



Monthly V.I. Link – Issue 13

November 2020

The winter months are certainly upon us now! Those blustery winds and rather a lot of rain, have made an appearance. However, we have had some beautiful, crisp days and those are the ones to take advantage of! A brisk walk is still something we can do in this current lockdown – and it certainly brightens up the day getting out for some fresh air. If you are struggling to go out on your own, having a sighted guide is acceptable under the Covid regulations for a blind person. Do contact us to have a chat if you would like some assistance.

Our Christmas catalogue went out last month so hopefully you are all enjoying browsing the pages, and maybe ordering one or two items. For our visually impaired clients, we are pleased to offer an ‘order and deliver local’ service. Simply ring the Society with your order, we will then contact you when we are due to deliver, and you can pay on receipt. We also have a card reader facility so no need to worry about paying with cash when we deliver, you can now pay with your card if you wish. If anyone would like further catalogues, or order forms, do let us know.

Let's Get Physical!

Our final set of recommended exercises to help with co-ordination and balance. As always, 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.

Heel-Toe Walking: Stand tall, with one hand on a support like a kitchen cabinet. Look ahead and walk 10 steps forwards, placing one foot directly in front of the other so that the feet form a straight line. Aim for a steady walking action. Take the feet back to hip width apart, turn around and repeat the steps in the other direction.

One-Leg Stand: Stand close to your support and hold it with one hand. Balance on one leg, keeping the support knee soft and your posture upright. Hold the position for 10 seconds. Repeat on the other leg.

We have been delighted to hear your feedback on these exercises and how much you are finding them fun and useful. Next month we are going to feature top tips to prevent slipping and tripping.

Coronavirus information and advice

Whilst our Drop-In Centre remains closed, our Early Intervention service is still here for you during lockdown. If you are struggling with your sight, do ring the Society for an appointment.

The new lockdown rules aim to reduce day-to-day contact with other people, to reduce the spread of the coronavirus infection. Until Wednesday 2 December, you must:

- stay at home (except for specific purposes)
- avoid meeting people you do not live with (except for specific purposes)
- Specific businesses and venues (pubs, restaurants, hairdressers, gyms etc) will be closed.

Community Hubs – Bury’s Community Hubs are reaching out to clinically extremely vulnerable people to ensure they have the support they need, such as help with food shopping and collecting prescriptions. Call 0161 253 5353, Mon to Fri, 9am to 5pm, for information.

Mental health support - Coronavirus means that life has changed for all of us for a while. If you need some extra support, Bury’s Getting Help Line is a confidential telephone service for people of all ages that are experiencing difficulties with their mental wellbeing. Call 0161 464 3679, Mon to Sat, 8am to 8pm or visit www.bury.gov.uk/mentalwellbeing to find out more.

Getting tested - Find all the information you need on booking a test and testing at www.bury.gov.uk/coronavirus-testing or call 0161 253 5515, Mon to Fri, 9am to 5pm.

Shopping: If you are not online, Morrison's and Sainsbury's offer a telephone ordering service to order essential food items for customers.

- Morrisons: To order, call **0345 611 6111 and select option 5.**
- Sainsbury's: To order, call **0800 917 8557.**

Look After Your Feet

During lockdown, it is not possible to attend your beauty salon for a pedicure, or perhaps appointments have been delayed or postponed from foot clinics. It can certainly become painful and indeed dangerous to neglect your foot care, so here are some 'top tips' to look after your feet:

Wear well fitted shoes – even when at home. Slippers with no heel support are quite susceptible to slipping off and being tripped over.

If you cut your own toenails, it can be very easy to mistakenly cut your toes. If you are diabetic, these cuts can also become infected. Avoid using toenail clippers or scissors. By using a nail file, you will avoid any chance of risk. The advised technique to file your toenails is by pinching the toe with your free hand, and file in one direction (i.e. not back and forth).

If you have diabetes, you should inspect your feet regularly. Try using a magnifier or ask a family member or carer to look out for blisters, cuts, scratches, corns, calluses, and any change from the previous days.

Get in touch with us if you have any further queries about looking after your feet with a visual impairment so that you can put your best foot forward! If you have any serious concerns, please do contact your GP. Don't forget, our own foot practitioner, Dougie, is available for home visits. You can ring Dougie direct on 07557 516 879, quoting the Blind Society.

Thinking of You: Sadly, we have lost some dear friends over this period, and we wanted to acknowledge that they will all be greatly missed. Our thoughts this month are particularly with Alan Norman, Mary Clayson-Howard's family, Colin Wood's family, Roy Smithies, Michelle Chadwick and Sue McDonald, who have all lost close relatives suddenly. Losing someone is never easy, but hopefully memories of them will comfort you.

Forthcoming Information Sessions:

Macular Degeneration Support Group – We had really positive feedback from people who attended our first ‘virtual’ AMD monthly meeting on 21 October, and it is certainly something we are looking to set up for other groups in the future. In the meantime, would you like to come along to the November meeting? Wednesday 18th at 1.30pm. The meeting will last just 55 minutes and will be via a telephone conference. 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 – With all this time spent at home, it is really important to eat healthy. If you’re struggling with your ‘healthy choices’ it might help to join our Healthy Eating Group. Fun sessions looking at healthy alternatives in the run up to Christmas. The first meeting will be on Thursday 26th November at 10.30am via Zoom. You can join via phone if you don’t have an internet connection. If you would like to be involved, please call the Centre for more information on how to join.

Events:

Walking 4 Sight: Thank you to all who supported us in this walk. We are delighted to inform you that together we raised £700! We are putting the funds to good use and have allocated part of it to upgrade our basic Zoom account. This will allow us to develop sessions without the 40 minutes, and numbers restriction.

Monthly Prize Draw – ‘100 Club’. Our October lucky winners were No.32, £99, No.83, £49.50 and No.129 £16.50. 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.

Bric-A-Brac: Unfortunately, we are unable to accept donations at the current time. However, why not sell your unwanted goods on your own FaceBook Market Place and raise money for the Society?

Christmas Is coming! Hopefully we will all be able to see family and friends this Christmas. It certainly will be very different to the 'norm'. However, we've come up with a number of ideas to help you keep in touch.

Don't have the internet?

Why not book a '**Christmas Connection**' session to use our Zoom facility to contact family and friends? We are happy to support you in setting up the session and inviting your guests. Relatives abroad, or even closer to home, if they have internet, we can contact them for you. What a lovely way to stay in touch for Christmas! Contact the Society on 0161 763 7014 for more details and to book.

Accompanying our next VI Bulletin, we will have a '**Christmas Wishes**' section. If you are struggling to send out Christmas cards or simply would like to send one big Happy Christmas to all and support the charity too – then, please send a donation to the Society with your message, and we will include it in our Christmas Wishes sheet.

Alternatively, we are offering a personal **Christmas card writing service**. We will write or braille your message on one of our beautiful home crafted cards, address it and send it on your behalf, all for just £5.00!

Take a peek at our **12 Days of Christmas** on our Web Site. From 1st-12th December each day we will be opening a door of our calendar to display some of the wonderful activities we have been up to since last Christmas.

Word on the street is we're holding a '**Virtual Christmas sing a long**' in December! Look out for details in our next VI Link. If you would like to join us then contact the office for more details.

Just for Fun – Brainteaser. First the answer to last month's teaser.

Q: How can you take 2 from 5 and leave 4? A: Take the letters F and E away from the word FIVE and you are left with IV i.e. 4 in Roman numerals!!

This month's teaser: What letter comes next in the following sequence? D R M F S L T -

'Take 5' Quiz.

Answers from last month:

1. Charles Dickens wrote a Tale of Two Cities. What are the two cities? Answer: London and Paris
2. What is the highest possible score in a 10-pin bowling match? Answer: 300
3. Which country was the first to give women the right to vote in 1893? Answer: New Zealand.
4. What is the collective noun for a group of giraffes? Answer: a Tower
5. In what year did Blue Peter first air? Answer: 1958.

November's Five Questions:

1. Which artist painted The Poppy Field in 1873?
2. Which country is the world's largest producer of cheese?
3. What herb is used to make pesto?
4. How many UK No.1's did Elvis Presley have in the 60's?
5. Who scored the fastest goal in Premier League history after just 7.69 seconds?

Whilst the daily Drop In remains closed, the Centre provides a safe environment for appointments. If you are interested in any of the upcoming events, require further information or require support, please do not hesitate to call us on 0161 763 7014. 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.