family life.  It is about dinosaurs – just not the prehistoric kind.

*“I go, running, downstair, outside, go past a well and past Ugo house. All way until the village it nearly stop. Poi lo sento. Under the ground. Un brontolio.”*

**Where**: Frankston Arts Centre, 27 Davey St, Frankston.

**When**: Thursday August 23, tactile tour 6pm, performance 7pm.

**How much**: Tickets cost between $27 and $50. Companion cards accepted.

**How to book**: Call the Frankston Arts Centre box office on (03) 9784 1060 or [visit their website](https://descriptionvictoria.us15.list-manage.com/track/click?u=b24a8ce2cada0283b7d44e171&id=44ce89ae2f&e=72a7ee3ff7).

[**More info is available on the Frankston Arts Centre website.**](https://descriptionvictoria.us15.list-manage.com/track/click?u=b24a8ce2cada0283b7d44e171&id=c71ee904c2&e=72a7ee3ff7)

[Return to contents](#ref_TOC)

# Social and Sport diary

* **Chatterbox Just Add Coffee.** A social group who meet monthly at Watergardens Town Centre (Gloria Jeans located at main entrance of building at 12 noon). Meetings are accessed via our Facebook group page (search Chatterbox just add coffee) and our emailing list upon request. If you reside in Western Melbourne, and want to meet and greet new people, then come along. There is access to buses, a train station and taxi rank at the centre’s surroundings. Parents with children are welcome to attend. Contact BOTH Admins with subject **Chatterbox Just Add Coffee** Email: Kristen. [mirchevski@yahoo.com](mailto:mirchevski@yahoo.com) and Natasha [ngrech1808@hotmail.com](mailto:ngrech1808@hotmail.com)
* **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](mailto:rgsblind@yahoo.com.au)
* **Rosebud Coffee Club.** We are proposing a Rosebud area coffee club. 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 [info@guidedogsvictoria.com.au](mailto:info@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](mailto:jannorth1@gmail.com)

**Goalball – get involved!**

If you are interested in having a go then goalball is played every Saturday at Scotch College Junior Health Centre, accessible by public transport. Anyone can come and play or volunteer irrespective of sight level or age. There are four divisions for children, teens, men and women. To find out more about goalball, email [info@goalball.org.au](mailto:info@goalball.org.au).

**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](mailto:flinghyland@iinet.net.au)

**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](mailto:info@blindsports.org.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 us at [info@guidedogsvictoria.com.au](mailto:info@guidedogsvictoria.com.au) to 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:

[info@guidedogsvictoria.com.au](mailto:info@guidedogsvictoria.com.au) or phone 1800 804 805.

[Return to contents](#ref_TOC)