



Monthly V.I. Link – Issue 22

August 2021

Welcome! What a joy it has been to follow the Tokyo Olympics over the past few weeks – a refreshing change from the usual topic of conversation! And it's not finished yet, we can now look forward to the Paralympics. Even here at The Centre we have seen a change with people coming in for groups or simply to drop in. It is baby steps for all of us – many are still feeling anxious and as always, we are taking a cautious approach. Case numbers are still high but the good news is, hospitalisation numbers are dropping. Finally, the vaccine is starting to have an impact and we would encourage all to have the vaccine if you are able. Whilst it may not stop you catching covid, it should minimise the effect. Reports have been, 'I felt just like I had a bad cold; 'felt a bit off for a few days but then was fine'. Remember, staff and volunteers are still wearing masks when moving around the Centre, temperatures of all visitors are being taken and all rooms are being kept well ventilated and sanitised after use. Home visits continue to be conducted with full PPE in place. At the end of this edition, we have listed all the regular activities currently on offer and are delighted that so many are now back in the Centre. We do hope to see you back soon.

Here's the latest update on Coronavirus information from Carrie Dearden, NHS Bury CCG.

Covid-19 vaccination clinics

All adults aged 18+ can now get their Covid-19 vaccination. Clinics are taking place right across the borough including both walk-in and bookable appointments.

Find details of the latest clinics: www.bury.gov.uk/coronavirus-vaccine

If you don't have access to the internet, our Vaccination Support Team can help: buccg.vaccinationbookings@nhs.net or call 0161 983 2300 (Monday to Friday, 9am to 5pm).

Regular rapid testing when you don't have symptoms: As we mentioned in last month's update, an estimated 1 in 3 people who have coronavirus don't know that they do and could unknowingly be passing the virus on to their

loved ones or work colleagues. Regular rapid testing twice a week helps to pick up cases that might otherwise not have been discovered, knowing this can break the chain of transmission, helping us to protect people around us and safely get back to the things we enjoy.

You can request an assisted test or take a test yourself at home with a self-testing kit. You can collect a supply from several locations locally, including Bury Blind Society or have them posted to your home by ordering them online. If you cannot order them online, you can request them by calling 119 (7am to 11pm).

Find out everything you need to know, book a test or request/arrange to pick up testing kits to use at home or latest information about testing: www.bury.gov.uk/coronavirus-testing

If you have a general enquiry or need some support email: buccg.covid19testing@nhs.net or call 07971 799991 (Monday to Friday, 9am to 5pm).

Testing when you have symptoms of coronavirus

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 - we urge you to get tested as soon as you can to protect yourself and the people around you. A range of testing options are available right across the borough including a walk-through, drive-through and bookable options.

If you need some support to book a test call 119 (7am to 11pm).

Emotional wellbeing support

If you feel you need some extra 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. You can access advice, guidance, and signposting to local services by calling the Getting Help Line on 0161 464 3679 (Monday to Saturday, 8am to 8pm).

Find out more about other mental wellbeing support available locally: www.bury.gov.uk/mentalwellbeing

Let's Get Physical!

This month we are promoting our own Walking Group! Over the past 18 months many of us have found our stamina has reduced. Taking a short walk with a few friends can help to build that back up. Join Michael and Jonathan on Friday 20th August at 10.30 in the Sensory Garden at the Centre for a gentle walk to Manchester Road Park.

If you are feeling more energetic, why not join our 'Steps for September' and help the Centre too by raising some funds? One of our new trustees, Cath Harrop, is embracing this healthy 'fundraising challenge' and looking to complete 150k steps throughout September. Cath has set up a Fundraising Page on Virgin Money Giving. Why not join the challenge by counting your own steps and help us out too! Don't forget, it's throughout the month of September so your monthly walk will count – and even walking up the stairs! If you would like further information on how to join in, or sponsor, then give us a call on 0161 763 7014.

On the subject of walking, we are joining forces again this year with Bury Lions for their Walk 4 Sight sponsored walk. The individual £20 registration fee will go to Bury Lions, but all other monies raised will go to Bury Blind Society. If you want to join in, the date is Saturday 9 October, following a slightly different route this year, starting and finishing at The Burrs Country Park totalling approximately 8 miles. For more information and a sponsor form, please contact email jill.logan@buryblindsociety.org or ring 0161 763 7014.

Scam Alert!

Here's the monthly contribution updating on scams from Barry Grigg, Trustee and the Network Manager, Northwest Region, for HSBC Bank.

A very topical scam to be aware of this month. Watch out for emails supposedly for the NHS. The address will be spelt incorrectly i.e. nhs@nhsconatct.co.uk with the Subject Line: Apply Now for Digital Passports To Avoid Restrictions. The scammers are seeking to trick the eye into thinking the word "contact" is correct. The grammar isn't great in the body of the email, but, as always, they are endeavouring to hack your information. Ignore!

Barry Grigg – Trustee.

What's Going On – we have produced a separate list at the end of this edition with current details of all the regular events during this month.

Low Vision Demonstration Appointments – 2 August. Big thanks to Mark from Optelec for bringing some amazing magnification equipment in and providing one to one sessions. Mark said he felt the appointment system worked better than the Focus Days as he could spend more time with each customer. Further demonstrations are planned later in the year.

'What Did You Do': Thank you to all who have contributed to this project with Elizabeth from Extant. During September we will be contacting contributors to join in a Celebratory Afternoon Tea so watch this space!

Big Thank You: to Rochelle Gardner of Morrison's Whitefield and Jill Brady, Asda, Pilsworth & Bury, both Community Champions and champions in our eyes for their wonderful support of refreshments. These donations will be used to ensure we can provide individually wrapped biscuits and brews when members make that step back into the Centre.

Phone Friends Group: Paul Forrester and Sue McDonald have been meeting a number of their 'Phone Friends' face to face over the past two months. The group have now decided to meet weekly in the Centre at a new Tuesday afternoon drop in 1pm-3pm starting on Tuesday 24th August. The Drop In is open to others too, so why not come along? If any other Phone Friends would like to start to meet in the Centre, do let us know. There are three Drop Ins during the week, Monday, and Wednesday mornings 10am-12pm or the new one starting on Tuesday afternoon. If you would prefer to book a session, let us know – we'd be happy to see you.

Bloco Ashê 'Over 50's Drumming Out of Isolation'

Free workshops for Bury residents at The Met, starting on Wednesday 18th August 12 til 1pm, 8 sessions every Wednesday. To book your place email Deborah on dkgregory89@hotmail.com or ring The Met on 0161 761 2216. If you don't feel you can commit to 8 weeks, why not contact Mags or Michael from our Music Group as Zac, from Bloco Ashê will be holding a one-off workshop at the end of September in the Centre. Ring the office if you wish to be contacted.

Phoenix Footcare – we are hoping to resume our monthly Foot Clinic soon. In the meantime, don't forget that Dougie, a qualified Foot Health practitioner, is available for mobile footcare in the comfort of your own home. Telephone 07557 516 879. Don't forget to mention you are from Bury Blind Society as Dougie kindly donates a percentage of his fee to BBS.

Big Sunday Sale – The Bowling Green, Royds Street, Tottington. 22 August. From 11am. Finally we are having a stall at a Summer Event! Why not come along and see what's on? It would be lovely to see you there.

Monthly Gardeners' Gossip – starting Monday 23rd August 1pm-3pm. Many have commented on how lovely our Sensory Garden looks. It doesn't just happen; we have a secret weapon in the shape of Steph and Michael! Both these amazing green fingered volunteers help to maintain and develop the garden. Why not come along to this monthly informal session to share gardening issues and tap into a wealth of gardening experience. This month the theme is 'Preparing for Autumn'.

Bury Market Stall: Wednesday 25 August. Stall 27 on the Open Market. Come and visit our stall selling bric-a-brac, books, and a selection of clothing.

Spread The Word! Throughout the month of August, we are one of the charities listed for the Green Token Scheme at Asda, Pilsworth. Vote in store, or on-line <https://www.asda.com/green-tokens> and select Pilsworth from the drop-down box. You can revote every 7 days!

Struggling for Transport to the Centre?

This month we are highlighting the Ring & Ride Service. Several of our members and volunteers have used this service as they have been uneasy using public transport and taxis. The feedback has been extremely positive, with staff providing support to and from the Minibus. The service has implemented enhanced safety measures including regular sanitisation and restricted numbers to ensure safe distancing. All drivers are wearing masks and appropriate PPE.

If you would like details on the service ring 0161 200 6011 or 0845 688 4933. To qualify you must have a TfGM Concessionary Disabled Person Pass or a Concessionary Plus Pass or a TfGM Over-60 Concessionary Pass be over 70 and have difficulty walking or use TfGM travel vouchers.

It's Good To Share'

It's never easy approaching delicate personal care topics, but rest assured, no one experiences difficulties due to sight loss in isolation. A common difficulty many people can experience, for example, is going to the bathroom. Some key pieces of advice to make this scenario more accessible can include using a brightly coloured toilet seat; this can help some people locate the toilet in a room they may be unfamiliar in. For gentlemen, you may find walking up to the toilet so both knees are against the toilet bowl can help with direction. Another interesting solution is putting LED lights inside the toilet bowl. But a bulletproof solution, however, is a sit down wee! Save some time for those who may clean up after you by simply perching on the seat of luxury!

Eye Hear You Sessions: Many of our members also have to deal with the additional challenge of wearing a hearing aid. With this in mind, we have been successful in obtaining a grant to provide a number of small workshops, working with colleagues from Communic8te and other Audiology professionals to provide support and guidance on dealing with sight and hearing loss. If you are a resident of Bury and are interested in attending a workshop, please contact Gill Currie either by phone 0161 763 7014 or email, eyetalk@buryblindsociety.org

Special Thoughts:

We are sorry to report the loss of a long-standing volunteer and friend of the Society, Lorna Elmore. Lorna was involved in many volunteering roles over the years, including as a keen 'Can Collector', volunteer at the Ramsbottom Craft and Gift Show, plus a weekly slot as a 'Meet and Greeter' in the Centre. Lorna will be greatly missed by many. Lorna's funeral is at 10.30am on Thursday 19th August at Radcliffe Crematorium. Our thoughts are with Lorna's family at this sad time.

Donations.

We have really appreciated all who have supported us with donations throughout the past 18 months. Unfortunately, it will take quite some time to build up our fundraising activities again. If you feel you can help in any way, perhaps by joining our 100 Club, making a regular monthly donation or even a one-off donation, it all helps to keep the Centre open and available for groups and members. All donations will be used to directly support people living with sight loss. Thank you.

For further details, ring the office on 0161 763 7014 and ask for Jill Logan.

Monthly Prize Draw – ‘100 Club’.

Our July winners were No. 131, £117.00, No. 194, £58.50 and No.6, £19.50. Thank you to all the people who have joined us recently. 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.

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

Answers first! July’s Brain Teaser: More of a riddle this month: ‘I have branches, but no fruit, trunk or leaves. What am I? **A Bank**

What is 3/7 chicken, 2/3 cat and 2/4 goat?

‘Take 5’ Quiz. Answers from last month:

1. What colour are the seats in the House of Commons? **Green**
2. What was the name of Wendy’s dog in Peter Pan? **Nanna**
3. Which new British military force was established in 1918? **RAF**
4. Which TV detective lives in the village of St Mary Mead? **Miss Marple**
5. Who sang Unchained Melody? **The Righteous Brothers.**

This month’s Quiz:

1. What is the best-selling book of all time?
2. What is the middle name of Angela Merkel?
3. What was the name of the ship that brought news of the Battle of Trafalgar to Britain?
4. In Only Fools & Horses, by what name did Trigger always call Rodney?
5. Catalonia is a region of what country?

Good luck!

Stay safe and well and we look forward to seeing you back soon!

Jill and all the Bury Blind Society Team

Registered Charity No. 1102525



Bury Society For Blind and
Partially Sighted People

Regular Social Events – Bury Blind Society

Monday:

Every Monday: 10am-12pm: Monday Morning Blues? Join Margaret and Russ for a Monday 'weekend review' at our weekly Drop In.

Fortnightly, from 13 August, 1.30pm – Virtual Music Group. Just for fun with Mags and Michael. All welcome. See exciting invite in main bulletin regarding a Samba Drum workshop!

Fourth Monday: 1pm-3pm: Gardeners Gossip! Come and join our 'resident gardeners' Steph & Michael, who make such an amazing job of the Centre's Sensory Garden for an informal sharing of hints and tips. This month's theme 'Preparing for Autumn.'

Tuesday:

Every Tuesday: 1pm-3pm, starting 24th August, an afternoon Drop in with Paul and Sue.

Third Tuesday: Retinal Dystrophy Support Group: A welcome return to our RD Group. In August, meeting at The Fusiliers at 1pm.

Wednesday:

Weekly Morning Drop In: 10am-12pm: Sid and Murium welcome you to join them for a brew and biscuit every Wednesday morning in the Centre.

Monthly Makes! Every second Wednesday at 2pm: Join in some fun, simple craft ideas in the Centre or you can join via Zoom and phone line. Activity packs are sent out if attending by Zoom prior to the session so booking is essential.

Third Wednesday: 1.30pm: The monthly Macular Support

Group: This group is accessed by a land or mobile telephone line. All welcome.

Fourth Wednesday: 2.00pm: Glaucoma Support Group: We are delighted the Glaucoma Group are now holding sessions back in the Centre.

Thursday:

Third Thursday: 10.30am: Healthy Living: 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.

Friday:

Currently Fortnightly – Friday Lunch Club: 20th August and 3rd September. Spaces are limited so booking is essential. 11.30am-1.30pm. Why not join Carole and Mags for a delicious home cooked meal like Fish and Chips, Chicken Paella or Pork Escalope to name just a few? Ring the office to book your place. All welcome. Book by the Thursday before meal date.

Third Friday: 10.30am - Monthly Walking Group: Time to get walking, starting this month with a short walk to Manchester Road Park. Michael and Jonathon will guide and support you to enjoy getting back to walking. Meet in the Garden at the Centre.

Fourth Friday: 1pm: Access Forum: A virtual forum providing an area to voice concerns ranging from support in Supermarkets to uneven pavements and overhanging foliage, led by our Early Intervention Officer, Kelly Marno. Currently only available via Zoom and phone line. Contact the office for details to join.

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.
