



Bury Society For Blind and
Partially Sighted People

Bi-Monthly V.I. Link – Issue 31

July 2022

Finally, summer appears to have arrived and we are due some lovely sunny weather for the next week at least! Since our last VI Link we have had quite a number of events and activities taking place, more detail later. However, I would just like to say a huge thank you to all the acts who performed at our '100 Voices Musical Evening' at The Met in June. The whole evening was a joy, and such a varied mix of music and drama. We have had such positive feedback from people who attended and will definitely be planning another show in the future.

Our Jubilee Brunch went down extremely well too and we received an award! To celebrate Volunteers Week, Bury VCFA (Voluntary, Community Faith Alliance) presented us with a Certificate recognising the value of our wonderful volunteers.

(Picture below, photo of number of volunteers and staff with Barry Grigg, Trustee, holding a framed certificate, stood in the Lounge area of the Centre.)



This Wednesday, 13th July, is our Volunteers' Forum, which is open to everyone, not just Volunteers. We are delighted that our Trustee, Barry Grigg is coming in and giving a presentation on fraud and scams. Barry is the Network Manager for HSBC Bank so well equipped to update us all on the latest issues. The session is being held in the Lounge Area at the Centre and will start at 10.30am through to 12pm so do come along.

Jill Logan -CEO.

News from the Groups

Fourth Monday of the month 1.30pm-3pm. Our Monthly Socials are well and truly back and very well attended. As always, please confirm your place beforehand as space is limited. For the month of July (25th) Sid Pritchard will be entertaining us, and then in August (22nd) we welcome Michael Johnson back. Both these artists played at our 100 Voices event so we are looking forward to their return act!

Monthly Makes: Wednesday 13th July, 2pm-3pm: The group are back and planning activities for the next six months. This month they will be tackling 'glass painting'. In September (14th) we have booked a 'Swift Bird Box Workshop'. All materials are provided and a representative from the RSPB will guide us through the construction. We are also delighted that, as a companion piece to this event, we have a local swift expert coming to give a talk on these amazing species and the importance of creating a suitable habitat – date to be confirmed for September.

On the same theme, following a discussion with members, we have managed to secure the talents of Dr Amy Leedale for Thursday 15th September for a bird song talk. Please contact the Centre for further details.

Healthy Living Group: Our Healthy Living group are going from strength to strength with the variety of areas they are covering. Meeting every Thursday morning from 10.30 to 11.30, with external speakers or demonstrations once a month covering a range of topics. Currently the group are exploring healthy eating and Gary Armstead is coming in on July 14th to talk about developing a vegetable garden. All are welcome to come along and hear his words of wisdom

Foot Practitioner Monthly Clinic: 10am-2pm, Friday 12th August and 9th September. Have your feet pampered and support the Society at the same time. Dougie Warrington kindly donates £7.50 for every appointment he has. Appointments booked via the Centre.

Legal Information and Advice: Second Monday of every month 10am-11am Holly Gethin from Woodcocks Solicitors is available to book an informal chat about legal issues. If you wish to meet with Holly, please let us know and we will book a slot. As no enquiries have been received for Monday 11 July, Holly's next session will be Monday 8th August.

1960's Themed Lunch - Friday 22nd July, 11.30am for 12pm. Get those hot pants on guys and celebrate the Swinging 60's!! There will be a Fun Quiz and music from the 1960's to keep you entertained whilst you enjoy your prawn cocktail, spaghetti Bolognese and knickerbocker glory! All for just £8.00. Book soon as we are expecting this to be a popular session! Don't forget, we will be moving on to the 1970's with such classics as Staying Alive, Rocket Man, Heart of Glass and Dancing Queen – not to mention The Osmond's and David Cassidy!! As always, attendees are encouraged to dress for the era!

User Forum, Wednesday 8th August: 10am-12pm: During this forum we are looking to have a 'Bite Size' Eye Talk session. Gill Currie runs the Eye Talk programme for newly diagnosed clients and their families on a Tuesday. As part of a volunteer's induction, we encourage all volunteers to attend the course, where possible, to gain a good background into the work the Society do. Sometimes, it is not possible for volunteers to attend for various reasons. Following feedback therefore, we have put together a 'taster' to raise awareness for both users and volunteers. Volunteers and users who have attended Eye Talk in the past have all commented on how useful the course has been and we are hopeful this will be a really interesting session for everyone.

R.D Group – Tuesday 16th August. This group usually meet in The Fusiliers Cafe, however for the August meeting we have decided to meet in the Society at 1pm. This group is open to anyone who has a retinal dystrophy. Please feel free to bring along any friend or family member.

Thursday Afternoon Group: At the moment this group meets every week for an informal 'tea & chat' but have decided to have a special 'theme' once a month. The programme is currently being developed but ideas so far are: Bun & Bingo, Fun Quiz, Silent Auction plus more. These sessions will be on the fourth Thursday of each month. The first session will be on Thursday 28 July with a Fun Quiz so why not come along and join in the fun? Open to all clients, volunteers and family members. £3.00 includes refreshments.

Other News:

The Salle Angelo Fencing Club based at Heywood Leisure Centre kindly offered us 4 free places for clients to attend a Beginners Fencing course. Two of our clients started the sessions Thursday 7 July and we are really looking forward to hearing how it went in our next newsletter! As this is a pilot for all parties we hoping to shape the sessions for future courses.

Access Group: Would you like to make a difference? Are you living with sight loss and frustrated at the accessibility of shops, public building, roadways, paperwork, on line applications...the list is endless! Why not join our Access Group? The group have formed to provide a true listening ear for people with sight loss, who can understand the challenges themselves. Meeting once a month, second Wednesday at 1.30pm, the group aims to review and action issues that clients have reported. Or maybe you would like to offer your help with access audits, researching relevant public bodies for reporting or simply letting the group know your issues? Contact the office for more information.

You asked – We did. Update from the Access Group: On 25 January a client asked us for help because she tripped on a dip in the pavement due to a broken flag. A member of our staff emailed Bury Council and was told a 'works order' would be raised to put it right but to give them 14 days to complete the work. We were informed on 8 February that the pavement was fixed.

GM Sight Loss Council (SLC): On the 22 June a sub group of the SLC attended an Access Retail session at the Trafford Centre. This was to work with John Lewis to improve accessibility. Gill Currie, who attends the Sight Loss Council, Tracey Marno, Jim Currie and Diane Webb went along to the event. The key outcomes were as follows:

- John Lewis (Trafford Centre) Store and the Manchester Arndale Centre engaged with blind and visually impaired attendees on the night to take on board the issues when shopping in the stores
- All their staff are keen to be visually awareness trained, and also to be trained with sighted guiding skills, so that they can assist any customer who attends the store or the Arndale Centre.
- John Lewis do offer a personal shopper service for assisting with clothing shopping, you can book a slot on the Customer Service number 0345 610 0344
- John Lewis offer a telephone service, so if you need to order an item, and you cannot use the online service, their staff will take your order over the telephone.
- You are allowed to take any dogs whilst shopping in the John Lewis store, but you must use the outside entrance, as the Trafford Centre only allow assistance dogs within the Trafford Centre
- The Manchester Arndale Centre are looking at putting together a tactile map of the shopping centre, with guidance from the GM Sight Loss Council team

Community Eye Service and BBS Joint Clinic: As mentioned in our last VI Bulletin, we were planning a pilot project to provide a joint clinic at the Centre for clients. The first clinic was on Wednesday 29th June and the feedback was really positive. Most clients felt that, having the opportunity to meet both organisations under one roof was really beneficial and convenient. Our next clinic is on Wednesday 20th July. Our Early Intervention Team are contacting new referrals to offer this facility. If you feel this may be useful for you, then do contact Gill Currie for further information.

Upcoming Events.

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.

Party In The Park, Clarence Park: Join us and Friends of Clarence Park on Saturday 23rd July 12pm-4pm

Sid's Cycle Challenge for BBS Centenary! Client, Sid Pritchard, 78 years young is starting his 100-mile cycling challenge on Tuesday 2nd August at the Centre. Riding his static bike, the event will be launched at the Centre with balloons, butties and banners from 2pm – Why not come along and cheer Sid on? On Wednesday Sid will be outside T J Hughes, Millgate Centre from 10.30am, and then at Tesco, Bury on Thursday 3rd. The Grand Finale will be back at the Centre on Friday from 11am when we will be 'partying' with picnic packs, home baked cakes and stalls to celebrate this amazing effort. To sponsor or donate to Sid, go to our web site www.buryblindsociety.org and follow the link, or you can contact the office to add your name to Sid's Sponsor sheet.

Bury Market Stall: Friday 19th August, Stall 15 on the outside market.

BBS Celebration party: we did consider having a small party at the beginning of September but hey, when you're celebrating 100 years, why go small! We're currently sorting out a venue for a Centenary Ball for November – details to follow!

Sports September: You may recall last year we did 'Steps for September'? Well, this year, we've decided to go with a Sports Month!! Spurred on by Sid's efforts, we have an Abseil Day booked for Sunday 11th September, we will still be doing a 'Steps for September' but also looking at Swim September, 100 laps run relay, and many other ideas. We are happy to support any individual ideas e.g. the Bury 10K, with t shirt, promotion, sponsor packs or why not join in one, or more of the events coming up? We are introducing a 'BBS Centenary Sports Card' where the more activities you get involved in, the more points you score, with a prize for the most active supporter at the end of September! We will be releasing more details as events are finalised but if you want to discuss an idea, please contact Jill Logan or Cath Harrop through the office on 0161 763 7014.

Funding News:

Sun Flowers: Thank you to everyone who bought a sun flower, we raised over £200. If you have managed to look after your sun flower it should now be starting to flower. Please don't forget to measure it when you

think that the flower is fully open and it would be great if you can try to get someone to take a photograph of you and your sun flower and send it into the Society. We will be announcing the winner in September. –

Tracey Marno (Chair)

Monday Singers. What a great performance by the wonderful Monday Singers on Thursday 9 June. At the end of a very entertaining evening, we also had the added bonus of receiving a cheque for £500, and subsequently a further cheque for £105.00 from the raffle. Our thanks to all involved in the evening and the money will go directly to help support local people living with sight loss.

100 Voices Musical Celebration Evening: As already mentioned, the evening was so well received and everyone thoroughly enjoyed themselves. In addition, it brought in much needed funds amounting to £1474.99! Absolutely brilliant. Our thanks to sponsors, Woodcocks Solicitors, Barlow Andrews and Printforce, and all the staff at The Met for their support in helping to put this evening together.

Bury Grammar School: Over the past eight weeks, we have been working with Year 12 students to raise awareness of visual impairment. This programme included sighted guide training, visual awareness and several talks with clients. At the end of the sessions the students wanted to show their appreciation and join in our Centenary celebrations. On Wednesday 29th June approximately 20 clients were invited to an Afternoon Tea and musical entertainment at the Grammar School. The students used their sighted guide training to meet and greet clients. After being escorted to the tables, students chatted with clients as a trio of musicians played delightful background music, whilst enjoying tea and cake. We would like to thank the students and staff at Bury Grammar and look forward to further joint activities.

So Where Does this Money Go?

We often get asked just how much does it cost to keep the Centre and activities open. During Covid, we were lucky enough to finish paying our mortgage (£900 per month), which helped greatly with the reduced funding available during this period. However, we still have on-going costs covering, insurance, heat, light, water, maintenance and repairs, alarm systems etc which amount to £600 per week. All the money raised goes

directly to helping us to cover these costs and subsidise activities, transport and refreshments for clients. As many of you are aware, we request a £2.00 contribution when a volunteer driver is provided. All volunteers are encouraged to claim their mileage and are reimbursed at .40p per mile. Going forward, with the increased price in fuel, we feel it is only fair to increase this to .45p per mile. We therefore hope you will agree to an increase of £2.50 per journey to contribute to this.

Thank you for your continued support. If you would like any further information regarding costs, please feel free to contact Jill Logan CEO.

Other ways to Support Us:

Asda, Bury, Green Tokens. Until the end of September, we are one of the causes you can vote for by accessing Asda Green Token Giving website. You can vote every week so please do!!

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.

Don't forget, there are still plenty of numbers left in our 100 Club 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 May, June and July were:

May: First Prize, no. 180 - £115.80; Second Prize no.228 - £57.90; Third Prize no.61 - £19.30

June: First Prize, no.280 - £118.80; Second Prize no. 421 - £59.40; Third Prize no. 109 - £19.80.

July: First Prize: no 11 - £116.40; Second Prize no. 223 - £58.20; Third Prize no. 94 - £19.40.

Special Thoughts:

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.

During this period a number of our regular visitors, clients and volunteers, have not been so well. We wish to let them know we are thinking of them and send our very best wishes. In particular our thoughts are with Helen and Roy Read, Margaret Howard, Gary Spencer and Walter Dunn, and anyone else who is perhaps not feeling 100% at the moment.

Just for Fun.

'Take Five Quiz'.

How did you get on with your Platinum Jubilee Knowledge!

1. How many grandchildren does the Queen have? 4
2. What year did the Queen make her husband a British prince? 1957
3. How many UK prime ministers have served during the Queen's reign.14 (currently!)
4. How old was the Queen when she made her first radio broadcast? 14 years old.
5. What age was the Queen when she was crowned? 27.

This editions' five fun questions:

1. What country has the highest life expectancy
2. What is a group of pandas know as?
3. How many bones do we have in an ear?
4. What country has won the most World Cups?
5. Which planet has the most moons?

Take care everyone and enjoy the sunshine!

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 Centre at 1pm on Tuesday 16 August. 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 13th July – User Forum & Barry Grigg's Fraud Talk. Wednesday 10th August, Volunteers Coffee Morning with Bite Size Eye Talk session.

First Wednesday, 1.30pm – Accessibility Review Group.

Monthly Makes Workshop- 13th July, 10th August. 2pm-3pm.

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.

July 14th: 10.30am: Healthy Living group invite a guest speaker: Gary Armstead, Let's Talk Vegetables.

Fourth Thursday: 28th July, 1.30pm-3pm: Fun Quiz and Cuppa. **25th August** Bun and Bingo afternoon. All welcome to join in.

Friday:

Weekly – Friday Lunch Club: 11.30am-1.30pm. Ring the office for menu details and to book your place. All welcome. Themed Lunches through the Decades, just £8, fourth Friday of the month. Book by the Thursday before meal date.

Monthly – Foot Clinic: 12th August, 9th September. 10.00am-2.00pm. Second Friday of the month. Ring to book an appointment with Dougie.