



August 2025 - Announcements

Nominate Eyes for Life Canberra for the Southern Cross Club Community Rewards Program

Members of the Southern Cross Club can help us raise funds by taking part in the Southern Cross Club's Community Rewards program. The Community Rewards Program allows Canberra Southern Cross Club members to give back to the group most important to them. By nominating **Eyes for Life Canberra** – you can double the amount of your spending on food and beverages at the Southern Cross Club that is donated to your chosen group.

No Upcoming Canberra Blind Society Events

Core Programs as Usual:

- Friends of Braille - Every Thursday during school terms, 10am - 12pm
 - Arts and Craft Group - Second and fourth Wednesday of each month 10am-12pm and 1pm - 3pm
 - Audio Book Group - First Wednesday of each month, 10am - 12pm
 - Men's Peer Support Group - Last Tuesday of each month, 11am - 1pm
 - Ladies Chat Circle - First Friday of each month, 10am - 12pm
 - Sense-able Cooking – Third Friday of every Month, 10am – 12pm
 - Exercise Group – Thursday Weekly 1:30pm – 2:30pm
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Outreach Services

Debra will be back for August Outreaches from the 5th of August – if you would like to book an appointment with her, now is the time to do so. Please forward any enquiries to info@eflc.org.au or call 6176 4370, and one of our friendly staff will assist you.

Men's Group Men's Group – Tuesday 29th of July, 11am – 1pm

There has been a change in the future meetings for the Men's Group. From July onwards the men will meet monthly on the last Tuesday of the month.

The next meeting will be Tuesday 29th July, 11am – 1pm in CBS offices on the Ground Floor of the Griffin Centre.

Harry the Men's Group facilitator will be away next month in August; however, the men's group will still be on with Oeter Granleese the Acting chair for Tuesday 26th of August.

The Men's Group invites men of all ages to get together over a coffee to chat all things low vision and share daily living experiences. If you would like to join please contact the office on 6247 4580 or email admin@canberrablindsociety.org.au

If you require transport to and from the activity – please contact the office at on the phone and email above,

Audio Book Group – Wednesday 6th of August, 10am – 12pm

This is a friendly meeting of people who love books and talking about them over a cuppa. New members are welcome including those who miss reading a print book and are renewing their book interests through audio books supplied by the Vision Australia Library. Contact the CBS staff for assistance in joining our group.

The next meeting is on Wednesday August 6th at 10am - 12pm, and we are turning to a leading Australian crime writer, Dervla McTiernan's "What Happened to Nina", a page turner and character novel, a best seller in Australia and the USA.

If you require transport please contact the office on 6247 4580 or email admin@canberrablindsociety.org.au

FOR SALE

CBS has a surplus of brand-new **Yoga mats for sale**. Purchased new at \$42.00, now selling for \$20.00.

If you are interested, please call the office on 6247 4580 or email admin@canberrablindsociety.org.au

Quilts, Quality Fabric, Oven Mitts, and more

Homemade Quilts and upholstery products for sale, made by one of our own members Helene Anderson who because of her declining eyesight has had to leave selling at the markets behind. Helene has made the products so they're all machine washable.

She is selling many items such as quilts, oven mitts, Casserole dish covers, iron board covers, and fabrics.

If any of these types of products interests you, or you have any questions, please contact Helene at:

PHONE: 0420 533 264

Comedians With Disabilities - Are You Pulling My Leg? - Saturday 2nd of August, 7.30pm – Last chance!

Produced by Accessible Arts and Crips & Creeps, Are You Pulling My Leg? brings to the stage an incredible line-up of comedians sharing hilarious and uncensored insights into disability. From awkward encounters to side-splitting observations that cut to the quick, no subject is off-limits. Venturing much further than disability, their quick quips highlight the many facets of their lives, relationships, experiences and personalities.

The show will be live captioned and Auslan interpreted to ensure it is as accessible as possible.

The performance is on Saturday 2 August at The B in Queanbeyan. CBS will not be organising tickets or transport. Tickets are from \$35 - \$40, the show lasts for 80 minutes without interval and is strictly 18+. More information and the link to purchase tickets can be found on the website - <https://theq.net.au/whats-on/are-you-pulling-my-leg/>

Canberra Symphony Orchestra for Hands Across Canberra Community - Free tickets to upcoming concerts

The Canberra Symphony Orchestra (CSO) is once again generously gifting our community groups tickets to their Llewellyn Series and Australian Series concerts later this year.

If you are interested in tickets for your organisation, staff, clients etc. please register your interest by filling out the forms at the links below.

CSO will be getting in touch to confirm registration and next steps. Please note that there will be 25 tickets earmarked for Hands Across Canberra (HAC) Community Partners per concert and they will be distributed on a first come, first served basis.

If you have any queries about the concert, accessibility or tickets please get in touch with **David Flynn** through tickets@csso.org.au

Concerts & Dates:

Llewellyn Three – Mozart's Requiem,

Wednesday 24 / Thursday 25 September 2025 @ 7:30pm

@Llewellyn Hall, ANU School of Music

Register: <https://forms.office.com/r/xSyz9ZrZGL>

Llewellyn Four – Cottis Conducts The Planets

Wednesday 5 / Thursday 6 November 2025 @ 7:30pm

@Llewellyn Hall, ANU School of Music

Register: <https://forms.office.com/r/Z0MYjxThcj>

Australian Series Two: Other Worlds

Thursday 13 November 2025 @ 6:30pm

@National Museum of Australia

Register: <https://forms.office.com/r/sdwqfVpu2G>

Recipe from July Sense-able Cooking

Turkey, cranberry and Camembert meat balls with roast vegetables.

Ingredients:

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- 1 kg turkey mince
- 4 garlic cloves chopped
- 1 large onion finely diced
- 3 large carrots grated
- 3 zucchinis, grated
- 2 eggs
- camembert cheese
- 1 cup of cranberries
- 1 Tbsp. thyme
- 2 Tbsp. tomato paste or tomato sauce
- salt and pepper to taste
- 1 1/2 cup quick oats
- vegetables of your choice

Method

1. Set the oven to heat at 180 degrees
 2. Lined baking tray
 3. Place in large bowl turkey mince, grated carrot, zucchini, onion, garlic, tomato ,cranberry and thyme.
 4. Mix eggs to help bind ingredients together.
 5. Cut Camembert cheese into wedges.
 6. Make a tennis ball size meat ball and place an edge of Camembert in the middle.
 7. Roll meatball in wick pats and place on a tray.
 8. Prepare vegetable of your choice and spray with cooking oil and place on a lined tray.
 9. Bake for 30 to 40 minutes till golden brown.
 10. Serve with roast vegetables of your choice.
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Discounted Alternate Transport Opportunity – DUTY OF CARE TRANSPORT

We have recently been approached by private community minded transport to get clients to and from medical, social and shopping appointments within Canberra/Queanbeyan region.

Cost: \$2 per km + \$10 flat fee

<https://doctransport.com/transport-prices/>

10% discount for senior cards + health care cards from Services Australia

Difference to Uber/Taxi:

Drivers get out of their vehicles to provide assistance for clients to and from their front door to vehicle, and in and out of medical foyers etc. If client is not located, our office will start trying to locate client by calling emergency contacts, last known destinations, hospitals etc. to make sure they are ok.

Background:

This Group are an ex-Communities at Work transport team which unfortunately could not continue providing much needed community transport to Canberra region since November 2024 - due to government funding not able to cover total cost of transport section in the organisation for quite a few years.

So, 6 months later after Communities at Work closed its transport section, a few ex-staff decided to rebirth under a private company named "Duty of Care Transport" from July 2025

Art by Description at the National Gallery.

Each month, join a small live descriptive tour of major exhibitions or works of art in the National Gallery's collection.

This social tour, designed for participants who are blind, or who have low vision, facilitates shared discussion and uses tactile resources.

When: Sunday 3 August

11am – 12 noon

Focus: Proofs and Processes

Cost: Free

Meet in the Main Foyer.

Please RSVP via email to access@nga.gov.au

Program Contact:

To book a wheelchair, walker or for assistance contact Adriane 02 6240 6632 or email access@nga.gov.au

Gallery Contact:

For information about the gallery email information@nga.gov.au or phone +61 2 6240 6411

Check our website and socials for all up to date information about what's happening at Canberra Blind Society.

To provide any feedback on this platform or unsubscribe please email
admin@canberrablindsociety.org.au