



OUT OF SIGHT

Issue 44 – July 2015 Newsletter



Bury Society for Blind and Partially Sighted People

Chief Officer's Message

Last week I had the pleasure of escorting a number of our members around our new garden. It was a beautiful day with the sun shining – a real sun trap. We were commenting on the different smells and textures of the plants – including our new vegetable area. Our Gardening group has really embraced the project and I believe plans are afoot to look at growing our own produce for lunches, and may be for sale? Watch this space. Please do get in touch if you are a green fingered individual, all help is welcome. The official opening is Saturday 15th August but why not pop in and have a tour beforehand?

Summer is always a busy time with our Summer events and this year has been no different, despite the changeable weather. At the Bury Carnival we had our largest turnout of 18 members joining in our Walking Float and although a little chilly, we all thoroughly enjoyed ourselves.

So now we're rapidly approaching Autumn and we're saying good-bye to the Summer and good-bye to one of our staff too. Vicki, our Early Intervention Officer is moving to Wigan. We are delighted for her, and wish her all the very best in her new role. Vicki has been a real asset to the team.

Finally, I would like to mention it is our Annual General Meeting on Wednesday 23 September at 2pm with an Open Day from 11am. All are welcome and I do hope I get the opportunity to meet some of you.

Happy reading.

Jill Logan - CEO

Upcoming Social Events

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

Evening Social – 7pm - Fourth Tuesday of every month

Walshaw Social – 2pm - Second Tuesday of every month 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 other 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.

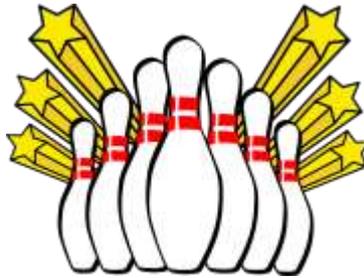
For further information, please do not hesitate to contact the office. A warm welcome is extended to all service users and visitors to the Centre, open to the public between 10 am and 4.00pm Monday to Friday.

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

Ten Pin Bowling Challenge!



Once again, the NCIS scheme for young people aged 16-17 is visiting the Centre to work with visually impaired, during the Summer. This year we have a group of youngsters interested in photography – we’re hoping for some quality shots of the Garden! In addition, the second group are the ‘Sports Group’. We’ve decided, with the help of AMF Bowling, to hold a Ten Pin Bowling competition, culminating in a Grand Final on Thursday 13 August with the young people from The Challenge project. So come along, get your name down for the practice sessions – Thursday 30th July and 6th August.

Car Boot Sale: Our next Sale is on Monday 31st August. Spaces are just £10 and held at the back of our premises. 11am-2pm. (And there’s Bacon Butties too!).

Santinos - Our next meal is an Italian at Santinos on Manchester Road, Bury. The restaurant is booked for Tuesday 22nd September at 7pm. The menu with a wonderful range of choices is available from the Society. So come along and check it out and get your name down; £6.00 for members and £12 for non members.

It’s Party Time

On Saturday 29th August the Society is holding a Celebration Party at the Masonic Hall in Bury. A night where clients, volunteers and friends of the Society can come together to recognise the work and achievements of Bury Blind Society for the past year.

The night will start at 7pm and tickets are on sale at £5, including a buffet and entertainment, with the night ending at 11.30pm.

Tickets are available from the Society, to get yours just call in or telephone 0161 763 7014.

Grab a Bargain and Have a Great Evening!!

Ladies - back by popular demand is our Fashion Show. With 75% off clothing from Next, Littlewoods, Marks and Spencer and not forgetting the Designer Labels - this is an event not to be missed! The date is Wednesday 30th September at Bury Masonic Hall (behind Wilkinsons) at 7pm. Tickets are available at the Society and cost £4.00. It is important that if you buy a ticket you attend as we must have 80 people attending on the night. So why not make it a fun evening with friends and family, grab a bargain and if all else fails the bar will be open!!

Another Important Date for your Diary

On Wednesday 7th October, the day before World Sight Day, from 10am to 2 pm a Company named Optelec will be demonstrating stand alone and portable electronic magnification equipment. They will also bring along filter glasses in a variety of colours which depending on your eye condition help to block out the glare. Dolphin, another Company, who provide speech and magnification computer software will also be present. So why not pop along to the Resource Centre on Tenterden Street and discover what equipment is out there to maybe make your life a little easier.

For further details of any of these events please contact the Centre.

User Forum: – Your views matter!

Thank you to all who attended our quarterly User Forum. As a result of this meeting, we are currently trialing a minimum donation for refreshments. Also, specific carpeted areas to bench our Guide Dogs has been introduced – for both their, and your protection!

Volunteers suggested a different colour of ID badge to highlight their official volunteer status so we are now busy producing Blue ID badges. If you haven't got your ID badge yet, please pop into the office so we can take your picture and issue one. Alternatively, you can send in a passport size photo and we'll send the badge to you.

Our next User Forum is Monday 22 July so it will have already taken place when this newsletter is issued. However, we've listed below dates throughout the coming year. Please do come along, or make your thoughts known. If you are in a group – send a representative along to talk about what your group does so others will know too. All meetings are held in our Lounge area.

Thursday 22 October 2015 - 12pm

Friday 22 January 2016 – 11.30am

Monday 18 April 2016 – 10.30am

Tuesday 19 July 2016 – 11.30am.

Funding News

Where does our fundraising go?

It's a question we often get asked. During last year, thanks to all the collections, Summer Shows, Gift wrapping, Car Boots, donations, Crafts events – the list goes on.... we raised a fantastic £17,500. This figure, together with the Self generated funds raised through room hires, car park spaces, catering, training to outside bodies and presentations which raised £17,700. has paid for:

Mortgage, Heating & Lighting, Water rates,

Maintenance of heating & alarm systems

Performing Rights Licence

Insurance

Subsidising Summer and Christmas outings

Subsidising member events and refreshments.

Volunteer drivers

The bills to keep our Centre open amount to approx. £2,500 per month, so together with the subsidised events and transport, all your

wonderful efforts have helped to keep our Centre open! This has enabled us to provide activities and services for the direct benefit of visually impaired people throughout Bury. Thank you all for your support.

Our New Sensory Garden – 15 August 2015 – 11am-2pm



In our last newsletter we mentioned work was commencing on our garden area at the Centre, funded by The Gannett Foundation. After much deliberation and a wealth of suggestions and ideas from members, we are delighted to say it's almost there!

Dave Darlington Landscapes have done a fantastic job in interpreting our thoughts and ideas and the finished project is a pleasure to behold. There's still plenty for us to expand on now we have our little band of 'Gardening Enthusiast' so watch this space!

The Grand Official Opening is going to be during our Family Fun Day on **Saturday 15th August 11am-2pm**. The Mayor is due at 12pm to cut the ribbon. It would be wonderful if you could come along with family and friends and join in the fun. As well as the opening, there will be refreshments, games and even a jumble sale, so why not pop in and have a look?

Manchester 10K – Mission Accomplished!!

On arrival in the City Centre I made my way to meet Alan in the reception of the Midland Hotel; we had about half an hour to chill before making our way to the start line. Warm up done and then last minutes nerves started to kick in.

The race started and we were being encouraged by all the spectators lining the streets and the famous Paula Radcliffe giving a high five when passing over the start line. The weather was kind, not too hot and it did not rain.

We would like to take this opportunity of thanking all our members, volunteers and members of staff that sponsored us for this race.

It was a good feeling to complete the race and raise £863.91 for the Bury Blind Society.

Gill Currie

First Prize in Yorkshire Building Society 'Charity Choices' Campaign

Thank you to all who voted for us we came first and won £500.

The logo for the '100 Club' features the number '100' in a large, bold, yellow font with a black outline. To its right, the word 'Club' is written in a smaller, black, sans-serif font.

Don't forget to join our new '100' Club. Each entry is just £1.00. Thank you to all of those who have already signed up.

If you join our **100 Club** you will be helping us raise money to support our services for local blind and partially sighted people. The more people who join us, the better the prizes!

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

- phone 0161 763 7014
- or email jill.logan@buryblindsociety.org

SECURITY ISSUES

Lock, Stop, Chain & Check

Over the next few newsletters we will be concentrating on some basic home security issues.

Most people who call at your home will be genuine, but sometimes people turn up unannounced, with the intention of tricking their way into people's homes. These are known as 'distraction burglars' or 'bogus callers'. There is no such thing as an average bogus caller. They may be smartly dressed and claim to be from the Council, the police, health organisations or utility companies. They can be convincing and persuasive. They may be men, women or even children. They may ask for a drink of water or to wash their hands. Some may be looking for a lost pet. They often use props like an identity card or wear overalls with a company logo.

Lock Always keep your front and back doors locked, even when at home.

Stop Before you answer the door stop and think if you are expecting anyone.

Chain If you decide to open the door, put the door chain or bar on first and keep it on while you are talking to the person on the doorstep.

Check their details or a password before you let them into the house. Do not agree to any work being done or sign a contract until you have talked to someone else. Never agree to having work done by someone who is passing and never pay up front for any jobs. It is always best to get a few quotes for jobs.

If you choose not to open the door it is not being rude or unfriendly.

If you are in any doubt, keep them out!

Telescopic White Canes

As some members may be aware the R.N.I.B. no longer stock the white telescopic canes but we have managed to find out where they are made and the information is as follows.

The company is called Hardy Advanced Composites Limited, Willowburn, Alnwick, Northumberland. NE66 2PF Tel: 01665511530 (Direct Line).

The cane is 75cm in length and the cost is £30 including postage and packing. (There is also a smaller length cane, 45cm - if interested please contact the company for the price).

Having used this cane for a number of years I find it convenient to be able to retract and place in your pocket, or for ladies to place in a handbag.

Michael Moor – Trustee

Struggling to access your debit card?

Most banks are now issuing Accessible Debit Cards which have been developed and accredited by the RNIB. A notch has been carved out of the side, so you can work out which way to insert the card into a cash machine. It also has a series of raised dots, which lets you tell the difference between Debit and Savings cards. The printing is raised and the telephone numbers have been increased in size by 50. Simple changes but very effective. Contact your bank for further information.

This obviously links in well with the speech enabled cash machines which we have mentioned in previous newsletters.

Soft Toys Appeal

Donations always needed of good quality soft toys. Toys are lovingly washed, cared for, and wrapped ready to reward any little ones who have a go on our Awareness Raising Puppy Game. So you know they're going to a good home!

Pastures New!!

Good bye and Good Luck

Our Early Intervention Officer, Vicki McNulty has got herself a new job! We are obviously sad to see Vicki go but delighted she has got a new and exciting role in Wigan.



Vicki has been a really brilliant member of the team and will be greatly missed.

I'm sure you will join with us in wishing Vicki the very best of luck from all at Bury Blind Society.

In Memory of John Meigh

It is with much sadness that we are informing people that John Meigh, one of our long standing clients and volunteers suddenly passed away recently. John was an excellent singer, his stage name was Johnny Carr, and many times entertained our clients at socials and sang at other venues to raise much needed funds for us. He will be sadly missed and we wish to offer our condolences to his wife, Joan, family and friends.

One of John's wishes was that his body be donated for medical research and Joan has just informed me that one of John's eyes has been used to help another person. She said that John would have been over the moon about that.

Focusing on Eye Conditions - article by Victoria McNulty

Nystagmus

Nystagmus is a continuous uncontrolled to and fro movement of the eyes. The movements may be in any direction. This means that the eyes will look like they are moving from side to side or up and down or even in circles.

There are two main types of nystagmus, one which appears in the first months of life which is called "*early onset nystagmus*" or "*congenital nystagmus*" and another which develops later in life which is usually called "*acquired nystagmus*". In many cases the cause of the nystagmus will not be known.

Nystagmus is not painful and does not lead to progressive loss of vision.

Often acquired nystagmus is a sign of another (underlying) condition such as [stroke](#), multiple sclerosis, brain tumour, the effect of a drug or a head injury. Anything that damages the parts of the brain that control eye movements can result in nystagmus.

The degree or severity of nystagmus may vary according to direction of gaze, near or distance fixation. Most people with nystagmus find that their vision is very variable. The vision tends to worsen when the eye movements or amplitude of the nystagmus increases. This is often linked to how stressful they are finding a situation. The more stressful a situation, the worse the vision would be.

Most people with nystagmus find that they have a particular head position that results in the slowest movement of the eyes. This is known as the "null point". This reduction in the movement or amplitude of the nystagmus usually means the vision improves. Some people with nystagmus also find that nodding their heads helps improve their vision.

Very occasionally, surgery is performed to alter the position of the muscles which move the eye. This is to reduce the amount the head

has to turn to get to the null point, making it more comfortable to keep your head in the best position. However, surgery cannot correct or cure nystagmus.

Researchers have explored ways of trying to reduce the nystagmus by making the patient aware of the eye movement and encouraging them to control it.

Medical Updates

Smart Insulin Patch could replace injections for people with Diabetes

I do not wish to raise people's hopes up with this, because the research is in its early stages and the patches are currently being tested out on mice in North Carolina.

The smart insulin patch which is no bigger than a coin is attached to the skin like a plaster. Built in to the patch are over one hundred eyelash-sized needles, each of which has a tiny storage unit for insulin. The needles also contain blood glucose- monitoring enzymes, making them capable of automatically delivering insulin to correct rises in blood sugar.

During the initial tests the researchers were able to automatically regulate the blood glucose levels of the mice for as long as nine hours. It will need to be rigorously tested to make sure it is safe for humans. Other considerations relate to how difficult the patch will be to apply and remove, and how often it will have to be done. The ultimate goal is to develop smart insulin patches that only need to be changed every few days.

If the patches work like the researchers hope then it would alleviate the discomfort and anxiety of people injecting themselves. It would also offset some of the pressures of blood glucose testing. High blood glucose would automatically be detected however the patch does not detect low blood glucose levels and people would still need to test for this.

What's On?

Some dates coming up are:

Bury Met

The Houghton Weavers 24th September

We Are Bronte 28th October

Gulliver 27th October

Star Makers 29th October

Opera House

Annie 15 – 26th September

Mack and Mabel 12 – 24 October

Hairspray 26 - 31 October

Jersey Boys 27Oct – 7 November

Palace

The Glenn Miller Story 2 – 7 November

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 it is the name of a summery drink that is great for sharing.

What is grown in paddy fields?

Brown, icing and caster are all types of what?

Contact Numbers:
Bury Met
0161 761 7107
Palace and Opera House
0161 245 6605

Oslo is the capital city of which country?

What can be a girls name, a flower and a part of the eye?

New York is also known as the big what?

The eighth month of the year.

A pot of what is said to be found at the end of a rainbow?

So to win the prize of £10 voucher for Delicious 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 30th September 2015 **SO GOOD LUCK.**

The answer to the last quiz was SIMNEL.

Chuckle Corner- Time for a good old chuckle!

The Importance of the correct Email address

A man checked into a hotel in Australia There was a computer in his room he decided to send an e-mail to his wife. However, he accidentally typed the wrong e-mail address, and without realizing his error, he sent the e-mail.

Meanwhile.....somewhere in Houston, a widow had just returned home from her husband's funeral. The widow decided to check her e-mail, expecting messages from relatives and friends. After reading the first message, she fainted. The widow's son rushed into the room, found his mother on the on the floor, and saw the computer screen which read:

To: My Loving Wife

Subject: I've Arrived

Date: June 3, 2005

I know you're surprised to hear from me. They have computers here now, and you are allowed to send e-mails to your loved ones. I've just arrived and have been checked in. I see that everything has been prepared for

your arrival tomorrow. Looking forward to seeing you then! Hope your journey is as uneventful as mine was

P.s It is damn hot down here !!

What's Cooking?

Bean and Chorizo Stew

Here is another really tasty dish that is very easy to make, with very little washing up.

INGREDIENTS

1 Onion	Chopped
1 Red Pepper	Cored and chopped
1 Chorizo Sausage	Cut into bite size pieces
1 Carton of Passata	
3 Tins of Beans	Any beans of your choice can be used, Butter beans, Flageolet, Haricot, Red Kydney, Black Eye.....even Baked Beans

Virgin Olive Oil

METHOD

Heat the Olive Oil in a frying pan then add the onions and fry until soft but not coloured, then add the Red Pepper and continue to fry for a few minutes more. Add the chorizo and continue to fry gently until the fat is released out of the sausage, then add the passata and stir well.

Whilst this is all heating through, drain off the water from the tins of beans, and add the beans to the pan, if using baked Beans there is no need to drain. Cover the pan to avoid 'splattering', and simmer gently for about 10 to 15 minutes to infuse all the flavours.

This recipe is enough for 2/3 people as a supper dish served with freshly baked ciabatta bread, or, as one dish in a Tapas meal it will be enough for 4 to 6 people.

Enjoy...

In Memory

Some of our clients have been kind enough to remember the Society in their Funeral arrangements. This quarter we received:

£145.00

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.

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

August – October 2015

For weekly events see the main Newsletter

August		
Wednesday 5 th	The Challenge	1pm
Thursday 6 th	The Challenge	1pm
Tuesday 11 th	Walshaw Social	2pm
Wednesday 12 th	Millstones Summer Trip	All Day
Wednesday 12 th	The Challenge	1pm
Thursday 13 th	The Challenge	1pm
Thursday 13 th	Table Top Sale BBS	1.30pm
Saturday 15 th	Family Fun Day	11am-3pm
Wednesday 19 th	Macular Support Group	1.30 – 3pm
Tuesday 26 th	Evening Social	7pm
Saturday 29 th	BBS Celebration @ Masonic Hall	7pm
Monday 31 st	Bank Holiday Car Boot Sale	11 – 2pm
September		
Tuesday 8 th	Walshaw Social	2pm
Thursday 10 th	Table Top Sale BBS	1.30pm
Wednesday 16 th	Macular Support Group	1.30 – 3pm
W/B Monday 21 st	National Eye Health Week	
Tuesday 22 rd	Santinos meal	7pm
Tuesday 22 nd	Evening Social	7pm
Wednesday 23 rd	AGM & Open Day	11am
Wednesday 30 th	Fashion Show @ Masonic Hall	7pm

October		
Wednesday 7 th	Visit to Centre from Optelec	10am onwards
Thursday 8th	World Sight Day	
Thursday 8th	Table Top Sale BBS	1.30pm
Tuesday 13th	Walshaw Social	2pm
Wednesday 21st	Macular Support Group	1.30 – 3pm
Tuesday 27th	Evening Social	7pm
Friday 30 th	Halloween Fair (Communc8te)	TBC
Saturday 31st	Halloween Fair (Communic8te)	TBC