



Bury Society For Blind and  
Partially Sighted People

## Quarterly V.I. Link – Issue 40

February 2024

### Introduction

The beginning of a New year and the start of some exciting changes at the Blind Society. Thanks to a combination of your donations and successful grant awards, over the next few months there will be some refurbishment of the Centre. Part of this work has already started with new back and side doors being fitted. Not only is it brightening the Centre up, it is also saving on heating costs as there's no draughts! A number of visitors have already mentioned what a difference it has made! The Resource and Reception Area is the next area to be tackled. Taking on board ideas and thoughts from yourselves, we are looking to provide a quieter area for one to one conversation with staff, and a more welcoming and efficient reception space. Our Garden area is also having a facelift incorporating responses provided by all stakeholders last year. The plans are being drawn up and will be available, both in visual and tactile format, in April in the Centre. The work is programmed to commence in May and be complete in time to have a 'grand opening' before the summer ends! Fingers crossed.

In this edition we are also promoting alternative ways to access our support and service. These are being developed after listening to your views on transport/timing/accessibility, and we are really looking forward to your feedback. As well as all this, there are plenty of regular events and activities available so we look forward to seeing you over the next few months!

Jill Logan – CEO

### Update on Services and Support

Would you like to be involved in trials regarding CBS? The following article, taken from The Macular Society's February Newsletter explains how you can help.

#### **"The more that is known about Charles Bonnet syndrome, the better"**

Researchers at Royal Holloway University looking into the effectiveness of different techniques to help manage visual hallucinations are calling for more participants to take part in the first study of its kind.

The project, led by professor Robin Walker, aims to reduce the frequency of hallucinations, known as Charles Bonnet syndrome (CBS), thought to affect up to half of people living with macular disease.

Three participants from the study have shared their experiences, as the project enters its second year.

### **Mike's experience**

Mike, who has wet age-related macular degeneration (AMD), often experiences hallucinations in low light, including animals and a mysterious figure he is unable to identify.

He said: “The first hallucination was so realistic that I thought for a minute that it was a cat sitting on my desk, a big, fluffy tabby. I realised that it wasn't there when I looked more closely and it disappeared. I was curious more than anything.”

Mike, 74 also described visions of a large owl on his desk and a dog running under his legs. Unlike many others, Mike knew about CBS before experiencing any hallucinations, after reading about it when researching his AMD.

He said; “My motivation for this was that I realised if I hadn't read about Charles Bonnet syndrome beforehand, it would have really freaked me out, especially if I'd been a nervous or superstitious person. I think that happens to a lot of people so the more that is known about this, the better.”

Mike said he found looking for methods to manage CBS was ‘very reassuring’. “You realise this doesn't have to be something that is out of your control, that you can't cope with it,” he said. “For me, what was more reassuring than anything else was to know that this is a recognised thing, it happens to other people so you're not alone.

“The more this can be confirmed by studies like this, and the more that can be publicised about CBS, the better I think it's going to be for people.”

### **Alison's experience**

Alison, who was diagnosed with macular dystrophy in her 40s, years after changes were first detected, mostly experiences patterns when in the car as a passenger, after she decided to stop driving.

Similar to Mike, she explained: “When I tried to focus on them, they disappear. They've never upset me and when I mentioned it at an appointment the consultant told me they are fairly common, so I've never

worried about it. It wasn't until last year that I came across an interview about this visual hallucination study with professor Walker."

The 47-year-old mum was also keen to take part in the study as she thought about the possibility of her condition being passed on to her daughter.

Alison said: "I don't know whether or not she's inherited the genes but I wanted to do anything and everything that could help future generations. For me, it doesn't bother me that much but if things get worse I may as well have a technique or two to try and help manage the visual hallucinations.

"I do think the more you know about something, the less scary it is. Also, the more that might be able to be found out about it and eventually, hopefully, cure it."

### **Sarah's experience**

Sarah took part in the study after feeling "abandoned" by healthcare professionals, who she felt did not believe she was having visual hallucinations. She was finally able to understand what CBS was through her local Eye Clinic Liaison Officer, following a retinal tear in one eye.

Sarah, 31, said: "Nobody seemed to believe what I was experiencing. I see patterns all the time, they're quite distressing, like groovy 1970s patterns, but they're constantly on the move at high speed like a kaleidoscope. But when I found out about CBS, I suddenly realised that it was a result of my sight loss and when I understood what I was experiencing, I felt a lot better.

"What's worrying is that we go and see all these specialists, eye doctors and all the rest of it and no one could tell me anything about it. I nearly had a breakdown because I was made to feel an idiot for thinking I could possibly have Charles Bonnet syndrome because I wasn't blind, and that was the lowest point, it was really difficult to deal with because so much is going through your head."

She added: "It's been interesting, and to have that feeling of finally knowing I'm not the only one with these hallucinations, that there are so many others out there. It was interesting to find out that there are even any techniques to help different people, because I had been given no help from any doctors at all before.

"I think it needs to be known that there are tricks to manage Charles Bonnet syndrome, and the most difficult thing about the condition is that while a particular one I tried didn't really work for me, it could work for someone else.

“I don't think I will ever find one that will give me a significant pause from them, but there may be something that calms it down when it's really intense.”

### **Take part in the trial**

Professor Walker's study is particularly interested in evaluating the effectiveness of eye movement therapy and distraction/interruption therapy.

The trial aims to understand whether the current recommendations for stopping CBS hallucinations do help. Having proof of whether these therapies work would ensure these techniques are better promoted to those who might need them.

**To take part in the study in 2024, email Professor Walker's team at [CBS.study1@gmail.com](mailto:CBS.study1@gmail.com)**

### **Bury Pipeline Update:**

Pipeline are the voluntary organisation that provide the weekly audio version of the Bury Times. Neil Worrall of Bury Pipeline contacted us with the following update on their service.

‘As many of you are aware we have been experiencing problems with the postage of pouches to listeners. This has meant that, as an estimate, we are on a 3-week cycle of sending out the pouches and receiving the returns from listeners which obviously is not ideal for weekly recording.

As a result of this we have decided to upload our recordings onto the British Wireless for the Blind website and Talking Newspaper App. The first recording appeared on Monday of this week (29th January) and is now continuing weekly. Our recording can be found on the Talking Newspaper App under the North West Area and titled “Pipeline Bury Talking Newspaper” and comes after Pendle Voice Yorkshire Life.

For listeners who are not able to access the App, Alexa or Google, we will continue to provide recording as usual on USB. However, it is the hope that the number of people wanting a USB copy will reduce in time.’

If you are a Pipeline customer and would like further guidance on how to access the recording, you can contact Bury Blind Society or Pipeline direct for further detail.

## **Wednesday Sessions:**

We are delighted to report we have been successful in obtaining funding to recruit a part time Development Worker. Part of this person's remit will be to review current activities and look at new opportunities with clients. As a consequence, just for the next couple of months, we are simplifying our Wednesday sessions to provide scope for new initiatives. The second Wednesday of every month will continue to alternate between our User Forum and Volunteer Forum, with Sight Guide Refresher Training taking part on the first Wednesday in March, May and July. All other sessions will continue to be a Welcome Drop In session, with speakers being invited by requests from service users. An updated list of topics will be available on our website, social media, through our weekly Eye Chat or by contacting the Centre for details. We are looking forward to seeing the developments once our new recruit is in place and met you all!

In the meantime, support is available as follows:

**Support For All:** Alan Fitzpatrick of the CAB Bury will be in the Centre on Wednesday 21 February, between 12.30pm and 4pm for one to one appointments. Please contact us to arrange. Alan can aid in dealing with a wide variety of areas including debt management, housing issues, disputes with retailers/suppliers and benefit advice not relating to sight loss.

**Eye Matters – Working Age Clients:** We are now supporting Bury Council and Ingenus on the Bury Neighbourhub Work and Health Programme. There are two types of programmes available for people out of work to provide support for 15 months to help prepare and gain employment. We shall be providing help for both staff and clients who have a visual impairment on this programme and will be based in the Hub once a month – day to be confirmed. The Hub is in The Millgate Shopping Centre, opposite Bury Hospice. If you would like to know more about this programme and be referred, please contact the office to speak to a member of staff.

**Volunteer Forum:** 14 February, 10 April: 10.30am-12.00pm – Come along and enjoy the 'Continental Breakfast Buffet' and receive updates on opportunities over the next few months, but more importantly, get to meet other volunteers and friends. Do you know someone who might be considering volunteering but is unsure? Bring them along to have a chat with others and get to know the benefits of volunteering. All welcome.

**User Forum update:** Don't forget if you are unable to attend the User Forums, there are a number of alternatives to have your say. Put your ideas in the Suggestion Box in Reception Area, volunteers are on hand to write up your suggestion if you are unable to do so. You can pass on your comments to your Group Leader if you attend a Group, who will feedback on their group's comments and what their groups are up to, and finally, there is a specific member of staff on duty every day, so do ask to speak to them.

We are still awaiting confirmation of Bury Licencing attending the next session, but, in light of the strength of opinion, we have offered any Wednesday morning throughout February to the Council and will confirm as soon as possible. For our March User Forum, we have invited Jane Almond, Domestic Abuse Caseworker from Bury Council to attend. Abuse can take many forms and it's really important for us all to recognise and know what to do if we witness abuse. This session will be of interest to both clients, volunteers, and guests alike.

For our January Forum we had Bethany Adams from Bruntwood, who is working with Bury Council on the plans to regenerate The Millgate. The session was very interesting and Bethany really appreciated the feedback from members. Below is Bethany's key highlights of the meeting:

### *Signage and Navigation*

- A key theme of the discussion was concerns over navigation of the Millgate (currently) and learning how to navigate the new scheme as and when it is developed. The group discussed possible opportunities to ameliorate this challenge such as: touchpoints with audio cues (Trafford Centre is a good example of this), a tactile map of the mall (Manchester Piccadilly has a good example), and using lighting for navigation (Manchester airport is a good example).
- Bury Blind Society Rehab services may be able to help think through how to best support blind and partially sighted people in navigating the new scheme when delivered.
- Participants also mentioned that signage such as A-boards, wet floor signs/ buckets, etc. create a tripping hazard.

### *Roof*

- The roof and flooring in the Millgate create a glare that makes it difficult for participants to navigate. There were suggestions of a tinted roof and

different colour flooring. In addition, there was a suggestion to put solar panels on the roof.

### *Space*

- Participants noted that it is sometimes difficult to navigate the narrow aisles of some shops while using a cane or wheelchair. Similarly, pop-up shops in the hallways make it difficult to navigate through a narrower space.

### *Quiet Community Space*

- The idea of a community space generally was well received. There was significant discussion about the need for quiet space in the mall, which would enable people to take a break when needed.
- There were many ideas about how this space could be designed. Participants suggested that there be a place for free charging, different types of furniture to sit on, and low-level lighting. The Sunflower Lounge at Manchester Airport was raised as a good example.
- Participants suggested that this space could be connected to the customer service space, and that the book area could be moved here.

### *Shopmobility/ Customer Service*

- Participants expressed concern about the current location of shopmobility, and expressed a desire for it to be moved into the Millgate. In addition, there were suggestions for increased advertisement so more people could access both shopmobility and the customer service area.

### *Accessible Toilets*

- The need for more accessible toilets and adult changing facilities was a significant point in the discussion. In addition, the need for secure, publicly accessible toilets open late in the town centre was raised. It was mentioned that hiring staff to operate these toilets might not be possible, and it was suggested that the toilets be accessible by key/ card.

### *Other Suggestions*

- It was suggested that shop counters include a hook for cane users to hang their cane while paying. This would also be helpful for people carrying purses/ other shopping bags, etc.
- One of the participants was a wheelchair user and noted that counters/ sinks/ hand dryers, etc. are not currently at an accessible level.

- It was suggested that Millgate staff receive additional training on different ways customers might use/ navigate the centre and how to best support them.
- Tactile maps of future proposals were requested to enable full participation of blind and partially sighted people in the consultation process.

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### **Update on Meeting with Moorside Councillors. Jill Logan**

The meeting went ahead on 27 January with Joan Grimshaw, Trustee and client, Diane Webb and Nadeem Rana, also clients and residents of the Moorside/Bury East Area joined me in Clarence Park to meet the local councillors for Moorside. We were delighted to also welcome Lynne from Friends of Clarence Park too. Below is an article posted on Facebook after the visit by The Friends of Clarence Park. We are hoping to replicate these meetings in other areas so if you are interested in meeting your local councillor and highlighting issues in your area, do contact me at the Centre for further details.

‘It was an absolute privilege to meet with Jill Logan, Di, Nadeem and Joan from Bury Blind Society today. Together with Moorside Action Team, Councillors Babar Ibrahim and Ciaron Boles, we walked round the park and it’s perimeter wearing simulation specs to get a feel for how people with a visual impairment are disadvantaged by the things the rest of us can easily manage – low hanging tree branches, mud, uneven paths, debris such as fallen twigs, litter which is slippery, and vehicles parking on the paths both limiting the space available and damaging the pavement so they are uneven. We look forward to working with the group to do what we can to make Clarence Park more accessible. Watch this space for how you can help. – Lynne, ‘Friends of Clarence Park.’

As a result of this meeting, when problems with communication to Councillors was highlighted as an issue, we offered to make our Centre available on a rota basis, for all Councillors to hold a specific surgery for our clients. We look forward to this progressing and will update you on the bookings.

## **Pre-Loved Sale of Equipment.**

As we are due to have our resource area refurbished in the next few months, we are having a sale of all items that have been hiding away in the cupboards for many a year. Who knows what treasure you might find? Why not come along, enjoy a cup of tea and have a browse. The sale will be on Thursday 29<sup>th</sup> February from 10.30am-3.00pm.

**Sight Village North West – Roadshow, Winter Gardens, Blackpool.** If you fancy a trip out to the Winter Gardens on Tuesday 9<sup>th</sup> April, visit Sight Village Northwest between 9.30am-3.30pm. QAC Sight Village is described as ‘the UK’s leading exhibition for blind and partially sighted people and for those experiencing sight problems. Each year thousands of people visit to find out first hand, the latest technology, products and support services. Pre-registration recommended: 0121 803 5313 or email [sv@qac.ac.uk](mailto:sv@qac.ac.uk)

## **North Wales Accessible Holidays for Blind & Visually Impaired. – Nigel Garry.**

My name is Mr Nigel Garry. I am a Blind and registered Blind person. I would now like to confirm, as Volunteer Chairman of North Wales Accessible Holidays for Blind and Visually Impaired, that our organisation are now the proud owners of a 14ft X 42ft Beaumont 6 berth static caravan located at 9 Harlech Court, Lyons Lido Beach Holiday Park, Bastion Road, Prestatyn North Wales LL19 7EU. Our second fully adapted and accessible caravan which is a 12ft X 40ft Windermere 6 berth, located at 90 Chestnut Gardens Lyons Robin Hood Holiday Park Coast Road Rhyl North Wales LL18 3UU.

These caravans are for the use of beneficiaries who are registered blind or partially sighted, to include family, carers and friends.

They have ramp access plus many other conceivable pieces of equipment to ensure our client group have a safe comfortable and independent holiday. Our facilities are to such a high standard that the only additional luggage you will need is your own personal towels. [The caravans are self-catering]

Subsidised tariffs are £250 Oct to end April & £300 May to end of September per week to help us with maintenance, replacement of invaluable equipment and ground rent. Please note we offer a number of means tested free breaks to anyone in poverty. However, these are dependent on our small charities fundraising income. I am sure you will agree these are extremely nominal tariffs.

If you need any further information & advice, please do not hesitate to contact me on either 07538808511 or 01492 531629 or you can email me at [karengarry17@outlook.com](mailto:karengarry17@outlook.com). Or take a look at our website or our charities Facebook page.

### **Working together for a V.I. Friendly 'DESMOND' Course: by Julia Burdon, IMPACT & Implementation Team.**

DESMOND (Diabetes Education and Self-Management for Ongoing and Newly Diagnosed) is a group education programme for individuals over the age of 18 years old with a diagnosis of type 2 diabetes. The DESMOND National Team at the Leicester Diabetes Centre are working alongside Bury Society for Blind and Partially Sighted People to establish any adaptations that need to be made to the existing DESMOND programme to ensure it meets the needs of blind or partially sighted individuals living with type 2 diabetes.

Following a training session presented by staff from BBS, two workshops are being held with a group of clients who have, or at risk of having, Type 2 diabetes and are living with sight loss, to assess the adaptations made to the materials and feedback, prior to the course going out to the public.

### **Client News & Updates:**

Kris Owen, a regular visitor at our Centre, is involved in PossAbilities, a social enterprise for all abilities. On April 5 and 6<sup>th</sup> they are presenting 'Decade of Dreams', their 10<sup>th</sup> Anniversary Show. A dazzling combination of both musical and comedy performance. The event is being held at Middleton Arena and starts at 7pm. Tickets are £10 per adult and £5 per child. For more information on how to purchase tickets contact [Jan.Holland @PossAbilities.org.uk](mailto:Jan.Holland@PossAbilities.org.uk)

### **Talking of the Theatre....by Diane Webb**

Ever wanted to get out more to enjoy music, theatre or comedy? We are going to set up a group here at BBS to do just that, utilising the cosy local Met theatre in the centre of Bury. We will advertise what's on via WhatsApp, if you would like to be included, just contact us on 0161 763 7014 to put your name down. When we advertise an event, we will also give you the deadline to put your name down and the price you need to pay by the same date. Looking forward to sharing these evenings out with you.

**Meals Out:** In November we arranged a meal at The China Rose in Tottington and everyone who attended thoroughly enjoyed themselves.

During this year, the 'Meals Group' would like to arrange a meal out once a quarter. For the Spring meal, as the evenings are still dark, we are looking to go for a lunch in April, at The Wellington on Bolton Road as it is easily accessed with public transport. If you are interested in attending, please contact the office for further details and submit your choices.

One of the very popular venues in the past has been Indigo, the Indian restaurant on Manchester Road. Whilst we haven't organised a meal there yet, one of our clients, Diane, wanted to highlight an offer they have. Every Sunday there is a buffet with over 30 items to choose from including desserts, for just £14.95 per adult. The buffet is available between 1.00pm and 7.30pm, and according to Diane, is excellent! Why not treat yourself?

### **Top to Toe:**

You can now spoil yourself from top to toe with treatments available Monday to Friday from Emma's Nails & Beauty Salon based at the Centre. Emma also holds a ground floor, accessible day on the first Thursday of the month. To book an appointment ring Emma on 07850 276 649. Are you struggling to care for your feet? Dougie of Phoenix Foot Care is available on the second and fourth Thursday of every month in the Centre. Appointments are available from 10am-2pm and can be booked via the Centre on 0161 763 7014. Both Dougie and Emma support the work of the Society with their services so your appointments help BBS too!

### **Spotlight on....**

#### **Deborah Podmore – Trustee**

As well as becoming a Trustee for Bury Society for the Blind and Partially sighted following my retirement from the NHS I became a Trustee for my professional body and the President of our Trade Union.

I am an Orthoptist and our Trade Union is the British Orthoptic Society, Orthoptists are specialists in eye movement disorders and the development of normal and abnormal vision, as a profession they are essential in the delivery

of eye services. As with all NHS workers the profession is suffering from lack of investment and loss of pay progression and this affects staff morale, staff recruitment and retention so when I was invited to join a group of trade union leaders and meet with Victoria Atkins, Secretary of State for Health and Social Care, I was keen to accept.

This meant an early morning dash to London; the Department Health is in the Victoria area and a group of us met with Ms Atkins and a small team of advisors. We knew we had a limited time so had decided in advance about what we wanted to speak and each of us had prepared a short presentation. I described the role of an Orthoptists and how essential they are in a number of areas but especially in diagnosing eye problems in babies and children early enough to be able to offer treatment for a best possible outcome and help people with visual impairment to manage their eye condition and get back to the workplace. Well staffed eye services enable people to access education and work and avoid other health issues. I then went on to address problems associated with low pay and poor career prospects. Ms Atkins listened carefully to us all and asked incisive questions and agreed to ongoing discussions.

It was an interesting experience and at least I now know the Secretary of State has heard of Orthoptists and what they do!

### **Fundraising, Events and Activities News:**

**Christmas Gift Wrapping:** A huge thank you to all involved in our annual Gift Wrapping. This year we exceeded last year's total and raised £2,930.09 which is brilliant! In this current climate we could not believe the generosity of the general public.

**Christmas Raffle:** Thank you for your support in a Christmas Raffle. It raised over £800 all of which will be used to help people with sight loss. Congratulations to the lucky winners who have all been informed. There is a full list of the prizes and winning numbers on display in the Centre.

**Santa Sleigh Support:** Providing Elves to support Santa on his annual Sleigh parade through the housing estates is one of the most popular, and rewarding, events of Christmas. This year we helped Radcliffe, Tottington & West and Ramsbottom with their Santa activities and loved every minute of it! Not only was it fun, but we were delighted to receive a cheque for £262 from Radcliffe

Rotary who had split their collections between all their 'Elf Teams'. The money will go towards a summer outing at the end of August/beginning of September

### **What an Achievement!**

One of our clients, Jixie Shakespeare has written a wonderful children's book called 'The Welsh Witch'. Here's a little taster of the story from Jixie herself:

'James Arthur Trent lives in an ordinary Lancashire town. But one day, while he's waiting for the milkman, he sees something quite extraordinary! Two little people are flying up the road on feather dusters! When he follows them, he finds a magical lighthouse, and a witch called Tesni. Together they go on lots of adventures which will change Jamie's life forever!'

Jixie will be setting a date in the Spring to come into the centre and give a talk about the trials and tribulations undertaken to put the book together, and the fun!

Jixie was supporting the weekly Healthy Living Group but, as she is now focussing on the book, has stepped down from a weekly commitment and taken on the role of 'Roving reporter' for BBS. So, watch out, your group may be next for interviewing! The interviews and future podcasts will be available via our website.

### **Events Coming Up:**

**Quiz Night Friday 8 March.** Don't worry, Carl will be back but for our 'Spring Quiz' this year we have persuaded Gary, our regular monthly In-House Quiz Master and Michael, our Virtual Quiz master during Covid to join forces and have a Fun Quiz to start the year. Tickets will still be just £5.00 and include a light supper at Elton Liberal Club. Tickets on Sale from 16<sup>th</sup> February so get your Team together. Ring the office for further details.

**Note in your Diary:** Carl hasn't gone very far away as he has very kindly offered to present a 'Gardener's Question Time' at the end of April. This will be an afternoon event including a light lunch just in time to ask all your Summer gardening questions! Exact date to be confirmed.

**Monthly Music Socials:** On the fourth Monday of every month we have a music afternoon with an entertainer. Listed are the entertainers for the next few months:

26<sup>th</sup> February: Bob Goodwin

25<sup>th</sup> March: Geoff Kenyon

22<sup>nd</sup> April: Don

If you would like come along to the Socials, please leave your details with Reception and Alan Norman will contact you with details.

**Theme Lunches:** Due to their previous success, Carole and Mags have kindly offered to continue with their wonderful themed lunches. A three-course meal is prepared reflecting the theme -all for £11.00! The lunches coming up are:

24<sup>th</sup> February Valentine's Meal

8<sup>th</sup> March St David's Day

26<sup>th</sup> April St George's Day meal.

Book by the Thursday before to ensure a place.

### **Treasured Memories:**

It was with great sadness we heard that our former Treasurer, Linda Gibbons had passed away just before Christmas. Many of you will be familiar with Linda, a regular face on a Tuesday in the office. Linda was an integral part in the development of the Society and a major support within our Finance area, providing a depth of knowledge and wise words for 20 years. Both Linda, and her husband Phil, were great supporters of the Society in many other ways too. I worked closely with Linda and for me it will be Linda's warmth, patience (with me!) and humour that I will miss most. Our thoughts are with Phil at this difficult time.

Saying goodbye to a loved one is never easy but at Christmas time, it is particularly difficult. If you have lost a loved one over this period and feel you need some extra support, there are a number of services available.

- Greater Manchester Bereavement Service: 0161 983 0902
- Bury Hospice Bereavement Support. Bury Hospice run a Bereavement Drop In Café at Bury Hospice on the first Tuesday of each month at 1pm

and on the third Tuesday of every month at Costa Coffee, opposite Marks & Spencer on The Rock, 2.30pm-4.30pm. The Cafés and Drop In Group are open to everyone aged 18 and over.

We are grateful for all donations made to the Society, whether it is a general donation or in memory of a loved one. Your donations are used to directly help people living with sight loss, whether it is providing transport to attend an activity or providing training for a volunteer to sight guide safely. It all helps, so thank you.

### **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:

**November:** No.367 - £115.50; No.13 £57.75; No. 146 - £19.25.

**December:** No. 164 - £116.70; No. 413 - £58.35; No. 393 - £19.45

**January:** No. 373 - £116.70; No. 171 - £58.35; No 144 - £19.45

### **'Take Five Quiz'**

Let's finish on some fun. How did you do on our quick Quiz? Here's the answers to Edition 39's Christmas themed questions:

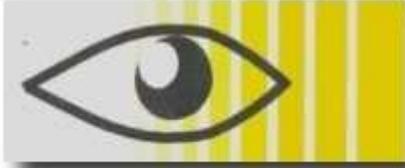
1. How many ghosts show up in A Christmas Carol? **4**
2. What Hollywood actor played six different roles in the Polar Express?  
**Tom Hanks**
3. Which fairy-tale was the first gingerbread house inspired by? **Hansel & Gretel**
4. Who invented the Christmas Wreath? **A German Lutheran pastor named Johann Hinrich Wichern**
5. Where did the tradition of Christmas stockings come from? **The stockings were left out on St Nicholas' saint's day (19 December)**

**This edition's Quiz Questions:**

1. What country has the highest life expectancy?
2. Which language has the more native speakers: English or Spanish?
3. What is the most common surname in the United States?
4. What year was the United Nations established?
5. Who has won the most total Academy Awards?

**As Easter is early this year, with Easter Sunday falling on Sunday 31<sup>st</sup> March may we take this opportunity to wish you all a Happy Easter!**

**Jill and all the Team at Bury Blind Society.**



Bury Society For Blind and  
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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, sorting donations etc.

### **Afternoons:**

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

**Fourth Monday of the Month: 1.15pm-2.45pm** – 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.

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.

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

**Mornings: 10.00am-12.00pm Drop In:** Light refreshments always available at our Wednesday Drop in Sessions and a warm welcome is always from Carole and crew.

**First Wednesday:** Alternate months: Wednesday Sight Guiding Session. March, May, July.

**Second Wednesday:** February 14<sup>th</sup> & April 10<sup>th</sup> Volunteers Forum, March 13<sup>th</sup> User Forum with Guest Speaker Jane Almond Domestic Abuse Caseworker.

**Afternoons: Third Wednesday, 1.30pm-3.00pm:** Macular Degeneration Support group.

**Fourth Wednesday, 1.30pm-2.30pm,** Glaucoma Support Group.

**Thursday: Mornings:**

**Phoenix Footcare.** Second and Fourth Thursdays, Appointments available with Dougie at The Centre between 10am-2pm. Ring the office to book.

**10.30am-12.00pm: Healthy Living Group Sessions** including discussion and demonstration on healthy meals on a budget, relaxation, plus many other activities. Ring the office for more information.

**Afternoons: 1.30pm-3.00pm:** Thursday Group featuring:

First Thursday: Light lunch with Mags.

Second Thursday Gary's Quiz.

Third Thursday: 'Bingo'.

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

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