



The newsletter of Eastbourne Blind Society.

Welcome to the second edition of Viewpoint of 2011.

Dates for your Diary

May 12 Open Day We are constantly endeavouring to make our Open Days as relevant and interesting as possible. Not only have we invited some of our regular suppliers of Low Vision Aids but also other organisations who can support independence.

We have had confirmation that the following people will be attending this event. Calibre Audio Library, East Sussex Hearing Resource, Care for the Carer, Associated Optical, Welbeing, the Macular Disease Society and Enhanced Vision, Force 10, VideoSpec, Dolphin Computer.

May 13 Sovereign Singers are holding their Summer concert for members here at 2.00PM.

May 14 Sovereign Singers are entertaining at the Underground Theatre from 10.00am to Noon. Proceeds to Eastbourne Blind Society.

May 20 Concert in aid of EBS funds at the Centre in Longstone Road at 7.30.

May 20 Concert in aid of EBS funds at the ChristChurch, Seaside at 7.45.

October 13 Open Day

Eastbourne Theatres

An Audio Brochure is now available at the Congress Box Office. This is in addition to the Audio Description Service available at the Devonshire Park Theatre at Friday evening and Saturday afternoon performances. You will need to request a service when making your booking.

Eastbourne Theatres also operate an 'Essential Companion' service. The service allocates a free ticket to anyone providing essential support to a disabled person. The scheme is free and simple to join but you need to register before using it.

Application forms are available from the Box Office, Eastbourne Theatres, Congress Theatre, Compton Street, Eastbourne, BN21 4BP.

The National Federation of Families with Visually Impaired Children have produced an Audio Magazine which is created by and aimed at children and young people with vision impairment called Outlook. It contains stories, interviews, music and articles and events taking place throughout the country. If you require any further information please contact the office or look at their website www.outlook-uk.org .

Staff Update

A sad farewell to one of our Welfare Officers, Liz Coles, who retired at the end of February. Liz covered the Hampden Park and Willingdon areas. She will be greatly missed by both the members and staff. We welcome Elizabeth Hayward who takes over from Liz.

Health Advice

Herbal remedies or juices can be beneficial but care should be taken as they can affect medication.

Cranberry juice can interact with Warfarin.

Grapefruit affect statins (would have to eat a lot).

If medicine is refused or missed, it can affect the body adversely when taken again.

Medication should be reviewed every six months.

Be aware that medication can cause drowsiness that might trigger a fall. Be extra careful.

Please tell your computer literate family and friends about schemes to help Eastbourne Blind Society raise essential funds. If you shop online, register with easyfundraising.org.

Over 2000 well known retailers like Amazon, Argos, M&S, eBay, John Lewis and many more are part of the scheme. Whenever you buy something and register Eastbourne Blind Society, the retailer donates money to us. It's completely free and your shopping won't cost you a penny more. Register using the website

www.easyfundraising.org.uk/causes/eastbournebs/

You can also raise funds when you search the Web! Use easysearch every time you search the Web and 50% of the fees paid by the advertising sponsors can be donated to Eastbourne Blind Society. Register using the website www.easysearch.org.uk .

Below is an article written by Danielle, a Princes Trust Student who has been on work placement with us. She was born sight impaired and is registered severely sight impaired. She plans to go on to university to study to become an English Teacher. We wish Danielle the best of luck.

“ Hello my name is Danielle. I am 18 and have been working at EBS for two weeks on a work placement. Some of you may have met me during our activities but I wanted to tell all of you what my time here has been like. I have worked in the office stuffing envelopes, answering the phone, pestering poor Graham and just helping out as best I can; doing research and even helping David do his inventory check.

However, as some of you already know, I haven't just been stuck behind a desk the whole time. I have been assisting the amazing volunteers who run the afternoon activities here. I had an intense crash course in how to play a mean game of dominos on my first Tuesday, while helping those who take part in the art session on Mondays has shown me how you guys can create such humbling pieces of art – putting my stickmen drawings to shame! I also had a lovely time going out on the minibus to collect clients as this gave me more time to meet all of you. Then on top of this I even got the opportunity to help Lucy carry out the enhanced skills workshop on cooking at the end of March. This was both enjoyable

and very helpful for me too, as I can sometimes be a klutz in the kitchen (just ask my mum).

Deirdre had also arranged for me to spend some time outside of the building, to get a greater feel for the full extent of the Society's work. So Virginie has taken me to the DGH to see her in action and Lucy let me tag along with her and Kath to a presentation about a new housing development at the Sovereign Harbour Yacht Clubhouse!

I have had an amazing two weeks at the Eastbourne Blind Society. I have learnt so much and become so much more confident in both my office and social skills. It is hard to say who has been more inviting: the wonderful staff here or the clients I have had the pleasure of meeting, since everyone has been so kind and encouraging. I'll be sad to walk out of the building on Friday afternoon but I will remember all of the fun and great times I've have had during this fantastic fortnight. Thank you to everyone for giving me such a wonderful experience and special thanks to Deirdre for letting me work here."

Hospital

For anyone going into hospital, we have produced a laminated notice stating that you are Vision Impaired and may require additional assistance. If you feel that you would like to use one, please contact the office.

June 26 to July 1 Members Annual Holiday to Lauriston Hotel, Weston Super Mare. There are still a few places available for this.

USEFUL TIP

Members who live within the Restricted Parking Zones are able to purchase day tickets for their visitors. If you have a Blue Badge, you are entitled to a discount. For further information contact the Parking Information Centre at 55 Gildridge Road, Eastbourne. Telephone 01323 432000.

Reminder

Thursdays are Drop-in Day for the Resource Centre, Tuesdays and Fridays are for appointments. **The Resource Centre is NOT open on Mondays and Wednesdays.**

Disclaimer

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