

Issue 3  
2020

# ViewPoint

THE EBS NEWSLETTER

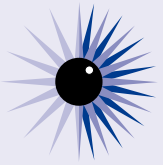
## Chief Executive's Message

How are you? That seems to be the stock greeting everyone is using at the moment, but do we actually want to hear the true response? If someone was to say that they were actually feeling rubbish, what would our response be? Would we have actually listened to what they had to say and ask what we could do to help them feel better, or whether there was anything they needed us to do for them? Or would we reply with 'that's nice' demonstrating our complete lack of empathy for their situation and showing we weren't actually listening to what had been said?! I know which of the responses I would prefer to receive.

I know you will have experienced a positive response when our Welfare Officers have called you to see how things are for you at the moment and I would like to take this opportunity to thank Elizabeth, Tracey, Linda and Maggie for all the hard work they have put in over the last few months. Each of them has gone above and beyond and I am sure you will join with me in showing them your appreciation for the various ways they have helped our members during these difficult times. A few of you will now have had a 'socially distanced' and 'protected' visit from your WO and this will be continuing for those of you who wish to receive visitors. If not, as you know, we are more than happy for you to continue receiving phone calls – just let your WO know next time they contact you.

For those of you who knew of the situation that Graham (our Office Manager) found himself in, we are pleased to announce that he is now back home and is working as hard as ever in the office – you may have heard his dulcet tones if you have called us recently. I want to thank Hannah (our Resource Officer) for covering for him while he was away and working so hard to help things run as close to normal as possible.

My thanks also go to Janice (our Low Vision Support Worker) and Angelica for all their hard work and for all they have both done during the COVID-19 crisis, especially during Graham's enforced absence.



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I would also like to thank our members for bearing with us during these changing and challenging times. You have been patient, kind, understanding and generous even when you have been frustrated, worried and maybe even a little frightened by the situation you have found yourself in. Thanks are also due to those of you, include our amazing volunteers, who have been making phone calls to each other. The contact you have made with others and the support you have been able to give has been incredibly helpful and very much appreciated.

I am hopeful that we will soon be able to run some of our activities – all be it in a different way and with various measures and precautions in place – so if you are interested in coming back to, or even starting to come along to one of our socials please let us know. We will then be able to inform you when things start again, what they are going to look like and what we need you to do in order to come along.

Amazingly, it has now been a year since I started in the role of Chief Executive of Eastbourne Blind Society. What a year it has been! A lot has happened in that time and I can't believe how quickly the time has passed. Hannah, Maggie and Tracey have also been working for the society for over a year now and I am sure they will join me in thanking you all for making our first year in our different jobs so enjoyable.

Take care and keep safe!

*Mark*

## Resources Available

For those of you who are not aware we have various pieces of Aids and Equipment designed to help people with a visual impairment to complete everyday tasks and to assist in maintaining independence. Our Resource Room is now open and Hannah is available if you want to come and have a look at anything. Visits are being conducted on a purely appointment basis and there are not many of them in order to allow time for cleaning between visitors.

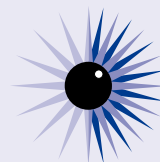
Please phone Hannah on 01323 729511 or email her on [hannah@eastbourneblindsociety.org.uk](mailto:hannah@eastbourneblindsociety.org.uk) for an appointment.

We have both 2nd Hand and New items available for purchase and can order in any items we do not have in stock.

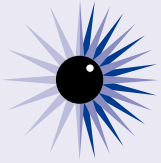
# Help still available

As things start to ease in terms of the COVID-19 Lockdown, more people are able to get out and about more and more shops are returning to their normal services. However, we do know that not everyone is able to get their shopping in the normal way so below is an updated list of places where you can still order food and have it delivered. It is adapted from the list that was previously published in the last issue of ViewPoint and was originally compiled by St Wilfrid's Hospice, it is correct as far as we know – but things may have changed since printing:

- **Taylor's Restaurant and Sports Bar** – Deliveries from 11.30-9.30pm every day, 20% off for over 70's and 15% off for everyone else. Call 01323 731119 to order.
- **Ganges Indian Restaurant** – Continuing to offer takeaway food for home delivery and collection, Monday to Sunday from 5-10.30pm. Call 01323 479988 or visit Just East for home delivery.
- **Trident Fish & Chips** – Offering home deliveries, paid by card over the phone, Monday to Saturday 11.30-2.30pm and 4.30-8.30pm. Find their menu on their Facebook page and call 01323 416622 to order.
- **Poppyseed Bakery** – Offering bread and rolls to collect from Gildredge Road in Eastbourne and Western Road in Bexhill. For delivery please email [kirsty@farmkitchen.co.uk](mailto:kirsty@farmkitchen.co.uk).
- **Cavendish Bakery** – NHS, emergency services and council staff can collect a free hot drink if they show their ID/badge. They are also offering a takeaway service for their bread, rolls, savouries, pastries and cakes. They are open from 7.30-2.30pm Monday to Friday and 7.30-2pm on Saturday for collection (please note – maximum two customers at a time) and for home delivery you can visit [cavendishbakery.co.uk](http://cavendishbakery.co.uk).
- **Mrs Bay Tree Eggs** – Offering home delivery for medium and large eggs, bacon and cheese. Keep an eye on their Facebook page for regular updates and contact 07867 632091 for further information.
- **The Meat Company Sussex Ltd** – Offering a number of deals on their Facebook page to be delivered. Send them a direct message or ring 01323 642542 to order.
- **My Daily Bread** – Continuing to bake a variety of bread loaves, rolls, cakes, cookies and doughnuts. Call 07711 882072 for delivery around Eastbourne.



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- **Southern Head Fishing Company** – Open as normal offering a delivery service around Eastbourne. Please ring the shop on 01323 646366 the day before to order (no minimum order).
- **Qualisea Fish Restaurant** – Offering a delivery service only, available Tuesday, Wednesday, Thursday and Sunday, 12-8pm and 12-9pm on Friday and Saturday. To order call 01323 725203 and please note that minimum order is £10.
- **Terminus Fruit & Veg** – Offering fruit and vegetable boxes for delivery. To place your order ring 07411979162.
- **Dean Quality Butcher** – Offering a free of charge and contact free home delivery service Wednesdays and Fridays, no minimum amount required. Please place your order at least two days before delivery and place them by messaging them on Facebook or by calling them on 01323 736267
- **Agora Restaurant** – Offering deliveries through Deliveroo, Uber Eats and Just Eat, or call 01323 726081.

**A TELEPHONE BEFRIENDING SERVICE** is being offered by Eastbourne Volunteers for those who are looking for someone to talk to. Please call 07990 751469 for details.

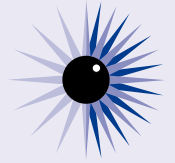
**3VA ARE COORDINATING VOLUNTEERS** offering help in and around Eastbourne. Please call 01323 639373 with any requests for specific help.

**EASTBOURNE BOROUGH COUNCIL** is also offering help. Please call 01323 679722 if you need help in any way.

## NHS Track and Trace

You will have heard a lot about this subject over the last few months and may have used a QR code or been asked to give your details to staff when using a café, restaurant or pub. We at EBS are no different. Everyone visiting our offices will need to either scan a QR code if you have a smartphone, or give us your contact details. These will be held for 21 days and passed to NHS Test and Trace if we are informed that anyone who has been in the building has tested positive for COVID-19. We will not use the details for anything else!





## My Lockdown

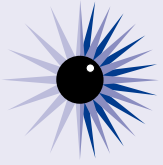
Below is another poem from one of our talented members. Please do continue to send in any items that you have created. We cannot promise that we will always be able to include everything we are sent, but we will do so when we can.

*For me to sit and write these words is hard as hard can be,  
Five years ago I lost my sight, so writing's not for me.  
But now in isolation, the world's restricted too,  
Thinking how to pass the time, finding things to do.  
This isn't such a problem, in my world without sight,  
For five years I've been learning how to turn the dark to light.  
I'm sitting in my garden, with thoughts of days gone by,  
With memories of aircraft flying high up in the sky.  
With nature's beauty all around, but hidden from my eyes,  
How precious was my vision, I've come to realise.  
So when you're feeling down and out, can't nip off to the pub,  
Or someone is complaining, while queuing up for grub,  
Just think how lucky you still are, to see what's going on,  
And what you would be missing, if your sight too was gone.  
And when lockdown is lifted, when movement is set free,  
When reunited families have faces filled with glee,  
I'll still be in lockdown, life won't change much for me,  
I'll hear the world start up again but still I will not see.  
It soon will be my birthday, when I'll reach ninety-one,  
My life may soon be over, with battles lost and won.  
But I know there's a heaven, where God will welcome me,  
A place of peace and happiness, where everyone can see.*

## TV Licence Fee

Some of you may have received a letter regarding paying for your TV licence now that the automatic entitlement of a free licence for everyone over 75 has been removed. Just to make it clear you can still get a free licence if you are in receipt of Pension Credit and are able to prove it. You are also able to claim a discount of 50% if you are registered as Severely Sight Impaired.

Please contact the office for help with this if you need it.



## EBS Socials

At the time of writing this ViewPoint I am at least knee deep in Risk Assessment and plans for how to restart our Social Afternoons. Just when I thought I had everything just about worked out and ready to inform everyone that we were ‘good to go’ the Government decide to change the rules – sign of the times I guess!!

As if things weren’t tricky enough, working out transport, cleaning, one way systems, guiding, face coverings, toilets capacity of the building etc. the new ‘Rule of 6’ introduced on the 14th September added another complication that I now need to work through.

Please rest assured that we WILL bring back our socials but only when we are confident that it is safe to do so and please be aware they will be different to what we are all used to.

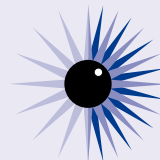
## Puzzle Time

Once again we have included some examples of Large Print puzzles that are available to buy (from various suppliers). The wordsearch was actually created by one of our members who really enjoyed the puzzle we included in the last issue. The answers to last issues puzzles are printed on the back page of this ViewPoint.

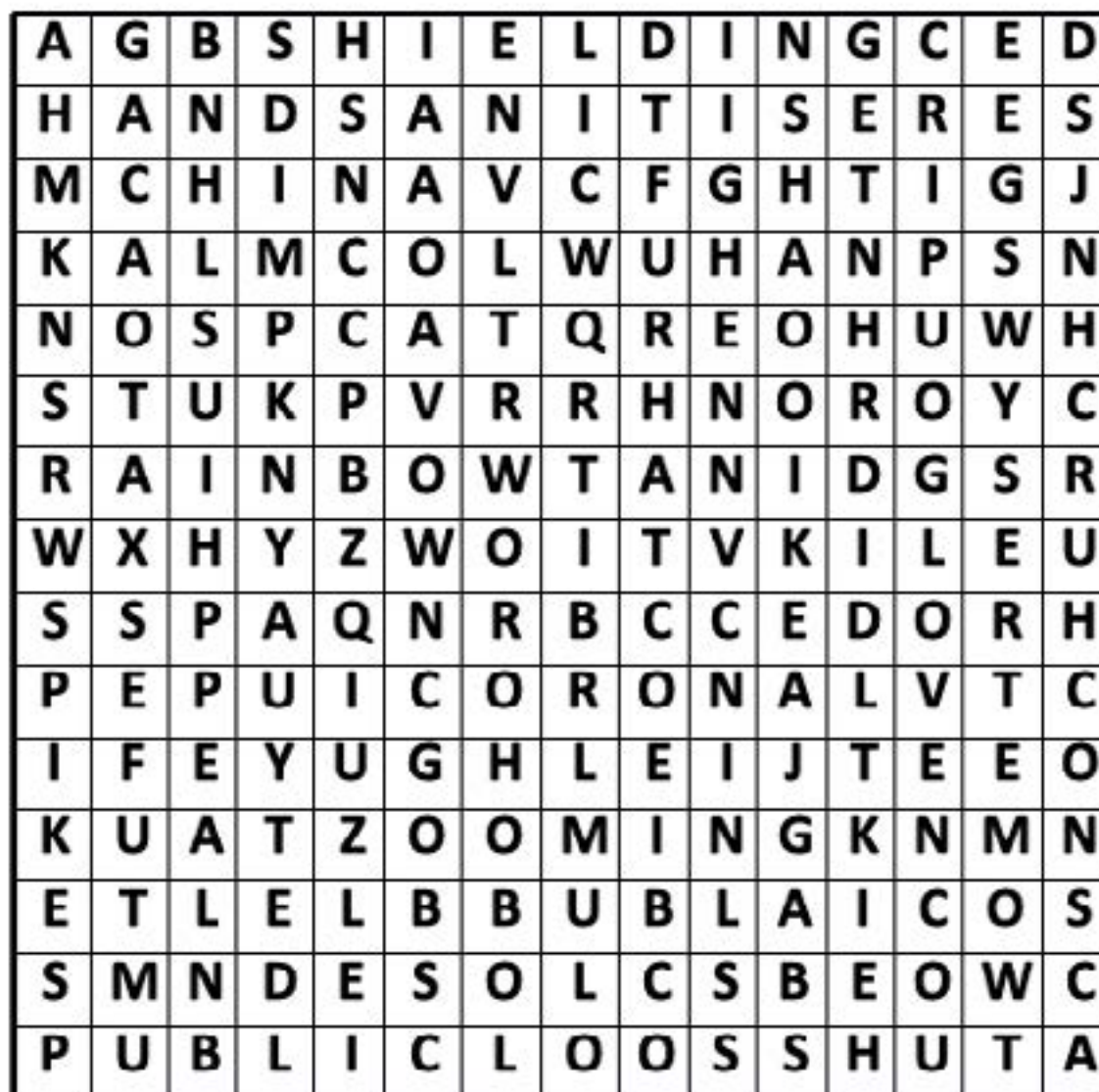
## Sudoku

<b>1</b>		<b>7</b>						
								<b>6</b>
					<b>4</b>			
	<b>7</b>			<b>4</b>				
			<b>8</b>				<b>6</b>	
	<b>3</b>							<b>8</b>
	<b>1</b>				<b>5</b>	<b>2</b>		
			<b>2</b>				<b>8</b>	

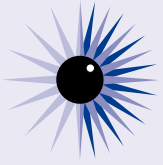
# Word search Puzzle – Viral Memories 2020



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**WORDS TO FIND:** NO CHURCH      NO TRAVEL  
SHIELDING      STAY IN  
CLAP NHS      COVID      HAND SANITISER  
LOCKDOWN      NO HAIRCUT      PPE  
QUEUE      SOCIAL BUBBLE      TWO METRES  
CONTACT TRACING      EBS CLOSED      HYGIENE  
MASK      NO THEATRE      PUBLIC LOOS SHUT  
RAINBOW      SPIKES  
CORONA      GLOVE      ZOOMING



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## Changes to Eastbourne Town Centre

Some of you may be aware that there are plans to make some quite major changes to the layout of Eastbourne Town Centre. This is both as part of the phased improvements that began with the redevelopment of the Arndale Centre turning into the Beacon, and also as a result of emergency funding to help shops and restaurants recover from the impact that COVID-19 Lockdown has had on their businesses.

### The changes that are proposed are:

**Closure of Bolton Road and Langney Road to traffic** – making Terminus Road a pedestrian space from Bankers Corner Down to Seaside

**Closure of Terminus Road to traffic** from the seafront to Seaside  
**A cycle path along the Seafront**

All these changes have an impact on a number of disabled people and we are doing our best, in partnership with a number of organisations within Eastbourne, to make sure that the needs of all people with impairments are taken into account when building works start. We are hoping that our views will be listened to and that any changes will mean that Eastbourne is a place where disabled residents and visitors are and feel welcome.

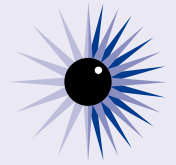
If you have any comments on this subject please do not hesitate to get in touch as I want to make sure that I am accurately representing the opinions of our members.

## East Sussex Libraries

A few of the Libraries around the county are now open again, having been closed due to COVID-19 regulations. There are a few restrictions on their use that are still in place, but you are now able to book 45 minute sessions on their computers, collect parking permits, and of course borrow books!

There are reduced opening times and you will need to wear a mask when entering the building.





# Face Covering exemptions

At the time of writing this issue of ViewPoint it is compulsory for us all to wear a face covering when we enter any building other than a home. This applies to shops, indoor shopping centres and restaurants (if we are picking up a take away and not eating in).

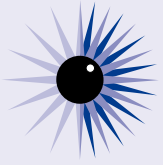
For some this causes difficulty and means that they do not have to wear such face coverings. The reasons why someone might be exempt, as highlighted on the Government website, are listed below. If you feel that you qualify under any of these please get in touch and we can provide you with a 'badge' to prevent you from being confronted about this. Please do not ask your GP to write you a letter about this issue, we have had a number of reports that GPs will not do so.

## **Those who are exempt from wearing face masks:**

- **Children** under the age of 11 (Public Health England do not recommended face coverings for children under the age of 3 for health and safety reasons)
- **People** who cannot put on, wear or remove a face covering because of a physical or mental illness or impairment, or disability
- **Police officers and other emergency workers**, given that this may interfere with their ability to serve the public where putting on, wearing or removing a face covering will cause you severe distress
- **If you are speaking** to or providing assistance to someone who relies on lip reading, clear sound or facial expressions to communicate
- **To avoid harm or injury**, or the risk of harm or injury, to yourself or others - including if it would negatively impact on your ability to exercise or participate in a strenuous activity

**Please do not forget that anyone with a visual impairment** can carry a white symbol cane to indicate to others that they are visually impaired. If you then find yourself closer than 2m to someone in any circumstance they will know this is due to the fact that you can't always see where other people are and may not be able to see any signage/markings to help you maintain the correct distance. Symbol canes are available to purchase from Hannah in the Resource Room.

**Please let us know of any experiences** you have in any shops, or other settings, whether these are positive or negative. I would really like to know how the general public and those who work in shops etc. react to and regard the white stick.



## My Lockdown Fridge

*Our Low Vision Support Worker, Janice, sent me this and I thought it should be shared...*

The last few months have been a bit strange haven't they? When I first heard the news that there was a disease called 'coronavirus' I thought that it is so far away it will not infect us. In February 2020 I went on holiday to Egypt and thought the couple who were wearing masks on the plane were 'going a bit over the top!' How wrong I was!

Even before the lockdown we were given Government advice on how to behave and then we were all told to stay at home.

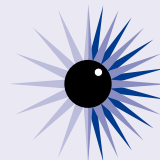
'Home is where you are safe' that is what my mum said to me and told me stories of bombs dropping during the war. She was actually bombed out of her home in Brighton.

I did feel safe indoors, but it had a negative effect on me going anywhere outside, even for daily exercise. If it wasn't for coming to work 1 day a week I would not have gone anywhere for quite a while.

I kept in touch with my family with phone calls, texts and video calls and there were lots of funny video clips shared amongst us. I usually have quotes and sayings in magnetic letters on my fridge for my grandchildren and decided to share these with the rest of my family. To start with I carried on with inspirational sayings but then, you know how it is, too much of your own company and odd things start to make you titter!

### **Here are a few of those sayings:**

- Sometimes I just want someone to hug me and say 'I know it's hard but you will be ok. Here's a coffee and a million pounds.'
- Living on earth maybe tough but it includes a free ride round the sun each year.
- Making mistakes is better than faking perfections.
- So it turns out that being an adult is mostly just about googling stuff.
- I wonder, do we lazy people go to heaven, or do they send someone to pick us up?
- Yesterday I did nothing and today I am finishing what I did yesterday.
- If you think nothing is impossible try slamming a revolving door.



- Guess who I bumped into on the way to get my glasses fixed...  
...Everybody.
- First God created man then he had a better idea.
- I don't want to brag, but I finished a jigsaw in a weekend. It said 2-4 years on the box!
- A priest, a vicar and a rabbit walk into a blood bank. The rabbit says 'I think I might be a type – O.'
- Knowledge is knowing that a tomato is a fruit. Wisdom is not putting one in a fruit salad.
- The main function of the little toe is to make sure that all the furniture in the house is in the right place.
- I dusted once, it came back. I'm not falling for that again!
- I dream of a better tomorrow; when chickens can cross the road and not be questioned about their motives.

**On a more serious note:**

- I am not telling you it is going to be easy. I'm telling you it is going to be worth it.

## Previous issue puzzle answers

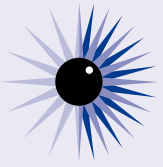
Please see opposite the answers to our 2 puzzles from the previous issue of ViewPoint. If you would like me to continue with the puzzles or like me to add anything else (quiz, crossword etc.) please do let me know. I really want this to be your newsletter which is both informative and interesting, so any feedback to help us improve is very welcome.

## Sudoku

1	5	9	3	6	8	7	4	2
6	3	7	4	2	5	1	8	9
4	2	8	1	7	9	5	6	3
5	4	3	7	9	6	2	1	8
8	1	6	2	5	3	4	9	7
7	9	2	8	1	4	3	5	6
2	6	5	9	4	7	8	3	1
9	8	1	5	3	2	6	7	4
3	7	4	6	8	1	9	2	5

## Wordsearch

A	L	O	C	K	D	O	W	N	B	C	D	E	F	K
G	H	I	G	K	Z	O	O	M	L	F	M	N	E	O
P	E	P	Q	H	R	S	T	U	E	V	W	Y	X	Y
Z	S	R	A	O	B	C	D	V	E	F	W	G	H	I
S	S	O	J	M	K	L	E	M	O	O	P	Q	R	S
T	E	T	T	E	U	R	V	W	R	X	Y	S	Z	C
A	N	E	A	B	C	D	E	K	F	G	H	H	I	O
Y	T	C	J	H	I	J	E	K	L	O	M	N	O	U
P	I	T	N	Q	R	R	S	T	R	U	V	V	W	G
X	A	Y	H	Z	S	A	B	T	C	D	E	I	F	H
G	L	H	S	I	J	K	A	L	M	N	O	R	P	Q
R	S	T	U	V	H	G	I	J	K	L	M	U	N	S
O	P	Q	R	D	E	L	I	V	E	R	Y	S	S	A
T	U	V	W	X	Y	Z	A	B	C	D	E	F	G	V
H	P	A	R	A	C	E	T	A	M	O	L	I	J	E



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## Christmas Cards

Yes I know it is only September, but we will soon have a supply of Christmas cards available for you to buy and send to your friends and family.

By buying a pack of 10 cards for £2 you will be helping to raise funds for Eastbourne Blind Society. If you wish to purchase a pack, or more, please speak to your Welfare Officer or contact the office.



## EBS Contact details

We are currently operating on a skeleton staff basis so some calls and emails may take longer to answer than normal. We apologise for any inconvenience caused and will answer messages as soon as we can.

Telephone – **01323 729511**

Email – **[info@eastbourneblindsociety.org.uk](mailto:info@eastbourneblindsociety.org.uk)**

Website – **[www.eastbourneblindsociety.org.uk](http://www.eastbourneblindsociety.org.uk)**

Facebook – **[www.facebook.com/eastbourneblindsociety/](http://www.facebook.com/eastbourneblindsociety/)**

## Office opening times

Normal office hours apply for answering phone enquiries only  
– **NO VISITORS PLEASE**

**Monday, Tuesday, Thursday & Friday – 9am to 4pm**

**Wednesday – 9am to 1pm**

**Saturday, Sunday & Bank Holidays – CLOSED**

Disclaimer

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

*Edited by Mark Simmons*