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~ SMILE ~
EBB & FLOWS
MOTTO

EBB & FLOW
(THE NEW VOICE)

Details inside...
 Copyrighted Magazine

EARTH'S CREATIVITY

The Art in us, is us
 It is the perception we see
 The unique moments
 Of the Earth's Creativity.

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~ CHICO ~
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SUMMER
2012

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EBB & FLOW (THE NEW VOICE)

Previously known as
 Ebb & Flow Community Magazine



Words from the Patron!
The Patron of Ebb & Flow wishes Team GB
good luck in The Olympic Games!

Founded as 'Josie Magazine' May 1999, Editor/Founder Josie Lawson Patron Lord
 Brett Reginald McLean of Hastings from October 2002—Contact email LordofHas-
 tings@aol.com-HASTINGS BASED MAGAZINE 1066 COUNTRY-

THE SUN SHINES WITH A SMILE.. **MOTTO** **-SMILE.** —CLIP ART—

PERMISSION TO BLIND/DEAFBLIND ASSNS & PHOTO COPIER
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 IF CANNOT READ WITH EASE OR MAGNIFIER...

**Hi readers...**

Another few months gone by where I have been collating interesting reading for you all. The photo of myself before my eye operations was taken by my daughter, quite like it. Was taken just like that so to speak. These sort of photos always seem to come out the best of all, don't you think?

Behind the scenes I have been researching, resting, healing, and even written a few poems.

This year has been a battling challenging year for me, but I try my best not to give up.

It is good that people who contribute still do even though this here magazine is now my hobby, but it always benefits them and of course you the readers.

I underwent as I mentioned earlier having my eyes laser operated to reduce the eye pressures which had increased a lot. It worked and now I am being monitored. The sight I have to come to accept that what the glaucoma ate away, will never come back, but I am using my positive attitude the best I can. I am now blind in the right eye and the left is hanging on with a thread...so I am doing my best to work through the

senses. It is a bit more difficult with my hearing as I am finding it more difficult to try and lip read. I am adjusting the world around me...for instance I see out of my left eye, its not wise to think I can look out of the right eye...I am missing out on a lot. But hopefully I will rehabilitate to help me have more of a normal life. (Well, I am trying to be positive).

So, the Olympics are here in London now...some of you no doubt are glued to watching on TV...I am watching occasionally. I know years ago, I loved to watch gymnastics—and different countries...but so far, I have not come across any of this televised or mentioned...maybe my eyes are missing the point.

Well I hope as you delve further into the magazine you will come across some interesting information, stories and poetry. What I have found appeals to me, I am sure it will appeal to you also.

Until next time

Your Editor
Josie Lawson...



EBB & FLOW
Does not necessary
agree with any
opinions contained
in this publication

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Please tell all your friends about this magazine? Pass

it on in fact.the internet direct link now to find it, thanks. The more that get involved with it, the more people will enjoy. The motto is SMILE— it always has been. Having health problems there may be some delay, but I've kept it going for 12years, and its now in its 13th, so keep the information coming and the stories, poetry, etc. Please make them legible as I have a sight problem. **Editor's Choice** with regards to publication. Please keep copies of your work as they cannot be returned. Subjects can be as diverse as jokes, recipes, poetry, prose, science, politics and the wonders you find in the world. No payment, except for the fun you have joining in and learning from doing so. Reserved right to republish material, but copyright remains with authors. Magazine is copyrighted to itself. *Your Editor.*

CONTACT ADDRESS

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This magazine as you see has slightly changed. The new name is Ebb & Flow (The New Voice)- It is now your Editor/Founders hobby. No pressure. I will still do my best voluntarily. I also hope many will still contribute as before. What has changed? The direct link now on the internet can be found via Grass Roots Open Writers...it is as follows: - <http://www.grow.btck.co.uk/EBBFLOW>. If you wish to print a copy you may do so from viewing on the writing groups website...There is no longer a Treasury A/C

this magazine is therapy for me and I am sure many of you may like to do the same...it is still a bouncing board. Happy Reading....

WRITINGS WELCOME (Fact, Fiction, Fact/Fiction) THERE IS NO DEADLINE JUST KEEP WRITING AND SENDING, ANY SUBJECT YOU FEEL THE PUBLIC MAY BE INTERESTED IN:-BE IT STORY, POEM, PROSE, TOPICAL, JOKE, RECIPE, WHAT ABOUT HOW YOU FEEL ABOUT YOUR OWN HOME TOWN? A BIT OF ART/PHOTO CAN BE EMAILED: Please try email attach. Have probs opening PDF ???

No returns. The Editor looks to the heart—try your best and you will be considered—all abilities accepted for possible publication—Parents/Guardians please write confirming OK with under age children and also you can help any under age children writing the envelope. If non-legible could you please also send in printed block copy of words to enable the editor to reprint legibly and correct. Any pics by email attachment to cut and paste into pictures... Thank you. SMILE - PLEASE NOW REMEMBER, THIS IS NOT A BUSINESS—IT IS A THERAPUTIC HOBBY THAT THE EDITOR WILL CONTINUE TO DO TO THE BEST OF HER ABILITY...SHE HOPES TO CARRY ON SIMILAR TO THE PREVIOUS MAGAZINE, BUT THERE CAN BE NO PRESSURE LIKE A BUSINESS WOULD BE...IF YOU WANT TO CONTRIBUTE IT WILL BE YOUR OWN CHOICE...(NO PAY—JUST FUN)

Ebb & Flow or The Editor/Founder/Patron cannot be held responsible if information contained has altered since the initial printing date.Thank you. *The Editor/Founder*

Websites:

www.nspcc.org.uk
www.redcross.org.uk

Escape from the real world, but can we ever?

*I'm waiting to hear—I'm sure many of you have words to tell!
Please keep it clean.
Think of an eco-friendly world
A love story
Or—anything that comes to mind!*
**Address next page
Email or Postal....**

ME TIME

I read my book
Hear my soul
Watch a film
Walk a mile
Write my words
Hear my songs
Touch the sound
In my Silent World
(c) Josie Lawson

HOPE FOR A BRIGHTER FUTURE...

**Count your garden by the flowers
Never by the leaves that fall**

**Count your days by golden hours
Don't remember clouds at all**

**Count your nights by stars
Not shadows**

**Count your years with smiles
Not tears**

**Count your blessings not
Your troubles**

**Count your age by friends
Not years** anon

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0345 60 80 196 for Enquiries

THANKS TO ALL WHO HAVE HELPED AND GIFT DONATED AND CONTRIBUTED. To Ebb & Flow (The New Voice), ..in particular Lord Brett McLean, (Patron), Shorelink Community Writers- (Grass Rootes Open Writers) — Marriotts Photographic shop, Sally/Ro Gardner... And all who still have faith in this here mag....

DAVE ARNOLD

16 December 2011

Hi Josie, all the best for Xmas & the New Year to you too!!:)

Thanks for link will have a look tonight. Have sent a link to the booklets site.

Best Dave

<http://www.wix.com/davearnold/booklets>

(message from Editor...sorry late in placing in—health issues at fault but better late than never!)

Poetry, poets, performance poetry, dave Arnold, publications, poetry books, martin hunneysett, Cheryl. Happy House were granted Awards For All awards for the workshops and publication of the Draw A Poem booklet with local Hastings schools and an Awards For All award for the creative music, film, art and poetry workshops. Rap Rhythm & Rhyme. The 2006 Happy.....

FACE THE FACT

Toxins in the water
And the state of the sea
Cannot see the damage
So it doesn't concern me

Forests down
On bended knees



Someone's got to realise
We need the trees

So why relax?

Hole in the sky
Sun shines through
Got enough ice-packs
To keep you cool

No time for contemplation
Come on every nation
We're sowing the seeds
For the next generation

We talk of love
Peace and understanding
But from the Earth
We're just too demanding

Multi-corporation
Teaching indoctrination
Suppressing the facts
About their chemical lapse

See the signs
It's no good acting like that
It's our future
Face the fact.

*Dave Arnold
From the booklet*

TOYS OUT OF THE PRAM

HEATHER WASTIE

30.7.2012

By email -

Hi Josie

Here is my
biog. For your
next Ebb and
Flow. My

poem is attached.

Best Wishes
Heather

Heather Wastie is a wordsmith, humorist and musician, born in the Black Country, now living in Kidderminster. She has published 3 illustrated poetry collections and in 2010 co-founded Brewers' Troupe which takes poetry plays into non-arts venues. In 2011 she was shortlisted for poet laureate in both Worcestershire and Birmingham. Her website is www.WastieSpace.co.uk.

Heather Wastie. Poet & Musician
<http://www.WastieSpace.co.uk>
<http://soundcloud.com/heatherwastie>

**Happy the Woman**

Happy the woman, happy she alone
Who runs a business on her own:
She who secure within, can say,
Tomorrow I'll do it my way, just
like today.

Be fair for foul or rain or shine,
Successes I have earned, in spite of
fate, are mine.

No man can replicate a woman's
power,
Though what I've learned from men
I use each day, each hour.

© **Heather Wastie***January 2012*

Email: 22 June 2012

Hello Josie

Many thanks for your email. Here is
my story at last, 'Blue-Moon-Baby'. I
really hope you like it and find it ap-
propriate for Ebb & Flow. I do think
its good to have this magazine online
now as it should reach more people in
that way.

I do hope your eyes improve and
you recover well from your operation.

Good luck and good wishes for
your forthcoming edition of Ebb &
Flow and I look forward to being a part
of it in the next issue! Thank-you for
including me!

Good wishes Jo Moon (AKA
Monks!)

**(Blue-Moon-Baby can be read fur-
ther on in the magazine....)**

THE DOOR OF TRUTH

What a pity the Sky bird has flown
Away—soaring through the skies
High above the mountains
The Tibetan terrain

Away where the elephants place
The Sky bird travels
Away through the sky
Silent in its own domain

What a pity the Sky bird doesn't see
The angel that flies in its soul
Friends where the hearts reached
In a friendly terrain

Sky bird that reached through the heavens
Free as a soul; to reach her goal
Will see one day -
She left a true friend behind

One day—their souls may meet
One day Sky bird will realise
Words play with the mind
And untruths were obviously told

One day Sky bird will soar through the sky
Find its way home
And realise 'Silence' spoke its real truth
And why, ignorance played its role.

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This is the up to date campaign photo looking for Maddie...please make that all important phone call if you spot Maddie...

I placed on my facebook timeline after being passed it.



Meridian TV presenter Fred Dynage with Lord Brett McLean celebrating 1066 Business Awards

PLANET EARTH—WATER

Water is the substance of our being
 Without it we wouldn't survive
 H2O is the way of the world
 Some is kept healthy
 Some can give disease
 The vast emotion of the planet
 Is the salty calm, rough seas.
 - But then drought appears
 Hose pipe bans come into force
 And then the April Showers cause floods
 - But still the hose pipe ban must continue
 As it is obvious drought will stay with us
 Yes, Water is the substance of our being
 So let's help preserve it
 And keep our world around us
 Safe...
 Love your water, love your health
 And hope our planet will remain safe forever.

© 27.4.2012

Josie Lawson

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Water/Tears

Into the eyes of emotion
 Crying in pain as the drops are
 Instilled
 18 years this has been going on
 Rehabilitation, operations
 Remission occurs
 Tears, where are they?

Hidden as the eyes compliment the
 outside world
 Tired, yes tired
 Sleep intervention
 Until another day
 And the eyes of emotion again
 appears
 And crying becomes reality.

© 26.1.2012

Josie Lawson

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WARMTH IN SILENCE

I must be on the mend
 Am getting the urge to get outside
 again
 Feel the air on my face
 The sound of the world through my
 hearing aids
 This is the worst illness I seem to
 have had.

But—I've been through much
 worse

—you don't realise at the time of
 impact -
 The end is near, but you
 survive,

—Blossom again into the world
 about you once more
 And smile: you then forget -
 Move on—until possibly—the next
 time.

© 24.4.2012

Josie Lawson

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PATRON OF EBB & FLOW (THE NEW VOICE)
HIS PHOTO'S OF LATE



Lord Brett McLean

Family Fun Day in aid of Jack's Dream at The Polegrove Bexhill 16/08 Charity **FIRE WALK** In Hastings Old Town with Checkatrade.com boss Kevin Byrne, Sky TV's Johny Pach, (*your Patron will be trying his hand at the FIRE WALK*)wedding fayre at Azur at The Marina Pavilion 19/08 Brownbread Horse Rescue Open Day 02/09 Ninfield Dog Show 02/09

<http://www.lordbrettmclean.co.uk/>
www.lordbrettmclean.co.uk

Email: 30th July 2012

Dear Josie

Thanks very much for your email.....

I really appreciate the opportunity to be included in your magazine. I have written a short blurb about the magazine below, which I hope you might find useful.



The Scrumbler is a magazine devoted to publishing new poetry for children. It includes work by established poets and also many young people, and is beautifully illustrated, and published to a high standard. It would be of interest to any creative children or people who write with children in mind. The Scrumbler accepts submissions year round. It currently publishes about one issue per year, with hopes to increase that soon. Anyone interested in getting a copy, submitting work, or illustrating for the magazine, can find more details at www.thescrumbler.com

Sincerely
Mike Kavanagh

DIGITAL PHOTOS BY JOSIE LAWSON
unless otherwise mentioned



© Both photos taken by Cal Hastings. UK

BELOW
HASTINGS UK 9.8.2012



TEAM GB

➤ *Cont from previous page...*

deaf and hard of hearing people in the UK, that's "one in six of the population that cannot access the new, free on demand access to the arts service."

An architect designing a new building today would be expected to consider wheelchair access and the needs of people with a variety of disabilities in their plans. It's time for web designers to think the same way. Smith told me that this can only be achieved if access is part of the thinking from the beginning. She says web designers need to "work with consultants and individuals, engage with disabled and deaf people, budget for 5% of their budget for digital access and plan it from the start. Pay disabled and deaf people to be in your user experience testing—they are your experts." Time for some change.

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**Re: The Web presents deaf and disabled people with a digital glass wall...Charlie Swinbourne—
Guardian.co.uk, Tue 12 June 2012 16.07 BST**

With grateful thanks to Nicola Chapman and Helen Wilson of The Guardian for arranging this...being in a situation of sight and hearing and disability problems myself, I felt this article would benefit my readers also, and so researched to see if I could reproduce, and so thank you - Josie...

Eat@the Stade, Rock-a-Nore, Old Town tel: 01424 447116

Facebook: eat@hastings

Did you know that Eat@ also provides event catering and venue hire?

If you would like any further details of forthcoming events, catering or branch hire enquiries please contact:

Louise on 07763 119143 or email us at: info@eat.uk.net

Branch contacts:

Eat@the Park Café, Alexandra Park tel: 01424 432434

Eat@the Stade, Rock-a-Nore, Old Town: 01424 447116

Facebook: eat@hastings

15 November 2012—Vote for your Police and Crime Commissioner



On 15 November 2012, you will have the chance to go to the polls to elect a Police and Crime Commissioner for the police area you live in.

The Police and Crime Commissioner will be responsible for overseeing policing and community safety in their area on behalf of residents in Sussex.

The Police and Crime Commissioner will:

- Hold the Chief Constable to account for the performance of the Police.
- Set the police budget, the police share of council tax and the local 'Police and Crime Plan' which sets out the overall strategy for policing and crime reduction in the area
- Hire and—if necessary—fire the Chief Constable
- Be elected by the public for four-year terms of office
- Be scrutinised by a 'Police and Crime Panel' involving local Councillors and members of the public
- Work in partnership with other agencies and the wider criminal justice system to help cut crime

Police and Crime Commissioners are replacing Police Authorities, the groups of Councillors and independent Members of the public that currently oversee Police forces in England & Wales.

The Police and Crime Commissioner will be there to make sure that the police are doing a good job and tackling the issues that matter to you. This election is an important opportunity to have your say in policing where you live.

In the months leading up to the election date, potential candidates for the role will be coming forward, putting together their plans for the job and campaigning on why they should get your vote.

To find out more visit www.sussexpcc.co.uk or follow on Twitter@sussexpcc

Ucre8@activ8 Ceramic Art Event

Stade Hall, Hastings Old Town UK Saturday 11th to Monday 20th
August 10-5 Free admission works for sale Make your own piece with
tutors. All ages welcome, but children must be accompanied.

Crimestoppers

The independent charity Crimestoppers offers a safe way for members of the public to give information about crime without revealing their identity.

Crimestoppers operates the 24/7 telephone number **0800 555 111** and the website **www.crimestoppers-uk.org** through which people can pass on information about crimes anonymously by calling or by filling in an untraceable online form.

Calls and online forms are not traced or recorded and personal details of the person giving information are never taken—so no one will ever know who you are. By contacting Crimestoppers it also means that you won't have to give a statement to the police or go to court.

Since the charity's inception in 1988 over 1.3 million pieces of useful information about crime have been received; over 115,000 people have been arrested and charged; over £123 million worth of stolen goods has been recovered; and over £234 million worth of drugs has been seized.

Rewards of up to £1,000 are also offered for information that leads to an arrest and charge and are paid out anonymously, so not at any point will your identity be revealed.

Cont from previous page...

Text on websites can also be a serious issue for some people with dyslexia. As a result, like blind people, they need websites to work smoothly with their screen readers or offer voice activation so they can listen to the text. The British Dyslexia Association advises web designers to make site navigation clear, to break up text into shorter paragraphs, use dark print on a pale background, and allow users to set their own choice of font style and size. For deaf people, the internet and the new forms of communication that were developed with it (such as webcam, email, instant messenger) gave us access we never dreamed of. However, as the internet has started using more video clips, which aren't covered by the same regulations as television broadcasts, we have found ourselves increasingly disenfranchised.

In 2008, the BBC reached a landmark by providing all its broadcasts with 100% subtitling. But in 2012, on BBC News videos or the live feeds for BBC channels, there's hardly a subtitle to be found. It's the same on other news websites (including, unfortunately, this one), but what sticks in the craw is the fact we pay a full licence fee for a service we can't use. There's also very little subtitling provision on video on demand services such as Netflix and LoveFilm. And on YouTube, the subtitles you do get are often automatically created through voice recognition, leading to some very strange results. In the online world, deaf viewers are a long way down the priority list.

Luckily, some people are stepping up and highlighting the problem. Alison Smith, who set up Pesky People, a website that campaigns to improve access to digital technology (read her brilliant 10 digital commandments). On Wednesday, inspired by an American campaign, Smith launched a campaign on Twitter where deaf people tweeted videos that were inaccessible using the #subtitlesnow hashtag. The tweets reached over 13,000 people, and saw nearly 700 people join the event page on Facebook (check out the comments to get an idea of how they feel about it). She told me: "we are a silent minority locked out in the visual, moving world. I don't want to be locked out." Smith was compelled into action after discovering the lack of access on the Arts Council's website The Space. As she pointed out in her article launching #subtitlesnow, with 10 million

Cont over the page...

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By **Charlie Swinbourne**

Guardian.co.uk, Tue 12 June 2012 16.07 BST

The web presents deaf and disabled people with a digital glass wall

An architect designing a new building would have to consider disabled access. Web designers must think the same way.

Buildings are adapted for deaf people and websites must cater to deaf and disabled people too.

When you think about the barriers facing deaf and disabled people, it's easy to think about obstacles in the physical world. You might consider the problems a wheelchair user would have getting into a building with steps, or the issues a deaf person who lip-reads might face talking to a shop assistant who mumbles. Increasingly though, it's in the online, rather than the physical world, where deaf and disabled people are battling a lack of access. It's as though there's a digital glass wall. The content is right in front of you—you just can't access it.

Blind and partially sighted people can browse the web using screen or braille.

However, websites using Flash can cause problems, along with graphic labels that the screen reader doesn't recognise (think of the "play" button on a video or audio clip). Then there are sites that use a Captcha (Completely Automated Public Turing test to tell Computers and Humans Apart) - these are the mashed-up letters and numbers that websites ask you to enter when you register for the first time. Meanwhile, for those who are partially sighted, sites that use unusual colour schemes, or certain font types and small sizes can be very hard to read.

So why does this matter? Damon Rose, who edits the BBC's Ouch! Blog and podcast, told me that "an equal society with equal job prospects is increasingly becoming all about technology as we build our lives more and more around the web." He feels that the government need to recognise that websites that don't take access into account could make blind people less employable.



➤ *Cont from previous page....*

As an independent charity Crimestoppers can guarantee anonymity for people giving information as during the 24 years that the charity has been running no one has been ever been identified.

If you have any information about a crime call the charity Crimestoppers anonymously on **0800 555 111** or go to **www.crimestoppers-uk.org**.

Ends

Creative Countryside Children's Poetry Competition!



Local poet, Jan Hedger, launched an exciting children's poetry competition, in conjunction with Kim Richards (Project Officer), in support and promotion of the new—Combe Valley Countryside Park, green space on our doorstep, that links, Hastings/St Leonards, Bexhill and Crowhurst!

The Competition was launched at the Easter Eggs and Nests, held on April 11th 10.30-1300 at the green, adjacent to Hastings Garden Centre. With the competition running right through to 25th August, it gives children plenty of time to visit the park and compose their poems!

Jan said 'As a champion and writer of children's poetry and also a lover of nature, I saw a fantastic opportunity to bring the two together. Being a volunteer with the Sussex Wildlife Trust, I approached Kim with my idea of a children's poetry competition and now it has been launched! We have an exciting panel of judges for the final presentation, to be held on 22nd September, where the top 5 from each category, will perform their poems and we have already received some top prizes with more promised! With Brian Moses as our guest presenter this promises to be a real celebration of children, nature and poetry!

I feel it is so important for our children to be aware of the local environment, for it will be theirs to protect in the future and I would like to see the park busy this summer, with children armed with pens, pencils and paper in hand!



➤ *Cont from previous page...*

There are four categories;

Under 6 with mum's and dad's too! 6-8, 9-11, 12-15

Two poems per entry each no more than 30 lines and must involve the park, its nature and wildlife, right down to the sea-shore!

Leaflets with more information and full terms and conditions will be available from; Bexhill Museum, Sidley Children's Centre—Turkey Rd, Hastings Garden Centre, Hastings Tourist Information—Queens Rd & Old Town Museum, local libraries & various other outlets & some park events.

Please also visit janscreativewriting.co.uk or contact jan-hedger7@googlemail.com

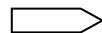
If you approach for more information please state where you have seen this poetry competition information. Thank you...the editor

Blue-Moon-Baby ©

By Jo Moon

They found Blue-Moon-Baby in a rock pool. No human knew of its existence here; born in the mist between summer and winter; high sky and low sky; dark moon, full moon. Born in the in-between world of summer and winter solstice and dark-full moon node. It was a purple baby, mixture of blue ray of song and red ray of fire. The fairies smuggled Blue-Moon-Baby out of its pool and placed it safely within the cave. Its mouth gaped open for food. They fed it seaweed and fairy milk.

The fairies watched it grow until it sprouted wings. They knew it was a fairy child, different from the rest. It's purple wings glowed and this boy child sang with a sweet voice. He played the harp beautifully after 10 moons and flew above the rocks with the rooks and crows. Eleven moons later the fairies kept him deep inside their cave and



➤ *Cont from previous page...*

Contact:

Telephone: 0300 123 2422 (local rate)

Text: 07944 140 016

Email: referrals@stepseast.co.uk

STEPS is part of the East Sussex Supporting People programme which makes sure there are good quality housing support services to help people 16 and over to live independently. To find out more about other Supporting People services visit our Facebook page www.facebook.com/esccsupportingpeople and click on 'like' to receive all our news and updates.

I hope this is okay.

Candice.

Candice Miller

Policy Officer (Supporting People)

www.eastsussex.gov.uk/supportingpeople

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The Guardian/The Observer

14th June 2012

Dear Josie

Thank you for your request to reproduce Guardian and Observer content.

In this instance I'm happy for you to reproduce the article free of charge, providing you can highlight that it was originally published in the Guardian and a link to the piece on guardian.co.uk

Best Regards

Helen

Cont over the page....



By email: 4 May 2012

Hi Josie,

As promised, here is an article for your newsletter:

Housing support to stay living independently

‘STEPS to stay independent’ is a new free and confidential short-term housing support service for people aged 65 and over in East Sussex living in your own home (not sheltered housing).

You may need housing support from STEPS if you:

- **Are finding it difficult to live independently;**
- **Are living in a property that is not suitable;**
- **Are at risk of losing your home; or**
- **Have rent or mortgage arrears or other money or debt issues;**
- **Are homeless or in temporary accommodation**

They can visit you at home, and help you work out what support you personally need to keep living independently, regardless of what kind of accommodation you live in. STEPS can support you if you own your own home, rent from a private landlord, live in social or council housing or are staying in temporary or unsuitable accommodation.

They can support you to:

- Liaise with your landlord or mortgage company
- Understand your tenancy or mortgage arrangement
- Find more suitable accommodation
- Claim any welfare benefits you are entitled to
- Get specialist debt advice
- Set up or change utility suppliers
- Resolve disputes or other issues with your neighbours
- Find out about local groups or activities in your area
- Find out about local groups or activities in your area
- Take part in healthy living activities
- Make sure your home is safe.

STEPS is a countrywide service. If you live in Hastings and Rother

➤ *Cont from previous page...*

Watched as his wings changed colour and unfolded more while they warmed his heart by the glowing night fire.

I am not of the fairy kingdom and do not know how I came to be with them, how I stumbled upon them and how I was able to see the fairies when many do not. I would walk and talk to myself as I sung to God, my own lullabies for the baby I had taken away from me by brutal force. I was in love too but he had been taken away by another. The forces of nature were cruel. I ambled day after day on the speckled beach of no beginning and no end, glaring at the smoky green horizon for the loves I had once shared and who were no more.

As I ambled aimlessly across the beach, over rock pools and sliding on green seaweed I heard a distant sound—a crying, lamenting. It must have been my mind mourning the death of my poor stolen child. I cried and stepped into my foetal birth water, the foaming sea. I did not wish to remember, and somehow the ocean reminded me of places that I had once been that I wanted to forget. The haunting of the cry continued. I dived in. I was fully clothed yet the summer solstice was calling me in a misty way. I swam like a dolphin then slithered to shore and shook off my salty wet hemp dress. I dived once more into cool waters. It was my birth canal, womb, place of humble safety. I wanted to forget, forget, forget. There was no-one here in this lonesome place.

The fairies sensed an intruder, yet not an unwelcome or destructive one. It was always wise to be cautious. Moon-Berry and Sun-Ray clenched their wings around Blue-Moon-Boy while mother fairies fed him leaves and seaweed. They heard footsteps approaching and saw the naked figure of a woman emerging ghost like out of the water. She was clasping her heart in distress and surrounded by a dappled grey-green ray. They knew then that she had lost her baby and was searching. The fairies met inside the telepathy channel and decided to let her in and for her mourning to cease.

I don't know why but I found myself walking out of the water pulled by a magnetic force. They were talking to me in my dreams yet I was not asleep. I felt as if I had slipped underwater for eternity. My tears became the ocean. Oh, how I wished so much for the return of my young baby.

➤ *Cont from previous page...*

You were never ready to leave my side little one. I had cried so many tears, shed layers of skins. Yet I desired the ocean most of all.

How I had bathed my angst away, yet not. I have to find the ones, those that live inside the rock pools. I have merged with a blue and golden butterfly. What am I saying! Is this the truth? I am a new woman. I cannot love you any more Devra. Yet why leave me with babe in arms and marry the sea? The sea reigns within me too yet she has taken my babe away.

Fairies prepare the woman with new thought-seeds to allow her mind and heart to open to new clarity. Fairies take away babies but only the ones who are not mothered or at peace or a human babe who is really one of them. Blue-Moon-Boy awakens and cries for he senses the baby-less mother. Clouds and skies thicken. The two will meet under cloud-fairy-dust. She is in the ethereal realms now where babies meet mothers. Her heart reaches out to him. Blue-Moon-Baby is adorned by parting skies. She is in love with a blue-born. They shall reunite while caves open up their mouths to speak and where skies thicken with all embracing human-fairy love.

Blue-Moon-Baby awakens. He hears his mother’s cries. She is on Earth, no longer princess of the ocean, yet not of the fairy realm as he. He feels a longing to be close to his mother though knows not why. The fairy mothers tell him he may depart now if he chooses. He spreads out his wings further and breathes into the fire. It is extinguished. The fire burning inside his tiny heart is yet stronger. He has extinguished the fire □

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➤ *Cont from previous page...*believe that by introducing babies to the water from as early as possible, they’ll be less likely to experience fear if they do fall in.”

“In the last three years, we’ve had ten of our tiny clients nationally save their own lives,” she continues. “It’s fantastic what vital skills children can learn, and it’s so important that they do. Five of these children were just 24 months when it happened.”

Kelly is excited to be launching her own Water Babies business and says: “I remember they sheer joy I experienced teaching Archie to swim and to be able to do this for someone else is incredible. There’s no such thing as a ‘bad day’ at Water Babies—it’s a passion rather than a job!”

Water Babies classes will be starting in South Kent from 15th May. Classes will take place on Saturday mornings at St Marys School in Bexhill and Tuesdays afternoons at Fosse Bank School in Hildenborough.

For more information please call 01424 892568 or visit www.waterbabies.co.uk

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Note from the Editor of Ebb & Flow...I was sent this Press Release in April of this year, but due to my health issues, it was held up...BUT, today being 2nd August 2012—I telephoned the number above and was told it was still fine to publish in this magazine...It would be much appreciated if you contact, that you state where you found this information. THANK YOU.

PIRATES IN HASTINGS UK—PRIORY MEADOW 2012



PRESS RELEASE: 26th April 2012

A wave of Water Babies splashes into South Kent

Babies as young as just a few days will now be able to take part in multi-award winning swimming classes starting in Hildenborough in South Kent and Bexhill in East Sussex in May. The Water Babies programme, run by Kelly Lockwood, is designed to make the most of babies' natural affinity with water and teaches confidence and safety, using specialist techniques that see many swimming short distances from as young as 30 months.

Previously the manager of a garden centre, Kelly went on to study for a horticultural qualification before pursuing a career in learning and development. She first discovered Water Babies when she started taking her son Archie, now 5 1/2 years old, to swimming classes. "Swimming with Archie was one of the most amazing things I've ever done," Kelly recalls, "I used to be a bit of a control freak, and the first time I really felt comfortable in my role as a new mum and able to 'let go' was when we were swimming together."

Kelly loved swimming with Archie so much that she went on to qualify as a swimming instructor herself, teaching in her spare time. The turning point came when Archie started school and needed more help with his homework and reading practice which made Kelly realise that she wanted a job where she could spend more time with her family. So when the chance came to leave the corporate world behind and bring Water Babies to South Kent she jumped at it!

Baby swimming lessons are a good form of gentle exercise for parents and babies whilst also being great for enhancing parent/carer and baby bonding and generally having fun together. "Our aim is to create a really fun, sociable and energetic atmosphere," explains Kelly. "Plus it's a great way for parents to meet other mums and dads who live in the local area." Despite the emphasis on fun, the course does have a very serious safety point to it. "Tragically, drowning is the third highest cause of accidental death among children in the UK," says Kelly. "In most cases it's the shock of sudden submersion that causes children to panic. We

➤ *Cont from previous page* -Breath, the one that attached him to the fairy kingdom. He must venture forth into the human world and teach them about the fairy kingdom. His wings grow invisibility fluid. His breath becomes the breath of words, human words. His fire heart grows most of all. He prepares to leave. His fairy tears drip onto cave floor for all that he shall miss and leave behind. A new purple seaweed begins to grow in his place.

A naked woman stands at the entrance of the fire cave. She crouches beneath a large pillar of stone and does not see the fair kingdom around her. She remembers the birth giving moment; crouching by a sun-parched tree, painless as if pushing a peanut through flour cake. She does not know why but she sits crouching wanting it all back again, her baby birth, the pulsating of another heart, baby's warmth and love next to her.

He crawls towards her just as a human baby does. He has forgotten his wings now, though they are there upon his back. He crawls like an angel across the hard stone cave floor and sits beneath the wailing woman who waits for a new birth. She pushes and pants and groans as she relives the moment of her first birth. This new labour has produced a child. He scampers before her in love and she awakens. Blue-Moon-Baby sits before her. He shows her his harp, his heart and most of all his love. She awakens and cries when she sees his face and body as if by some miraculous awakening.

Blue-Moon-Baby appears. Out of the corner of her naked eye human woman sees the winking of an eyelid from another eye. It is the mischievous eye of a fairy queen. The woman grabs her baby in disbelief and through her tears envelops him close to her breast which feeds him immediately. Reunited in peace they hold each other, one suckling, the other feeding until the exchange has been formed for eternity. Nothing matters. All that was lost is found once more. Baby-mother love, heart warm fire. Breath of last human heart found in angel-fairy kingdom.

Jo Moon is a writer and storyteller, available for storytelling workshops and performances in the UK for children and adults. Jo makes up all her stories by tuning into a group of angelic beings. Jo's writing and storytelling aim to bring a greater level of compassion and healing into the world and for humanity.

- **Email:** jomoonstories@yahoo.co.uk
- **Website:** www.jomoonstories.com and www.jomoonvisions.com

Email: 20 June 2012

Daybreak:

From: Daybreak@itv.com

Dear Josie

Thank you for your email about this morning's reference to the summer solstice and the longest day of the year.

We have checked with our weather department who tell us that the solstice and longest day of the year do not fall at exact times and can occur anytime between June 20 and June 21 but this year the solstice is at 23.09 on 20 June whereas last year it was at 17.16 on 21 June.

The date shift this year is because it is a leap year with an extra day inserted in the calendar.

We have attached a link to The Longest Day website which will give you a little more detail:

<http://www.thelongestday.com/>

We appreciate your interest in our programme and are always happy to help with enquiries.

Kind regards.

Helen

Duty Officer, Daybreak Duty Office

Tel: 0844 88 14150 (option 0)

E-mail: daybreak@itv.com Web: <http://www.itv.com/daybreak>

WELCOME TO THE THELONGESTDAY.COM WEBSITE

When is the longest (and shortest) day?

In the Northern Hemisphere it is the Summer Solstice which occurs around 21st June each year.

In the Southern Hemisphere the Summer Solstice occurs around

 *Cont from previous page...* December 21st each year.

When is Longest/Shortest Day in 2011?

- VERNAL EQUINOX (SPRING) MARCH 20 2011 23:21 GMT
- SUMMER SOLSTICE (SUMMER) JUNE 21 2011 17:16 GMT
- AUTUMNAL EQUINOX (FALL) SEPTEMBER 23 2011 09:04 GMT
- WINTER SOLSTICE (WINTER) DECEMBER 22 2011 05:30 GMT

2012

- VERNAL EQUINOX (SPRING) MARCH 20 2012 05:14 GMT
- SUMMER SOLSTICE (SUMMER) JUNE 20 2012 23:09 GMT
- AUTUMNAL EQUINOX (FALL) SEPTEMBER 22 2012 14:49 GMT
- WINTER SOLSTICE (WINTER) DECEMBER 21 2012 11:11 GMT

If you look up the website you will see all the dates for further years 2013 to 2020—I have not checked again, so they may or may not have added more. I became curious this year about the change hence enquiring...

WEBSITES OF INTEREST

Listen to Radio Wildfire at www.radiowildfire.com where The Loop plays 24 hours a day.

www.andeanmedicalmission.co.uk—**Pieter Gouws**, one of the Conquest's consultant ophthalmologists, worked with the above medical mission which is a new charity set up by **David Goldsmith** with advice from various ophthalmologists including **Mr. Gouws** the **Hastings Observer** published online 18th July 2012 plus in the newspaper of that week. I was very interested in this, as Mr. Gouws recently operated by laser on both my eyes to reduce high pressure...a success to date.

On looking at the website myself this charity it states has Medical expertise to the people of the Bolivian Andes and Amazon.

It is a not for profit organization set up to help organize and manage ophthalmic medical missions. The article is very interesting and worth a read. After contacting Mr. Gouws myself, He thanked me for my interest and kind words...he stated 'I really appreciate all the support!'

If any of my readers would like to donate please email Mr. Gouws at Pieter@andeanmedicalmission.co.uk—Please state where you found this info..For more information about the charity he worked with In June this year.log onto—

www.andeanmedicalmission.co.uk