



## November 2025 - Announcements

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### 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. November is YES-VEMBER month for our [Community Rewards Program](#). Eyes for Life Canberra will receive **15 cents** for every dollar spent on food & beverage at our venues by participating members.

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### Upcoming Canberra Blind Society Events

#### Annual General Meeting

On Thursday November 20<sup>th</sup> at 6:00pm-7:30pm, we're holding the Canberra Blind Societies Annual General Meeting. All members are encouraged to attend and have a say on decisions made about the society. After the meeting - light foods and refreshments will be served – so please let the office know of any food allergies, intolerances, or requirements.

If you wish to attend please call Aalo at 6247 4580 or email [admin@canberrablindsociety.org.au](mailto:admin@canberrablindsociety.org.au)

#### CBS Christmas Lunch

On Saturday the 6<sup>th</sup> of December we are hosting our annual Christmas lunch at the Griffith Centre in room 6 (upstairs on level 1) from 12:00pm-2:00pm. Everyone is welcome to join, so if you're attending - please RSVP with any allergies or food intolerances at 6247 4580 or email Aalo at [admin@canberrablindsociety.org.au](mailto:admin@canberrablindsociety.org.au)

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## Core Programs as Usual:

- Friends of Braille - Thursday Weekly 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 – Tuesday (To be decided each month)
  - 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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## Canberra Blind Societies Holiday Shut Down Period

CBS is closing the office over the Christmas break. The last day will be at 4pm 19<sup>th</sup> of December and will reopen at 9am on the 6<sup>th</sup> of January. No groups or activities will run during this time.

Peer support programs will resume in February 2026.

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## Eyes for Life 2025 Fundraising Raffle

Eyes For Life Canberra is excited to announce our 2025 Fundraising Raffle! A fun way to support EFLC, whilst giving yourself the chance to win some fantastic prizes. The raffle will be drawn at the CBS Christmas party.

Tickets are 1 for \$5 or 3 for \$10.

You can purchase the raffle tickets in the EFLC/CBS offices, or online. We've got some amazing prizes on offer, such as:

Prizes include

- \$300 Voucher - LAUREN ALCANTRA ART
- Personal History Audio Recording, Valued at \$200
- Donation of wine from Holdfast Distillery
- \$200 Hydrogreen lawn care voucher

- \$100 Voucher - the EFLC shop
- Bonus PRIZE!! Meal/drinks voucher, Canberra Southern Cross Club

Every ticket sold directly helps EFLC continue to support individuals to help identify barriers and develop strategies to enable them to maintain their independence and fully participate in the activities of everyday life.

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### **Men's Group Men's Group – Tuesday 18<sup>th</sup> of November, 11:00am – 12:30pm**

There has been a change in the future meetings for the Men's Group. At each meeting - all participants will decide on the date and time for the following meeting. The meeting should always normally occur on a Tuesday.

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](mailto:admin@canberrablindsociety.org.au)

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

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### **Audio Book Group – Wednesday 5th of November, 10am – 12pm**

Audio Book Group: Our friendly, inquisitive and engaged members will meet on Wednesday 5<sup>th</sup> November at 10:00am in the CBS Meeting Room and new members are most welcome. Our November 5<sup>th</sup> book is “You Are Here” by David Nicholls, a romance set on the famed Coast to Coast walk in England.

New members are welcome and the CBS office can guide you through the joining path.

Interested in joining us? Contact the CBS office or Bob James on 0467 364 530

If you require transport please contact the office on 6247 4580 or email [admin@canberrablindsociety.org.au](mailto:admin@canberrablindsociety.org.au)

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### **Vision Impaired Drive Day - Expression of Interest**

In February 2026, Fifth Gear Motoring is excited to be hosting a Vision Impaired Drive Day. They've invited all EFLC and CBS clients to come along and participate, donating all proceeds from the day to CBS. The Drive Day will be held approx. an hour out of Canberra, in Braidwood. Due to the logistics of this event, we require an early expression of interest and confirmation of numbers. The event details are:

**Location:** One Raceway, 4770 Braidwood Rd, Tirrannaville NSW (approx. 1 hr 15 min from Canberra). Please note we have chosen this location as it provides the safest driving environment for both the participants and instructors in comparison to potential venues located closer to Canberra.

**Date:** One day in the first week of February 2026 (exact date confirmed once participant numbers are known)

**Eligibility:** Participants must be 16 or older and unable to obtain a driver's licence due to a visual impairment.

**Cost:** 80\$ pp

The Drive Day will give individuals with low vision the chance to get behind the wheel of a car in a safe and supportive environment. Each vehicle is equipped with dual controls, and participants drive alongside a fully accredited instructor. It's a fun and confidence-building experience, with family, friends and carers all welcome to attend.

Express your interest now to secure your spot.

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### **Amplifying the voices of people with disability in the ACT.**

The Independent Assessment looks at disability issues in Canberra - beyond the Parliamentary Triangle. Join us as we dive into reform, politics and culture with curiosity and a sense of humour.

Co-hosts C Moore and Craig Wallace present a new podcast produced by Radio 1RPH in partnership with Advocacy for Inclusion. This podcast is made possible with support from the Community Broadcasting Foundation and Hands Across Canberra.

Find it on your favourite podcast platform or listen here

<https://sites.libsyn.com/597605/site>

To find out more, suggest topics or provide feedback contact  
[theindependentassessment@gmail.com](mailto:theindependentassessment@gmail.com)

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## FOR SALE

### Perkins Braille Machines

Canberra Blind Society has an excess of standard Perkins Braille machines which they wish to sell. The pre-owned machines are all in working order. The cost per machine is \$400.00. These machines were last serviced in late 2022.

### Yoga Mats

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](mailto:admin@canberrablindsociety.org.au)

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### 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, ironing 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**

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### Art Description from the National Gallery of Australia

In November join a live descriptive tour of the exhibition [Bilong Papua New Guinea: 50 years of Independence](#). This social tour, designed for participants who are blind, or who have low vision, facilitates shared discussion and uses tactile resources.

## **Art by Description at the Gallery**

Sunday 2 November

11am – 12 noon

National Gallery of Australia

Free, please book by email to [access@nga.gov.au](mailto:access@nga.gov.au), by clicking [Here](#) or call Adriane on 02 6240 6632

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## **National Art by Description Online**

Friday 14 November

2 –3pm AEDT on Zoom

Free, please book by email to [access@nga.gov.au](mailto:access@nga.gov.au), by clicking [Here](#) or call Adriane on 02 6240 6632

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## **Recipe from October Sense-able Cooking**

### **Koftas (6)**

#### **Ingredients:**

- 250g beef or lamb mince
- 250g sausage mince
- 1 onion chopped finely
- 2 garlic cloves minced
- $\frac{1}{2}$  bunch parsley chopped
- 1 teaspoon of each
- Sumac, oregano, cumin and paprika
- Salt and pepper to taste

#### **Method:**

1. Place all ingredients into a bowl. Mix well.
2. Make 6 thick sausage shape rolls.
3. Place on skewers.
4. Cook on a BBQ /grill for 20 to 25 mins flip over halfway.
5. Serve in a bread wrap with salad.

## **Lemon drizzle cake/ muffins**

#### **Ingredients:**

- 2 lemons zested and squeezed

- 1 ½ cups self-raising flour
- ¾ cup sugar
- ½ cup oil
- ½ cup milk
- 1 egg

### **Method:**

1. Oven 180 moderate temperature.
  2. Mix dry ingredients into a bowl.
  3. Add wet ingredients except for lemon juice.
  4. Mix well.
  5. Place batter into lined cake tin.
  6. Bake 25 to 30 mins till cooked. Or muffin tin cook for 20 to 25 mins.
  7. Place lemon juice and 1/4 cup water and 1/4 cup sugar in a saucepan heat medium heat for 3 mins till sugar dissolved.
  8. Pour lemon syrup over hot cake.
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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, there 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

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**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](mailto:admin@canberrablindsociety.org.au)