

DELTA Disability Social Group Newsletter 40



Incorporating DELTA New Age Kurling Club News



Members enjoy lunch at Wakehurst Place, 15th April 2010

Spring 2010

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Cheer Up!

*The best way to cheer
yourself up is to try to
cheer someone else
up!*

Mark Twain

Editor's Comments

Bren Bonner



Another year has passed, another year ahead, what changes we have had to come to terms with and what we have to look forward to! We do it as a family in DELTA and if a member or friend is in trouble we help out as and when, and how we can – if we can do it as a small group why can't we do it on a larger scale? This world seems to be a very 'I'm alright Jack' society going out for what we can get for ourselves and blow any consequences. It doesn't hurt us to think of others, if not before ourselves at least along side in our own thoughts. This to me is what DELTA does, you see somebody that is struggling with a physical or emotional problem and know that they are worse off than yourself. It's not a competition to be the worst or best off, just try to help each other and look out for those we care about. DELTA means so much to me personally. I may give a lot but the amount I get back is much greater, it's amazing! So many friends to laugh and joke with and some shoulders to lean and cry on, DELTA is my family and I'm not ashamed to say so! Without it life would be lonelier and not so much to do so it does its bit to keep me out of mischief! Thank you everybody for making DELTA what it is, encourage those eligible to join to do so and those not eligible can always join the DELTA Kurlers and help out!

DELTA DAYS

14th January – 22nd April 2010

14th January 2010 **Bren Bonner**



Unfortunately, this meeting was due to be our first enrolment and welcome back to play games after lunch, but due to the horrid weather the hall was inaccessible because of the snow! We did manage to keep in touch with each other over the phone though and most people got through without too many disasters!

21st January Bluewater Shopping Centre **Bren Bonner**

Once again we were scuppered by the weather! Instead of going all the way to Kent we had to make do with Eastbourne – why – snow again! The roads were still too dangerous to travel too far from home and pavements to

slippery for safety. We all enjoy going to Eastbourne so we had a good day regardless – shame though after all the planning and looking forward to it, but hey ho DELTA still made the effort. A huge thank you must go to our drivers though; they were brilliant helping us out.

11th February Sussex Air Ambulance **Robert Benfield**



The talk and slideshow on the Sussex Air Ambulance by our guest speaker John Kenton-Page was one of the most eagerly awaited social meetings we have ever had. Such was the interest we invited members from other groups to join us. We soon learnt that Sussex is served by two helicopters, the first is

stationed at Marden in Kent, and the second is based at Dunsfold in Surrey. The three counties, Kent, Surrey and Sussex, work together and have set up a trust so they can share the lease of the helicopters which cost a staggering four and a half million pounds each! Running the service is also extremely expensive at one point seven million pounds per year! Twenty-six per cent of the income is provided through fundraising. The helicopter can be airborne in three minutes and can reach the furthest parts of Sussex in twenty minutes. On board are a pilot, a doctor, a paramedic and all the latest medical equipment possible. The doctor also acts as navigator on the way there, and having made an assessment of the patient, the doctor will then decide on the best destination to get them to - this often being the trauma unit at the Royal London Hospital. It was a fascinating insight into a very vital service and at the end of the afternoon we presented John with £139.00, the proceeds of our raffle (£121.00) organised by Bren, and items John had bought

along to sell on their behalf such as soft toys and stickers. We also hope that the publicity we were able to generate will help promote such a worthwhile cause. (For more information on what they do see their website on sussexairambulance.co.uk)

18th February
Devils Dyke
Robert Benfield



Eighteen members and friends went on the outing to Devils Dyke. On arrival the weather was cold and grey so everyone went straight indoors to the restaurant, and didn't stand around trying to take in any of the view that may have been available through the rain and mist! Since our last DELTA visit in 2006, the business has changed hands and undergone



refurbishment. We found ourselves a corner and squeezed in – literally! There was a good selection on the menu and we responded by ordering a variety of different meals, including fish and chips, chicken and steak. The food soon arrived and was very tasty. To complete their lunch outing many ordered sweets, and there were some pretty contented (and bloated) faces around the room!

11th March

The Changarawe Project

Robert Benfield

Our guest speaker was Joan Lloyd's daughter Carolyn Walford (Caro) who spoke of her involvement as the founder and a trustee of the Changarawe Project in Tanzania. Formed in 1999, the charity provided a nursery for orphaned children aged two to five years old. This was to

prepare them for the Zawadi primary school. Over the years the number of children involved has risen from 22 to over a 100. The school also offers help and support to widows, abandoned mothers and grand mothers with orphans to care for (in Tanzania, an orphan is a child that has lost one or more of its parents). In return they read or pass down stories to the children. In 2003, the Micro-credit Scheme was launched to help the women of Changarawe to develop their individual craft skills. In memory of Joan's son, Nigel, the Nigel Lloyd Fund was established in 2005 to also help the orphaned children throughout their education.



On her last visit to the village in the Morogoro Region, Caro was able to visibly see the progress made by the project. DELTA were able to see photos and buy bags, aprons

and other colourful garments that had been made raising £204.00 for her to take away.

18th March
South Bank – London
Chris Woods



After saying good morning to everyone on board the bus we set off to get Bren and Ali. The weather was nice and clear so you could see for miles around as we travelled along. We arrived around 12 noon and I decided to go on the London Eye as did Sue and her mum. Coralie asked us if Robbie and James could come along so off we went to buy our tickets and we were on our way. First off we went through security, and then into ‘The Pod’, it was strange at first because we were above water but we soon got used to it and in no time at all we were on the move very slowly. We had some great

views over London such as Horse Guards Parade, Houses of Parliament and St Pauls. Just before landing a photograph is taken of everybody in ‘The Pod’ which if you want a copy, you can purchase it from the shop on landing. When I first stepped out of ‘The Pod’ it was like getting off a boat, and I had to find my ‘land-legs’ but the sensation only lasted a couple of seconds, so off to the shop for Sue and James to collect their photographs and see what else there was to remind us of our day. After lunch we had a nice walk along the Embankment and watched the boats before it was time for



a last coffee and ice cream before returning to the bus for the journey home. Another great day out!

(Coralie, Edwina and Penny went along to the Tate Modern, Ali and I went to the London Aquarium - Editor)

8th April
Hearing Dogs for Deaf
People

Robert Benfield

Several of our members are dog owners, so they were most interested to meet Sarah Playforth and her Cockerpoo dog, Eve, to learn a little about 'Hearing Dogs for Deaf People'. We have all heard of 'Guide Dogs for the Blind', and we have had a talk on 'Dogs for the Disabled', so this was another extension of dog's versatility. The original idea was brought back from America by Bruce Fogal in 1982, and a charity was established in Oxfordshire. Sarah had had a dog called Lucy for 15 years, and has had Eve for six years; Eve is a Cocker Spaniel crossed with Poodle – hence Cockerpoo! The dogs are trained to alert their owners on hearing familiar sounds, such as fire alarm, smoke detector and telephone. After having had an operation on her leg, Eve had had to change the way she communicated with Sarah by nudging Sarah with her nose instead of jumping up. They are a very close partnership and it was nice to see them

respond to each other with such enthusiasm.

15th April
Wakehurst Place

Bren Bonner & Ali Waring

You have to admit DELTA is flexible! We were due to be going to Bentley but because it was school holidays, there were too many groups booked in. Originally, Coralie had tried to book the Education Centre for us in case it rained and it was also Cliff Kent, our President's birthday so we needed somewhere to gather to eat the birthday cakes Coralie had made (very nice they were too thank you Coralie!) so instead of Bentley off we went to Wakehurst: –

Continued by Ali Waring

The weather was bright and sunny but there was quite a chilly wind, still at least it was dry. We arrived at 12 noon or thereabouts and we gathered at the exit while the tickets and maps were distributed, then off we went with Joan joining us! I had never been to Wakehurst before so Bren was in charge (when am I not! – Editor) because of the wheelchair we had to stick to the yellow line on the map – not the yellow

brick road! I was amazed it was so lovely. Our first stop was lunch and a drink, quite expensive but very nice. From there we started our stroll around the garden. The walled garden was our first port of call. Nothing out in flower yet, but very tidy and every plant had a label by it. From there we just followed the pathways.



The daffodils were still out but getting a bit old now. The other plant that was out was the different types of magnolia tree. I have never seen anything like it – they were beautiful. Yet again I was in charge of the camera – I think I took some good pictures – I even managed to get some of the ducks and geese, their whole bodies not just their bums like I normally do! From the garden we went into the house. A bit disappointing as there were only three rooms on

show and there was not a lot of furniture to see.

Then it was back to the gift shop and restaurant for a nice cup of tea to wait for the coach. I thoroughly enjoyed it and would definitely go again!

Shopping Buses

Bren Bonner

Another selection of venues to shop in – Eastbourne, Crawley, Brighton and Royal Tunbridge Wells! All very well supported by the regular shoppers! Even though numbers dropped for one or two, the buses continued to run and now numbers are back up and the bus was full to go to Royal Tunbridge Wells. Weather is not always good but there are undercover shops to hunt around in, looking for that ever elusive bargain!

New Age Kurling

Robert Benfield



We are still enjoying our Kurling and in March the orange team of Susan, Margaret, Jim and Cyril scored 21 points, the highest total we have ever had in one afternoon! It was also during that meeting we had a brief

visit from one of our Patrons, Mr Norman Baker, MP who did not take much persuasion to have a go at putting a stone down to the target, whilst his P.R. team took photos of him to use in his future publications.

Administrator's Report

Coralie Clement



I am writing this having just got back from

Herstmonceux Science Centre with Edwina and two of my Grandchildren, perfect blue sky's and sunshine, but so quiet without any aircraft flying over head (Volcanic dust).

A perfect day and I thought of the many very happy days out we have had with all our friends in DELTA every month, either shopping or visiting interesting places, all thanks to everyone supporting DELTA.

Transport costs have increased, that was to be expected as have the costs for hiring the village hall. Thanks must go for two very generous donations; one from Howard's family and Friends (*collection at his funeral*) and Ringmer Parish

Council for an outing later in the year.

Thanks go to Edwina for maintaining our website, it is an excellent source of info on DELTA for all those that fund us, they know all the money raised is spent on members and everyone can see the result in the slideshows on the web. No big black hole!

Thanks also to Bren who takes money at the meetings for me, a very demanding job as well as arranging the speakers and entertainment.



Our parent body East Sussex Disability Association

has a new CEO Nick Tapp. We have all known Nick for many years. **Congratulations Nick.** ESDA provide the buses for DELTA to hire, the annual audit of accounts, a Newsletter and advice on many subjects connected with disability. An annual contribution of £450 has been sent to them.

We have some exciting outings planned for this year as well as the monthly shopping buses. Many thanks for all your support *Coralie.*



DELTA Facebook Page

Facebook

Edwina Morris

DELTA now has its own page on Facebook. To go there just click the Facebook logo on the DELTA website front page as shown, then log in using your Facebook password or register. You then just need to press the 'Become a Fan' button and you will be able to leave messages or join a discussion. The DELTA Facebook page has been set up so that only registered friends receive messages. This gives

Messages ...

facebook

Facebook
 DELTA now has its own page on Facebook. To go there just click the link above, then log in using your Facebook password or register. You then just need to press the 'Become a Fan' button and you will be able to leave messages or join a discussion.

you the security of knowing that when you communicate on our own page, only registered friends will be able to see them. When you have the DELTA Facebook page open, you can post a comment at the top of the page in the box and select 'Share'. To see

what all your friends are saying and doing, go right to the very top of the Facebook page and click 'Home'. A list of everybody's posts will appear. If you want to comment on what someone has said, go just underneath their post and click on the word 'comment'. Another box opens up for you to write something and then press share. If you want to communicate with your other friends and family, just go to the top of the Facebook page again and click on 'Profile'. This will take you to your own area. Click the Wall tab and use the box there to communicate with all your own friends. If you wanted to communicate directly with a friend, click their picture in your friends list on the left hand side of the page and you will be taken to their page. Again you can then write a message on their 'wall'. Just remember that messages sent this way are then public. To send a private message just go to the top of the page and click 'Messages' and you can send them a message only they can see. Discussions – on the DELTA Facebook page

towards the top you will see a 'Discussions' tab. Click it and you will go to the index of current active discussions. Click the title of the discussion you want to join and you can comment at the bottom of the list. Good luck with all of this and I hope to see you on Facebook!

(Thanks for this vital information Edwina; I personally will be copying this page to keep beside my pc so that I can have some idea of what to do – Editor)

Ringmer Village Hall **Fundraising**

As DELTA is one of many groups that use Ringmer Village Hall, it is very important to support its fundraising efforts, especially as DELTA and other disabled folk will benefit from the addition of a new disabled toilet and lift between the old and new halls. This will make a fantastic difference for us and DELTA are having a table at the Village Fete on the Green on the 22nd May which you are all invited to attend. Other fundraising events will be held by DELTA to support this worthy cause in the future.

Chairman's Comments

Robert Benfield

Dear Members and Friends.



We are progressing through the year and picking up momentum as

we go.

The trip to the London Eye was the first of our major outings and there are many more to follow, including places we have not been before. The biggest point seems to be the Theatre trip to see Sound of Music – I hope you are learning your lines!

In May we have our AGM which is my annual opportunity to thank the Committee, Members, Associate Members, Friends and everyone connected with the club for their support in making DELTA so successful. I look forward to meeting you all there.



Cliff celebrated his birthday on Thursday, 22nd April with a plate of Coralie cupcakes

Join DELTA

If you have a disability and live in Lewes District or one of the surrounding villages, you are entitled to become a full member of DELTA. Telephone the Administrator Coralie on 01273 813596

Why not become a friend of DELTA? You will receive three DELTA Newsletters a year which will keep you up-to-date with what's happening within the Group. Additionally, you will receive invitations to DELTA's social meetings which can be focussed around an interesting talk, a games afternoon, or just meet and chat to old friends or make new ones over a 'cuppa'. If you are interested in becoming a Friend of DELTA, telephone the Administrator Coralie on 01273 813596

Outings to look forward to:

	Shopping	Outing
May	Eastbourne Arndale Ctr.	Marwell Zoo
June	Worthing	Sound of Music
July	Brighton	Hampton Court