Guide Dogs Victoria’s On the Move – October 2016 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.

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# Editor’s update

Welcome to October’s ‘On the Move’ – gathering together key event news and announcements all in one place. Only a few months left till Christmas, and they will be busy ones, with World Sight Day and International White Cane Day next week, regional events in Ballarat, and a full program of client workshops and training opportunities.

Our all client Christmas party is planned for the morning of 26th November and we would love to have as many of you join us as possible, so put it in your diaries if you can.

A reminder to give us your up to date email if you have one, and to regularly check into our website – [www.guidedogsvictoria.com.au](http://www.guidedogsvictoria.com.au) - to see the latest news and events. All bulletins including On the Move are also available on our website.

Our website has been redesigned to offer far more functionality and accessibility, let us know what you think!

Cheers

Sophie Wild

Bulletin Editor

# Upcoming programs and events for your diary

**All clients:**

**CALLING ALL CLIENTS IN BALLARAT AND SURROUNDS**

**Ballarat and surrounds Client Information Workshop 19th October**: All clients in the Ballarat area are encouraged to come along and find out about the latest tech, meet our Occupational Therapist, learn about the NDIS – Wednesday 19th October, 10:30am. The Adelphi Room, Golden City Hotel, 427 Sturt Street, Ballarat. Contact [CSAdmin@guidedogsvictoria.com.au](mailto:CSAdmin@guidedogsvictoria.com.au)

* **Join us to celebrate International White Cane Day and show Melbourne what we can do together! We encourage all clients to meet us for a walk and tram ride from Fed Square to finish at Docklands for morning tea.** Friday 14th October. Meet at Federation Square at 10am. Contact [CSAdmin@guidedogsvictoria.com.au](mailto:CSAdmin@guidedogsvictoria.com.au)
* **Live Safe Travel Smart – Travel Series**:– Wednesday 12th October, and Thursday 10th November. Contact [CSAdmin@guidedogsvictoria.com.au](mailto:CSAdmin@guidedogsvictoria.com.au)

If you can’t attend Live Safe Travel Smart you can join just the Wednesday 12th session which will be hosted by Public Transport Victoria at their Box Hill Interchange as Try Before You Ride. You can register direct with PTV at<http://ptv.vic.gov.au/getting-around/accessible-transport/try-before-you-ride/>

* **Understanding Vision Impairment and Acquired Brain Injury** – Wednesday 9th November. Contact [CSAdmin@guidedogsvictoria.com.au](mailto:CSAdmin@guidedogsvictoria.com.au)

**Dog Handlers:**

* **Guide Dog Handler’s Traffic Refresher workshops** – Friday 25th November, 9.30am-3pm. Cost $10. Numbers are limited so enquire direct with Jenny Black – 9854 4473 or [jennyb@guidedogsvictoria.com.au](mailto:jennyb@guidedogsvictoria.com.au)
* **Dog Guide Handlers Australia 2016 Conference Attendance, Expressions of Interest:** This year, on Saturday 22nd and Sunday 23rd October, at the Sage Hotel Adelaide in South Australia, Dog Guide Handlers Australia will hold its second National Conference. For further information see <http://dgha.org.au/dgha/dgha-2016-national-conference/>
* **Schools Guide Dog Education Program – are you interested in becoming a speaker?** In the coming months we will be rolling out a schools’ education program.  We are looking to recruit speakers to attend schools across Victoria to educate children of all ages on Guide Dog etiquette, to provide information on primary and secondary mobility aids and tell your story about how your Guide Dog has changed your world.  We are looking for people who fit within the below criteria.
  + You are a Guide Dog handler
  + You can travel to and from Kew or are willing to work within your regional area
  + You are well presented
  + You are comfortable with public speaking
  + You are available on a regular basis

If you are interested please contact Caroline Pearce on 03 9854 4497 by Friday 21st October.

**Children’s and Youth Services:**

* **Young Adults Program (YAP):** Connecting young people (approximate age 18-25) with vision impairments for discussions and fun activities. Contact [rachelh@guidedogsvictoria.com.au](mailto:rachelh@guidedogsvictoria.com.au) for more information.

**You’re invited! Social events**

* **South East Coffee Club:** client hosted coffee mornings in the Frankston area. Contact [csadmin@guidedogsvictoria.com.au](mailto:csadmin@guidedogsvictoria.com.au) or call 9854 4467 to be put in contact with the group facilitator.
* **GDV Client Christmas Party:** 26th Nov 10am-12pm. We would love all clients and their families to join us for a festive celebration of another year of wonderful client programs and progress. Catch up with old friends, meet some new ones and share some Christmas cheer. A lavish GDV morning tea complete with mince pies will be provided, and rumour has it even Santa will be popping along! RSVP to CSAdmin.guidedogsvictoria.com by 20th November.

(photo of Christmas pup)

* **Classical concert** – Cantate Domino 9th October: featuring GDV client Ross de Vent as baritone. A program of sacred and secular classics spanning the centuries by Bach, Schubert, Finzi, Warlock and Grainger. 3pm at St Patricks Hall, Childers Street, Mentone. Admission prices range from $10-$15 on the door.

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# Keeping your Guide Dog cool in summer – Update from the GDV Kennels



It might not feel like it with the weather we’ve been having, but summer is just around the corner! It’s a good time to think about how you can keep your Guide Dog cool, and many of these tips can work for any of your pets.

A lot of animals get stressed in the heat. This is not only uncomfortable for them, but can be dangerous. Signs of stress in your dog may be excessive panting and drooling, and a very rapid heart beat. Dogs who are working a lot in the heat might not have an opportunity to drink as much water as they need so are at risk of dehydration. A dehydrated dog can be very lethargic and won’t be urinating as much as usual.

There are a lot of things you can do – starting with considering getting your dog groomed in the coming weeks. Asking your dog groomer to do a ‘strip out’ of the undercoat removes a lot of the shedding fur in one go, making things easier on your dog and also less messy for you.

Once the hot weather starts, whenever possible plan your trips to go out earlier in the morning or later in the afternoon. Stay in shaded areas as much as possible on hot days, and try to make regular stops to rest. You can buy portable ‘bag’ waterbowls in many petshops that you can fold up in a bag and take with you when you are out with your dog, so you can give him or her water whenever you stop for a rest.

If your Guide Dog seems uncomfortable pack a spray bottle of water with you und every so often spray your dogs face and paws. Dogs cool down through their feet and this will accelerate that process.

(photo of dog drinking)

Never leave your Guide Dog, or any animal, in a car unattended in warm weather, as it can take only seconds for them to die.

When you are at home, putting some ice blocks in your dog’s waterbowl, and letting them paddle in a plastic clam shell child’s paddling pool (available from hardware shops), will also help to keep them cool.

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# ****World Sight Day and International White Cane Day 2016****

**Guide Dogs Victoria is encouraging everyone in our community to spread the word – Don’t delay, seek help today.**

Mid October is a very important week for the Australian vision support community. World Sight Day is on the 13th October, and our peak body Vison2020 will be releasing the much awaited results of the National Eye Health Survey, which should finally establish the real statistics around vision loss in Australia. For many people significant vision loss is preventable with early intervention, and Vision2020 will be encouraging regular eye-check ups so that where vision loss can be treated or prevented, it is.

But for the significant number of Australians for whom vision loss is permanent, early intervention is also critical. With appropriate support the outlook is very positive and people can maintain their independence and live the life they want. International White Cane Day is a special day on our calendar because it celebrates the achievements, tenacity and independence of our clients, and educates the general public that people with low vision or blindness are active and involved members of the community.

Last month we surveyed a random selection of clients from Guide Dog organisations in every state. Nationally we got a very robust sample of over 600 clients, and a big thankyou to all the Victorians who took part. We found out that a significant proportion of our clients waited many years before seeking help – many of these didn’t know where to get help, others didn’t realise how much their vision loss was impacting their life. Nearly all of these wished they had sought help sooner.

We will be releasing these survey results next week to coincide with World Sight Day and International White Cane Day as our ‘Don’t delay, seek help today’ campaign to encourage anyone experiencing vision loss to seek the support they need, as soon as they can.

If you have a ‘I waited and wish I hadn’t’ story that you would be happy to share we are looking for case studies to support our campaign. Please email [marketing@guidedogsvictoria.com.au](mailto:marketing@guidedogsvictoria.com.au)

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# Opportunity to participate in a research project on stigma (stereotype and discrimination)

Sara Partow is a PhD student with vision loss, conducting research on the stigma of having low vision or blindness. She is looking for volunteers to complete an online survey.

The aim of the study is to examine the responses of individuals with low vision or blindness, aged 18-70, to stigmatizing incidents that are the consequence of stereotyping and discrimination. Sara’s research aims to provide information on how we can respond to stigmatising incidences in the most effective way (to increase emotional well-being and enhance social interactions).

Sara says: “The results of this study also can have implications for health and social inclusion under NDIS. I encourage you to participate in this study because if the NDIA has a better understanding of stigma, we can be provided with funding for elements that increase our community participation and well-being. Also, by participating in this study, if you so choose, you will be entered into a raffle which gives you a chance to win a $150 gift card for the first prize, a $100 gift card for the second prize and a $50 gift card for the third prize.”

Please choose the link "[More About The Study](https://swinburnefhad.au1.qualtrics.com/SE/?SID=SV_805iDdxtL1CUR7L)" if you would like to know more.

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# Share your story

If you have a story you’d like to share about your vision loss, 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 vision loss or blindness. If you are comfortable with sharing your story, please email the marketing team at [marketing@guidedogsvictoria.com.au](mailto:marketing@guidedogsvictoria.com.au)to get in touch.

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# 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](mailto:csadmin@guidedogsvictoria.com.au) or phone 9854 4467

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