‘Guide Dogs Victoria’s On the Move – April 2019 Bulletin

# 

# 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](#_Toc5739914)

[Editor’s update 2](#_Toc5739915)

[Guide Dogs Are Coming to Bendigo! 2](#_Toc5739916)

[Join Us For The Amazing Race Bendigo! 3](#_Toc5739917)

[Meet Helen, our Orientation & Mobility Specialist – Bendigo 5](#_Toc5739918)

[A word from the Guide Dog Department: Cold Weather Care. 6](#_Toc5739919)

[Technology with Andrew White: Smart Speakers 7](#_Toc5739920)

[Peer Support Platform 8](#_Toc5739921)

[Victor Reader Trek Updates 9](#_Toc5739922)

[Giveaway! Melbourne International Comedy Festival 10](#_Toc5739923)

[Feedback 11](#_Toc5739924)

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# Editor’s update

Hi Everyone,

Welcome to the April edition of *On The Move,* it is certainly beginning to feel cooler. In this edition we have some exciting news regarding a new regional office – you will have to read on to learn more! Andrew White delivers his first Technology Column and we have some further tech news.

I am also thrilled to announce that have another giveaway this issue! This time for the Melbourne International Comedy Festival. We have multiple double passes to giveaway for three fantastic shows at this year’s festival, get in quick as I am sure these will get snapped up quickly.

I hope you enjoy this issue,

Rosalind McClintock

Bulletin Editor

[Return to contents](#ref_TOC)

# Guide Dogs Are Coming to Bendigo!

You may have heard it on the grapevine, but I am here to confirm the rumours: Guide Dogs Victoria are setting up an office in Bendigo. We will be based at 67 Wills Street and are incredibly excited to be joining the community. We are looking forward to meeting many of the residents face to face.

The office will be a welcoming community hub. We will be offering our whole suite of services including, but not limited to:

* Orientation & Mobility
* Specialist Children’s Services
* Occupational Therapy
* Orthoptist
* NDIS Assistant/Support Coordination
* And of course, Guide Dog Services

Stay tuned for further details on opening date and new staff members!

Return to contents

# **Join Us For The Amazing Race Bendigo!**

Our Amazing Race is back by popular demand for anyone with low vision or blindness, mobility aid or no mobility aid.

Teams of approximately three will go on a competitive scavenger hunt through beautiful Bendigo. Each team will be supported by a Guide Dogs Victoria O&M Specialist, with a secret competitive nature!

**DETAILS**  
Date: Thursday 23rd May.  
Time: 10am-3:30pm.  
  
**MEETING POINT**  
10am at Our New Bendigo Office! 67 Wills Street Bendigo. Please note that you will need to make your own way to Bendigo.   
  
**END POINT**  
3:30pm at Bendigo Train Station  
  
**COSTING**  
Generously supported by the City of Greater Bendigo and delivered at no direct cost to attendees. For those with an applicable NDIS plan, your attendance can be funded under “group based community, social and recreational activities” at a cost of $109.45.

**BOOKING**  
RSVP required by 10th May 2019. Email [info@guidedogsvictoria.com.au](mailto:info@guidedogsvictoria.com.au)

Return to contents

# Meet Helen, our Orientation & Mobility Specialist – Bendigo



[Image description: A headshot of Helen Humme against a grey background. She is wearing a black sleeveless jacket over a darker grey cardigan. She is smiling at the camera and has shoulder length auburn hair.]

My name is Helen and I’m an Orientation & Mobility Specialist with Guide Dogs Victoria. I started my career with Guide Dogs NSW and have a degree in Disability Studies. For the past three years I’ve been based with Guide Dogs Victoria in Kew, working within the Adult Mobility Team.

I’m now excited to share that I’ve now moved up to Bendigo with my family, and am going to be working out of the new regional office. Guide Dogs Victoria have always had team members travelling up to the region but having a team based in Bendigo will enable services to become more accessible. I’m looking forward to new opportunities and becoming part of the local community!

If you are interested in learning more about the services Guide Dogs Victoria can provide then please contact 1800 804 805 and discuss the options with our Customer Service Team.

[Return to contents](#ref_TOC)

A word from the Guide Dog Department: Cold Weather Care.



[Image Description: A Yellow Lab is lying on fluffy cream bed. Their head and one paw sticks out from under a grey fleece blanket.]

It’s beginning to get cold outside! We will automatically throw on a jumper, a cardigan or coat to keeps ourselves snug and warm, but what about your dog? Yes, they do have a lovely fur coat, but they can still get cold. A good rule of thumb is, if it is too cold for you without a winter jacket, it is very likely too cold for your four-legged companion to be without a jacket also.

In addition to keeping an eye out for signs of cold, including, whining, shivering and anxiety here are some tips on how to further look after your dog in the colder months:

1. Cozy Bed: Don’t let your dog sleep on the cold floor in winter, make their sleeping space snug with: blankets, raised beds and a warm spot away from any drafts.

2. Don't overfeed your dog: Try not to overfeed your dog. They don't need any extra weight for winter. Just keep their diet as normal.  
  
3. Wet dog smell: If you would like to avoid that wet dog smell while you are out and about, you could consider putting your dog in a very light weight and thin rain coat.

[Return to contents](#ref_TOC)

# Technology with Andrew White: Smart Speakers

Smart speakers are an internet based accessible device designed for use in the home. They can assist you in accessing information and controlling connected devices by voice control.

*So what can they do for you?*

You can ask your device to set a timer. For example if you have one set up in your kitchen and you’re baking a cake, then you can ask it to set a time for 30 minutes which is great if you want to be hands free.

It’s great for dad jokes too! You can play music, play your favourite radio stations, you can even control your lights once you have purchased the right set.

Other commands can be as simple as:

- What time is it?

- What is the weather like today?

- Turn the volume up/down.

- Tell me the news for today.

- How do you say “have a good day” in German?

- How many calories are there in an apple?

- Remind me to water the garden when I get home (location based reminders)

There are several speakers that you can choose from including Google Home/Mini, Amazon Alexa and Apple Home Pod, all three are slightly different in what they can do.

If you are interested in knowing more about technology for home or school, then contact Guide Dogs Victoria on 1800 804 805

Return to contents

# Peer Support Platform

Thanks to funding from the National Disability Insurance Agency, Guide Dogs Victoria is working on an exciting new peer support initiative. Over the past six months, GDV has been working with a range of Lived Experience Consultants to co-design and develop a new information and peer support website for the blind and low vision community. The website will promote peer networks from across Victoria in a highly accessible format. Scheduled events and opportunities will be promoted, and there will be a space to float ideas for potential future activities.

Over the next few months the website will undergo a user testing process. We’d love to get your feedback as it continues to develop!

If you are interested in becoming an early user of the website, please get in touch with us via [info@guidedogsvictoria.com.au](mailto:info@guidedogsvictoria.com.au) or calling 1800 804 805. Ask to speak to Abe!

We encourage anyone wanting to offer or receive peer support to get in contact.

Return to contents

# Victor Reader Trek Updates

A quick note to remind anyone using the Victor Reader Trek (VRT) to updated your device. If it hasn't been updated, the only GPS information you will receive is the cardinal direction you are facing. Without the update it does not announce names of streets, addresses etc.  
  
To update the VRT you need to connect the unit to WiFi. Once this is done the VRT will update automatically within 10-15mins.  
  
The following link is one you can use to take you through the process:   
<https://tomstek.us/how-change-wi-fi-network-victor-reader-trek-gps-navigator-ebook-player/>

Return to contents

# Giveaway! Melbourne International Comedy Festival

Love a laugh and a bit of stand-up comedy? This competition is for you! Enjoy a night out at the iconic Melbourne International Comedy Festival (MICF)! We are very excited to have 5 x double passes to give away to the following MICF shows:

* [Lazy Susan](https://www.comedyfestival.com.au/2019/shows/lazy-susan), *Forgive Me, Mother!* Thursday 18 April, 7pm at ACMI
* [Ed Night](https://www.comedyfestival.com.au/2019/shows/ed-night), Thursday 18 April, 7.15pm at ACMI
* [Headliners](https://www.comedyfestival.com.au/2019/shows/headliners), Friday 19 April, 8.15pm at Max Watt’s

To go in the running to win one of the double passes please email [rosalindm@guidedogsvictoria.com.au](mailto:marketing@guidedogsvictoria.com.au) with the show of your choice in the subject line.

Be sure to be quick! These won’t last long.

Return to contents

# 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 Customer Service 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)