

Issue 2
2020

ViewPoint

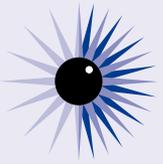
THE EBS NEWSLETTER

Chief Executive's Message

Well, these are interesting times aren't they?! I certainly never imagined that I would be sitting in my garden writing this message whilst working from home because of a government enforced lockdown. I am very grateful that I have the option to do so and am very aware that for some people this simple pleasure is just not an option – my heart goes out to you if that applies to you. At this time of day sitting here I would normally hear the constant hum of traffic on the road and the sound of children playing in the local school, neither of which are present right now. All I can hear are bird songs (well, seagull squawks anyway!) the occasional grunt from my 12 year old whose head is buried in the computer doing school work and the regular 'I'm bored' or 'I'm hungry' from my 9 year old. The latter is often replied to with the good old dad joke of 'I'm Austria, nice to meet you!'.

I spoke a lot in the last issue about change, not knowing that would have to be the main theme of this Viewpoint as well. This time though, it does not just apply to us here at EBS, but across the whole world as we see that things are not as they used to be. The COVID-19 Coronavirus has made everyone change the way they do things and has meant that a lot of us have time to stop and think. For a number of people reading this adjusting how they do things is nothing new. As vision changes people often need to find a different way of performing their favourite hobby or take part in their chosen activity, some may even need new ways of doing everyday tasks that those with better eyesight take for granted.

When we participate in exhibitions we have a display board that carries the phrase "can't see, can do" and I think this is a good encouragement at these times. When I first started working for EBS, as the Resource Officer, a phrase that I heard a quite a bit went something like this:



“You may still be able to do what you did, but you just need to find a different way of doing it.” Everyone is finding this out now. People are working from home, families are connecting using video calling and even sports people are competing with each other in virtual ways. Technology is certainly playing its part in helping us all to stay in communication with each other, in some cases people have never been so in touch with others as they are now! As I said at the start of this message, interesting times.

Here at EBS we are still working hard to support all our members as best we can in the current climate. Our offices are still open to receive post, answer the phones and to send out equipment, but we are not having visitors. Our talking books service is still operating (there is more about this service later in this newsletter) and our Welfare Officers are contacting our members by phone on a regular basis. We have also taken the chance, with the building being empty, to decorate!

Please do not hesitate to contact us if there is anything you need help with. If we can't help you ourselves we will find someone else who can. There is a list of various organisations offering help with certain things later in this issue.

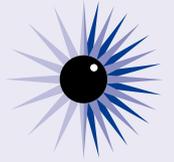
As soon as we are advised it is safe to do so we will be re-opening our centre and restarting our social groups. This will hopefully include a new group (or maybe 2) details of which will follow once everything has been confirmed. If you have decided during this period of isolation that you would like to give one of our socials a try please get in touch.

I would like to assure you all that we are very fortunate as a charity in as much as we are, thanks to very generous donations and good management of our resources over the years, in a healthy position financially. However, the current situation will have an impact on our funds. Therefore, any donations will be gratefully received and put to very good use. Thank you to those who have already sent a contribution to us.

I hope you enjoy this slightly different issue of Viewpoint, please let us know what you think of it.

Take care and keep safe!

Mark



Unfortunately we have had to cancel a number of events that we had planned for later this year due to the Government guidelines about people gathering. Below is a list of everything that has been affected:

Polyphony Concerts – Sunday 17th May
and Saturday 30th May

Open Day – Thursday 4th June

Eastbourne Access Day – Saturday 6th June

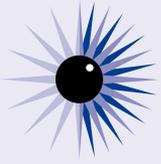
We will let you know when these have been rescheduled as soon as we know details of when this will be possible.

Talking books

For those of you that use the service that we offer I am pleased to let you know that we are continuing to offer this service during the lockdown. Everything is working in the same way as before and we will get books out to you as soon as we can.

If you are not currently receiving talking books from Eastbourne Blind Society we are able to arrange this for you (if you are a member of Eastbourne Blind Society). Books come in the format of either a cassette tape or a CD so you do need to be able to play either format. We are able to provide books covering a number of genres including, poetry, romance, thrillers, crime and non-fiction so hopefully something for all tastes. If you would like to receive books from us then please call the office and we will arrange for this to happen.

For those of you who receive books from the RNIB (in the form of a USB memory stick) I have been told that this service is also still running, but there may be a delay in getting books to you as they have limited staff coming in to deal with this.



I wanted to say a very big thank you to all of those who kindly sponsored me for the Eastbourne Half Marathon on Sunday the 1st March 2020.



It was cold, windy and a bit wet and seeing Mark in his marshalling car with his big, warm, high-vis jacket on nodding at me as I ran by against the wind really spurred me on. I'm pleased to say I crossed that line with pride in 2 hours 26 minutes and receive my medal and "free" banana. Reflecting back, signing up 6 weeks before the half marathon whilst having a cuppa and slab of cake and deciding, on a whim, talking to Graham in the office "may" have cut the training a bit fine but none the less hurrah! It was achieved.

I am excited to say your kind generosity raised over £300 for the Society and I'd like to say what an honour and privilege it was to represent EBS. It will be a year in June that I took up the position in the Resource Office and I can honestly say I love my job!!!

As Mark has stated times are extremely strange and difficult right now and we are all in this together. Most important is that you are not alone and we are all here for you.

Can't wait to see you all again.

Take care, *Hannah*

Puzzle Time

Just for fun we have included some examples of Large Print puzzles that are available to buy (from various suppliers). If you would like something to help you pass the time then please contact us for details. Answers and hints for the ones printed here are available if you need them. Full answers will be included in our next issue of Viewpoint.

Sudoku

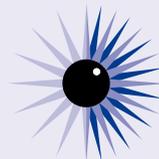
	5				8			2
			4					
4							6	
		3						8
			8				5	
				3		6		
	7							5

Sound Tennis

In normal times we run a number of activities for our members, some of which are more energetic than others. On Friday mornings we fund Defiant Sports to run a session of Sound Tennis which is suitable for all abilities and for all levels of visual impairment. I think the experience of Charlotte, below, gives us all some motivation and encouragement to try something new when this current situation resolves itself. For more information please contact the office.

Hi. My name is Charlotte and I joined the tennis group for the visually impaired just under 2 years ago.

The group meets once a week in the Eastbourne Sports Park along Cross Level Way. Because of my visual impairment, I have never been able to play any ball sports and was always left out of any games that involved using balls as I grew up. In this group I have been totally included and from hardly being able to hit a single ball, I am now able to take part in a "real game". All the members of the group have been very friendly and supportive. The coach has been very patient with me and helped with all my skills – skills I never thought I would have! One day my brother came into the hall to see how I was getting on and couldn't believe what he was seeing! He had never seen me be able to play anything like that before. He was amazed. I fully recommend this group to anyone, no matter how bad they think they are. Come along and have a go!! Charlotte

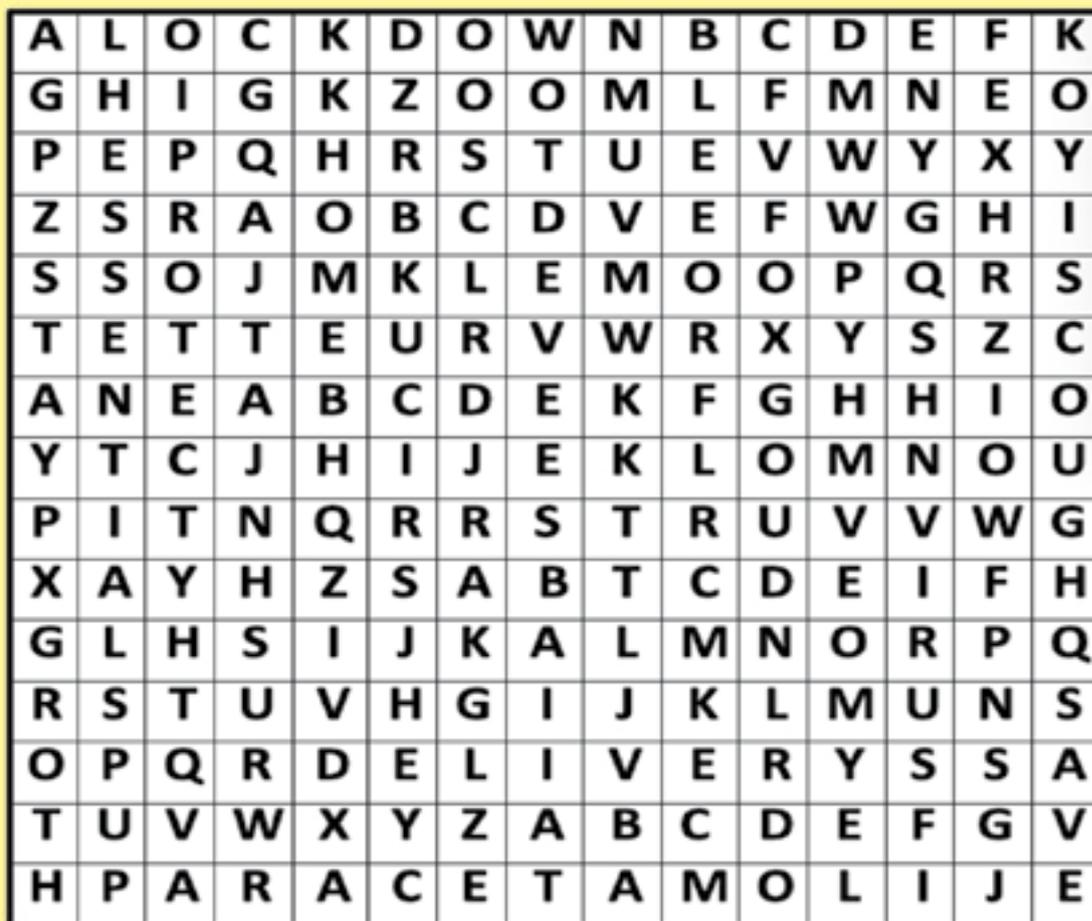


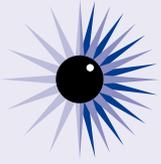
ViewPoint

Word-search

Words to find:

VIRUS
ESSENTIAL
LOCKDOWN
HOME
SHORTAGE
NHS
STAY
FEVER
KEYWORKERS
PROTECT
DELIVERY
COUGH
SAVE
ZOOM
PARACETAMOL

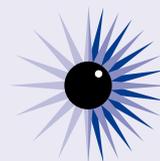




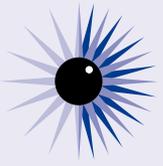
Help in Crisis

Below is a list of places where you can order food and have it delivered. It is adapted from a list compiled by St Wilfrid's Hospice and includes other contact details for organisations who may be able to help in other ways:

- **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 Eat** 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 or **www.tridentfishrestaurant.co.uk** 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**
- **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, savories, 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**
- **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.
- **Hydro Hotel** – Have created a home delivery menu. To place your order ring **01323 720643**. Payments by card at time of ordering and delivery charges apply.
- **New Wilmington Hotel** – Food and emergency supplies are now available on their website for delivery.
- **Sharnfold Farm** – Offering a ring and collect service and a limited delivery service, Monday to Friday, for mixed fruit and veg boxes, priced at £25, as well as store cupboard essentials. For both services, please ring **01323 768490** before 12pm, only on the day you need it. Monday to Saturday, 9.30am - 4pm.



- **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.
- **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).
- **Wheatsheaf Inn** – Are now taking orders for next day delivery around Eastbourne and surrounding areas. An essentials list, as well as food and wine menus, are available on their Facebook page. Contact them on **01323 502069** or send them a direct message on Facebook to 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 **07411 979162**.
- **Lerato Cookery School & Kitchen** – Offering a delivery service. For more information call **0776 347497**.
- **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** are offering help. Please call **01323 679722** if you need help in any way.



Poem

Here is a light hearted poem we have been sent. It just goes to show that often the simple things in life are sometimes the most useful and valuable...

The Humble Bumpon

Where would I be without you?
You help me everyday
You are so tactile
And you help me in so many a way.
My clothes are washed correctly
The toast no longer burns
My key gets into the lock
Without too many turns.
The humble little bumpon
Of many shapes and colour
Makes my life better
Without you it would be duller.

If you don't know what a bumpon is, or would like to purchase some please get in touch with Hannah (our Resource Officer) and she will help you out.

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**

Website – **www.eastbourneblindsociety.org.uk**

Facebook – **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