



Bury Society For Blind and  
Partially Sighted People

## Bi-Monthly V.I. Link – Issue 35

### March 2023

At the weekend, weather permitting, I go for a long walk. I walk around the lodges up near Ainsworth and observe the brave souls swimming in the lodge, say hello to the horses, cows (if they're around) and, if I'm lucky, see a deer or two. Those little signs of Spring are just emerging. I love this time of year and even though, as I write this we've had snow and it is now raining – we all know that Winter is losing its hold, Spring is just around the corner. Those first snowdrops, the smell of the first cut of the lawn – the start of a new beginning.

I feel we too are facing a new beginning. Having weathered the Covid storm, we are now looking forward. Getting ready to meet new demands, provide the right support where it is needed, and maintain the activities still required. Your voice matters in ensuring our service addresses your issues. It's our User Forum in April and an opportunity to raise concerns or make suggestions. If you are unable to attend, then do ring, email or write to us with your comments, they are important.

There are new challenges for us all now with the Cost of Living increases, but, I always think, everything looks better when there's a bit of sunshine – hopefully our newsletter will bring a ray of sunshine to you too.

**Jill Logan – CEO**

### **Update on Services and Support**

**Henshaw's/Bury Bind Society Digital Enablement Clinic:** Chris has now become a familiar face at the Centre when at the Digital Clinic. He has even been known to pop into the Friday Lunch group for an informal chat when he gets the chance, so even more people are benefitting from his expertise. Remember, if you wish to have a one to one with Chris, then contact the office and we will make a referral, as there is a short waiting list for appointments.

Last edition we mentioned a 'Techy Forum'. The first session will be at the end of May and will include clients who have been trialling a range of USB players. As many of you will be aware, the company who made the small black players

we used to issue have unfortunately gone into liquidation. We have managed to source alternatives and the Rehab team have issued a selection to a focus group of new clients to assess the best quality. This will be the 'Headline Act' for our first Techy forum and will include feedback on experiences with mobile phones, podcast access, borrow box and Google lens. If you are interested in joining this session, please let us know so we have an idea of numbers.

### **Low Vision Aids Clinic -Community Eye Service.**

This clinic too is becoming a regular fixture in our calendars now as Noreen, the orthoptist, attends the weekly low vision clinic at the Society, three Wednesdays per month. Noreen can assess and provide magnification aids to help with reading, writing and other areas. As a Bury resident, you can be referred for an appointment by our Early Intervention Team or make a self-referral to this service on 0161 762 1692. The clinic also welcomes referrals from GPs or optometrists through the electronic referral system or email [SPOA.fax@nca.nhs.uk](mailto:SPOA.fax@nca.nhs.uk)

### **A Spring in Our Step!**

This month we had staff from the 'NHS Talking Therapies' service, formerly known as Healthy Minds. This is a great service available via self-referral or through your GP. It is not an emergency service and focusses on self help dealing with anxiety and stress – particularly for people with long term health conditions. They offer support and treatment if you're experiencing symptoms such as difficulty sleeping, low mood, stress, worry or anxiety, feelings of low self-worth or panic attacks. We are looking to invite a member of the team to a Wednesday Drop In session to provide an opportunity for clients, and volunteers, to hear about the service and ask questions. If you are interested in knowing more before then, you can access their referral form via <https://www.penninecare.nhs.uk/burytalk> or contact us for help in completing.

Don't forget Katy and Dougie hold their monthly clinics covering massage therapies and foot treatments. Dougie, a qualified foot practitioner, visits on the second Monday of the month but is open to providing additional clinics if demand warrants. Katy is at the Centre on the fourth Wednesday of the month – due 22<sup>nd</sup> March and 26<sup>th</sup> April. These sessions are open to anyone – not just members!

Health and well being includes looking after our bodies and we were delighted when Shelley Caulfield the Living Well Team manager came along to our Healthy Living group. With her own brand of enthusiasm, Shelley motivated everyone in the room to take part in a short programme of chair-based exercise and discussed the impact of healthy eating and exercise on your body. Back by popular demand, Shelley will be joining the group again on Thursday 23<sup>rd</sup> March, 10.30am -12pm – all welcome. Really well worth a visit.

Shelley is also coming along to the Glaucoma Group in April. In February, Tracey Marno, Trustee and Chair of BBS Committee, who is visually impaired herself, gave a demonstration of simple, gentle yoga exercises. Tracey undertakes these at her weekly yoga class. The session was really well received, hence the call to Shelley!

The 'Healthy Living Group' meet every Thursday morning 10.30am-12pm and cover a multitude of subjects from practical ideas on healthy eating to dealing with anxiety and stress busters! Currently they are working on a 'Positivity Journal' and are hoping to have Jean from Incredible Edibles in during April, along with 'Gardener Gary' again who, last year, gave a great practical demonstration on planting up tubs. There was also talk of an 'Easter Chocolate Fondue' session on 6<sup>th</sup> April, not sure how healthy that is but sounds wonderful! For further details, please give the Centre a call.

### **Further update on Activity Questionnaire.**

Continuing the theme of physical exercise, there's been plenty of enthusiasm by the clients, and support volunteers, attending the weekly Ten Pin Bowling sessions at Hollywood Bowl on The Rock. At the end of these subsidised sessions, all participants are demonstrating their skills in a Bowling Competition Tournament on Tuesday 28<sup>th</sup> March, fun starting at 5pm. Even if you haven't been able to attend the weekly sessions, why not bring the family and enjoy an evening out? For individuals it's £5.00 per person, or why not put together a team, up to 6 people, for just £30 for two games. All sighted participants will wear Simulation Specs to ensure it's a level playing field... and of course it's a great way to raise awareness of sight loss. Please do promote to local businesses, community groups as well as friends and family. For further details contact Gill Currie at the Centre. 0161 763 7014.

We have also just buddied up our first 'runners' Sam and Nadeem, who, now the lighter nights are approaching, are starting their journey to train for the Bury 10K in September. We have asked Sam and Nadeem to keep a journal so hopefully we can update you on their progress in the next edition!

### **Bury Active Lifestyle Discount Card:**

When the 'Activities' Questionnaire responses were reviewed, it became clear that accessibility was a big issue - both transport and the venues themselves. Following this up, we got together with staff from Bury Council's Leisure Centre service. If you are able to access your local leisure centre, then did you know about the Bury Active Lifestyle Discount Card? Details are available on Bury Council's website, [www.burycouncil.gov.uk](http://www.burycouncil.gov.uk) (type in Bury Active Lifestyle Discount Card) and we would be very happy to help you apply if you are interested. However, if you meet the eligibility criteria which includes, being on certain benefits, over 60, a carer, in receipt of Disability Living Allowance, you will be able to access facilities at a discounted rate or even free depending on circumstances. Definitely worth looking into! Addressing the access issues though, Zilpha and Lianne from the Leisure Centre, were very keen to meet up with a small group of clients for a walk through of Bury Leisure Centre initially and look at solutions to any issues that arise. If you are looking to attend the Leisure Centre but feel there are barriers currently, why not join the 'Access Group' and make a difference. Please contact Jill Logan 0161 763 7014.

**Walking & Cycling:** Michael and Jonathan are now busy planning our 'Nursery walking sessions' for the Spring, with the first one 20<sup>th</sup> March, meeting at 1pm at the Centre, a gentle introduction back to walking, going from the Centre to Manchester Road Park to start off with, where, of course, The Welly Café is based! Please let the office know if you intend to join Michael and Jonathan so we can ensure we have enough guides. If you feel like more of a challenge, we will be working with Nick Whitley and Andrea Sidebottom, the Clarence Runners, who operate from Clarence Park and the Friends of Clarence Park for other opportunities as the weather improves.

Cycling, now our Friends at Bury Tandem Club for Blind & Partially Sighted are always looking for new recruits – both sighted (particularly at the moment) and visually impaired, so if you are a keen cyclist already then why not contact them [www.bury-tandem-club.org](http://www.bury-tandem-club.org). However, not all of us are quite at the 40-60 mile weekly outings stage! So, we've been in discussions with George Wolstencroft

of Bury Living Well to look at utilising the Wheels for All facility. There is a facility with dual control bikes, Monday 10-11am and Thursday 10-1pm at Clarence Park and Openshaw Park, Thursdays 3pm-4pm. Sessions are £3.00 per person. Please let us know if you are interested and we can organise guides and transport accordingly. Another option is a private booking at Bury Athletics Ground, again if you are interested in being involved in this, please let us know.

**Healthwatch:** Beverley and Laura from Healthwatch met a number of the groups and joined our User Forum on 22 February to gain your vital input. They are working on the following project. It's not too late to feedback if you were unable to attend, details below:

**Have you got a sensory impairment or a mobility issue or care for someone who has? – by Healthwatch.**

We are currently reviewing Bury GP services and evaluating how suitable they are for access by those with additional needs. This includes those with sensory disabilities, such as hearing loss, deafness, sight loss and blindness. Additionally, we will be looking at how the surgeries are suitable for people with physical disabilities, including wheelchair access, seating, reception desks and more.

We are working alongside members of the public, GP surgeries and associated organisations to capture data, testimonies and witness the patient journey. Highlighting best practices and celebrating when things are done well.

Look out for our posters in GP practices and other public areas. There will also be a poster letting NHS staff know how they can access the survey.

If you require support to complete the survey, please contact us on 0161 253 6300 or email [info@healthwatchbury.co.uk](mailto:info@healthwatchbury.co.uk).

**Looking Ahead:**

**Family Support:** We are looking at setting up a monthly group to support clients who have partners or family members who are experiencing their own health issues, e.g. early dementia, mobility issues, cancer. Discussions are taking place with various partners to look at providing information along with

practical and emotional support. If you are interested in knowing more about these sessions, please contact the Centre for details.

**Young Working Adults: Hot of the Press!** We are very excited to be launching a new monthly interactive session aimed at supporting younger adults and their families navigating the challenging world of work, adult life and sight loss. Led by our own Trustee, James Sweeney who has experienced this journey first hand, the sessions will be via Zoom. The first session has been provisionally booked for Thursday 18<sup>th</sup> May at 11am. This will be confirmed nearer the date as we are waiting to hear if our first speaker is available, Neil Heslop, CEO of Blind in Business. Blind in Business was launched by three young graduates, to help other blind and partially sighted graduates to compete equally with sighted candidates for good jobs, by providing help, support and training, and by removing barriers to success. Since they started the business, it has grown beyond initial dreams, and now helps hundreds of people achieve their goals. If you know of anyone, or you would like to attend yourself, please contact us for further details and the link.

### **Wednesday Wisdom Sessions:**

We reported last time that Glynis was demonstrating the value of Air Fryers, first Wednesday of February. This was so well received, the Rehab Team have decided to make this a regular feature in the BBS calendar. In March, Glynis and Gill reviewed the new HuJu long cane tip – suitable (so we're told!) for all kinds of surfaces e.g. uneven pathways, grass and even beaches! Whilst certainly interesting it doesn't appear to be as hard-wearing as the standard roller ball tips plus at double the price, not particularly cost effective. However, did it do what it said? The jury was out as, with the pavements in Bury, it still got stuck. Maybe a little more work required on it for those type of terrains but good on grass.

Forthcoming sessions, first Wednesday of the month, will cover:

- 5 April: Microwaves and baking – making an Easter Cake!
- 3 May: Small Items, Big Difference: Demonstrating equipment to make daily living easier and safer.
- 7 June: Orientation and route support – new crossings.
- 5 July: Demonstration of Google Lens.

## Local Elections

On Thursday 4 May 2023, local elections are taking place across England. The UK Government has introduced a requirement for voters to show photo ID when voting at a polling station at some elections. This new requirement will apply for the first time in England at these local elections.

There are several accepted forms of photo ID you can use to vote at a polling station, such as, passport, blue badge parking permit, certain concessionary travel cards, a Disabled Person's Bus Pass.

If you don't already have an accepted form of photo ID, or you're not sure whether your photo ID still looks like you, you can apply for a free voter ID document, known as a Voter Authority Certificate.

You need to be registered to vote before you apply for a Voter Authority Certificate. When you register to vote, you'll be asked whether you have photo ID or if you want to apply for a Voter Authority Certificate. The deadline to apply for Voter Authority Certificate for us at these elections is 5pm on Tuesday 25 April. You can apply in a variety of ways. On line at [gov.uk/apply-for-photo-id-voter-authority-certificate](https://www.gov.uk/apply-for-photo-id-voter-authority-certificate). A paper application form and send to your local council. You can contact your local council and ask them to send you the form, or you can download it at [gov.uk/government/publications/apply-for-a-voter-authority-certificate-by-post-if-youre-living-in-the-uk](https://www.gov.uk/government/publications/apply-for-a-voter-authority-certificate-by-post-if-youre-living-in-the-uk). You may be able to apply in person at your local council office.

Alternatively, if you have a specific need because of a disability, you can ask your local council if they could accept your application over the phone.

The decision on whether or not applications can be accepted in person or by phone is the responsibility of the council.

Call our helpline on **0800 328 0280** to get contact details for your local council, who can:

- Help you complete your online application for a Voter Authority Certificate
- Send you a paper application form, and help you complete it, if you prefer to apply that way
- Tell you whether they can take your application in person or over the phone, and support you to apply in this way if so
- Tell you what face-to-face support is available, should you need it.

Rachel Everitt, Elections and Land Charges Manager will be attending our April User Forum to answer any of your questions in person. Do come along if you are unsure of any of the criteria required.

### **Eye Finance service:**

Our specialist Eye Finance team are on hand to help you apply for sight loss related benefits, review documents or support in applications for Travel Passes, Blue Badges etc. Bury Council has set up a special helpline to support Bury residents with the cost of living. Call 0161 253 5400.

We are delighted to report that our friends over at Age UK Bury are working in partnership with Citizens Advice Bury & Bolton and Age UK Bolton to deliver a new two-year project, funded through the Energy Industry Redress Scheme. This good news means they are able to continue supporting local residents with general benefits checks and support with applications for Attendance Allowance and Pension Credits. Maybe a friend or relative needs help? If so call **0161 763 9030** to book a free benefits check with Louise or Ruth.

**Bury Pipeline:** Some of you may have been experiencing some problems receiving this wonderful service. We understand there have been issues with pouches being returned and the post office but hopefully this has now been resolved. Pipeline wished us to pass on their apologies for any inconvenience, and it should be 'business as usual' from now on! If you are interested in receiving the Talking Newspaper or magazines produced by Bury Pipeline, give us a call and we'll pass on your details.

**Spotlight On:** This month we are featuring Mark, from Bury Hearing Hub. The Hub used to be known as Communic8te but has now re-launched.

Hi I'm Mark the Manager from Bury Hearing Hub

Bury Hearing Hub is a small hearing loss charity situated on Tenterden Street near to Bury Blind Society. Bury Hearing Hub offers a variety of services for those with a range of hearing difficulties. These services include Lip Reading Classes, BSL Socials and a Craft Group. The lip-reading class is held every Monday 1-3pm at Bury Hearing Hub £3 per session including refreshments. On the fourth Wednesday of each month we have the Bury Deaf Group Social for those who use BSL as their first language, and is £1 per session. We also have a monthly Ladies Craft Group who meet on Wednesday's 11-4pm. This



group welcomes those from the Deaf and hearing community with any degree of BSL. Throughout the year we hold information talks from a variety of guest speakers ranging from Bury Council, Six Town Housing and assistive devices suppliers.

New for 2023 we have welcomed two Level 3 BSL qualified independent advocates to the Bury Hearing Hub team. Sylvia and Linda can help anyone with a sensory loss with a range of information and support on a variety of topics including: housing benefits, community care and applying for travel passes. Advocate appointments can be made on a one to one basis by contacting us directly. A timetable for all our sessions can be found at [www.buryhearinghub.co.uk](http://www.buryhearinghub.co.uk) **FB:** BuryHearingHub **Twitter:** @Buryhearinghub

For any further information we can be contacted by the following methods:  
Bury Hearing Hub 8 Tenterden Street, Bury, BL9 0EG  
Telephone: 0161 763 4882  
Text: 07443822678

### **Funding & Volunteering News – Jill Logan**

Our bi-monthly Volunteers Forum was on Wednesday 8<sup>th</sup> March and coincided with International Women's Day too. We put together a display of just a selection of the many inspirational women who have influenced Bury Blind Society ranging from clients, visitors, staff, family members, community champions, partners and of course, our wonderful volunteers! We mustn't forget the men in our lives too - as one of our volunteers pointed out, its International Men's Day in November!

On Wednesday 15<sup>th</sup> March we will be busy in The Millgate Shopping Centre with our Mother's Day Tombola and also in Radcliffe at the Bury VCFA Volunteer Fair. Then on Friday we are giving our Blue Token campaign one final push in Tesco, Bury in the hope we can move into the second or first place. Three very worthwhile charities and we will all be winners at the end, as everyone gets a donation but it's been fun! Thank you to everyone who has helped to promote, and vote! Fingers crossed!

**Good News: We are delighted to report we have been successful in receiving a National Lottery award from 'The National Lottery Community Fund'.** The Awards for All bid will contribute to our on-going running costs and enable us to continue with activities and events for clients. This has provided a much-needed boost to our funds with the increasing costs. We would like to thank all the National Lottery players for supporting this fund which provides a vital lifeline for small charities such as ours.

### **Others Ways to Donate:**

A big thank you to all who have donated to us during this period and a quick reminder of the various ways you can support us:

- **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.
- **Facebook:** We now have a 'Donate' button on our Facebook page.
- **Website:** Follow the 'Donate' button on our website.
- **Regular donation:** direct into our Bank. For more details, contact Jill at the Society. [jill.logan@buryblindsociety.org](mailto: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. Winning numbers since our last VI Bulletin:
  - February: 319, 39, 205.
  - March: 141, 183 293.

First Prize £118.50; Second Prize £59.25; Third Prize £19.75.

- **Wills:** Why not remember our Charity in your will? In April we will be launching a new service working with Bequeathed providing free wills. If you would like further information, please contact the Centre. We are very grateful to the relatives of clients who have left us over this period for thinking of us.

### **Remembering:**

Our thoughts are with the families and friends of all who have lost someone during this period. In particular we remember Edith Hemmings, Bernard Eardley, Constance Crook, Beryl Hilton and Ron Goulden. Constance, Beryl and Ron were all very well known to many of the members who attended the socials and the Centre. Before the pandemic, Ron was a regular at the Centre and very

supportive in speaking up for people with a visual impairment. He was instrumental in promoting sport for Blind people, and, in the words of our own Gill Currie, she would not have met her husband, Jim, without Ron – so a matchmaker as well! Beryl too was a regular face, dropping in to say hello, or attending social events and the summer trips. Whilst Constance had not been mobile for some time, when our socials were held at Walshaw Sports Centre, Constance was a regular attender, sitting with Lillian and joining in the fun. All will be greatly missed by their friends here at the Society.

### **Upcoming Events:**

There are a few special events coming up in the next few months we wanted to highlight.

**Wednesday 12 April: User Forum, 10.30am-12.00pm:** this month we welcome Rachel Everitt, Election and Land Charges Manager to answer any questions you may have about access and the forthcoming Local Elections in May.

**Sunday 16 April:** Car Boot Sale at Holcombe Brook Sports Centre. 11am onwards. We have booked a table so if you have any good quality donations, please contact us and we can arrange collection.

**King's Coronation:** For many of us this will be the first coronation we've seen – so certainly a time to celebrate! Here at BBS we are holding a 'Kings Feast' Buffet and Craft Sale on Friday 5 May, open from 10.30am. Our 'Buffet in a Bag' will contain some special 'Coronation' themed treats and there will be a definite party atmosphere with games as well as some lovely crafts for sale – made by our own groups and members.

**Monday 8th May 2023:** The Big Help Out will highlight the positive impact volunteering has on communities across the nation. In tribute to His Majesty The King's public service, The Big Help Out will encourage people to try volunteering for themselves and join the work being undertaken to support their local areas. Here in Bury, a wide selection of charities and communities' groups, ourselves included, will be joining in the fun – more details to be announced!

**Friday 19<sup>th</sup> May 2023: Open Mic Night at The Swan, Tottington Road.** From 7pm, acts from 8pm. The Swan serves some lovely food in their restaurant area

so you can treat yourself to a meal too! Fills up quickly so please ensure you book.

**Speed of Sight:** Make a note in your diary! Tuesday 6 June, 6 for 6.30pm start. Registered blind, Mike Newman from charity Speed of Sight will be telling us all about his fascinating journey and achievements with cars, speedboats and even planes! He will also be talking about the Driving Experience for Blind & Partially Sighted People. Tickets will be £18.00 for Vi's and £20.00 for guests and includes two course meal with coffee/tea and mints. Tickets go on sale Monday 3 April.

**Themed Lunches:** Friday 24<sup>th</sup> March will be a celebration of St Patrick's day and then we move onto April. St George's Day will be the theme for Friday 28<sup>th</sup> April and then we have an Italian theme for Friday 26<sup>th</sup> May – ready for the Spring Bank Holiday! Please note, from April the cost of the meals will be £10.00 per person. Booking and payment required beforehand. Refunds only available if cancelled up to two days beforehand unless exceptional circumstances, to avoid food wastage.

'Raise A Glass' celebration evening: Is being planned as a Summer Barbeque event – to be confirmed

### 'Take Five Quiz'.

#### **Answers to edition 34.**

1. What century was William Shakespeare born? **16<sup>th</sup>**
2. What was the old name for a Snickers bar before it changed in 1990?

#### **Marathon.**

3. What is the only venomous snake native to the UK? **Adder**
4. Which card game would you aim to get the number 21? **Blackjack**
5. What is the second largest ocean in the world? **Atlantic.**

#### **This month's questions.**

1. Who discovered penicillin?
2. Which country won the very first FIFA World Cup in 1930?
3. In what year was the first-ever Wimbledon Championship held?
4. Which bone are babies born without?
5. Which of the Seven Wonders is located in Egypt?



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## **Regular Centre Activities:**

### **Monday:**

**Morning: Drop In 10.00am-12pm:** You are welcome to drop in any time for a cuppa. Volunteer Margaret will provide a warm welcome as your 'Meet & Greet' Host.

**Music Buddies Fun Afternoon: 1.30pm-2.30pm:** Held every Monday apart from the Fourth of the month.

**Second Monday 10am-2.30pm - Foot Practitioner Monthly Clinic:** Note: Next two months on Third Monday due to Bank Holidays. Next session 17<sup>th</sup> April, 15<sup>th</sup> May, 12<sup>th</sup> June. 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.

**Third Monday: meeting at 1pm: Monthly Walk group. 20<sup>th</sup> March, 17<sup>th</sup> April, 15<sup>th</sup> May. – weather permitting.** Please let the office know if you need a sighted guide.

**Fourth Monday of the Month: 1.30pm-3.00pm – Musical Social Afternoon.** £3.00 includes entertainment and refreshments. To book please contact the Centre.

**Tuesdays:** The Centre is available for external room bookings. Specialist courses such as Eye Talk are held on this day.

### **Wednesday:**

**Mornings: 10.00am-12pm.** Light refreshments always available at our Wednesday Drop in Sessions and a warm welcome with Sid, Carole and Gary.

First Wednesday: Wednesday Wisdom. Second Wednesday, 12 April, User Forum with guest, Rachel Everitt, Elections & Land Charges Manager.

**LVA Clinic: 9.30am onwards.** Weekly except Fourth Wednesday. Referral through BBS or ring direct for an appointment as listed previously.

**Second Wednesday, 2.00pm-3.30pm:** Our Monthly Makes group meet in the large area of the lounge producing a wide selection of items. Ring for further details and to book on.

**Third Wednesday, 1.30pm-3.00pm:** Macular Degeneration Support group. 19<sup>th</sup> April & 17<sup>th</sup> May.

**Fourth Wednesday, 10am-3pm Katy's Pamper Sessions.** Next sessions: 22 March, 26<sup>th</sup> April, 24<sup>th</sup> May. Book via the office.

**1.30pm-3.00pm, Glaucoma Support Group** – 22nd March, 26 April, 24<sup>th</sup> May.

#### **Thursday:**

**10.30am-12.00pm: Healthy Living Group** – this weekly group, led by Jixie, covers a wide range of subjects and on the third Thursday of every month invites a guest speaker. For further details please contact the office. Booking is helpful for refreshments but all are welcome.

**Afternoon 1.30pm-3.00pm: Over 60's Group.** Tea and chat group. For details, contact the office.

#### **Fridays:**

**Weekly:** The main lounge area is taken over with our 'Lunch Brunch'. Carole and Mags provide either a cooked meal or light snack each week. 11.30am-2.00pm. Places must be booked and paid for in advance. For menu details and to book, (no later than Thursday morning) call the office on 0161 763 7014.

**Fortnightly:** Henshaws/BBS Digital Clinic from 10.00am: Referral via BBS.

**Note: The Centre will be closed on Good Friday, 7<sup>th</sup> April and Bank Holiday Monday, 10<sup>th</sup> April for Easter.**