

The Karten Trust comes to 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 and Scotland and Israel. ESDA has a fully functional Centre enabling local disabled people to receive training and/or use the Centre as a resource.

Facilities include:

Large screen TV and Blu Ray DVD player (allowing connection of laptops)

9x idesk workstations

2x Height Adjustable idesk workstations

Projector

Photocopier and printer

Interactive whiteboard

Courses that are currently being developed are an 'Introduction to Computers' and 'Computers for Everyday Living'.

For more information please leave a message on 01323 514530 for a call back from the Karten Team or

email karten.centre@esda.org.uk

Alternatively you can write to The Karten Team, ESDA, 1 Faraday Close, Eastbourne, BN22 9BH



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raising eligibility criteria and increasing the amount they charge for services. DLA is under threat for people in residential care. Incapacity benefit claimants have been targeted in an effort to cut the deficit. A statement in the media says that disabled people are, as a result of the changes, more likely to remain in long-term unemployment.

There is good news. Increasing numbers of disabled people are making sure their voice is heard in the fights against cuts by setting up social network groups and organising protests. If you use Facebook check out Disabled People Against Cuts(DPAC) for information.

The move to personalised services for disabled people continues. Disabled people are being given more choice and control over the services they require in order to meet their needs.

Commissioners look to User-Led Organisations to be at the forefront of personalisation. They rightly believe that people who use services are in the best position to understand the needs and aspirations of others in similar circumstances.

This is where ESDA's light must shine. We must ensure that we are in a position to take advantage of what may come our way. We must listen to what disabled people in the county tell us; we must ensure others hear those messages too. We must ensure that everyone knows we are a User-led Organisation and what that means. We must ensure we convince commissioners that we know what disabled people want and that we can provide high quality and cost effective services to help meet those needs. We must ensure disabled people in the county know that ESDA is an organisation they can turn to and trust to get things done. ESDA must continue to adapt and use its voice to promote choice, control and independent living for as long as that message needs to be heard. ■



Editorial

Nick Tapp

CEO

You may be aware that we are in the midst of a financial crisis. This will mean difficult times for organisations like ESDA. But it's often been difficult for us. However there are challenges ahead.

There will be huge changes in service delivery. There will be less money for councils, for hospitals, for all public services and ultimately for charities. There will be fewer people doing more work as vacant posts are not filled. There will be increased competition for what money is out there.

We know demand will not decrease. In fact it is likely to increase. Councils everywhere are



View from the Chair

Tony Powell

Firstly I wish you all a very enjoyable and successful New Year.

The past year, has in many ways been a rewarding one. A year that has seen the smooth take over by Nick Tapp of the role of Chief Executive Officer, with the Board cementing his position by making it a permanent one from the 1st October 2010. At this time last year I told you that the change in the Chief Executive would bring about changes in the management structure, and a product of these changes has been to welcome Stephanie Melling FCCA as our Finance and Administration Manager. I am pleased to say that her knowledge and experience is already proving vital in coping with the difficult challenges we are already facing. Also, we now have a new Treasurer as Board member Roy Neeve, has taken over from Alan Cole.

With the Finance Manager, Treasurer and the CEO working closely together we will continue in this New Year to be heavily involved in securing funding and cutting costs to produce an even leaner more efficient run charity. This way of working, involving the whole of the organisation, will only be successful with Directors, Staff and Volunteers continuing to have a strong and passionate sense of purpose. These are the people who have shown in practice a clear commitment to the aims,

values and principles that have bought about a continued growth in a wide variety of our existing, expanding and new services. I record my thanks, not only to those who work along side us today, but to all those, no longer with us, who worked tirelessly on behalf of the Association during their term in office. And, I welcome all those who have recently joined us, especially Board Members, Sarah Playforth, Jim Reece, Mo Reece and Terry Steeples

Furthermore I pay tribute to all those people in the local groups who have given of their time and expertise in organising all the arrangements for the group activities. The support they provide continues to be, just incredible. It is so important, as difficult as it is, the groups are retained and maintained to continue to support the right for disabled people to have choice and control of their lives and enjoy social interests.

With your help, I promise you we can and will build on that reputation in this New Year.

Finally, since July 2010 the ESDA Coach Services, led by Alan Cole, has been working closely with ESCC Adult Social Care to reach an agreement which enables the Coach Services to continue to operate and allows ESCC to make the necessary "public sector" savings. With a revised funding proposal from ESCC and the availability of Transition Funding help from the Government Cabinet Office a recommended agreement for the main ESDA users will be presented at a meeting in February, when a representative of ESCC will be present. ■

News

Census 2011



1. A census is a survey of all people and households in the country. It provides essential information from national to neighbourhood level for government, business, and the community
2. For help filling in their census questionnaires, people can access the online help centre at: www.census.gov.uk or telephone a helpline: England 0300 0201 101; or Wales 0300 0201 130
3. The Office for National Statistics (ONS) is responsible for carrying out the census in England and Wales
4. ONS is responsible for gathering and interpreting all the data from the census and turning it into helpful information, as well as using it to estimate the number of people and households in each area across England and Wales
5. Personal data collected through the census is confidential and the information given is protected by law

Government, local authorities, healthcare, education, academics, commercial business, professional organisations need to know and understand the make-up of the population so that they can plan services that reflect the needs of local communities and the nation as a whole.

National Statistics are produced to high professional standards set out in the Code of Practice for official statistics. They are produced free from any political interference.

The 2011 Census is coming

The census has collected information about the population every ten years. The next census in England and Wales is in March 2011.

A census counts everybody and describes society

The population's characteristics are always changing. A census collects and shares facts about society's make-up.

Your community and family benefit

You need to take part so that the services and facilities your community / family need can be identified. These services include schools, hospitals and emergency services

A census is a fantastic source of historical information

Everyone should be proud of playing their part in the census; the statistics are available for you. ONS's census is respected worldwide.

Define your identity in 2011

You will know that you have played your part in helping tomorrow take shape in your community

Your census answers are confidential

Personal census information is never shared with any other government department, nationally, regionally, or locally. The information collected is kept confidential by ONS and protected by law.

Complete the census online (www.census.gov.uk)

Completing the census online is straightforward, convenient and secure.

The next census is on 27 March 2011 ■

ESDA Services

Disabled Living Centre

Assist UK (which represents a national network of local Disabled Living Centres), has been commissioned to manage a placement and visit programme for Occupational Therapists from Malta. This is part of a training and development programme funded by the EU to change the experience of disabled people living in Malta. In-patient health care in Malta is world class but community care services are only just beginning to support disabled people to live independently in their own homes. Disabled people in Malta tend to encounter difficulties in getting their assistive technology needs met. This is due to a gap in professionals' knowledge related to the range and use of assistive technology products.



Funding for this exciting project includes the establishment of an Independent Living Centre in Malta. ESDA acted as hosts to six Occupational Therapists from Malta who will be key personnel in the development and implementation of the Independent Living Centre. The OT's spent time in the Disabled Living Centre, attended product demonstrations and met people who use the DLC services. They received an introduction to the User Led

Organisation concept and met Theresa Hodge (User Led Organisation Project Worker) along with disabled people who worked on the project which supports organisations in their efforts to be User Led Organisations.

Jan Beney OT at the Disabled Living Centre liaised with colleagues in Adult Social Care to offer the opportunity to spend time with Occupational Therapists and Occupational Therapy Assistants based in the countywide Duty OT team and Eastbourne OT team.

The visits were mutually well received. They provided an opportunity to learn how a user driven organisation influences the provision of an Independent Living Service, and how a variety of resources can support choice both by professionals and by disabled people.

We are really looking forward to hearing how the project progresses and how this will impact on the experiences of disabled people in Malta.

I am pleased to announce that from January, Jan Beney, Snr OT, will increase her hours of work in the Disabled Living Centre to Thursdays, Fridays and alternate Wednesdays. With Jan leading the way we plan to reinstate product demonstration days for our colleagues in Health and Social Care and interested clients, and re-evaluate and update our display equipment. Watch this space!

Jan and I would also like to say a big thank you to David Barwood, OT who stepped in to help out with one to one appointments over the past few months.

Sharon Pummell

Admin Assistant - DLC ■

ESDA Services

ESDA Coach Services Ltd

ESDA Coach Services would like to wish all their customers and passengers a very Happy New Year!

2010 was another busy year for outings with many groups travelling further afield and trying out new venues. We'd like to thank our Transport Officers for providing first hand reviews for locations they have visited, many of which are also published in Aware Magazine. This helps us to share information, giving new ideas to some and when necessary, warning of any pitfalls! Naturally, all reviews are subjective and service standards can vary from day to day, while accessibility is a very important issue for our groups. Any advice about the suitability of a venue is welcomed, we look forward to hearing more from you in 2011.



Fully accessible coach hire at very competitive rates

Now that ESDA member groups have placed their bookings for 2011, we can offer our unique door-to-door accessible coach service to other non-profit making social and community groups that meet our eligibility criteria; organisations with one or more members who have difficulty travelling on conventional transport (they need not be registered disabled). For more information please call Wendy on 01323 514512 (Tuesday to Friday 9am to 3pm) email wendy.hiscox@esda.org.uk

Information Service

ESDA Information Service have been very busy this last quarter, with visits to two local churches to inform the congregations about ESDA services, a trip to Gatwick Airport to help deliver the User Led Organisation ULO toolkit event. We also spent a day at Chasely Trust at one of their professional training days, and attended the Disabled Living Centre Bathing Event at Hastings, which was a great success.

I managed to secure two new upright banners from a company called Just Displays; their service was swift and the banners are of amazing quality, I would just like to say a huge thanks to Graham who made this all possible.

We have now started the UN work that we wrote about in the last Aware. So if you know of any breaches of rights under the UN Convention 'Rights of People with Disabilities' we need to know about them. This information will be fed back to the United Nations in a report we are compiling with the UKDPC, Countries that ratify the convention will also have to report regularly to the UN about the steps they are taking to protect and promote disabled people's rights. This means the British Government.

If you are aware of any breaches please use this form: [UN Data Collection Form](#) available on the ESDA website to gather the information and please email it back to us at UKDPC@esda.org.uk There is further information on this important matter at: <http://www.esda.org.uk/ukdpcmonitoringofunconvention/1445> The more forms we receive the more chance we have of making changes.

Thanks for all your help. ■

ESDA Services

Fundraising



ESDA had 8 runners in this years Great South Run: Jen Dargan, Hannah Ball, Daniel Ball, Laura Ritson, Luis Joryeff, Mark Ritsen, Jane Broadbent and James Broadbent. A huge thanks to them for raising £650.00. Including a large donation from Hydro Aluminium Holdings Ltd of £300. The event was hard work and well supported, for more photos of the event please go to:

<http://www.aboutmyarea.co.uk/Hampshire/Portsmouth/PO6/Gallery/Events-in-Photos/178704-Great-South-Run-2010>



Whilst we are on the subject of running, ESDA has managed to secure 5 places for the next Brighton Marathon. Sunday 10th April 2011. If you wish to sponsor our runners, or indeed run in this spectacular event please contact steph.melling@esda.org.uk or call 01323 514500 and pledge your sponsorship money.

Keep your training focused and sign up now to secure your place in the next Brighton Marathon. ■

Volunteer Services

Volunteers provide the bedrock of ESDA's work. ESDA evolved just over seventy years ago from the community spirit of people volunteering to give their time, skills and experience, to assist in improving opportunities and choices for and with disabled people across East Sussex.

Over the last six months we have been very successful in recruiting new volunteers into the Association to enable ESDA to continue to provide a worthwhile level of service to all members, disabled people, their friends, families and carers as well as other organisations that need our expertise.

ESDA would not run without the volunteers who contribute their time, skills, experience and dedication. I would like to take this opportunity to say a heartfelt thank you to all of the Association's Volunteers.

At the office we need volunteers to provide reception support as well as general administration tasks. We also require a keen gardener/s to undertake care and development of the ESDA garden. Furthermore with the launch of the Karten Centre at ESDA we are also seeking more volunteers to support the development and implementation of the computer training.

If you have never considered volunteering before please do and if you have thought about it but have not taken the next step I would encourage you to get in touch with me, Marianne Colliard.

Phone: 01323 514531

email: marianne.colliard@esda.org.uk ■

News from local groups

An important reminder for local groups who submit articles with photographs: Unfortunately we cannot use any photograph unless it is emailed to us as a Jpeg or Giff file. i.e the photograph has to be taken by a digital camera and not an analogue one. Many thanks the Editing Team. ■

Lewes Group - Hopalong Club

This year, we have visited Nymans Garden, had a ride on the Bluebell Railway, visited Sheffield Park just as the leaves were starting to acquire their autumn dressing and had tea at the Pavilion Tea Rooms in Eastbourne, as well as the usual smattering of pub lunches and indoor meetings.

We have an excellent programme planned for next year, including trips to Wakehurst Place, Denbies Winery and Hever Castle. We will have lunch at the Pavilion Tea Rooms and the Hydro Hotel and tea and chat at our indoor meetings. Please ring Maureen Ford on 01273 474980 or Janet Dickson on 01273 401520 if you are interested in joining us.

Special meeting – Canine Partners

In February, we will have a visit from 'Canine Partners', a charity which helps disabled people enjoy greater independence and a better quality of life by partnering them with specially trained assistance dogs. Ruth and Claire will be coming along with their canine partners. We would be pleased to welcome visitors to this interesting and informative meeting to be held on Thursday 24th February at 2 pm in the Jubilee Christian Centre in Barcombe, but please let us know if you would like to come and are not a regular member of the club. It may be possible to arrange transport, if required.



Christine Tapp and Judy Denning are signed up on the mobility buggy at Sheffield Park in September.

Grants and Loans

After another successful year of fundraising, the Lewes & District Committee is able to make small grants and/or loans to ESDA members who meet our financial criteria to pay for items not available through the statutory authorities. We have recently helped our members with the costs of respite care, holidays and training courses, mobility scooter and lift maintenance, as well as items of furniture and equipment not available through other channels.

We would be pleased to hear from our younger members who do not receive the winter fuel allowance from the government and who would like a little additional financial help to cover fuel costs.

We are sorry but grants are only available to our members living in **Lewes District, ie Lewes, Glynde, Kingston, Ringmer, Barcombe, Chailey, Newick and Ditchling.**

Please contact Janet Dickson
01273 401520 or
janet.dickson@btinternet.com ■

News from local groups

DELTA

Happy New Year to everyone from DELTA Disability Social Group. We had a very good year in 2010 thanks to the ESDA coach company, making all our monthly shopping trips, outings, social and New Age Kurling meetings possible. Without this wonderful service DELTA would be unable to meet most weeks of the year. Our social meetings have been very good and we have had our free lunches (money raised from local businesses helped pay for these). DELTA New Age Kurling is very popular and the hall is full most months with 4 teams and plenty of laughter. We really hope the coaches will continue for 2011 as DELTA relies on them for the success of the Club.



Our trips out were the South Bank, Hampton Court Palace, Kew Gardens, the Maritime Museum, Marwell Zoo, Wakehurst Place, Arundel Castle, Hever Castle, Ten pin bowling in Brighton and finally to Ditchling Garden Centre. We also enjoyed Summer and Christmas Parties. Our shopping coaches are vital as it is the one time we can get things not sold in Lewes in the larger towns and we can have a good browse around the shops. Everyone scatters to do their own thing, then meets back at the coach pretty loaded up with goodies!! Our website continues to be really good. Have a look and see what we get up to with plenty of photographs www.deltadisability.com

Edwina ■

Bexhill Branch of ESDA

On 13th June members from Bexhill District, together with their personal trainer took part in the annual Rotary Club Charity Walk. There was a choice of walks – along Bexhill seafront for 2 miles or Bexhill to Crowhurst and back, a distance of 7 miles. Altogether the group raised £739.50 in sponsorship for the Bexhill branch of ESDA.

Elisabeth Barette ■

Seaford Branch of ESDA

2 ladies from St Wilfred's Hospice were our speakers along with Xmas goodies for sale, and introduced us to a clever Teddy Bear called Wilfie who is very cute and needs lots of loving homes. It was wonderful news to hear after lots of planning and hard work and more importantly, desperately seeking larger accommodation for such a worthy and essential cause, they have been granted planning permission which is wonderful news and will take awhile plus massive donations required. Monthly lunch on Friday 5th November at the Langham Hotel Eastbourne.....the venue was beautifully laid up and presented, waiters were polite, the food was very good indeed, only draw-back was the weather which poured down all day, and the coach drive via Friston Forest did not dampen our hearts when we saw the beautiful colours of autumn.

Our last tea meeting for 2010 was very well attended as usual and the boys and girls of SEAFORD PRIMARY SCHOOL, sang and played their musical instruments, and the audience of ESDA members all enjoyed themselves plus the delicious tea that was made us, by ladies of St Leonards Church, which we thank again, plus the music teacher Mrs Kate Steer from the school. ■

News from local groups

Hailsham Branch of ESDA



The Green Man, Lewes Road, Ringmer, Lewes BN8 5NA

After ESDA's Annual General Meeting on Friday 22 October some of our group who attended decided to make the most of the day and go for a pub lunch.

There were many pubs we could choose from but I remembered from previous visits that The Green Man at Ringmer was accessible for wheelchair users.

It was many moons ago that I last visited and it has since changed hands, and my, what a difference! We were escorted to our table and given a menu. What a choice there was, so much to choose from and when the food came it was so attractively presented and very appetising, the food being locally sourced daily. The staff were helpful and made us feel very welcome.

Food is served from 12 till 2.30pm and 6pm till 9pm – Monday to Friday and 12 till 9pm - Saturday and Sunday. There is a car park for up to 40 cars and accessible toilet facilities.

I can thoroughly recommend The Green Man, Ringmer to our groups who are looking for a different lunch time menu.

Vin Tapp
Hailsham District Committee ■



Jim Fanti was nominated and received the ESDA Outstanding Service Award.

He has been a loyal member of DELTA for many years, he is the Members Representative on the Committee and represents DELTA on the Ringmer Village Hall management Committee.

Freedom on Wheels.
Wealden Disability Group



We are a small friendly group that meet at
Goward Hall, Cade Street, Heathfield.

Our meetings are held on the first and
third Tuesday of each month, the second
meeting is usually an outing.

Our meetings are full of fun and laughter
where disabilities are forgotten.

We are Looking for new members.

Why not come along and join us?

We also welcome carers who can aid those
who are in wheel chairs.

For more information phone
Jean :- 01825 830955

Freedom on Wheels, Wealden Disabled Group, East Sussex Disability Association(ESDA), 1 Faraday Close, Eastbourne, BN22 5BH ESDA is a Registered Charity No 1042071 and Company No 2979027 registered in England & Wales and Affiliated to RADAR & Assist UK. Please note the Freedom on Wheels do not receive any funding from ESDA.

Please note that no local groups receive funding from ESDA. ■

News from local groups

Volunteer Services Coordinator Update

ESDA's Local Groups and District Committees continue to provide an extraordinary resource for Disabled People across the County as can be read in the pages previous. Again these branches would not run without the dedication and commitment of ESDA's Volunteers.

I am really pleased to advise that the Eastbourne District Committee is back up and running with a full calendar of outings and events for this year. Our next challenge is to revive the Uckfield District Committee. If you live in the Uckfield area and are keen to help re-establish the group please do not hesitate to contact me.

Sadly the Committee of the Sedlescombe and Westfield group retired last Autumn and we would like to say a big thank you to Lynn Wardle for her tireless efforts in running the group. I am looking to convene a new Committee however in the meantime I am making arrangements to continue the outings and events for the members.

I would also like to take this opportunity to introduce a new ESDA branch, the Seaford Kurlers who's main focus is Kurling for all ages and abilities in the Havens area. I am sure we will be seeing a lot more about them in future editions of Aware. A warm welcome to the Seaford Kurlers from the Association.

All of our local groups and district committees are run and supported by volunteers. We are always looking for additional volunteering support, particularly with those mentioned above so if you live in the County and would like to get involved please get in touch with Marianne.

Phone: 01323 514531

email: marianne.colliard@esda.org.uk ■

Roaming the Meanders

In September our choice was to ramble through the Cuckmere valley and Meanders and take in the view of the undulating hills of the Seven Sisters. On this day the sea and sky was a variety of shades reflected by the weather. Wild Scabious and natural plants were in abundance along with the blackberries and berries of all sorts. We were able to watch an exquisite dragonfly as we passed a shrub they obviously enjoy. It was a joy to be out.

The paths and tracks were all in good condition, and gates were accessible. The Ranger agreed to unlock the gate at South Hill Barn car park if this should be needed. Today it was not.

Half way through the day we lunched at the Golden Galleon. We were warmly welcomed by the friendly staff who made access to the restaurant easy and fuss-free. We enjoyed a rest and a delightful meal.

If you would like to know more about rambling for disabled people in Sussex, have a look on our website. We ramble every month. Our members have a variety of disabilities but the nice thing is that families and friends and carers are welcome to come along too. All you need is a love to be out.

www.Sussexroamability.co.uk

Telephone: Sheila on 01323 892647 ■



LINK

We are now approaching the final months of Year 3 of the project. There are some exciting new changes coming up as LINK transforms into local HealthWatch.

But remember, we still want to know about your experiences of using health and social care. Have you had a good or bad experience coming out of hospital? Do you have any negative or positive comments in regards to your experience of Nursing Homes in East Sussex? Have you recently had a breast screening and have comments about the service?

In other LINK news, we are in the final stages of completion of the Wheelchair Service Review. The review is entitled 'With our wheelchairs we are enabled: without our wheelchairs we are disabled' and we hope it will be effective in bringing about changes to the Wheelchair Service as well as reflecting the positive comments we have gathered.

LINK were delighted when a LINK participant leading on Mental Health Forensic Project was invited to visit the House of Lords to hear the debate on reducing prison populations. They met afterwards with Lord Bassam from Brighton to talk about local issues.



We have also completed the review into food, nutrition and hydration in East Sussex Hospitals in partnership with Adult Social Care and it has already succeeded in bringing about improvements in the areas recommended.



After our recent elections for the Core Group, we now have a new chair, Alan Keys and two new Vice Chairs; Ivy Elsey and Maureen Lawrence. We are also extremely pleased to welcome four new members to our Core Group; John Curry, Pat Newton, Alan Hill and Liz Lash. A big thank you to all those who came forward to stand.

Get Involved: Follow us on Twitter, post a comment or join a group on Facebook. To stay involved and informed about the transition year with LINKs to HealthWatch contact the office to make sure you're on our distribution list. If you want a copy of the Wheelchair Report (Executive summary) when finalised, again please contact the office.

We now have over 1000 participants. A big thank you to all those who continue to take part and help us improve your health and social care services. ■

Volunteering at ESDA



Kim Robertson
Receptionist

Going back to work, at first seemed scary, as I had been out of the rat race for several years. I was stuck in a rut, as no one wants to employ people who have been out of work for so long. Lacking in experience of the jobs that had struck me I decided to go into volunteering, for more experience in a job that was new to me.

I approached ESDA after being given a leaflet about voluntary jobs, where they were based and their basic format. I applied for a reception job and was successful. I was very grateful; at last someone taking me on in an area I was keen to learn about. On my way back from the interview I picked up a leaflet about ESDA and what it had to offer. Reading through it I became enlightened to find I was to be working for a charity organisation. I had done charity work at school and found it very rewarding. I anxiously awaited my first day, and it went great, I was introduced to Marianne who is in charge of us volunteers. She made me feel very welcome and at ease. I was guided around the offices, including the meeting rooms and the Disabled Living Centre. Slowly I eased myself onto the reception where I was greeted by another volunteer, who seemed very happy in his job and surroundings, in actual fact everyone I met seemed to be pleasantly happy in their workplace. For years I had flittered from basic jobs that I never really

enjoyed especially working alongside certain people with a bad attitude to their job and were there just for the paycheque, but I could see already ESDA was different to the places I had known before.

It took a couple of weeks to learn the ropes correctly, but not too long, with the help of the other volunteers and staff I quickly became confident in my job role and was made to feel at home.

I have now been with ESDA for four months and am really enjoying my job. I have made friends with all the staff and volunteers. I would say that volunteering at ESDA has been an enjoyable experience, and made me feel comfortable to go back to work in a working environment. ■



We are very sad to report the death of Mrs Bertha Thomas. Bertha had been a stalwart volunteer with the Lewes District Committee for a number of years, starting in 1946. She undertook a variety of jobs from helping to administer the Exhibitions from 1948 until they stopped in 1979, driving disabled members to their holidays at Crabhill House, organising collections in the Barcombe area, running Lewes's Hop-A-Long Club and at times being Secretary and Treasurer for the Committee. In July 1987 her tireless work was recognised with an invite to one of the Queen's Garden Parties and in 2004 she was amongst the first recipients of ESDA's Merit Awards. Bertha celebrated her 100th birthday in the summer of 2010. She will be missed by everyone who knew her. ■

Other news

The Belltree Music Therapy Centre



This is the only centre in Sussex and was set up in 2008. The music therapists work in a wide range of settings, particularly with disabled

people who have communication disorders through such as autism, emotional and behavioural issues, and learning disabilities. Belltree's website, www.belltree.org.uk describes the benefits of music therapy and includes a short film with a case study which is both touching & enlightening. "I had no idea how powerful music therapy can be, I was really moved by the stories" said Anik Kurkjian, the new administrator at Belltree.

Tina Warnock, the director of Belltree explained to me how it works: "The music therapist responds to the persons natural rhythms & sounds, helping them build up their own musical language. For people with special needs this can be an extremely liberating experience which enables them to communicate freely without words or pressure to conform. They can develop a stronger sense of themselves, improve social skills & a greater inner confidence which helps them to cope with the everyday demands that life throws at them."

Our music therapy room in Woodingdean, on the edge of Brighton provides a fully equipped space in a confidential, therapeutic setting. We also offer an outreach service for clients who are not able to access the centre, or for whom it is more appropriate to see at their home.

For further information about how music therapy can help, contact Tina Warnock at tinaw@belltree.org.uk ■

Consultation on Managing the Community Care Budget.

East Sussex County Council have published two new consultations which may well affect you. One is to restrict eligibility for services to only those people who have 'critical needs' and the other is to simplify the way they calculate Disability Related Expenditure.

Get involved and have your voice heard – either by completing the online questionnaire or calling 01273 481565

Who can take part?

We are consulting a wide range of people within the community, this includes:

- service users whose community support is paid for by the council
- unpaid carers
- County Council staff
- members of the public
- partner organisations, such as district councils
- voluntary, independent and community organisations
- social care service providers.

Who would be affected?

People in East Sussex with substantial care needs and their carers could be directly affected by this proposal. If the proposal did go ahead no changes would be made until someone's needs were reviewed. Social care providers could also be affected, as the level of support that we buy from them could change.

Get involved and have your voice heard – either by completing the online questionnaire at www.eastsussex.gov.uk or calling 01273 481565 ■

Letters



Dear ESDA,

Thank you for sending me the Radar Key, I have meant to get one for a long time. Many thanks,

Mrs Lodge ■



Dear ESDA

Thank you for all your help and support over the past year, it is much appreciated what you do for our son, it means so much to know that he is safe and supported whilst at work.

Best wishes

Mr and Mrs A ■



Dear ESDA

Thank you for arranging all our outings etc throughout the year.

Jane Lilley ■



Dear ESDA

Merry Christmas and many many thanks for everything you all do for the Disabled People and Volunteers of East Sussex throughout the year.

You are all really appreciated.

Much love,

Vin ■



Dear ESDA

Thank you so much for the wonderful birthday cake you gave to Jessie, we all enjoyed a slice of it. Jessie was sorry not to be with you last Wednesday as is still not quite feeling 100%.

With many thanks and very best wishes from,

Jessie, John, Wendy Trepess ■



Dear ESDA

Since being granted my blue badge, it has changed my life. It's had a HUGE impact on accesability to shops and taking my children to school as the school kindly let me use the staff carpark's disabled bay.

Coming to terms with your disability when its happened after being able bodied for what ever reason is hard enough and depressing before battling with DLA etc and then having to justifying your blue badge to strangers is hard.

Thanks ESDA for all your help.

Gregg ■



Dear ESDA

Thank you for helping me with my DLA form filling, my DLA was awarded and the extra help is great.

Chris ■

Events and contacts

Information Service has a new mobile telephone number - this is for text enquiries only and will be switched on Tuesdays and Thursdays when the Information Service is open. The number is: 07564 932445

Bathing event

Thursday 17th Feb 2011 10am - 1pm

Azur Marina Pavilion St Leonards on Sea

Come and view a wide selection of bath lifts and other bathing products.

Information on benefits, trading standards, local services & activities and falls prevention.

Tips on staying healthy and active.

Free entrance & free refreshments provided. For more information contact Sharon on 01323 514515

Brighton Marathon

Sunday 10th April 2011. If you wish to sponsor our runners, or indeed run in this spectacular event please contact steph.melling@esda.org.uk or call 01323 514500 and pledge your sponsorship money.

LINK Meetings in public

Thursday 27th Jan 2011 - registration from 2 pm meeting 2.30 – 5 at International Lawn Tennis Centre Eastbourne

Tuesday 1st Feb 2011 - registration from 10 am meeting 10.30 – 1 at Robertsbridge Village Hall

Contact the LINK Manager on 01323 514510 or email info@thecountylink.net

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

information@esda.org.uk - 01323 514521

Meeting Room Hire

info@esda.org.uk - 01323 514500

Volunteer Services

marianne.colliard@esda.org.uk - 01323 514531

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