

To join all of our Zoom sessions, use the details below:

Link - <https://zoom.us/j/9683947679>

Phone - On any phone, dial 0131 460 1196, then enter the meeting ID 968 394 7679#

HSB News & Events Weekly Groups

Coffee and Chat Group - Every Monday at Brighthouse Rest Centre from 12.30pm-2.30pm.

Zoom Group - Every Tuesday via zoom at 11am to 12 noon

Knit and Natter— Every Wednesday from 12noon to 2pm.

Coffee and Chat- Every Wednesday from 2pm-4pm.

Games Group - Every Thursday from 10am to 11.30am

Chairobics - Every Friday (hybrid) from 10am to 10.30am

Bowling Group— Every Friday at Electric Bowl, Halifax from 11am.

Monthly Groups

Technology Group— 1st Wednesday of every month. Upcoming sessions will be 7th August, 4th September and 2nd October.

All sessions are hybrid meaning you can attend in person or join us via zoom.

Guide Dog group—3rd Wednesday of every month (hybrid) from 11am.

Craft Group— 1st and 3rd Thursday of every month. Make it a full day and join us for both Games group and Craft group with lunch for £5. Upcoming sessions are 1st August, 15th August 5th September and 18th September.

Inbetweeners Group— 4th Thursday of every month. The group runs from 6pm to 8pm. Upcoming sessions are 25th July, 22nd August and 26th September.

Turn page for more events

HSB News and Events cont'd

Walking Group

The next Walking Group will take place on Tuesday 20th August 2024 at Blackstone Edge.

Our walking group is supported by volunteers, we try to plan walks with good public transport links that are of an easy to moderate level of ability.

We may be able to organise transport but it is essential that you book in advance to secure your place. Please call the office on 01422 352383.

Companion Group

This is a peer support group for anyone who is a guide, parent, or grandparent of a person with a visual impairment. We will provide a welcoming space, equipped with toys suitable for younger children so come along to chat about any challenges you may be facing and share hints and tips. Please note the change of occurrence from the 2nd Friday of every month to the 1st Friday of every month. The café area will be open alongside this group.

Visiting Optician– Oliver Sewell is an optician who visits on the first Monday of every month from 10am to 12noon. Oliver can discuss any low vision needs, explain eye conditions and offer advice. You do not need to book an appointment, this is a drop in session.

Sight Centre and Social Engagement Café– Our lovely social café and sight centre is open from 10am to 2pm, Monday to Friday.. We look forward to seeing you soon.

Retina UK

Retina UK are hosting a “Talking” Travel Peer Support Group on Thursday 25th July from 7pm to 8pm via zoom. Sight and Sound will be joining facilitators Rachael and Richard to talk about the new WeWalk Smart Cane 2. To register please visit RetinaUK.org.uk/groups.

The Leo Group.

The Leo group will be visiting the Copper Cow in Sowerby Bridge on Thursday 15th August 2024. For further information please contact Angela by text or phone on 07791134362 or email localeatingout@outlook.com.

Halifax Bus Station Update.

We have received an update regarding the ongoing changes to the bus services and station. More information can be provided at the office or on our Facebook page.

To register your interest or find out more information about any HSB groups or events, contact our office on 01422 352 383.