



Bury Society For Blind and
Partially Sighted People

Monthly V.I. Link – Issue 18

April 2021

Welcome to this edition of VI Link. We hope you all remembered to put your clocks forward last month. Despite the occasional flurry of snow, with the lighter nights, it does feel more like Spring with every day that passes, and the good news is, it will start to get warmer!

We have some good news too. You may recall at the end of last year there was a big repair required with the Centre's guttering, roofing and slates. It was a true blessing when we received a large, anonymous donation just before Christmas, which has been utilised for these repairs. Unfortunately, the consequence of continuous leaking was damage to our newly decorated Lounge and Training rooms. However, this is also now being addressed, as well as the repair of our garden benches, ready for outside meeting.

The Centre is being prepared to welcome you back, albeit slowly! To use 'government speak', our current roadmap for the future, providing infection rates continue as planned, is as follows:

Now: Our Early Intervention Team continue to offer one to one appointments in the Centre, home visits or virtual sessions all with appropriate testing and safety equipment provided.

From 26 April: The Centre is available to book for one to one meetings, including appointments with the Podiatrist, Dougie Warrington. Sessions in the Garden Area can be booked for up to 6 people, weather permitting.

From 17 May: The Centre is available to book for one to one meetings, or small groups of up to 6 in the Lounge area or outside in the Garden Area. The sessions can only be for two hours either morning or afternoon, to allow thorough cleaning and sanitizing in preparation for the next session. We currently are unable to offer our volunteer drivers for transport, but alternatives can be discussed when booking. More detailed guidelines for groups will given when booking. Ring the office for further information. As our Centre is relatively small for groups, we are taking a very cautious attitude to re-opening. Our Drop-In facility will remain closed. Your well-being is our primary concern, hence this incremental approach.

Meanwhile, our groups continue to meet virtually or by phone. Some of our Phone Friends have now started to have a monthly group call, which everyone has thoroughly enjoyed. We are also working on a programme with our volunteers to ensure they have appropriate COVID awareness training to keep them, and you, all as safe as possible.

Here's the monthly update from Carrie Dearden, NHS Bury CCG.

Coronavirus vaccination roll out

Vaccination is by invitation and you will be contacted when it's your turn. Second dose vaccinations are being given 11 weeks after the first dose, if you haven't been contacted by 10 weeks after your first dose, please contact your GP Practice. For more information: www.bury.gov.uk/coronavirus-vaccine

Getting tested if you have coronavirus symptoms

If you have any of the three most common symptoms of coronavirus - a high temperature, a new continuous cough, or a loss or change to your sense of smell or taste, please get tested as soon as you can. For the latest information about testing and availability: www.bury.gov.uk/coronavirus-testing or call 0161 253 5515.

Information is also available via the above webpage about the availability of rapid testing for people that don't have symptoms.

Mental health support

Bury's Getting Help Line is a confidential telephone service run by the voluntary sector for people of all ages who are experiencing difficulties with their mental wellbeing. Call 0161 464 3679. Find out about other mental wellbeing support at: www.bury.gov.uk/mentalwellbeing

Preparing for Covid-safe local elections

The Bury Council elections will take place on Thursday 6th May. Measures will be in place to ensure polling stations are safe, but any resident who is worried about voting in person can apply for a postal vote. The deadline to register for a postal vote is 5pm on Tuesday 20th April. Call 0161 253 5252 or email: Electionservices@bury.gov.uk

Let's Get Physical! This month we are featuring two simple strengthening exercises produced by the NHS. Choose a solid, stable chair that does not

have wheels. Wear loose, comfortable clothing and keep some water handy. Build up slowly and aim to do these exercises at least twice a week. Remember, if at any point you feel unwell, stop, and seek medical advice (dial 111) if you continue feeling unwell.

Sideways leg lift

A. Rest your hands on the back of a chair for stability.

B. Raise your left leg to the side as far as is comfortable, keeping your back and hips straight. Avoid tilting to the right.

C. Return to the starting position. Now raise your right leg to the side as far as possible.

Raise and lower each leg 5 times.

Leg extension

A. Rest your hands on the back of a chair for stability.

B. Standing upright, raise your left leg backwards, keeping it straight. Avoid arching your back as you take your leg back. You should feel the effort in the back of your thigh and bottom.

C. Repeat with the right leg.

Hold the lift for up to 5 seconds and repeat 5 times with each leg.

Members Contributions:

Kris Owen wanted members to know how useful he has found the RNIB 'In Your Pocket Device'. This is a fully voice controlled mobile phone for blind and visually impaired. Designed to make calls, read messages, listen to books, zoom, newspapers just by using your voice. Pricing plans start from £25.99 per month. For further details, call the dedicated In Your Pocket helpline on 01722 514612.

Steve Troghear has passed on details about a really useful website for keyboard shortcuts, simply entitled: shortcutworld.com. It provides shorter or quicker ways of accessing various programmes. I particularly liked the Excel spreadsheets shortcuts but they may not be everyone's cup of tea!

Members, Tarnia Canham and Malcolm Yaffe both submitted information on audio newspapers and magazines they subscribe to. They thought this might be of interest to others.

Lost Without Sight: Tarnia wished to highlight this group based in Salford. Subscription is £20 p.a. which provides the option of up to 8 magazines per

month. A selection of titles on USB or tape, include 'A Listening Ear', covering messages and comments from members, 'Music Talk', Sports Talk and News Talk. To choose which magazines you would like and for further information, ring Roy Derbyshire on 0161 441 4196 (answerphone).

North Manchester Talking Newspaper: Malcolm is a member of this newspaper which comes out every other week. At the moment it is a shortened version due to Covid-19 and last 45 minutes but is normally 90 minutes. The first half covers different features, lighting up times and any messages. The second part is called news from here, there and everywhere and anagrams. For further details please call Barbara Hanna on 0161 740 5430.

Local Hero of The Year Award. We were delighted to be informed by Six Town Housing that our Phone Friends project was amongst the nominations for this award. Although we didn't win, it was a lovely surprise and thank you to whoever nominated us – it's great to know it's made such a difference.

Group Activities:

In line with current COVID restrictions our regular events are being held virtually over Zoom or by phone until further notice.

Knitting 100: Fourth Monday: 26th April, 10.30am. Via Zoom phone facility.

An opportunity to catch up with Knitting Buddies who are working to produce 100 blankets by knitting a variety of squares. If you fancy having a go, join this informal session or leave your details with a member staff and Viv, the Group Leader, will give you a ring.

Monthly Makes! Second Wednesday, 14th April at 2pm: Join in some fun, simple activities via Zoom and phone line. Packs are sent out prior to the session so booking is essential. This month's activity is decorating plant pots and planting Sunflower seeds.

Macular Support Group: Third Wednesday 21st April at 1.30pm: Via phone line. This month, the Area Manager from the Macular Society will be updating on new developments.

Glaucoma Support Group: Fourth Wednesday 28th April at 2.00pm: Via phone line. March was the first session via the phone for this group and all agreed, they thoroughly enjoyed getting together again.

Healthy Living: Third Thursday 15th April at 10.30am: Why not join this friendly group to review favourite recipes, learn hints and tips on how to prepare safely and even do a few exercises whilst you talk! Access is via Zoom or phone line.

Monthly Conversation: Fourth Thursday 22nd April at 2.00pm: Each month a different theme ranging from demonstration of specialist equipment to the history of the Manchester ship canal! You can join virtually via Zoom, phone line or we can record on a USB for listening individually. This month we are inviting family members to hear about our Early Intervention Service.

Accessibility Review Forum: Fourth Friday 23rd April at 1.00pm: A new group providing a forum to voice concerns ranging from support in Supermarkets to uneven pavements and overhanging foliage, led by our Early Intervention Officer, Kelly Marno. At last month's meeting, progress was made in reviewing troublesome traffic lights in Prestwich with Council due to meet with members of the group. In addition, a small focus group are assessing the Sonic players we use at the moment to see if they are still fit for purpose. What do you think? Let the group know your thoughts by contacting Kelly at the Centre on 0161 763 7014.

For further details of how to join any of these sessions, just ring the centre and speak to a member of staff. 0161 763 7014.

Monthly Prize Draw – '100 Club'. Our March lucky winners were No.183, £106.80, No.225, £53.40 and No.79, £17.80. Thank you to all the people who have joined us recently. 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 pack.

Thank you: to Michelle Chadwick for donating a number of beautiful cards she has made during lockdown. A number of these have been distributed to care homes for residents who are unable to get out, and will also raise much needed funds. If you would like to purchase a unique, home crafted card, which can be personalised, please do let us know.

Spring Clean: Whilst we may not be able to accept donations for a Car Boot Sale at the moment, why not raise funds for BBS by selling those unwanted

items through Vinted, eBay or other on-line shops and donate the proceeds. Every donation, no matter how small, can make a big difference to the life of a person living with sight loss.

Just for Fun – Give your mind a workout with this month’s brainteaser.

Answers first! March’s Brain teaser: Without it, I’m dead. If I’m not, then I’m behind. What am I? **Answer: Ahead!**

April’s Brain Teaser: Where does today come before yesterday?

‘Take 5’ Quiz. Answers from last month:

1. Located in the Leith area of Edinburgh, what is the name of the home ground of Hibernian football Club? **Easter Road.**
2. True or False – The Easter egg represents ‘new life’ **True**
3. Which 1948 musical film starred Judy Garland, Fred Astaire and Peter Lawford? **Easter Parade**
4. Once married to Denise Welch, which English actor played Pat Hancock? **David Easter.**
5. Which remote volcanic island in Polynesia is Chilean territory and has nearly 900 monumental statues called Moai? **Easter Island.**

This month’s Quiz Questions:

1. What element is denoted by the chemical symbol Sn in the periodic table?
2. What is the name of the 1976 film about the Watergate scandal, starring Robert Redford and Dustin Hoffman
3. What was the most popular girls name in the UK in 2019?
4. In what US State is the city Nashville?
5. What is the currency of Denmark?

Do remember, there is always a member of staff available to speak to during office hours for help or advice.

Stay Safe and we look forward to seeing you all soon.

Jill and all the Bury Blind Society Team