

Eye Alert

September 2024

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 12pm.

Knit and Natter - Every Wednesday from 12pm to 2pm.

Coffee and Chat - Every Wednesday from 2pm to 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 4th September, 2nd October and 6th November. All sessions are hybrid which means you can join us in person or online via zoom.

Guide Dog Owners Group - 3rd Wednesday of every month from 11am.

Craft Group - 1st and 3rd Thursday of every month. Next sessions will be 5th September and 18th September.

Inbetweeners Group - 4th Thursday of every month. The group runs from 6pm to 8pm. Upcoming sessions are 26th September where we will be visiting Galactic Golf for a fun filled evening and 24th October where we will be staying in for the Curling Challenge of all Curling Challenges.

Turn page for more events

Changes

You may have seen in our recent newsletter that we are making some changes to our programme of activities. These changes will take effect from Tuesday 1st October.

Below are the details of the new groups.

Mondays

Coffee and Chat

12.30pm to 2.30pm. At Brighthouse Rest Centre, Charge £2 per person.

Come along for a coffee and a chat and enjoy games and activities.

Wednesdays

10am to 12noon at 7 Southgate, HX1 1DL

Breakfast Group including:

1st Wednesday of the Month - Technology Group. This group aims to give you a good understanding of the different technology available to support living with sight loss.

2nd Wednesday of the month - Companion Group. This is a peer support group for friends/family or carers of people with a Visual Impairment.

3rd Wednesday of the month - Guide Dog Group. This group is for past, present and future Guide Dog Owners and is an opportunity to discuss living with a Guide Dog.

4th Wednesday of the month - Focus Group. Every month this group will focus on a different eye condition. We are very pleased to announce that for the first session on the 24th October we will be joined by Judith Potts, Founder of Esme's Umbrella, who will be talking about Charles Bonnet Syndrome.

There is a charge of £5 per person to come along to the Breakfast Group which will include a drink and a breakfast sandwich. If you do not want to eat, you can join the session from 10.45am for a charge of £2 which will include a drink.

Knit and Natter

12pm to 2pm at 7 Southgate, HX1 1DL

A drop in group within the Social Engagement Café. Bring along your latest knitting project and join us for a brew and a natter.

Coffee and Chat

2pm to 4pm. Charge £2 per person.

Come along for a coffee and a chat and enjoy games and activities.

Turn page for more events

Changes cont'd

Thursdays

SocialEyes -

10.30am to 2pm at 7 Southgate, HX1 1DL.

A themed lunch group. Each week, along with the chance to socialise, there will be a different activity followed by lunch.

The first SocialEyes session on Thursday 3rd October will be a Golden Oldies Theme. Come and join our Golden Oldies celebration! In a 50's/60's style themed room you will have the chance to swing back in time with a golden oldies quiz. Costume props will be available with photo opportunities for anyone who fancies capturing a trip down memory lane. The fabulous singer and entertainer Julie Diamond, will lead a Golden Oldie Sing Along before you tuck into a delicious lunch of pie, chips and mushy peas followed by bread and butter pudding. This session will have you rocking all the way home!

There is a charge of £10 per person and booking is essential.

Thursdays

Inbetweeners

6pm to 8pm on the 4th Thursday of every month.

At the session on Thursday 26th September we will be visiting Galactic Golf for a journey through space on an 18 hole indoor adventure golf course. Our mission will be to boldly golf where no-one has golfed before!

We will meet at 6pm at 7 Southgate, HX1 1DL.

Booking is required and a deposit of £5 will secure your place.

Fridays

Bowling Group

11am onwards at Electric Bowl, Halifax.

Join the Peaky Blinders every Friday for a game or two of traditional tenpin bowling. For more information please contact the office.

Annual General Meeting

This years Annual General Meeting will take place on Wednesday 4th September from 6pm to 8pm at the HSB centre. (7 Southgate, HX1 1DL). The formal meeting will be followed by the opportunity to socialise over refreshments. Everyone is welcome to attend, there will be an online option for those who are unable to attend in person.

HSB News and Events

Race Night

We are holding a fundraiser Race Night on Saturday 26th October at Northowram Club from 7pm to late. Tickets include a pie and pea supper and cost £5 per person. There is limited capacity so please note, places can only be confirmed on receipt of payment.

There will be 4 races plus an auction race. Horses can be bought in advance of the evening for £5 regardless of whether you are attending the evening. If you buy a horse you get to name it and there will be a small prize for the best name. Bets will be £1 per go. We shall also be drawing a raffle during the evening.

For more information, please contact the office.

All proceeds will go towards continuing the valuable work we do so please support this event in any way you can.

Walking Group

The next Walking group will be held on Wednesday 9th October 2024. The walk will be around Norland Moor. The terrain is described as Moderate difficulty. Walkers can bring their own packed lunch, or alternatively, eat at the Hub on site. Meet at Norland Moor car park at 10.30am.

Visiting Optician

Oliver Sewell from Andrew Lomas will continue to join us on the first Monday of every month. Oliver will be here to chat to you about eye tests, eye appointments, magnification and low vision aids.

Social Café/ Sight Centre

Our social café and sight centre is open Monday to Friday from 10am to 2pm. Drop in and have a brew and a biscuit. A small donation is all we ask. Don't forget we also have a front room set up with entertainment options for those with a visual impairment. If you want to know more, pop in for a chat, we would love to see you.

Other Event Alerts

LEO Group.

The Local Eating Out Group will be visiting TGI Fridays on Thursday September 19th. If you would like to come along and share a nice meal and enjoy friendly chat about life and tips for living with sight loss, please call or text Angela on 07791134362 or email localeatingout@outlook.com

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