



Bury Society For Blind and
Partially Sighted People

Quarterly V.I. Link – Issue 42

July-Sept 2024

Introduction

Since our last VI Link we've had a few changes. In June we welcomed Ananché Jeffrey to our staff team as a Development Worker -more from Ananché further on in this edition. We also had the devastating news of Jim Currie's cancer diagnosis, well-loved client and husband to member of staff, Gill and thank you all for your understanding and kind thoughts for both Gill and Jim at this difficult time.

For those who attend the Centre, you will have noticed a distinct lack of activity in our promised 'Garden Facelift'! Sadly, we were let down by a number of landscape gardening companies so, not to be defeated, we now have a brilliant volunteer 'Gardeners' Focus Group' who are adapting the plans and hoping to make a start in August to revamp certain areas. The theme will still be the same but adapted to the expertise of our wonderful volunteers. If you would like to help out with the 'building' or later, with the planting and sourcing of plants, please do let us know and one of the Focus group will be in touch. Thanks to those who have already offered help and we will be in touch soon!

In light of this our 'Grand Opening Party' planned for August will be postponed. However, there are plenty of events detailed in this edition to attend and enjoy the new space when it's completed, so we do look forward to welcoming you to these.

With the Paris Olympic Games underway, our Medal table is proudly on display in the Centre Lounge area. We held our first Olympic themed lunch on the Opening Day and a further lunch is planned at the end of August. We are also launching our 'Sports September' again and are delighted that Peter Halligan is running the Bury 10K to raise much needed funds for BBS on 15 September. You can support Peter by sponsoring either in the Centre or via the link on our Website.

Not all our planned September Sports are as strenuous as Peter's. Remember those school sports days with such classics as the egg and spoon race? We are holding our BBS Sports Day event, open to all on Wednesday 11th September, 1.30pm at Bury Athletics Track, after our User Forum that morning. There will

also be the opportunity to try 'Wheels For All' bikes so do come along and join in the fun!

This quarter's edition is packed with updates and events coming up. Don't forget, our Early Intervention service is always available – do contact us if you feel you need assistance.

Jill Logan – CEO.

Update on Services and Support

New Faces: As well as Ananché joining us we have been successful in obtaining part funding for a Sight Loss Support Intern role for 9 months from 1 October. This is a wonderful opportunity for a blind or partially sighted person to join our team and also benefit from the amazing Get Set Internship Programme by Thomas Pocklington. Interviews are being held early August and the new intern will be in place for October. Exciting times for our clients, with fresh ideas from new staff complementing our experienced team and preparing us to meet the future needs of all.

Meet Ananché Jeffrey: Your New Development Worker at the Bury Blind Society

Hi everyone! I'm Ananché Jeffrey, and I'm delighted to introduce myself as the new Development Worker. A little about me – I was born in sunny South Africa and moved to the UK in August 2023 with my amazing husband and my wonderful guide dog, Lola. We're loving our new adventure here and plan to stay for the long haul.

I have an honours degree in psychology, along with degrees in life coaching and neurolinguistic programming. My passion lies in helping others, supporting them, and unlocking the potential within everyone. I firmly believe in the power of encouragement to reveal just how incredible each person truly is. I started this role in June, and it has been an incredible journey so far. At Bury Blind Society, I work closely with Jill Logan and our fantastic team of volunteers. My goal is to ensure that everything runs smoothly for both new and established activities and our society continues to be a welcoming, warm, and supportive community for all our members. It has been such an inclusive and inviting experience for me and I'm grateful for everyone who's made me feel at home. I look forward to meeting some of you at my first Volunteers' Forum on Wednesday 14th August from 10.30am-12pm.

Eye Talk Support Programme: After a short break, these sessions are now back to provide support and information for anyone newly diagnosed and anyone whose situation has changed and feels they need additional information. The sessions are currently held during the day, but plans are in place to offer the course at other times more suitable for working adults. If you feel you would benefit from this programme and would like to discuss further, please contact Ananché Jeffrey. Email: isupport@buryblindsociety.org or telephone 0161 763 7014.

Sight Guide and Visual Awareness sessions: Our next session will be on 4th September, at the Centre, between 10.30am-12pm. This is a free session introducing attendees to the basics of sight guiding, various eye conditions and how to help individuals. Please promote to other organisations and groups you may know as this will help us to open up the community for all. Places are limited and need to be booked via Alex. Email admin@buryblindsociety.org or telephone 0161 763 7014. Prices for bespoke training available upon request.

Would you like us to give a talk and/or demonstration to a group or organisation you know? Please get in touch. We have a variety of presentations that can be adapted to suit the audience i.e. Schools, colleges, business, community groups etc. Contact Jill Logan at the Centre. Email jill.logan@buryblindsociety.org

Partners in our Centre:

We have a range of easy to access external services available in the familiar surroundings of our Centre.

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.

Beauty Treatments: including massage, manicure and pedicures: First & Third Thursday of the month from September by qualified beautician Emma. Book an appointment by contacting the Centre.

Phoenix Foot Clinic: treatment of foot issues such as corns, calluses etc plus nail cutting by qualified Foot Practitioner, Dougie Warrington. Second and Fourth Thursday. Appointments can be booked at the office and are available from 10am-2pm.

Citizens Advice Bury & Bolton Community Surgery: For advice and support on issues such as disputes, housing, or dealing with debt. Alan Fitzpatrick, Neighbourhood Engagement Officer from CAB is available alternate months at BBS. This surgery 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 21st August and 16th October 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.

Update on Last Quarter Visitors:

Bury Council Sensory Strategy:

Thank you to all who made their views known via the recent Adult Social Care's consultation. Caroline Malvern, Integrated Commissioning Officer, attended our Centre a number of times to explain and assist all stake holders to ensure your views were considered. In July Caroline returned to our User Forum, and although the full analysis of the consultation was not complete at this stage, highlighted a couple of key trends that had emerged. These included issues with all forms of transport and on line access.

Caroline will be back to report on the full details and Bury Blind Society are playing a key role in ensuring that the needs of blind and partially sighted people are included in the forthcoming strategy.

Licensing & Taxis:

We are still experiencing some issues with the local taxis regarding waiting times and guide dogs. As a result, we have contacted local councillor Gareth Staples-Jones for help on a number of issues, licensing included. We recognise this is not within Councillor Staples Jones remit but other areas including dogs off leads in Kay Gardens and overhanging branches and trees were also included. We have requested Councillors' assistance in addressing these issues and, only last week, Councillor Joan Grimshaw, at a full council meeting, championed the cause of accessibility for Blind and Partially Sighted

people and we are hopeful to now push this agenda further. If you have any issues that you wish to highlight, please contact us.

The Bee Network:

Thanks to the efforts of Councillor Joan Grimshaw, local councillor but also a client and attendee of our Macular Group, we welcomed the Mayor of Greater Manchester, Mr Andy Burnham on Tuesday 2nd July. With just an hour and nearly 20 people in attendance, we ensured the session was focussed on the issues we wished to raise and, Andy Burnham delivered. He listened and answered where he could, and promised to follow up on areas he was unsure on. He was invited to join a group of us on a bus journey wearing Sim Specs and agreed to this, as well as inviting us to give our views on the newly refurbished Stockport Interchange. These visits are to be arranged in the near future but on Monday 22nd July a group of 11 went along to a follow up meeting at the offices of Greater Manchester Transport (TfGM) for further updates on areas highlighted.

We've detailed below the areas discussed and the relevant responses.

Issue:

Bus AVA systems aren't working reliably, and the volume of announcements is usually too quiet

Response/action:

Drivers do not have the ability to adjust the volume of the AVA, because it is controlled centrally. This has been raised with the TfGM bus team to investigate. In the meantime, please continue to raise issues as you experience them. You can do this via the Bee Network app, email hello@beenetwork.com, or call our contact centre on 0161 244 1000.

Issue:

Lack of available free wi-fi across the network is a barrier to people using the Bee Network App

Response/action:

This was recently flagged internally. TfGM will escalate this feedback.

Issues:

- Bee Network buses aren't accessible for guide dogs. Buses that have had the footplate removed still have a rail which prevents dogs from fitting. There's also a lack of consistency about accessible seats.
- Contrast strips/ tactiles need to be added to the steps on the lower deck of buses to make them stand out more

- Seat behind the driver doesn't have a stop button nearby, leaving passengers with no way to alert the driver to stop
- Handrails are spaced too far apart
- Stop buttons need to be in the same place on all buses so people know where to find them

Response/action:

These comments have been fed back to the bus team. Changes are being made to the tranche 3 area buses based on feedback received on buses which are already operational on the network.

We also discussed some members of the group attending a site visit to test examples of the three new bus designs that will be launched in tranche 3. Liz Hunger will be getting in touch to organise and work through.

Issue:

There were several points raised concerning driver behaviour such as:

- not stopping when requested if no-one approaches the doors to exit,
- braking too harshly,
- not pulling up to the kerb, and
- not stopping for visually impaired passengers at bus stops

Response/Action

This information will feed into a piece of work being developed on future driver training offers. Liz Hunger is also leading on this.

Bury Blind Society were asked if they had any training materials, or know of any training packages which TfGM should review, please let Liz Hunger know.

The group were also joined by Dan Coles who gave an overview of the upcoming Network Reviews. TfGM currently have a general Network Review survey available. This can be accessed via the following link

<https://www.gmconsult.org/transport/c8dc97b7>

TfGM said they would reach out again once the Bury review is underway for a more detailed engagement session.

Centre Activities:

Music for Fun sessions, 1.30pm-2.30pm: Every Monday except the fourth, a fantastic group of enthusiastic music lovers meet at our Centre. Over the past couple of months, student teacher, Deborah Newhouse has also been involved in these sessions. So, impressed with the weekly individual and group performances, we have asked this lively group if they will put together a

programme of their favourite tunes to give an interactive performance at our October Monthly Social. It promises to be great fun. If you would like to come along to the weekly sessions and join in – why don't you? Enthusiasm and a love of music is all that's needed. Just pop along or ring the Centre and Mags will be in touch.

This music group recently had a visitor from the Prestwich Community Choir, Danni Brace, who came along and encouraged all to join in. A great session, made even more enjoyable by the fact that Danni is one of our clients and is registered blind and leads the Prestwich Choir! No barriers here! If you are interested in joining the Prestwich Choir, give us a call and we'll pass your details on. The Choir is currently on a break over the summer holidays and will resume in September.

Macular Support Group: As many of you are aware, we have a Macular group that meets on the third Wednesday of every month. This group is very well attended, in fact, so well attended, we have decided to start a duplicate group for any of our 'latest recruits' as the room just isn't big enough! The new group will be starting in September on the first Wednesday of the month, same times, 1.30pm-3.00pm. If you are interested in joining this group, please let Gill Currie know by ringing the office or email eyetalk@buryblindsociety.org.

Thursday sessions: We look to ensure that our Thursdays have some 'healthy connection' whether it is mental wellbeing or physical. With this in mind, we invite a number of 'guests' to come along and present a session or workshop. Our student teacher Deborah has carried out a number of these sessions herself but over the next few months, guest presenters are also involved. If you fancy coming along just let us know beforehand so we can ensure resources are available.

Thursdays First session: 10.30am-12.00pm: Second Session: 1.30pm-3.00pm

Thursday 1 August: We welcome Dorothy Bullough who will be providing an interactive workshop with an 'Olympic medal theme', repeated for second session.

Thursday 8th August: Morning Session; Mags will lead on benefits of gentle exercise, natural remedies.

Afternoon Session: We welcome Gary back from his holidays and we really enjoy his monthly Fun Quiz.

Thursday 15th August: Ben, from Wax & Bean has very kindly donated a number of LPs (yes – do you remember those!). We hope he can join us to talk about the value of music but the sessions (both morning and afternoon) will cover the joy of vinyl and the memories it evokes.

Thursday 22nd & 29th August: Following on from last week's session – the importance of taking time for yourself, the next two weeks will be based on exploring ideas highlighted in the article 'Finding Moments for Yourself' (see Ananché's article further on in this newsletter).

Thursday 5th & 12th September, morning sessions only: Join Lynne for a class in 'willow making' to produce a beautiful autumnal wreath. Numbers will be restricted for these sessions so please do book.

12th September -1.30pm-3.00pm – Gary's Quiz.

Contact the office for details of future sessions.

BBS Bees Book Club – 3rd Saturday of the month. 11.00am-12.30pm



The BBS Bees Book Club is buzzing!

Our book club focuses on creating an environment where your imagination can soar through literary adventures, ensuring we offer accessible books, and fostering a social environment where people can share their love of books. We have been working with Bury Library to provide audiobooks, which most of our members have been really enjoying. We meet on the third Saturday of every month to discuss a new book. To keep things fresh, we change genres every three months. After diving into mysteries, reading *Before I Go to Sleep* by S.J. Watson and *The Guest List* by Lucy Foley, we're delighted to say that our next adventure will be in the world of horror and/or thriller—just in time for Halloween! And after the festive season, we're looking forward to exploring classic literature with titles like *Little Women* and *Jane Eyre*.

Our monthly sessions are filled with lively discussions and shared passions for reading. Many of our members have joined us hoping to broaden their own reading tastes, exploring new genres and authors, and we're delighted to say they're achieving just that! Our members love sharing book recommendations and learning from each others experiences. In fact, several members have joined us from other book clubs, bringing valuable insights to help us build a thriving community. Quite often, we will have guest speakers join us. Just last month, on the 20th of July, Lenke Csaba-Ashton from Bury Library introduced us to Borrow box, a free online audiobook service. This aligns perfectly with our goal of making reading accessible to everyone. Overall, the book club is a hive of activity, and we are eager to welcome any busy bee or bookworm who would love to join our buzzing community!

Finding Moments for Yourself:

Simple Self-Care Ideas by Ananché Jeffrey.

In today's fast-paced world, finding time for yourself can feel like an insurmountable challenge. Between work commitments, family responsibilities, and endless to-do lists, self-care often takes a backseat. However, even a few minutes of dedicated 'me time' can make a significant difference in your overall well-being. Here are some practical suggestions on how to incorporate these precious moments into your daily routine.

1. The Power of Five Minutes:

Sometimes, all you need is a short, focused break to recharge. Here's how you can make the most of five minutes.

Listen to Your Favourite Song or Album:

Music has a powerful effect on mood. Create a playlist of your favourite songs and take a five-minute break to immerse yourself in the music. This can be especially rejuvenating during a busy workday.

Practise Deep Breathing:

Set a timer for five minutes and focus on your breathing. Deep breathing exercises can help reduce stress and improve concentration.

Stretch:

Stand up and do a quick stretching routine. This can help alleviate physical tension and refresh your mind.

2. Creating a Daily Routine:

Consistency is key when it comes to self-care. Here are some ideas for incorporating longer 'me time' sessions into your daily routine:

Morning Rituals:

Start your day with a 15-30-minute routine that's all about you. This could be reading a book, meditating, or enjoying a quiet cup of coffee before the household wakes up.

Lunchtime Breaks:

Use part of your lunch break for a quick walk, some light reading, or simply sitting in a quiet space to clear your mind.

Evening Wind-Down:

Dedicate the last 15-30 minutes of your day to winding down. Disconnect from screens, listen to calming music, or indulge in a hobby like knitting or journaling.

3. Integrating Self-Care into Daily Tasks

Self-care doesn't always have to be separate from your daily activities. Here's how to integrate it seamlessly:

Mindful Cooking: Turn meal preparation into a mindful activity. Focus on the process, enjoy the smells, textures, and flavours, and take pride in the meals you create.

Commute as ‘Me Time’: If you have a daily commute, use this time to listen to audiobooks, podcasts, or your favourite music. This can transform a mundane task into something enjoyable.

Household Chores: Turn chores into opportunities for self-care. Play your favourite tunes while cleaning, or practice mindfulness by focusing on the sensations and movements involved in the task.

4. Scheduled Self-Care

Sometimes, the best way to ensure you get your ‘me time’ is to schedule it:

Calendar Blocks: Treat your self-care time as an important appointment. Block it out on your calendar and commit to it as you would any other meeting.

Accountability Partners: Share your self-care goals with a friend or family member who can help hold you accountable. You might even plan joint self-care activities.

5. Weekend Retreats

If daily ‘me time’ seems impossible, aim for longer sessions on weekends:

Digital Detox Days: Spend a day without screens to reconnect with yourself and the physical world around you.

Nature Walks: Plan a walk-in nature or a visit to a local park. The fresh air and change of scenery can be incredibly refreshing.

Hobby Days: Dedicate a day or part of a day to indulging in a hobby you love, whether it’s painting, gardening, or baking.

Conclusion:

Making ‘me time’ a priority, even if it’s just for a few minutes a day, can significantly improve your mental and emotional well-being. By incorporating these moments into your routine, you create a sustainable practice of self-care that can help you navigate the demands of modern life with greater ease and resilience. Remember, you deserve these moments of peace and joy—make them non-negotiable.

Action Step: Start today. Choose one of the suggestions above and integrate it into your schedule. Protect this time fiercely—it’s your investment in a happier, healthier you.

Spotlight on.... Danni Brace.

We are really grateful to Danni for her very honest account of her journey to using a long cane. It's a story many will be able to relate to and hopefully, take on board! .

I can have a cane??? But I'm not blind?

Who knew? I certainly didn't! It was a shock to me to find out that I was entitled to a cane and then a shock to realise just how uneducated I was, despite being sight impaired.

I have Ocular Cutaneous Albinism, which is accompanied by Photophobia and then a few other eye difficulties. I am possibly from that generation where no one knew about the various spectrums of difficulties and not many knew how to deal with them. When I was looked at by the doctors, they were so often accompanied with students because I was a "unique" case, different and new.

I had a bit of a dip about a year and a half ago. I am a 38-year-old secondary school music teacher, trying to keep up with the demands of a heavy weight job and family/social life. I was pushing myself too hard, not taking care of my health, mental health, and vision in any way at all.

Half term arrived with a great celebration! I was relieved to have a break and breather. My little family took a few days away and whilst there I realised everything just felt harder. When I say everything, I do mean everything. Visually, everything was blurrier, headaches were bad, ocular migraines etc. (I do believe I have always had a headache; you know the one between the eyes, but it was intense. Lots of hazy and shimmery vision and I was just so tired.)

I crashed and burned during this half term. I couldn't go back to work for a while and needed to take time off. I felt so low and like I was failing. I know I am a capable person but I didn't know if I could go back to teaching. Were my eyes going to be too big a barrier? I hid under the covers for a little while and let it consume me, wondering whether this barrier was too big and would I be able to continue with doing something I loved?

After a short while I, along with a friend, created a short-term plan of action, one of which was to contact Bury Society for Blind and Partially Sighted People. This was a blessing in disguise! I saw someone pretty quickly. I felt heard and cared for and not only did they support me with my vision, just

talking to people who understand was therapy! They asked the right questions and checked in with me. Discussing things like:

“How much help do you have at home?”

A lot. My husband is a good egg. Looks after me and always knows when I am tired. Sends me to bed and does all the cooking etc.

“How do you eat?”

With a knife and fork...They meant can I see my food, plate, miss my mouth etc.

“How do you pour a drink?”

Into a glass...But over the side, spill it all the time, miss the glass, knock it over when I reach for it regularly.

“How do you walk?”

(Yes, another clever comment) One foot in front of the other. It was this question that stayed with me the most. I thought I walked normally. I didn't even realise that looking down at your feet and flicking your head up every so often wasn't the most effective way of walking. I was getting hit in the face regularly by branches or headbutting lampposts. Using a cane would enable me to use the vision I do have to minimise accidents further.

This one meeting guided me to re-evaluate how I cross roads, which I believe is a mix of fear, hope and adrenaline. In all honesty I am unsure how I am still standing with the game that I have been playing (obviously not purposefully).

It took a lot of persuasion, with myself, to accept that I may need a little more support than I have had over the years...which to be honest isn't much. I, as so many others do, have just got on with my life. Pushed on and learned how to do things in my own way, compensated for things that are difficult in other ways, avoided situations or spaces, relied on my husband, A LOT, for support and even my children from such an early age have stopped me from treading in things everyone would want to avoid.

I had some cane training, which also took a lot of persuasion as I had to be mentally prepared for it. What really persuaded me was, the day before my first training, I was trying to cross the road and didn't see a car that was pretty

much upon me. I didn't even realise. The horn gave me the jolt I needed to accept that this was the right thing to do for me.

The cane has been an absolute hit! It has not been easy to adjust but it is keeping me safe. Not only does it tell me what I need when the sun is too bright or I misjudge a curb or step, but it tells others I am struggling which can only be a positive. It has become a tool that I can do without if I really need to, but that I don't ever want to leave behind. It is my literal right arm, has given me my confidence back and I cannot thank Bury Society for Blind and Partially Sighted People enough for their continued support.

Fundraising, Events and Activities News:

Cricket Experience: We are investigating a local Cricket Academy in Bury for sessions. If you are interested in joining this activity, please let us know and we will be in touch with further details.

Future Activity Day: Burrs Activity Centre employs professional instructors to provide a wide range of activities to members of the public and organised groups. The activities include canoeing, archery, kayaking, rafting, an indoor climbing wall, abseiling, team building, problem solving and orienteering. We have approached the Centre to look at a number of activities appropriate for our clients. Would you be interested in joining us? If so, please contact the office for your name to be included so we can obtain an idea of how many clients would be involved.

Walking Group: During the summer school holidays our Walk, Talk and Run group are having a slight change in direction. They are heading off to Manchester Road Community Park where there are walks, bowling, tennis courts, multi gym equipment and a café! Why not come along and join the group? Meet at the Centre at 1.30pm and then walk down to the Park. Would you be interested in becoming a litter picker for this area? We are keen to do 'our bit' for the community and would be happy to support anyone who wants to combine their Wednesday Walk with a litter pick. We have sighted volunteers to help so let us know if you want to join this happy band and keep Manchester Road Park tidy.

Author Day: Wednesday 21st August. 1.30pm-3.00pm. The usual Macular Support session is taking a slightly different focus in August due to the holiday season. Instead we are welcoming Jixie Dye, author to talk about the launch of

her recent children's book, *The Welsh Witch*. Jixie is registered blind but has not let this hold her back in her love of writing. All are very welcome to come along and hear about her journey, the highs and lows, the challenges and successes to achieve her dream of seeing her book published. Do show your support for Jixie and invite friends along too. Light refreshments available.

Autumnal Willow wreath making: Lynne Leyland Mather will be holding a workshop over two, weekly, sessions on Thursday 5th and 12th September, 10.30am-12.00pm. Numbers are restricted so let the office know if you wish to attend. We would also appeal for donations, nearer the time, of pine cones, acorns, dried leaves, fruits and flowers to use for decoration.

'Seasons of Mist and Mellow Fruitfulness' – the image this famous line from John Keats poem 'To Autumn' conjures up harvest, apples and home-made jams for sure, so when we were offered the chance to visit Bury's own hidden secret, Holly Mount Orchard, we grabbed the opportunity. Not for the faint hearted as the walk can be a little rough underfoot, but sighted guides will be available, this trip will be on Friday 6th September, meeting at the Centre for 10.30am to leave by 11.00am. The itinerary consists of half an hour for a look around the orchard and a talk by a representative from Holly Mount Orchard followed by a picnic and some musical entertainment to finish off. There is a cabin but, weather permitting, we intend to have the picnic outside to take in all the smells, taste and sounds of the area. Transport, picnic and entertainment included for £5.00 per person. To book, please contact the Centre.

Sports September:

Ten Pin Bowling sessions back Tuesday 3rd September. After a break over the summer, the Ten Pin Bowling group will be back in force at Hollywood Bowling, based at The Vue, Bury. Meet at the Centre at 10.30am or at the Bowling Alley by 11.00am start. Please book your place via the office if you are not already in the group to ensure a place.

Saturday 7th September: Meeting at 8am outside Bury Leisure Centre, to arrive at Sutton Leisure Centre, St Helens. Come and enjoy a full taster day of Disability Sports, courtesy of Rotary District 1285. Transport and packed lunch provided. Places to be booked by end of August via the Bury Blind Society office.

Wednesday 11th September: 1.30pm. Join our mini Sports Day fun event when the Wheels for All will be available to try along with the multi-gym and other fun activities for both the competitive and non-competitive amongst you!

Social Events:

The popular trip to RHS Bridgewater is happening again this year, courtesy of The Athenaeum Bridge Club. Tuesday 24th September is the date we've set. Arrangements are the same as last year. Departing from outside Bury Art Gallery at 10.00am, packed lunch provided. Leaving the Gardens at 1.30pm to be back in Bury for approx. 2.00pm. Open to all VI's and Friends of BBS. If you require assistance, please ensure you bring a friend/relative, or partner up with another participant as we are unable to provide volunteers for all. Book at the office. Tickets are £5.00 and, limited to 24 spaces with allowance for 2 Wheelchairs. Please note, if you require a wheelchair or mobility scooter to hire, free of charge from RHS, this will need to be booked beforehand. Places will need to be booked by Monday 16th September.

National Eye Health Week 23-29th September: Last year it was the Cycle Challenge, this year we are travelling around the supermarkets promoting awareness with our Sim Spec Hoopla. If you would like to help out on the stall, please let Ananché know in the office.

October: Thursday 10th October, 8am: Annual General Meeting: to coincide with World Sight Day we are holding our AGM at the Centre.

Celebration Open Day: We will be holding a 'Celebration Open Day' at The Masonic Hall in Bury, on Monday 14th October, with stands displaying information on all the groups and the Annual Report available for perusal. There will be entertainment too. Having heard the Ukebobs both at Ramsbottom Civic Hall and then, a selection at our Monthly Social, we are delighted they are joining us again to celebrate our year. Tickets are just £3.00 and include tea and cakes. 1.30pm-3.00pm.

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, supporting the Centre or providing training for a volunteer to sight guide safely. Each month the charity needs to raise £1,700 to cover building

overheads i.e. Heating, lighting, water etc alone, so all your donations help. 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:

May: No.388- £117.30; No.008- £58.65; No.336- £19.55.

June: No.249- £116.70; No.466- £58.35; No.182- £19.45.

July: No. 172 -£117.90; No.369- £58.95; No 483- £19.65.

'Take Five Quiz'

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

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

This edition's questions:

1. What fruit takes the scientific name Mangifera Indica?
2. In Breakfast At Tiffany's, what is the name of Holly Golightly's cat?
3. Typically, what's the strongest muscle in the human body?
4. What does the AC button on a calculator stand for?
5. What is the study of mushrooms called?

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.

During August no 10 Pin Bowling at Hollywood Bowling. Restarts Tuesday 3rd September. 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 as always from Carole and crew.

First Wednesday: Alternate months: Wednesday Sight Guiding Session. September, November.

Second Wednesday: 14th August, 9th October - Volunteers Forum, 11 September, 13 November - User Forum. All welcome.

Afternoons:

- **Weekly: Walk, Talk and Run Group.** Meet at 1.30pm for August: Manchester Road Community park. From 4th September, Bury Athletics Track. £1.00 contribution.
- **First Wednesday, 1.30pm-3.00pm** from 4th September, New Macular Degeneration Support Group.
- **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 and third 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: Healthy themed Thursdays: individual session details given previously.

Afternoons: 1.30pm-3.00pm: Thursday Session, duplicate of Thursday morning.

Second Thursday: Gary's Quiz.

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.