



Bury Society For Blind and
Partially Sighted People

Quarterly V.I. Link – Issue 41

May 2024

Introduction

A couple of months on and the Resource and Reception Area in the Centre is now taking shape. The layout has been altered to incorporate the ideas and suggestions submitted, resulting in a private area by the bay window and a larger, less cluttered main welcome area. Now clients, volunteers and staff are satisfied with the layout, new furniture and decoration is the next stage. We have also listened to comments regarding the Lounge area and, once the Resource and Reception area is complete, will be redecorating, providing a more relaxed area in the small lounge with flexible seating and tables for the larger area.

There is news too on the Garden front. We are delighted to have engaged the services of Daniel and his team from Radcliffe Fencing who will be transforming our ideas into a real multi-functional outdoor area available for workshops, dreaming, talking and of course, gardening! Current thoughts include a living herb wall, insect house, a water feature, sensory planting plus vegetable and fruit growing. Why not come along and find out for yourself what's being planned at our Forum meeting on Wednesday 8th May, 10.30am-12.00pm. We are keen to work with local schools, colleges and community gardens to share our garden area and encourage regular gardening sessions with clients, enabling them to demonstrate their skills too. Weather permitting, we are on target for the work to commence in May and be completed by July – then we can plan our 'Grand Opening Party'!

Talking of parties – our wonderful ladies in the kitchen, Carole and Mags, have come up with a brilliant idea to celebrate the forthcoming Olympics. They are starting an Olympic Medal table with a twist! Twenty competing countries will be selected and then the names put into a Lucky Dip for groups to pick a country out. Each day throughout the games, the chart will be updated and on display in the centre. At the end of the games, there will a prize for the winning Country/Group! The result will be announced at the Olympic Themed lunch in August.

As you can see, it's a busy time but one that provides a fresh focus to our Centre, and the support we offer. I look forward to you visiting us in the future and enjoying a drink in a garden area. – Jill Logan, CEO.

Update on Services and Support

We're Recruiting! As we mentioned in our last edition, we have been successful in obtaining funding to employ a part time Development Worker for the Society. The role includes reviewing current activities and looking at new opportunities for clients, as well as promoting our services to the community and supporting volunteers. The closing date for applications is Tuesday 7th May, 9am with interviews week commencing Monday 13th May. If you know of anyone who would like to join our small, friendly staff team they can obtain further details and an Application pack via our website www.buryblindsociety.org or ring the Centre and ask for Alex.

Greater Manchester Good Employment Charter. At Bury Blind Society we value our staff. To recognise our commitment to ensuring staff are supported and valued, we recently enrolled as a Supporter of the GM Good Employment Charter with a view to becoming members. The Charter is a voluntary membership and assessment scheme, which aims to improve employment standards for all organisations of any size or sector across Greater Manchester. The Charter sets out seven key characteristics of good employment. BBS are making a commitment to uphold the highest set of standards in these characteristics and demonstrate that actions have been taken to ensure the comprehensive criteria has been met. We will keep you posted as we progress through the assessment journey.

Early Intervention Support: Our Early Intervention Team are always available to provide advice and guidance with your sight loss. If you are newly diagnosed, or feel your sight has altered over the years and are now struggling, do get in touch. There are a number of ways you can access our service, it all depends on what suits you. We know how difficult it can be when you're working, caring for a partner or child, or maybe have other appointments to attend. We are happy to work with you and find the best solution, and family/carers/friends are welcome too. We offer:

- Face to Face appointment at our Support Centre.
- Home visits.
- Appointments at The Bury Neighbour Hub, Millgate Centre.
- Remote appointment via Zoom or Teams
- Telephone appointment.

- Eye Talk Support Programme: Three 2-hour weekly sessions. Subjects include emotional support, practical skills and equipment, benefit and travel advice.
- Sight Guide and Visual Awareness sessions.
- Or simply come into the Centre for initial information and see the Duty member of staff.

We Here to Help.

Other Services

The Community Eye Service hold their Low Vision Clinic at the Centre every Wednesday. Appointment is by referral only. If you would like a referral, please contact a member of staff at the Centre.

Digital One to One Support: If you feel you need some individual support to help you with tech such as your mobile phone, tablet or laptop, together with Henshaw's, we have a clinic every fortnight at the centre. Again, appointment is by Referral but we would be happy to complete this for you by speaking to a member of staff.

Looking After Yourself: On the first Thursday of the month, Emma is available for massage, nails or a variety of Beauty treatments. Book an appointment by ringing 07850 276 649 or contacting the Centre. On the second and fourth Thursday's Dougie's Foot Clinic takes place. Appointments can be booked at the office and are available from 10am-2pm.

A number of individuals and other organisations have kindly given their time in this last quarter, to come along and talk to members and volunteers alike.

Macular Society: Last Wednesday 17th April, Carl Harrison the Regional Manager from the Macular Society joined our Macular Support Group. His talk was insightful and so interesting to anyone living with macular degeneration. Having to adapt to sight loss is not only challenging from a practical side, but at times, the emotional impact can be overwhelming. The Macular Society offer a free telephone counselling service. Here's an extract from the Macular Society's April Newsletter from someone who has used the service:

Jill, a university researcher from County Durham said: "The biggest impact is not having my driving licence anymore. I feel like my world has shrunk and I have grandchildren who live up to an hour away and I can't see them independently, so it's had a huge impact.'

Jill reluctantly initially enrolled for the free counselling service offered by the Macular Society.

"I admit I approached it with a degree of cynicism. I thought I'd go through the motions, but it was so incredibly supportive. My counsellor got to know me very

quickly and he could push me and challenge me a bit more, which is what I needed at the time. I don't think I appreciated the longer-term emotional impact of this disease and I needed the time to adjust.

"Counselling has helped me manage. It allowed me time and breathing space to think about what was happening. As a result, I realised I needed to take time off work, to take a breath and realise what was happening. I needed the downtime to come to terms with it."

If you have AMD and would like to find out more about this service call the Macular Society's Helpline on 0300 3030 111.

Licencing & Taxis: At the end of February Michael Bridge, Licensing Unit Manager from Bury Council visited our premises. Michael had responded to our request following the User Forum where members had asked for guidance when dealing with Taxi firms. Michael explained how taxi firms obtain a licence and the criteria they have to follow. There was a healthy discussion regarding the issue of accepting a guide dog in a taxi and ensuring all guide dog owners made the Taxi booking desk aware. Incidents were discussed when this had taken place, and then taxis had not turned up. Also, how much help can a member expect from the driver i.e. Guiding them to and from the car, loading shopping into the boot. BBS offered sight guiding training to help taxi firms and their drivers understand the issues. Michael explained they have a regular quarterly meeting with the firms and at that time, would review issues but need as much evidence to confirm the issue. Members were encouraged to record the time, date and vehicle details if possible. All who attended found the session useful and agreed that the taxis were life savers for many of them and therefore keen to work with licencing and the taxi firms to improve the service for all.

Domestic Abuse: In March, Jane Almond from Bury MBC joined us and gave clients, volunteers and staff an insight into types of domestic Abuse and what support is available. In our area, SafeNet Bury provide information, support and safe accommodation for anyone affected by domestic abuse, stalking and honour-based abuse. Jane also explained there is a more in-depth training session for anyone wishing to know more. If you are interested in attending the training, please contact BBS for further details. Everyone has a right to be safe and live a life without abuse and fear. If you, or you know anyone who would benefit from this support, contact SafeNet in confidence 24 hours a day, 365 days a year on 0300 3033 581.

LGBTQI Training: Our April guest was LGBTQI Development Worker Paul Fairweather from Bury VCFA who gave an LGBT Awareness training session. As Paul highlighted, many of us feel cautious when discussing this area, fearful of saying the wrong thing and offending. Many of us who attended felt there was some real similarities with our own awareness raising, and the feedback we get from people who, do not intend to appear ignorant or rude, but are nervous to approach a blind person and again, say 'the wrong thing'. To this end it was great to share some of our stories of doing just that, and to realise that, by being more aware of terminology, the journey gets easier. Paul updated us on legislation as well as the terminology and information on support groups in Bury and Greater Manchester. We now have a comprehensive list available but wanted to highlight a couple of drop ins and contacts. LGBTQI Drop in at The Big Fandango, 34 Bolton Street, BL9 0LL, every second Tuesday from 7-9pm contact Paul Fairweather for more details (paul.fairweather@VCFA.org.uk). Lesbian and Bisexual Women's group at Adult Education Centre, 18 Haymarket Street, BL9 0AQ, every first Tuesday 6.30-8.30 (contact Nikki Naylor N.A.Naylor@bury.gov.uk). The LGBT Foundation hold a domestic abuse Drop In at CAB Castle Buildings, Market Street, BL9 0LD on the last Wednesday of every month from 11-3pm for people experiencing domestic abuse and violence and hate crime. To book a specific appointment contact: dasupport@lgbt.foundation

Citizens Advice Bury & Bolton Community Surgery: Whilst BBS provide help and support in applying for benefits specific to sight loss, CAB can help in other areas. Maybe you have a dispute with a retailer, need some advice on housing or dealing with debt? On the third Wednesday of every month Alan Fitzpatrick, Neighbourhood Engagement Officer from CAB is holding a surgery, alternating between BBS and Bury Hearing Hub, which is open for all including friends and family. Rather than on line or via the phone, why not take the opportunity to book a face to face appointment? Alan will be back at BBS on 19th June and 21st August between 9am and 12pm for anyone wishing to make an appointment. If you require benefit support for AA or PIP, or help in completing forms such as your Blue Badge or Bus Pass, then do contact our Eye Finance team at BBS.

Bury Council – Let's Manage Tough Times: If you 're struggling with the costs of living, then you're not alone and support and advice is available. Ring 0161 253 5400 to discuss support you may be able to access.

We Need Your Views: Together with Bury Hearing Hub, we are delighted to be working with Bury Council in supporting their first ever Adult Social Care Sensory Impairment Strategy and making sure that your input is included. In

May the Council will be launching a consultation period to gather thoughts, ideas and feedback to understand what help and support Bury residents with a sensory impairment really need to enable them to lead full and active lives. For example, should the strategy look at whether council departments are accessible for people with sight loss? Can the Council influence 'A boards' with retailers, parking on pavements, appropriate accessibility in homes and council buildings? What are the barriers to gaining employment and can this strategy help? Caroline Malvern, Integrated Commissioning Officer will be available at our May Forum to expand on the survey and to answer any questions you may have. This is a wonderful opportunity to make sure your thoughts and views are included so we will ensure that the survey is distributed and available to as many clients as possible. The survey will be available in a variety of accessible formats.

The Bee Network: At our Macular Group in March there was considerable discussion on the changes to the bus network. Conversations included questions on accessibility, audio announcements and changes in routes. Whilst there was an understanding that current problems may be teething problems, the group did want to make sure their comments were taken into consideration. Lucky for us Councillor Joan Grimshaw attends our Macular Group, and is a Trustee for the Society. Joan contacted the offices of the man at the top i.e. Greater Manchester's Mayor, Andy Burnham and asked if he could come along to answer questions as this subject is very dear to his heart. Obviously May is a rather busy month for Mr Burnham but, a date has been set when he intends to visit our Charity. Numbers will be restricted as Mr Burnham is coming to the Centre and there is limited space. If you wish to attend, please book a ticket via the office. Date fixed is Tuesday 2nd July. Event with refreshments commences 12.30pm with Mr Burnham attending at 1.30pm for an hour.

Centre Activities:

Glaucoma Support Group: Bernard Dunphy is the Group Leader of this group. At our recent User Forum Bernard mentioned it was Glaucoma UK 's 50-year anniversary. Below is an article by Bernard reviewing the progress.

50 YEARS OF GLAUCOMA UK

Ronald Pitts Crick, who died on 10th June 2009, was an ophthalmologist who pioneered the use of the operating microscope in eye surgery in 1960. (Can you imagine how pioneer eye surgery was conducted without the use of this microscope?)

Crick devoted most of his professional life to the study of glaucoma. He realised, from his Monday nights' clinic at King's College, London, that there were so many patients and insufficient time in his glaucoma appointments to fully address the information patients needed on their condition. So, in 1974, after meeting likeminded colleagues he set up, what was to become, the International Glaucoma Association (now Glaucoma UK). His aim was to provide educational leaflets, informational programmes and funding for research into the disease.

Since its early days the Association has funded research which has transformed the care of glaucoma over the last 50 years. Until 1960's ophthalmologists thought glaucoma was just high eye pressure that would lead to sight loss if left untreated. In 1969 a research study changed that thinking. This was the forerunner of enquiry into the damage to the optic nerve and developing new treatments. Eye pressure which is a result of a build-up of fluid within the eye has become a risk factor which can be managed.

During the 1970's laser treatment has been refined and replaced less effective and less safe laser treatments. In the last few years research has proved that low risk laser treatment is as effective as drops. More often than not patients need less follow up appointments. In the 1980's and 1990's researchers developed a new class of drugs to treat open angle glaucoma, like latanoprost and bimatoprost. These work by increasing the drainage of fluid out of the eye. These work better and are much safer than the old drops which reduced fluid made inside the eye.

In the 1980's laser replaced surgery as a way to open the angle, in patients with primary angle closure glaucoma, so that fluid can drain from the eye.

It is interesting to review the way diagnosis and check-ups has completely changed. Fifty years ago, a specialist would look at the eye and write a description and compare that description with past appointments. Research led to the use of photography and other more advanced imaging technologies to create a visual, more accurate, and comparable picture of the eye. Detecting change in the eye is becoming crucial in monitoring the disease.

What of the future? Researchers are looking into the possible damage that glaucoma causes beyond the optic nerve and are seeking more advanced technology to explore what is happening in the brains of patients.

Much has been achieved in the field of research in the last 50 years BUT we still need to understand much more about: -

- what causes glaucoma?
- how it can be prevented?
- what are the most effective treatments?
- Ultimately, how can it be cured?

The Glaucoma Association is supporting studies that seek answers to these questions.

The situation that patients encountered in Ronald Pitts Crick's clinics in the early 1970s' has not improved, in fact it has deteriorated. The intervals between follow-up appointments have increased. Clinics are oversubscribed and patients come away with more questions than answers. Our Glaucoma Group, in true Crick's tradition, try to fill in the gaps that a visit to the eye hospital does not truly fill. We discuss things and chew the cud over a cup of tea. We can't change the condition of your eyes, we would if we could, but together, hopefully, we can change your knowledge.

If you would like to come along to the Glaucoma group, it meets on the fourth Wednesday of every month, 1.30pm-2.30pm. All welcome.

Healthy Living – Healthy You! Our weekly Healthy Living group is changing. Since the pandemic, we have all become far more mindful of both our physical and mental health. Rather than having one group trying to cover all areas, at the last Forum meeting we all agreed to focus on a specific area or activity per week. To this end we have put together a provisional programme for the next three months and will be monitoring people's opinions on what is working and what needs revisiting. Just choose the session you are interested in and book via the office. Currently, from May, the programme is:

Thursday 10.30am-12.00pm:

First Thursday: Looking After Your Body: Subjects include Healthy Eating on A budget, benefits of gentle exercise, natural remedies.

Second Thursday: Craft Group. A different 'hands on workshop' each month. Contact the office for each Month's subject and to book.

Third Thursday: All Things Bright & Beautiful: Hands on Garden Session.

Fourth Thursday: Looking after Your Mind: May's guest Ananché Jeffrey demonstrating the benefits of Life Coaching. Future subjects: Music and Laughter Therapy. Mindfulness.

Fifth Thursday: Taking advantage of our Garden, we've included the Garden theme again.

Specific details of the sessions will be given in our weekly Eye Chat but if you don't get this, please simply ring in for further details of the session and to book your place.

BBS Bees Book Club – Are you interested in reading? Two of our wonderful clients, Ananché and Jixie have volunteered to start a new style book club. To gauge people's interest, they are holding a launch event on Saturday 18th May at 11.00am at the Centre with light refreshments included. The girls are 'buzzing' with enthusiasm to take you on a journey with accessible books. You may also recall from our previous newsletter that Jixie has recently had her own book published so the sessions are open to all sorts of discussions! With very much a Bee theme, the girls have produced their own introduction:

Join us as we explore the enchanting world of storytelling, where imagination dances like bees among flowers, and where a sprinkle of honeyed humour adds sweetness to our gatherings.

*Let's embark on this whimsical adventure together,
One page at a time.*

*Get ready to join the hive at our first meeting on
Saturday, May 18th from 11.00am-12.30pm
at Bury Blind Society.*

It's going to be un-BEE-lievable!!!



User and Volunteer Forums: We would encourage all to come along to these sessions. It's a great way to get to know other volunteers and clients and to comment or learn about activities and news from the Society. A couple of areas where discussed and actions agreed:

1. Support for volunteers. It was agreed to revisit roles to ensure volunteers were not allocated, or embarking on, too many tasks and becoming overwhelmed, when areas could be redistributed. Also look at clear role and task descriptions to avoid any confusion.
2. Volunteer Driver Contribution: With the increase in costs, the £2.50 charge for a volunteer driver will be increasing to £3.00 with immediate effect.
3. Friday Lunches: To confirm the revised prices:

Soup and Sandwich:	£4.00
Cooked Meal:	£6.00
Themed 3 course meals:	£12.00

Spotlight on....

Diane and Umber Update.

So, Umber and I are approaching our first anniversary since we qualified together 30 April 2023. Some of the advantages are obvious but I would never have guessed how much more help people offer when you have a cute golden retriever rather than working with a boring old white cane. I used to dread catching buses as I was not able to find a seat but now other passengers fall over themselves to have the dog sat near them. Umber is now an honorary trustee on the board but hasn't had much to say just yet. I was reticent to take him to a concert thinking the music would be too loud but once I witnessed another guide dog user take their dog to a musical I decided to give it a go. Umber and I went to the George Harrison tribute at The Met where he was totally unbothered once he got over the first drum beat, but went on to steal the show in the second half when George sang a song to him, thanked him for coming along and then George jumped off the stage to give him a hug after the encores. Umber's only disgrace is running off in the park! To deal with this we have discovered Clarks Hill Kennels who run a 'safe field' in Whitefield. I made our first visit last Thursday and the staff were brilliantly helpful, the website very accessible and we even met another guide dog and their person waiting to use the facilities. So, really looking forward to the next coming years together.

Fundraising, Events and Activities News:

10 Pin Bowling Tournament: Well done and thank you to everyone who attended our recent 10 Pin Bowling Tournament at Hollywood Bowling Bury. One of our own VI Teams won the overall competition and, both the sighted and VI highest scoring individuals were from BBS! A huge congratulations to Tony Horrocks (VI) and Gary Spencer (S) for their performances. It was great to see both familiar and new faces there, with representation from Radcliffe Rotary and Age UK but new faces from accountants Barlow Andrews and VI Team, The Stockport Bombers. There was definitely some healthy banter and competition going on! We've had a number of other organisations approach us to see if they could join in with a future event so we may well hold another later in the year.

Events Coming Up:

The Summer Shows are approaching! We will be at the following events. Any help would be greatly appreciated either on the stalls or to set up. Sign-up sheets will be on display in the Centre.

- Prestwich Clough Day, St Marys Flower Park, Prestwich on Sunday 19th May, The Duck Race 26th May during 1940's weekend. Near the Railway.
- Sunday 30th June Bury Community Fun Day, Clarence Park 12-4pm
- Sunday 7th July, Crompton Meadows, Beryl Avenue – Tottington's Big Day
- Ramsbottom Festival 20 July 11.00-4.30pm at Nuttall Park.
- Wednesday 24th July 12pm-4pm, at Bury Fire Training site Collabor8 – family event celebration Bury's diverse community.

If you have any good quality small items/toiletries or soft toys suitable for our Summer Tombolas, we be very happy to give them a good home! Please give the Centre a ring if you wish us to collect.

Calling all enthusiast gardeners! Would you like to help out with our new Garden venture? We are looking for enthusiasm and muscle to help plant and move items once the design has been agreed. If you are interested, please leave details at the office and Jill Logan will contact you.

Meal Out: Our first evening meal out of 2024 for this members and friends has been booked at an old favourite, The Jewel In The Crown in Bury. Easy to get to and always plenty to eat. There is a choice of three main courses, including a starter and coffee or ice cream for the discounted price of £17.00 per person. Date booked is Tuesday is 21 May 7 for 7.30pm. If you would like to go along, please ring or pop into the Centre to pay and give your choices.

Activities:

We are looking at a number of small outings towards the end of the summer and beyond. Currently there has been a request to revisit The RHS Bridgewater Gardens, as well as a trip to Blackpool, The Yorkshire Sculpture Trail, Brockholes Nature reserve and a visit to The Police Museum in Manchester. In addition, there are a couple of planned activities including a Croquet Taster Day, Virtual Golf and Fun Sports Day at Bury Athletics Track in the pipeline. Our new Development Worker will be producing a separate Activity Newsletter with more details at the end of May.

Friday 7th June, 5pm-8.30pm: Ramsbottom Civic Hall. Friday Bite Nite. We are performing our own little mini show to raise funds for the Society, with Michael Johnson and Ananché Jeffrey and anyone else who'd like to join the fun! If you feel you can give us a song, please get in touch. If you're not a singer, come and support us and encourage friends and family too.

Saturday 13th July 1-3pm: Incredible Edibles, Brandlesholme are holding their Summer Party – Purbeck Park.

Donations:

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:

February: No.066- £117.30; No.003- £58.65; No.450- £19.55.

March: No. 423- £114.30; No. 82- £57.15; No.189- £19.05

April: No. 338 - £115.80; No. 90 - £57.90; No 455 - £19.30

'Take Five Quiz'

Here's the answers for the last quarter's quiz:

1. What country has the highest life expectancy? **Japan.**
2. Which language has the more native speakers: English or Spanish? **Spanish has 486 million native speakers compared with English with 373.63 million.**
3. What is the most common surname in the United States? **Smith**
4. What year was the United Nations established? **1945.**
5. Who has won the most total Academy Awards? **Producer Walt Disney.**

Have a go at this edition's Quiz Questions:

1. In Dutch, dinsdag is Tuesday. Which day is called donderdag?
2. Sam Smith performed the theme song to which Bond film?
3. What was the first country in the world to ban smoking nationwide in pubs?
4. A Rana Temporaria is also known as a 'common.....' what?
5. In newspaper racing form listings, which initial prefixed the name Dettori when he raced a horse?

Best wishes from

Jill and all the Team at Bury Blind Society.



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, 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:

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. May, July, September.

Second Wednesday: May 8th & July 10th Volunteers Forum, June 12th & August 7th User Forum. Note: May 8th Launch of Sensory Strategy Consultation – all welcome.

Afternoons: Walk, Talk and Run Group. Meet at 1.30pm at Bury Athletics Track. £1.00 contribution.

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

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

Thursday: Mornings:

Emma's Nail & Beauty clinic: First Thursday of the month. Appointments via the office or contact Emma direct on 07850 276 649.

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:

First Thursday: Looking After Your Body: session covering a wide range of subject from healthy eating on a budget, to relaxation or gentle exercise.

Second Thursday: Craft Group: A different 'Hands On' Workshop each month. Contact the office for the theme and to book on.

Third Thursday: All Things Bright & Beautiful' – 'Hands on' Garden themed session.

Fourth Thursday: Looking After Your Mind: In May guest Ananché Jeffrey will be demonstrating the benefits of Life Coaching. Future subjects: Music and Laughter therapy, Mindfulness.

Fifth Thursday: Gardening theme.

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

First Thursday: Light lunch/Music therapy with Mags.

Second Thursday: Gary's Quiz.

Third Thursday: 'Bingo with Bridie'.

Fourth Thursday: 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

Themed Lunches: May 31st: Lancashire Day. June 28th. Summer Picnic Buffet, July 26th Paris Olympic lunch.

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