



Monthly V.I. Link – Issue 12

October 2020

Welcome to our October V.I. Link. As the nights draw in, we find ourselves embracing warming soup and hearty casseroles, so it's great to see that our Healthy Eating group are getting back together again! Details below. Also, of course, there's Christmas on the horizon, but maybe we can help you there!

Christmas Collection Brochure:

Keep an ear out for more post dropping through your front door following this newsletter as it might just be our very first Christmas brochure. As we are unable to hold our annual Craft and Gift Fair at Ramsbottom Civic Hall this year, we've asked the stall holders if they would like to advertise their wonderful wares in our brochure and bring their amazing crafts together with our own, into the comfort of your own home. We hope you will find this an enjoyable way to shop from your armchair. Please share this Christmas Collection with friends and family, you will be helping support other residents of the Bury borough living with sight loss. Details for ordering are in the brochure or simply ring us on 0161 763 7014 to complete the form over the phone.

Let's Get Physical!

We hope you found last month's simple exercises beneficial. Why not try these for a change or in addition to the others if you're feeling adventurous! These will all help with coordination and balance. A couple of reminders for your safety:

- Make sure the chair you use is sturdy
- If you experience chest pains, dizziness or severe shortness of breath, stop and call your GP or call 111
- A slight soreness the day after is quite normal.

Sit to Stand: Sit tall near the front of a chair with your feet slightly back. Lean forwards slightly and stand up (with hands on the chair if needed). Step back until your legs touch the chair then slowly lower yourself back into the chair. Repeat 10 times.

Heel-Toe Stand: Stand tall, with one hand on your support. Put one foot directly in front of the other to make a straight line. Look ahead, take your hand off the support and balance for 10 seconds. Take the front foot back to hip width apart. Then place the other foot in front and balance for 10 seconds.

Coronavirus update

Confused? Here's the latest information specific to Bury - The authorities are acting to control the spread of the virus but we all need to play our part. You must not:

- Host people you do not live with in your home or garden, unless they're in your support bubble
- Meet people you do not live with in their home or garden, whether inside or outside of the affected areas unless they're in your support bubble.

In addition, the government advise you should not:

- Mix with people you do not live with, unless they're in your support bubble, in any public venue, e.g. pubs, restaurants, cafes, shops, places of worship, leisure and entertainment venues, visitor attractions or parks.

Testing: If you are experiencing any symptoms, i.e. A new continuous cough, a high temperature, loss of smell or taste, there are now two local walk-in Test centres in Bury where no appointment is necessary. Open Monday-Friday, 10am to 3pm, these are:

- The Mosses Centre, Cecil Street, Bury BL9 0SB
- Chesham Fold, 95 Chesham Fold Road, Bury BL9 6JZ.

Other test centres are available, appointment only. Go to Bury Council's web site for more detail. You can also order a Covid test to carry out at home, although instructions are not easy to follow for anyone with severe sight loss. Once completed, return either via a priority post box or, possibly easier, phone 119 and arrange a courier to pick up your test from your home.

Help Still Available:

For help with getting food deliveries and prescriptions, please phone Bury Community Hubs on **0161 253 53 53**, every day of the week.

Forthcoming Information Sessions:

Magnification Workshops- We are holding two sessions looking at magnification equipment on Wednesday 18 October and Wednesday 4 November, 1.30-3pm. If you would like to book onto these sessions, as numbers are limited per session, please contact the office on 0161 763 7014.

Macular Degeneration Support Group – are going ‘virtual’ for their monthly meeting on 21 October. The meeting will last just 55 minutes and will be via a telephone conference. Adele Francis, the Senior Regional Manager, Macular Society will be updating on latest developments. All you need is a phone line. If you are interested in joining the group, please ring the Centre on 0161 763 7014 and details of how to join will be issued.

Healthy Eating Group – Our first group who have decided to try ‘Zoom meetings’! An opportunity to swap healthy recipes, hints and tips as well as looking at safe kitchen skills. If you would like to be involved please call the Centre for more information.

Do you need to treat your feet? Dougie, our foot care practitioner is available, with appropriate PPE, to visit you in your own home. Alternatively, you can book and meet at the Centre. You can ring Dougie direct on 07557 516 879, quoting the Blind Society.

Client story:

My name is Diane ‘procrastinate’ Webb, sound familiar? I’d like to share a hard lesson learned. A couple of months ago I started to feel irritation in my right eye, it felt like there was a hair in it. I rinsed my eye with lukewarm water but there was no improvement. After a couple of days, I asked a colleague to take a look, they could not see anything wrong but suggested I go to my optician. Of course, I didn’t. Moving on in time, the irritation got worse, so, still didn’t go to the opticians, but went to Boots to buy an eye bath and some false tears. To their credit, they would not sell me these items, they sent me to

the opticians to get checked out. Following a lot of questions, the optician referred me for an emergency appointment and within a couple of hours I was having an in-growing eyelash removed. Had this not been removed, the surface of my eye might have become ulcerated through being continually scratched. I was very impressed with the optician who put me at ease with humour and kindness, and even followed up my visit with a call the next day to make sure the scratching had gone. The moral of this tale – do not ignore your eye health.

Supporting You: As this virus continues to impact on all our lives, we are reviewing how we can help you. Over the next few weeks we will be contacting clients, initially those who attended the Society on a regular basis, to seek your views on what is causing you concern or anxiety. Unfortunately, it does look as though we will be dealing with this pandemic for at least another 6-12 months and it is important that the Society adapts its services to enable you to live your life in the current climate, so your input is essential.

Events:

Thanks to all who supported our 'Margaret's Table Top Sale'. We just have a couple of items unsold, the thermos, the dragon fly brooch and the bracelet so do get in touch if you would like to purchase them.

Walking 4 Sight: By the time you receive this bulletin, the 'Famous Five' Glynis, Gill C, John, Viv and Jill L, will have battled in the rain (predicted!) and successfully completed the walk from the Robert Peel statue in Bury to The Peel Monument at Holcombe Hill (approximately 6 miles)- there's optimism for you! There's still time to show your support and donate to the Society, either via our website or by sending a cheque to the Society. If you would prefer to transfer directly to our bank, do ring and we can give you the bank details. Thank you.

Monthly Prize Draw – '100 Club'. Our September lucky winners were no. 174, £93.60, No. 291, £46.80 and no. 99 £15.60. It's a great way to support the Society. 50% of the money raised is distributed in prizes and the other half contributes directly to provide services for local people living with sight loss. The draw takes place on the second Friday of every month, and to buy a number it costs just

£1.00! Let us know if you would like an application form. Thank you to all the entrants for your support.

AGM Feedback:

On 22 September we held our first 'Virtual AGM'. Not by choice as we always enjoy the Open Day and the opportunity to welcome everyone to the Centre, including the Mayor. This year, the Mayor was treated to a presentation depicting the wide range of activities, support and events the Society gets involved in. These included details of our Early Intervention programme, Eye Talk support, the Deaf Blind awareness event we held at the Town Hall as well as the many social events and fundraisers undertaken during the year. It was a busy year as we also had major basement refurbishment and decorating work undertaken, thanks to a grant from HSBC and still managed to keep open!

We welcomed two new Trustees, Councillor Joan Grimshaw and Miss Heather Crozier, both bringing a wealth of experience and expertise to the Board. Sadly, Linda Gibbons, our Honorary Treasurer for over 15 years, stepped down due to on-going health issues. However, the Trustees passed on their sincere thanks to Linda for all her support and were delighted that her input will continue in the day to day finance through the Finance Subcommittee. Barry Griggs was elected as the new Treasurer. As we approached the end of the financial year, the pandemic hit all of us and has, and will continue to greatly affect the work and income of the Society. Over 60% of the Society's income is generated via fundraising activities, e.g. grants, room hire, training, fundraising events. In the words of our retiring Treasurer: 'Although the accounts showed a net loss of £7,918 for the year, this is considered to be a strong performance against a background of intense competition for both grants and fundraising income and the significant outcomes achieved.....The challenges ahead are enormous but so too is the commitment of the Directors, staff team and volunteers to rise to this challenge and we have every reason to be confident about our future.'

If you would like a more detailed breakdown of the Society's Annual Report and Accounts, or to discuss any of the foregoing, please do contact Jill Logan, CEO at the Society.

Just for Fun – Brainteaser. First the answer to last month's teaser. Q: You're escaping a labyrinth and there are 3 exits. Exit A leads to an inferno, exit B, leads to an assassin, exit C leads to a lion who hasn't eaten for 3 years. Which exit do you pick? The answer is C, as the lion will definitely be dead by now!

This month's teaser: How can you take 2 from 5 and leave 4?

'Take 5' Quiz.

Answers from last month:

1. In which year was the Grand National declared void after 2 false starts – 1993
2. Which rank in the Royal Air Force is immediately above a Wing Commander – Group Captain.
3. What does the acronym HTTP stand for – Hyper Text Transfer Protocol.
4. In the novel by D H Lawrence, what was the name of Lady Chatterley's lover – Oliver Mellors
5. What is the best-selling type of soup in the UK. – Tomato.

October's Five Questions:

1. Charles Dickens wrote a Tale of Two Cities. What are the two cities?
2. What is the highest possible score in a 10 pin bowling match?
3. Which country was the first to give women the right to vote in 1893?
4. What is the collective noun for a group of giraffes?
5. In what year did Blue Peter first air?

Whilst the daily Drop In remains closed, the Centre provides a safe environment for bookable sessions. If you are interested in any of the upcoming events, or wish to book a small group, you are always welcome. If you are experiencing issues with your sight and would benefit from a visit by our Early Intervention Team, do give us a call. Assessments can be over the phone, or in person. A member of staff is always in the Centre Monday-Friday for advice or information.

Stay safe and well everyone and we look forward to catching up again next month. Jill and all the Bury Blind Society Team.