

SOCIAL GROUP DIARY

As a member of ESAB you are welcome to attend your local social group. They provide talks, afternoon teas, trips out and a host of enjoyable social activities. Here are their meeting times:

- Bexhill 1st Friday
- Crowborough 3rd Friday
- Herstmonceux 3rd Wednesday
- VitalEYES (Brighton and Hove) 1st Friday
- Lewes 2nd Monday
- Polegate 4th Tuesday
- SocialEYES (Brighton and Hove) 3rd Friday
- Seaford 1st Thursday
- Saltdean & Peacehaven 4th Monday
- Tuesday Club 2nd Tuesday (In the evening)
- Uckfield 1st Wednesday
- Brighton VIP's 4th Thursday
- Brighton Deaf/Blind Group 1st Wednesday
- Theatre Group—based from Head Office
- Bowls Group—Hailsham area
- ESAB VIABLE
- Sound Tennis Sussex



For further information on any of the social groups please contact HQ.

East Sussex Association of Blind and Partially Sighted People

Prospects House, 7-9 George Street, Hailsham, BN27 1AD

Telephone 01323 832252 - Fax 01323 833054

Email: info@eastsussexblind.org

Website: www.eastsussexblind.org

Charity Registration number 209535

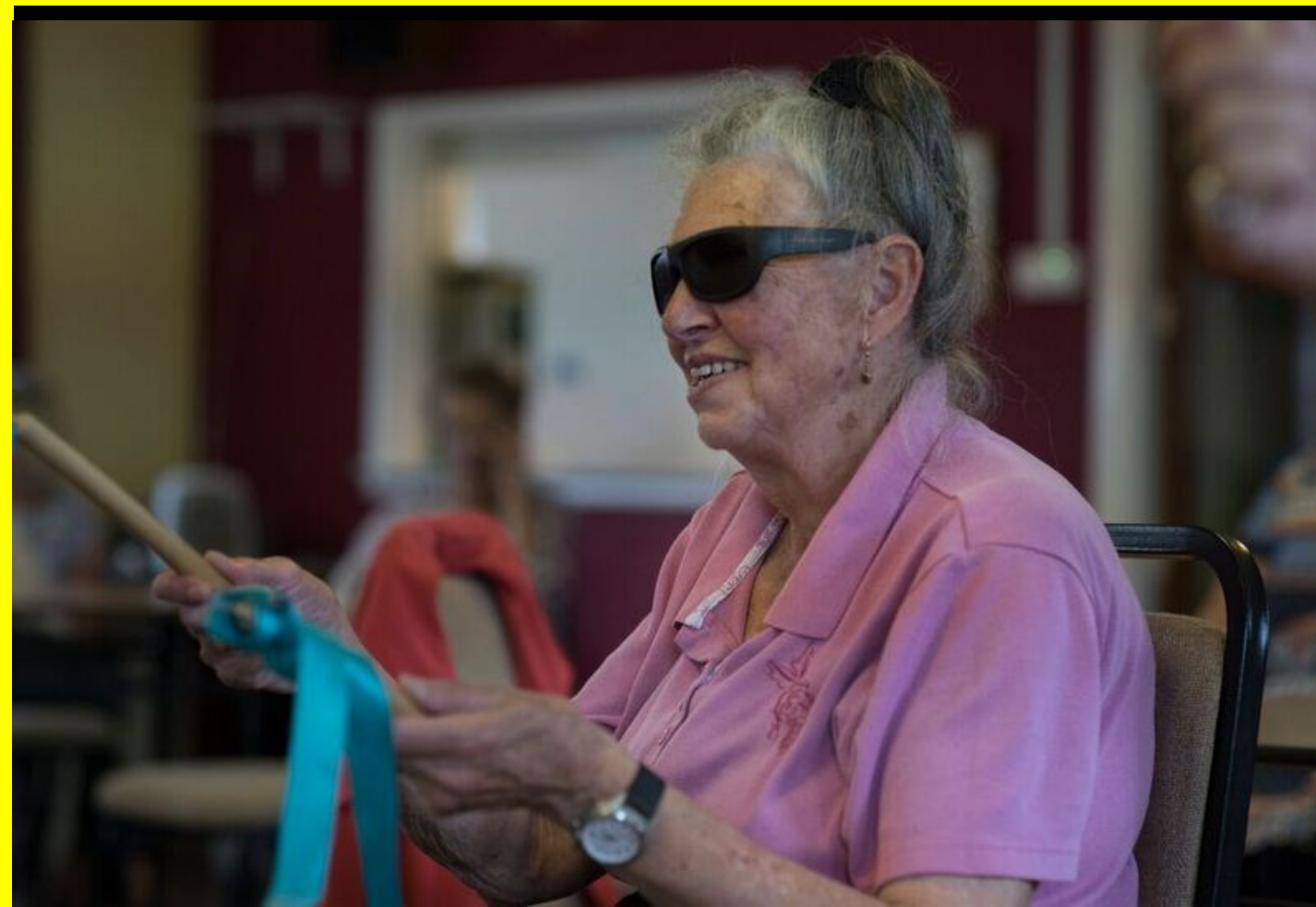
Company Registration number 363004

East Sussex Association of Blind and Partially Sighted People



Summer 2018

Newsletter



The Friends of ESAB invite you to our Pop-up Greek Café on Saturday 8th September.

Tickets will be £12.50 and will include lunch and wine.

Call 01323 833942 for ticket information

Head Office 01323 832252 info@eastsussexblind.org

NEWS

Letter from the Chief Executive

Over the last few months we have been working hard with our colleagues at East Sussex Hospitals Trust and 4Sight in West Sussex to try and do something about the closure of the Low Vision Clinic in Brighton. We were horrified that the Clinical Commissioning Group decided to shut this essential service with no consultation or proper impact assessment. Rest assured we are doing all we can to get this decision reversed. In the meantime, if you have been affected by this closure could you please let me know as we are mounting a campaign with our local MP's and I need your input.



On a brighter note, by the time you read this newsletter, Keith Dickman (pictured above) will have done his Spin Cycle ride to raise funds for us. All of us are getting roped in (even me) to cycle around all our social groups (over 110 miles) on a static bicycle at Freedom Leisure in Hailsham and hope to raise lots of money. Thanks for the wild and whacky idea Keith.

Many congratulations to the Sound Tennis players who held an amazing tournament over the weekend of 2nd and 3rd June at Virgin Active, it was amazing to see such excellent tennis and so many people from all over the country (and beyond) taking part.

Finally, could I say a big thank you to all of you who gave us an annual donation, so far, we have raised £5110. In particular, thank you if you signed up a standing order, this gives us a continued income and we're very grateful for it. I hope you're all having a lovely summer.

2



Do you follow us on Twitter?
@eastsussexblind or
@CEOESAB



Please like us on Facebook
[Facebook.com/eastsussexblind](https://www.facebook.com/eastsussexblind)

YOUR DATA AT ESAB

Please take a moment to read this information about the new Data Protection rules

The new General Data Protection Regulation (GDPR) came into effect on the 25th May 2018, here's a quick update for you all to remind you how we might use your data.

We keep your information for a variety of reasons, if you are a member of ESAB then we might use it to refer you onto other services that you could benefit from. We may pass your details onto a social group that you are interested in joining or we may use your information to contact you directly.

If you are a volunteer we may use your information to contact you about other volunteering opportunities or to ask you to assist us at Head Office.

The most important aspect with regard to your data is that we may, from time to time, contact you about fundraising initiatives and ask you to consider making a contribution. As a general rule we only do this via our regular newsletters, for example, the request for an annual donation or to ask you to sell raffle tickets for us.

What I would like to make very clear is that we will never pass your information onto any third party, firstly without your express consent and secondly if the third party is not directly associated with the services we offer. In other words, we will never give out your data without very good reason and without you knowing. We will never sell your data, for any reason or any amount of money.

You have the right to access any personal information we hold on you and you have the right to alter it or to have it erased.

Over the next few months we will be contacting you all to update our records and make sure you are happy that we continue to contact you. Many of you will have filled in our form with the last bulletin or replied to the email sent out recently.

A full copy of our Privacy Policy is available at ESAB HQ

If you would like to speak to me personally about it please give me a ring at Head Office.

Daniel Brookbank Chief Executive
01323 832252 daniel@eastsussexblind.org

15

OUTREACH

Outreach Vehicle



Outreach Vehicle

Let us know if there's somewhere you think the OV should be going!

Just call the office and ask for Ian
01323 832252

The Outreach Vehicle continues to visit a range of public venues and local community groups across the county.

Last year we met a grand total of 468 people over 32 Outreach Vehicle visits.

Over the coming year we hope to be at a variety of events and happenings across the county.

ESAB members are always welcome to take part in Outreach Vehicle visits and help us raise awareness of sight loss. Just phone our head office for more information about how to get involved!

ESAB AGM

Notice of the

ESAB AGM

We will be holding our AGM on
Tuesday 23rd October 2018 at 2.00pm

Venue: Diplocks Hall, The Diplocks, Hailsham BN27 3JY

This is your opportunity to come along and see what's been going on with ESAB. All our members, supporters and **Volunteers are welcome to attend.**

Tea and coffee along with biscuits too!

I'm afraid we aren't able to provide transport

We will also be drawing the ESAB Grand Raffle that day and I would ask you all to please consider selling some of the tickets for us. The first Prize will be £250 and we always have a great selection of other prizes too. Last year the Grand raffle raised £3600 for us and that's all thanks to those of you who kindly and generously sold tickets. We have included some tickets with this bulletin along with a return envelope. Please get the stubs back to us at HQ by the 20th October at the latest.

**Our thanks to Knill James for their donation
towards the first prize**

AIDS AND EQUIPMENT



Information And Focus Days September 2018

During September, ESAB are working in conjunction with Sight and Sound and we are going to be putting on 3 Information and Focus Days. They are going to be held in Hailsham, Uckfield and Brighton. Hopefully, this will give people from around the County a chance to attend at least one of the events.

We are going to have other exhibitors attending, so that there is a good spread of things to look at and plenty of information.

Hailsham

4th September

Community Hall, 9-20 Vicarage Lane, Hailsham, BN27 2AX.

10.00am to 2.00pm.

Attending: Sight and Sound. ESAB. Synapptic. British Wireless for the Blind. Cobolt. Macular Society. RNIB, ECLO. Blatchington Court Trust. ESCC Sight Impairment Team.

4

VOLUNTEERING



They say that variety is the spice of life, and here at ESAB we are fortunate to have so many different roles where our volunteers do so much to help our members combat isolation and loneliness throughout the county, including head office volunteers, social group organisers, helpers and drivers, Outreach Vehicle drivers, and of course home visiting volunteers.

Our Home Visiting befriending volunteer service is now more popular than ever as the word spreads, and our Home Visitors have been providing all kinds of support lately right across East Sussex from Brighton to Rye.

As well as short trips out and about together, or simply having a chat over a cup of tea, we've even got home visiting volunteers providing support with various activities such as swimming and horse riding. But we've also had other requests though, such as I'd like to go carp fishing, or I'd really like to go for a Fry-Up which I just can't do for myself any more.

We know people are working longer, retiring later, with increased caring responsibilities, but if any readers know of anyone who might be interested in volunteering, please let us know here at head office.

All new volunteers receive vision awareness training, and if any existing volunteers or social groups would like a vision awareness training refresher, please do get in touch and we'll get something arranged for you.

For further information on Volunteering for ESAB please contact **Ian** at HQ on 01323 832252 or ian@eastsussexblind.org

13

SOCIAL GROUPS

There's so much going on at your local ESAB Social Group

A full list of the social groups can be found on the back of this newsletter.

Where do we begin? We've gone from the coldest March, to the wettest April, to the warmest May all in the same year, but this hasn't deterred our social groups from getting out and about for pub lunches, cream teas, trips to farm shops and even ten pin bowling and croquet, just to name but a few activities.

When members at the social groups are asked what they enjoy most about attending the group, top of the list without exception is they all say how much they look forward to

seeing their friends, and one particularly lovely comment we heard recently was 'They're such a lovely bunch, where would I be without them'.

Tea and cake often comes a close second though, and over in Lewes they have been having a midsummer afternoon fundraising cream tea with a raffle, cake stall and a name the teddy tombola, all with musical accompaniment on the piano.

Meanwhile in Brighton, VitalEyes have been keeping fit with chair based exercises. Although you might be sitting down don't be fooled into thinking it's easy because it's not, it also helps with concentration and you might well discover muscles in places you never knew you had them. You are always guaranteed a good night's sleep afterwards though.

Keep up the good work everybody and have a good summer.



AIDS AND EQUIPMENT

Uckfield

18th September

Weald Hall, Civic Centre, Bellfarm Lane, Uckfield, TN22 1AE.

10.00am to 2.00pm.

Attending: Sight and Sound. ESAB. Wealden Talking News. Macular Society. RNIB. Blatchington Court Trust. Sight Impairment Team.

Brighton

20th September

Brighthelm Centre, North Road, Brighton, BN1 1YD.

10.00am to 2.00pm.

Attending: Sight and Sound. ESAB. Synapptic. Sound Tennis. ESAB VIable. RNIB. Blatchington Court Trust.

There may be other exhibitors in attendance that had not confirmed at the time of this going to publication.



FRIENDS OF ESAB

A message to the Friends from Daniel Brookbank CEO

In 2011, when I arrived at ESAB, I was approached by Shirley Price to form a friends of ESAB. I'd just like you all to know what an amazing job the friends committee are doing and to thank them on behalf of our members. I am sure you will join me in that thanks when I tell you that since the Friends started in 2012 they have raised over £130,000 for us. Every penny they raise goes towards the services we provide and they work tirelessly to ensure they get as much money as possible from the events they put on.

ESAB depends on a large amount of money coming from donations, events and legacies and the money the Friends raise is no small amount.

They continue to put on a host of excellent, lucrative events and are well on their way to hitting their target for this year.

Please join me in thanking them for all their very hard work.



6

ESAB VIABLE

ESAB-VIABLE - Activities diary

1st August (Wednesday) – 1pm – Croquet, Hove Bowls Club, Hove Lawns (optional meet 12.30 M&S Churchill Square) then bus to:

1st August (Wednesday)– 3pm – Tea at Garden Café, St Anne's Wells Gardens

4th August (Saturday)– 2-4pm – VI Sports, King Alfred's Leisure Centre

5th August (Sunday) – Devils Dyke Lunch – meet 11am for bus at M&S Churchill Square. Lunch at Devil's Dyke Hotel, bus or walk options for return. Sunday roast approx £12. NB: CHANGE OF DATE. So that we can reserve tables, please book by 20th July.

12th August – BBS "Have A Go Day" – contact us for more details.

15th August (Wednesday) – 1pm – Croquet, Hove Bowls Club, Hove Lawns (optional meet 12.30 M&S Churchill Square).

18th August (Saturday)– 2-4pm – VI Sports, King Alfred's Leisure Centre

18th August (Saturday)– 5pm 'til Late– Picnic, Hove Beach (from King Alfred's bus stop, walk towards Hove Lagoon, turn first left into Hove Street South, walk towards the beach and you will see us there). Bring food and drink.

29th August (Wednesday) – 1pm – Croquet, Hove Bowls Club, Hove Lawns (optional meet 12.30 M&S Churchill Square).

1st September (Saturday)– 2-4pm – VI Sports, King Alfred's Leisure Centre

5th September (Wednesday) 3pm – Tea at Jojo's Icecream Parlour. (Repeat visit because Sue can't make the July visit!).

20th September (Thursday)– 10am-2pm – We have a stall at the Sight & Sound Technology Exhibition at the Brighthelm Centre.

Or further information on ESAB VIABLE please contact Chris Dutton, email esabviable@gmail.com

11

ESAB SERVICES

It might surprise
you how much
ESAB has to offer



Central services from ESAB

17 Social Groups. Including:
ESAB Theatre Group —
Hailsham
Bowls club—Hailsham
ESAB VIABLE and
Sound Tennis Sussex

Volunteer Co-ordinator
Outreach Vehicle (OV)
ESAB telephone helpline
Volunteer visiting scheme
Advocacy help for members
Lobbying local and central
government
Working with local planners
Three times a year
membership Newsletter
Drop in (by appointment) for
Aids and Equipment
Friends of ESAB
Annual well-being call to all
members



Specifically for East Sussex

Low Vision Support Worker

Full time worker providing at
home support and visiting
695 members per year

Mobility and Orientation

training. Confidence building
and practical help. 150
members per year.

Certificates of visual

impairment, we handle 250
of these a year.

Aids and Equipment service.

1400 interactions per year.

Skills and strategies for daily

living courses, 295 members
trained per year

IT skills courses, smart
phones and tablets.

In Brighton

Full time Co-ordinator

Aids and Equipment Centres

in Hailsham and Brighton

Volunteer visiting scheme

with 50 volunteers

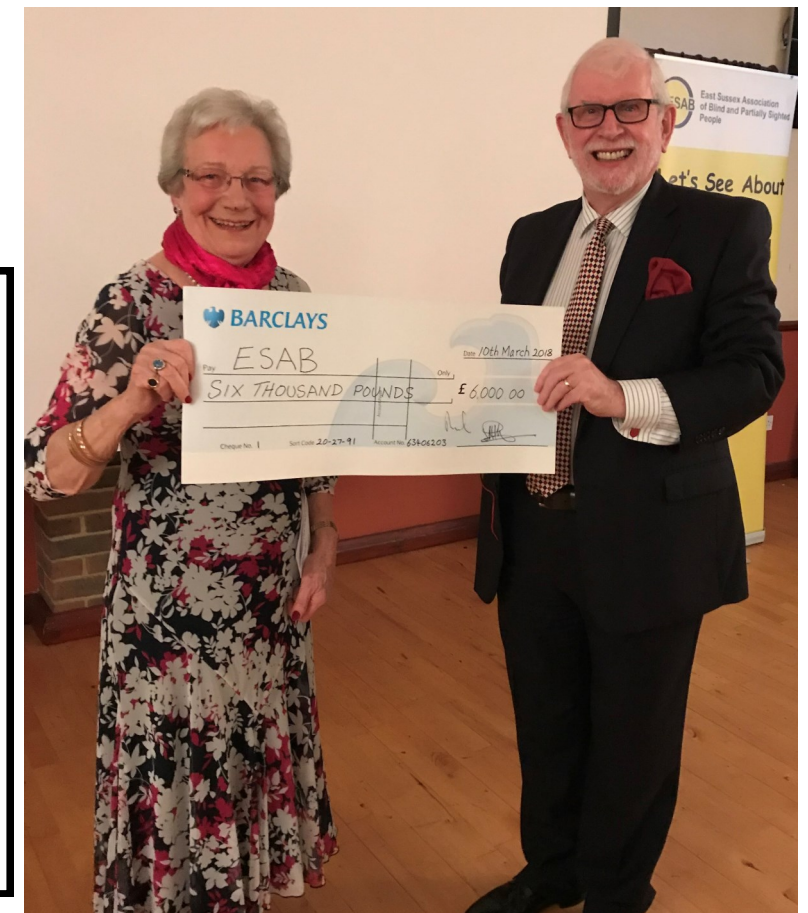
Six social groups

FRIENDS OF ESAB



Picture on the right shows Shirley
Price, the chair of the Friends of
ESAB presenting a Cheque for
£6000 to the ESAB Chairman,
Roger Thomas.

Picture on the left shows the
Black Tie Dinner at the
Powdermills Hotel held on the
20th April, hosted by Mr Peter
Field our Patron



Friends of ESAB Calendar of events for 2018

Friday 24th August - Strawberry Tea in Bexhill

Joyce Wood will be hosting a delicious Strawberry tea, tickets £5

Saturday 8th September - Pop-Up Greek Café

We are opening a pop-up Greek cafe at St Augustine's Church Hall,
Bexhill, after the great success of our previous
French and Italian Pop-Up Cafes!

Saturday 17th November - Pasadena Roof Orchestra Hot Five

By popular request, the return of the Pasadena Roof Orchestra Hot Five,
to be held at St Augustine's Church, Bexhill.

Saturday 15th December - Tombola

To be held at Langney Shopping Centre.

For further information or to buy tickets for any of these events please get
in touch with Shirley Price on 01323 833942 or
shirley@shirleyprice.me.uk

SOUND TENNIS



Sound Tennis Sussex hosted their first regional Visually Impaired Tennis Tournament on 2-3 June 2018 at Virgin Active in Falmer.

The Tournament is part of a series hosted around the UK leading up to national championships at Loughborough in October.

We were pleased to welcome 34 players from around the country including 4 players who had been victorious at the world championships in Dublin in April.

The turnout also included 9 players from the North East whose commitment included a 10 hour mini bus trip each way which saw them arriving home at 4 am the following morning! The spread of the sport was also shown with a player coming from Germany.

Players competed in singles and doubles competitions by sight classifications based on sight levels with 10 totally blind (B1) players, the standard continues to rise and it was great to welcome a number of players to their first ever tournaments.

Sussex players achieved a number of successes. World Champion Chris Baily from Uckfield winning the doubles with Callum Lock from Eastbourne and becoming runner up to his arch rival Paul Ryb from London (a fellow World Champion) in the B3 singles.

**s(und
Tennis Sussex**

8

SOUND TENNIS



Christopher Smith from Eastbourne competing in his first competition had notable success as runner up in the B2 singles, Christine Laurence from Hove in the B3 ladies singles and Keith Turner from Brighton in the B1 mixed doubles with Monica Smith from London were also runners up.

We were delighted that ESAB Patron Peter Field and his wife Margaret were able to join us for part of the event with Peter handing out a number of the awards alongside Adam Field who organises disability tennis for the Tennis Club in Hassocks as well as regularly supporting our coaching sessions. It was good also to have Cyril Thomas from Brighton competing as a B2 in his first competition.

Organising a competition on this scale is quite an undertaking and great credit goes to all the organising team and the best part of 30 volunteers whose help on and off court was fantastic, we were also privileged to have officials provided by the Tennis Foundation whose professionalism and generosity was very much appreciated.

The staff at Virgin Active were also great and supported the event with warmth and efficiency.

The VI Tournament circuit now moves on to Cambridge at the end of July and we are starting to think about next year. It was a brilliant event played in a very friendly and competitive manner, as organiser I learnt a lot as not everything worked perfectly but it was a real privilege and one I will remember for a long time.

We are always keen to welcome new Visually Impaired Players, if you are interested or know of anyone who might be please contact us at soundtennisussex@gmail.com or visit our website www.soundtennisussex.org.uk

9