****

**Welcome to the**

**Winter 2024**

**Focus Newsletter**!

**Contents**

* Introduction from Matt Cliff
* Organisational Update – Richard Cole
* Advocacy and Welfare Benefits – Lyn Bowie
* Margaret Guppy’s Cookery Corner
* Be Active Programme – Richard Cole
* Bistro and Garden Suite – Karen Brake
* Margaret Guppy’s Gardening Corner
* Introducing Kim Eyres – Active Vision Clubs
* Quiz Nights – Margaret Guppy
* Events and Fundraising – Louise Miller

**Matt Cliff – Director of Bradbury Fields**

Matt Cliff, Chief Executive of Bradbury Fields Services welcomed everyone to the Winter edition of Focus Newsletter.

We have now demerged from the CBI charity, but it is business as usual for us!

If you would like to know more about anything in the newsletter, please feel free to get in touch with our reception team. You can do this by calling on 0151 221 0888, email info@bradburyfields.org.uk , you can go to our website which is [www.bradburyfields.org.uk](http://www.bradburyfields.org.uk).

You can also follow us on various social media platforms such as Facebook, X or Instagram. What you may also want to enquire about joining one of our other regular communication options, so we send out a weekly Be Active email which includes details of all of our activities and upcoming events.

We also offer our information line which is a telephone number you simply call and listen to the message which is updated on the first Friday of every month. The telephone number for that is 0151 221 0889.

We also have a regular weekly email advising on activities. If you would like to be added to that mailing list, please call reception.

Hope you enjoy reading this newsletter!

If you would prefer to access our newsletter via podcast or you prefer to receive a CD or large print, please let us know. Your preferences will guide us in tailoring our services to better meet your needs.

If you have an Alexa or smart speaker at home, why not try saying “Alexa play the Bradbury Fields Newsletter Podcast”.

I hope you enjoy reading this Newsletter.

Take care.

**Matt Cliff**

**Official Announcement**

**About a De-merger of Bradbury Fields and the Catholic Blind Institute**

After a comprehensive review of the charity, the Board of Trustees of the Catholic Blind Institute has made the decision to restructure the organisation and effectively de-merge the two charities within it - which are Bradbury Fields and Catholic Blind Institute itself - effective from the 30th of September 2024.

This decision reflects our ongoing commitment to enhancing the services we provide to blind and partially sighted people, and to the sustainability of all of the services provided by both Bradbury Fields and the CBI.

We want to reassure all of our service users that this change will not affect any of the services or activities we currently offer.  Both charities will continue to provide the same high level of care and support you rely on.

Rest assured, we remain fully dedicated to supporting your needs, and you can expect the same team, the same services and the same commitment from Bradbury Fields.

If you have any questions, please don’t hesitate to reach out to us at 0151 221 0888 or [info@bradburyfields.org.uk](mailto:info@bradburyfields.org.uk).

Thank you for your usual understanding and support!

**Advocacy and Benefits**

Lyn Bowie is the Advocacy and Benefits Advisor at Bradbury Fields and is here to offer support if you need to complete Disability Allowance forms and Attendance Allowance forms.

If you would like to access these services and you feel you need help and support, just call Bradbury Fields and ask for a referral to be made to be put on the list.

If you need to contact the service, please contact 0151 221 0888 and either ask to speak to Lyn or ask for a referral to be made.

**Margaret Guppy’s Cookery Corner**

Don’t think because you can’t see or only have a little bit of eyesight that you cannot cook!

There’s lots of things you can do to help yourself. Margaret has recently discovered that you can buy a talking jug, so you don’t have to struggle to see what liquid is in it. Cobalt sell these talking jugs.

As long as you have a pair of talking scales and an oven and timer, that’s all you need. Surprise your family by cooking and you’ll be loved forever!

A plain Victoria Sponge is easily done.

6 oz self raising flour

6 oz margarine

6 oz caster sugar

3 eggs

Teaspoon baking powder

Put it all in a bowl together, beat it for 2 minutes.

Divide into two tins, put in oven for 30 minutes on 180 or 160 if it’s a fan oven.

In half an hour you have got a cake.

Take it out, just put jam in the middle, no cream as Queen Victoria only liked jam in her cakes!

If you want to change the recipe to make it Coffee Cake, just take a spoonful of flour out and put in a tablespoon of cocoa powder or coffee.

Do the middle with butter icing which is:-

3 oz soft margarine

8 oz icing sugar

Tiny bit of milk to soften – just mix together

Scones are roughly the same:-

8 oz self raising flour

2 oz soft margarine

2 oz caster sugar

1 egg

Bit of milk to bind

Add 2 oz dried fruit for fruit scones

Mix together and roll out but not too thin. Be gentle when rolling scone mixture. Cut into little rounds, put into greased tin for about 20 minutes.

Enjoy!

**Be Active Programme**

We have lots of brilliant activities in our Be Active programme, from tech sessions, to braille, to exercise sessions.

Our peer support group Let’s Talk welcomes new attendees, so we’d love to welcome new faces for a brew and a chat. This runs every Tuesday at 10:30am-12:00pm, and you can just pop in. The group are very friendly and love a laugh!

Why not stay for lunch and then come along to Arts and Crafts at 1pm till 2:30pm (some people leave at 2, whichever suits you).

The session is relaxed and the crafts we make are tactile and good fun.

At the moment we are making Halloween hats, spiders and pumpkins!

Crafts we will be making soon are Christmas decorations, bracelets and crafting with foam clay.

Some of the group work on their own projects and some join in on the craft, it’s entirely up to you, it’s all about crafting with company.

For more details just call Andie on the main Bradbury Fields number, **0151 221 0888**.

**Bistro and Garden Suite**

Karen runs our Bistro and events.

We would love to see you during our open hours, 9am until 2pm. Meet new friends and chat with staff.

We sell a range of homemade meals and sandwiches.

Relax and enjoy a nice coffee, chocolate or cup of tea.

If you have a special event coming up or just fancy a catch up with friends, why not contact Karen to book a party?

We can come up with a tailor made buffet or hot food option.

Just contact Karen on **0151 221 0888** and ask for the Bistro.

**Margaret’s Gardening Corner**

It is very therapeutic doing bushes and tidying up and gets you in the fresh air.

It’s time to trim the hedges a bit. If you have roses, cut them back a little bit and tidy them up. Make sure you have mulch around the bottom of your plants and put some grit around them as this helps with the rain a bit.

It's bulb planting season. Even if you do not have a garden, you can still plant bulbs. If you’ve got a yard, get a fairly big pot and plant daffodils, tulips, crocus and snowdrops depending on what you like.

Put the daffodils in first, quite deep.

Always plant a bulb three times the size of the bulb, plant it down, and you can put them close together but not touching.

Put tulips in the middle as they will come up after the daffodils.

Around the sides put the crocus or snowdrops and you’ll have nice flowers from February onwards.

Give your plants a feed around February with a bit of blood fish and bone or tomato feed.

Look after your bulbs and they will come up again next year.

You can always take them out and put them in the shed, if you’ve got one, or keep them in the ground.

Pick the flowers after they have finished, wait until the leaves have died back, take the leaves out and those bulbs should come back every year. Tulips might not – this depends on the variety so you may need to get someone to read the label.

You can even put bulbs in a little basket.

It cheers everyone up to see flowers coming up in the spring.

Enjoy your gardening.

**Active Vision Clubs**

Kim Eyres is our Active Vision Club Co-ordinator.

The clubs run Monday to Thursday, 10 am until 2 pm.

Everybody arrives around 10 am for the morning activities.

From 11 o’clock different activities are done such as quizzes, exercises, cookery and crafts.

There is a two-course lunch served at 12 noon.

At 1 pm there is an entertainer, guest speaker or games played such as bingo.

At 2 pm everyone goes home.

There is transport available for different days, and the area you live in will decide on which day you come in.

If you would like any more information, just contact Kim on **0151 221 0888 ext 226**.

The cost of the Activity Clubs is £15.

If you want to come in, we can arrange a free taster day.

Come along and have some fun!

**Quiz Nights**

We have quiz nights twice per month.

On the second Thursday in the month, the quiz is held at the Bradbury Centre between 7pm and 9pm.

We have two or three teams at these Quiz Nights, attendees paying £3 each which is divided between first and second prizes.

The bar is open and it’s nice to get together with people.

On the fourth Thursday in the month, we have a telephone quiz.

Just call Kim for details of the telephone quiz, on **0151 221 0888 ext 226**

Call reception for details of the quiz held at the Bradbury Centre **0151 221 0888**

**Events and Fundraising**

Louise Miller runs the Events and Fundraising team.

The first event she wants you to know about is the **Christmas Market** **on Sunday 24th November 2024, from 1pm until 4pm** at the Bradbury Centre.

It will be full of stalls with local crafters bringing lots of beautiful things you can buy for your loved ones.

Of course our Bistro and Bar will be open serving lots of festive treats and we’ll have live music and games.

Something not to be missed!

We have the **Liverpool Santa Dash**. We usually have a team of ten to fifteen people. If you would like to be a part of this year’s team, let us know. It takes place on **Sunday 1st December 2024, from 9.30am**. You don’t have to be a runner to take part, you can walk! It’s a great event.

There is a registration fee. For a red suit it’s £26, for a blue suit it’s £28.

You do have to be registered in advance to get your full suit and wristband which enables you to get your medal at the end.

**Grand Christmas Draw!**

This is our big Christmas Raffle. Tickets cost £1 each and are available in books of ten and can be obtained from reception or on our Just Giving page.

All tickets and tickets stubs need to be in by 9th December 2024 and the draw will take place on 12th December 2024.

We usually have lots of lovely prizes like restaurant vouchers, meal hampers, etc., so one not to be missed.

Tickets will be available at our Christmas Market.

We hope to see you at some of our Christmas events!

A cartoon of a christmas tree

Description automatically generated

**Disclaimer**

Although we make every attempt to ensure that the information contained within the newsletter is both timely and accurate, Bradbury Fields cannot be held responsible for any information that is within it. This newsletter is provided for information purposes only and is not intended to be either legally binding or contractual in nature.

If you want to receive a fuller version of this newsletter, please contact reception on

**0151 221 0888** and you will be sent the audio version.

We hope you’ve enjoyed this Newsletter and look forward to meeting you again when we present our next Newsletter.