



Bury Society For Blind and
Partially Sighted People

Monthly V.I. Link – Issue 29

March 2022

It seems timely, as we approach the two-year anniversary of the first COVID lockdown, that at last we, in this country, are able to look forward to better days. Sadly, that is not the case in other areas of the world and our thoughts are with the people of Ukraine at this distressing time. You may feel helpless and keen to support the people of Ukraine. The Polish Club in Bury has been sending parcels of clothes and other items over to support. However, thanks to the overwhelming response of the community of Bury, they are currently unable to accept clothing donations. If you wish to show your support you can donate on line, or via the phone to many charities supporting this cause. We have listed two for reference. The first is The Red Cross, accessed online by <https://donate.redcross.org.uk> or phone 0300 023 0820. The Red Cross is part of the Disasters Emergency Committee (DEC) which unites 15-member charities who are experts in humanitarian aid and specialist areas of disaster response. The second is UNICEF who work to protect children. On line they can be accessed via www.unicef.org.uk/unicef/ukraine or phone 0300 330 5699.

We are aware that one of our own volunteers has become an official volunteer for the Polish Club and is carrying out his own cash collection for the crisis if you wish to support him.

It is important though, particularly with the pressures many of us have experienced over the past two years, that you take time to enjoy the new freedom available, and, given the challenges others are facing in the world, value what we are now able to access.

At the beginning of March, we re-opened the Centre, with a number of restrictions, but never the less, a little closer to normality. It was a great pleasure to see some familiar faces returning to visit us including a number of volunteers. On Wednesday 9th we held our first Centre Volunteer's Coffee Morning, with Barry Grigg in attendance. Barry is our Treasurer, but also with overall responsibility for the Volunteer Strategy of the Society. He spent time talking to volunteers and discussing areas we wish to develop. We also had a lot of fun debating 'challenges' we could embark on to celebrate the Society's Centenary in a unique way. There was a number of suggestions, including a parachute jump, static cycle for 100 miles, abseiling down Peel Tower to name

just a few! From next week there will be a 'Make a Pledge' Board up in the Centre, and we are looking for offers and ideas to fill 100 spaces – so I guess the parachute jump etc are going to be up there!

Included in this will be the Lora Fachie Afternoon Tea, which, as I write this, I am eagerly anticipating attending tomorrow. Cath, our Trustee who is reviewing the Fundraising Events, has also been working hard on an event planned for June 16th at The Met – 'A 100 Voices Celebration', which promises to be a brilliant night. In the meantime, we are delighted to confirm that our Annual Quiz is back at The Elton Liberal Club with the famous double act – Yvonne and Carl. Make a note in your diary, Friday 29th April, 7 for 7.30pm start. Tickets are £6 each including pasty and peas, on sale from Monday 14th March via our website through buryblindsociety. sumup link, ring 0161 764 7014, or in person from the Centre.

As we move forward, and the Drop-In facility is open every day except Tuesday, printed copies of the Eye Chat Weekly will be resumed in the Centre and available via email. This V I Link will be produced every other month. So, this is the last monthly edition. Thank you for reading it, I hope it has been useful, and entertaining over the past two years. Enjoy this edition. **Jill Logan -CEO.**

Emotional wellbeing support

Bury's Getting Help Line is a confidential service run by the voluntary sector for people of all ages who are experiencing difficulties with their mental wellbeing. Access advice, guidance and signposting to support by calling 0161 464 3679 (Mon to Sat, 8am to 8pm), you can also email the team: gettinghelpline@earlybreak.co.uk

Healthier Living:

Our own 'Healthy Living Group' is going to be meeting in the Centre on Thursday 17th March 10am-12pm. Going forward the group are looking to book specialist talks or activities on the third Thursday of every month open to all. On other Thursdays, the thoughts are to develop themes per week, including on the second Thursday, continuing the Café Crawl, meeting at 10am then going 'On Tour' from 10.30am to explore other venues and check out their accessibility too! Do come along and join in. For more details contact the office.

‘Spring is on Its Way’ – and with it our interest in the garden awakens. However, very often that brings aches and pains. Here’s a few tips to help alleviate those issues.

When deadheading autumn plants and pruning summer-flowering shrubs, there is usually a lot of bending over, which can lead to an unnatural curve in our spine. Avoid adopting a poor posture by keeping your back as straight as possible. Take regular ‘posture breaks’ making sure you stand up and stretch to ease out any tension.

Digging garden beds: Maintain a healthy posture when digging by utilising gardening tools such as a wheelbarrow, trolley or garden stool. Use ergonomic digging tools to take pressure of your joints and avoid straining your back. Look for tools with cushioned handles which can really help arthritic hands.

Good To Share:

More and more retailers have card machine for payments. One of our clients, Michelle, recently went to her hairdressers and went to pay via the card machine. However, the unit did not have raised buttons for her to enter her PIN number. The hairdresser was mortified as had always been very aware of accessibility. She therefore did some research and obtained a grid template that simply fitted over the unit enabling Michelle to press the correct buttons. Don’t be afraid to highlight if something is inaccessible, as in this case, it may be the retailer just hasn’t realised and is keen to correct the issue.

How can you get a really burnt roasting dish sparkling again? Put a dishwasher table in it and pour (carefully!) boiling water on it and leave it overnight. You’ll be amazed how easily it cleans up!

More Scams:

Alan Norman shares his experience: Alan received a call from Sky, or so he thought, saying they could improve the efficiency of his Wi-Fi and as a loyal customer, they would refund £200. Obviously, they asked for Alan’s bank details to carry out this refund. Fortunately, Alan’s bank contacted him when they did not recognise the request and Alan was able to stop the payment. They sounded very convincing. A similar situation happened at the Society, when a person purporting to be from the Charity’s bank said there had been some request for payment which they felt was suspicious and could they check that they were authorised payments. Again, all sounded very plausible. It was

only the fact, after I (Jill) asked for information, that the caller quoted an incorrect name for the bank signatures and I became suspicious and refused to give any further information. Do be on guard for any unusual requests – the scammers are good at what they do, they make it sound very realistic. Don't give out any bank or personal details.

News and Upcoming Events:

Our Access Awareness Group are looking to attend a 'Mayor's Question Time' with Andy Burnham to raise the issues of pavement parking and lack of talking buses. The next Question Time is on March 23rd 7pm at the Bolton Arena. Tickets are also available for Zoom attendance. If you are interested in attending via Zoom the link is: www.eventbrite.co.uk/e/mayors-question-time-march-23-7pm-askandygm-tickets-288425266737

A further item that was highlighted was bins, as an ongoing issue regarding obstructions and not being put back in the correct place. Present solution is to enrol onto the Bury Council's assisted bin collection. Go onto Bury Council website and search 'Assisted Bin Collection'. In addition, Bury Blind Society have produced stickers to put on bins. However, members of the group felt that people should request stickers from Bury Council to reiterate to the Council how important appropriate bin returns are.

Radcliffe Regeneration plans. There are plans out for review, including the new Leisure centre in Radcliffe. Sam Barber, The Community Hub manager for Bury West is encouraging residents to give their views on the plans. These are on display at The Radcliffe Regeneration Office, 4 Dale Street, Radcliffe. Drop In is open from 10am-3pm. At a recent meeting with Sam, Jill Logan highlighted the inaccessibility of the plans for members. Staff are on hand to talk through the plans if required, or if you would like BBS to arrange for a representative to visit the Centre and present the plans, please let us know and we will arrange.

Wills & Power Of Attorney: Areas that can cause confusion. Prior to the pandemic, we were in discussions with Woodcocks to look at a monthly 'help desk'. Jill Logan is meeting with Holly Gethin of Woodcocks to look at instigating this in April. If you would like more detail, updates will be on our website or ring the Centre.

Blue Badge Applications and renewals: Many of our members have expressed their frustration on the inaccessibility of the renewal process. As usual, it has

all gone on line. We are working with the Council to highlight this problem, but in the meantime, we are offering to complete your applications for you. There are two options, a) if you are able to get into the Centre yourself, we can book you an appointment to come in and then complete the form over the phone and via the internet with you. There would be a charge of £10. b) if you are unable to come into Centre and require a volunteer driver to bring you in, we can arrange this and then complete the form as above. There would be a charge of £15. As the information provided is confidential and you will be required to pay your renewal fee with your bank card, we are only carrying out these appointments with employed, police cleared staff. If you wish to book an appointment please ring Gill Currie at the Centre on 0161 763 7014.

Eye Talk 22. As there are a number of new clients wishing to attend the Eye Talk Programme, our next session is currently full. However, if you would like to attend future sessions, please do not hesitate to contact us to be placed on the next course.

Hearing and sight loss: On Thursday 31st March we will be holding a 'Focus day' with our colleagues from Communic8te where pre-owned and display equipment will be available to purchase at discounted prices. We will also be demonstrating various equipment for you to 'try before you buy'. For further details, ring Gill Currie who is also taking bookings for another 'Eye Hear You' workshop for people with both sight and hearing loss.

A World of Touch: On Wednesday 2nd March we spent a very entertaining morning reviewing the world of touch. This included Sid providing some interesting background on the development of braille and everyone trying to 'read' some braille. There was discussion regarding the different bottle tops on milk to enable you to distinguish between skimmed, semi and plain, plus raised hazard triangles on bleach bottles. Next month there will be other aspects of touch being tried out to encourage us all to use this sense more. Why not come along? First Wednesday of the month during the Drop In 10am-12pm. No booking necessary.

Centenary Fun: Come and join our first celebration lunch with Carole and Mags on Friday 25th March. Be transported back to the 1920's with music and food. Tickets are just £8.00. The menu of the day is based on a middle-class family meal of Vegetable soup, Steak and Kidney Pudding and a Trifle.

In April we are moving onto the 1930's with Split pea soup, Pork casserole and good old Bread and Butter pudding. Just ring to book your place.

Monthly Walk: 21st March meeting at the centre 1pm. As the weather in February was so awful, the Hollingworth Lake walk has been postponed until March with a trip to Entwistle Reservoir is planned for April. Sighted guides accompany you on the walk or you are very welcome to bring a sighted friend. Please check prior to attending as the walks are dependent on the weather. Office: 0161 763 7014.

Monthly Makes: 2nd Wednesday of the month, next meeting 13th April 1.30-2.30pm. This month the group will be tackling some glass painting. Help is on hand for anyone wishing just come and have a go. It all for fun. Please ring to book your place the week before to ensure enough materials are prepared.

Foot Practitioner: As we are now back open, Dougie is providing a regular slot at the Centre. Appointments for footcare are available on the second Friday of every month from 10am. The next session will be: Friday 8 April. Book through the Centre on 0161 763 7014.

Spring into Bury East! Along with a wide variety of community groups, we will be at this Family Fun Day being held at Hoyles Park, Huntley Mount Road, Bury. The event is taking place on Sunday 20th March, 1pm-4pm. Come and join the fun! We are looking for volunteers to help set up and others to help with the stall. If you are interested, please contact Jill Logan at the Centre.

Saturday 9th April: Come along to our stall at St Johns Craft Fair at Tottington. Lovely venue with a great little café! 10am-4pm.

What Have We Been Up to?

A fabulous time was had by all on Monday 28th February when Sid Pritchard and Geoff Kenyon entertained us at the Centre. It was very well attended which was lovely but there were a few people who hadn't booked. For the next session Monday 28th March, please can you book beforehand and not just turn up as unfortunately the room just isn't big enough! Either that, or we get an extension!! Thank you for your co-operation.

Volunteers Fair – Radcliffe 23 February. We had a stand at the VCFA Volunteers' Fair. It was a good event and so nice to see people face to face! We shared our stall with our friends from Age UK Bury, Jubilee centre, Jane and

Steph, who were wearing some very fetching yellow wigs.... maybe it's a way forward for Bury Blind Society? We believe the next Fair will be in Prestwich at the end of April.

Funding News:

You can support the work of the Society in a number of ways:

- **Amazon Smile**
- **Text via your phone.** Just use your phone and Text to: **70450**, with the message **BURY** to donate £5. You will also receive details to make a regular donation if you wish.
- **Co-Op Community Fund:** we are a nominated charity. If you are a member (just £1.00 to join), go to the Co-op website and nominate us to be your local cause.
- **Facebook:** We now have a 'Donate' button on our Facebook page.
- **Regular donation:** direct into our Bank. For more details, contact Jill at the Society. jill.logan@buryblindsociety.org or 0161 763 7014
- **100 Club:** Our Monthly Prize Draw. Just £1.00 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 available from the office. February winners were, No. 252 - £120.60; No. 16 - £60.30; No. 108 - £20.10.
- **Wills:** Why not remember our Charity in your will? Your donation will help local people living with sight loss access our services in the future.

Special Thoughts:

It is with great sadness that we have to inform you that one of our regular volunteers, Carol Wilding, passed away in February. Many of you will know Carol as she was a very active volunteer with the Society, and will be greatly missed. Carol's funeral is being held at Bury Cemetery on Monday 14th March at 11am. Our thoughts are with Chris and his family at this very sad time. Chris has kindly requested for donations to Bury Blind Society in Carol's memory.

Our condolences to any of our members or their families who have lost loved ones during this month. We would like thank members' families for remembering us when requesting donations for the Society. These donations will enable us to continue providing support for future members.

We are pleased to hear that both Ron and Tarnia are now on their way to recovery. Harry Johnson rang the Society last week and, although still not at

home, he wished to remembered to all, and particularly his Phone friend, Elizabeth.

Just for Fun.

Brain Teaser: Answer to last month's: First, I threw away the outside and cooked the inside. Then I ate the outside and threw away the inside. What did I eat? **Corn on The Cob** (again!)

This month's Brain Teaser: What can you hold in your left hand but not in your right?

'Take 5' Quiz.

February's Quiz answers:

1. Which bird can fly backward? **Hummingbird**
2. Who was the first female Prime Minister in Australia? **Julia Gillard**
3. Who was the only British Prime Minister to be assassinated? **Spencer Perceval – May 1812**
4. Who was the only musician ever to have been awarded the Nobel prize for literature? **Bob Dylan**
5. In tennis, which piece of fruits found at the top of the new Wimbledon trophy. **Pineapple**

This Month's Questions:

1. What was the name of the UK's first ever newspaper?
2. What was England's first purpose-built football stadium, opened in 1892?
3. Who is on the £10 bank note in addition to Queen Elizabeth II?
4. Which famous King of England is the Queen's 25th great grandfather?
5. In what country is K2, the second tallest mountain in the world?

If you've enjoyed our 'Just for Fun Quiz', why not come along to our annual Fun Quiz Night with Yvonne and Carl on Friday 29th April at the Elton Liberal Club, 7 for 7.30pm start. Tickets £6 per person includes pasty and peas supper. Max 4 people per team.

Keep safe, keep well and we look forward to seeing you soon.

Jill and all the team at Bury Blind Society.

Regular Centre Activities for 2022 - ring 0161 763 7014 for details.

Monday:

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

Monthly Walk: Third Monday of the month, meet at the Centre 1pm.

Weekly Music & Movement Fun sessions: 1.30pm-2.30pm. Join Mags for an informal music session – no experience necessary.

Fourth Monday: 1.30pm-2.30pm: Music Afternoon with a guest performer. Booking essential as places limited.

Tuesday:

No Drop In Available.

Third Tuesday: Retinal Dystrophy Support Group: Meeting at The Fusiliers Cafe at 12pm on Tuesday 15th March. Contact the office on 0161 763 7014 for further information.

Wednesday:

Weekly Drop In: 10am-12pm: Sid and co. welcome you to join them for a brew and biscuit every Wednesday morning in the Centre. First Wednesday of the Month 'World of Touch'. Second Wednesday 13th April – User Forum.

Monthly Makes Workshop- Every second Wednesday at 2pm: Please ring and book on to ensure materials are available for you on the day.

Third Wednesday: 1.30pm: The monthly Macular Support Group: Please contact the office for confirmation or if require assistance with transport.

Fourth Wednesday: 1.30pm-2.30pm, Glaucoma Support Group: Bernard and the group provide a warm welcome at this monthly group.

Thursday:

Weekly Drop In: 10am-12pm. Sue and Paul on hand to help.

Second Thursday meeting at 10am then off to local Café with Diane and co.

Third Thursday: 10.30am: Healthy Living: Come and join the Group as they plan events for the rest of the year!

Friday:

Weekly – Friday Lunch Club: 11.30am-1.30pm. Ring the office for menu details and to book your place. All welcome. Book by the Thursday before meal date.

Monthly – Foot Clinic: 10.00am-2.00pm. Second Friday of the month. Ring to book an appointment with Dougie.

Fourth Friday: 1.00pm: Access Awareness Group: Meeting in the Centre from March. Contact the office for details.

Quiz Night

The Annual Quiz Night is back!

Friday 29th April 2022
7pm for 7.30pm start

Main Event Room
Elton Liberal Club
New George Street
Bury BL8 1NW

Tickets Cost £6 per person
4 People per Team

Pasty and Pea Supper included in ticket
price

To book ring 0161 763 7014