

EYE CONTACT

BWA serving its Members for over 77 years

Newsletter for Members of B W A

August 2015

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Welcome to the August edition of the Eye Contact. It has been a rather cold winter, but for those of you who enjoy the warmer weather, only another month and spring will be in the air, the footy finals will be played out and the winter woollies will be packed away for another year. In this edition, as usual there will be plenty to read of interest to keep you up to date and well informed.

BWA has also got Lottery tickets through People's Choice and all monies raised from the sale of our allocated tickets comes back to us, so please enquire in the office for your chance to purchase, sell to family and friends and possibly win one of the many fantastic prizes. Tickets are \$2 and come in books of 10. You can also go onto the People's Choice website and buy your tickets that way, as BWA is registered as one of the Charities.

From the Manager

It's been another busy few months for the team at BWA.

My Aged Care

The first of July saw the introduction of "My Aged Care" which is the Government's new gateway for all services for people over 65. In readiness for this, the BWA team was required to establish a new page on the My Aged Care website, provide educational materials and training for the new My Aged Care assessors and identify which services we can provide for our Members over 65. While little will change in the services we offer, new Members or existing Members requiring new services will be required to now be referred and assessed by Regional Assessment officers (RAS) before being eligible for funded programs. Little will change for most of our Members, as most are block funded under the old Home and Community Care (HACC) programs. But Members currently on Aged Care Packages and funded directly by the Government may now be required to use some of their package funding to pay for some services. Our membership Staff Sandy or Danijela will be happy to guide you through any changes if it affects you.

Special Purpose Welfare Funding (SPWF)

You should now have all received your forms and information for the Power and Telephone subsidies. As previously reported the Board of Management has revised our eligibility guidelines to ensure Members in the most need receive the most assistance. You should also find the application process much simpler this year, as you no longer need to provide proof of income forms from Centrelink. Just simply identify if you meet the income eligibility, and if required have a friend tick the boxes that apply to you and enclose current telephone and power bills addressed in your name, sign the declaration that you meet the eligibility and return it in the stamped addressed envelope to us at BWA.

RSB/BWA recreation and leisure programs

We have recently finalised our ongoing arrangement for BWA to assist in funding Members to attend Recreational and Leisure programs run by RSB staff.

The new agreement will require the RSB to assist potential clients to complete an application form and permission to share information about the goals and results of the programs. It is hoped that this arrangement will assist both organisations to better work together for the benefit of all our Members. Members can all apply for this funding to attend other recreation, leisure or self-improvement programs run by other providers like WEA or Relationships Australia, please talk to us if you have an idea.

New budget

The 2014-15 financial year saw the BWA finish in a strong financial position and in addition ongoing Government funding seems to be assured for some years to come. As a result the Board of Management has approved the new budget which will see an extra \$250,000 put into a three year restructuring program to grow our services and assistance to Members. I will report more news on this in coming months.

Again I wish to thank all my team of both Staff and our Volunteers for an outstanding achievement, nothing exemplifies this more than the recent Christmas in July party which filled the Social Centre with Members, music, song and the smell of roast turkey and Christmas pudding, well done all.

And on a more individual note I know my membership team have been working very hard to help individual Members experiencing hard times.

JIM COLLIGAN

Manager

The Board

The 2014/2015 year for BWA has been a very successful one, highlights of the year include:

An audit by HACCC Regulators achieving 17 out of the 18 Standards with only one minor issue to retro fix to achieve full compliance. However this process does not end here as we have to have a continuous improvement plan and can be randomly audited at anytime, but as mentioned by the Manager funding has been extended for a couple more years, and congratulations to Jim and Sandy along with the help of all Staff for meeting this goal.

Staff Resources

The Board has confirmed the on-going position in the southern area (initially a project position). Danijela has worked really hard and has many activities operating in the South. The Board has also endorsed a re-allocation of duties within the team to improve efficiency and greater Member contact. In order to support the Administration and reporting processes, including Fundraising and Volunteer compliance we are advertising for an additional person.

Budget

The Board has approved the next financial year's 2015/2016 budget with an increase in Special Purpose Welfare funds and a couple of new areas of support. These will be expanded on as we develop them.

We replaced the older bus with a new one, and thanks must go to Tenants and Friends for purchasing two iPads for the Tech Corner and from all reports they are getting used regularly.

Tony Starkey

President

Member Services (North)

Hello to all Members. We hope you are keeping warm and have been able to keep the winter colds and flu away. In the following paragraphs, we are providing information about:

- Item 1. The BWA Power and Phone Subsidy
- Item 2. The BWA complaints process
- Item 3. Able Australia (Deafblindness Agency)
- Item 4. Information from Windsor Gardens Congregation of Jehovah's Witnesses
- Item 5. Information about changes to Aged Care Services for all Australians
- Item 6. Book Review – Can't Get You Out of My Head.
- Item 7. The Term 3 Social Activities Calendar

Item 1. BWA Special Purpose Welfare Fund – Power and Telephone Subsidy

Members were mailed the Power and Telephone subsidy application form on 22 July 2015. If you have not received an application form and you wish to do so, please contact us immediately and we will send the form to you. Please note that we have not sent the application form out electronically as the form needs to be signed by Members and witnessed before returning to BWA. The reason for this is BWA is not asking for Centrelink Income Statements or other proof of income as a rule, so signatures are needed to confirm that the information provided by you is accurate. Where possible, we want your applications returned to BWA by 31 August, in order to provide the first subsidy payment in October 2015. BWA is proud to be able to offer this popular subsidy to our Full Members and it is the only one of its kind in South Australia. We hope this subsidy assists with the cost of day to day living expenses and thinking about how cold it has been this winter, I'm sure the subsidy will be put to good use.

Item 2. BWA Complaints Process – It's OK to Complain!

As with all agencies, BWA has a complaints process and it is important for all Members to be able to make a complaint and give honest feedback. The reason for this is so that we can continue to improve our services and to make sure the way we provide these to you is of the highest quality. You are able to make a complaint to BWA in person, in writing or over the phone to any Staff Member at any time and complaints can be made anonymously. Where a complaint is being made, the Member will be advised immediately what next steps will be taken to investigate the complaint. If the outcome of a complaint is not satisfactory to the Member, there are steps, which can be taken to have the complaint taken further, and BWA will provide the details of who can assist. BWA encourage Members to talk things over with Staff to try to fix any issues before they become a bigger problem and remember, you can

talk to any Staff Member you choose. If you have any questions about BWA's complaints process, please contact us at the office.

Item 3. Able Australia – DeafBlindness Agency Links

Able Australia has approached Blind Welfare to let Members know about services for people who are Deaf/Blind. Services include an e-communications training Centre and a diverse range of recreational activities and camps for skill development and fun! For more information contact the Able Australia Community Development Worker, Emma, on 0 4 2 7 4 1 4 0 3 7 or email info@ableaustralia.org.au

Item 4. Jehovah's Witnesses

Jehovah's Witnesses have contacted Blind Welfare to let Members know that free Bible information is available including in Braille, audio or electronic formats and these publications are available free of charge. There is also a website jw.org which is in RTF and BRL format. Enquiries can be made directly via the website or by contacting Mr. Bernd Fechner on 0 4 3 8 2 0 1 7 5 2.

Item 5. Changes to Aged Care Services from July 1, 2015.

I have put together the following summary of the changes from information provided by the Government including from the 1 July 2015 Special Extended Edition Newsletter and new User Guides and Manuals available over the Internet. I am aware the Royal Society for the Blind recently offered information sessions throughout the metropolitan area, so I hope some of you were able to attend. The following is for general information purposes only and if you require information about your individual circumstances, please contact My Aged Care on telephone 1 8 0 0 2 0 0 4 2 2 or via the internet at www.myagedcare.gov.au.

Here goes! On 1st July 2015, the Commonwealth Government Department of Social Services implemented changes to the way Australians will receive Aged Care Services in the future. The changes have been brought about by the Government working with an Organisation called the National Aged Care Alliance to form recommendations. Victoria and Western Australia have not signed on for these changes and continue to maintain separate systems. Aged Care Services are provided for Aboriginal and Torres Strait Islanders who are over the age of 50 and for other Australians who are over the age of 65. The purpose of these services is to delay or avoid all together the need for Australians to go in to residential Aged Care, if they do not wish to do so.

From 1 July the program that used to be called Home and Community Care (HACC), along with three other programs have been consolidated in to a program now called the Commonwealth Home Support Programme (CHSP). Yes, I have spelled Programme correctly! The CHSP provides entry level home care support services including Home Care Packages. Some BWA Members are already receiving Home Care Packages from agencies such as Resthaven and ECH which assist with things such as shopping, cleaning and cooking, for instance. Importantly, for those who are already receiving these services, you do not need to do anything immediately. BWA provides these entry level community support services under this CHSP scheme, primarily in the form of social support which we offer as group or individual programs. These BWA activities are offered in the Gilles Plains Social Centre, in the

south with Danijela at other meeting places and in Member's homes which is called 'friendly visiting'. BWA is able to offer these services utilising a volunteer workforce. So what is this new system? Well essentially, all new referrals for assistance will be entered in to a new central computer system via the My Aged Care website. New referrals are then assessed in a standardised way by Regional Assessment Services. There is also another change in the way of thinking about Aged Care services. There is now a focus on wellness and something called re-ablement. This is a change from 'doing for' to 'doing with'. An example given is that if a person is having difficulty hanging heavy items to dry, then support is provided to assist with hanging the heavy items while the person continues to hang their lighter items. Another new term is 'Consumer Directed Care'. The example given here is that if a person is receiving regular cleaning, the person may elect to have their pantry cupboard reorganised and cleaned on occasion, instead of their 'regular' clean. These changes aim to give the person receiving Aged Care Services greater choice and to maintain optimum wellness even though many people have medical conditions and perhaps disability. The idea is that everybody can do some things and are being encouraged to continue to do the things they personally can do.

For us at Blind Welfare, it has meant a few more meetings than usual and getting some work done behind the scenes so that we can receive referrals for new Members over the My Aged Care website. For services BWA provide to current Members, nothing will change in the foreseeable future. We will continue to provide our group programs and friendly visiting where a volunteer is available. The BWA Special Purpose Welfare Fund subsidies (Home Maintenance, Equipment Subsidy and Power and Phone subsidies will continue to be offered to Full Members in line with current guidelines). For Members who want to know more about changes to Aged Care Services, please speak with your service provider if you already have one. This might be Resthaven or Uniting Care Wesley for instance. If you want to contact My Aged Care directly, please phone 1 8 0 0 2 0 0 4 2 2 from 8am – 8pm Monday to Friday or Saturdays from 10am – 2pm. If you want to have a look at the website, simply type in My Aged Care or go to www.myagedcare.gov.au. You can contact me on 8 3 6 7 6 0 8 8 or Danijela on 8 3 2 5 1 6 6 8 as usual and we can help you access information.

Item 6. Book Review – Can't Get You Out of My Head by Nicola Catalano

One of our Members has written a book about her experiences after being diagnosed with a brain tumour called "Can't Get you Out of My Head". Nicola's book was featured in the Messenger Newspaper recently and can be purchased by contacting BWA to place an order, or via the website:

www.vividpublishing.com.au/cantgetyououtofmyhead/. The book is \$24.95 and we wish Nicola great success and congratulations on her achievement in having her story published. The following words are taken from the back cover of Nicola's book. "The first thing Nicola thought when she heard the words 'brain tumour', was 'why me?' What followed was a complete life change, swapping a career and social life for hospitals and surgery. After constant hurdles and complications, Nicola learnt to appreciate each day and the importance of living life to the fullest. Positivity and support from friends and family helped her confront this huge challenge".

Item 7. The BWA Social Activities calendar for Term 3, 2015

Social Activities for Term 3 2015

JULY

WEEK 1

Monday 20th	Tai chi 10.00am – 11.00am Social Group 12.30pm – 3.00pm Family Feud – Hands on Buzzers!
Tuesday 21st	Audio Descriptive Movies Red Dog 9.30am – 12.30pm
Wednesday 22nd	Chat 'n' craft 10.00am – 12.30pm
Thursday 23rd	Social Group 10.00am Welcome Back Pizza Lunch Amenities - \$3.00 Lunch - \$3.00
Friday 24th	Chat 'n' craft 10.00am – 12.30pm Walking Group 10.30am – 12.00pm Stockade Park

WEEK 2

Monday 27th	Tai Chi 10.00am – 11.00am Social club 12.30pm – 3.00pm Michelle Howe 1.30pm – 2.30pm Advanced Care Directive Presentation
Tuesday 28th	Audio Descriptive Movies Australia 9.30am – 12.30pm
Wednesday 29th	Chat 'n' craft 10.00am – 12.30pm Tech Corner 10.30am – 12.00pm Alternate Access to Talking Books
Thursday 30th	Social Group 10am Paradise Hotel 12 noon Senior Meals – \$9.90 Specials - \$10.90
Friday 31st	Chat 'n' craft 10.00am – 12.30pm Bingo 1.00pm – 2.00pm

AUGUST

WEEK 3

Monday 3rd	Tai Chi 10.00am – 11.00am Social club 12.30pm – 3.00pm Gerard Samy – 1.30pm Experiences of a Pilot Presentation
Tuesday 4th	Audio Descriptive Movies 9.30am – 12.30pm
Wednesday 5th	Chat 'n' craft 10am – 12.30pm
Thursday 6th	Social group 10am Birdwood Museum Concession \$10.00 Lunch Locally

Friday 7th Chat 'n' craft 10am – 12.30pm
Walking Group 10.30 -12.00pm
Tenants & Friends 7pm
Kingfisher Duo 7.30pm
Supper & Finish – 9pm

Saturday 8th Travel Club – Sunnyvale on Yorke Peninsula

WEEK 4

Monday 10th Tai Chi 10.00am – 11.00am
Social Group 12.30pm – 3.00pm
Anthea Rodbury 1.30pm – 2.30pm
Apps & Adaptive Products Presentation

Tuesday 11th Audio Descriptive Movies
9.30am – 12.30pm

Wednesday 12th Chat 'n' craft 10am – 12.30pm
Tech Corner 10.30am – 12.00pm
Plans & Bundles for Internet and Mobiles

Thursday 13th Social Group 10am
Mexican Day! Wear your Sombrero!
Mariachi & Ranchero Music
Nachos, Tacos, Burritos & Re-fried beans
Amenities - \$3.00 Lunch - \$6.00

Friday 14th Chat 'n' craft 10am – 12.30pm
Bingo 1 - 2pm

WEEK 5

Monday 17th Tai Chi 10am – 11am
Social club 12.30pm – 3.00pm
Cup Cake Day
RSPCA Fund Raiser
Buy some Cupcakes or Muffins to help support All the Fur
Babies who Needs Homes
Josh & His Guitar 1.30pm -2.00pm

Tuesday 18th Audio Descriptive Movies
9.30am – 12.30pm

Wednesday 19th Chat 'n' Craft 10am – 12.30pm

Thursday 20th Social Group 10am
Girls Only – Shopping!!
Boys Only – “Secret Men’s Business” BBQ

Friday 21st Chat 'n' Craft 10am – 12.30pm
Walking Group 10.30 -12.00pm

WEEK 6

Monday 24th Tai Chi 10.00am – 11.00am
Social Group 12.30pm – 3.00pm
SA Police – Home Assist Program (TBC)

Tuesday 25th Audio Descriptive Movies
9.30am – 12.30pm

Wednesday 26th

Chat 'n' Craft 10am – 12.30pm
Tech Corner 10.30am – 12.00pm
Apps for the iPad & iPhone

Thursday 27th

Social Group 10am
Lunch with the South-East Members
Emu Hotel 12.00pm

Friday 28th

Chat 'n' Craft 10am – 12.30pm
Bingo 1 - 2pm

WEEK 7

Monday 31st

Social club 12.30pm – 3.00pm
Entertainer Dean Bird 1.30pm – 2.30pm

SEPTEMBER

Tuesday 1st

Audio Descriptive Movies
9.30am – 12.30pm

Wednesday 2nd Chat 'n' Craft 10am – 12.30pm

Thursday 3rd

Social Group 10am
Name that Song Trivia
Amenities - \$3.00 Lunch – \$5.00
Menu TBA

Friday 4th

Chat 'n' Craft 10am – 12.30pm
Walking Group 10.30 -12.00pm
Tenants & Friends 7pm
Ron & Jo Johnson – 7.30pm
Supper & Finish – 9pm

WEEK 8

Monday 7th

Tai Chi 10am – 11am
Social Group 12.30pm – 3.00pm
Nicola Catalano
Book Presentation 1.30pm – 2.30pm

Tuesday 8th

Audio Descriptive Movies
9.30am – 12.30pm

Wednesday 9th

Chat 'n' Craft 10am – 12.30pm
Tech Corner 10.30am – 12.00pm
Android Technology

Thursday 10th

Social Group 10am
Adelaide Royal Show at BWA
Hot Chips, Dippy Dogs, Hot Donuts,
Fairy Floss Machine & Show Bags
Amenities - \$3.00 Lunch - \$6.00

Friday 11th

Chat 'n' Craft 10am – 12.30pm
Bingo 1 - 2pm

Saturday 12th

Travel Club – Willunga Markets & Alma Hotel

WEEK 9

Monday 14th

Tai Chi 10 – 11am
Social Group 12.30pm – 3.00pm

Tuesday 15th Kingfisher Duo 1.30pm – 2.30pm
 Audio Descriptive Movies
 9.30am – 12.30pm
Wednesday 16th Chat 'n' Craft 10am – 12.30pm
Thursday 17th Social Group 10am
 The Whispering Wall
 Williamstown Bakery for Lunch
Friday 18th Chat 'n' Craft 10am – 12.30pm
 Walking Group 10.30 -12.00pm
WEEK 10
Monday 21st Tai Chi 10 – 11am
 Social Group 12.30pm – 3.00pm
 BWA's Got Talent
 If you have a Talent We Want to See It!
 More Information to Follow.
Tuesday 22nd Audio Descriptive Movies
 9.30am – 12.30pm
Wednesday 23rd Chat 'n' Craft 10am – 12.30pm
 Tech Corner 10.30am – 12.00pm
 Talking/Smart T.Vs Presentation
Thursday 24th Social Group 10am
 Coast Drive
 Outer Harbour Kiosk
Friday 25th Chat 'n' Craft 10am – 12.30pm
 Bingo 1 - 2pm

**Social Centre Activities - \$3.00 for Amenities
 And
 Lunches available from \$3.00**

SCHOOL HOLIDAYS BEGIN ON 28th SEPTEMBER
CENTRE RE-OPENS ON MONDAY 12TH OCTOBER

Holiday Program

Spring B.B.Q
 Wednesday 7th October 2015 11.30am – 2.00pm
 \$6.00

To attend any of the activities in the program please contact
 the BWA office as some activities require attendance numbers
 in advance.

Members' input and ideas for the Social Centre activities
 are very welcome

Please speak with Trudy
 PHONE: 8 3 6 7 6 0 8 8

Hello Everyone

Well, winter is almost over and some of us may well be looking forward to the warmer weather. In recent months the number of new members joining BWA who reside in the South East region has increased and with this increase of new Members, request for services to be delivered in the South East region has also increased. To note, Volunteer support services in the community setting has been particularly well received. I look forward to the ongoing recruitment of Volunteers so that Members can receive volunteer support on an individualised basis which best suits their particular needs. Travel Club has also experienced a surge in interest and many Members from the South East region are now enjoying the experiences which Travel Club has to offer. Please don't forget that BWA also holds a South East Social Group get-together on the first Tuesday of each month from 11am until 1pm at Woodcroft Christian Centre 442 States Rd, Morphett Vale. The cost is \$3, which covers hot and cold beverages as well as light refreshments of sweets and savoury foods. The Social Group welcomes guest speakers to present at the meeting. Entertainers who have skills in singing and/or playing a musical instrument are also invited to perform to members. Please R S V P to Danijela Turner on 8 3 2 5 1 6 6 8 or 0 4 3 8 0 5 1 2 2 3 or via email address of DTurner@Blindwelfare.org.au RSVP is required for purposes of transport and catering arrangements

DANIJELA TURNER

South East Services Officer

Volunteer Officer Report, August 2015

School holidays are over so we are ready for the next period. We had two weeks to catch up with administration work and get organised for the next session.

We continued with shopping and home visits during the holidays as it becomes too difficult to rearrange after the holidays, plus our members rely on these services. Of course medical appointments continued as usual. You may remember in the last Eye Contact I mentioned that I had submitted a grant application to the Office for Volunteers for the Volunteers Training Grant and I'm happy to say this was successful. I am now busy collating dates from Volunteers who registered their interest in attending so the training can commence.

We are offering five training programs and they are as follows:

- Food Safety and Handling (completed)

- Connecting with Older People

- Working in Teams

- Understanding Common Eye Problems

- Managing Wheelchairs

Any training that we can offer to our Volunteers is always at no cost to them and if any Volunteers see a need for some specific training I am always happy to consider if there is enough interest. Incidentally if any Volunteers have not registered their interest it could still be worth contacting me in case the training has not taken place yet.

On 12 May we had a Volunteers' Meeting followed by a delicious lunch to show our appreciation of the work they do and this coincided with National Volunteer Week. It

was a great turnout and we had 32 attending and 14 apologies. You may wonder why I include apologies, but I think they are important to mention as it shows that people took the time to acknowledge the invitation.

The TV commercial that was produced under the Community Voices grant through the Office for Volunteers was broadcasted on Network 10 over a six week period and we had good responses to this. Apart from the commercials we paid for, Network 10 also aired our commercial under the Community Services banner which is free. These are run at rather unusual times but for free it's still worth it.

On Wednesday 15 July we had our Xmas in July function and this was a great success. Trudy organised all the food and our fabulous Volunteers cooked it, served it and would you believe, also sang in the BWA's Volunteers Choir. They also transported Members here and safely back home. We had some BWA talent entertaining us on the keyboard, drums, guitar and vocals. The usual cracker jokes were delivered and a couple of Christmas stories were articulated and all were received in good humour.

As always a big thank you to all our Volunteers as without them we could not offer the services that we do. THANK YOU!

JACKIE McEWEN

Volunteer Officer

Where would you like to visit today?

Many of you are recipients and make good use of the Companion Card Program and currently they are looking for suggestions from you for new Organisations they can sign up to offer new places to visit. There have been many affiliates who have already signed up for the program but they need more. If there is a venue, event or activity that is not listed on their 'What's New' page that you would like to attend please email or call Jodie Russian on 8 1 5 4 3 7 0 0 (Wednesday's only)

Jodie.Russian@nds.org.au Visit the website

Blind Welfare Travel Club 2015 Program

Dear Members and Friends

- BOOKINGS – Close at 8pm on the Tuesday prior to the trip.
- BUS DEPARTURES- three vehicles are used and each member is contacted individually by their allocated driver and given their departure or pick up times.
- CHARGE - for the trip is \$32, each which includes meals and admission charges to venues. There will be an extra charge of \$5 each for the long trips in July, September and October because of the extra venue costs.
- DISCOUNT - \$4 is given for meeting at specific pick up points. Please advise treasurer if you drive to a pickup point.
- ANNUAL TRAVEL CLUB SUBSCRIPTION - \$10 per person is payable at the February A.G.M. or as soon as possible afterwards.
- ALL TRAVELLERS MUST BE – a client, an associate member or a volunteer of the Blind Welfare Association.

For information, OR wanting to attend, OR to cancel attendance on a trip please contact

- Catherine Bottcher (bookings and transport) phone 8 3 9 5 1 0 0 5
- Chris Mountstephen (Secretary) 8 3 7 1 2 9 2 8 or 0 4 3 8 2 9 2 8 3 7
- Blind Welfare Association phone 8 3 6 7 6 0 8 8 during business hours 9 am – 4 pm

Note: The Blind Welfare Association's hot weather policy is strictly adhered to, e.g. in the event of the temperature forecast being 35° or more on the Friday 6pm news, the trip will be cancelled. There will be no further notification.

The Committee reserves the right to make changes to this program if the availability of the venues alters, but is correct at the time of printing January 2015.

2015 Program

**August 8th
Sept 12th**

Willunga Markets – Lunch at the Alma Hotel Sunnyvale on Yorke Peninsula. This venue usually has a sumptuous morning tea, followed by entertainment and then lunch. The venue is an old country church and hall. The entertainer is Graeme Hugo and his group. Extra charge of \$5 for this trip.

October 10th

Blythe Theatre – Lunch at the Blyth Hotel. The venue is an old style picture theatre, not very big, and their specialty is screening "voice descriptive movies." Lunch at the Blyth Hotel. Extra Charge of \$5 for this trip

November 14th

visit to Yummy Snacks at Allenby Gardens (shop for Christmas nibbles!!) then a beach walk (or sit as desired) – fish and chip lunch at the beach

December 12th

Morning tea at Valley View and Christmas lunch at a venue to be advised

Tenants and Friends

Good news, spring must be on the way. The jonquils are blooming and all the other bulbs are poking their heads up.

A little warmth will be most welcome.

I would like to apologise for the cancellation of the July concert. The featured artist became ill, and as we only had short notice, we decided not to hold it for that one time.

The entertainers for the coming months are:

August 7th: The King Fishers

September 4th: Ron & Jo Johnson

October 2nd: Helena and her group

We intend to have a sausage sizzle before the October concert (weather permitting) so for catering purposes, please let me know at the September concert if you intend to join us.

MAUREEN CLOTHIER

President, Tenants and Friends Social Club

S. A. Association of and for Blind Citizens Inc.

I would like to tell the Members of Blind Welfare a little about this group.

The Association was formed originally, many years ago, to raise funds for equipment and training to help blind people move around independently.

Over the years this has changed and it is now purely a Social Group. We usually meet once a month, often for lunch at a hotel or café, or sometimes an outing, for which we use a BWA bus. At a recent general meeting it was suggested that the Association sponsor a lunch at Blind Welfare on Grand Final Day, 3 October 2015. If you are interested please contact John Bastiaans on 8 3 6 9 3 5 5 6 to register.

Legally blind people will be free, with a charge for others.

We also occasionally organise a holiday, and for this we give a small subsidy. In the last few years we have travelled to Cairns, Darwin and Yeppoon. In a few months we are planning a short trip to Broken Hill, and next year a bus tour to Melbourne.

Membership is free to any legally blind person and sighted persons pay a small annual fee. If you are interested in joining, please call me on

8 2 8 9 9 8 8 0 or email maureenc@bigpond.net.au for more information.

Members need to be independent or have a Care Giver to help them.

Most activities are centred around the north eastern suburbs.

MAUREEN CLOTHIER

President

ROYAL SHOW

We have a limited amount of tickets to this year's Royal Adelaide Show. If you would like a chance to obtain a ticket give the office a call on 8 3 6 7 6 0 8 8 before 24th August. A random draw will take place and we will call the lucky winners.

Are you a woman aged 18-50, who is legally blind? If so, you are invited to participate in online research investigating the eating attitudes of woman with a vision impairment. The study will investigate the relationship between media influence, perceptions about gender roles and eating attitudes in legally blind women. This research is being conducted by Alexandra Page toward the degree of Bachelor of Psychological Sciences (Honours) at the Australian College of Applied Psychology.

Alexandra herself is permanently blind, and has a great interest in increasing her own and others' understanding of the factors which affect the lives of those who are Vision impaired. The study is being supervised by Dr. Fiona-Ann Papps.

You must be 18-50 years of age to participate in the study. JAWS screen reader is compatible with the survey website. Braille or Large Print surveys may be posted to you for completion if you cannot complete the online version.

If you choose to participate, you will be asked a number of demographic questions related to age, height, weight and extent of sensory impairment. You will also be asked to complete a series of questions in relation to your personal beliefs about gender roles, media influence and eating attitudes. In total, the survey will take approximately 20 minutes to complete. You are free to skip any question that you do

not want to answer. Participation in the study will cost you nothing and you will not be paid for your participation.

There are no risks associated with participating in the study. Although you won't benefit personally from taking this survey, your answers will assist in building our understanding of how women with a vision impairment conceptualise traditional gender roles and how these perceptions impact on eating attitudes.

Please note that the research is independent of, and completely funded by The Australian College of Applied Psychology. This research has been approved by the NPI Human Research Ethics Committee [Approval Number 2 1 2 0 5 0 5 1 5]. You cannot be identified from your answers to the survey. The IP addresses collected by Qualtrics are deleted once data collection is complete and the data downloaded, so there is no way your information can be traced to you. We will keep the information you provide confidential. However, the Navitas Professional Human Research Ethics Committee (a committee that reviews and approves research studies) may inspect and copy records pertaining to this research. If we write a report about this study we will do so in such a way that you cannot be identified. Submitting your responses indicates that you have agreed to participate in the study. Once you have submitted your answers, they cannot be withdrawn.

If you would like to participate, Please go to the following link to complete the online survey. https://acap.asia.qualtrics.com/SE/?SID=SV_22V5PE7pu35gSW1

A Summary of the results will be shared on the Research Facebook Page: <http://www.facebook.com.au/eyesightandappetite>

Editors Comment

I hope you enjoyed this edition of your Eye Contact and if you would like to make a contribution to our next copy, which is due out in early, November, please forward it on to the BWA Office or speak to one of the Staff and they will do the rest. Contact details are as follows:

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