

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 1st May, 5th June and 3rd July. The session on 1st May will feature

Apps such as Dolphin Easy Reader, Be My Eyes AI, Moveit and First Bus. 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 Thurs 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 2nd May, 16th May. 6th June, 20th June and 4th July and 18th July.

**Inbetweeners Group**— 4th Thursday of every month. As the nights are lighter we will revert to the group running from 6pm to 8pm. Upcoming sessions are 23rd May, 27th June and 25th July.

## **HSB News and Events cont'd**

### **Walking Group**

The next Walking Group will take place on Tuesday 14th May at Yorkshire Sculpture Park. The group will meet at 10.30am at the Maurice Jagger Centre.

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.

For this walk we will be hiring the Maurice Jagger minibus. As a result there will be a small charge. It is essential that you book to secure your place. Please call the office on 01422 352383.

**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 have a variety of board games for you to try out including chess and draughts, why don't you pop along and challenge one of our volunteers to a match. We look forward to seeing you soon.

### **Opticians Open Evening**

We are holding an Open Evening and inviting all the local opticians to come along and explore our sight centre and find out about the services we offer.

## **Other Event Alerts**

### **LEO Group**

May LEO group

The May LEO outing will be on Thursday 16th May and this time we will be visiting the Viaduct in West Vale to enjoy some traditional pub food and drink. If you would like to join us for a meal, friendly chat and tips for living with sight loss, please contact Angela by phone or text on 07791134362 or email [localeatingout@outlook.com](mailto:localeatingout@outlook.com).

Exciting news!

Summer is just around the corner and the LEO group are excited to tell you about a social event we are planning for Saturday 6th July at Wellington Court in Pellon. This event is open to visually impaired people and their friends and family. The more the merrier! For further details please contact Angela on 07791134362.

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