

**NNAB**

**THE NORFOLK AND NORWICH  
ASSOCIATION FOR THE BLIND**



**205th ANNUAL REPORT  
2010-2011**



**The Young  
Eyes  
Christmas  
Party  
11 Dec 2010**



# The Aims of the NNAB

## The Aims of the NNAB

The Norfolk and Norwich Association for the Blind (NNAB) was founded in 1805 and is the fifth oldest voluntary blind society in England.

The Charity's aims are to provide:

- accommodation and care
- community visiting services
- educational and recreational facilities

for all blind and partially sighted people in Norfolk and Norwich.

The Norfolk and Norwich Association for the Blind offers various services including:

## Thomas Tawell House

A purpose-built residential home in Norwich, recognized by Social Services as a specialist provider, with en-suite accommodation for 37 blind and partially sighted residents.

## Hammond Court

A complex of 20 sheltered/supported flats in Norwich, looked after by full-time wardens.

## Equipment Centres

Providing information, advice, support and help with a wide range of daily living aids available to see and purchase:

Norwich - open daily and Saturday mornings

King's Lynn - open five mornings weekly

Great Yarmouth - open four mornings weekly

Cromer - open Tuesday mornings

Diss - open Friday mornings

Breckland - open second and fourth Monday mornings of each month in Watton

Mobile Equipment Centre - taking our service out to individuals and groups throughout the county.

## Community Workers

An eleven-strong team who visit, advise and support people where they live in Norfolk.

## Hospital Eye Clinic Information Service

Trained Volunteers and Staff in Norfolk hospitals who give information of a non-medical nature about services available to visually impaired people.

## Volunteers

Over 300 Volunteers providing essential support for all our activities.

## Educational and Recreational Facilities

An extensive range of classes such as Braille, Moon, Extend, Craft, Computer, Painting and Art Appreciation, as well as Book Clubs, Discussion and Singing Groups.

Outdoor activities such as Sailing, Tandem Cycling, Walking, Swimming, Bowling, Golf and Horse Riding.

## Charity Shops

136 and 138/140 Magdalen Street, Norwich

Open Monday-Saturday 10am-4pm



*Great Yarmouth Craft*

# The NNAB – Patron and Presidents

## Patron

Her Most Gracious Majesty Queen Elizabeth II

## President

The Right Reverend The Lord Bishop of Norwich

## Vice-Presidents

The Lord Lieutenant of Norfolk

The Sheriff of Norwich

The High Sheriff of Norfolk

The Mayor of King's Lynn and West Norfolk

The Lord Mayor of Norwich

The Mayor of Great Yarmouth

The Venerable M Handley MA

P Scarfe FCA

Trustee of Real Estate

The Official Custodian for Charities

Trustee of Investments

Barratt & Cooke Trustees Limited

Auditors

M + A Partners

Bankers

Barclays Bank PLC

Solicitors

Greenland Houchen Pomeroy

Hon Consultant Ophthalmologist

N Astbury FRCS FRCOphth FRCP

Hon Physician

Dr S Pinto MB BS DCH DRCOG MRCGP

## Board of Management

Chairman

Mrs S Knights

Vice-Chairman

G G Mitchell DArch (Kingston)

Treasurer

D C Acloque FCA (retired January 2011)

A Orves ACCA ACA BSc (Hons) (wef January 2011)

Mrs S Adler

C H Cator

M Blythe

Mrs P Crawford

P Bowerbank <sup>(1)</sup>

Canon G Drake <sup>(2)</sup>

Mrs J Brighton

R E T Gurney DL JP

C Burland

Mrs J Murphy <sup>(1)</sup>

A L Bushell PhD C Eng

K W Oelrichs LLB

R Cannell FRICS

R West MBCS CITP

## Chaplain

The Reverend H Wright

## Director

P J S Child MBE BSc

## Deputy Director

Mrs J D Lythgoe

<sup>(1)</sup> Appointee of Norfolk County Council

<sup>(2)</sup> Appointee of the Lord Bishop of Norwich

# A Message from our President

It is unusual for the President to write for the Annual Report but this is an unusual year. It will be the last year in which John Child, our Director, will be responsible for this Annual Report since he retires next May.

Many of us find it hard to imagine the NNAB without John Child. His vision, energy and imagination have inspired us all to make this charity an outstanding one for the blind and partially sighted in our area. As soon as one project was completed another was on the way. It all culminated with the visit of Her Majesty the Queen to the Bradbury Activity Centre last year and with John being awarded the MBE. If the premises in Norwich have been transformed, then NNAB's outreach in Norfolk has been transformed as well. This is a charity which genuinely meets people at their point of need. It is definitely the Norfolk and Norwich Association for the Blind.

Some years ago a bishop was retiring from his diocese. In one of the farewell speeches someone said "You have done a lot for this diocese, bishop, and left a lot for your successor to do". At the time it was not thought to be the best of compliments. But it is really the best compliment of all. What has been so brilliant about John's work for us is the way in which he has animated volunteers, trustees, staff and everyone involved with NNAB. This has been no one man show. He has enabled things to happen by trusting those around him and helping all of us look positively to the future.



That is the measure of a fine Director. There will be lots of opportunities to say farewell to John next year, but this Annual Review should not pass without recognising now just how much he has done for us over the past nineteen years. We are immensely grateful.

+ Graham Norvic :

The Rt Revd Graham James  
Lord Bishop of Norwich

*Graham James*

# Chairman's Report

In these difficult and uncertain financial times I am pleased to report that the NNAB continues to thrive providing what are essential and vital services to blind and partially sighted people throughout the County. With the scaling back of the Norfolk County Council Sensory Support Unit we are going to be needed even more.

I really believe that the fact we are not dependent upon the state for our funding means that we have the ability to offer that extra something quickly to help people and we are not reliant on contracts which, as we all know, have been cut.

When I and my fellow Trustees go out and about in the community we are truly amazed at the range and breadth of the services provided by the NNAB. We are convinced that these must continue in the same helpful, cheerful, understanding and responsive way.

We are very proud of our Director, Mr John Child, who has been recognized by Her Majesty The Queen for all his achievements for The Norfolk and Norwich Association for the Blind, and has been awarded the MBE. All of you who know him do not have to be reminded that he is a remarkable man and the Association has grown and flourished under his guidance. The services, care and provision could not have been seen as possible when he took over the leadership here 19 years ago. Thank you John.

*Sue Knights*



*John and Helen Child at Buckingham Palace*

# Treasurer's Report

I would like to start by saying a big thank you to David Acloque who retired as Treasurer during the year after 18 years in the position. He will be a hard act to follow.

Our deficit for the year stands at £120,000 compared to £105,000 in the previous year. This excludes specific donations and is before taking account of movements in the valuation of investments. This increased deficit is not unexpected given the continued economic gloom nationally and very slow move towards recovery with the economy as a whole. Our income this year includes legacies totalling £533,000, and we are as ever extremely grateful for this continuing generosity, without which we would be unable to provide the activities we do in the community for the visually impaired. We had some additions and disposals within our investment portfolio during the year and the overall level of investments increased by £138,000 from the previous year.



The occupancy of our residential home, Thomas Tawell House, fell slightly during the year. However the costs and efficiency of the home are closely monitored by the finance team, Director and Board of Trustees in order to maintain the high standards within the home.

Despite the continued economic uncertainty, we move forward as an organisation with confidence in the services we provide for the blind and partially sighted people of Norfolk. We have a fantastic team of volunteers and a wonderful team of staff who work so hard for the Association.

*Andrew Orves*

## Cost of Community Activities for the year ended 31 March 2011

Community Services, Eye Clinics and Volunteers	339,493
RNIB Talking Books Subscriptions (paid for by Norfolk County Council)	16,959
Norwich Equipment and Information Centre	94,220
West Norfolk Equipment and Information Centre	33,103
Great Yarmouth Equipment and Information Centre	20,893
North Norfolk Equipment and Information Centre	792
South Norfolk Equipment and Information Centre	1,089
Breckland Equipment and Information Centre	579
Mobile Equipment and Information Centre	23,974
Other Costs (inc Grants)	39,686
Bradbury Activity Centre	86,014
<b>TOTAL</b>	<b>£656,802</b>

# Accounts for 2010-2011

Extracts from the audited accounts - Financial Activities for the year ended 31 March 2011

	2011 (£)	2010 (£)
<b>Income From</b>		
Voluntary Income : Donations, Legacies and similar Sources	810,272	871,157
Activities for Generating Funds : Fundraising & Trading	75,036	72,497
Investment Income	107,843	125,341
Charitable Activities	986,496	1,063,186
Other Income	0	0
<b>TOTAL INCOME</b>	<b>1,979,647</b>	<b>2,132,181</b>
<b>Resources Expended</b>		
Generating Voluntary Income	81,800	97,601
Fundraising & Trading Costs	32,521	31,847
Charitable Activities	1,850,705	1,721,535
Governance Costs	10,961	10,282
<b>TOTAL EXPENDITURE</b>	<b>1,975,987</b>	<b>1,861,265</b>
<b>Net Resources before Investment Asset Movements</b>		
Disposal of Investment Assets	3,660	270,916
Revaluation of Investment Assets	8,045	78,653
	114,029	527,613
<b>NET MOVEMENT IN FUNDS FOR YEAR</b>	<b>125,734</b>	<b>877,182</b>

## Trustees' Statement

The Annual Accounts, from which this summary has been extracted, were approved by the Board of Trustees on 20th July 2011, have been audited and will be submitted to the Charity Commissioners. These Summarised Accounts may not contain sufficient information to allow for a full understanding of the financial affairs of the charity. For further information the full accounts, the auditor's report and the Trustees' Annual Report should be consulted. Copies of these can be obtained from Magpie Road, Norwich, NR3 1JH.

## Independent Auditor's Statement to the Trustees of The Norfolk and Norwich Association for the Blind

We have examined the summary financial statement for the year ended 31 March 2011 set out on pages 7 and 8.

### Respective responsibilities of the trustees and the auditor

The trustees are responsible for preparing the summary financial

statement in accordance with applicable United Kingdom Law. Our responsibility is to report to you our opinion on the consistency of the summary financial statement with the full annual financial statements.

We conducted our work in accordance with Bulletin 2008/3 issued by the Auditing Practices Board. Our report on the charity's full financial statements describes the basis of our opinion on those financial statements.

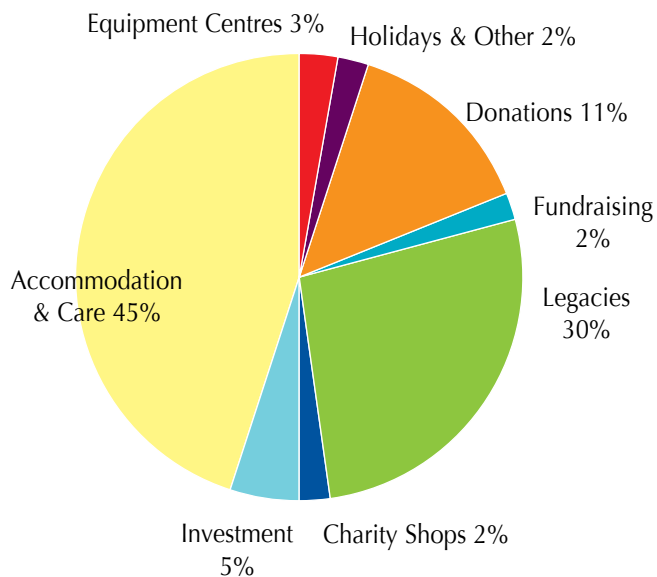
### Opinion

In our opinion the summary financial statement is consistent with the full annual financial statements of The Norfolk and Norwich Association for the Blind for the year ended 31 March 2011.

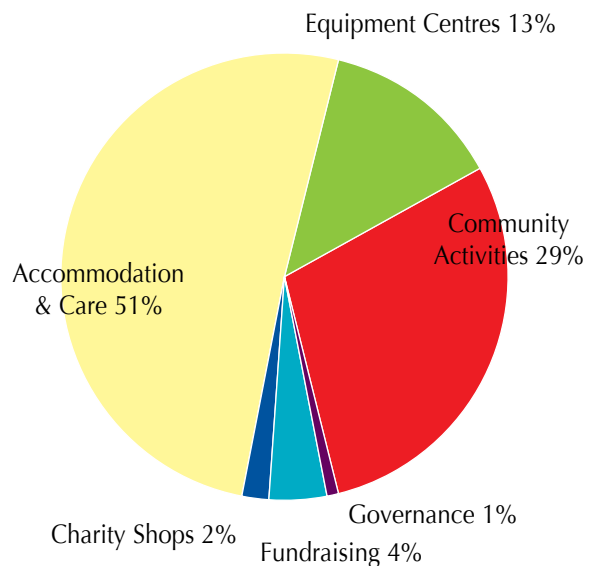
M+A Partners  
Chartered Accountants  
Statutory Auditor

	2011 (£)	2011 (£)	2010 (£)	2010 (£)
<b>Fixed Assets</b>				
Tangible Assets		2,879,049		2,914,687
Investments at Market Value		2,768,526		2,630,263
		<b>5,647,575</b>		<b>5,544,950</b>
<b>Current Assets</b>				
Stocks	28,676		29,581	
Debtors	152,799		167,308	
Cash at Bank and in hand	307,297		196,861	
	<b>488,772</b>		<b>393,750</b>	
Creditors falling due within 1 year	(273,644)		(201,577)	
<b>NET CURRENT ASSETS</b>		<b>215,128</b>		<b>192,173</b>
<b>Total Assets Less Current Liabilities</b>				
Creditors falling due after 1 year		(52,001)		(52,152)
<b>NET ASSETS</b>		<b>5,810,702</b>		<b>5,684,971</b>
<b>Charity Funds</b>				
Endowment Funds		458,266		436,437
Restricted Funds		1,641,631		1,536,045
Unrestricted - General Funds		3,710,805		3,712,489
		<b>5,810,702</b>		<b>5,684,971</b>

## NNAB Income



## NNAB Expenditure



# Director's Report

This is my last Director's report; I have reflected on what has been achieved in a separate article.

The continued evolution and expansion of the use of the Bradbury Activity Centre gives me the greatest pleasure and sense of fulfilment. A great deal of the time it is buzzing with groups, classes, exhibitions, Children's Days and parties, just what it was designed for. I still think back to that wonderful day in May last year when Her Majesty The Queen, accompanied by His Royal Highness The Duke of Edinburgh, opened the new Centre, which was completed on time and under budget.

This vibrancy has been further reinforced by a new, strong fundraising and publicity team which is making sure that the Association is better known throughout the County.

We even had time to expand our Equipment Centres opening a new one in Watton and to re-do our website which was becoming out-dated. By all accounts it has been well received.

As I leave I have one slight concern and that is in the occupancy of Thomas Tawell House. This concern is tempered by the fact that I know the service we provide in Thomas Tawell House is needed now as much as it was when we were founded in 1805. Elderly blind people cannot simply be abandoned.



*Words of encouragement from our President to Jeremy Goss at the start of the 'Back to Bayern' Challenge*

*Dorothy Bowen receiving Award for the Bradbury Activity Centre from Chairman of Visionary - linking local sight loss charities*



All our work is local, carried out by local people who know the area, helping local people. I remain convinced that we, the local Blind Charity, are best able to help; we have our finger on the pulse of Norfolk, understand how Norfolk works and can act quickly to help.

Again and again I reflect on the magnificent support, effort, commitment and dedication of our staff, volunteers and Trustees who make up the NNAB – they are the reason for our success.

*John Child*



# The Community Workers

## From small beginnings....

I was so lucky and proud to have been one of the first community workers back in 1989.

There were four of us to cover all of Norfolk, and our brief was to visit people at home and to see how we could help. I was given a list of forty people and I set off, very unsure of my role but determined to do my best.

I really did wonder what good I was doing delivering needle threaders (which still defeat me to this day!) and having chats. Thankfully we had some excellent training. Not only around visual impairment and the aids and services available but in counselling skills which emphasise the need to listen and to understand the worries people may experience with sight loss. It is about helping to build confidence so people can enjoy a full life despite visual impairment.

On the way I have become a mine of information on almost everything and if I don't know the answer at least I know where to look!

Times change. From four community workers we are now eleven. From forty clients we now average five hundred each. We aim to visit or make contact yearly and we can work with people when they need it and for as long as they need it.

I have seen the inception of the Sensory Support Team and now sadly I see the cuts not only to their service, but to home care and day centres. All of these changes bring new challenges. I believe we are up to it. We take pride in thinking outside the box and seeing things through.

Our work is not just about arranging talking books, assessing lighting or training people to use magnifiers. It is also about widening horizons in all sorts of ways. This year I have helped a lady make contact, after sixty five years, with her friend from the WAAFs who were both stationed at Blickling. I have helped a lady find a long lost relative. I have enabled several isolated people to form a friendship group. Of course all the community workers have their own success stories.

As I near retirement, I would like to thank all the lovely people I have met over the years, both clients and staff. I sincerely trust the Association will continue expanding and being responsive. I may have need of you in the future!

*Gaynor Collier*  
Community Worker



# Appreciations

**David Acloque** retired as Treasurer of the Association in January after 18 years in the post. When David took over, the Association had rudimentary financial procedures; now under his guidance these procedures are robust, tried and tested. We now have a well prepared budget, when none existed before, and well produced monthly management accounts, all of which are thanks to him.

He has been a wonderful mentor, a wise adviser and given great encouragement and been one whose judgment and reassurances have been greatly valued. For me he has made accounts and their figures alive, interesting reading and fun. I sincerely thank him for his significant contribution to and support of the Association.



**Colleen Frost** has retired after 32 years working for the Association. She has had over 60 years experience of working with the disabled of Norfolk. Countless blind and partially sighted people in Thomas Tawell House, Hammond Court and the community have cause to be grateful to her for her dedication, selflessness and enthusiasm which have enriched their lives. We will miss her at the Craft Shows where she has produced impeccable and impressive displays; woe betide anybody who moved anything without her permission! We will also miss her husband, Frank, who has helped and supported her so much.



**Peter Johnson**, our Maintenance Manager, has retired after 24 years. When he started all maintenance was carried out by John Youngs Limited; Peter soon took this over himself and now with his small dedicated team has brought our large premises up to a high standard and what is more has kept them at a high standard which has been a constant task. He has saved us a small fortune.

A lot has happened at the Magpie Road site, in Magdalen Street, in Great Yarmouth and in King's Lynn and we have been very fortunate to have been looked after by someone so skilled and so practical. I have found his judgment sound, his advice "spot on" and his ability to solve problems a wonderful asset. He has been a very loyal and supportive member of the NNAB staff. He can retire with the knowledge of a job well done.



**Thelma Lowe** has retired after 17 years as a North Norfolk Community Worker. Throughout her time she has dedicated herself to looking after the approximate 500 people she served. Nothing was ever too much trouble, she never gave up, she always went that extra mile to help and solve a problem.

She was the ideal person to be a Community Worker, being kind, caring, committed, thoughtful, determined, resourceful and above all a lovely person who came from the local area and knew the community well. The blind and partially sighted people of North Norfolk have much to be thankful to her for.

*John Child*



## Annual General Meeting

### Thursday 14th October 2010

For the first time ever the Annual General Meeting was held in the newly opened Bradbury Activity Centre and was chaired by our President, The Lord Bishop of Norwich.

The normal business of the AGM was concluded swiftly and was followed by a fascinating and riveting account of “Norwich over the Water” – an archaeological history by Brian Ayers, the former County Archaeologist whose daughter was our previous Volunteer Co-ordinator.

It seemed that in no time his talk was over and judging by the questions asked and the interest shown, it could have gone on for hours. Those attending felt exhilarated and uplifted by the talk.



*Early “Norwich over the Water”*

# Reflections 1992 - 2011

As I prepare to “bow out” after 19 years service with the NNAB I thought it would be interesting to detail what the Association has achieved over this time and where it could possibly go.

After 30 years as a professional soldier I joined the NNAB with some trepidation but looking back I realised that it was the best move I had ever made. By taking our services out into the County, by widening the range of activities we provide helping the 20,000 people with poor sight in Norfolk, we have been able to make tremendous strides as well as remaining totally locally based and focused.

This need to embrace the whole County was succinctly brought home to me in September 1992 when I first visited the Hunstanton Blind Club and exhorted them to visit the Equipment Centre in Norwich. One lady put up her hand and said words to the effect “Boy, I have no friend with a car, I am blind, I am aged 90 and anyway Norwich is 45 miles from Hunstanton and wouldn’t it best if the Association brought its services out to people”. She capped the argument by saying she also needed to stop twice to go to the loo on each journey – the case was made!

We now have eleven Community workers, when we had six, making some 7,000 individual visits to people in their homes. We now have seven Equipment Centres, i.e. Norwich, King’s Lynn, Great Yarmouth, Diss, Cromer, Watton and a Mobile when we began with only a Centre in Norwich. These are visited by over 6,000 people each year. The Community Workers and Equipment Centres are the main ways that we are able to encourage and help people continue to lead a fulfilling and independent life.

The NNAB now has a thriving sports programme with walking, sailing, tandem cycling, swimming as standard activities around the County, coupled with golf, bowling, 4x4 driving, climbing walls, horse riding. The list is endless as is the leisure programme involving IT, Braille, Moon, creative writing, poetry, craft, painting classes as well as discussion groups, book clubs, heritage and theatre visits and a gardening group. I feel that we are now both stretching and stimulating the body, both physically and mentally as well as providing people with that social contact which so many do not have.



*Attractive bedroom in Thomas Tawell House*

On the Norwich home front, Thomas Tawell House, our residential home, has been completely refurbished and extended with all rooms en-suite. Our supported flats have been up-dated and we now have a lovely, airy Garden Room. We have opened a Charity Shop in our property in Magdalen Street as well as renovating and letting the two flats above.



*Hammond Court outing - tour of the City*



*Visit by High Sheriff of Norfolk, Mrs Georgina Holloway, to the Bradbury Activity Centre*

All this work has been backed up by 300 magnificent volunteers who are involved in every aspect of the Association including our presence in the Hospital Eye Clinics and our Telefriends. Financially all this adds up to a commitment of £600,000 a year from charitable funds.

The Association, 20 years on, is worth twice as much as it was and is, I hope, financially secure though we have to constantly be on our guard. I am convinced our financial support comes because we help people.

To be a part of the Association's Bicentenary celebrations in 2005 was a wonderful experience with the writing of the History, a Cathedral Service and a party in the Bishop's Garden but even those were eclipsed by the visit of our Patron, Her Majesty The Queen, accompanied by His Royal Highness the Duke of Edinburgh, on the 4th May 2010 to open the new Bradbury Activity Centre. One of the enduring memories of that special day was one of the children, when being asked by Her Majesty what he was doing replied "I am listening to the Bob the Builder" and Her Majesty saying "I have met Bob the Builder". Needless to say he was lost for words!

Throughout all this time we have evolved and have not stood still. The new Bradbury Activity Centre gives us potential to continue to move forward with the possibility of a Low Vision Aid Clinic and closer co-operation with other agencies, more work with children, more exhibitions and Daily Living Skills training. I would love to buy back our remaining workshops and develop the area into really high grade supported housing linked to our residential home. You never know! Have faith.

Nothing we do is rocket science, it is about people and I think that is why we all enjoy our work helping others. I passionately believe we are, and have made, a real difference to people's lives. All this would not have been possible without the outstanding support of all the staff, volunteers and Trustees and our President, The Lord Bishop of Norwich. I thank them all most sincerely.



# Equipment and Information Centres

## We are Premier League!

Just like our famous neighbours, the Canaries of Norwich City Football Club, we feel that this year the Equipment Centres have been 'on song' and have moved up a league! Our team of staff, volunteers, suppliers and supporters, all first team players, have worked together and have pushed forwards throughout the County. There is only one aim in our game and that is to reach all who need our help, providing good, sound advice delivered as efficiently and sensitively as we can. It is also vital that we are able to meet the inevitable challenges that will occur as many other services are experiencing cutbacks.

Always looking for new opportunities to improve, we decided early in 2011 that the way forward for our smaller centres was to explore operating them from within existing community/learning establishments. We were therefore delighted to be offered the opportunity, supported by funding from Breckland Partnership, to set up a new centre in Wayland House in the centre of Watton to cover the Breckland area. We have also moved our North Norfolk centre into Merchants' Place Community Resource and Learning Centre in Cromer. Both these venues cater for other community based groups and they have made us very welcome. Exhibitions have been held in both venues with good results and a Carers' Day held at the Cromer centre was very successful. We feel that this joint working is definitely the way forward.



*Jeanette Brighton at Cromer residential/learning holiday*

Our third Cromer residential/learning holiday was held last year with 13 vision-impaired guests enjoying two days of learning and socialising together.

An NNAB telefriend enthralled the group with an inspirational and humorous talk about getting to know her new Guide Dog Billie and her meeting with Her Majesty The Queen.



*Chris Maule-Oatway with Trekker Breeze Sat Nav*

All six equipment centres and the mobile centre have been busy this past year, in 2010 there were a total of 6361 visitors, in 2002 the number was 3857, this shows that the need for our services continues to increase, year on year. We feel that it is vital for us to bring the very latest developments to the attention of vision-impaired people in Norfolk and to offer them the chance to make informed choices. Throughout the year all our centres have been venues for suppliers to show the latest equipment available and we are always grateful for their support to us. A memorable exhibition was held recently when a Talking Sat Nav system for the vision-impaired was demonstrated, it attracted media interest and a television appearance by one of our team using his Sat Nav system on a busy street was a highlight.



*New Cromer Equipment and Information Centre*

In September 2010, NNAB together with Children's Education Sensory Support Service, hosted an Exhibition with all the main UK and International suppliers. On show were all the latest developments in technology to support learning, daily living and independence skills for vision-impaired children and young people. The day was a great success with over 100 visitors and will be repeated this September with up to 20 exhibitors booked to attend.

A highlight of our provision remains our Low Vision Advice Service. Working within protocols and guidelines, we offer advice on magnification, lighting and reading strategies. We have set up a dedicated well-equipped room and the service we offer is well used and much appreciated. This year we have also received training to be able to help people with central vision loss to develop different reading techniques using steady eye strategy.

As with the Canaries there will always be movements in and out of the squad and this year an internal transfer was negotiated for one of our valued team to join the Community Workers! However she stills plays a vital role for us at the Cromer centre, helping to deliver a seamless service.

Just like the Canaries we do not give up, we play till the last whistle, when we fall down we get back up, we enjoy celebrating success and we are grateful for the backing we receive from our Trustees.

So well done to the Norfolk teams of the NNAB Equipment Centres and the Canaries - long may we both be Premier League!

*Dorothy Bowen*

Equipment Centres Manager



*Education Exhibition*



*John Morland giving LVA advice*

# The Mobile Equipment Centre and the Roving Eye Service

The centre welcomed 716 visitors last year when we were able to use it to take new technology out to show people who cannot visit our main centres. For example, a mobile phone that can work as a scanner/reader, the new talking sat nav system and an electronic book that enables a vision-impaired person to enlarge print and therefore continue to read novels.

The eye catching livery of the mobile centre also ensures that NNAB and its services remain a visible presence around the highways and byways of Norfolk, including two valuable days at The Royal Norfolk Show.

This year our Roving Eye Service, which operates during the winter months when the Mobile Centre is off the road, went to twenty three venues, including blind social clubs. Training on the implications of visual impairment was also given to the Norfolk Lowland Search and Rescue Team and groups of third year medical students.

The service also visited local schools and colleges, playing a valuable role in the students' courses, reaching altogether over 2000 students at various Health Fairs and talks within the classrooms.

We really welcome invitations to take part in days and student courses believing that educating our young people to develop an understanding of eye health issues and what it is like to be vision-impaired is vital to enable them to become responsible citizens.

The Roving Eye was welcomed at two small linked primary schools deep in the Norfolk countryside last year. The talk was to groups of very interested children and we were delighted later in the year when they decided to raise money for NNAB. They did this by selling "goodies" made with Harvest Festival foods and the proceeds from their Carol Service. They were delighted to be able to buy two bricks with their school logo for the Bradbury Activity Centre and to contribute towards the X Box for use by our YoungEyes Group. A true case of children helping children.

*Richard Polley*

Mobile Equipment Centre Driver



*Mobile Equipment and Information Centre at Swaffham*

# YoungEyes@NNAB

It has been a busy year for our YoungEyes friends with various events held at NNAB. We are now in contact with over 90 families of vision-impaired children aged under 16 years through our quarterly YoungEyes Newsletter and it is our pleasure to welcome them when they visit The Bradbury Activity Centre, for advice, fun, to use The Rainbow Room or just to say hello.



*Enjoying a game of Ludo*

## The Mini Club

We were thrilled recently, to be able to host this club for primary school vision-impaired children. This was organised by Children's Services Sensory Support (Education) and drew together children from schools across Norfolk to meet together, make friends, learn specialist skills and support each other. The nine children, their Teachers and Teaching Assistants used rooms in The Bradbury Centre for activities including cooking, braille, craft work, playing games. All these activities are designed to promote independence and specialist learning in a relaxed and supportive environment.



*All wearing their blindfolds ready for action*

We have also welcomed The Cool Club for girls aged ten to thirteen and we look forward to this being a regular event each term.

## The YoungEyes Christmas Party

certainly went with a swing and our 80 guests really enjoyed themselves. Toni Arthur, of Play School and Play Away in the 1970s, was a great success in The Christmas Story Room and there was a chance to make our own decorations, dance, play games, socialise and decorate our own Christmas Biscuit. Our special guests, The Sheriff of Norwich and The Deputy Lord Mayor of Great Yarmouth, really entered into the celebrations. We danced and played games and the highlight was most certainly a visit from the 'Man in Red' himself arriving on a Tandem Trike accompanied by his Elf!

We are looking forward to our next Fun Event in September, when the The Bradbury Activity Centre will become the place to be for Pirates and their shipmates! Community Music East are kindly providing the music workshops; it should be a great day.



*Having fun in The Rainbow Room*

# ITQ Qualifications for IT Classes at the NNAB 2010 - 2011

The IT classes are into their eleventh year at the NNAB, working in a purpose built IT suite at the Bradbury Activity Centre.

Our teaching knowledge and experience are continually growing and improving and we are pleased to announce many successes during the past year. All 22 students have completed the ITQ Level One award. The course consisted of 3 units - Microsoft Word, E-mail and User Fundamentals.

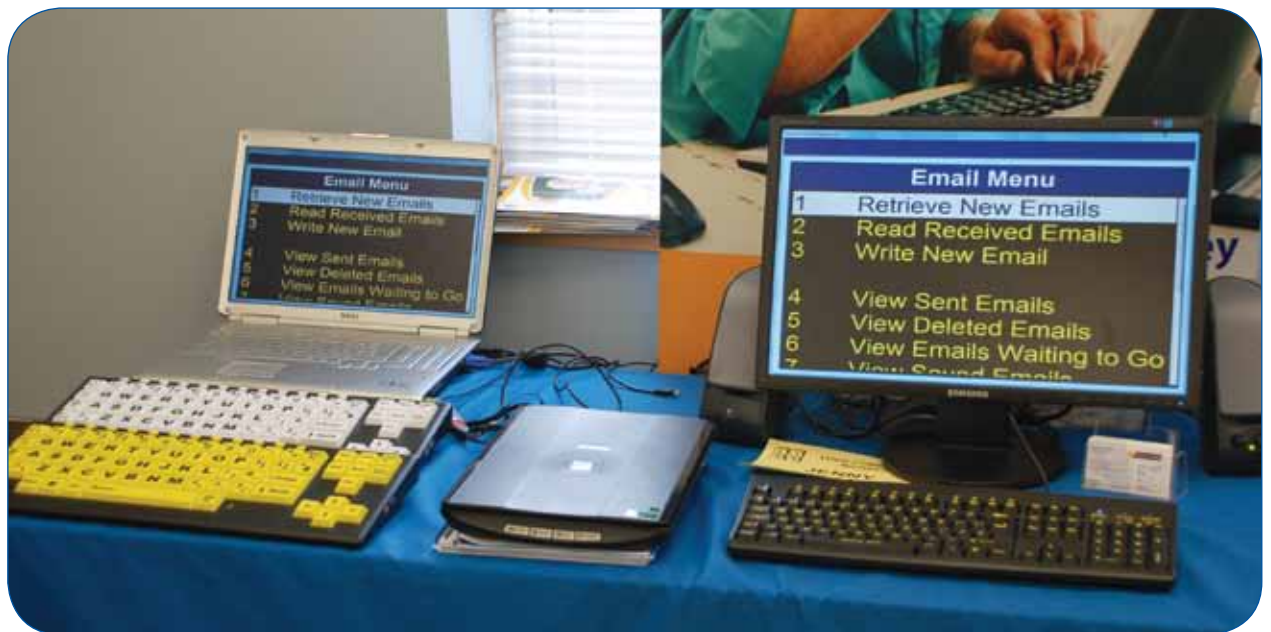
We continue to manage small classes as this enables us to give individual tuition which we feel is very important.

We will continue to offer new classes on a Monday morning in Great Yarmouth which are proving to be beneficial and successful to students who have also undertaken the ITQ award. If we could find the right tutor we would start classes in King's Lynn.

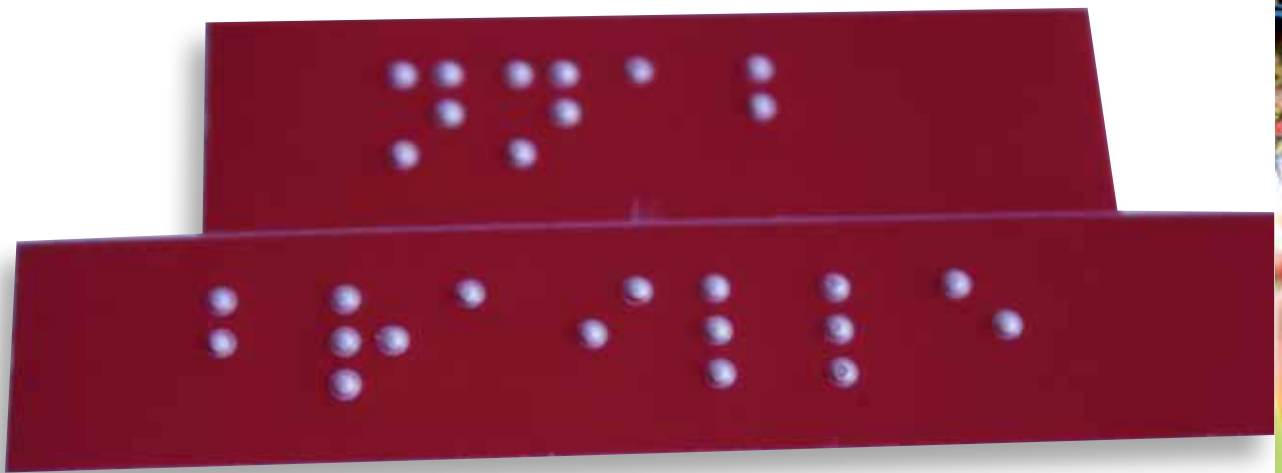
We would like to thank the NNAB for their continuing support and we look forward to another year of more success stories.

*Diane Stewart & Lizet Mullender*

IT Tutors for Adult Education



*Some of the latest IT equipment*



*An example of Braille which reads - NNAB Braille*

## Braille 2009-2010

During this past year our Braille and Moon classes have continued to spread the knowledge of these two tactile systems of reading and writing. One student has been learning Braille music to help her with learning the cello and violin. She has progressed well and has reached the level required by her teachers, so she has now left us.

With Norfolk's visually impaired children attending mainstream schools, we have been asked to provide Braille tuition to a parent and to some of the professionals involved in their education. Therefore a number of sighted people have been along to our classes to set them going with a knowledge of Braille. It is vital that blind and partially sighted children should be given the chance to use Braille in their education and every day life.

Our Braille/Moon classes would not operate without a dedicated team of volunteers, Judy, Steve and Anne. Judy Manning has been running the classes for about eight years, but has now decided to move on. Judy has run the classes very well and efficiently; she has always taken time and care over her teaching, to ensure that the students can use Braille according to their needs. On behalf of the Association I should like to thank Judy for the hard work that she has put in over the last eight years or so. From September Anne Telfer will be running the classes.

*Chris Maule-Datway*

Equipment Centre Adviser

# Volunteer Services

## 'The good work continues'

It has been another busy year in Volunteer Services; we have seen a steady flow of new recruits joining us. As our list of activities grow so does the enthusiasm of our clients and volunteers to try new things.

Without volunteers we would not be able to offer so much to our clients especially in the ever changing world. We are so lucky in this time of change and 'Big Society' to have such a loyal and committed band of helpers. In the two years I have been here there has been a real change of attitude towards volunteering with so many organisations coming forward with their flashy advertising and marketing offering people the 'feel good factor' of volunteering. We have remained steady and true to our belief and continue to attract some of the most dedicated volunteers you can find. I never assume when I first meet people what they would like to do or how they would like to help. I believe the best way is for people to try a little bit of everything and experience a wide range of roles and then they can choose what they would like to do, this has worked in our favour on many occasions as they meet a variety of people who welcome them into the 'family' of the NNAB and once involved their roles evolve naturally.

I would like to take this opportunity to thank all our loyal volunteers for their hard work and commitment. If you have been inspired by the images you have seen in this Annual Report and feel you would like to help out in any way please do not hesitate to contact me.

*Emma Purdy*

Volunteer Services Manager



*Mike Plummer receiving his Volunteer Award from Chairman of Visionary  
(see page 9)*

# Thomas Tawell House

The need for Thomas Tawell House is just as relevant now as it was when Thomas Tawell had the vision to found the Association over 200 years ago. Thomas Tawell's fight to keep its eminent position in the care sector intact continues. We are justifiably proud of the high standards of care we deliver, as well as the expertise of our staff in the daily living of our sensory impaired residents.

Our main task now, in these difficult financial times, is to spread the word that our excellent specialist home, Thomas Tawell House, exists and is ready to help all blind and partially sighted people in Norwich and elsewhere in the County.

To this end we are looking at many possible ways forward including Open Days, radio advertising, a Luncheon Club and a more informative website, all of this on top of the proposed redevelopment of the entrance and large sitting room.

For the existing residents we hope that we will be able to hold many more interesting classes, discussion groups and craft groups in our newly refurbished activities room.

## Hammond Court

Improvements are still being made in Hammond Court and we now have two flats ready for any new tenants wishing to come, although one will be occupied from November. There is still very much a feeling of good community spirit amongst the tenants as they continue to form friendships and support one another over ill health and difficult times.

Social activities continue with BBQs, trips to the seaside and recently a tour of Norwich including stopping off at the pub because, after all, it is thirsty work being driven around Norwich and having to take in all that information about our wonderful city!



*Proposed Development*

As mentioned at the beginning, we are needed now just as much as we were when we were founded in 1805. Those who have done so much for us, the younger generation, deserve to be looked after with the utmost skill, consideration and love.

*Sharon Gaul*

Head of Home



The Garden Room has seen many a party and was recently used by the family of Mr & Mrs Catling who celebrated their Diamond Wedding Anniversary. A dishwasher has been kindly donated so a good excuse for even more parties!

Well done to all the staff who help make Hammond Court a safe and happy place to live.

*Julie Lythgoe*

Deputy Director

# Holidays 2011

This year on our holidays we took a leap forward and branched out of the UK and travelled to the Netherlands for a fantastic holiday to Holland where we visited Keukenhof Gardens, a working cheese and clog factory and Amsterdam city (a few tales could be told about that day!). Even though the journey was long we had a wonderful time and it was well it.



*Keukenhof Gardens*

We had such a lovely time in Bognor Regis last year with the weather and have decided to re-visit again this year. Our other holidays have been our yearly week in Great Yarmouth, which was as always a great success. Again we had lovely weather (we do seem to pick the right weeks!) with trips out on The Broads and to the Theatre for the very popular Variety Show. Great Yarmouth is also where we will have our Christmas Turkey and Tinsel break.

It is not all plain sailing but I can honestly say I wouldn't change a thing. Just to see people's happy faces and to hear their laughter and see new friendships blossom certainly makes it a very fulfilling part of my job.



*Name in Lights at the hotel in Holland*



*Dutch Cheese and Clog Factory*

As always I would like to say a very big thank you to all the helpers on the holidays, for their time, patience, friendliness, jokes and much, much more. This all goes a long way to make the holidays such a happy time. They are Gordon and Jean Benson, June Hacon, Stephen Snelling and Ann Adderley. Also our thanks go to all the volunteer drivers who give up their own precious time to collect the holidaymakers at various times of the day or night! You always are there for us with such a willingness to help – thank you very much indeed to you all.

*Donna Hewitt*



*Big Feet!*

# Thirty Two Wonderful Years with NNAB

My work with craft started when I was employed by Norfolk County Council Social Services Department. I was made responsible for day centres around Aylsham where people with various disabilities attended, including vision problems. Kate Pentney, who now resides at Hammond Court, was with me at the Aylsham Centre and is still an active class member at The Bradbury Activity Centre. There was also a small group of the men suffering from maltreatment in the Far East P.O.W. Camps working on the dreaded railway but in spite of this they were very jovial and loyal. Sadly they are no longer with us. In addition there were several residential homes to be visited and domiciliary visits to be made.

Apart from the usual handicraft, I attended woodwork, woodturning and brazing and welding courses to make things more interesting for men who became enthusiastic and made some very interesting items made from off-cuts donated by local boatyards. At the time I had a spaniel who travelled with me and was a great pleasure to all my people.

It was when residential establishments were required to provide some occupational therapy that I was invited by Mr Bob Grimsay, who was then Superintendent, to join his staff at Thomas Tawell House. Thankfully I did so and it has been a great joy and a wonderful experience.

The highlights each year have been the exhibitions staged at the county shows – Royal Norfolk, Holkham, Aylsham, Worstead and best of all the Sandringham Flower Show where we met members of the Royal Family with their celebrity guests. One year we presented The Queen Mother with a piece

of cross stitch work. Normally gifts were handed to a Lady in Waiting and placed in another buggy but Her Majesty said “no, I will personally keep that and hang it in Clarence House”.

I cannot say how much I have enjoyed my time at NNAB meeting some very impressive characters and helping them to improve their handicraft skills. These included basketry, chair seating, knitting, crochet, macramé and leather work, in fact almost anything that could be done by hand with available materials. We have had many grateful customers who have had treasured items restored after being considered irreparable. It has been a great pleasure working with the kind and helpful staff. Thank you.

*Colleen Frost*



*Colleen Frost meeting HRH The Prince of Wales at the Sandringham Flower Show*

# Pleasure and Leisure at the NNAB

The number of leisure activities we offer now extends to some 20 groups and over the last year we've been working hard to increase their frequency and range throughout Norfolk. Now into their fifth year I firmly believe the leisure groups are becoming more established in the core services offered by the Association. The groups make a huge difference to the enjoyment and quality of life for visually impaired people and help with mental and social stimulation.

Many of the leisure groups meet in the Bradbury Activity Centre, with a variety of activities such as Creative Writing, a Discussion Group, Music and a variety of Arts activities. The Arts@Bradbury have an open studio on a Friday morning and a recent basketry joint project with the Sainsbury Centre for the Visual Arts has proved successful with the group's work now on display in the Bradbury Activity Centre Atrium.

Our newly re-launched Living Pictures Group have explored several of the Living Paintings packs, which are tactile and come with audio guides making it possible for art to be appreciated by visually impaired art lovers.

This year has seen our first audio described play at the Theatre Royal, "A Comedy of Errors". Further musical shows including "The Sound of Music", "The Madness of George III" and "Top Hat" are all planned.

As always we rely heavily on the volunteers and their support and help is much appreciated; many of the groups are now volunteer led with support from Simon and me only where needed. All the leisure groups are now advertised on the revamped NNAB website, this makes sure information is accessible and reaches more visually impaired people and their carers, friends and family members.

Looking ahead we have plans to increase the frequency and type of audio described shows at the Theatre Royal and work more closely with the Theatre Education Department. We would also like to develop the popular Heritage Group and its programme of special visits throughout Norfolk.

*Mark Smith*

Leisure and Befriending Volunteer Coordinator



*Basketry Project*



*Gwendoline, Iris and Margaret*



*Tactile Tour of The Sainsbury Centre*



*Visit to Gressenhall Farm and Workhouse*

## Pleasure and Leisure at the NNAB



*Tactile Tour of The Sainsbury Centre*



*Craft Class in The Bradbury Activity Centre*



*Visit to Time and Tide Museum, Great Yarmouth*



*Tactile Tour of The Sainsbury Centre*

# Sports Activities



*Horse riding with RDA*

It has been another enjoyable year for people participating in the sports activities at the NNAB. We are continually seeking new, interesting activities and ways that we can push the boundaries and challenge the perceptions of what can be achieved. How about 4x4 off road driving? The initial reaction from many people would be “impossible!” However our reaction was “how soon can we get started?” In conjunction with “Explore 4x4” we have enabled blind and partially sighted clients to be in full control driving Land Rovers, even those who have never

driven before. One of the participants, Kate Pentney, described it as “the thrill of a lifetime”, it was the first time she had been behind the wheel of a vehicle and “it was brilliant!”

The first horse riding sessions have taken place this year at a local RDA riding school. The enjoyment that both the clients and the riding school have encountered means that this is an activity we are actively seeking to introduce in other parts of the County.



*Kate Pentney 4x4 Driving*



*Sailing on Barton Broad*

All the regular activities such as walks, swimming, sailing, tandem cycling, tenpin bowling and golf continue to take place. Whilst endeavouring to encourage people to be more active, the social benefit that clients derive from taking part in these groups never ceases to amaze me. If you have thought about giving an activity a try now is the time to take the next step. Along with my invaluable team of fantastic volunteers I look forward to welcoming you 'on board'.

*Rebecca Shubrook*

Sports Co-ordinator



*Tail End Charlie!*



*Walk at Neatishead*

# Publicity

“Everyone’s got a story to tell”, an old news editor of mine used to say. “It’s just a question of finding it”. Well, the NNAB certainly has got a story to tell, and for the past 12 months, it’s been my privilege to help the charity tell it.

John Child had the insane idea to take me on one-day-a-week to write press releases and handle press inquiries for the NNAB in the hope of raising our profile in the wider Norfolk community, and therefore our fundraising opportunities.

To date, I think we’re all pleased with how well it’s going with stories about the NNAB regularly appearing in the EDP, Evening News and the county’s weekly papers, as well as radio and even regional TV.

Of course, some of it has been relatively easy because I’ve been working closely with ex-Canary Jeremy Goss, who’s still got a huge profile in Norfolk, which means most of what he’s been up to is newsworthy. His “Back to Bayern” cycle ride has been particularly agenda-setting and the two of us have had great fun every week dreaming up ideas for his weekly countdown column in the EDP. But I’ve seen my role as being wider than simply being Gossy’s version of Max Clifford. Some of the most rewarding work has been promoting and publicising the wider work of the NNAB and its marvellous staff, volunteers and clients.

Whether it’s on a campaigning level after the withdrawal of early morning free bus passes for blind people, or the small, human stories about achievement and endeavour, it’s been a delight to meet some truly dedicated people and help tell their tales.

So we’ve been able to get newspaper coverage for the little eight-year-old who raised £30 by selling cakes he had made to raise money for an X-Box for the Activity Centre; radio interviews for leisure co-ordinator Mark Smith and his Gardeneyes Club; glossy magazine coverage for April’s Gala Ball.



I’ve also been responsible for posting these stories in the news section of our new-look website, and by and large it’s been really positive to freshen it up every week with new material.

But as any journalist will tell you, you’re only as good as your contacts, so I’m keen for everyone involved with the NNAB to let me know if they think they have something newsworthy – particularly in other parts of the county so things don’t become too Norwich-centric.

As well as being generally good for the NNAB, I think publicity is a helpful way for the wider Norfolk public to understand that blindness or visual impairment does not mean the end of the world, and it’s also a rewarding way for the subjects of the stories to receive a little recognition. I think that’s what wily John Child had in mind when he took a punt on using my services. Maybe that’s what he got the MBE for!

## Paul Durrant

PR



*Jeremy Goss’s route and on to Milan*

# Event Fundraising

Since joining the NNAB I have been amazed and humbled by everybody's desire and determination in making a difference to people's lives in Norfolk. The commitment and passion that I have seen from the Trustees, staff and volunteers is simply 'outstanding' and I feel very lucky to be playing my part in such an exceptional local charity. The relatively new Fundraising Team has been in operation now for some nine months and has made excellent progress in reaching the department's objectives of raising both profile and funds for the NNAB.

Many exciting events have taken place this year (see inside back cover) details of which can be found within the fundraising section on our new website [www.nnab.org.uk](http://www.nnab.org.uk)

In the last few months we have also been promoting the NNAB by exhibiting in many different local venues such as the Forum, the Castle Mall and the Chamber of Commerce B2B exhibition at Carrow Road.

This type of promotion, as well as flag days and street collections, has been crucial in making people aware of what help and service the NNAB provide as well as giving us the opportunity to forge closer links with the general public. On top of this we have organised and staged many successful fundraising events through which we have raised valuable funds for the charity. The Gala Ball in April and the Golf Day in June were the highlights with both events full of so many positive outcomes regarding money raised and awareness created for the NNAB.

Creating closer working relationships with individuals and local businesses is key to the future success of our fundraising department and I'm delighted to report that businesses such as Smith & Pinching, NatWest Commercial Banking, Fosters Solicitors, Bayer Crop Science and many others have made outstanding contributions to the charity via event sponsorship.

The NNAB Fundraising Department is working well and will continue to make a positive difference. Well done and thank you to everyone who has helped raise money over the last year, your commitment is very much appreciated. After the 'Back to Bayern' Bike Ride in August I look forward to organising more events including a Fashion Show in October.

Finally, a major ingredient required when building on the solid foundations that are now in place is our approach to others. Naturally, we will all be enthusiastic and passionate but more importantly we will continue to display a courteous and respectful manner that reflects our special charity.

## **Mills & Reeve Nominate the NNAB as their Chosen Charity of the Year**

This is great news and will bring many benefits to the Association over the coming months. Mills and Reeve are one of the top 50 UK law firms providing comprehensive legal advice to businesses and individuals and they take very seriously their corporate and social responsibility which includes supporting local charities. I'm delighted that through maximising networking opportunities, we have beaten off many other charities and secured this valuable position. Already an event called 'Devil's Diner' has raised £2,100.

*Jeremy Goss*

Events Fundraiser



*"Devil's Diner" Photo courtesy of The Eastern Daily Press*

# Community Fundraising

Well, I am now eight months into my new role as the NNAB Community Fundraiser and not only has it been a massive learning curve for me, but a very welcome change.

In the past, before having a family, I worked for large corporate businesses, so coming to work for a charity was a breath of fresh air. Getting to meet the regular NNAB Volunteers, who actually give up their time for free, with no expectations or wants, and who just enjoy volunteering because it helps others, has been an absolute pleasure.

My first job for the NNAB was to sell the Annual Raffle Tickets and bring in some fantastic prizes. I managed to sell nearly 3,000 tickets, which wasn't bad considering we were no longer able to sell tickets through the Magpie News, (as they were not classed as 'Articles for the Blind' which entitles us to free post). We were privileged to have Ian Butterworth attend the Draw on the 1st April and everybody seemed delighted with their prizes.

I would like to take this opportunity to thank a few people for helping me in my first few months.

Diana Bates, Shirley Hunt and Alison Womack managed to keep the Fundraising Department going for the six months when there was no Fundraiser in place. They worked as a team booking in flag days, street collections, counting the coins and thanking those who had donated. So when I arrived in November, there wasn't a huge backlog of work and they patiently explained the different areas of fundraising. They outlined how important flag days and street collections were and I will always be grateful for their input and understanding in my first few weeks.

Now, I fully appreciate how crucial my role is, not only by bringing in the 'bread and butter' but for public awareness. It's not just about sending our volunteers out with a collecting tin and NNAB sash on, there is so much more involved and I am very excited to be part of it. Reg Cotton, Stephen Turner and Norah Gannon (who are all living in Hammond Court) between themselves have raised over £70,000 for the Association, just by standing outside shops and on the streets. Without them and the likes of Dick Tayler, Barbara Lockwood, Eric Saunders and many others, it would simply not be possible. Thank you all the volunteers who have helped the NNAB and me in my new position as Community Fundraiser.

*Donna Minto*

Fundraiser



*Norah, Stephen and Reg*

*Dick and Norah*

*Annual Draw*



# Charity Shops

The recession is hitting us all hard and the Charity Shop is no exception. Donations are low and the quality of goods we receive is not as high as people prefer to sell their unwanted goods to make a little extra for themselves.

Magdalen Street is very quiet at times so this affects our takings. Being at the higher end of the street rather than in the centre, where all the other shops are, means that fewer people come through our doors.

However, we remain positive and continue to make the shop interesting with the goods we do have and try to entice people in!

The furniture shop is popular with some very good quality goods coming in occasionally. Some items fly out the door having just been put out which gives the staff the boost that they need. However, to ensure this shop is always kept open we desperately need volunteers who are committed to giving their time, if only one half day a week.

Our Manager, Jo, is on maternity leave and we wish her all the very best with her new arrival.

Thank you to Nikki, Martina and the volunteers who work hard to keep the shop going in these difficult times.

*Julie Lythgoe* Deputy Director



## Administration/Maintenance Staff

Yet another year has flown by and I would like to start by paying tribute to Peter Johnson who has retired after 24 years. His work has been impeccable and he saved the Association thousands of pounds by doing the work himself. His last main challenge was to convert a flat over the Charity Shop in Magdalen Street in dire need of repair. Having started it, he wished he hadn't! Being old (the building not him) every time he attempted to make improvements, more work followed as the building began to crumble. However, he persevered and we have an excellent flat that has now been let.

We welcome Gary Crisp, who has replaced Peter and who leads a team a team of two, Adrian and Paul. Gary has quickly learned that the Association [is a big site and that maintenance is never ending! A co-ordinated decorating programme using colour from the Bradbury Activity Centre has begun and Paul is spending much of his time painting whilst the others keep the rest of the estate maintained. With requests flying here there and everywhere, the team take it in their stride and go about their work smiling, and in Adrian's case, singing to his heart's content! Well done everyone – a great bunch to work with.

*Julie Lythgoe* Deputy Director

# Thank You Letters

## GENERAL

“Thank you for being there when needed.”

“May I pass on to you our family’s huge debt of gratitude we owe to you, the NNAB at Magpie Road. Help was always at hand when needed most, whether it be with equipment or your kind and friendly advice.”

“I would like to thank you very much for all the help my mother has had in the past and I will certainly feel free to call on you if I think you could help in any way.”

## COMMUNITY WORKERS

“The eagle has landed and laid a golden egg! My allowance came through this morning and I am still shaking. Now can I turn hand springs around the room or do back flips?! Thank you – you are a lovely young lady.”

“Thank you for visiting this week and for your great assistance and patience!”

## THOMAS TAWELL HOUSE

“A special “thank you” for the kindness you have shown and the loving care you have given .... especially over the past few weeks. Each and everyone of you have gone far and beyond your normal call of duty and we will always be grateful for that. We will also remember the support you have given us as a family which has been greatly appreciated.”

“I would like to thank you all so much for the care and kindness that you gave my mother. She was very happy in your care and that is due to the dedication and kindness of you all. I will miss your friendly faces.”



*1940s Night at Thomas Tawell House*

“I would like to thank you all for the wonderful care you gave my mum. From the first day mum came to you she was very happy. You have a lovely team of girls.”

### HAMMOND COURT

“I would like to say what a wonderful place this is, so relaxing and peaceful. I thank you all for your understanding and help. On the eve of my life, this flat and all of you gives all of us the happiness we need.”

### EQUIPMENT CENTRES

“Many thanks again for your prompt service.”

“I send you my most grateful thanks for your most wonderful loan of my new “Easy Reader” machine. It means the world to me and makes my life so much better. It was the best Christmas gift I could have had.”

“May I take this opportunity to say a big thank you for all you do for Mum and that she would be lost without you all.”

“Many thanks for your assistance – it is always a pleasure to come to see you.”

“My thanks for the loan of the reading machine – in daily use.”



*Norwich in Bloom “Super Award” Winner again!  
Congratulations David Rowland*



*Visit of Mayor to Gt. Yarmouth Equipment Centre*

# Donations

<b>Rackheath Playing Field Bowls Club</b>	<b>£300.00</b>
<b>Bittern Dxers</b>	<b>£730.00</b>
<b>Mr &amp; Mrs B Frankland</b> Golden Wedding Anniversary	<b>£45.00</b>
<b>Mrs S May</b> Knitting Group	<b>£60.00</b>
<b>Norfolk Constabulary Operations &amp; Communications Centre</b> Event and Raffle	<b>£858.00</b>
<b>Mrs S Knights</b> Pre Christmas Afternoon's Bridge	<b>£385.00</b>
<b>Norwich Assembly Folk</b> Raffle	<b>£60.00</b>
<b>Mrs L Poll</b> 90th Birthday Celebrations	<b>£205.00</b>
<b>HM Revenue &amp; Customs Customer Operations</b> In lieu of Christmas Cards	<b>£77.00</b>
<b>Aylsham Agricultural Show Association</b>	<b>£500.00</b>
<b>St George's Catholic Ladies Guild</b>	<b>£100.00</b>
<b>Diss Flower Club</b>	<b>£100.00</b>
<b>Mrs I Price</b> 90th Birthday Celebrations	<b>£320.00</b>
<b>Rollesby Parochial Church Council</b>	<b>£149.19</b>
<b>Mrs J Ryder</b> Coffee Morning	<b>£70.00</b>
<b>Mr P Hollern</b> Pennine Way Walk Sponsorship	<b>£600.00</b>
<b>Mr K Williams &amp; Mr R Howes</b> Opening of Royal Mail car park on match day + matching by Royal Mail	<b>£520.00</b>
<b>Max and Little Fish Swim School</b> Sponsored Swim	<b>£450.00</b>
<b>Mr M G Wade</b> Raffle	<b>£77.00</b>
<b>Reuben</b> Cake Stall	<b>£30.10</b>
<b>Mr A Whitehead</b> Sale of handmade Easter Cards	<b>£36.40</b>
<b>Mr V Rowe</b> Art Exhibition	<b>£500.00</b>



*Royal Wedding Party knitted by Mrs Elsie Johnson*

<b>Mrs J Rowe</b> 80th Birthday Celebrations	<b>£240.00</b>
<b>St John the Baptist Church, Reedham</b>	<b>£46.00</b>
<b>Mr T Hirst</b> Sponsored Mountain Climb	<b>£1,000.00</b>
<b>Mr &amp; Mrs K Redford</b> Diamond Wedding Anniversary	<b>£155.00</b>
<b>Mrs E Smith</b> 90th Birthday Celebrations	<b>£200.00</b>
<b>St Thomas Church Heigham</b>	<b>£367.00</b>
<b>Mr G Waters</b> Sponsored Christmas Day Swim	<b>£1,084.00</b>
<b>Thurlton &amp; District Horticultural Club</b>	<b>£50.00</b>
<b>Derek Harman, Paul Fossitt, Matt Exton, Matt Gray of Palm Paper Limited</b> Sponsored 10k King's Lynn Run	<b>£590.00</b>

Harvest Produce received from  
**Easton Good Companions**  
**St Matthew's Church, Thorpe Hamlet**  
**St Andrew's Church, Wood Dalling**



*George Waters presenting cheques for £1,084 each to NNAB and St Dunstan's from his Christmas Day Swim*

# Talking Newspapers

There are 11 independent Talking Newspapers covering the County, these are:

**The Beacon** - West Norfolk

Contact: Mr J Cole – 01485 542412

**Chatterbox** - Norwich

Contact: 01603 765365

**Grapevine** - Gt Yarmouth

Contact: Mrs D Clarke - 01493 721133

**Link-up** - Thetford

Contact: Mrs E Kitson - 01953 498609

**The Mardler** - North Norfolk

Contact: Mr P J (Jack) Chapman - 01263 732863

**Talking Times** - Fakenham

Contact: Mr M Boucher – 01328 856906

**Three Rivers** - Bungay and Beccles

Contact: Mrs C East – 07931 543325

**Vision Link** - King's Lynn

Contact: Mr D Gifford - 01553 631579

**Waveney Words** - South Norfolk

Contact: Mr T Freeborn - 01379 608774

**Wisbech & District Talking Newspaper**

Contact: Mrs B Terry - 01945 773808

**Wymondham & Attleborough Talking Newspaper**

Contact: Mr T Vale - 01953 605434

For National Newspapers and Magazines - Contact:

**Talking Newspaper Association of the UK (TNAUK)**

**68a High Street, Heathfield, East Sussex**

01435-866102

## Clubs

There are various independent Clubs for Visually Impaired people in Norfolk –

**Acle Club for the Blind -**

Contact: Mrs Mary Seward - 01603 715818

**Attleborough Club for the Blind**

Contact: Mrs Ruth Blewitt - 01953 453419

**Aylsham Club for the Blind**

Contact: Mrs Elizabeth Stimpson - 01603 279471

**Broadland Social Club for the Blind**

Contact: Mrs Joan Barber - 01603 754831

**Costessey Visual Impairment Club**

Contact: Mrs Gaynor Collier - 01603 629558

**Dereham Club for the Blind**

Contact: Mrs Janette Hall - 01362 637595

**Diss Social Club for the Blind**

Contact: Mrs Barbara Sherman - 01953 452829

**Downham Market Red Cross Club**

Contact: Mrs Joyce Bentley - 01354 638468

**Eaton VIP Club**

Contact: Mrs Gaynor Collier - 01603 629558

**Fakenham Social Centre for the Blind**

Contact: Ms Lynette Sutton - 01328 820560

**Gt Yarmouth Social Centre for the Visually Handicapped -**

Contact: Ms Carole Rodgers - 01493 445391

**Hemsby & District Vision Club**

Contact: Mrs V Gowing - 01692 670951

**Holt VIP Group**

Contact: Mrs Rosemary Whitmore - 01263 713427

**Hunstanton Monday Club for the Visually Handicapped -**

Contact: Miss Emma Purdy - 01603 629558

**Norfolk & Norwich Rainbow Club**

Contact: Mrs Pat Groombridge - 07979 037617

**Norwich Bowling Club**

Contact: Mr B Hall - 01603 426319

**Norwich Social Centre for the Blind**

Contact: Mrs Lesley Diprose - 01603 405325

**Norwich Limelight Club**

Contact: Mr Peter Coe - 01603 401430

**Norwich Friendly Peoples Club**

Contact: 01603 621937 (Club)

**North Norfolk Social Centre for the Blind**

Contact: Mrs J Stockdale - 01692 402562

**Sight - Stalham**

Contact: Mrs Mary Savage - 01692 580713

**Swaffham Club for the Blind**

Contact: Mr Arthur Ealy - 01760 337654

**Thetford Social Club for the Blind**

Contact: Mr S Snelling - 07900 631844

**U & Eye @ Snettisham**

Contact: Mrs Dianne Snelgrove - 01485 540753

**New members and volunteers are always needed.**

# Legacies and Gift Aid Donations

## 'Friends' and 'Members' schemes

### Legacies

The following have been gratefully received : £

Sidney Lovewell	1,000
Dorothy Margaret Parker	51,155
Felicite Fenn	25,000
Joy Ross-Collins	150
Edith Pollock	28,594
Elizabeth Quinton	100
John Steward Cook	21,519
Harman Edward Manclarke	60,000
Frederick Thomas Manisier	360
Marjorie Phillips	45,190
Marjorie George	2,000
Margaret Whitmore	33,065
Henry Batch	44
Mary Elizabeth Gentle	500
Muriel Gwendoline Dorothy Brown	2,000
Brenda Burton	99,254
Elizabeth Elsie Archer	500
Joan Kathleen Harmer	1,000
Sydney Glossop	1,511
Robert Elven	180
Edward Ernest Hilling	300
Brenda Patricia Rickards	1,000
Edna Blackburn	70,800
Sheila Ann Bird	83,378
Edward Cecil Smith	5,000

**TOTAL 533,600**

#### RESTRICTED LEGACIES

Robert Elven - For Thomas Towell House 50,000

**TOTAL 50,000**

### NNAB 'Friends' and 'Members' Schemes

We are sure you understand that our work often needs financial help as we put nearly £600,000 of charitable money into the community last year and receive no state support.

The Trustees therefore re-introduced the "Friends of the NNAB" Scheme, which dates back to 1805, the aim being to simply raise regular sums of money to fund the work of the Association. The main benefit of becoming a "Friend" will be the knowledge that you are supporting a really excellent charity for visually impaired people and in addition you will receive an Annual Report and Newsletter.

This is a separate scheme from our Annual Membership, which is laid down in our Constitution, whereby people pay a minimum of £5 a year to join and can vote at the Annual General Meeting.

If you would like further details on either Scheme please contact us on 01603 629558.

### Gift Aid Declaration

The NNAB is able to recover some tax from HM Revenue & Customs (currently 25p for every £1 you give) in respect of this gift if you have any tax deducted at source, or payable to you, on bank interest or dividends or salary or any other income.

In order to enable us to make this tax reclaim, we need you to sign a Gift Aid Declaration form (we can supply a form) and return it to us. It would make a considerable difference to the amount we can raise if you complete this form for us.

If you are a higher rate taxpayer you can also claim higher rate relief for this payment in your own tax return.

### I would like the Association to treat as Gift Aid Donations:

- The enclosed donation of £
- The donation of £ which I made on
- All donations I make from the date of this declaration until I notify you otherwise.

I confirm that I am a UK taxpayer and that the amount of tax I pay does exceed the amount I would like the Association to claim.

Name .....

Address .....

.....

.....

Postcode .....

Signature ..... Date .....

**Note:** Please notify the Treasurer at NNAB if you change your name and address while the declaration is in force, or if the statement regarding your tax circumstances is no longer valid.

#### Please return the completed form to :

The Norfolk and Norwich Association for the Blind  
Magpie Road, Norwich, NR3 1JH

**Tel:** 01603 629558 **Fax:** 01603 766682

Registered Charity 207060

**Give as you Earn - Our number is GYE0104509**



Max presenting cheque for £450 from sponsored swim at Little Fish Swim School



Jeremy, Norman and the Team ready to go

## Event Fundraising Throughout the year

**NNAB** The Norfolk & Norwich Association for the Blind

# Charity Gala Ball

FEATURING  
**Gary Winter**  
and the Pavilion Big Band

**7.15pm - Friday, April 15th 2011**  
De Vere Dunston Hall, Norwich

**TABLES ON THE NIGHT**  
Tickets are available at £45 per head or £400 for each table of 10

INCLUDES

- DRINKS RECEPTION
- MUSICAL ENTERTAINMENT
- 3 COURSE MEAL
- CHARITY AUCTION
- RAFFLE

Contact Jeremy Goss or Donna Minto on 01603 120100  
E-mail - [jeremYGoss@nnab.org.uk](mailto:jeremYGoss@nnab.org.uk)  
or [donnainto@nnab.org.uk](mailto:donnainto@nnab.org.uk)  
On-line at - [www.nnab.org.uk](http://www.nnab.org.uk)

**Don't Miss Out... BOOK YOUR TICKET TODAY!**

A LOCAL CHARITY FOR LOCAL PEOPLE  
The NNAB was founded in 1865 and helps an estimated 20,000 people in Norfolk with poor sight giving them encouragement, practical support and providing opportunities to lead an independent life. The charity receives no state funding, relying entirely on investment income, legacies and donations.



Promotional Day at The Forum



Norman Lamb MP shows his support to the "Gossy Bike Back to Bayern" fundraising initiative



The winning team in the 2011 NNAB Golf Day receive their prizes



Notre Dame High School presenting cheque for £500



**NNAB**

**The Norfolk and Norwich  
Association for the Blind**

Magpie Road, Norwich,  
Norfolk NR3 1JH  
Tel: 01603 629558  
Fax: 01603 766682

**West Norfolk Equipment Centre**

3 North Lynn Business Village,  
Bergen Way, King's Lynn,  
Norfolk PE30 2JG  
Tel: 01553 660808

**Great Yarmouth Equipment Centre**

12 Hall Quay  
Great Yarmouth  
Norfolk NR30 1HP  
Tel: 01493 745973



[www.nnab.org.uk](http://www.nnab.org.uk)

Email: [office@nnab.org.uk](mailto:office@nnab.org.uk) | Registered Charity No. 207060

Front cover: Walk at Sheringham Park

Back cover: Best Pedal Forward 'Back to Bayern'

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