

Issue 3
2018

ViewPoint

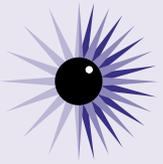
THE EBS NEWSLETTER

Chief Executive's Message

Hello everyone and welcome to our third ViewPoint of 2018. As always, we have a varied selection of articles and news items which we hope you will find of interest. We are always keen to hear from people with their thoughts about the EBS magazine so do let us have your comments – good or bad!

These are difficult times for Eastbourne and East Sussex with budgets being slashed and services reduced. I have had several meetings about our own funding from East Sussex County Council, and can now tell you that our contract is extended until March 2019. We have no guarantees past that point.

My purpose in telling you that is not to alarm you. However, several of the services we currently offer will most probably not be offered after March next year. Our training modules are a very good example of this. I urge you therefore to make every effort to attend them while they are still available. If you have your name down for a module and are invited to attend, please try to do so as it may not be possible to invite you a



second time. Equally, if you haven't done one of the modules and would like to know more about them and reserve your place on our waiting lists, please do get in touch. There is more information about this further on in ViewPoint. Here are a couple of comments from people who have benefitted in the past:

“The Low Vision Aids module is SO helpful, and such fun!”

“The modules I attended helped me realise all the things I can still do!”

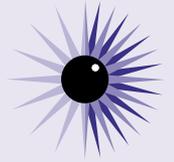
“I really didn't want to come. Thank you so much for encouraging me – I enjoyed every minute.”

Finally I am very sorry to tell you that Lucy, our Senior Welfare Officer is retiring at the end of August. Lucy was part of EBS before I was and has been a huge support to me. She has also delivered the training modules over the past few years, and she will leave a big gap when she leaves to enjoy her retirement. We all wish her well.

We will be joined by Linda in August who will work alongside the team for a few weeks, before becoming Welfare Officer in September. I am sure you will all give her a warm welcome.

Finally, finally, a huge thank you to Pete Lushington who raised a whopping £1235.00 for EBS. You can read his story opposite.

Deirdre

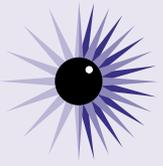


Article from Pete Lushington

Hi my name is Pete Lushington. I have recently completed a cycle ride from Whitehaven in Cumbria across Great Britain to Tynemouth on the east coast.

As Eastbourne Blind Society had been so helpful to my mother, Amy Lushington, when she became blind due to myopic degeneration, I decided to do the ride as a sponsored event to raise much needed funds for the society. Myself and a pal of mine, Ken, set off for Penrith on a grey morning with our bicycles squeezed into my car. After a leisurely, but long journey we arrived at our cosy bed and breakfast with enough time to take in the sights, enjoy some fabulous fish and chips and quaff some great northern beers.

The next morning we met a group of about 20 cyclists and loaded up ourselves and bikes into a minibus with a special trailer adapted for carrying bicycles. They whisked us off to Whitehaven on the north east coast and we set off feeling euphoric in the chilly drizzle. We climbed and dipped through the Lake District, and arrived back on Penrith tired and hungry after 50 miles of cycling. A local fiery curry and a few beers later we slept like babies in preparation for day two, a gruelling 55 mile climb over the 'spine' of Great Britain on the moors of County Durham and Northumberland. I have never experienced hills like it, but we kept in good spirits and we



were awestruck with the empty beauty of the moors and vibrant wildlife. We particularly enjoyed hearing the plovers and grouse and curlew that flew around us, chirping their protest at our invasion of their territory. We arrived at our accommodation full of the best fish and chips ever a few miles north of a charming town called Stanhope. More beer and chat with other cyclists and the landlady ended the day nicely.

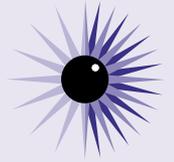
Day three was a relative breeze through very cold fog down from the top of the moors to sunny Newcastle along a 40 mile system of disused industrial train track and along the banks of the river Tyne with some fascinating features reminding us of a busy, harsh industrial past. The minibus whisked us off back to Penrith after an enormous ice cream and we rallied on home, sharing the long drive and stopping regularly for coffee.

I really enjoyed the trip and my family, friends and work colleagues were extremely generous and it was a proud moment to hand the monies over to Deirdre.

Since the trip, I have volunteered to help at the Sound Tennis on Fridays and have met some great new friends, who are not only good fun but also very inspiring.

Thank you for hearing my small story.

Pete..



Previously loved

Don't forget we still have a number of second hand items (phones, PenFriends, magnifiers and clocks) for sale at the Centre – please speak to Mark for details.

Modular Training

Coming on one of our training modules is an effective way for a visually impaired person to learn new strategies for coping with sight loss. The courses take place in our Centre in Longstone Road where access is level and there are no steps to negotiate. The modules run are:

Can we help you? – an introduction to the services and activities on offer at EBS.

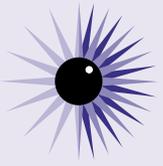
Low vision aids – a brief run through of some of the different pieces of equipment and techniques that can be used to help people continue to be independent.

Confidence – an introduction to a number of techniques to help people feel more confident when in the home or out and about.

Kitchen skills – as the name suggests this course aims to give participants skills and techniques to encourage them to keep cooking (including using a talking microwave).

Health, Wellbeing and Fun – an opportunity to find out about healthy eating and some of the social and sporting activities offered by EBS.

Computer and Tablet – alongside the modular courses we also run courses on the basic and



more advanced use of both Computers (Laptop and Desktop) and Tablets (Android and Apple). The course covers the use of Word processing, emails and Skype, among other things.

A very important aspect of all the modules, alongside the information given and the skills learnt, is the opportunity to meet other people in a safe, friendly and understanding environment. Attendance on courses is free and transport is provided.

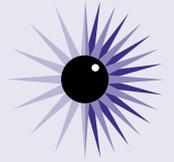
As mentioned by Deirdre, we don't know exactly how long these courses will continue to be available. Please contact us or speak to your Welfare Officer for more information.

Open Day

Thank you to all who attended our Open Day in June, we hope you found something of interest to you. Please let Mark know if there are any local organisations, or groups, that you think might want to exhibit in the future.

Our next Open Day, this time in association with Professional Vision Services, will be on Thursday 20th September and will run from 10am to 2:00pm. Please do come along to see the latest visual aids and equipment available. See enclosed leaflet for more information. There will also be a number of other, local support organisations exhibiting.

If you would like to know more or require any further information on the Open Day, please contact Mark and he will be happy to help.



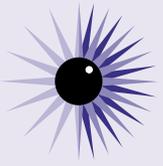
Eastbourne Local Lottery

Some of you may be aware of the Eastbourne Local Lottery that was launched last month. It is an opportunity for local good causes to raise money and for individuals to win up to £25,000.

The lottery works by allowing players to specify which local charity they would like to support. Please select Eastbourne Blind Society!! We would then receive 60% of the price paid for the tickets (the remaining money going towards the prize fund, administration costs, etc.). You can select the charity you wish to support, buy tickets and find out more information online at www.eastbournelocalottery.co.uk or speak to us.

Devonshire Park Theatre Audio Description Service

Alan Cook, one of the Audio Description team at Devonshire Park Theatre, has asked us to remind you about AD. Audio descriptions are done live for each performance by fully trained Describers, with patrons hearing both the stage show and the description through a simple headset. This is a completely free service, and covers certain shows and dates over the summer months, usually Friday evenings and Saturday afternoons. Tickets are booked via the Box Office 01323 412000, or www.eastbournetheatres.co.uk. Alan is keen for this service to be taken up and



enjoyed. Shows still to run this summer include Dial M for Murder, Chitty Chitty Bang Bang, The Scarlett Pimpernel, Return to the Forbidden Planet and Rain Man. We would be interested in feedback from anyone who uses the service, and is happy to tell us about their experience.

Sound Tennis

Our Sound Tennis activity is steadily growing in popularity. The specially adapted version of the popular sport uses a slower, soft ball, containing a bell, and the allowance of more bounces means that people of all abilities and those experiencing varying degrees of sight loss are all able to play. A few of our members recently attended and played in the Brighton Tournament representing Team Defiant and sponsored by EBS. They came home with some degree of success and were very pleased with their performances as a group. EBS is currently a proud sponsor of Callum Lock a member of EBS and National Champion in his category of visual impairment.

We will be holding an Open Morning where people will be able to come and give the game a try themselves. This will be taking place at the indoor courts at Eastbourne Sports Park and will be between 10:30am and 12:00pm on the 27th July. Why not come along and give it a go??

Disclaimer

Any items mentioned in this newsletter are for information purposes and their inclusion does not imply their suitability for anyone.