



Bury Society For Blind and
Partially Sighted People

Bi-Monthly V.I. Link – Issue 39

November 2023

Introduction

When the clocks go back at the end of October, I always think that it signals the countdown to Christmas. Sure enough, Christmas decorations and festive foods are appearing in the shops. We too are preparing for Christmas with our annual Craft and Gift Fair on Sunday 19th November at Ramsbottom Civic Hall. Even Santa is at the ready! I do hope some of you will be able to come along and, maybe pick up that unusual gift for a friend or loved one. The Café will be on hand to provide that welcome cup of tea and perhaps a slice of home-made cake! The fun starts at 10.30am until 2.30pm, entrance is 50p for adults, no charge for children and seniors.

There are further details of activities and events over the next couple of months later in this edition. Large print calendars and diaries are now available, so why not be organised and order for the New Year.

In the New Year, following feedback from yourselves, we will be looking at other methods to communicate, including text facilities, WhatsApp, frequency and length of bulletins. With this in mind, and given that we will be shut over the Christmas period, the next VI Bulletin will be due out in February 2024.

As this is the last VI Bulletin for this year, may I take this opportunity to wish you a happy, healthy Festive Season and, particularly at this time, look forward to a peaceful New Year for all.

Our Centre will close for activities and Drop Ins on Friday 15th December and re-open on Wednesday 3 January 2024. Our office and Early Intervention Service will close on Friday 22 December and re-open on Tuesday 2 January 2024.

Jill Logan - CEO

Update on Services and Support

Proposals to transform eye care to be unveiled to politicians

(taken from Macular Society News - Posted: Friday 27 October 2023)

Recommendations for a national plan to improve eye care services across the UK will be presented to MPs in Parliament next month.

The Macular Society will join The Eyes Have Its partnership in Westminster in December to discuss the proposals, which aim to reduce waiting lists and improve the overall eye health of the nation.

In August 2023, more than 640,000 people were waiting for specialist eye treatment in England, with nearly 20,000 people enduring year-long waits.

The Eyes Have It, a partnership of Roche, Fight for Sight / Vision Foundation, the Macular Society, The Royal College of Ophthalmologists, the Association of Optometrists and the RNIB, believes immediate action is needed to address the capacity crisis facing ophthalmology.

A plan for a national eye care strategy, which promises to transform eye care in the UK, will be unveiled at the event, which will be hosted by Marsha de Cordova MP.

Cathy Yelf, chief executive of the Macular Society, said: "This is an urgent situation now and unless there is action, it will get worse in the coming years as more people develop conditions like AMD.

"A national plan for eye care will help resolve the problems and improve outcomes for patients today and in the future."

As well as engaging politicians in discussions about policy changes needed to ensure sustainable improvements in eye care, the event will give MPs a chance to understand issues specific to their regions.

Westminster Eye Health Day will take place on Monday 11 December 2023, from 2.00pm to 4.30pm.

How can you help?

As known from previous events, Parliamentarians have been more likely to attend if encouraged to do so by you, their constituents.

You can invite your MP to attend.

If you don't know who your MP is, you can find your MP online, or contact BBS who are happy to look it up.

White Cane – friend or foe?

Recently we were discussing white canes with clients. Some admitted that they feel vulnerable when carrying a white cane of any sort, others felt empowered. There was also the question of people ignoring clients approaching them with a white cane – a guide dog never gets ignored! Did you know that there is a ‘White Cane Day’ (Sunday 15th October) to raise awareness of the white cane? Is this working, or does it need to be publicised more?

Below are two articles that might be of interest relating to this matter.

“My white cane is absolutely essential – I wouldn’t be without it”

(Article taken from Macular Society Website. Posted: Friday 13 October 2023)

When Julia and Irene step out of their front doors, they do so with an air of confidence - and it’s all thanks to their white canes.

Not only has this handy aid helped give them confidence with their sight loss, it’s also become indispensable as it guides them through each of their days.

Julia said: “Life would be much harder without it.

“It is absolutely essential that I use it and I wouldn't be without it. I use it every time I go out. If I'm going on the bus or if I'm going shopping I take it with me all of the time.”

But, for Julia, it wasn’t always easy to admit she needed the support of a white cane. The 73-year-old was first diagnosed with diabetic macular oedema in 2012, but it was a few years before she came to terms with the fact she needed the support of a foldable, symbol cane.

Julia, from Bewdley, said: “I was worried about the stigma at the beginning because it makes you stand out. But, after using it, it's given me more confidence. I don't mind using it at all now, but I think everybody finds it difficult in the beginning.

“Now I don't leave home without it, it’s really useful and people are very helpful too when they see I have it. If you've got one, they're a lot more helpful to you than anything else.”

London-based Irene, who has age-related macular degeneration (AMD), agreed with Julia’s comments and praised the assistance she has received from strangers who have noticed her white cane.

Irene, with white symbol cane in tow, said: “I felt very exposed at first, which wasn't a nice feeling, but I realised I had to persevere with it and now I'm quite comfortable using my cane.

“When I'm out with my sister she tells me it's like the parting of the Red Sea because people take note of my cane and give me room. It's impressive to her how accommodating people are, very obliging in general. Without it, people would just think that I'm being a 'fuddy duddy' and getting in their way or not moving quickly enough.

“But when they see the cane, then it gives them a certain understanding. It is amazing what a white cane can say to others and how helpful that makes it for me to get about.”

Seeing other people using their white cane has also been a big factor for Julia, who has seen her confidence grow after joining her local Macular Society support group.

She said: “I've got a lot more confidence using it. When I first got it, our group leader Jane would always tell me to use the cane more, and that was something that just got into my head.

“I go to the monthly meetings and what helped me was seeing other people with the cane and seeing how they were able to adapt. Seeing other people, you know you're all one – if they can use the cane then so can I. You have to accept that and then get on with your life, you can't sit back otherwise you hang back.”

A matter of White Canes: Daniel Williams, Visualise Training.

Created by the Americans, White Cane Day is now firmly embedded in the UK Disability Awareness calendar. Celebrated annually on October 15th, its aim is to increase public awareness, acknowledge and celebrate the abilities and achievements of people who are blind or visually impaired.

I have a vision. Far too often there's still the misconception of a single type of visual impairment, requiring a single response. An inability to 'read the cane', and what it reveals about a user's level of vision often fuels inappropriate public responses to people with visual impairment; it leaves many worse off, feeling vulnerable and exposed to judgement.

To clarify, there are four types of cane used by people with visual impairments:

1. A symbol cane: shorter than the others and generally held in front of a user, this is used to let others know that the bearer is partially sighted. They will have low but useful vision; it is often carried by users in crowded areas, such as on the underground or busy shopping streets.
2. A guide cane: generally held diagonally across the body, this locates imminent obstacles, such as steps or raised paving.
3. A long cane: this is swept or tapped from side to side by a user, who often will have with no or severely restricted vision; it is used to feel for direction and potential obstacles. As its sweep is larger, it demands greater awareness from other pedestrians.
4. A deafblind cane: red and white banded, this signals both a combined hearing and sight impairment.

Long Cane Etiquette: What advice would we give to sighted people approaching someone with a white cane in a busy area? To address the second question first, do you do the 'Long Cane Dance', undecided whether to go left or right to avoid the client or just stop dead? Our Rehab Team came up with the following advice. If meeting on a pavement, go to the road edge and let the long cane user take the path nearest the wall/garden etc. If being approached in a shopping area/busy area, pull into the left, as you would do on the road when letting someone pass. Do you have any ideas or thoughts in this area? Do let us know.

'Tech Talk': This is our 'sharing hints and tips' session between clients, volunteers and friends and meets on the fourth Wednesday of the month from 10.30am-11.30am. For November's session we are showing a 'Tech Clip' from Visionary's Tech Forum, discussing a gadget that can tell you where you are if you lose your bearings, when it's safe to cross and many useful pieces of guidance information – all in the form of a watch or clip onto your long cane. Sounds fascinating. We will also be sharing thoughts on on-line shopping and how Alexa can help, or can she? All welcome, both clients and friends. Light breakfast refreshments available to. November meeting is Wednesday 22 November.

'Support 4 All' (formerly Family Support Group). Make a note in your diaries for **Wednesday 15th November 10.30am-12.00pm** as we welcome

representatives from Age UK Bury and Citizens Advice, Bury & Bolton. The theme for the session is 'Benefits, Information and Advice'. Age UK will be enlightening us on the many services they provide, including their Benefit service. Alan Fitzpatrick (CABB) will be introducing a new Drop In clinic being launched 24th January at Bury Hearing Hub and 21 February at our Centre, providing generalist advice using trusted sources such as the Citizens Advice web site, UK Gov website. This service is available to any resident of Bury. Plus, there will be a representative from our own Eye Finance Team on hand for questions relating to Sight Loss benefits and support.

Eye Matters – Working Age Clients. On Wednesday 8th November, 1.30pm-2.30pm we will be joined by Gareth Snook from the Early Break Service. Early Break is a service designed to meet the needs of young people and their families with regard to drug and alcohol use/mental health in Bury and surround. We are particularly interested in hearing about their 'Closing the Gap' support which is a transitional service for young people. This promises to be a really enlightening session and we would encourage all ages to come along – you never know when you, or a family member might need help.

For the December Session, we're meeting a week early on 6th December with the Christmas break coming up. Following on from our Make Up & Clothes Show in October, there will be a 'round table' chat sharing ideas on make-up, skin and hair care specifically for those with sight loss. With Christmas approaching, it's a perfect opportunity to pick up tips for that Christmas get together – or preparing for a job interview.

If you would like to know more about these sessions, please contact Kelly Marno on k.marno@buryblindsociety.org

User Forum update: A Suggestion Box has been set up in the Centre' Reception Area where feedback and ideas are welcomed. Volunteers are on hand to write up your suggestion if you are unable to do so. The User Forum is open to all Users of the Charity, clients, volunteers, family and friends. Group Leaders feedback on their group's comments and what their groups are up to, individuals have the opportunity to make suggestions provide feedback. In the past, Guide-dogs owners have highlighted discrimination by taxi drivers, to the point where a taxi driver has refused to take a guide dog. Whilst a number of suggestions have been made, for January's Forum, we will be inviting Bury Council's Licencing to discuss solutions to this upsetting issue. If you have any

case studies of problems when booking transport as a guide dog owner, please let us know and we will raise them at the January meeting. The next User Forum Meeting is Wednesday 8th November, 10.30am-12.00pm

Update on Meeting with Moorside Councillors. Councillors have been back with proposed dates to meet. As there are three Moorside Councillors, plus Councillor Joan Grimshaw who has expressed a personal interest in facilitating these sessions, we are trying to fix a date suitable for all before the end of November. Progress will be reported in the next VI Bulletin

Wednesday Wisdom Sessions: First Wednesday of the month. 10.30am-12.00pm. For our November Sight Guide session, a number of guests from the U3A Group attended. All found the experience worthwhile and feel more confident in welcoming a person with sight loss to their various groups. Volunteers are also reporting that the refresher training is really useful as you are reminded, or even learn something new, every time. You are welcome to attend as many times as you want, but please can all volunteers ensure they attend at least one a year to keep up with their Volunteer Development. It is useful! The sessions are every other month, with the Wednesday Wisdom daily living skills/knowledge sharing on the other month. December and January are as follows:

6 December: Hints and Tips on how to deal with Christmas nibbles. Samples available!

3 January: Refresher Sight Guide training.

Ticket Office Closure: We are delighted to report the plan to close hundreds of railway ticket offices has been scrapped. The government's plan went out to consultation, with the decision to stop any railway ticket offices from closing confirmed on Tuesday 31 October. Many organisations and individuals campaigned on this subject including:

The Macular Society, Thomas Pocklington Trust, RNIB, Guide Dogs, Retina UK, Blind Veterans UK, Glaucoma UK, Visionary, SeeAbility and Fight for Sight who all sent a letter for the attention of the Secretary of State for Transport, the Rt Hon Mark Harper MP opposing the proposals.

Winter's Here: Energy conservation tips taken from the Government Website.

Whether in your kitchen, bathroom or living room, there are simple actions you can take to conserve energy that add up to large savings on your energy bills.

Follow the steps outlined below to reduce energy use in your household.

Turn down radiators in rooms you aren't using to save up to £50 a year

When you're not using rooms, turn radiator valves down to a lower setting.

Turning off radiators completely in rooms you are not using is less energy efficient as this means your boiler has to work harder to maintain the temperature of a room you are heating than if kept at a low setting. Turning off radiators can also cause issues with mould and damp.

People over 65, children under 5 and those with pre-existing health conditions are more vulnerable to cold temperatures. Make sure you are warm enough and have a minimum indoor temperature of 18°C (setting 2 or 3 on your radiator valves) to ensure you're healthy and comfortable.

Install an energy efficient shower head to save £40 a year

Energy efficient shower heads reduce the amount of water used by either regulating the flow or aerating the water. They can be purchased at any home improvement shop and fixed independently. Some water companies even provide them for free. They're not suitable for electric showers, which should be switched to 'eco mode'.

Wash clothes at a lower temperature to save up to £20 a year

Modern washing machines can clean clothes effectively at lower temperatures. Changing from 40°C to 30°C means you could get 3 cycles instead of 2 using the same amount of energy, depending on your washing machine.

Free actions

Using your tumble dryer less could save up to £50 a year

Tumble dryers are one of the most energy-intensive devices in the home. Use your tumble dryer less frequently by ensuring you have a full load, around three-quarters of the drum. Or use a clothes airer to dry clothes outside, or inside with a window open for ventilation. You should also avoid overfilling your dryer as this could lengthen the drying time.

Turn appliances off at the socket to save up to £50 a year

Almost all electrical appliances in your home, such as computers, televisions, smart devices and video game consoles, draw power continuously unless unplugged. Turn off the power switch at the socket or unplug appliances from the socket when they are not in use.

Take shorter showers and save up to £40 a year

Reducing your shower length to 4 minutes will save water and money on your energy bill. If your water is metered, it will also save you money on your water bill.

Low cost actions

Switch to energy saving light bulbs to save up to £40 a year

Traditional or incandescent light bulbs are very inefficient. By switching to energy efficient bulbs, such as LEDs, you can save money on your energy bills while keeping your rooms well lit. LED light bulbs also last longer than traditional bulbs, saving on maintenance costs. The amount of light, or colour of the light (white to yellow) is not linked to a bulb's energy usage, so you can get the same light at a much lower energy cost.

Client Updates:

As the clocks have now gone back, here's just a few things that might keep you company during those winter evenings

Entertaining evening Winter Warmers calls return – Macular Society, 27.10.23.

A programme of entertaining, weekly calls returns this winter to bring comfort and friendship straight to your home during the longer, colder nights.

The Macular Society's Winter Warmers is set for its fourth year in a row, with a number of talks and group performances lined up in the lead up to Christmas and continuing into the start of the new year.

This year's speakers range from record-breaking English Channel swimmer Sian Williams, to bomb disposal officer and author Lucy Lewis. There will also be a talk on British wild plants and The Dunoon Players will return with their take on a Charles Dickens festive classic 'A Christmassy Carol'.

The first of the hour-long weekly calls starts at 6pm on Wednesday, 1 November. They will take place every Wednesday, apart from 27 December, through to 28 February between 6-7pm.

Anyone is welcome to join the calls each week. If you'd like to join email winterwarmers@macularsociety.org or call the groups admin team on 01264 560 259 to register your interest in advance. The team will then confirm your space and provide details on how to join.

RNIB Radio:

RNIB Connect Radio broadcasts 24/7 and serves as your very own radio station. Enjoy a mix of information, entertainment and interviews hosted by our blind and partially sighted presenters.

Explore a diverse range of talk and music shows on RNIB Connect Radio, featuring topics such as technology, Talking Books, sports, accessible arts, vintage music, and emerging artists.

News, information and entertainment for blind and partially sighted people across the UK.

How to listen

Listening on the website

You can listen to RNIB Connect Radio using your laptop/computer/tablet, available 24 hours a day, seven days a week.

Listening on your TV

RNIB Connect Radio is available across the UK on Freeview channel 730. Find this Freeview channel through your television or set-top box.

Listening on your smartphone

RNIB Connect Radio is available on your iPhone and Android device by downloading the [Radioplayer app](#) or through your respective App Store. You can also listen through [TuneIn radio](#)

Listening on your radio

You can access RNIB Connect Radio via your FM radio if you live in the Glasgow area. You'll pick us up on 101FM.

Annual General Meeting – 12 October 2023.

There was a presentation of the Annual Review for 22-23. Diane Webb was voted onto the Board of Directors. The current Board consists of:

- Tracey Marno – Chair
- Barry Grigg – Deputy Chair and Treasurer
- Diane Webb – Company Secretary
- Deborah Podmore
- Cath Harrop
- Iqbal Mohammed
- Michael White
- Joan Grimshaw
- James Sweeney
- Heather Woodhouse (nee: Crozier)

Copies of the Review are available from the Centre. If you would like a copy emailed or sent to you, please ring and leave details with the office.

Fundraising, Events and Activities News:

Walk 4 Sight: October 2023:

Client, Nadeem Rana and Jill Logan attended the Walk 4 Sight event held by Bury Lions. Following the sad passing of Mike Davis, Bury Lions Chair who organised the 'Treasure Hunt Walk' last year, the shorter walk around the perimeter of Clarence Park was in memory of Mike. Mayor, Sandra Walmersley joined the group and walked a circuit being sight guided whilst wearing a pair of Simulation Spectacle. Whilst we did not expect any sponsor money, we were delighted when Sue Arnall (Eagles Wing Group supporting Refugees & Asylum seekers) visited us with her two grand-daughters, who had decided to donate their sponsor money to BBS. Both girls had met us on the walk and worn the Simulation Specs when carrying out one of the ten laps completed. They donated a total of £160.00. Needless to say, they were both presented with 'Thank you Certificates' for their wonderful efforts.

Race Night thanks

Thanks to all who have supported our Race Night. A particular thank you must go to Mike Edwards and Les Monger for suggesting, and organising, the event.

Their efforts were greatly appreciated. The evening raised an amazing £700 which will go directly to supporting local people living with sight loss.

Emma's Nail & Beauty Salon: We are delighted that Emma has extended her salon provision to include TWO late nights. In addition to the regular Thursday, from 1 November the salon will open until 8pm on a Wednesday too. Please do promote to family and friends. Contact Emma and book on 07850 276 649. Don't forget you get 10% discount as a client or volunteer of Bury Blind Society.

Thursday 16th November, 10.30am-12.00pm: Healthy Living Group: There will be a Christmas Calendar workshop for this session. All are welcome to join. Please note, there will be an additional charge of £2.00 pp for this session only to contribute to the material costs.

Age UK Bury – Jubilee Centre: Friday 17th November 7pm-11pm. Sing and dance to the music of the 60's,70's and 80's with DJ Paul and 'The Tenor Ladies' singing Trio. Tickets £10.00, available by ringing Duncan on 07939 099 869.

Our Annual Christmas Craft & Gift Fair: Sunday 19th November 10.30am-2.30pm. Ramsbottom Civic Hall. For that extra special gift. Santa, Café, live music and a wide selection of stalls – what's not to like!

Bakers Wanted!! Are you able to provide some baked items for our Cake Stall? We have some packs of cake mixes, oats, syrup and eggs donated by Tesco and others that can be used to make up some baked goodies for our Cake Stall. Can you help? All ingredients available. Please contact the office.

Monday 27 November: Monthly Music Social: As the Centre will be closed over Christmas, our November social will be the last of 2023. Michael Johnson will bring a festive feel to the afternoon together with yuletide refreshments – there may even be a mulled wine or sherry to toast the season! If you are not a regular attender but would like to join us, please book as soon as possible as places are limited.

Tuesday 28 November: Wrapping Workshop 5.00pm-6.00pm: Not to be confused with musical wrapping, this is our own gift-wrapping hints and tips! We're back gift wrapping in the Millgate Shopping Centre from 14 December to 24 December and desperately need wrappers! Don't be shy, come along to our workshop and we will show you how easy it is to make that standard gift look fabulous. Book on by calling the office on 0161 763 7014.

Would you like to help Santa and be an Elf? We are looking for volunteers to help out with the Rotary's Santa Sleigh collection on 11 December, need to be

able to keep up with the sleigh! Or 16 & 17 December static sleigh outside Tesco, Bury. Call Jill at the office or email, jill.logan@buryblindsociety.org.

Wednesday 29th November: 6.30pm: China Rose, Tottington. Buffet menu. VI's £15.00, Friends £18.00. Bookings and choices now being taken. Please note, unfortunately we are unable to offer volunteer transport to this event.

Saturday 2 & 9 December, 11.00am-4.00pm, Sunday 3 & 10 December-12.00pm-4.00pm. St Stephen's Church, Elton – Angel Festival. Come and see our very own Bury Blind Society Angel at this lovely event. Admission for Adults £3, children free. The Festival includes, raffles, school choir, Christmas market, organ recital and a café serving refreshments throughout – and let's not forget the display of angels from all areas of the community.

Saturday 2nd December, 2.00pm. Age UK Bury Christmas Concert: There will be a Concert led by the excellent Radcliffe Male Voice Choir to start the Christmas festivities at The Jubilee Centre. Doors Open at 1.30 pm, tickets are on sale at The Jubilee Centre, price £10.00 and this ticket includes refreshments at the interval.

Christmas Lunches: 8 or 15th December. 11.30am for 12.00pm start. This year Carole and Mags have gone for a 'non-traditional Christmas lunch' so you can enjoy your turkey on Christmas Day. The menu consists of soup or pate, Beef or Vegetarian Wellington, Christmas Pudding or Pavlova, Tea or Coffee and a mince pie! All for £13.00 pp! Book via the office.

Wednesday 13 December, 10.30am-12.00pm: Volunteers Forum. All volunteers, and clients are welcome to join us in some light Christmas refreshments and toast the year ahead. Also, an opportunity to put your name down for Christmas wrapping duties if you haven't already!

Christmas Raffle: In the last edition we launched our Christmas Raffle. Each newsletter had a book of raffle tickets in its envelope, or pouch if audio version. You are under no obligation to purchase these tickets, however, if you would like any additional books, please let us know and we will pop them in the post. Your contribution helps us continue our support service for people with visual impairment.

A Time to Reflect

In the past two months a number of our clients have passed away including Maureen Young a lady our Telephone Befriender, Judith, has been contacting

regularly since the beginning of Covid. Our thoughts are with all their families and friends at this sad time.

We also celebrate the long and happy life of Sid Pritchard who celebrated a 'significant birthday' on Saturday 4th November. Congratulations and our very best wishes to you Sid. Marlene Mitchell returned to the Thursday afternoon group last month. It was a pleasure to welcome Marlene back.

A big thank you to all who have donated to us during this period, it makes such a difference to the Charity.

What difference will your donation make?

£5: Would provide transport for a sight impaired member to attend an activity.

£10: Would fund a piece of specialist kitchen equipment for our daily living skills sessions.

£25: Would provide afternoon tea for a group of socially isolated visually impaired members.

£50: Would allow us to train a new volunteer in sighted guiding, first aid and visual awareness.

100 Club, Monthly Prize Draw. Just £1 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 are available from the office. Winning numbers since our last VI Bulletin:

October: No. 367 - £115.80; No. 13 - £57.75; No. 146 - £19.25.

Just because it's Christmas.....

Here's the answers to the previous Quiz, but of course, we couldn't resist having some Christmas Fun too!!

'Take Five Quiz'.

Answers to edition 38.

1. Shirley Crabtree Jr was a huge presence on the UK wrestling scene under what name? ***Big Daddy***
2. Name the traditional South African sausage made with beef, lamb and pork, flavoured with coriander, cloves and nutmeg? ***Boerewors***

3. What is the name of the largest river in South America, which flows through Brazil, Peru and Columbia. ***The Amazon River***
4. What is the name of the famous American author who wrote the novel Moby Dick? ***Herman Melville***
5. What is the name of the famous American painter who created works such as American Gothic and Nighthawks? ***Grant Wood***

Christmas Cracker Jokes:

- What happens to elves when they are naughty? Santa gives them the sack!
- Why couldn't the skeleton go to the Christmas party? He had nobody to go with!
- What do frogs wear on their feet? Open toad sandals.

Christmas Quiz:

1. How many ghosts show up in A Christmas Carol?
2. What Hollywood actor played six different roles in the Polar Express?
3. Which fairy-tale was the first gingerbread house inspired by?
4. Who invented the Christmas Wreath?
5. Where did the tradition of Christmas stockings come from?

On behalf of Trustees, Staff and all at BBS may we wish you a very Happy Christmas and good health and happiness for 2024.

Jill and all the Team at Bury Society for Blind & Partially Sighted People.





Bury Society For Blind and
Partially Sighted People

Registered Charity No. 1102525

Regular Centre Activities:

Monday:

Mornings:

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.

10.00am-12pm: Weekly Monday Events Group (MEGs): A friendly weekly workshop supporting upcoming events by creating amazing toppers for Gift Wrapping, packing Hampers, sorting donations etc.

Afternoons:

Music Buddies Fun Afternoon: 1.30pm-3.00pm: Held every Monday apart from the Fourth of the month.

Every Monday 10am-2.30pm - Foot Practitioner New Weekly Clinic: 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.

Fourth Monday of the Month: 1.30pm-3.00pm – Musical Social Afternoon. £3.00 includes entertainment and refreshments. To book please contact the Centre. Note: No meeting in December. Restarts, Monday 22 January 2024.

Tuesdays:

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

10 Pin Bowling at Hollywood Bowling. 11am-12pm. £2.00 pp. Book in advance via the office.

Wednesday:

Emma's Beauty Salon: Wed-Friday. Late nights Wednesday & Thursday until 7pm. To book ring 07850 276 649.

Mornings:

10.00am-12pm. Light refreshments always available at our Wednesday Drop in Sessions and a warm welcome is always from Carole and crew. Each week, there is a theme from 10.30am-12pm.

First Wednesday: Alternate Wednesday Wisdom/Sight Guiding Session.

Second Wednesday: November, User Forum. December, Volunteers Forum

Third Wednesday: November: Support 4 All Session: 10.30am, featuring Age UK Bury & CAB.

Fourth Wednesday: Tech Talk 10.30am-12.00pm: Informal peer support on all things 'techy, a problem shared is a problem halved. Light refreshments available.

LVA Clinic: 9.30am onwards. Weekly except Fourth Wednesday. Referral through BBS or ring direct on 0161 762 1692.

Afternoons:

Second Wednesday, 1.30pm-2.30pm: Eye matters – Working Age information session. November 8th, Early Break. Note: 1 week early in December, 6th – Informal Make Up session for Sight Impaired.

Third Wednesday, 1.30pm-3.00pm: Macular Degeneration Support group. Note: 1 week early in December, 13th – for Christmas.

Fourth Wednesday, 1.30pm-3.00pm, Glaucoma Support Group. November 22nd. Note: No December Session as Centre closed. Restarts January 24th 2024.

Thursday:

Mornings:

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. November workshop 15th, Christmas Calendar

session. For further details please contact the office. Booking is helpful for refreshments but all are welcome.

Afternoons:

1.30pm-3.00pm: Thursday Group featuring:

First Thursday: Bingo with Mags.

Second Thursday Gary's Quiz.

Third Thursday, 'Hands On' workshop

Fourth, Tea and chat & table top sale. 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. NOTE: No lunch available on Friday 17th November.

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

- **Centre Closes for activities and Drop In. Friday 15th December and Re-Opens on Wednesday 3rd January 2024.**
- **Early Intervention Services & Office remains open until Friday 22 December and back on Tuesday 2nd January 2024.**

**A VERY MERRY
CHRISTMAS
and Happy New Year!**