

E S NEWSLETTER

A B

ISSUE 33 MAY 2010

British Champion!



EAST SUFFOLK ASSOCIATION FOR THE BLIND

Registered Charity No. 206886

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CLAIRE BURMAN – NATIONAL BLIND SHOOTING CHAMPION

Congratulations to Claire Burman who has become the National Blind Shooting Champion of Great Britain for 2010. At the National Indoor Shooting Centre at Aldersley near Wolverhampton in February, 43 shooters from 15 clubs competed for the prize.

It was an extremely competitive affair with the three shooters in the picture on the front cover scoring a maximum of 600, which meant that the winner was decided on who had scored the maximum number of absolute bulls-eyes. Claire scored 44 with the second place scoring 41 and the third 40, so it was extremely close. All shooters are given 1¾ hours to complete their 60 shots with Claire taking things to the brink in firing her final shot with only seconds to go. She was delighted and returned home with a medal and a winner's plate.

Claire shoots at the bi-monthly meetings of the ESAB Blind Shooters Club in Walton, Felixstowe, which had three entrants in the competition. Sue Norman (Class B) scored 561 with 10 absolute bulls-eyes and Lisa Newson (Class C) scored 457 with two absolute bull's-eyes.

Well done to all who took part and the organisers for a well-run event.

ESAB MEMBER RECEIVES AWARD

Doug Whitehowles served during the war as a wireless operative with the RAF's intelligence Y Division in India and Burma between 1941 and 1945. From bases in Delhi and then Rangoon, he intercepted morse code messages containing the plans and movements of the Japanese forces, which he then passed on to other departments to be translated and for possible further action to be planned.

In November last year, at the age of 88, Doug, a former Leading Aircraftsman, was awarded a commemorative badge and framed citation to mark the contribution he had made, along with other personnel working for the top secret Bletchley Park and its outstations. The citation reads "The Government wishes to express to you its deepest gratitude for the vital service you performed during World War II", and is signed by Gordon Brown.

Doug says “We were known as the Forgotten Army . . . but it’s nice to be remembered and it’s nice to get the award. It was an interesting job and well worth doing.”

Congratulations Doug.

SUPPORT YOUR ASSOCIATION

The past year has been particularly difficult for the Association as the economic down-turn has affected us quite badly. On top of this, we have had three lean years in terms of benefiting from legacies left by members, families or supporters.

As you might expect, all charities are pretty much in the same boat and we are all competing for donations from generous givers. In our own sector, there are a number of charities all operating at different levels to provide services for the visually impaired, which can be confusing for members and donors. The best known in this sector is of course the RNIB, who are a nationwide charity, and who are very proactive in fundraising.

The East Suffolk Association for the Blind works effectively at a local level through our Community Workers who visit you in your homes. Our Community Workers help and support you to lead as independent a life as possible and are always available for support through their helpline phone numbers you are given.

We have to look at every way we can to raise money to provide services and we believe donors should feel motivated to make donations because we are well thought of and because you enjoy the benefits of our services. To this end, we are launching an appeal to invite our members, and their friends, families and carers to make either a single donation or a regular donation by standing order to ESAB to help us continue to offer our services. You will find enclosed with this newsletter three sheets in large print through which you can help. Please be as generous as you can in supporting the work of East Suffolk Association for the Blind by filling in the forms in the relevant places.

AUDIO BOOK CLUB

Many charities for the blind run Audio Book Clubs for their members. Generally the members meet on a regular basis to discuss the books they have listened to. If you would be interested in joining such a club, then please let us know, so that we can gauge interest and try and set a group up in the areas where there is a demand. Ring the office on 01473 611011.

LARGE PRINT BOOKSHOP

This organisation has over 100,000 titles on their website with most available within 7 to 10 days of ordering. The RNIB's Focus on Books initiative resulted in them co-publishing over 50 large print books this month in an attempt to show that there is a market for large print and to encourage publishers to produce simultaneous large print editions of new titles, and booksellers to stock them.



Visit the website and join the Large Print Bookshop mailing list to keep up to date – <http://largeprintbookshop.co.uk>

THRIVE – using gardening to change lives

Are you interested in gardening or did you enjoy gardening before you started losing your sight?

Thrive can help you start or continue gardening when you have sight loss. Just being in the garden can make you feel good. Gardening is also a great way of keeping active and can get you out and about. It can be a very social activity whether you are chatting to neighbours over the garden fence or joining a gardening club. Thrive have many useful



hints and tips from other gardeners who have sight loss, opportunities for you to meet other gardeners and a wide range of other free services such as:

- Gardening CDs – “Get Gardening” which tells you more about how joining the National Blind Gardener’s Club could help you, and “Keeping the garden gate open” which is full of inspirational stories from people with sight loss who have continued gardening;
- Gardening starter pack which includes seeds and is packed with ideas and gardening tips for the whole year;
- Gardening Yearbook with 55 pages of seasonal advice on your food and flower garden plus tools and equipment;
- Gardening Together – a guide to help you start your own club. Thrive can also put you in contact with a blind gardeners’ club near your home.

Thrive also run competitions, workshops and a buddy system. They provide gardening advice by telephone, email or post too. If you have internet access then check out the Thrive website www.carryongardening.org.uk. By joining the National Blind Gardeners’ Club you will receive a quarterly magazine, have access to a specialist gardening library, receive a regular newsletter and much more. Subscription is only £9 per year.

If you would like further information call Thrive on 0118 988 5688 or email info@thrive.org.uk.

THE BRAILLE CHESS ASSOCIATION

The Braille Chess Association is an association of visually impaired chess players. It is a registered charity with the aim of encouraging and supporting the playing of chess at all levels by blind and partially sighted people. Every year the association runs three chess tournaments and two weekend events in the spring and autumn, plus a week-long event in the summer. They also run postal events in which members send moves to each other in Braille, on tape or by email. They have an audio library of chess literature on tape, CD and MP3 format, and also make some of the printed chess books available as e-books.



The association has recently launched a project offering free coaching, tuition and other support to VIPs who wish to play chess, or to individuals or agencies who are thinking of setting up chess groups for blind and partially sighted people in their area. They will try and find suitable teachers or coaches who are prepared to travel to the homes of visually impaired people and will also assist in setting up chess groups. The association will also provide chess sets and chess clocks where appropriate. The project covers all age groups and the association hopes to be able to assist young people in education as well as the not so young.

Ordinary membership is open to blind and partially sighted people at just £7 per year or £20 for five year membership. Sighted friends and family may join as associate members and are eligible to play in most of the association's tournaments. Visually impaired under-25s receive free membership if they are UK residents.

For more information visit their website www.braillechess.org.uk, ring Stan Lovell on 01723 373447 or email him at stan.lovell@tiscali.co.uk.

NATIONAL BLIND TENPIN BOWLING ASSOCIATION

This registered charity hopes the information below will encourage more visually impaired people to take up tenpin bowling on a regular basis. You may consider setting up your own club or team, and joining a league.

They are a voluntary organisation whose aims are to provide tenpin bowling leagues specifically for blind and visually impaired people on a national basis and thus encourage as many visually impaired people as possible to participate in the sport at all levels.

In their last winter triples league programme they had 50 teams taking part with in excess of 200 bowlers, young and old, regularly competing. The teams bowl within a series of handicap rules as set out by the Fixtures Secretary. Each competing team plays at their local bowling centre and have their match scores printed and sent to their two independent scorers who determine the outcome of matches and issue the results.

When competing in a league, a team must bowl once every two weeks. They hold Winter Trios (3 players plus 1 reserve) and Summer Doubles

(2 players plus 1 reserve) league competitions and at the end of each playing season they hold national finals where the top 12 teams are invited to attend a play-off for the top 3 places in the league. The finals this year will be in Crewe. At the national finals they provide accommodation, lane hire, trophies and a presentation dinner but the bowlers pay for their own transport costs.

Tenpin Bowling as recreational sport for blind and visually impaired people has become one of the most popular sports and, on a regular basis, is generally considered to be the largest participation sport for the visually impaired.

If you are interested, and would like further information, then please contact Kenneth Robson on 0191 266 8315 or Norman Greenhalgh on 0151 639 6869.

SINGING WEEKEND FOR VIPS

The 4th Annual Singing Weekend will take place at the Cliffden Hotel, Teignmouth, Devon from Thursday 29th July to Monday 2nd August 2010 (four nights).



The leader will be Christine Richman and participants will be singing short acapella pieces in three voices. The weekend is suitable for beginners and more experienced singers, and sighted companions are welcome to join in.

The cost of the weekend is £256 which includes all meals except lunch. The hotel can be contacted on 01626 770052. For further details on the weekend, please contact Mick Marr on 0207 602 2475 or email him at mick.marr@btinternet.com.

WINDOWS 7 AND VISTA EXPLAINED – A GUIDE FOR BLIND AND PARTIALLY SIGHTED USERS

The RNIB now have available the new Windows 7 and Vista Explained Guide and supporting image books in various media types. This brand new step-by-step guide by Dr. Sarah Morley Wilkins and Steve Griffiths

is all you need to learn about Microsoft Windows 7 and Vista from a non-visual perspective. It is specifically written for blind and partially sighted computer users, and can be used by trainers. The Guide is designed to help build skills and knowledge, starting with the basics, and leading through to topics such as file management, trouble shooting and using the internet. Fifth in the successful "Windows explained" series, it is available in clear print (14 point Arial), braille and audio supported by large print images and braille tactile images.

If you wish to obtain a copy, please contact the office on 01473 611011.

FREE SCREEN-READER COMPARISONS

For those of you who want a free screen reader to enable you to use your computer and/or surf the net, you may be interested to know that Action for Blind People has compiled a comparison of free screen readers. To access it, please visit, www.actionforblindpeople.org.uk/listen-to-our-website,597,SA.html, or phone the office on 01473 611011 for a copy.

GUIDE DOGS LAUNCHES LEAFLET – TIPS FOR BUS DRIVERS WHEN HELPING BLIND AND PARTIALLY SIGHTED PEOPLE

Guide Dogs has published a new leaflet providing bus drivers with tips on how to help blind and partially sighted passengers use buses more safely and easily. Tips include knowing how and when to give assistance, helping with the fare system and telling the passenger where they will find a vacant seat.

Many disabled people rely on buses to get around. However, Guide Dogs' research has revealed it is common for disabled passengers to find bus travel difficult and stressful, and some are put off altogether. Blind and partially sighted people regularly report problems including missing their bus, buses moving off before they have found a seat, and getting off at the wrong stop.

Guide dog owner Sue Ashdown recently ended up on the wrong bus after receiving confusing information. She says: "The driver suggested I

swap buses but by the time I had got off, the bus in front had gone, leaving me in an unfamiliar place with no one around. I felt very vulnerable. It would be useful for bus drivers to have visual impairment awareness training so they understand how to help.”

Carol Thomas, Guide Dogs’ Access and Inclusion Manager says: “We recognise that bus operators and bus drivers want to help disabled passengers travel with confidence, but we realise it is not easy to know how best to assist. We have produced this tips leaflet to enable bus companies and their drivers to understand the needs of visually impaired passengers, and how to meet them.”

Guide Dogs is committed to working with transport operators, including bus operators, to improve access and the overall travel experience for blind and partially sighted people. It will be contacting all bus operators directly to raise awareness of the leaflet, and offer quantities to make available to bus drivers.

Guide Dogs is also running a campaign for Talking Buses – calling for all buses in the UK to provide audible as well as visual information about the next stop and final destination – see the article below for further details.

GET ON BOARD WITH TALKING BUSES!

Guide Dogs for the Blind Association (Guide Dogs for short) is campaigning to improve the information provided onboard buses, supported by 24 other UK-wide disability organisations, so blind and partially sighted people and other users can independently and confidently use them. There are only a few months to achieve the change Guide Dogs want, so please become a Talking Buses campaign activist and help them get there.

The lack of audible announcements onboard buses means visually impaired passengers cannot tell where they are or when they have reached their stop. Many feel stressed and vulnerable and some give up using the bus altogether. This is wrong!

Guide Dogs wants regulations changed so every bus and scheduled coach in the UK has to have an audio-visual information system, which gives audible as well as visible information about the next stop and final

destination. Guide Dogs want the Government to sit up and listen. In order to get the Talking Buses issue the attention it deserves in Parliament, MPs need to sign Early Day Motion 506 – the more that sign, the louder our voice is heard. So far 50 MPs have signed thanks to supporters who have written to their MP using the template letter on the Guide Dogs website, but many more signatures are needed. To find out more and access the template letter go to the Guide Dogs website at – www.guidedogs.org.uk/helpus/campaigns/talking-buses/ or ring the office on 01473 611011 for a copy.

RNIB “LOSING PATIENTS” CAMPAIGN

In our last Newsletter, we reported on the RNIB “Losing Patients” campaign where it is trying to get all organisations involved in healthcare to provide appointment letters, test results, medicine instructions, treatment guides and other personal information in large print and other formats for blind and partially sighted people.

From feedback we have had from one of our members, she says that whilst her local organisations, eg surgeries, pharmacies etc are sympathetic, they are not inclined to spend money on technology unless there is genuine demand, which at the moment they don't perceive.

Please do all you can to help yourself and others by contacting your GP surgery, pharmacy, hospital etc to let them know that you want your information in a format that you can actually use. The RNIB has produced a pre-formatted letter that you can send to these organisations to make such a request. Please use it. Contact the ESAB office on 01473 611011 if you want one of these letters to use.

TALKING MEDICINE

For those who struggle reading medication labels and leaflets, Boots may have the answer. Boots have introduced talking medication labels, which are matchbox-sized devices that can be attached to any medication box. Important prescription



information such as the name, dosage, ingredients, possible side effects and safety instructions can be recorded onto the device by the pharmacist. Customers can then play this information back by pressing a small button on the top of the device, which is particularly useful for people who take a number of medicines. To obtain these labels, customers should call into their local Boots store. However, as awareness of this product is still growing, Boots staff may need to contact their central customer team to organise this service. This service is free of charge to the customer.

NEW NEWS AND INFORMATION SERVICE LAUNCHED FOR BLIND PEOPLE

Infosound and the British Wireless for the Blind have joined forces to provide a new web-based information service for blind and partially sighted people. The weekly service provided by Infosound and funded by BWBF started on 12th April. All the information on the Infosound website can be played and downloaded, and listened to on a computer or transferred to cassette, CD, MP3 player or memory device. The web address is www.infosound.org.uk.

THE OUTSIDE CLINIC – COMMUNITY OPTICIANS

The Outside Clinic is a privately owned company that is the largest national provider of “At Home” eye testing services. They visit people in the community who can no longer visit a High Street optician without help or assistance. All the optometrists are qualified and registered with the General Optical Council and are CRB (Criminal Record Bureau) and POVA (Protection of Vulnerable Adults) checked. They can make a crucial difference in ensuring eye health conditions and diseases such as cataracts, glaucoma and age-related macular degeneration are caught early. Following the eye test, The Outside Clinic can offer a full dispensing service with a choice of frames ranging from completely free spectacles for those who qualify through benefits, through to designer

label frames. All spectacles are individually delivered and fitted and are accompanied by a 'no quibble' 12-month guarantee of product and service.

The Outside Clinic has joined forces with Lloyds Pharmacy to tackle the chronic under-provision of optometry services to the over 60's, with their 1700 stores offering its customers optometry services in association with, and through The Outside Clinic.

For further details, please phone 0800 95 49 100 or go to their website – www.outsideclinic.com

HUMOUR

The Value of Old Age (sent in by Mrs W Luland of Lowestoft)

Remember – old folks are worth a fortune with silver in their hair, gold in their teeth, stones in their kidneys and gas in the stomach.

I have become a little older since I saw you last and changes have come into my life. I am quite a frivolous old girl, I am seeing five gentlemen each day.

As soon as I wake up, Will Power helps me out of bed, and then I go and see John. Next, it's time for Mr Quaker, who gives me my oats.

They leave and Arthur Ritis shows up and stays the rest of the day. He doesn't stay in one place for very long, so he takes me from joint to joint.

After such a busy day, I am ready for bed with Johnny Walker. What a life and, oh yes, I am flirting with Al Zymer.

The vicar came the other day and said at my age I should be thinking about the hereafter. I told him "Oh I do, no matter where I am, if I am in the lounge or upstairs, in the kitchen or in the basement, I ask myself 'now what am I am here after'".

THE BANANA TEST

There is a very, very tall coconut tree and there are 4 animals –

A Lion

A Chimp

A Giraffe

A Squirrel

They decide to compete to see who is the fastest to get a banana off the tree.

Who do you guess will win?

Your answer will reflect your personality.

So think carefully . . . Try and answer within 30 seconds. Got your answer? See below for the analysis.

Answer to the Banana Test

If your answer is:

Lion = you're dull

Chimpanzee = you're dense

Giraffe = you're a complete moron

Squirrel = you're hopeless

A COCONUT TREE DOESN'T HAVE BANANAS! Obviously you are stressed and overworked. You should take some time off and relax!

SORRY TO SEE YOU GO

I would like to say a big thank you to John Weavers for helping with the ESAB socials in Beccles. John has been a committed volunteer for 17 years and has recently stood down from the position of secretary for the Beccles social group.

All the members will miss John; every month he has helped with our members and the raffle. He also helped, and has said he will continue to help, with the street collections. So, on behalf of myself, all the other volunteers and especially the members, you will be missed John and thank you very much for all your years of support.

Jenny Harmer, Community Worker

ESAB ANNUAL GENERAL MEETING

All members are invited to attend the Association's Annual General Meeting which is to be held on Friday 30th July at the Woodbridge Football Club.

The meeting will commence at 10.30am and a light buffet lunch will be available at approximately 12 noon.

You may not realise that all ESAB members and registered volunteers have a right to vote at AGMs. So if you would like to be more involved, and have a say in how your Association is run, please come along.

We may be able to arrange transport, so please contact your local district committee or Community Worker. If you need help with these contact details, please phone the office on 01473 611011.

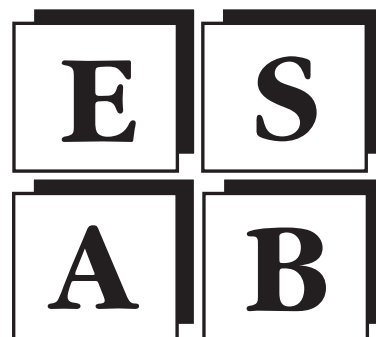
NEW FELIXSTOWE MACULAR DISEASE SUPPORT GROUP

It is planned to start a monthly Macular Disease Support Group in Felixstowe, which is open to anyone affected by central vision loss as well as their carers.

The Macular Disease Society supports local self-help groups all over the country. They meet regularly to share experiences, pass on hints and tips and invite guest speakers to talk on a variety of subjects concerned with MD and its impact on their daily lives. The meetings are also social occasions where you can chat together over a cup of coffee!

The first meeting in Felixstowe will be on Tuesday 10th August 2010 from 10.30am to 12.30pm at the Salvation Army Hall in Cobbold Road, Felixstowe IP11 7EL. The plan is then to meet on the second Tuesday of each month.

For more information, please contact Tom McNulty on 01264 321963.



**IPSWICH BLIND SOCIETY and EAST SUFFOLK ASSOCIATION
FOR THE BLIND**

JOINTLY INVITE YOU AND YOUR FAMILY TO VISIT THE

TOOLS FOR LIVING SHOW

Sponsored by Ipswich Buses

**To be officially opened by
Malcolm Robson of Ipswich Buses**

**An exhibition of the latest equipment.
Information on Support Services
Demonstrations and advice freely given.**

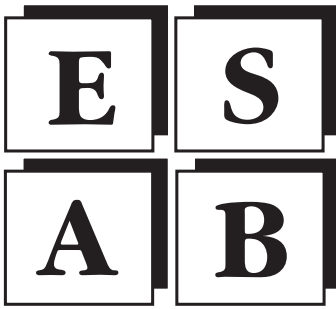


Exhibitors:

**'Optelec', 'Cobolt', 'Sight & Sound', 'Professional Vision Services',
'SW Retail', 'Dolphin', 'VideoSpec',
'Optima', 'Humanware', 'Enhanced Vision Europe', 'Visual Eyes',
'Low Vision Clinic', 'Force 10', 'Oak House Foods',
'Vision Aid Technologies', 'Guide Dogs', 'Action for Blind People',
'Community Care (SS)', 'Age UK'
'British Wireless for the Blind', 'Calibre Audio library'**

Refreshments available

**ROBERT CROSS HALL
CORN EXCHANGE, IPSWICH
TUESDAY 29TH JUNE 2010
10.00AM TO 4.00PM**



LOWESTOFT EXHIBITION

**EAST SUFFOLK ASSOCIATION
FOR THE BLIND INVITES YOU
TO ATTEND THE**

**EQUIPMENT AND INFORMATION
EXHIBITION**

FOR THE VISUALLY IMPAIRED

AT

**LOWESTOFT OVER 60s CLUB, CLAPHAM ROAD
(Next door to the Library)**

ON

MONDAY 20th September 10am to 3.00pm

Come along and see a number of exhibitors of daily living aids to support independent living for the visually impaired, as well as some other agencies who can provide information and advice on support services.

LIGHT REFRESHMENTS WILL BE AVAILABLE

MOON: Laughably old-fashioned or a serious option in 2010?

Moon is a simpler alternative to Braille for people who read by touch. Moon was in use in the UK before the advent of Braille in the mid-nineteenth century and has been in use ever since – despite the undisputed advantages of Braille as a reading code.

For most people who have been print readers, Moon is easy to learn in just a few hours, and the large and simple tactile symbols are relatively easy to distinguish by touch. These features also make the learning of Moon a possibility for some children whose additional disabilities make the learning of Braille too daunting a task.

The disadvantages? Moon is bulkier than Braille; there is no easy way for an individual to produce it; and hardly any reading materials are now produced in Moon – despite the fact that modern embossers make it easier and cheaper to mass produce than at any time in the past.

The Moon Forum, a small group of institutions and individuals is promoting the use and availability of Moon as a viable alternative to Braille and has recently started producing a quarterly magazine in Moon for adult readers. This initiative was in response to the need for short, easy-to-read items in a single, easily portable volume. “Moon Mag” will be funded by Linden Lodge School for the next couple of years and the Forum hopes to be able to provide copies free of charge to any UK Moon reader. Please contact the Moon Forum (details given below) to sign up for future issues.

To inform future developments in Moon, the Moon Forum is anxious to get an idea of the potential readership in the UK. The Forum is trying to ascertain the percentage of visually impaired people for whom learning Moon could offer a rewarding challenge leading to a pleasant additional activity. The Moon Forum is open to all, either as participating members who attend meetings three times a year or as corresponding members who receive minutes, updates etc.

The members of the Moon Forum believe that Moon has an invaluable role to play in the lives of many blind and partially sighted people and their aim is to make learning and using Moon a serious option for everyone who needs it.

There is more information about Moon and the Moon Forum on the Forum's website – www.moonliteracy.org.

STREET AND STORE COLLECTIONS

Below are the dates for the street and store collections for ESAB during 2010. We really could do with some kind help for an hour or two. So if you, or a family member or friend are able to help out on these collection dates, please ring the office on 01473 611011.

4th June	Lowestoft
5th June	ASDA, Goddard Road, Ipswich
18th June	Beccles
2nd July	Bungay
7th July	Halesworth
10th July	Woodbridge Thoroughfare
22nd July	Southwold
7th August	Morrisons, Sproughton Road, Ipswich
14th August	Felixstowe (Hamilton Road)
18th August	Tesco Copdock, Ipswich
25th September	Stowmarket
4th and 5th December	Tesco Martlesham

FOR SALE

We have a Telesensory Aladdin Apex CCTV for sale. Although purchased in 2004 we are advised that it has hardly been used. The purchase price in 2004 was £2,395, and we are looking for bids at £500 or above. If you would like to know more about the equipment and its capabilities, please call the office on 01473 611011. Please either send in your bids by email or post, or ring the office 01473 611011.

LEGACIES

Where There's A WILL There's A WAY – TO HELP E.S.A.B.!

Please could you help ESAB to pay for the services it provides?

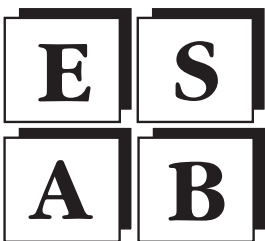
Legacies are a vital source of income for ESAB; we are most grateful to those who have the vision to include us as a beneficiary in their Wills.

To avoid confusion, we work closely with national charities for visually impaired people such as the RNIB, Guide Dogs for the Blind and Action for Blind People. However, we are entirely separate from these and any other charity, being truly independent and local. **ESAB covers the east of Suffolk and receives no state funding.**

When making or revising your Will, or perhaps adding a codicil to your existing Will, would you kindly consider including a bequest to ESAB?

If you would like any help with the wording or any other aspect of setting up a bequest, please contact Head Office on 01473 611011.

(N.B.: Any property – not just money – may be given to a charity by Will.)



CONTACT NUMBERS

DON'T FORGET OUR 6 HELPLINES WHERE YOU CAN CONTACT US OR LEAVE A MESSAGE:–

Lowestoft	Jenny	01502 717159
Beccles/Halesworth/Southwold	Jenny	01502 717159
Eye/Framlingham/Stowmarket	Peter	01449 616162
Leiston/Woodbridge	Lesley	01473 611650
Felixstowe/Shotley Peninsula	Beverley	01473 278047
Head Office	Elly	01473 611011

Every effort is made to ensure that the content of this newsletter is correct. However, the East Suffolk Association for the Blind cannot be held responsible for errors or omissions.

CONGRATULATIONS AND THANKS

We were delighted when we were contacted by one of our members in Bungay who advised that her grand-daughter, Caroline Butterworth, wanted to run the Bungay Half Marathon on behalf of ESAB.

The half marathon was held on Sunday 18th April and

Caroline completed the race and raised the fantastic sum of £315.13 for ESAB.



As you are aware, ESAB relies totally on fundraising events, donations, street collections and legacies and we are very grateful to Caroline for supporting ESAB in this way.

If you know of anyone who would like to support our fundraising activities in any way, please contact the office on 01473 611011.

MOVING HOUSE OR CHANGED YOUR PHONE NUMBER

Please remember to advise us if you are moving house or have a new phone number so that we can update your details on our database. This will ensure that our Community Workers are able to maintain contact with you. Ring the office on 01473 611011 or your Community Worker.

