



## Bury Society for Blind and Partially Sighted People

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### Chief Officer's Message

I have just come back from discussing arrangements for our Annual Christmas Gift wrapping at the Millgate Centre with the Centre Manager and realise this year is almost over!! Where does the time go?

We have a number of really interesting projects going on at the Centre currently. Our Craft group are busy making Scarecrows for Bury Light Night and a group of members have just come back from Manchester, collecting information on a 'Sensory Walk'. It sounds fascinating. We're looking to pilot a walk around the town, specifically for people with visual impairments so highlighting areas of interest but in a very different way. The group involved are a mix of sighted and non-sighted and I'm really looking forward to hearing what they've put together –we'll keep you posted!

As always at Christmas, there are plenty of activities to be involved in. Why not take the pressure off and pop into the Centre and use our Christmas card writing and Gift wrapping service? It would be lovely to see you. Enjoy this edition and, on behalf of all of us here at Bury Blind Society, may I wish you a Happy and Healthy Christmas and New Year.

**Jill Logan - CEO**

# Upcoming Social Events

## Regular Events

*All regular events are at the Blind Society unless stated otherwise.*

**Evening Social** – 7pm Tuesdays, 24<sup>th</sup> November, 26 January.

**Walshaw Social** – 2pm Tuesdays 10<sup>th</sup> November, 12 January at Walshaw Sports Club.

**Tuesday Morning Breakfast Club** – 10am-11.30am

**Tuesday Afternoon Knit & Natter** – 1.30pm – 3.30pm

**Wednesday Coffee & Crafts** – 11am-1pm

**Thursday Afternoon Tea** - 1.30pm -3.30pm

**Friday Coffee Mornings and Luncheon Club** – 10am-1pm

**Music Group** - Fridays 1-3pm OR Tuesdays 7-8.30pm

For fun – no experience necessary! Bring your own instrument, use one of ours, or just sing! £2 per session inc. refreshments

**Pamper your feet: podiatrist** – Wednesdays, every month. Appointments available between 1pm-4pm. Book via the office.

**Table Top Sale** - second Thursday of the month 1.30-3pm

**Macular Degeneration Support Group** - third Wednesday of the month 1.30pm-3pm.

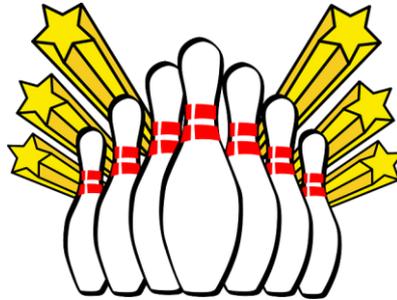
For further information, please do not hesitate to contact the office. A warm welcome is extended to all service users and visitors to the Centre, open to the public between 10 am and 4.00pm Monday to Friday.

# Special Events!

For all events book by calling in, phoning or emailing the Blind Society (unless it says otherwise). Tel: 0161-763-7014

Email: [jill.logan@buryblindsociety.org](mailto:jill.logan@buryblindsociety.org)

## Ten Pin Bowling Competition Night!



Following on from our successful Ten Pin Bowling session with The Challenge, we've organised a Competition Night. Make a note in your diary –Thursday 12 November at 7pm, AMF Bowling. Teams of up to 6 – any age/ability welcome. Tickets are just £5.00 for a whole evening of fun and laughter.

**Ramsbottom Craft and Gift Show** – Ramsbottom Civic Hall, Sunday 15<sup>th</sup> November. 10am-4pm. The ever popular show is back! Delicious snacks and home-made cakes available to provide sustenance as you hunt for that perfect Christmas present. Crafts, jewellery, decorations, gifts and much more. Entrance 50p, children and pensioners free.

**China Rose** - Our next meal is a lovely Chinese Banquet at The China Rose in Tottington. The restaurant is booked for 25<sup>th</sup> November, 7 for 7.30pm. No choices to be made, just served with a wonderful banquet. At just £6.00 for members and £12 for non-members, get your name down at the office.

**Luxury Gift Wrap and Card writing service.** It's that time of the year – love it or hate it. Let us take the stress out of wrapping your presents and writing cards. From 9-23 December, drop into the Centre between 10am-4pm and our expert wrappers will perform miracles on your gifts or write your cards. All while you sit back with a drink and mince pie! Minimum donation for wrapping £1.50.

**Santa Sleigh!!** – Radcliffe Rotary have asked if we have between 8-10 fit and willing helpers to be collectors on the evening of Monday 12 December in Radcliffe. Please contact the office if you fancy being a ‘Santa’s little helper’! Must be over 18.

### **User Forum: – Your views matter!**

Don’t forget to send your representative along to the next Forum, or come along yourself. We really appreciate your views. Alternatively, complete a ‘Comments Slip’ or let a member of staff know if there is anything you wish to raise at the meeting. Friday 22 January 2016 – 11.30am, Monday 18 April 2016 – 10.30am, Tuesday 19 July 2016 – 11.30am.

### **Mayor Opens New Sensory Garden** by Jane Deakin



The Grand Official Opening of our sensory garden took place during our Family Fun Day on Saturday 15<sup>th</sup> August. With bunting and balloons blowing in the wind and the flowers in the sensory garden in full bloom Wolstenholme House had never looked so good!

With a variety of stalls offering hand-made crafts by clients and volunteers, along with toys, bric a brac, games and afternoon teas there was something available for every member of the family.

The Mayor arrived to cut the ribbon at 12pm and ‘snip’ the garden was officially open! The sun was shining down on us and it was the perfect setting to enjoy a relaxing drink in the garden surrounded by the scent of lavender, rosemary and roses, with acoustic guitar melodies filling the air from our very own Bob Goodwin. A lovely day was had by all.

# Ellen Smith Coach Company Excursions

The Ellen Smith coach company have some wonderful excursions this holiday season and into the next year with door to door pick-ups. If you wish to book any of these excursions then you can call the Ellen Smith Coach Company on 01706 64 8126. Here is just a small selection of the excursions available:

## Extravaganza in Scarborough

On Friday 22nd January 2016 for 4 days there will be a trip to a fabulous resort in Scarborough with dinner, bed and breakfast included at The Esplanade Hotel.



## Llandudno Christmas Fayre

On Friday 20th November 2015 there will be a day trip to Llandudno Christmas Fayre. With over 100 stalls lining Modoc Street selling local food, handmade gifts and a Santa's Grotto for children.



## Knaresborough Christmas Market

On Saturday 5th December 2015 there will be a day trip to Knaresborough Christmas Market with lots of stalls and Christmas treats on offer including mince pies and mulled wine.



# Funding News



- Linda Gibbons

How the time flies! Its 6 months since we started the 100 Club and in that time we have issued 129 numbers and given out 18 prizes. In total we have 28 members who each hold between 1 and 10 numbers each. Why not pick up an application form and join us? Payments can be from £1 per month upwards and are usually made by standing order on the 1<sup>st</sup> of each month. The draw takes place on the 2<sup>nd</sup> Friday of each month and the prize money is paid within the following week.

We are seeking opinions about a suggestion made by one of our members following our recent AGM. Following the lead of another organisation the proposal is that Bury Blind Society is allocated 4 free entries for each 100 numbers issued. Four free numbers would be allocated to the Society and entered into the prize draw – any winnings would, of course, come back into the Society funds.

If we adopt the suggestion the 100 Club Rules and Regulations will be updated with the change and numbers for the free entries will be issued retrospectively.

If you have any questions or comments please contact us.

Further information or an application forms are available from the Centre or,

- phone 0161 763 7014
- or email [jill.logan@buryblindsociety.org](mailto:jill.logan@buryblindsociety.org)

## **Annual General Meeting Report**

On Wednesday 23<sup>rd</sup> September we held our Annual General Meeting with the Mayor and consort, in attendance. At that time we were delighted to confirm the appointment of two new Directors to the Society – Michael Moor, and Roy Smithies, both VI's and with a background in business and commerce, – skills that will be put to

good use in these challenging times. Iqbal Mohammed has taken up the position of Chairman for the Board, Diane Webb, Deputy Chair, Susan Nuttall, Company Secretary and Linda Gibbons, Honorary Treasurer. In addition, we are fortunate to have the expertise of David Chambers, Tracey Marno, Keith Rothwell and Yvonne Wright as Board members. Going forward, it is a comfort to know we have a strong and committed Board of Trustees guiding the Society in the coming year.

The accounts presented showed expenses exceeded income by just over £9,000, not including the mortgage repayments. Whilst disappointing, this was no surprise with the reduction in funding from Bury Council and the Lottery money coming to an end in July of last year. The Society has had to use its reserves to continue to provide the support and service to visually impaired people throughout Bury. The Board were confident that steps are in place by the CEO, Jill Logan and the dedicated staff team, to combat this situation making appropriate economies and looking at new ways to cover this shortfall in the coming year. However, the Board also recognised that this situation was not unique to Bury Blind Society with the current climate, as many in the voluntary sector are in a similar situation.

If you would like to know more about the Society's activities during last year together with its accounts, a detailed breakdown is available in the Annual report. Copies are available via the office, in various formats.

## **Donations**

Some of our clients have been kind enough to remember the Society in a variety of ways. Mrs B celebrated her 80<sup>th</sup> by asking for donations in lieu of gifts to the Blind Society and presented us with a cheque for £290! Mr & Mrs R donated £100 raised at their wedding anniversary celebration. Why not donate your Christmas card money to the Society instead of writing out all those cards? We shall be displaying a list of people in the Centre who are using this method to send Christmas Wishes from 23 November onwards.

## **Wills & Funerals**

A gift in your will, a Funeral Donation or donation 'In Memory' of a loved one however large or small, will ensure Bury Blind Society can be here for other blind and partially sighted people within the Metropolitan Borough of Bury in the future.

If you would like to discuss leaving Bury Blind Society a gift in your Will please contact Jill Logan at the Society on 0161 763 7014.

## **Car Park**



Do you struggle to find somewhere to park on a Saturday in Bury? Why not use our private car park? No manoeuvring to get out of small places or queuing to get out of a multi-storey car park.

For a small donation, we would welcome your presence. If you would like to use this facility, simply pick up a Weekend Parking Pass to display in your car window and then post your donation through the Back door letter box.

Remember any donations are really appreciated and ensure Bury Blind Society can continue to support blind and partially sighted people within the Metropolitan Borough of Bury.

For further details contact any member of staff or the Society on 0161 763 7014.

## **Christmas Is Coming!**



Once again we will be holding our Christmas Raffle with fabulous prizes such as a Luxury hamper, Pamper sessions and Afternoon Tea! Tickets are just £1.00 and books will be sent out with the

forthcoming Christmas Meal letter. If you would like a book of tickets now, please contact the office. *Your support is greatly appreciated.*

As last year we've got some fantastic goodies for Christmas stocking fillers. Come along to our Ramsbottom Fair, or our Table tops sales on the second Thursday of the month at the Centre and pick up a bargain. In addition we are selling Society Christmas cards, T shirts, bags and lovely Chiffon blouses – all the fashion currently! See separate sheet at the end of our newsletter for details

## **Focusing on Eye Conditions - The Importance of Eye Tests**

It is important for people to have their eyes checked regularly and technology has improved greatly to allow for early detection of eye conditions. One such eye screening is Optical Coherence Tomography, or OCT for short. This is non-intrusive, painless and works by taking tens of thousands of high definition photographs which make up a detailed 3D model of your eye. This resulting image allows your optometrist to view the condition of your eyes beneath the surface. The OCT can detect many different types of eye disease including glaucoma, retinal detachment and diabetic retinopathy at an incredibly early stage. All these are potentially sight threatening but when detected early most can be treated.

Many opticians already photograph the back of the eye (the retina) but this does just photograph the very top layer of the retina. Many eye diseases start in one of the microscopic layers under the surface of the retina. OCT allows the optometrist to see these layers in greater detail and they can identify problems earlier. Also having a 'base line' picture enables the optometrist to quickly see any changes in future scans.

So why not check whether your optician offers this OCT service and if not change to an optometrist that does – it could one day save your sight.

For further information or details about local opticians please contact us on 0161 763 7014.

## Early Intervention Officer – Supporting people with visual impairment

My name is Jane Deakin and since July this year I have been working for Bury Blind Society, in partnership with Bury Adult Care, as the Early Intervention Officer.



Did you know..... The Care Act and accompanying statutory regulations and guidance launched earlier this year is designed to significantly improve social care provision for blind and partially sighted people. For the first time rehabilitation services for blind and partially sighted people are acknowledged in statutory guidance. Also, Councils must provide an assessment that is 'proportionate' to your needs. Everyone is entitled to an assessment and your council cannot make a decision as to whether you qualify for support unless there has been an assessment.

People experiencing sight loss have differing needs that may change as they progress through life and sometimes support may be required before they become registered as Partially Sighted or Severely Sight Impaired. If you are experiencing difficulties with day to day activities because your sight has diminished, you are entitled to an Initial Assessment whether you are registered Severely Sight Impaired/Partially Sighted or not. You can also have repeat Assessments if you experience changes with your sight or circumstances.

Following an assessment in the comfort of your own home, we can provide support for your eligible needs, which may include:

- *rehabilitation training in mobility and daily living skills*
- *provision of some equipment*
- *access to low vision aids such as specialist magnifying glasses*
- *benefits reviews*
- *practical help in the home, for example meal preparation*

As part of the assessment I will be able to help you identify equipment that may support you to remain safe and independent, which may include:

- *liquid level indicators (which bleep informing you that the cup/glass is almost full)*
- *talking clocks and watches*
- *writing frames*
- *symbol cane*

If you are experiencing difficulties as a result of your sight loss and feel you would benefit from a home assessment please contact me at Bury Blind Society on 0161 763 7014 for more information.

## **Passwords to Gain Entry**

The gas, water and electricity companies, and some Councils, now have a password system for older and vulnerable customers. Customers give the Company a word which is confidential to them and the Company.

When their representative calls, they will be expected to tell the customer the password to prove that they are genuine. Many Companies offer special services to help you even more. Please contact your gas, water and electricity suppliers, or other utilities, to find out more.

## **Accessible Computers**

Working with Sight and Sound and Freedom Scientific, RNIB have launched a computer range with preloaded JAWS speech software or MAGic screen magnification software- offering great value for money and a fully accessible computer.

This is the first fully operating computer that enables you to get started straight from the box! It also saves having to purchase and install additional software. The RNIB computers will open up a world of online shopping, chat, news and information to reluctant new users and experienced computer users. With the full suite of

Microsoft Office for home use also installed you can quickly access, get going and organised.

With the FUJITSU computer you can ask for it to be tailored to arrive with the software 'switched on but it can be disabled so that other members of the family can use it.

There are 4 models

Laptop 15.6 inch	with JAWS £799	with MAGic £649
Notebook 13.3 inch	with JAWS £1,379	with MAGic £1,229
Desktop 19 inch	with JAWS £1,119	with MAGic £969
All in one PC 23 inch	with JAWS £1409	with MAGic £1,259

## **Daylight LED Rechargeable Light**

A new product is now available, replacing the old mains powered desk light. It is portable and easy to use and has a built in handle on the top which makes it easier to move from room to room without trailing wires. You can then charge it up whilst using it on your desk or table. The light measures 12 inches in height and to turn it on, you simply lift the head, then close it to switch it off. It has LED lights which are very long lasting. The price of this is £83.94 direct from RNIB or we can order it from the Society for you for £92.34 (which includes the 10% admin cost).

## **Donations required for following Items**

- 1 Cobolt Mono-mouse
- 2 CCTV's
- 2 Daisy Players
- 3 Roberts Symphony CD/Radio/Cassette Players

These items have been very kindly donated to us. If you are interested in making a donation for any of these items please contact Bury Blind Society on 0161 763 7014.

# What's On?

Some dates coming up are:

## Bury Met

We Are Bronte	28 <sup>th</sup> October
Star Makers	29 <sup>th</sup> October
The Blues Band	4 <sup>th</sup> December
The Albion Christmas Band	10 <sup>th</sup> December

## Contact Numbers:

Bury Met	0161 761 7107
Palace and Opera House	0161 245 6605

## Opera House

Jersey Boys	27 Oct – 7 November
Cinderella	5 Dec – 3 Jan
Cats	30 Jan – 13 <sup>th</sup> Feb

## Palace

The Glenn Miller Story	2 – 7 November
Mary Poppins	20 Jan – 5 March
Mama Mia	10 June – 4 July

Group bookings can be made by the Society but will incur a small charge to cover admin and card fees.

## Just for Fun

### Quiz Time

You just work out the following clues and then take the first letter of each answer and rearrange them to spell a word this time the clue is **COLOURFUL CHRISTMAS DECORATIONS.**

- A place where 18 to 21 year old students study for a degree
- The first name of the longest raining British Monarch.
- The capital city of Germany.
- Santa's chosen mode of transport.
- The first meal of the day.

- What word can follow SUN, STREET, STAR AND SPOT?
- Americans call this season Fall.

So to win the mystery prize simply phone in on 0161 763 7014 after 7pm and leave your answer along with your name and phone number on our answer machine

The closing date is 15<sup>th</sup> December **SO GOOD LUCK.**

The answer to the last quiz was SANGRIA and the lucky winner was Beryl Hilton.

## **Chuckle Corner-** Time for a good old chuckle!

### **The dinner party**

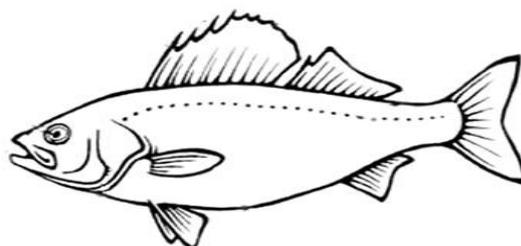


My wife hosted a dinner party for all our friends, some of whom we hadn't seen for quite a while, and everyone was encouraged to bring their children.

During dinner my wife's best friend's four-year-old, who was sitting across the table, stared at me. The girl could hardly eat her food for staring at me. I checked my shirt for spots, felt my face for food, patted my hair in place, but nothing stopped her from staring.

I tried my best to just ignore her but finally it was too much. I asked her: "Why are you staring at me?"

Everyone at the table had also noticed her behaviour and the table went quiet, awaiting her response.



The little girl said: "I'm just waiting to see how you drink like a fish."

## **Services We Offer**

- Eye Talk Support Sessions
- Referral Service for Home Assessment
- Benefit Information
- Comprehensive Resource Centre
- Regular Social Activities
- Hospital Information Service
- Befriending Services
- Visual Impaired Awareness Training
- Symbol Cane Training
- Skills for Seeing (“Eccentric Viewing”)
- Specialist Equipment Demonstrations
- Support Clinic
- Drop In Centre

**For more information contact the office on 0161 763 7014**  
**Wolstenholme House**  
**4, Tenterden Street, Bury, BL9 0EG**

# Upcoming Events at Bury Blind Society

November – January 2016

*For weekly events see the main Newsletter*

<b>November</b>		
Tuesday 3rd	Knit & Natter Pie & Pea afternoon	1pm-3pm (ticket)
Tuesday 10th	Walshaw Social	2pm
Thursday 12th	Table Top Sale BBS	1.30pm
Sunday 15th	Craft Fair Ramsbottom	10am-4pm
Wednesday 18th	Macular Support Group	1.30-3pm
Tuesday 24th	Evening Social	7pm
Wednesday 25th	Chinese banquet – China Rose, Tottington - £6/£12	7 for 7.30pm
<b>December</b>		
Tuesday 1 <sup>st</sup>	Christmas Lunch at Bury College	11.30am for 12pm
Thursday 3 <sup>rd</sup>	Christmas Lunch at Bury College	11.30am for 12pm
Saturday 5 <sup>th</sup>	Christmas Fair – St Peters Church	10am-4pm TBC
9 <sup>th</sup> -24th	Christmas Gift Wrapping at the Millgate	10am-4pm
9 <sup>th</sup> -23 <sup>rd</sup>	Christmas Gift Wrapping and card writing service at BBS	10am-4pm
Thursday 10 <sup>th</sup>	Christmas meal at Bury College	5.30pm for 6pm
Thursday 10 <sup>th</sup>	Table Top Sale BBS	1.30pm
Wednesday 16 <sup>th</sup>	Macular Support Group	1.30-3pm
Thursday 17 <sup>th</sup>	Afternoon Tea Christmas Party	1.30pm
Friday 18 <sup>th</sup>	Lunch Club Christmas 'Bring your own' buffet.	11.30am
Wednesday 23 <sup>rd</sup>	Centre Closes for Christmas	4pm

<b>January</b>		
Monday 4 <sup>th</sup>	Centre Re-opens	10am
Tuesday 12 <sup>th</sup>	Walshaw Social	2pm
Thursday 14 <sup>th</sup>	Table Top Sale BBS	1.30pm
Tuesday 26 <sup>th</sup>	Evening Social	7pm
Friday 29 <sup>th</sup>	Social Night – with a Scottish theme!	TBC

**For more information contact the office on 0161 763 7014**