

# EASTBOURNE BLIND SOCIETY



Thank you Your Majesty,  
for all your devotion to and  
service for our country.  
May you truly rest in peace,  
well done good  
and faithful servant.

*To mark the passing of  
Queen Elizabeth II  
the poem below  
was posted on Facebook  
and I thought it fitting  
that I shared it.*

## HE CAME TO ME TODAY

Phillip came to me today,  
And said it was time to go.  
I looked at him and smiled,  
As I whispered that "I know"

I then turned and looked behind me,  
And seen I was asleep.  
All my Family were around me,  
And I could hear them weep.

I gently touched each shoulder,  
With Phillip by my side.  
Then I turned away and walked,  
With My Angel guide.

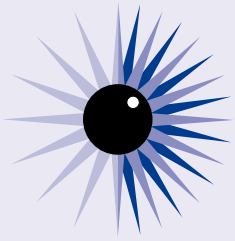
Phillip held my hand,  
As he led the way,  
To a world where Kings and Queens,  
Are Monarch's every day.

I was given a crown to wear  
Or a Halo known by some.  
The difference is up here,  
They are worn by everyone.

I felt a sense of peace,  
My reign had seen its end.  
70 years I had served my Country,  
As the people's friend.

Thank you for the years,  
For all your time and love.  
Now I am one of two again,  
In our Palace up above.

*Joanne Boyle*



# ViewPoint

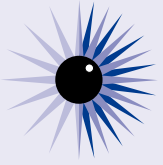
THE EBS NEWSLETTER

Issue 3  
2022

## Chief Executive's Message

WOW! What stunning weather we have been experiencing recently. The amazing high temperatures in August, even saw the cancellation of some of our social events (we didn't want people to melt on the bus – far too difficult to clean up the mess!) something that we really do not like doing, but sometimes we are left with no choice. I hope you have been able to enjoy the sunshine in some way and that you have not been too uncomfortable in the heat. According to those who know about these things such temperatures are likely to become more common due to climate change. Meaning that we will probably have warmer and drier summers along with wetter, warmer winters. No more snow?!

One of my favourite things to do is to play sport and if I can't take part, then (an unfortunately more common occurrence recently due to injury) I really enjoy watching it on TV, or in person, and listening to it on the radio. I was really fortunate to be one of the thousands of people who were able to attend the England women v Norway match at the Brighton and Hove Albion stadium in July. I have been to a few men's matches in different stadia, and I have to say the atmosphere at the game was great, probably the best I have experienced. The family all enjoyed themselves, especially being witness to the record breaking result! I have also been watching the Commonwealth Games on TV and have once again been humbled by the way people with various impairments are able to perform different sports to such high levels. How much trust you must need to have in your pilot (guide) when speeding around a velodrome at nearly 50mph when you can't see where you are going or what you might run into! If anyone has been watching



and is inspired to want to give a sport a try, please get in touch and we will see what we might be able to do to perhaps help make it happen.

Our printer has just delivered our 2023 calendar to the office for proof reading, and I can't believe that we are more than  $\frac{3}{4}$  of the way through 2022 already! Time flies when you're having fun, they say, or is it more like time runs out when you have lots to do. As will be mentioned in more detail later in this edition of ViewPoint, in 2023 Eastbourne Blind Society will be 100 years old and we are busy planning a year of celebrations to mark the occasion.

Take care

*Mark*

## Shopping Bus (+)



Our shopping bus still provides a very useful service to the small number of people who use it on a regular basis. We are now happy to say that we have a couple of volunteers who accompany the bus driver and are able to assist those who need it to go around ASDA and do their shopping. Please do contact us if you would like to give the bus a try.

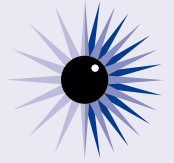
## ASC 'living well' survey

East Sussex County Council are currently looking for people to let them know how they can improve the services they offer to people receiving Adult Social Care Services. It is really important that ESCC get to hear from as many people as possible and that they are told about positive as well as negative experiences. Please do complete the consultation questionnaire if at all possible. It should be available in printed form at ESCC Libraries and is also available online at <https://consultation.eastsussex.gov.uk/adult-social-care/livingwell/consultation/intro/>

Please note that the consultation closes on the 18th September.



## **THE EBS STAFF TEAM**



ViewPoint

**Below we continue our series of articles about the various staff roles we have here at EBS, this issue it is the role of the Chief Executive (wait a minute, that's me, better make it sound like a do a lot!)**

### **How long have they been with us?**

I first started working as Resource Officer for EBS in July 2017. I spent the first month shadowing David Dick (my predecessor) and then went solo. After a very quick 2 years in this role Deidre Dean decided that the time was right for her to retire and following a rigorous and in-depth interview, I was offered the post of Chief Executive Officer. It was quite a short journey for me in terms of my career in the 'world' of sight loss, but I had previously been involved in senior management roles within a charity working with homeless 16-25 year olds in Eastbourne and Wealden. Something I had been involved with in various different ways since leaving University in 1998.

### **What does a Chief Executive do?**

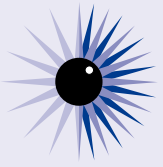
Read, and write, emails, lots of them! Make decisions regarding the direction and day to day running of the charity, oversee the work of EBS in terms of our contract requirements and our obligations to our members. Supervise staff and volunteers. Attend meetings with local groups and charities to represent the views of our members. Write and pull together the newsletter.

### **What are the Chief Executive's hours?**

Officially I work for 35 hours every week and am either in the office when it is open or in a meeting elsewhere or occasionally driving a minibus for a social group or other activity.

### **Where did you come from?**

I am originally from Southend-on-Sea in Essex (yes I am an 'Essex boy'!) but have lived in Eastbourne for more than half of my life. I came to Eastbourne to study at University and never left!



## Identifying as visually impaired

We have recently had some enquiries about how people can identify themselves as being visually impaired, whether this is to enable them to receive help in shops or just while they are out and about. To answer the question there are several ways that Visually Impaired People (VIPs) can use to let others know of their sight problems. They all have their positives and negatives which will not will be suitable for everyone. It is also true to say that awareness of white sticks and their meaning is not as commonplace as it perhaps was in the past. However, most people who do identify themselves as being a VIP find their experiences outside of the home to be a more positive one and would encourage others to do the same.

**Symbol canes** – these are the short, thin, white sticks that people carry in front of themselves or use to find the edge of steps, etc.

**Guide canes** – these are longer than symbol canes and are used in various ways the most common being a sweeping motion in front of the user. This enables them to identify obstacles/hazards in their path and to hopefully avoid them.

**White walking stick** – if you need a stick to aid you when walking then there are a number of different versions available coloured white to identify a VIP.

**Pin badges** – these come in various shapes, sizes and designs. They can have words or just a symbol denoting that the wearer is a VIP.

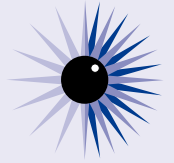
**Lanyards** – these are often laminated pieces of card that are worn around the neck and can have as much or as little information as required on them.

**Guide dogs** – a Guide dog does not only act as a companion and, as the name suggests, a guide, but they



are a very obvious indication of a person being sight impaired.

**Apart from Guide Dogs all these items are available to purchase through Hannah in our Resource Room. If you would like a Guide Cane however, you need to receive training on how to use them correctly to keep both yourself and others safe. This training is completed through Adult Social Care, please talk to us for more information.**



ViewPoint

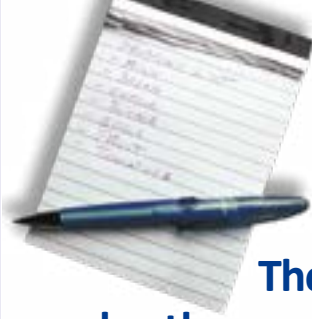
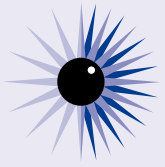
# healthwatch

## LISTENING TOUR EVENT

Healthwatch is an organisation working across East Sussex to help improve the experience of people using National Health services in the County. Eastbourne Blind Society will be hosting a 'Listening Tour' event on Wednesday 19th October (in the morning). The aim of this event is for Healthwatch to hear about the experiences of members with regards to access to GPs, Dentists, Hospital treatment, etc. and it would be great to have as many members there as possible to talk about both the good and bad examples of care they have received.

If you would like to attend and would like to be placed on our minibus list for collection (cost £5 for a return journey) please let Mark know. Minibus places are limited to those who are able to get on and off the vehicle without assistance and to a total of 26 people (due to the number of seats). So please book your seat early to avoid disappointment. There are plenty of seats available in the hall however, so please feel free to make your own way to the centre as well.

It is great that Healthwatch have agreed to offer this opportunity for people to have their voices heard. Please do attend if you possibly can.



# COST OF LIVING INCREASES

The news for some time now has been dominated by the upcoming increases in electricity and gas bills and the effect that these will have on all of us. I know for some of you this will be a worrying time so thought I would try and find some hints and tips as to how we can all try and save money on our utility bills.

**Which?** suggests a number of ways to spend money now to save more later. These may not be viable options for everyone, but all the little things add up and can make a huge difference:

**Choose energy efficient appliances** – if you are looking to replace a washing machine, fridge-freezer, etc. then look to see if you can purchase an energy efficient model that uses less electricity.

**Get a new boiler** – heating is responsible for more than half of most energy bills so the more efficient and effective the boiler the less energy it will use and therefore the cheaper it will be to run.

**Replace lightbulbs** – using LED bulbs in place of traditional ones will cost less as they are cheaper to run and last longer before needing to be replaced.

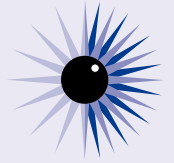
**Draught proof your home** – by stopping heat escaping rooms, and preventing cold air entering them, through unwanted gaps around doors and windows could mean that heating does not need to be on for as long.

**Use less hot water** – wash up using a bowl, use a timer for your shower (having a maximum of 4 minutes for your shower could save you up to £35 per year per person in your household) and insulate your hot water tank and pipes.

**MoneySuperMarket** offers the following advice:

Turn down your thermostat – by doing so by only 1 degree you could save £85 per year.

**Wash clothes** at a lower temperature – washing at



30 degrees instead of 40 will reduce your energy usage.

**Turn appliances off standby** – I know that for some devices, and for some of us, turning the power off completely is not possible and/or practical but if you are able to do so you could save more than £35 per year just by doing so. You can use Alexa, and other smart speakers, to turn some devices on and off just with a verbal command. You can always contact Hannah for more information or help on this.

There are other things you can do to save money too:

**Only boil** the amount of water you need to when using the kettle.

**Defrost frozen food** in the fridge to help keep the temperature down.

**Only place cold items** in the fridge and/or freezer.

**Only use washing machines and dishwashers** when they are full.

**Try to avoid** using a tumble dryer.

**Clean** tumble dryer and fridge filter regularly.

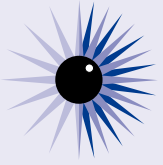
**Heat as few rooms** as possible. I know this is not the option that most people want to use, however, if you only use certain rooms in your home there is no need to warm up ones you won't be going into.

**There are also** several grants and payments available from the government which you may be eligible for. Some need to be applied for (or requested) others will happen automatically depending on various conditions:

**£400 energy discount scheme** – a payment from the Government paid to your energy supplier who will reduce your bill by £66 per month from October 2022 to March 2023. This does not need to be applied for or paid back.

**Warm home discount** - £150 discount that is automatically applied to your electricity bill if you receive your energy from a supplier who has signed up to the scheme and you meet certain criteria. There are two





ViewPoint

groups who are eligible - the Core Group (those who receive the Guarantee Credit element of Pension Credit) and the Broader Group (those on means tested benefits).

**Winter Fuel payment** – this is automatically paid out to those who receive a state pension or another social security benefit and were born on or before 25th September 1956. The amount you receive could be between £250 and £600. You may need to make a claim for this benefit, but if you have received it in the past then you do not need to make a new claim.

**Cold weather payment** – you may be entitled to this payment if you are on certain benefits (Pension Credits, Income Support, JSA, ESA, etc.) and the temperature where you live is recorded as, or forecast to be, below 0°C or below for 7 consecutive days. The amount you receive will be £25 for each seven day period between November and March. There is no need to apply for this payment, it will be paid automatically.

**Household Support fund** – this time you do need to apply for this money. To be eligible you need to live in the Eastbourne Borough Council area (Wealden and other councils will have a similar scheme) and be in receipt of a benefit of some kind, including Pension Credit. You can get help with the cost of food utility bills for any form of fuel that is used for the purpose of domestic heating, cooking or lighting, including oil or portable gas cylinders.

**For more information on any of these please speak to your Welfare Officer or contact the office.**



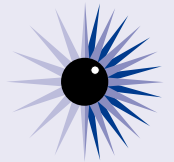
## **ARTS & CRAFT REQUEST**

Our Monday arts and craft group would really like to receive donations of any unused picture frames (any size, but the larger the better) and wool to be used in their latest pieces. If you have anything that might be suitable please could you drop it off at the centre as soon as you are able to do so. Thank you in advance.



## EBS birthday events and story request

As I mentioned previously, next year EBS will be celebrating our 100th birthday as an organisation. We are aiming at having a number of different events throughout the year and these will be finalised soon and published in our Christmas issue of the newsletter later this year. As part of the celebrations it would be really good to hear stories from members of the society about past events or have access to any pictures or newspaper articles that people may have stored away. If you have anything that might be suitable, please get in touch so that we can chat further.



ViewPoint

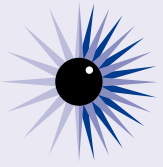
## Local Macular Society Support Group



Hannah and myself recently attended a meeting of the local Macular Society Group, where we gave a presentation on the work of EBS. If you have been diagnosed with a macular problem this group is there for you. They meet on a quarterly basis on Monday afternoons at St Mary the Virgin Church, Church Hall, Old Town, Eastbourne BN21 1HS. Meetings start at 2pm and end about 3.30pm. Meetings normally consist of news from the National Macular Society and a presentation (including an opportunity to ask questions) from a visiting speaker after which refreshments are served and attendees are free to socialise. All they ask is that, if you have it available, you make a £1 donation to support the Society's research.

Please note there are about 5 steps up to the hall.

**Their next meeting is on Monday 10th October and Mr Kashani, Consultant Ophthalmic surgeon, East Sussex NHS Trust will be the visiting speaker. For more information please contact Kate Springett, Macular Society local support group lead on 07894 329390.**



# JUST FOR FUN

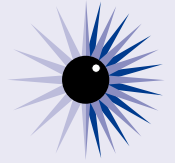
## TEN TO TACKLE.....

### .....A SUMMER OF SPORT

1. In the recent Commonwealth Games how many different nations won a medal of any colour?
2. In the Women's Football European Championship which nation did England's Lionesses score a record 8 goals against?
3. In football, the English Premier League celebrates a milestone birthday this year, how old is it?
4. Where were the European aquatic championships held this summer?
5. What are the 7 events that make up the athletic event of the heptathlon?
6. What sport was featured for the first time in the Commonwealth Games (and only for women) this year?
7. Which of the Home Nations finished in the lowest position on the medals table at this year's Commonwealth Games?
8. Who, this year, became the first player to score a century in cricket's Hundred competition?
9. Who is the famous father of the 17-year-old female diver who won Commonwealth gold in both the 10m Platform (Women) and 10m Synchronized Platform (Mixed) events?
10. What is the nickname given to the new brand of 'attacking' test cricket that the England Men's team are now playing under the leadership of Ben Stokes and Brendon McCullum?

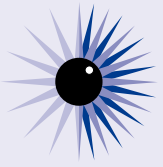
# JUST FOR FUN

## .....PREVIOUS ANSWERS



ViewPoint

1. Where was the Queen when she was told of the death of her father and therefore, her ascension to the throne? **Kenya**
2. How many years had the Queen and Prince Philip been married before his death in 2021? **73**
3. What was the name of the Archbishop of Canterbury who performed the coronation in 1953? **Geoffrey Francis Fisher (Baron Fisher)**
4. The Queen joined the Auxiliary Territorial Service (ATS) in 1942. What did she train to do and what rank did she achieve before leaving the service? **A mechanic and she reached the equivalent of Captain in the British Army.**
5. What year did The Queen describe as her Annus Horribilis? **1992**
6. How many countries has The Queen visited during her 70-year reign? **110**
7. Instead of an alarm clock what is said to be the method used to wake The Queen every morning – except when she is at Sandringham? **Bagpipes being played outside, under her bedroom window.**
8. How many Prime Ministers have served during Queen Elizabeth II reign? Can you name them all? **14: Johnson, May, Cameron, Brown, Blair, Major, Thatcher, Callaghan, Wilson, Heath, Douglas-Hume, Macmillan, Eden and Churchill**
9. Why does the Queen not have a driving licence? **She is the person who issues them!**
10. In her lifetime, how many Corgi's has the Queen owned? **More than 30 (estimated)!**



ViewPoint

# Weekly EBS Socials and Activities

**Mondays 2pm to 4pm – ART AND CRAFT**

**Tuesdays 10:15am to 11:15am – SEATED YOGA**

**Tuesdays 2pm to 4pm – CRIBBAGE AND DOMINOES**

**Wednesdays 2pm to 4pm – BOWLS**

**Thursdays 10am onwards – SHOPPING BUS SERVICE**

**Fridays 10:30am to 12pm – SOUND TENNIS**

**Fridays 2pm to 4pm – BINGO AND SCRABBLE**

*For more information and book a place  
please contact the office.*

## EBS Contact details

**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/)**

**Twitter – [www.twitter.com/BlindEastbourne](http://www.twitter.com/BlindEastbourne)**

## Office opening times

**Normal office hours apply for answering phone enquiries**

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

**Wednesday – 9am to 1pm**

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

## Sudoku

6								
			1					4
		3					8	
9					6			

### Sudoku answers from previous issue 2

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

*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