



Bury Society For Blind and
Partially Sighted People

Bi-Monthly V.I. Link – Issue 30

May 2022

Welcome to our revised newsletter, produced every two months. It is a delight to see the Centre becoming busier, as groups, and individuals return. This week was our Volunteers Coffee Morning and again, lovely to see familiar, and new faces joining us for a cuppa. Next month, on 8th June we will be holding our User Forum, 10am-12pm open to anyone who uses the Centre but also a time to celebrate Volunteers Week and the Queens' Jubilee! We are holding a 'Jubilee Brunch' with bacon barmes, croissants, cheese and fruit platters. Do come along, to enjoy and update.

At the time of going to press, I have just been involved in a meeting reviewing Bury Council's Anti-Poverty strategy in light of the increased pressures on all households be it through fuel increases, cost of living etc. The voluntary sector as a whole are feeding into the strategy and we at Bury Blind Society are keen to ensure challenges our clients are experiencing are taken into consideration and addressed. We have already highlighted the difficulties in applying for Blue Badges and the Council Tax rebate if you are not on line or pay by direct debit. For us to represent your views, we need you, to let us know what the issues are. Whilst there will be an opportunity to voice your opinion at the User Forum in June, do feel free to contact us prior to that, either in person or on the phone so we can gain a clear picture on the pressure points to ensure accessible support is available where possible.

Thank you and enjoy this edition. **Jill Logan -CEO.**

News from the Groups

Monday Events Group: (MEGs). Monday 10am-12pm. An appeal for any 'artificial greenery' you may have tucked away plus glass jars – the more unusual the shape the better but no larger than a standard jam jar please. Also, any wood offcuts and old potpourri. Items can be left with Reception for the attention of the Megs group. Many thanks.

Fourth Monday of the month 1.30pm-3pm. Our Monthly Social takes place in the Centre. Please do book your place beforehand as space is

limited. For the month of May (23rd) we welcome back Bob Goodwin with his wonderful style of guitar playing. This will be the first time we have seen Bob since the beginning of COVID so we're really looking forward to his visit. For the June Social (27th) Alan Pritchard will back to entertain with his songs and tales to tell.

Retinal Dystrophy Group (RD Group) Third Tuesday. Due to holidays we are postponing this month's meeting until June where we will be meeting in the Fusiliers cafe on Tuesday 21st June at 12pm. If anyone needs further information about the group please get in touch with the Society.

Volunteers' Coffee Morning: Wednesday 13 July: 10am-12pm: Following our May Coffee Morning, Barry Grigg, our Deputy Chair and Treasurer was unanimously voted to give a talk at the July meeting on Banking fraud. For his day job, Barry is the Network Manager for HSBC so very well qualified to update us. Everyone is welcome to come along to this session.

Monthly Makes: Second Wednesday, 2pm-3pm: Again, due to holidays, this group will not be meeting in June.

Healthy Living Group: The Healthy Living Group meets up every Thursday morning from 10.30 to 11.30, with monthly talks from speakers on a wide range of topics. We explore all areas of healthy living including exercise, creative writing to reduce anxiety, anger and anxiety management, aromatherapy, self-confidence, meditation, healthy recipes and nutrition and much more! Everyone is encouraged to participate as much or as little as they wish, sharing their own experiences and tips! We have done hand massages, looked at sensory toys to reduce anxiety and stress, looked at mandalas, the Indian art form using circles and symmetrical shapes and have had a talk from Incredible Edible, who told us all about growing your own vegetables! Pop along on Thursdays to laugh and learn! Next week (19th May) Trudy from Living Well is coming along for our monthly talk, and then in June, Rachel will be demonstrating the benefits of Mindfulness. All welcome!

During the creative writing session, here's one of the poems that the group, lead by Jixie, came up with:

Emotions

Heaviness

Heavy as rock

Weighing me down

Tense shoulders

Like an elastic band

Clenched fists

Clenched jaw

Hiding the scream inside

That longs to spring forth

Head in a vice

Pacing, heart racing

Belly bursting with butterflies

Foot Practitioner Monthly Clinic: 10am-2pm, Friday 10 June. Let Dougie take the stress out of cutting your toe nails or sorting out that troublesome corn and support BBS at the same time. Dougie very kindly donates £7.50 for every appointment he has. Appointments booked via the Centre.

Legal Information and Advice: If you would like the opportunity for an informal chat about a legal issue, come along to the Centre on the second Monday of every month and meet Holly Gethin from Woodcock Solicitors. Holly is available at our Monday Morning Drop In session on 13th June 10am to 12pm.

1940's Themed Lunch - Friday 27 June, 11.30am for 12pm. This month's lunch is celebrating the 1940 and there is a special surprise! Along with the traditional themed lunch for just £8.00 pp, we are also welcoming Steve Fitt from The Fusiliers Museum who will be giving a short talk on life in the 1940's. The menu of the day is: Carrot Soup, Spam fritters, Woolton Pie with Peas, Carrots and Sliced Potatoes, followed by Batter Apple Pudding! Booking through the Centre.

Other News:

Bury Pipeline: This weekly audio service is now back up and fully running and expanding! In addition to the Bury Times they are offering Sunday People and Northern Life. The latter is a new bi-monthly publication. Letters informing Pipeline users of this addition have been included in the

Pipeline Pouch. Do check and return with your choice as soon as possible. If you wish to be referred to this service, just give the Bury Blind Society office a call on 0161 763 7014.

Monday Singers, United Reform Church, Bury. The Monday Singers are giving a concert in aid of Bury Blind Society on Thursday 9 June at the URC. Tickets are just £6.00, payable on the door. Starts at 7.30pm.

Let's Get Digital!! Over the next couple of months digital support will now be introduced into our Rehabilitation Team's home assessments. This will offer the opportunity for clients unfamiliar with digital equipment the opportunity to 'try before they buy' a tablet/echo device including Wi-Fi for a period of two months.

Eye Talk is Back! Gill Currie has now booked the first course of our Eye Talk Support Programme commencing Tuesday 31 May 1pm-3pm. If you are interested in attending future courses, please contact Gill at the Centre.

Exciting News. Wouldn't it be great to have complimentary services all in one place and seen at one appointment? Well, together with our colleagues at Bury Community Eye Services who provide the Low Vision Aid Clinic, we are piloting a 'Joint Clinic' at The Centre once a month. The first clinic will be on Wednesday 29th June then Wednesday 20th July. This option will be offered to new referrals when contacted by a member of our Early Intervention Team. For more details, please contact Gill Currie at the Centre.

Hearing Support: Speaking of shared clinics, following a slight delay we are hopeful that Lenke, the Hearing rehabilitation officer from Bury Council will also be in a position to hold a monthly clinic for appointments with clients who have both sight and hearing loss. More details as soon as we have a date.

Brighter Blinds, Walshaw. We couldn't let this section pass without mentioning Brighter Blinds who have very kindly fitted some vertical blinds free of charge in our 'Chatterton Room' where these clinics are going to take place. This will be of great benefit as it will provide more privacy for clients. Our sincere thanks.

Greater Manchester Fire and Rescue Services: Emergency Services Multi-Agency Operational Training: Tuesday 21 June: Here's an interesting one! Emergency Services are seeking 3-5 representatives with a visual impairment from BBS to join a wider group of volunteers to participate in

a training exercise! Volunteers are required to act as casualties and role play for a Chemical, Biological, Radiological and Nuclear materials scenario. Interested? For further information please contact Jill Logan at the Centre by Monday 6 June.

Beacon Service: Bury VCFA hosts the Beacon Social Prescribing service which connects anyone registered with a GP and over the age of 18 to access a whole range of groups and organisations providing activities across the Bury area. If you live in the Prestwich area, join the Social Drop In Café for a friendly brew and chat and find out what's going on locally. Every Tuesday 1-3pm, Church Lane Community Centre. For further information contact Julie Bentley, Beacon Service Link Worker on 0793576518.

Holiday Time: Now the summer is approaching, why not treat yourself to a holiday? Karen and Nigel Garry run North Wales Accessible Holidays for Blind and Visually Impaired registered charity. The charity has a number of fully adapted caravans for blind and partially sighted situated at Lido Beach Caravan Park. Prestatyn, North Wales. close to the beach. Check out their web

site: www.northwalesaccessibleholidaysforblindandvisuallyimpaired.org or phone 07900440693 or 01492531629 for further details.

Travel: Did you know, if you visit Wales you can purchase an all-day bus ticket for £11? An adult ticket will cost £5.70, a child (or young person with a My Travel Pass) will pay £3.70 and holders of English and Scottish concessionary bus passes will also pay £3.70. One ticket, for all day, is valid on North Wales buses in Wrexham, Conwy, Denbighshire, Flintshire, Gwynedd, Isle of Anglesey, —and on buses from North Wales to Chester, Whitchurch and Machynlleth.

Upcoming Events. Thursday 16th June, 7.30pm. Our 100 Voices Musical Evening is fast approaching. A magical evening of musical entertainment provided by friends of Bury Blind Society. There will be a variety of acts celebrating a range of 100 years of entertainment. Why not join us? Tickets are £12 available directly from The Met Theatre, Bury (plus £1 booking fee). www.themetbury.org.uk. Our thanks to Woodcocks Solicitors, Barlow Andrews Accountants, and Printforce, Bury for their support in the production of our 100 Voices event.

Bury Market Stall: Due to the planned regeneration works to the Market Parade area of Bury Market, the Charity allocated stall has moved. Look out for us on Friday 20th May and Friday 17th June on Stall 15. The usual bargains will be up for grabs!

Sunday 22 May 12pm-5pm – Prestwich Clough Day in St Marys Flower Park, Bury New Road, Prestwich M25 1AW. This is the first time we will have had a stall at this event. We really looking forward it and it would great to see some familiar faces visiting us!

Tottington Big Day Out, Sunday 3 July. Look out for our stall at this popular event.

Bury VCFA Volunteers Fair, Monday 18th July. 12pm-3pm. Ramsbottom Community Church, 1 Carr Street, Bury BL0 9AE. Following the success of these events in Radcliffe and Prestwich, we are showcasing our volunteer roles once again with a stand at Ramsbottom. If you, as a volunteer, would like to help out, please give Jill Logan a call. 0161 763 7014.

Funding News:

We are so proud to be celebrating 100 years providing support for people in Bury, living with sight loss. During this special year we are looking to our friends to help us celebrate this amazing achievement. This can be by joining in the various events already planned, or may be pledging your support by organising your own activity or event? We are happy to promote or provide support. It could be you wish to organise a Cake & Coffee morning or organise a sponsored event. Give us a call and we'd happy to discuss. Sid Pritchard has already made his pledge by training to do 100 miles on a static bike at the end of July. Sponsor forms, available from the Centre, and on-line donations via our web site, will be going live from 1 June for this event. Tracey Marno has committed to plant and sell 100 sunflower seeds – a target she has already exceeded so is now going for 200 and there will be a prize for the tallest sunflower. If you wish to purchase a sunflower, let us know and we can arrange collection. In our next edition we will be giving details of our Sponsored Abseil event in September!

As always, you can support the Society in a number of ways, purchases through Amazon Smile, texting 70450 with the message BURY to donate £5, Facebook donate button or as a regular donation direct to BBS. For more detail contact a member of staff at the Society. Every 6 minutes someone is told they're going blind. Every day 250 people start to lose their sight in the UK. Thank you for helping us to continue providing services and support.

A Big thank you to Steph Garvey and all at The Queen Anne Pub for raising an amazing £132.08 during an Easter event there. Also, thank you for looking after our group and providing such a lovely meal on Thursday 12 May.

Quiz Night 29th April. More thank you's! To Yvonne Wright and Quizmaster Carl Brabin for presenting the Annual Quiz 2022! A good time was had by all and it raised a fantastic £493.00 for the Society! Thanks also to everyone who supported this evening, we were overwhelmed with the attendance of 94 people!

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. Winners for March and April were:

March: First Prize, no. 408 - £120.60; Second Prize no. 156 - £60.30; Third Prize no. 275 - £20.10.

April: First Prize, no. 106 - £118.80; Second Prize no. 21 - £59.40; Third Prize no. 118 - £19.80.

Special Thoughts:

Our thoughts are with the relatives and friends of Brian Lansdale, Norman Hosker, Hilda Hinds and Jacqueline Ashworth, all of whom have sadly left us.

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

Just for Fun.

Answer to the March Brain Teaser: What can you hold in your left hand but not in your right? Your right elbow!

'Take Five Quiz'.

March's Quiz answers:

1. What was the name of the UK's first ever newspaper? **The Daily Courant, was launched with the reign of Queen Anne in 1702.**
2. What was England's first purpose-built football stadium, opened in 1892? **Goodison Park, costing £8,090.**
3. Who is on the £10 bank note in addition to Queen Elizabeth II? **Jane Austen**
4. Which famous King of England is the Queen's 25th great grandfather? **William The Conqueror.**
5. In what country is K2, the second tallest mountain in the world? **Pakistan.**

Let's test your Platinum Jubilee Knowledge!

1. How many grandchildren does the Queen have?
2. What year did the Queen make her husband a British prince?
3. How many UK prime ministers have served during the Queen's reign.
4. How old was the Queen when she made her first radio broadcast?
5. What age was the Queen when she was crowned?

We hope you enjoy the Jubilee Celebrations in June. 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-3.00pm: Monthly Social. 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 21st June. 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 'Sensory World'. Second Wednesday 6 June – User Forum & Jubilee Brunch.

First Wednesday, 1 June 1.30pm – Accessibility Review Group.

Monthly Makes Workshop- No meeting in June.

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:

Healthy Living Drop In: 10.30am-12pm. Join Jixie and crew for some fun, healthy activities ranging from hand massage, creative writing to plants! All welcome.

Third Thursday: 10.30am: Healthy Living group invite a guest speaker: May, Trudy from Living Well, June, Rachel and Mindfulness.

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.

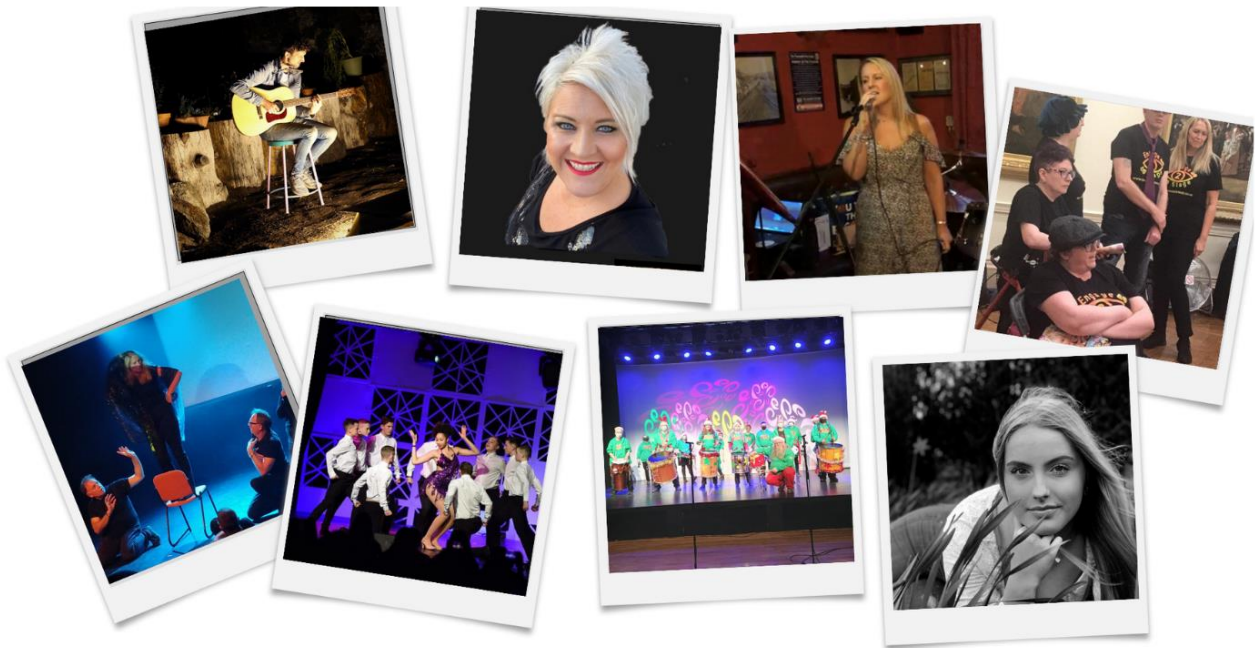
Monthly – Foot Clinic: 10th June. 10.00am-2.00pm. Second Friday of the month. Ring to book an appointment with Dougie.



Bury Society for Blind and Partially Sighted People

Presents:

AN EVENING OF 100 VOICES



Thursday 16th of June 7.30 pm -9.30pm

The Met Theatre Bury

Tickets £12.00

For Tickets :

themet.org.uk/whats-on/june/

Box office 0161 761 2216



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