

HSB News & Events

Mondays

Coffee and Chat

This group takes place from 12.30pm to 2.30pm at Brighthouse Rest Centre. There is no need to book, you can just turn up to this informal group for a coffee and chat as well as the opportunity to enjoy games and activities. There is a £2 per person charge.

Wednesdays

The Breakfast Group runs from 10am to 12 noon at 7 Southgate, HX1 1DL. If you wish, you can join us before 10.30am to order a breakfast sandwich. There is a charge of £5 for this.

Or you can come anytime from 10.30am to join the group of the week, which starts at 11am. These groups are detailed below. Please remember to make a donation for any drinks you have during these sessions. Thank you.

7th May- Technology Group. This group focuses on different types of technology available. This could be anything from a talking clock to some of the amazing software available. This month we will be discussing the range of kitchen aids that are available.

14th May- Companion Group. This is a peer support group for friends/family or carers of people with a Visual Impairment. Offering an opportunity to share experiences and receive support from others in a similar role.

21st May- Guide Dog Group. This is a group for past, present and future guide dog owners to get together and discuss the highs and lows of guide dog ownership.

28th May- Focus Group. Each month we use this session to focus on a different eye condition. This month we are lucky to be joined by a Nystagmus expert who will explain the condition and be available to answer questions.

Wednesdays

Knit and Natter

From 12pm to 2pm at 7 Southgate, HX1 1DL we host a drop in Knit and Natter group within the Social Engagement Café where, no matter what your skill level, you can bring along your latest knitting project and have a natter.

Coffee and Chat

Come along to 7 Southgate from 2pm to 4pm every Wednesday and join our Coffee and Chat group.

Alongside firm favourite, Bingo, there are lots of other activities to enjoy as well as the chance to have a catch up with some friendly faces.

Thursdays

SocialEyes

This group is all about experiences and trying something different. Based at our premises at 7 Southgate, the group runs every Thursday from 10.30am to 2pm. Details of the upcoming May sessions are below. Please note that booking is essential for this group and there is a £10 per person charge.

1st May: All Aboard the Skylark

All aboard! This week we will be travelling to Sowerby Bridge where we will board the Skylark and enjoy a cruise down the Calderdale Canal towards Salterhebble. On our travels we will enjoy a picnic lunch whilst admiring the quiet beauty of the waterway.

8th May: From War to Peace: The VE Day Story

To mark the 80th year of VE Day we will start at the centre and watch a short film, before walking down to the Halifax Minster where we will be joining others to enjoy a special concert with words and images given to mark the 80th Anniversary of Victory in Europe Day, performed by Sean Montgomery.

15th May: Wheels of Wonder

Get ready to unleash your inner artist! In this session, we are diving into a world of colour, texture and creativity as we come together to craft a Mosaic Masterpiece. Let your imagination run wild as we make something truly unforgettable!

22nd May: The Sweetest Things.

This week we are in for a real sweet treat! Sharon from Sweet Treats Sweet Shop in Brighouse will be joining us and bringing along a delightful selection of old fashioned sweets to share. So get ready to take a trip down memory lane.

29th May: Nature Unplugged– Explore the great outdoors.

Take a break from the world and join us as we head to Cromwell Bottom for a date with nature. This session is all about the chance to reconnect with nature through a tranquil walk around the nature reserve, spotting wildlife and enjoying the peaceful soundtrack of birdsong.

Inbetweeners

On the 4th Thursday of every month, the Inbetweeners Group meets at 7 Southgate at 6pm. Each month we do a different activity, recent examples are a pub quiz, an indoor fun fair and a trip to local bar, Vocation for pizza and a pint. This month we will be meeting on Thursday 28th May and playing HSB House of Games.

Fridays

Bowling Group

Join the Peaky Blinders every Friday from 11am onwards at Electric Bowl, Halifax for a game or two of traditional tenpin bowling. For more information please contact the office.

Walking Group.

The Walking Group on Tuesday 27th May will be visiting Dovestones Reservoir. We will be meeting at Maurice Jagger Centre (MJC) at 10am. As we will be using the MJC minibus, places are limited so booking is essential. Please note there is a £3 per person charge for this group, this is to cover transport costs.

Other Events

Route 66 Virtual Walking Challenge.

We have been overwhelmed by the support we have received during our virtual walking challenge. Thankfully, although our feet are killing us, we are on track for completing the challenge and meeting our fundraiser total. It is not too late to make a donation, you can do this in person through the office or online via our JustGiving link:

[Route 66 Virtual Walking Challenge - JustGiving](#)

Just a reminder that our final day for the challenge is Monday 19th May. All those who have joined us to walk the challenge are invited to meet at 10am at the top of Westgate Arcade to walk the last steps of the journey together and finish with a celebration at our centre.

If you were lucky enough to be amongst the first 25 to sign up, please remember to wear your Route 66 t-shirt.

Sighted Guiding Training

On Tuesday 6th May we will be offering a session on Sighted Guiding. This training is for anyone over the age of 18 who wants to learn how to guide an adult with sight loss.

This training will equip you with the skills and knowledge to safely and confidently guide people with sight loss. The training will cover communication, basic guiding techniques ranging from how to walk together to navigating doorways to staircases. You will also receive an awareness of common barriers and access rights.

Whether you have been guiding someone confidently for years or are completely new to the role, this is the perfect opportunity to develop your skills and use best practice when guiding.

Summer Trip

On Thursday 17th July we are closing the office and heading out for a day at the beach! Pick up will be at 9am in the coach pick up area at the bottom of Woolshops car park. Upon arrival at Bridlington you will be able to enjoy free time strolling along the promenade, having a paddle or enjoying fish and chips until our return to the drop off point for 2.30pm.

The deadline to book your place is Monday 30th June, seats can be secured with a £20 per person deposit. Please contact the office.

Weaving the Senses

In our recent newsletter, we made you aware of an exciting upcoming opportunity to be part of the Weaving the Senses Project. This Project will use sound and touch to explore Halifax's industrial heritage.

We now have the dates for this Project and can confirm that the first session, which will be an introduction to the Project and a chance to meet Francesca and Freya, the artists involved, will take place on Tuesday 10th June. The second Session which is a trip to the Calderdale Industrial Museum will take place on Tuesday 24th June and the last session where the sound drawings will take place on Tuesday 30th June.

To register your interest, please contact the office.

Rehabilitation Services

HSB are aware that some of our members have concerns about the level of service currently being provided in relation to the Rehabilitation in our local area. We would like to offer you the opportunity to come along to a discussion designed to give members the chance to raise their concerns in a constructive environment.

This meeting will take place on Tuesday 20th May at 10.30am at 7 Southgate.

Items we will be focusing on are specific concerns with examples and the impact the reduction in service is having on individuals with sight loss.

Please let us know if you wish to attend. If you cannot make the discussion but have a concern to share please contact the office to pass on this information.

Northern Ballet Audio Described *Hansel and Gretel*

Northern Ballet's production of [*Hansel & Gretel*](#) tours the Lawrence Batley Theatre, Huddersfield on Saturday 17 May. There will be an audio described performance at **12pm**.

The recorded audio description is delivered by ex-premier dancer Pippa Moore MBE, bringing the performance to life in your mind's eye with vivid descriptions of the movement, action and drama that takes place on stage.

At the free, in-person Touch Tour Insight, taking place from 10.45 – 11.15am, you will gain a deeper understanding of *Hansel & Gretel* as you hear descriptions of the scenery, with the opportunity to see and feel some of the costumes.

To find out more and book a ticket, contact the Lawrence Batley Theatre's Box Office on **01484 430528**.

LEO Group

On Thursday 15th May the Local Eating Out Group will be meeting up at the Beefeater. If you would like to join us for a chat and an enjoyable meal, please contact Angela on 07791134362 or email localeatingout@outlook.com for more information.

Office Mobile Phone

We now have an office mobile phone, the number is 07927029940 and will be accessible during working hours. Please only use this number or the office number to contact staff members.

To register your interest or find out more information about any HSB groups or events, contact our office on 01422 352383.

You are welcome to bring along a family member, friend or companion to any of our groups but please be aware they will have to pay any charges relating to that group.