



Bury Society For Blind and
Partially Sighted People

Quarterly V.I. Link – Issue 43

Oct-Dec 2024

Introduction

It was time to reflect on another year at our recent Annual General Meeting on World Sight Day, 10th October. Last year we focussed on securing a safe platform for the Charity to develop it's 'Future Vision' and consulted with all stakeholders on what was important to them. Our Annual Review reflects on the amazing efforts of both staff and volunteers in enhancing the support available and working together to establish a stable base in these times of financial hardship. The results have enabled us to face the challenges ahead and look to embrace the new and emerging needs of our clients. We also welcomed a new Trustee to the Board, Nadeem Rana. Nadeem joined the Society initially as a client and we know, will bring a fresh client perspective to the Board. Copies of our Annual review are available from the Centre and we would like to take this opportunity to thank everyone for their support over the year– it has been greatly appreciated.

Now it's time to look forward. This year there is a change from tradition, and we are not holding our Annual Craft & Gift Fair in Ramsbottom but never fear, there's plenty going on as detailed further on in the newsletter. We will be holding our own small Festive Fair at the Centre on Friday 8th November, where there will be a range of stalls including plants from our own garden, crafts by clients, books and clothing, gift bags and wrapping paper plus, of course, Carole & Mag's Café serving festive fare – do come along. It would be lovely to see you.

We are delighted to be the nominated charity of 'Your local Bury' magazine for their calendar. The calendars will be on sale in the Centre and on line via Your local Bury at just £4.00 with all proceeds to Bury Blind Society. Our Annual Christmas Raffle tickets are also on sale, with £100 cash prize, various Gift Vouchers, and a Hamper, as just some of the prizes up for grabs this year. A book of tickets has been included with your newsletter. Please note, you are under no obligation to purchase these tickets but every penny raised goes directly to supporting our clients.

In amongst all the Festive Fun, the long overdue 'facelift' will be taking place in the Centre, with new flooring and decoration throughout the ground floor. So, we're hoping that 2025 really will be a 'Fresh Start' to the New Year!

Although it seems a little early to be saying this, our very best wishes for the Festive Season and we hope you have a Happy and Healthy New Year.

Jill Logan – CEO.

Update on Services and Support:

In our last edition we introduced Ananché, our new Development Worker. It's the turn of Will to introduce himself now.

Hi everyone! My name is Will, and I am joining the staff at Bury Blind Society as Sight Loss Support Intern. Although the role will be largely office based, I will also help assist with walk in referrals and support requests. I am very excited to be given this opportunity, and look forward to working with everyone involved in our service.

I have had a varied and interesting career to date. I graduated from Trinity College of Music in 1995 with their performer's diploma. I then enjoyed working as a freelance professional cellist through to around 2013. During that time, I had the fortune to perform with world famous musicians, in some of the most prestigious concert halls, and recorded film soundtracks in Abbey Road Studios.

This career path fizzled out in the few years following the global banking crisis of 2008. I realised I had to move on, and qualified as a driving instructor. My shiny new 'Green Badge' landed on my doormat on the day I had to hand it back to the DVLA due to my newly diagnosed sight loss. I was able to continue my new career in driving through delivery of the National Speed Awareness and Drink Drive Rehabilitation courses.

Joining Bury Blind Society is yet another chapter I am embarking on, and I can already tell it will be a good page-turner!

NHS App on Mobile Phones.

Chris Garry, from the Friday Digital Tech Support Clinic highlights the following information.

Have you been experiencing difficulty in ordering repeat prescriptions through your NHS app on your mobile phone? If your phone is an older version it may

well no longer support this app. You can only have full functionality with an Apple iPhone or Apple iPad through iOS 15 Software or above. If you access your NHS app via an Android (Samsung, Google, Nokia, Motorola etc) phone or tablet, full functionality is available with version 8 and above.

If you are a regular NHS app user, don't worry! You can still access all the functions on the NHS app by logging in through the NHS website. Just type the web address below into your web browser on your phone, tablet or laptop and log in as you would using the App.

<https://www.nhsapp.service.nhs.uk/login>

Welcome to Bee in the Loop

Stay connected and informed with Bee in the Loop, the free community messaging service from Greater Manchester Police. Designed to strengthen the partnership between the police and you, Bee in the Loop offers a simple and convenient way to keep up to date with what's happening in your area. Whether it's crime updates, local incidents, or information from your neighbourhood police officers, you choose what matters most to you.

Join now to receive free tailored alerts directly to your inbox, keeping you informed and involved in making your community a better place.

<https://www.beeintheloop.co.uk/>

As the festive season approaches, Bee in the Loop have published this advice.

With Christmas fast approaching, shoplifting and thefts are on the rise. Our officers have been out and about in Bury Town Centre offering businesses advice and reassurance.

If you are out and about in the town centre, be wary, look around you and be present. Please keep your phone hidden away and zipped in a bag or place belongings under your table when in a busy restaurant or bar or even in your pocket, making it harder for criminals reach.

There will be an increase of highly visible patrols in the town centre in the lead up to Christmas, if you have any concerns about crime, come and speak to officers or alternatively report through 101 or via LiveChat on gmp.police.uk

PC Kennedy-Davis

Look After Yourself:

Ananché Jeffrey, our Development Worker has put together some information for those who are experiencing Charles Bonnet Syndrome.

Coping with Charles Bonnet Syndrome:

Charles Bonnet syndrome (CBS) is a condition experienced by individuals with significant vision loss, leading to visual hallucinations. Though startling, these hallucinations are a natural response of the brain to reduced visual input. Here, we provide a few guidelines to help understand and manage CBS.

Recognising Hallucinations

Those with CBS may see simple patterns or more complex images, including faces, animals, or landscapes. These visual experiences are not caused by mental illness but by the brain's attempt to compensate for lost vision.

When Hallucinations are More Prevalent

Certain conditions can make visual hallucinations more likely to occur. These include:

Fatigue: Tired eyes can lead to an increase in hallucinations. It's like your eyes are asking for a nap, but your brain decides to throw a surprise party instead!

Low Light Conditions: Hallucinations are often more vivid in dim lighting or darkness. Think of it as your brain's way of saying, "Who needs a TV when you've got a whole cinema in your head?"

Periods of Inactivity: When the mind is not actively engaged, hallucinations may become more noticeable. It's a bit like your brain filling in the blanks during a slow day.

Stress and Anxiety: Emotional stress can heighten the frequency or intensity of hallucinations. Your brain's way of saying, "You've got enough on your plate, how about a few unexpected visuals?"

Strategies for Coping

1. Acknowledge the Condition: Understanding that CBS is a common response to vision loss can alleviate fear and anxiety. Remember, you are not alone.

2. Distract and Refocus: Engaging in a different activity or changing your surroundings can reduce the vividness of hallucinations. Try listening to music, touching familiar objects, or focusing on a particular task.

3. Optimize Lighting: Creating a well-lit environment can help reduce the frequency or intensity of visual hallucinations. Adjust lighting to your comfort level.

4. Communication: Sharing your experiences with family, friends, or support groups can provide relief. It's important to remember that you are not alone, and others may have valuable insights or similar experiences to share.

5. Normalizing the Experience: Remind yourself that these hallucinations are a common occurrence for individuals with vision loss. This can help in reducing anxiety and fear associated with CBS.

Sight Guide and Visual Awareness sessions: Bi-monthly, we hold a brief session for fellow professionals, friends and family to introduce or refresh on Visual Awareness and sight guiding principles. If you feel you or a member of your family would benefit from attending one of these interactive sessions, please do get in touch and book a free place. The next sessions will be on: Wednesday 6th November, Wednesday 8 January and Wednesday 5 March, 10.30am-12.00pm.

Partners in our Centre:

Don't forget we have a range of easy to access external services available in the familiar surroundings of our Centre.

The Community Eye Service hold their Low Vision Clinic at the Centre every Wednesday. Appointment is by referral only. If you would like a referral, please contact a member of staff at the Centre.

Digital One to One Support: If you feel you need some individual support to help you with tech such as your mobile phone, tablet or laptop, together with Henshaw's, we have a clinic every fortnight at the centre. Again, appointment is by Referral but we would be happy to complete this for you by speaking to a member of staff.

Beauty Treatments: including massage, manicure and pedicures: **Third Monday of every month 9.30am-2.30pm**, with qualified beautician Emma. Book an appointment by contacting the Centre.

Phoenix Foot Clinic: treatment of foot issues such as corns, calluses etc plus nail cutting by qualified Foot Practitioner, Dougie Warrington. Now at the Centre **every Tuesday between 9.30am-2.30pm**. Appointments can be booked at the office.

Citizens Advice Bury & Bolton Community Surgery: Join Alan Fitzpatrick, Neighbourhood Engagement Officer from CAB **on the First Monday of every**

month between 9am and 12pm for advice and support on issues such as disputes, housing, or dealing with debt. This surgery is open for all including friends and family. Rather than on line or via the phone, why not take the opportunity to book a face to face appointment

If you require benefit support for AA or PIP, or help in completing forms such as your Blue Badge or Bus Pass, then do contact our Eye Finance team at BBS.

Collaboration Updates:

Manchester Royal Eye Hospital Ophthalmic Nursing and Allied Health Professional Conference – November 13th, 2024 at Pendulum Hotel, Manchester. Bury Blind Society has been invited to exhibit at this Conference in recognition of our input on one of the major themes of the conference – ECLO & multi-level support services.

Your Safety: Bury are currently reviewing the Community Safety Strategy. Bury Community Safety Partnership (CSP) includes partner organisations across the Borough who work together to make Bury a safer place, including the police, the council, voluntary sector, fire and rescue services, probation services, health services, and housing services. To support the refresh, they are currently seeking local resident views on which community safety matters are the most important to you, your friends and family; what makes you feel safe; and how we can work together to make the Borough a safe place for all.

People can complete the survey online and on their mobiles through this link: <https://forms.office.com/e/2X95mYp1s9>

Paper copies of the survey are available from The Centre. However, here at Bury Blind Society we have asked for a specific session as issues can be very different for someone living with sight loss. As a result, we are delighted to report at our next User Forum on Wednesday 13th November 10.30am, we will have a representative from the Council and GMP to listen and record those issues. Please make a note in your diary and come along to ensure your views are noted.

Spotlight on.... Jim Currie. (with thanks to the LTA) – Jill Logan

In our last edition we mentioned the devastating news that Jim has been diagnosed with terminal cancer. Jim has never been a person to let obstacles

get in his way and his current journey is no different, as he and Gill continue to live life to the full whilst they are able.

Anyone who know Jim will know he is a man of few words and definitely not someone who boasts about his achievements. So, when I saw this wonderful article by the LTA (Lawn Tennis Association), I asked Jim if we could print it in our newsletter to give others the opportunity to glimpse another side to Jim.

Jim Currie: the inspiring story of a former visually impaired B2world champion.



Prestwich tennis ace Jim Currie and his countless achievements on court and beyond installed him as a recognisable figure among the visually impaired (VI) community.

The 67-year-old, who lost his right eye to a rare type of eye cancer when he was just three months old, has proven that age nor disability can stifle an individual's passion or innate gift for sport, having only begun his illustrious tennis career a decade ago.

An inspiration on and off court; his undeniable mental fortitude and grit hasn't just been reserved for his sporting endeavours alone. He continues to show his love for life, and his deep passion for his sport, even after receiving a second diagnosis of terminal cancer earlier this year.

Prior to discovering his natural affinity for tennis, Jim's diverse sporting background began with stints in athletics and cricket before competing in the VI football league for more than 30 years.

Only in 2014, at the age of 57, did the Manchester-native turn to tennis, launching a 10-year long career contesting in the B2 category for players with low levels of usable partial vision.

Recounting some of his fondest memories in his sporting career, prior to his move to VI tennis, Jim said: "I had the opportunity to run a demonstration 100 metre VI race at Meadow Bank Athletics Stadium in Edinburgh in front of 16,000 spectators.

"When I later kicked off my 30-year-long career playing football for the Partially Sighted League, I represented Scotland in an 11-a-side match against England before being selected for Great Britain's 7-a-side squad."

Only in his retirement from VI football did Jim begin his love-affair with tennis resulting from his time volunteering for charity Action for Blind – a national sight loss non-profit organisation who provide help and support to blind and partially sighted people of all ages.

"I attended a 'have a go sports day' with my wife whilst volunteering for the charity," said Jim. "Shortly after, one of my friends who lives in the northeast of England had a BBQ and he introduced me to VI tennis in more detail. We had a go in his garden and from then on, I was hooked.

"I decided to have a go in Manchester, and I found it to be addictive. I even wanted to take VI tennis further and enter regional competitions, so I trained with a coach for many years, and with hard work I reaped the rewards."

Within a matter of weeks, Jim exchanged the garden terrain for the hard courts as his inherent competitiveness and hard-working ethic led him to play among the country's finest.

In 2016, in his first year competing at the summit of the VI domestic calendar, Jim won a combined six competitions, including four B2 men's singles events, and two doubles.

Among the titles he secured on debut was the B2 men's singles National Blind and Visually Impaired Tennis Championships, where he also finished runner-up in the B2 doubles category alongside then partner Neil Fradgley.

Jim's success at national level over the years has made him a clear-cut choice for future selections of Great Britain's VI tennis team, marking his maiden appearance for his nation just four years after his introduction to the sport.

It was then that the two-time national champion extended his winning streak to the global stage, becoming world champion after taking home the gold in the B2 men's singles event at the 2018 International Blind Tennis Tournament in Dublin.

The Briton's success across the Irish Sea, joined with the silver medal he won at the International Blind Tennis Tournament the following year, led Jim to catapult through the IBTA rankings as he rose to world No.2 in the men's B2 category.

"I was excited to represent Great Britain and to be part of the team," said Jim. "To win the gold medal was extremely emotional and I felt very proud."

Reflecting on his entire sporting career, from his spell at the athletics and playing VI football to the past 10 years he's spent on court, Jim added: "I have led an active sporting life, finishing with VI tennis which I enjoyed the most out of all the sports I have competed in over the years. I just wish I had picked up a racket earlier in my career.

"I was gutted to withdraw from this sport due to my terminal illness as I felt I still had a lot to offer even at my age.

"My intention was always to be involved on the coaching side of VI tennis to encourage new players to achieve their goals. I had been giving advice, hints and tips over the last few years to GB team players and new starts."

From everyone at the LTA and on behalf of British tennis, we want to say a big thank you to Jim for all he has done for VI tennis and beyond. His achievements and attributes are a true inspiration and the long-lasting legacy he leaves upon his retirement will never be forgotten. And here at Bury Blind Society we would echo those sentiments wholeheartedly.

Danni's Column

In our last edition Danni Brace provided a wonderful article regarding her journey using a long cane. Told with honesty and humour, we asked Danni if she would mind providing a regular feature – a rather tall order to ask given that Danni is a busy mum, a teacher and runs a Community Choir! However, she did and here we are. Thanks Danni!

Anything you can do I can do better -No you can't...Yes, I can!

I spoke to someone recently who said that they can't work because they can't see and it got me thinking...Why are they accepting it? Why are they resigned

to it? Has their confidence been knocked? Do they have a dose of imposter syndrome? Do they not feel good enough, have a lack of self believe and have low self-esteem?

I am a music teacher in a secondary school and work 3.5 days a week, plus I lead Prestwich Community Choir on a Monday evening. I am able to achieve this due to a fantastic support system, a mum and dad who always told me nothing should ever stop me and a stubbornness, on my part, to succeed. It hasn't always been like that or easy. In fact, it still isn't easy. With a knock-on effect from low mood, a struggle to accept that things are not straight forward, even lack of acceptance that I am severely sight impaired. I still fumble with this on a regular basis and, though it may be a huge part of my life, it does not define me.

There is a journey that I am travelling, with simple tasks taking three times longer, or more, than the average person, a tiredness at the end of the day due to over exertion of my vision (more exhaustion but I am still exploring limitations), a search for tools and techniques to help build memory (desperately needed for teaching so I take the pressure of using screens away). I have to use my other senses and a bit of detective work to whittle out the mischievous child who wants to be the class clown, throwing paper across the room, making silly faces and hand gestures thinking that I won't be able to work it out. I believe the students think it is a super power now!

None of this is easy. It has taken some coaching to realise that all these bumps and boulders, trips and falls, scrapes and bruises (both inside and out) are what make me who I am. Sometimes I wish it was a little easier but I don't know if I would know how to deal with that if it was. It makes the achievement all the more precious. It has taught me to not take things for granted in life. It is teaching my children kindness, acceptance, helpfulness, consideration and more. It has taught me all this and has contributed to my teaching approach, my understanding and my empathy. I want to pass this outlook along, hence why I became a teacher.

No child or person should feel they are incapable of doing something. Yes, it may be tough, a rollercoaster ride, a long road (or a longer road than someone with sight) but anything is possible. It is possible but by following an unconventional route. That is ok.

We can find our coping mechanisms: level indicator, electronic magnifiers, canes, counting steps, button bumps, crashing on days off and use them to help you! Your local blind society and community support is definitely an invaluable resource. There is nothing stopping you from learning a new skill and with the right support you can do it! We can do it!

Obviously knowing limits is important but if there is passion, desire to do something then it is worth exploring whether it is possible!

I suppose what I am saying is don't accept no as an answer. If you want to do something then trying is the best thing you can do. If it doesn't work then you have explored your avenues but at least you can say you have tried. Something I believe we have a duty to show the next generations, the community and each other.

Ask for help, ask for support, explore options and, if it has not been achieved before, then experiment.

Music is an experiment and the best music is often made by the wrong notes coming together. It is the wrong notes that have the most impact.

Fundraising, Events and Activities News:

We're On Tour! Look out for our 'Wrappers on Tour' as we start our Christmas Wrapping Service, in Centre from 1 December and in the Millgate from Thursday 12th December through to Christmas Eve. We will also be popping up in Tesco, Bury, Asda, Pilsworth and Bradley Fold Garden Centre – so bring your gifts to be wrapped!

It's our Annual Christmas Raffle again! Included in your VI Bulletin is one book of 5 raffle tickets at £1.00 each. It would be great if you could support us. If you feel unable to help then please return the book if possible so we can promote elsewhere. Thank you.

BBS Cricket Club: Do you love cricket?

Have you ever wanted to play cricket but never got around to it, or have done in the past and would like to again?

Are you concerned that your sight loss might prevent you from playing and enjoying cricket?

If you have answered yes to any, or all of the above questions then please sign up for our newly forming BBS Cricket Club!

Sessions will last one hour, with a small charge of £2.00 per person. Commencement date and day to be confirmed. Venue is: PA Cricket Indoor Centre, Unit 4, Britannia Mill, Cobden St, Bury BL9 6AW

Look forward to meeting some of you there. Contact the office to register your place and we'll get back to you with details. Thanks. Will Routledge.

Empowerment Awaits at Diablo Self Defence Demonstration Sessions!

Would you like to feel in control? Join us for an enlightening experience with Diablo Self Defence. We're hosting two demonstration sessions on Healthy Thursdays, the 21st November from 10.30am-12.00pm and 28th of November, from 1:00pm to 2:30pm. These sessions are a fantastic opportunity to discover the importance of self-defence for all ages.

The instructors, Nicholas and Harry, will showcase how self-defence techniques can be adapted for people of all ages and abilities, including those with visual impairments. With a commitment to empowering individuals, Diablo Self Defence aims to foster confidence and fitness through their tailored programmes. These demonstrations are an excellent chance to observe, ask questions, and engage with what the sessions are all about. Don't miss this opportunity to empower yourself! Suitable for all ages and abilities. Please register your interest by contacting the Centre.

Social Events & Activities Coming Up:

Incredible Edible, Bandleholme, Saturday 26th October: Once again our friends at Incredible Edible are holding a Halloween event with food, drink, a treasure hunt and games. All are welcome at the Incredible Edible Garden, Purbeck Park. For more information text Jean or Rachel on 07939645038.

Halloween Tombola, Wednesday 30th October, 10.00am-3.00pm. Our stall will be in the Millgate Shopping Centre opposite T J Hughes. Why not come along, have a go and say hello!

Ramsbottom Civic Hall Friday 1st November. 5pm-9pm: It's Friday Nite Bite in Ramsbottom – come along and enjoy the many street food stalls, and entertainment at the Civic Hall. You'll even see us with our own stall in the Hall.

Festive Fair at The Centre: Friday 8 November, 10.30am-2.30pm: Festive Craft & Gift Fair at the Centre, with Carole & Mags Café serving light refreshments and home baking. Why not pop along for a brew – all welcome.

Wednesday 13th November, 10.30am-12.00pm: User Forum at the Centre. Do come and have your say at this Community Safety consultation. Chris Woodhouse, Strategic Partnership Manager from Bury MBC and a representative from GMP will be attending to listen to your views as a local resident of the borough.

'Magical' Festive Lantern Parade returning to Bury town centre: The Festive Lantern Parade will return to town on Thursday, November 14.

The town centre will host the special seasonal gathering, welcoming children and families who have created magical lanterns in schools and community workshops. Last year, more than 200 hundred people joined the parade.

The event will run from 5pm to 7pm, bringing live music and special surprises for parade participants and their families. The theme will be "Flight", representing "imagination, freedom and the beauty of soaring above". Lanterns and large-scale puppetry will "recreate a magical natural takeover of the town centre".

The parade will leave The Met theatre at 5pm and "culminate in an enchanting gathering and fire installations" at Kay Gardens, following the procession around the town centre with live music from Bury Music Service, Twisted Tubes and the Cacophony Arkestra and some "very special guest puppetry" from Liverpool Lantern Parade. Sounds amazing.

Tuesday 19th November - Indigo Indian Restaurant, 703 Manchester Road, Bury BL9 9SS. Would you like to join us for an Indian Buffet on Tuesday 19th November? Over 30 items to choose from. £18.00 per person, tables booked for 6.30pm, 20 places available. Book by Monday 11 November.

St Johns Cracking Christmas Market, Kirklees Street, Tottington. Saturday 23rd November. 10am onwards. Come and pick up some unique Christmas gifts with local Christmas Market. BBS will have our very own stall packed with goodies made by our Crafty volunteers and clients!

Get Ready for Christmas: Calling all wrappers or would be wrappers! Come along to one of our Wrapping Demonstrations complete with a festive drink and mince pie to get you in the mood! Sessions are being held on Monday 25 November 10.30am-11.30am or Wednesday 27th November 5.00pm-6.00pm. Come along and learn some 'tricks of the trade' for yourself or support the Charity by signing up as one of our Wrapping Team. All welcome. Please book via the office.

Monday 9 December 12.00pm: Christmas Dinner at The Mosses Community Centre: Subsidised £12.00 per person for traditional Christmas Meal followed by Xmas Pudding, Tea/Coffee and mince pie. Musical Entertainment by Geoff Kenyon included. 30 places available. Open to friends, family, volunteers accompanying a client. Bookings now being taken.

Upcoming In-Centre Activities: Including Christmas!

Monthly Music Social: 24th November, 1.15pm-2.45pm, £3.00 includes refreshments: This will be the last social to Christmas and we are delighted our 'Music For Fun' group are providing some festive themed entertainment for us. Come and join us. All welcome. Regular attenders, no need to book, new guests – please let us know if you are attending.

Wednesday 11th December, 10.30am-12.00pm: Volunteers' Festive Coffee Morning. Join us for festive fare and a catch up before the Christmas holiday.

Thursday 12th December, 11.30am-2.00pm: The combined Thursday morning and afternoon group are holding their '12 Days of Christmas' Party. The groups have been working hard to provide an interactive performance of this traditional Christmas song. Together with light festive food, the groups will be having fun presenting the final result! There might even be a little Christmas Quiz from Gary thrown in for good measure! Come and enjoy the fun, all welcome. Contribution of £3.00 towards the food would be appreciated, please book via the Centre.

Thursday 19th December, 11.30am-2.30pm: the Friday lunch is hijacking Thursday! Come and join the BBS Christmas Party Buffet. Wonderful selection of festive food, entertainment and plenty of fun before we close for Christmas. Book your place by Friday 13th December. £5.00 per ticket.

Please Note: There will be no lunch on Friday 20th December and the Centre will be closed from 20th December and re-open on Tuesday 2nd January 2025. Staff will be available until Tuesday 24th December.

Donations:

All your donations make a difference.

£5.00: pays for a USB stick, enabling a person with sight loss to listen to this newsletter in audio format.

£10.00: pays for a Talking Clock Key Ring.

£20.00: contributes towards the cost of our monthly overheads of £1700 per month for heating, lighting, water etc. enabling us to keep the Centre open for weekly and monthly activities.

Whether your donation is general or in memory of a loved ones, it is valued, and we thank you for your support.

100 Club, Monthly Prize Draw

Just £1 for a number and you can 'purchase' as many as you like! 50% of the money raised is distributed in prizes and the other half contributes directly to BBS. Application packs are available from the office. Winning numbers since our last VI Bulletin:

Aug: First prize: No.234; Second prize: No.02; Third prize: No. 216.

Sept: First prize: No. 328; Second prize: No. 29; Third prize: No. 195

Oct: First prize: No. 50; Second prize: No. 413; Third prize: No. 386.

First prize: £117.90; Second prize: £58.95; Third prize: £19.65.

Christmas: Xmas in the Town Centre.

Whilst many enjoy Christmas, it can be a difficult time for some. Remember, there is always someone to speak to. Below are a number of telephone numbers you can call if you are feeling a little down over the festive period.

Getting Help Line: 0161 464 3679, Monday-Saturday 10am-7pm

Sight Line Telephone befriending service: 0800 5872252, free from BT landlines and most mobile networks.

Samaritans: Any time just dial 116 123.

‘Take Five Quiz’

Here’s the answers for the last quarter’s quiz:

1. What fruit takes the scientific name *Mangifera Indica*? **Mango**
2. In *Breakfast At Tiffany's*, what is the name of Holly Golightly's cat? **CAT**
3. Typically, what's the strongest muscle in the human body? **Jaw Muscle**
4. What does the AC button on a calculator stand for? **All Clear**
5. What is the study of mushrooms called? **Mycology**

We couldn’t not have a Festive Theme this time, so here’s our ‘Festive Five’ to challenge you over that Christmas pudding!

1. What is the national animal of Scotland?
2. What is Cherophobia the fear of?
3. Which company is the world’s largest toy distributor?
4. What colour is the Snowman’s scarf and hat in the Children’s picture book ‘The Snowman’?

On behalf of Trustees, Staff and all at BBS may we wish you a very Happy Christmas and good health and happiness for 2025.

Jill and all the Team at Bury Society for Blind & Partially Sighted People.





Bury Society For Blind and
Partially Sighted People

Registered Charity No. 1102525

Regular Centre Activities:

Monday:

Third Monday of the Month: Emma's Beauty Salon. Appointments available between 10am-2.30pm

Mornings:

Drop In 10.00am-12pm: You are welcome to drop in any time for a cuppa. Volunteer, Margaret, will provide a warm welcome as your 'Meet & Greet' Host.

10.00am-12pm: Weekly Monday Events Group (MEGs): A friendly weekly workshop supporting upcoming events.

Afternoons:

Music Buddies Fun Afternoon: 1.15pm-2.30pm: Held every Monday apart from the Fourth of the month.

Fourth Monday of the Month: 1.15pm-2.45pm – Musical Social Afternoon. £3.00 includes entertainment and refreshments. To book please contact the Centre.

Tuesday:

Weekly: Phoenix Foot Care Appointments available: 9.30am-3.00pm

The Centre is available for external room bookings. Specialist courses such as Eye Talk are held on this day.

11.00am: 10 Pin Bowling at Hollywood Bowling. £2.00 pp. Book in advance via the office.

1.30pm Walking Group join the Community Walk at The Burrs.

Wednesday:

LVA Clinic: 9.30am onwards. Weekly except Fourth Wednesday. Referral through BBS or ring direct on 0161 762 1692.

Mornings: 10.00am-12.00pm Drop In: Light refreshments always available at our Wednesday Drop in Sessions and a warm welcome as always from Carole and crew.

First Wednesday: Alternate months: Wednesday Sight Guiding Session. September, November.

Second Wednesday: 13 November, 8 January – User Forum. 11 December, 12 February – Volunteers Coffee Morning. All welcome.

Afternoons:

- **First Wednesday, 1.30pm-3.00pm:** New Macular Degeneration Support Group.
- **Third Wednesday, 1.30pm-3.00pm:** Macular Degeneration Support group.
- **Fourth Wednesday, 1.30pm-2.30pm,** Glaucoma Support Group.

Thursday:

Healthy themed Thursdays: Morning sessions 10.30am-12.00pm,

Afternoons: 1.00pm-2.30pm: Thursday Session, duplicate of Thursday morning.

Second Thursday: Gary's Quiz.

Friday:

Fortnightly: Henshaw's/BBS Digital Clinic from 10.00am: Referral via BBS.

Weekly: The main lounge area is taken over with our 'Lunch Brunch'. Carole and Mags provide either a cooked meal or light snack each week. 11.30am-2.00pm. Places must be booked and paid for in advance. For menu details and to book, (no later than Thursday morning) call the office on 0161 763 7014

Themed Lunches: Fourth Friday of the month we hold a special 'Themed Three Course Lounge. Contact the office for details. Don't forget during the week before Christmas, the Christmas Party Buffet is being held on Thursday 19th December as Centre is closing on the Friday.

Saturday:

Third Saturday: 10.30am-12.00pm: BBS Bees Book Club – monthly sessions are filled with lively discussions and shared passions for reading. The chosen book is available in audio format for the group to review and enjoy.

PLEASE NOTE: Our Centre will be closed from 4pm Friday 20th December and re-open at 10am Tuesday 2nd January 2025.