

**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 3rd July, 7th August and 4th September . The session on 3rd July will feature the Dolphin Software GuideConnect.

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 4th July, 18th July, 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.

**New! Companion Group**—

A group for guides, parents/grandparents of a person with a visual impairment. The purpose of the group is peer support, a space where you can discuss challenges and share hints and tips. There will be sensory toys suitable for younger children available if you wish to bring them along.

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

### **Walking Group**

The next Walking Group will take place on Tuesday 16th July at Hardcastle Craggs. 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.

### **Brooch Making Workshop.**

This is your last chance to book onto our Brooch Making Workshop. This workshop will take place on Saturday 29th June from 10am to 2pm at Southgate. You will be guided through making your own fabric brooch by our expert workshop host. There will be a £15 charge per person, this will include the provision of lunch. Places are limited.

### **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.

### **Other Events:**

#### **Sight Village Central**

A free sight village event on Monday 8th July and Tuesday 9th July 2024 from 9.30am to 3.30pm at the Eastside Rooms Conference Centre, Birmingham B7 4BL.

#### **LEO Group**

The Leo Group will be trying out Next Level in Dean Clough on Thursday 18th July. If you would like more information, please call or text Angela on 07791134362 or email [localeatingout@outlook.com](mailto: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.