

# get about

issue 62

term 1



Get Real

2016 The Year to Come!

CMS 15th Anniversary Celebration

**Guide  
Dogs**  
VICTORIA



# Note From the Editor 🐾

Dear CMS'ers,

Welcome to the 1st Edition of Get About for 2016. We have a lot to talk about in this edition. You will read about the Senior Get Real – Jobs Ready program which was run in December last year. This program is aimed at developing job skills for students in the last few years of school. On the back of this program, we also had our 10th Anniversary get together. Students from the Get Real program used their newly developed skills to help host this event.

You will read about the Explore Melbourne Senior mobility camp run from Melbourne University. Students undertook a number of challenges including finding out about some cool things in the

city during the fantastic 'Amazing Race' organised by a past CMS student Jack Missen. A big thanks to Jack for his organising this awesome activity for us!

Laura will tell us about some of the exciting things happening in CMS for 2016 and we find out about our newest member to the CMS team, Dr Bronwen Scott. Bronwen is a very welcome member to our team bringing with her a wealth of knowledge in the early childhood O&M field.

Zoz talks about his favorite place to be and gives us an interesting Guide Dog fact.

Get About is your magazine so please feel free to send us your stories. We love hearing about what interests you.

Have a great 2016!

Paula Foote 🐾



## Dates for Diary

**29-31 March – Junior Mobility**  
Camp 'Risky Business'

**27-29 June – Junior Mobility**  
Camp 'Mobility Olympics'

**19-22 September –**  
**Senior Mobility Camp**

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## FORMAT REMINDER

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# 2016 The Year to Come!

By Laura Hunt



Hi Everyone,  
Wishing you all a very Happy New Year from everyone here at Guide Dogs Victoria. CMS are really looking forward to the exciting year ahead.

2016 is set to be another big year for the CMS and I wanted to share with you the camp program plans for the upcoming year:

- 29-31 March – Junior Mobility Camp ‘Risky Business’ developing primary aged students confidence to travel in unfamiliar locations, try new things and participate in adventure based activities such as rock climbing.
- 27-29 June – Junior Mobility Camp ‘Mobility Olympics’ developing primary aged students mobility skills to participate in a variety of different sports and games.
- 19-22 September – Senior Mobility Camp developing secondary aged student’s skills for travel in new areas, busy and dynamic

environments and use of metro and regional public transport.

In addition in term 3 the CMS are planning on running a Family Weekend (Date and location to be confirmed). This weekend aims to provide families the opportunity to come together to learn more about orientation and mobility as well as develop social support networks. If you would like to register your interest in this weekend please contact me on 9854 4547.

If you have any questions about these programs please do not hesitate to contact me on 9854 4547.

Looking forward to seeing you on a program soon!

Kind regards,  
Laura Hunt  
Orientation and Mobility Services Manager 

# Explore Melbourne – Senior Mobility Camp January 2016

By Paula Foote

15 Secondary school students came to stay at Melbourne University during the January holidays to attend the Explore Melbourne mobility camp. The students had fun learning the layout of the city, how to use public transport and develop skills and strategies for travel within the busy Melbourne CBD environment. Students enjoyed mobility challenges and also got to plan their own activities.

## Activities

**Monday - Mapping and Planning:** - The first activity of the camp involved the students developing an understanding of the street names and the grid layout of Melbourne CBD. Simon's storytelling helped the students remember the layout of the

city and the name and order of the city railway stations.

Students spent the afternoon researching and planning two student choice activities. Students were asked to suggest an activity, find its location, find out the cost activity and find out how to get there.

**Tuesday - City Loop Challenge:** Students split into small groups and took up the challenge to find out all of the different exits at each of the stations.

To make this challenge a little more difficult students were only allowed to go around the loop in one direction and use a tram once. This gave everyone lots of opportunity to use self-advocacy





skills to find out details of each station.

**Exploration of Flinders St:** Students spent time exploring Flinders St train station identifying the different features such as the platforms, concourse levels, entrances and exits and where to find assistance.

**Tram stop investigations:** If you don't travel in Melbourne you may think that all tram stops are the same. The groups of students found out that city tram stops can be very different. During the investigation students spent time looking at features of the new tram super stops and the older road side or mid-road stops. The groups discussed the safest way to access the stop, the best place to wait for the tram and how and when to get on and off the tram.



**Visit to Williamstown beach:** This was a popular student choice activity. We all caught a ferry from Southbank down the Yarra River across to the Williamstown pier. We sat in an open sided boat and listened to our guide telling us interesting facts about various features along the way. When we arrived at Williamstown, the group walked from the pier to the beach. After quite a long



walk, we arrived at the beach and took our shoes and socks off. It was a perfect day for standing in the water and chatting to friends.

We had a picnic barbeque dinner and a number of students helped out with the cooking and preparation of the food. We followed this up with 35 flavours of ice-cream from the local shop. Wednesday - Melbourne Central Challenge: Students were given the task of preparing for a pretend 'friend's' birthday party. The students split into small groups and were asked to find a list of items in Melbourne Central shopping centre. All items were related to their 'friend's birthday party'. Students had to take a photo of







the item to ensure they had each item listed. Student choice: Unfortunately the weather was too hot for the chosen activity of rock climbing so the students either went to the movies or played 10-pin bowling.

**Thursday - CBD Amazing Race:** The final activity for the program was coordinated by a past CMS student Jack Missen. Jack coordinated the race giving the students cryptic destinations via SMS messages. Students were asked to find different locations, complete challenges and answer questions along the way. In small groups they raced over the city using their new knowledge of the CBD layout and making use of technology or the public to help them locate each destination and complete the activity.

Everyone had a great time on camp and we all know the Melbourne CBD a little better now. 🌟



# Get Real Senior Mobility Camp

By Darren Moyle

In December 12 upper senior school students came to GDV on a fact finding mission. The purpose of the camp was to give students important information and experience in the process of applying for part time or full time work.

Over the 4 days the group kept very busy learning a lot of new skills and strategies to approach job seeking. Here are some of the activities and sessions the students participated in:

- Human resource guru Rory Douglas talked to the group about interview skills and resume preparation. Both students and instructors learnt a lot!



- They entire group successfully achieved their 'Safe Food Handling Certificate' well done everyone!
- The group attended an information session with human resource team at Coles Supermarket and discussed employment opportunities.
- The group explored a number of stores they might want to work at in the future.



- We heard from a number of people who are blind or have low vision working in different industries.


Perhaps the highlight was the Get Real team running the CMS Anniversary event. Everyone had particular roles to make sure the evening went off without a hitch with students planning the arrival of guests, service of food and drinks as well as hosting of any formal proceedings on the night. A special mention to our M.C. Jack, the 'Bar Man' Zach and the awesome waiters and waitresses. It was a great team effort to run a very successful event.

Thank you to everyone who helped us run a great program, Rory, Coles and everyone who came to share your experience with the students. 🌈



## Staff Profile

### Meet Dr Bronwen Scott!

Hi, my name is Bronwen Scott and I've recently started working at Guide Dogs Victoria as an O&M Specialist with the Children's Mobility Service. I grew up in Perth, and have worked in O&M for over 25 years – in Perth, Sydney, England, and now in Melbourne. Although I work with children of all ages, I particularly enjoy working with young babies and toddlers, teaching them early O&M skills as soon as they begin to crawl and walk. That includes teaching them how to start using a long cane if this is something they need. I work a lot with families, showing parents and siblings how they can support the development of independence and O&M skills. I love seeing the children I work with develop the confidence and ability to explore and travel on their own! 




## Dogs Unite is back for 2016

By Caroline Pearce



We are excited to announce that Dogs Unite is back for a second year. Dogs Unite is a sponsored walk that invites dogs from across Victoria to become a hero for the day and help raise much needed funds and awareness for their canine friends – our Guide Dogs – who are the everyday heroes for people who live with blindness or vision loss. Come along and enjoy the walk, BBQ, raffles, doggy demos, jumping castles and much more.

Dogs Unite is taking place on Sunday 17th April in Kew and various locations across Victoria\*. Register now to receive a free cape for your hero. Check out [dogsunite.raisely.com](http://dogsunite.raisely.com) for more information and to register. We look forward to seeing you there! 

\*Walking events only.



# CMS 15 year Reunion

By Alicia San Martin



The Children's Mobility Service celebrated a fantastic milestone in 2015. It was our 15th year of providing a specialist Children's Mobility Service to children with a vision impairment in Victoria. The service was developed from a recognition that orientation and mobility for children was fundamentally different to that for adults and required a team of O&M's with specialists skills in working with children, their



families and their schools. This recognition and our educational, family centred approach to delivering services continues to this day.

We had a fantastic turnout to the 15th year event, with many of our former students, their families, visiting teachers, other supporters and past CMS staff in attendance. It also gave our current crop of students from the "Get Real" job ready program experience at hosting, serving and MC'ing a large event. It was great to catch up with everybody to find out how they are travelling and share stories of the many fun times had during their involvement with the team. Special acknowledgements were given to Kaye Jones, Dean Johnson, Rachel Morgan and Deb Lewis for their amazing development and support in the setting up of the service. The team look forward to many more years of working the Victorian community and continuing to grow the service in exciting new areas. 🌈

# Pupdate

By Guide Dog Zoron

I love the beach! I love running, swimming, chasing waves, digging and smelling all the weird smells that the beach has to offer.

For a lot of dogs, the beach is the best place in the world. Guide Dogs love to play at the beach too! When we go to the beach and our harness is taken off, we are just regular pet dogs and we get to run, chase, dig and play like any family dog.

Here's a question for you. Can Guide Dogs go to a dog restricted beach without wearing their harness, even though they are a Guide Dog?

The answer is no, a Guide Dog not wearing their harness is not doing the work of a Guide Dog and is therefore not working in an official way. A Guide Dog not wearing a harness doesn't have the rights of a Guide Dog. If pet dogs can't go to a dog restricted beach then Guide Dogs not wearing their harness are not permitted access to a restricted beach.

Did you know that fact? If the Guide Dog was guiding their handler along the beach and the dog was in harness, then the Guide Dog is certainly allowed on the dog restricted beach. The Guide Dog would not be running, swimming and playing while in harness, so the restriction doesn't count if the dog is working.

Maybe you would like to write to me and tell me where your favorite places to play are and we can publish them in upcoming Get About newsletters. You can contact me through Paula. Write to Zoron's Pupdate, [paula.f@guidedogsvictoria.com.au](mailto:paula.f@guidedogsvictoria.com.au). Enjoy the rest of Summer fun! 🌈



**Beach time!**



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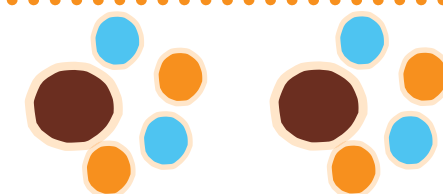
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If you wish to contact the CMS team or would like to ask about our programs, please ring the phone number of the instructor you wish to speak to, or alternatively, you can email: [cms@guidedogsvictoria.com.au](mailto:cms@guidedogsvictoria.com.au)



*Group photo at Coles on the recent Get Real program*



## FEEDBACK?

If you have anything to contribute to this newsletter, please feel free to contact us with your piece. We welcome all contributions from anyone.

Please either contact or email our referrals officer with your contributions as below:  
[referrals@guidedogsvictoria.com.au](mailto:referrals@guidedogsvictoria.com.au)  
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Having fun at camp!



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