

ESDA spin the wheel of good fortune!

Photo courtesy of Eastbourne Herald



East Sussex Disability Association is thrilled to announce the arrival of a brand new fully accessible coach, having successfully obtained European Lottery funding to finance the purchase.

Eastbourne Mayor Carolyn Heaps officially cut the ribbon at a special launch event on Friday November 4th at ESDA headquarters in Eastbourne.

The ceremony was also attended by the Deputy Lieutenant of East Sussex Mrs Phylida de Salis; Chris Dowling, Chairman of East Sussex County Council; Transport Minister Norman Baker MP; Councillor Bill Bentley Lead Member for ESCC Adult Social Care and Lady Lloyd, President of East Sussex Disability Association together with ESDA CEO Nick Tapp; ESDA Coach Services Chairman Anthony Powell; Company Secretary Alan Cole and representatives from ESDA District Committees.

The service is part funded by East Sussex County Council, Adult Social Care, and is available to any non-profit making social and community organisations whose members include those with mobility difficulties.

[Continued on page 7](#)



Contents

ESDA Coach launch.....	Cover
Editorial	2
View from the Chair	3
Parent Link East Sussex	4
ESDA services	5/6/7
News from Local Groups	8/9/10
News from other groups	11
LINK.....	12
Volunteering at ESDA	13
Other news.....	14
Letters - Notices	15
Events and contacts.....	back



Editorial

Nick Tapp

CEO

Disabled people are understandably very concerned about how proposed benefit changes will impact on them. The proposed change from Disability Living Allowance to Personal Independence Payments or PIPs (which sounds very upbeat and friendly) is of great concern. Eligibility is likely to be tighter and fewer people will qualify for this benefit. Disabled people having to undertake work capability assessments are then being told they are fit for work despite medical evidence to the contrary. Over 40% of appeals against assessments are successful. Changes to Housing Benefit will also impact on disabled people and may prevent them from living in suitable and accessible accommodation.

There is some good news amongst all this.

Disabled people are increasingly unwilling to sit back and remain passive in the face of these challenges. Growing numbers of disabled people are getting involved in campaigns to make a difference.

Increasingly local authorities and other public bodies are recognising that disabled people's organisations such as ESDA, that are user-led, are valuable assets.

ESDA has this year, cemented its position as the Centre for Independent Living in East Sussex through our successful application to ESCC's Commissioning Grants Prospectus. This will fund the DLC, Information Service and some of our engagement work for the next three years.

As a local CIL we are linked into various networks. These include local, regional and national networks. This work gives us access to government departments, civil servants and ministers in a way that hasn't happened for us before.

ESDA is a very active partner in these networks. Our User-led Organisation Toolkit is very highly regarded. Everywhere I go I get told how useful it's been, both to organisations working with disabled people and to local authorities. Even the Minister for Disabled People, Maria Miller MP has got a copy!

I'm very excited to see ESDA moving into this brave new world. It's going to be tough but we have a strong foundation in our membership, our dedicated volunteer team, our small hard working staff team, in our committed Board members and in our values and ethos. It is this amazing combination that makes us the well regarded 'can do' organisation that we are today. I consider myself lucky to be the CEO of this organisation and I want to thank you all for your past and on-going support. ■



View from the Chair Sarah Playforth

I was truly pleased to be elected Chair at the AGM. Thank you for this honour; I look forward to working with the Board to ensure we fulfil our governance and support role to the best of our ability. I feel confident in the knowledge that ESDA has impressive commitment from the Board, CEO and staff, from members and from the groups and volunteers that work tirelessly to support people in their local areas.

I want to begin this first of my articles for AWARE by congratulating my predecessor, Tony Powell, on working effectively with our CEO to steer the ESDA ship through some very troubled waters over the last few years to a time of relative financial stability. It was a hugely important achievement to secure a large part of the funding we need over the next three years. It's not a time to relax, however! There are still many challenges for ESDA's staff, volunteers and Board members and for disabled people in East Sussex. The need to raise funds to support us to meet our mission and vision will never go away.

ESDA's mission is to secure and support the right of all disabled people to have choice and control in their lives and be included as equal members of society.

ESDA's vision is to create a user led centre of excellence that champions independence, equality and inclusion, campaigning for and promoting disability rights.

For me, the key words here are CHOICE – to live the lives we want; CONTROL – of our actions and our destinies; EQUAL – with all others; INCLUSION – in education, employment and social activity; RIGHTS – not patronage and pity and

INDEPENDENCE – living in the way we want and need to.

For me and for ESDA, the voice of disabled people themselves is key to how we work and develop as an organisation; I want to see ESDA build on its success in being the “megaphone” for these voices and in supporting all disabled people, whatever their background and circumstances, to achieve independent lives.

When disabled people were asked in an ODI (Office for Disability Issues) survey what independent living means to them, they came up with this list:

- **Choice and control**
- **Choice about where I live**
- **Being included**
- **Choice about who I live with**
- **Participating**
- **Choosing who supports me**
- **Having equal access**
- **Choosing how my needs are met**
- **Freedom**
- **Being able to take risks**
- **Being 'ordinary'**
- **Being respected and having rights**
- **Self-directed support**
- **Being in control**
- **Having a voice**
- **Self-directed support**
- **Being an equal citizen**

Baroness Jane Campbell, a pioneer for independent living, sums this up:

'Independent Living means that disabled people have access to the same life opportunities and the same choices in everyday life that their non-disabled brothers and sisters, neighbours and friends take for granted. That includes growing up in their families, being educated in the local neighbourhood school, using the same public transport, getting employment that is in line with their education and skills, having equal access to the same public goods and services. Most importantly, just like everyone else, disabled people need to be in charge of their own lives, need to think and speak for themselves without interference from others.'

I could not put it better. ■

News

Parent Link East Sussex



Please come and join us

Our children, their voice, their future

Do you want to be involved in shaping services and support for disabled children and their families?

Someone from Parent Link will contact you to tell you more.

There are a range of participation opportunities. Something for everyone!

Contact - Parent Link/Family Information Service

County Hall, Lewes, East Sussex, BN7 1SG

Tel: 01273 481279. Email: parentlink@eastsussex.gov.uk



Parent Link runs a helpline that offers support, information and advice to parents and carers of children with additional needs.



Parent Voice is a list of parents who want to be consulted. You can also receive our free informative newsletter.



The Parent and Carer Council - for people who want to take on an active role. This is about representing the views of other parents; working in partnership with professionals as decisions are made. ■

ESDA Services

Disabled Living Centre

We are pleased to announce that as from January 2012 Jan Beney OT will be working four days a week in the DLC. We have also recruited an OT assistant who will be working 18 hours per week.

This represents a substantial increase in DLC staffing levels to meet the challenges of new developments and to ensure that the DLC is open each weekday. We are excited about these changes and will provide more details of developments in the next edition of Aware.



Naidex Accessible Kitchen

On 20th October we visited the Naidex Exhibition at the ExCel in London. For those of you who haven't heard of Naidex, it is a homecare, disability and rehabilitation event with many exhibitors



Naidex Accessible Kitchen

featuring the latest products and services to aid independent living including: -

wheelchairs, scooters, adapted vehicles, pressure relieving beds, walking aids, recliner chairs, stair lifts, access equipment, disability living aids and much more. It is also a showcase for new and innovative products. The exhibition is open to healthcare professionals, members of the public and trade organisations. These events provide a vital opportunity to view new products and ensure that here in the DLC we are as up to date as possible with regard to new innovations and ideas.

For more information please see www.naidexsouth.com/

Sharon Pummell, DLC Admin Assistant

Jan Beney, Occupational Therapist

email: dlc@esda.org.uk ■

ESDA Services

Fundraising

Inheritance tax

Estates worth more than £325,000 are subject to 40% inheritance tax. The rate of inheritance tax is to be reduced to 36% when 10% or more of the estate is given to charity. This change reduces the cost of charitable giving through bequests, making it more attractive to people wishing to include some form of charitable donation in their will. You can help us by helping yourself.

Gift Aid

Once you have signed the gift aid form below ESDA can claim the tax back on any donation you make provided you have paid an equivalent amount of tax.

Now this tax can be any form of tax, not only income tax but Building Society tax or share dividend tax, etc so if you thought you were ineligible please rethink and contact us. ■

Gift Aid it!

You can help us - just by ticking a box! If you are a UK taxpayer, please tick the box; we can receive an extra 25p from every £1 you give at no extra cost to you.

I am a UK taxpayer and would like all donations I have made to East Sussex Disability Association for the four years prior to this year and all donations I make in the future to be treated as Gift Aid donations.

Name of Taxpayer _____

Today's date _____

Information Service

Sussex Police goes live with the new national non-emergency number

On November 1st 2011, police forces throughout England and Wales switched from their various non-emergency contact numbers to **101**.

Sussex Police has been preparing for the switch over by live testing the **101** number since July in order to monitor how well the technology works.

Calls to the **101** non-emergency number will cost 15 pence for the entire call, no matter how long the call or what time of day it is. This applies to both landlines and mobile phones.



In an emergency, callers should still dial **999**, which is free. Those members of the public with impaired hearing or speech can still use the textphone **-18001 101**.

You can also report most non-emergency crime at no cost via the Sussex Police website.

When a member of the public calls **101**, the system will determine the caller's location and connect them to the police force covering that area. ■

ESDA Services

ESDA Coach Services (ESDACS) [Continued from Front Page](#)

Company Secretary for ESDA Coach Services Alan Cole said 'We are very fortunate to have been financially supported by ESCC for many years. Thanks also go to the many organisations, their volunteers and members who raise their own funds to enable these outings to continue for their members. Like many other Council funded community services we are facing annual cuts in the level of grant awarded to us. We strive to maintain sufficient income to sustain this important work and be able to replace coach stock as it becomes older. Hence this lottery fund award for the purchase of a new coach to replace a 12 year old vehicle could not have come at a better time.'



Representatives from ESDA Districts with ESDACS Board and Staff at the launch



ESDACS new coach

ESDA Coach Services offers a unique door-to-door service, operated by drivers with specialist training in assisting older, disabled and vulnerable people. With coaches supplied by East Sussex Disability Association, over 70 local groups and organisations across the County enjoy regular outings around the South East. The fully accessible coaches allow wheelchair users and those with other mobility difficulties to travel together. Such inclusive events are a vital social opportunity for many housebound residents in the County.

Let us help your group...it helps us...to help others!

By booking ESDA Coaches for your group's transport requirements you are helping us to keep costs down and continue providing affordable door to door outings for a wide range of organisations with disabled members.

We are now taking bookings from eligible external groups for coach bookings in 2012.* Our prices remain competitive and will be held at 2011 prices with a small increment to cover inflation over the last 12 months.

For bookings, quotes and advice contact Wendy Hiscox at ESDA Coach Services on 01323 514512, email wendy.hiscox@esda.org.uk or visit www.esdacoaches.com

*To qualify you must be a non-profit making community/voluntary group with one or more members with mobility difficulties. ■

News from local groups

Lewes and District

The Lewes and District Group currently has in the order of 220 members of all ages and with all sorts of disabilities - many of our members are in contact only rarely, although we are always pleased to hear from anyone who wants to make contact!

Last year we were able to make grants and loans totalling £5,439 to our members. We paid for two training courses, a washing machine and a fridge/freezer, a home lift repair and scooter insurance as well as contributing towards a holiday, all for people who have very limited income due to disability. We also gave a grant of £500 to Butterflies to pay their rent on the Eastgate Centre for their meetings. This group, for mothers and babies with special needs aged 0 to 5 years, continues to meet every Monday providing support, help, advice, information and a chance for mothers simply to have a break and a chat, knowing their child is in safe hands.



It is noticeable that we are getting more requests for financial help, an indication that people are struggling financially. If you know any disabled person who needs financial help, please tell them to get in touch with us, but please note that we are only able to help members living in Lewes or the villages in our immediate District. In order to be able to make these grants, we

must keep up our fundraising activities. Last year, our major effort was a lunch held at Newick Park Hotel. We had 75 guests who enjoyed a lovely two course lunch and a glass of wine, followed by a lively talk from our guest speaker, Bill Nicholson, the author and playwright who lives in Barcombe. We raised £1226. With a couple of other fundraising events, such as the Tesco collection, Waitrose green tokens, the street collection and some generous donations, we finished the year in a fairly healthy position. Just last month, we organised the bi-annual Christmas Fair in the marquee at Glyndebourne. We are very grateful to Mr Gus Christie and all the staff at Glyndebourne for their help and support with this event which raised in the order of £3,500.

The Hopalong Club has had a busy and active programme, as usual, including lots of outings and also our regular indoor meetings. We visited Hever Castle, Wakehurst Place and Pashley Manor and had lunch at Devil's Dyke, the Pavilion Tea Rooms and the Hydro Hotel, Eastbourne. Our indoor meetings at Beechwood Hall in Cooksbridge included a slide show of pictures of old Lewes and a visit from Canine Partners.

We have been fortunate this year in recruiting onto our committee a couple of younger people who know what it's like to live with disability, and we have several regulars who help with our outings and fundraising events. We are very grateful to our members, helpers, friends and Committee members for their support during the past year! For more information about the Lewes and District group, please call Janet Dickson, 01273 401520 ■

News from local groups

DELTA



The last few months have been very full. In August we held our Summer party at Powdermills Hotel, a very successful day and enjoyed by everyone who

came. In September we had five meetings as it was a five week month, this included our annual trip to Kew which was a lovely day. At the end of the month we had an outing to Drusillas, again on a lovely sunny day. It was one of the best trips we have ever done to the Zoo Park. Our Social and New Age Kurling meetings had record numbers. In October we had a trip to London to the Victoria and Albert Museum a very suitable venue with so much to see, the staff were very helpful. Our shopping trips which are always on the first Wednesday each month are always full and enjoyed by all those that go, it is a valuable service to Eastbourne and Tunbridge Wells.



In October at the ESDA AGM one of our members, Sue Bacon, won an award for all the fund raising she and her family had done for DELTA with a twice

monthly raffle and the Tombola. Raising over £4,000 over the years. Well done Sue.

Thanks also to all our Volunteers, members and Friends who make the club such a success. All our meetings are made possible having the ESDA Coaches and drivers; many thanks from DELTA ■

ESDA Volunteers

There are many different things that go into making ESDA what it is and able to deliver the services that meet the needs of our members. We have a small team of paid staff and a huge resource of volunteers who give of their time, skills and experience in a variety of ways.

We have volunteers operating as Board Members, Officers in local groups and Committees, providing information, filling in benefit forms, maintaining the database, pushing wheelchairs on outings, making the tea at club meetings, fund raising, looking after the garden at the office, doing odd jobs in our building and the list goes on. We have diverse volunteering opportunities Countywide so all sorts of people volunteer with us including an increasing number of disabled people.

We always aim to let our volunteers know how much we value them and one way we say thank you is the annual Merit awards at the AGM. As you probably know we commissioned a silver version of the ESDA badge which is presented along with a certificate.

The recipients for 2011 are:

Margaret Moore of Battle District Committee

Sue Bacon from DELTA.

Naoko Salisbury of Eastbourne District Committee, is now the Treasurer for Sedlescombe & Westfield, Uckfield, Polegate and Crowborough District committees.

Kay Tarry from Hailsham District Committee.

Peter Kingsland from Head Office ■

News from local groups

Hailsham Group

In September we visited the Royal Hospital, Chelsea. We were pleased to be accompanied by the Lady Mayoress, Mrs Debbie Bentley-Astor. Our first stop on arrival was the Infirmary Café for a cuppa and a bite to eat. Then we met our pensioner guide, Tom. It was a lovely sunny day and Tom was very interesting and informative. He was a big hit with the ladies and took a lot of ribbing in good heart! We were able to visit the chapel, the Great Hall (used as the dining room in the Harry Potter films!) and see some of the grounds. It is well worth the visit if you can manage the long journey.



We all dressed up in our party frocks and enjoyed an early Christmas lunch (9th November!) at Barnsgate Manor Vineyard. The lunch outing is always the most popular and this was no exception; 50 of us sat down to a delicious meal served by attentive staff.



Before our Christmas lunch we met up with PCSO Andrew Harlow, who presented us with a cheque for £350, a donation towards our lunch. The money came from the Police Property Act Fund which was set up to help good causes by selling off stolen goods that cannot be reunited with their owners or has been covered by insurance claims. ■

Ask DES

Disability Equipment Service

Do you have disability equipment you want to sell or give away?

Or looking for second hand disability equipment?

Ask DES is a Disability Equipment Service which lists second-hand disability equipment being sold by individuals in specific areas. ESDA maintains the East Sussex area.

To place an advert visit www.askdes.org.uk or contact Matt Colliard (ESDA Volunteer) Tel: 01323 514500 or email: matt.colliard@esda.org.uk

News from local groups

Seaford Kurlers

We have been very busy since Seaford Fun Day in July last year. We have our usual regular weekly meetings on Tuesday afternoons at the Downs Leisure Centre in Seaford. Because we have gained a few members over the summer months we have decided, as a trial, to hire the whole of the sports hall at the leisure centre. In the cold part of the year, we tend to have some members return to us after their summer outdoor and family activities.

Since my last report, we had a trip to the Houses of Parliament. This was absolutely fantastic. We would all recommend everyone to go. We were very fortunate in having our local historian, Kevin Gordon as our guide. He made the British Parliament and our history come alive.

On August 20th, 2011, a number of Kurlers helped out at a Disability Day. This was held at the Downs Leisure Centre and was organised for the charity Searchlight. This is sited in Newhaven and has been the sponsored charity for the year at Sainsbury's Newhaven. The Kurlers who helped on that day all say that they had such a fun time and it was good to see so many from Searchlight really enjoying themselves.

On September 2nd, 2011 a group of us decided that we would like a social weekend break. We went down to Warner's Lakeside Holiday Village on Hayling Island. There was so much to do both indoors and outdoors. We could choose from bowls, darts, snooker, boules, pistol shooting, new age kurling plus a lot more. Food and entertainment was excellent.

On the 1st October, 2011, a group of very early rising Kurlers, arrived at the Downs Leisure Centre to board an ESDA coach at 7.00am and go to Folkestone Sports Centre for the Great Britain National Club Kurling Championships. Thanks to Dave our coach driver, we arrived in time for the start at 9.30am. We did not disgrace ourselves – we did not win anything but we were not at the bottom either. It was a good but tiring day.



Following an application in August, 2011, for a grant from Seaford Town Council, we received £200. in September, 2011. This has already been put towards the cost of two more sets of kurling stones and four more national targets - total cost £588. This will enable us to be able to accommodate any increase in numbers.

We held our AGM on 18th October at the Downs Leisure Centre, Seaford. It was very well attended. The committee for 2011/2012 was elected and all of those will do their best to keep the club happy and active.

For details of Seaford Kurlers contact:

Mrs. June Wood tel no: 01323 895376,
or email: sally1989@tiscali.co.uk
Secretary to Seaford Kurlers. ■

LINK

LINK the future

Another busy period for the LINK and also another period of change. Since the last Newsletter both our full time development workers have moved on to pastures new, Jan Cutting is working over in Rother as a Dementia Advisor for the Alzheimer's Society and Debbie Harris is based in Eastbourne with Care for the Carers, as an involvement worker.



The LINK is not totally unsupported, we are pleased to welcome Catherine Herriott (left) and Mark Habibi to the team on an interim basis. Catherine will be supporting and

developing engagement opportunities and Mark will be supporting our busy enter and view programme.

With lots of change also happening to the services you use, it is even more important you share your views about local health and care services. In particular, we would like to hear from anyone who has had their care support packages reduced and how those changes impact your life. Contact me elizabeth.mackie@thecountylink if you would like to speak to a LINK volunteer about your experiences.

In response to the many people who told us about their experiences leaving hospital, LINK Authorised Representatives have been visiting the Community Hospitals and Eastbourne District General Hospital to speak to patients who are about to leave hospital. A full report will be available in January 2012 with our findings. The Conquest Hospital will be visited once all the structural and

organisational changes have been completed.

The findings of our review into respite provision for carers and people with dementia will also be published in early January 2012. LINK volunteers spoke to over 100 people in gathering their information.

There will be further opportunities in the New Year to take part in LINK training to become an Authorised Representative. The next training workshop is on Monday 23rd January 2012 here at ESDA, if you are interested in finding out about this role, please contact me elizabeth.mackie@thecountylink.net. If you would like to speak to one of the Authorised Representatives about the role, time commitments and what it's like to visit services as a volunteer, I would be happy to arrange a meeting for you; several ESDA volunteers have taken on this role and fit in both roles.

And lastly, I cannot complete an update without mentioning Local HealthWatch. The local authority has been driving forward the shaping of HealthWatch in East Sussex. Some of you may have been involved in the various focus groups and stakeholders events. It is really important, if you get the opportunity to have your say about shaping Local HealthWatch. You can complete a short survey on-line (this survey is available for anyone to complete). We await the Health and Social Care Bill being given assent; and hope that all the what, who and how will become much clearer. Until then it is still in your hands to help shape.

Elizabeth Mackie

LINK Manager ■

Volunteering at ESDA

The Karten Centre at ESDA



ESDA has been successful in securing funding from the Karten Charitable Trust to establish a Karten Centre at Hampden Park.

The Karten Network is an association of Karten CTEC (Computer-aided Training Education and Communication) Centres for disabled people. What all the Centres share is their determination in improving the quality of life and independence of adults with Physical Impairments, Learning Disabilities and/or Mental Health issues. The Karten Centres provide a supportive learning environment together with access to the latest in adaptive computer technology, and are located in a wide range of host organisations. ESDA is one of 100 centres around the UK, Ireland Scotland and Israel. ESDA has a fully functional Centre enabling local disabled people to receive training and/or use the Centre as a resource.

Our computer training resource at the centre in Eastbourne is now also a registered UK Online Centre which opens up more opportunities to learners as well as ESDA.



So whether you're a complete beginner or just want to learn more about how to use the internet then you've come to the right place.

Currently we are offering Tuesday afternoons and Thursday afternoons. With a one to one support basis in a relaxed friendly atmosphere, there is guidance on all aspects of computing.

Go ON is a simple way to get started with the internet. Get going with the Online basics of using a keyboard and mouse, email and internet safety and carry on to try online shopping, job hunting and even digital photography.

Why do I need to get online?

There are many reasons to get online including:

- Keep in touch with family and friends
- Make your life easier
- Save money
- Find jobs
- Keep up with your kids or grandkids, and help out with school work.

For further information on our computer training courses contact the Karten Team on 01323 514530 or email

marianne.colliard@esda.org.uk ■

Other news

Access Eastbourne



Access Eastbourne is a new and exciting website that shows how accessible Eastbourne is. It contains reviews from local disabled people on their experiences of visits to Coffee Shops, Hotels, Restaurants, Local Services, Shops and Transport.

How to use Access Eastbourne

Simply select a category from the menu and a map of Eastbourne will load showing all of the locations reviewed on this website. Select the "More Info" link and the review will open.

Get Involved

We are seeking disabled people with a range of impairments, who live in or around Eastbourne, to become reviewers.

Submit a Comment

Let us know what you think of the locations we've reviewed on this website. Find a location, and submit your review online.

Submit a Location

Is there a location missing from our the Access Eastbourne guide? Let us know.

Feel free to get in touch

If you have any suggestions, queries or difficulties with the site, then please don't hesitate to contact us using one of the following methods:

Telephone: 01323 514500

Fax: 01323 514501

Email: info@esda.org.uk

SMS: 07564 932 445 ■

Microlight Flight

Just thought some of you seeking an adrenaline buzz should know about a charity I came across last year called [The APT Charitable Trust](#) which organise microlight flights for people with disabilities from an airfield near Salisbury.



The microlights have been specially designed and can be controlled solely by the use of both arms and getting into the cockpit is no problem as they have a mobile overhead hoist. After analysis of my arm movements/strength and a short briefing by the pilot (Ray), my PA Jana strapped my right hand to the stick controlling left and right turning, as well as up and down. Before I knew it we were in the air and I had control of the aircraft! I could just about keep the plane level, then did a right turn which was awesome, but found it tricky to level up due to lack of strength in my arm. Ray took over and we flew over Stonehenge and surrounding countryside. I did a few more right turns then to my amazement managed to keep the nose in the right place whilst Ray took care of the rest on the landing. It was a fantastic and fun experience which I highly recommend to anybody seeking a little adventurous challenge! [Contact details on the back page of Aware](#)

Matt Colliard (C4/5 Tetraplegic) ■

Letters- Notices



Dear ESDA

I just wanted to let you know that Bexhill branch of ESDA is excellent. They do a wonderful job taking people out on monthly trips. The members have lots of smiles on their faces when they get on the coach, and it's a real social occasion for the group.

Best wishes

Megan Traice



Dear ESDA

Thank you for advertising my adjustamatic bed on Askdes, I wanted to donate it to a person who needed it and it was snapped up really quickly. It was a wonderful service you offered, simple and easy to manage. I have included a donation for your charity for all the sterling work you do there.

Thank you Mrs E.



Dear ESDA

Thank you for providing a fantastic form filling service. The time care and assistance we received from your staff member re my DLA application was invaluable, we can't thank her enough.

Thank you again,

Mrs K.

Obituaries

Denis Rodd

Denis joined the Bexhill-on-Sea branch of ESDA in the early 1990's as Treasurer when the previous one had to retire through ill health. Although he lived in Brede he travelled to the committee meetings and the members' monthly outings, not only to the lunch outings during the summer, but also to the afternoon teas in the winter months. Denis' great hobby was golf and he travelled to play not only all over England but even abroad. Denis was a caring person, always ready to offer advice and help and was always there to help the club with their fundraising activities.

It was with great reluctance that he had to retire nearly 3 years ago due to ill health and it came as a great shock to us all to hear of his death in June this year. He will always be remembered by the committee and members for the good work he did for the Bexhill-on-Sea branch. ■

Vera Smith

Vera aged 84 years old, from Horam, passed away earlier in this year; she had worked on our Heathfield ESDA committee for about 25 years. She was a caring and dedicated helper for the many disabled friends we have in Horam.

Beryl Unstead

Beryl aged 83 years old from Heathfield passed away recently, she had been a committee member for over 15 years; Beryl too will be sadly missed by us all and also by the Warbleton Silver Band, for whom she played the cornet for 50 years. Beryl arranged her own church service, which was a moving and rousing celebration of her life, with the Warbleton Silver Band playing throughout.

Thank you Vera and Beryl. ■

Events and contacts

Open Garden, in order to raise funds for ESDA Head Office and Hailsham Group
Hailsham Grange 7th July 2012
Further details to follow in the next edition of Aware

Microflight Flight details

For more information contact: The APT Charitable Trust, Hangar 3 Old Sarum Airfield,
Salisbury, Wiltshire, SP4 6DZ
email: admin@disabledflying.org Website: www.disabledflying.org.uk
For bookings etc the Shadow Flight Centre: 01722 410567

Scuba diving



Registered Charity Number: 1143653

Dive Ability is a member led scuba diving charity committed to enabling people who have disabilities or disadvantages to discover the adventurous world of scuba diving.

Achievement is realised through regular, educational pool sessions near Alton in Hampshire and diving holidays abroad, with specialist support and equipment being provided so that scuba diving experiences are accessible to all.

For more information or to arrange a try dive please contact:
Lydia Wood (Secretary) Tel: 07867785246
Email: trydives@btinternet.com Website: <http://diveability.org/>

East Sussex Disability Association

1 Faraday Close, Eastbourne BN22 9BH

Tel: 01323 514500

Fax: 01323 514501

Text: 07564 932445

Email: info@esda.org.uk

Website: www.esda.org.uk

Form Filling Service

info@esda.org.uk - 01323 514500

Disabled Living Centre

dlc@esda.org.uk - 01323 514515

Information Service

info@esda.org.uk - 01323 514521

Meeting Room Hire

info@esda.org.uk - 01323 514500

Local Services

localservices@esda.org.uk - 01323 514500

Registered charity no. 1042071. Registered in England & Wales as a company limited by guarantee no. 2979027.