

100 IDEAS FOR 100 YEARS FORM

Thank you for getting this far with our 100 ideas for 100 years campaign.

To let us know what you would like to do to help please fill in this form and send it back to us at:

100 ideas for 100 years

ESAB
Prospects House
7-9 George Street
Hailsham
BN271AD



Alternatively, if you'd prefer, you can ring our HQ on 01323 832252 and tell us what you'd like to do or you can email us at info@eastsussexblind.org.

I'd like to raise some money for ESAB's 100 ideas for 100 years campaign.

Name _____

Address _____

Telephone number _____

Email address _____

I will _____

to raise £ _____

I hope to do it around _____

East Sussex Association of Blind and Partially Sighted People

Autumn 2020

Newsletter



100 YEARS
1921 - 2021

On 3rd March 2021 ESAB is
100 years old

Today we are launching
100 ideas for 100 years
A major fundraising appeal to
help us into our next century
More information on page 3

Don't forget that even during these very difficult times ESAB is still here, still ready to help. If you need our services please give Head Office a call on 01323 832252 or email us at info@eastsussexblind.org

Head Office 01323 832252 info@eastsussexblind.org

A MESSAGE FROM OUR CHAIRMAN

I do hope it will prove to be a Happy Christmas for all ESAB Members and that Lockdown 2 achieves the results hoped for to enable us to share Christmas with friends and loved ones. I am impressed by the positivity of all the ESAB staff and volunteers which is vital for our Members to steer us through these unprecedented times and support those most in need. Stay positive and thank you again to each and every one of our fantastic team. ESAB celebrates it's 100th Birthday in 2021 and it would be wonderful if you could consider supporting the 100 ideas for 100 years campaign we are launching in this bulletin. Every penny we raise goes towards helping us provide vital support to our members. Thank you.



The picture shows Ian Fletcher-Price



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



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

INFORMATION

During these lockdown times some of our services are being offered in a different way. Please give HQ a ring on 01323 832252 or email info@eastsussexblind.org for further information

Specifically for East Sussex

- Low Vision Support Worker
- Reablement services
- Certificates of visual impairment
- Aids and Equipment service
- Information and Advice

In Brighton & Hove

- Full time Co-Ordinator
- Aids and Equipment service
- Volunteer visiting scheme
- Six social groups

Central services from ESAB

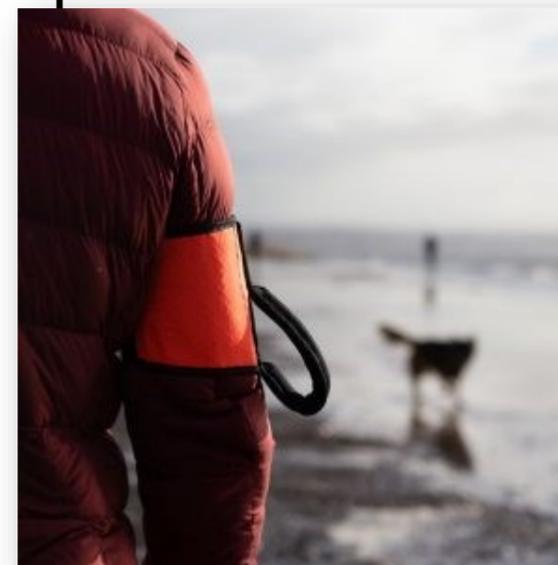
- 17 Social Groups.
- Outreach Vehicle (OV)
- ESAB telephone helpline
- Advocacy help for members
- Lobbying local and central government
- Working with local planners
- Regular membership Newsletter
- Aids and Equipment
- Friends of ESAB

Introducing The Ramble Tag

We are excited to tell you about an invention created in 2018 which enables blind and visually impaired people to enjoy more freedom and safety while walking with their guide.

As it is a contactless guidance method, it is particularly useful for those who wish to avoid touching their guide. Physical boundaries can also be easily respected, and the overall experience is so easy and comfortable.

<https://rambletag.co.uk/>



INFORMATION

We know that it is Important to give assistive technology a try before you buy, and there remains no better way to demonstrate different low vision solutions than in the company of one of our technical experts.

We will provide hygiene packs for the users, and we will manage the number of people who will be in the space at any time.

WHAT DOES A CONTACTLESS VISIT LOOK LIKE?

- Pre-registration only with an agreed time slot.
- Personal protective equipment for our team and you.
- A minimum of 1-metre distance kept at all times. All equipment is sterilised before and after each visit.

www.sightandsound.co.uk

01604 798070



Domestic abuse and sexual violence services are open and here to help.

The greater number of people staying indoors for long periods means instances of domestic abuse may be on the rise. We know that in the current climate, it is more challenging for those suffering abuse. Lines of communication could be severely limited if victims are unable to leave the home. We want to reassure those experiencing abuse that they are not alone.

People in East Sussex needing help, advice or support on domestic abuse and sexual violence can contact The Portal on 0300 323 9985 or visit the Safe In East Sussex webpage <https://www.safeineastsussex.org.uk/domestic-abuse-help.html>

The stay-at-home instruction as a result of COVID-19 does not apply if you need to leave your home to escape domestic abuse.

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100 IDEAS FOR 100 YEARS



Help us celebrate
100 years of ESAB
serving the communities of
East Sussex and Brighton and Hove

On the 3rd March 2021 ESAB will be celebrating its 100th birthday. Many charities started in 1921 as it was the year of the first charities act. Over the last 100 years ESAB has served thousands of blind and partially sighted people right across the county and we want to be able to continue into our next century. So, we are launching '100 ideas for 100 years'. We are hoping to find 100 people associated with ESAB, members, volunteers, supporters or just well wishers to find 100 ways of raising some money for us. This could be anything from a simple cake bake for your office to climbing up a mountain. Maybe a virtual coffee morning or a sale online of an unwanted Christmas gift. Anything, large or small, abseil down a tall building, cycle from Lands end to John O'Groats on an exercise bike. Or simply make a donation to us.

We are running the campaign throughout 2021 so there's no rush to do it, things often need some planning. We would like to know what you are doing and roughly when so we can feature your exploits on our Facebook page and in future bulletins, so on the back page of this bulletin you will find a simple form to tell us what you will be doing and how much you hope to raise. This is a great opportunity for everyone to contribute a little to ESAB funds and help us to continue with our work long into the future.

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A MESSAGE FROM OUR CEO

Well, this has been quite a year so far. The problems that this dreadful pandemic have caused blind and partially sighted people cannot be underestimated. We have been hearing stories of people afraid to go out, struggling with social distancing and jobs and livelihoods disappearing overnight. All our social groups had to stop, and we reduced our service to remote working only at one point.

However, throughout the year ESAB has been responding to the members in a myriad of ways. Our telephone helpline has been busier than ever with calls for advice, help and pleas from vulnerable members who are struggling to cope. It is a credit to the staff and volunteers at ESAB that we have been able to respond and help. We have put together a large database of organisations that can help during lockdown, we have re-started face to face visits, following all the appropriate protocols with regard to distancing and PPE. We have worked very closely with our two major funders, Brighton and Hove City Council and East Sussex County Council, to ensure that no one was left without the help they needed. Our social group committees have stepped up with regular contact with members and I've even been told of deliveries of cream teas!



**The picture shows Daniel Brookbank
the CEO of ESAB**

INFORMATION

Are you visually impaired? Or do you know someone who is?

Do you want to get more from your computer?

Do you need a qualification to help you get back into or stay in work?

If the answer is yes, then here at East Sussex College we have specially designed courses for the visually impaired, start at level 1 and go up to level 3. You can start at a level that is appropriate to you and choose the subject areas that you want to learn about.

You will also gain a recognised ITQ qualification at each level to assist you to get into work.

**For further information contact:
East Sussex College, Eastbourne**

Telephone 030 300 38787

Email viinfo@escg.ac.uk

Or visit www.escg.ac.uk

INFORMATION

Keeping connected

During this time, it's especially important you stay connected with the outside world; whether it's having Skype calls with family and friends, joining a Talk and Support group through the RNIB Helpline or signing up to a Keeping in Touch call with Guide Dogs. There are many sight loss forums available and most are open to your family and friends too. Having regular contact with people will help you to stay feeling positive.

If you also want to stay connected with the latest developments and information on coronavirus (COVID-19) and sight loss, listen to RNIB Connect Radio, the UK's radio station for blind and partially sighted people. It's available on Freeview 730 and online www.rnibconnectradio.org.uk

ESAB Telephone Helpline 01323 832252 or email

info@eastsussexblind.org

RNIB's Helpline (0303 123 9999) is open from 8am-8pm on weekdays and on Saturdays from 9am-5pm.

Guide Dogs' COVID-19 information line (0800 781 1444) is open on weekdays (from 9am-5pm).

We know this is a difficult time and many people are feeling worried and isolated. These are just a few of the ways we can help you during this time - there is lots more advice for blind and partially sighted people available. So, please get in touch if we can help.

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

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This is not over yet and I want to assure you all that we are still here, we are still helping and we can be contacted at ESAB HQ on 01323 832252.

The RNIB has now released guidance on guiding. The general feeling is that you should use someone in your own bubble to guide you but if that's just not possible, then there should be as little physical contact as possible, both wear a mask, both wash your hands before and after guiding and both make sure you have no symptoms. Keep the guiding as brief as possible and try to keep to the same guide as much as possible.

As you are reading through this bulletin you will now have heard of our '100 ideas for 100 years' campaign. ESAB is 100 years old on the 3rd March 2021 and we want to celebrate this as much as we can. If you feel you could raise a few pounds for us then please let us know what you could do, it would be amazing to be able to say we have 100 people supporting us in our 100th year. The details are on page 3 and there is a simple form on the back of the bulletin for you to fill in and send back to us. Easier still, you can just ring us or email us and we will record the details. At ESAB, we are on the move. Sadly our lease at Prospects House has come to an end and we will be vacating here in the new year. I'm pleased to report that at the time of writing we have found a new home, right in the centre of Hailsham, so we won't be going far. When we are allowed there will be a new Aids and Equipment Centre that you will be able to book in and visit and we are planning on upgrading our Outreach Vehicle so that it will be out and about next year.

I, personally, am very sorry that Jo Wood is leaving the Board of Trustees. Jo lost her sight several years ago and was able to rebuild her life with a little bit of help from ESAB. Over the last few years Jo has contributed and supported ESAB enormously. She is moving on to Oxford to continue her studies and we all wish her well. I shall miss chats at the café at the University of Sussex.



100
YEARS
1921 - 2021

Finally I'd like to wish you all a very Happy Christmas and a peaceful New Year, its got to be better than the one we've just been though!

Daniel Brookbank CEO

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WE'RE STILL HERE!

Aids and Equipment

It's a very strange time at the moment! Since Covid came along, we have all had to find different ways of doing things. I had to Shield and had very little contact with anyone for several weeks. During this time, ESAB were still working to help our members in whichever way we could. I worked from home and thanks to my assistant, David, we managed to keep things going.

The first few weeks were quiet, but as "Lock Down" started to ease, so we had more calls.

I started back in the office at the beginning of September and although we are still having to restrict any visits, we are helping lots of our members every week. If someone calls the office and needs help with lighting, magnification or anything at all, we can have a talk and then decide what we might try that would help. It's a little more difficult because we can't try things immediately, but we have been sending things out for people to try. We put a "returns" label in with the item and if it's not right, we get it sent back and try something else. This does have limitations, but we tend to get things right sooner rather than later.

Any items that we have come back into us have to go into quarantine for 72 hours. After this period, we clean everything so that it's ready to go out again.

David has been a star during the last few months, without him, I certainly wouldn't have been able to continue helping our members.

INFORMATION

Here is some helpful information, in particular, how to get in touch with local and national organisations that may be able to help you at this time.

Finding local support

Communities across the UK have mobilised again so they can help people who need additional support locally. We have put together a list of organisations across East Sussex, Brighton and Hove who can help you. This information is available through the ESAB Telephone Helpline on 01323 832252 or by emailing info@eastsussexblind.org

Eye Health

You may be concerned about attending eye clinic appointments. Hospitals are open and accepting patients, if you have an appointment then please attend. You can always call the hospital to seek further advice. If you have a sudden change in your vision or new symptoms, contact your optician or eye doctor immediately. It is important you seek help, please don't ignore symptoms.

Shopping for food and essentials

Supermarkets are changing their delivery services to prioritise the needs of clinically vulnerable people, but we know many people are still struggling. If you are worried we can help.

Getting out and about

Although social distancing can be difficult, it's really important for your mental and physical health that you still go outside and get exercise. So, if you don't live with someone who is able to guide you, think about using your cane to alert people to your sight loss when you go out. Alternatively, you can let others know of your proximity verbally and that you are unaware of exactly where they are.

Continued over the page....

INSPIRATION



Sound Tennis resumption

We were very pleased to be able to resume playing tennis after the lockdown.

Initially this was outdoors only, we book 2 midweek sessions at the Pavilion & Avenue Tennis Club in Hove where we have a group membership. We mostly use standard tennis balls on a full court but those of us who are visually impaired retain the additional bounces. This means we can play on different court types and are not quite so dependent on the weather being still.

A highlight was the finals day run by the club where we were invited to participate, we have 3 mixed sighted/VI doubles teams playing a round robin and it works out that we each won the same number of sets so a tie was declared

We also had some friendly matches with Tennis Sussex at the Southdown Club in Lewes organised by our good friend Gill Andersson

In August we were able to resume coached sessions at Virgin Active in Falmer, these are twice monthly on Sundays, our thanks to our great coach Kyle Rossi and our best wishes to him and Nikki on their marriage in November

Throughout we have had great support from the venues and been able to build on existing strong relationships, we have been careful to listen to our players and volunteers and follow relevant rules and guidance. It is so good to be back playing tennis, meeting with friends and keeping healthy.

Paul Gillett

Please visit our Facebook page - Sound Tennis Sussex

email soundtennisussex@gmail.com or contact ESAB head office for a phone number

ESAB STAFF

Since being back in the office, we have had several donations of equipment and we have gratefully accepted items that we know can be used by someone else. All these items have to go through the process of being quarantined and cleaned. Below are just a few things that have come into us.

Clear View Desktop Magnifier

Optelec Compact 7 HD Magnifier

Tunstall Phone Easy

BT 8500 Advanced Call Blocker

If anyone is interested in finding out what else might be available or wants to talk about equipment in general, please give me a call on 01323 832 252.

Steve Saunders (Aids and Equipment Coordinator)

What's going on in Brighton and Hove? - Sue Fever

When Daniel said "give me an update from Brighton and Hove" I struggled to think what to write because I wanted to say everything is back to normal and life as we knew it has returned. But as I thought about it, I realized that we are delivering services normally, just differently.

Our social groups are getting together weekly via telephone and zoom meetings. At first some members were a little nervous about joining in the conversations, but that didn't take long to change. The sessions are friendly, fun, and informative, giving people a chance to swap ideas and to discuss any issues that may be worrying them. I picked up some great gardening tips from the green fingered members too. My tomatoes thrived on their advice.

Over the next few months, I will be looking at running additional themed sessions: quizzes, guest speakers, etc. If anyone has any suggestions for themes/topics or would like to join the session's, please do get in touch.

Continues on the next page

ESAB STAFF

Our Home visitor befrienders are doing a sterling job of keeping in touch with members by telephone or the occasional social distanced visit. Members tell me what a difference it makes to them to have a friendly chat once a week. I'm continually recruiting new volunteers, so if you would like a telephone befriender for a chat or would like to become a telephone befriender yourself, please do get in touch.

I'm predominately offering support, advice, information, and referral assessments over the telephone for the time being, but I am making a visit if necessary, safely of course!

Finally, via this bulletin I would like to sincerely thank all the Brighton and Hove volunteers and social group members who are supporting each other. I really couldn't do it without you!

Just a quick paragraph to let you know that although I'm working from the Office now, I am still dealing with the Eye Hospital and clinics with requests from members who are unsure about appointments or indeed just need some help as their eyes have deteriorated.

I've been in talks with Social Services to get assistance for our members, and secure temporary care for those who need it.

The department of works and pensions are still asking for members to proceed with their claims for attendance allowance, so although it's on the phone, it's still working well.

I have taken broken glasses to the local optician who has been more than helpful.

All the new referrals that have come through are still receiving an initial call with a view to a visit (if required) after the lockdown

Maggie Grinyer Low Vision Support Officer

ESAB's telephone helpline is still operating as normal, if you need some advice, assistance or to get hold of someone at ESAB just give our Head Office a call on 01323 832252 and Claire or Fiona will be there to help you. The helpline is open Monday to Thursday 9am to 4.30pm.

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SOCIAL GROUPS

Christmas will be a bit different for our social groups this year

Many of you will be missing the social interaction that comes from the regular visits to one of ESAB's social groups. Here at ESAB HQ we are very sorry that we can't start up the groups right now. We know the value of them and the difference they make and it's one of the hardest things for us to keep them closed at the moment. We make a promise to you that when we are allowed to mix safely we will do everything we can to get them up and running again.

In the meantime, there are a few things you can do to keep in touch. Telephoning each other is a great way to keep in touch and we are running some conference calls with members which are proving very popular. Once the lockdown is eased you may be able to get together in small groups and we would encourage you to do so, provided the social distancing and any local restrictions are adhered to.

We are aware that many of our volunteers are keeping in touch with members, especially from the groups, please keep doing it, it's wonderful the stories of cream tea deliveries and regular calls we are hearing about.

We owe a great big thank you to the leaders of the groups who are keeping in touch, regular contact is very important at this difficult time so please keep it up.

Some of the group leaders have contacted us to ask if some kind of celebration for Christmas can take place, in the form of a delivery or a Christmas gesture. All of us at ESAB think this would be a lovely idea so please, group leaders, go ahead, celebrate however you can.



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