



Hastings & Rother Disability Forum

Many apologies this newsletter is a little late. We have like most people been plagued with snow and bitterly cold days that do not help those of us with mobility problems and also Charles & I have succumbed to the odd bug flying around!.

Our 2nd apology is for cancelling the complementary session twice and now it will be have been held on the 17th of February at Marlborough House, we told as many people as possible but sadly some of our members will not have been contacted.

The Disability Forum now have a mobile phone number and if it is not answered when you call please leave a message and we will get back to you. Please allow time for answers to your messages as it will be held by a forum volunteer. The number is 07511384347.

On Wednesday 17th March there will be a mobility exhibition at Horntye Park where reputable firms will have scooters etc for you to try and advice will be given about what to look for when buying different aids.

Please feel free to email me at secretary@hrdf.org.uk if you have articles that you would like published in our newsletter or you would like us to consider taking up an issue on your behalf.

Access issues are raised frequently at meetings and 2 members of the forum in particular are attending meetings concerning the cycle path along the promenade. The cycle path has always had its fans and equally members of the public who did not wish it to be implemented from the start. The huge concern at the moment is the proposed removal of the white line edging to

the cycle route making the promenade accessible to all. It is felt that the path should be visibly outlined and some kind of tactile barrier to warn those with no vision to walk safely on the seafront. Sadly stories of people running in to those with poor vision both on mobility scooters and bicycles continue to be brought to our attention. It is sad that there are so many people whose behaviour is both discourteous and dangerous.

It would be fantastic if readers were to let us know when they have had particularly good service in a shop, bank or restaurant etc. so that knowledge can be passed on to others. Hospitals quite often present a complexity of problems to disabled people and cause the person concerned to feel even more disabled. Has anyone got tips for others that they have found helpful in their situation? Please let us know.

The Forum is always looking to increase its membership. If you know any disabled people, their relatives or carers who are not members of The Forum, please tell them about us and see if they would like to join. Remember our website which can be found at www.hrdf.org.uk

When 19th March arrives I will be retiring from my position as branch manager for The Hastings & Rother Alzheimer's Society, it would be lovely to see you at our drop in from 11.30 am until 6pm. on that day. Nibbles and drinks will be available during that time. I am looking forward to welcoming many of you at 19 Marine Court. I will now find out what hard work is, if I follow in the footsteps of so many retired people I know! Rosemary

We would like to finish with this anecdote, "A pessimist is one who makes difficulties of opportunities and an optimist is one who makes opportunities out of difficulties".

Best Wishes to you all,

Charles & Rosemary