

THE MAGPIE NEWS

The Newsletter from
The Norfolk and Norwich Association
for the Blind



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We wish you all a very healthy and prosperous 2017.
Thank you to everyone who sent us cards, greetings and New
Year wishes; we appreciate your kind thoughts.

If you would prefer to receive your Magpie News in a different
Format please let us know.

We can supply it in the following: Large print, CD, email,
Memory Stick or Braille

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Every effort is made to ensure that the content of this newsletter is correct however we cannot be held responsible for errors and omissions. Goods and services featured do not carry any recommendation from The Norfolk and Norwich Association for the Blind.

If you should inadvertently receive more than one copy of this newsletter please pass it on to friends, doctors' surgeries etc.

The Norfolk and Norwich Association for the Blind

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Charity Number 207060

1. Message from Mike Talbot

New Year Resolutions

The mince pies are eaten (I did particularly well this year!), the presents opened and the tinsel taken down. New Year is traditionally a time when we take stock, resolve to get fitter and do better in the coming 12 months - and the NNAB is no different. That's why you will find a short questionnaire sent to you alongside this edition of the Magpie News. We always try to do as much as we can, as well as we can, for people with sight loss in Norfolk. Now we are pushing that bit harder, as we work on a strategy and plan to take the charity forward into 2017 in the best possible shape. To do that, we want to know what you think of the work we do and the support we provide. If you can, please just take a few minutes to complete the questionnaire, which is the first stage of a Client Review being conducted for us by Healthwatch Norfolk. There's a reply paid envelope that you can use to pop the questionnaire back to us. The second stage will be a longer set of questions which will be asked over the telephone by someone from Healthwatch. If you'd like to be involved in that phase too, there's a place to let us know at the end of the short questionnaire.

As some of you may have heard, I will be leaving the NNAB in March. I have been asked to return to ITV to lead the team at Anglia, where I worked for many years. It was a really difficult decision for me, as I had every intention of staying here for a long while. The NNAB is a wonderful place to work, with some great colleagues, and all sorts of plans are taking shape to help our charity go from strength to strength. The trustees have been most understanding and I hope very much to continue my close association with and support for the charity after I leave the chief executive's office. Meanwhile, I know I'll be leaving the NNAB in good shape and good hands.

Happy New Year everyone,

Mike Talbot

2. Chaplains' Corner

Hello Everyone,

This is the time of the year we usually talk to ourselves.

We make a New Years resolution, as this magazine stretches three months will that new beginning be in place at the end of March.

Think of your resolution as an elastic band stretch yourself.

An elastic band will of course break if stretched to much.

Same with the resolution you make yourselves stretch, but not so much you cannot keep your promise to yourself or others be realistic with your choice.

The church New Year begins on the first Sunday of Advent so we are now into the year of the church.

This New Year has retold the birth of Christ.

Before we reach the end of March we will have had

Shrove Tuesday on February 28th (Pancake day) where traditionally rich foods were used up. Before the start of Lent on Ash Wednesday the forty days leading up to Easter.

Enjoy each new month as the seasons develop

Look back on that resolution and move forward with Hope.

With Love and Blessings

Revd Heather

3. NNAB Sports

Our 'Low Level' sports will be running once more with a full list of activities. The pack with all the relevant information is available now, please ask for a copy.

4. NNAB Holidays

We hope to attend our usual hotel in Great Yarmouth for both our holiday breaks this year. Dates and prices are to be confirmed. If you are interested in joining us please ask for a holiday pack, this will be available to you soon.

5. Wool

Do you have any Wool you could donate towards craft activities at our Residential Home. We would be very grateful. Please contact the office on 01603 629558

6. Information and Advice Morning

NNAB

Information & Advice Morning

**Tuesday 24th January
at The Bradbury Activity Centre**

10am till 1pm

Free light refreshments

Please come along to this free of charge event offering information and advice to enable you to feel safe and well in your own home.

We will start the morning with 4 short informative talks (details below) and afterward you will have the opportunity to approach the speakers on a personal level to find out more about their services, if you wish.

1. Stephen Maunder, Community Protection Officer, Trading Standards Service, Norfolk County Council.
2. Angela Jefford, Community Engagement Officer, Moneywise Homesafe, Cotman Housing.
3. Nina Whear, Community Safety Officer, Norfolk Fire & Rescue Service.
4. Robert Black of the Norwich Wellbeing Service.

**If you would like to come along please contact Sally Read on
01603 629558.**

We look forward to seeing you.



7. Get Bowling! - Sally Read, Community Worker

Today I visited the Norwich County Arts Visually Impaired Bowling Team to watch them in action at their meeting place off St William's Way in Thorpe St Andrew. Little did I know I would be put on the spot to take part, but safe to say I wasn't much of a threat! I did, however, have a really enjoyable morning and was made to feel extremely welcome by all the members and helpers.

Indoor bowls is a very gentle sport but competitive in a friendly way. The club has been meeting every Wednesday morning, in the same place for a number of years and is looking for new members. They currently have members who are both partially sighted and who have no sight at all but lots of support is available.

If you think you might be interested please let me know and I will arrange a group trip in the minibus in the New Year for us to meet the team, find out more and perhaps have a try to see it's for you.

I can honestly say I can't wait to have another go! So give me a call and we'll enjoy it together - Sally Read on 01603 629558.

8. A message from Lisa Hart Community Worker for Broadland

To clients in the Broadland area,

I am very sad to announce that after working as a Community Worker for the NNAB for 24 years, I have decided to retire in March 2017. It has been such a hard decision but for health and wellbeing reasons I know it is the right thing to do.

It has been my greatest privilege to have worked in the community, meeting so many wonderful and inspiring people. I have enjoyed my work immensely and I believe passionately in the philosophy of "in the giving you receive", in other words I am quite sure that you have helped me as much as I may have helped you.

It is hard to say goodbye after 24 years. The day I made my decision I was accompanied in to the office by the most magnificent and brightest of rainbows. I took this as a sign that my decision was indeed the correct one and all would be well!

I send all good wishes to my clients and thank you for having me in your homes and trusting me with your thoughts and feelings.

Lisa.

9. West Norfolk News

There is lots going on in West Norfolk so give us a call and come and join in! All our activity's run either every month or every other month. There is a small charge for these groups and the transport getting to and from them. Some groups may have a waiting list such as plant-scape (Our garden group) and Nature-scape (Our wildlife group).

<u>Groups</u>	<u>January</u>	<u>Feb</u>	<u>March</u>	<u>April</u>	<u>May</u>
Cookery	3rd	7th	7th	4th	2nd
FK Shuffleboard		1st		5th	
KL Keep Fit	6th	3rd	3rd	7th	5th
Plant-scape	10th	14th	14th	11th	
Walking	11th	8th	8th	12th	
FK Keep Fit	17th	3rd	3rd	7th	5th
Nature-Scape	24th		28th		23rd
Knitting	25th	22nd	22nd	26 th	24th

Please call Niki Richardson, Sports & Leisure coordinator, West Norfolk on 01553 660808. Alternatively please feel free to email me your interest at Nikirichardson@nnab.org.uk.

10. Open House Coffee Mornings

Come along and join us at the NNAB Bradbury Centre anytime between 10 til 12 for a cuppa and a delicious cake or scone on the following Monday dates

30th January
27th February
27th March
24th April

Sally and Gemma will be on hand to welcome you and support you with any queries you may have but most of all, come for a chat.

11. Leisure Office News

We are always pleased to hear from you in the Leisure Activities office, and if you would like to book a place or require any further details on the following activities, please get in touch with Mark or Elaine on 01603 629558 or email marksmith@nnab.org.uk. We can also add your name to our mailing list which comes in all accessible formats, just let us know.

This article contains a definite music and singing theme, and we are really pleased to announce that we are launching a new “music Mondays” group, starting on Monday 9th January at 1.30 – 3.30, taking place in our Bradbury Centre Activity Hall. We are also working on a very exciting project with the Waveney and Blyth Arts organisation, entitled “Sensing Nature”, and please do read on for more details.

We also run a photography group “EffstopEyes” and meetings are held on the 1st and 3rd Fridays, with an opportunity to meet up with other budding photographers and join in outside photo shoots and indoor photo review sessions. EffstopEyes are holding another exhibition of their photographic shoot from the Thornham Walks at the Beyond The Image gallery, based on the Thornham Estate in Suffolk, from 5th – 26th February.

Making music and connecting with nature

Are you a visually impaired musician or singer? Would you like to explore music making in beautiful woodland, inspired by sounds in nature (including birds, bats and insects), and working with professional, visually impaired musicians? If so, the Sensing Nature project gives you that opportunity.

The project is being led by Jackie Walduck, who runs a London-based, nationally-recognised, visually impaired music group called Tactile. Jackie, together with Adrian Lee, a visually-impaired musician and composer, has been commissioned by the Waveney and Blyth Arts organisation to work with visually impaired musicians and singers from Suffolk and Norfolk between February and July next year. The result will be a ‘sound trail’, comprising instrumental and vocal performances, which will be performed to the public at Thornham Walks, a beautiful area of woodland near Eye in Suffolk.

For those interested in getting involved, Jackie and Adrian will be leading four 'taster' workshops between February 6-10th, at venues in Eye (Eye Community Centre, Monday 6th), Norwich (NNAB, Wednesday 8th), Bungay (Fisher Theatre, Thursday 9th), and Ipswich (High Street Exhibition Gallery, Friday 10th). The workshops are free to join and funding for transport is available; they will run from 10am to 3pm.

In terms of musical ability, we are looking for keen musicians and singers with some experience, but we're not expecting professional or semi-professional standard. More important is an enthusiasm for performing in an outdoor space to the paying public, and to explore new ways of developing and making music and experiencing sound. For more information, please contact Mike Davison from Waveney and Blyth Arts on 01379 852501 or email davisonmike@outlook.com. To book a place on the Norwich workshop, please contact Mark Smith at the NNAB on 01603 629558 or email marksmith@nnab.org.uk.

Music Monday's

Can you sing? Can you play an instrument?

Even if the answer is "no, but I'd like to!" come along with your voice or musical instrument and join singers Rachael and Jyl at our informal acoustic music group on the second Monday of every month. Sessions are from 1.30pm till 3.30pm, starting on Monday 9th January 2017. Sessions will be held in The NNAB Bradbury Activity Centre, Beckham Place, Norwich, NR3 3DZ

All singers, musicians and aspiring performers of any level are very welcome! Admission price is just £3
Including tea, coffee or squash.

For further information and to book your place please contact Mark or Elaine on 01603 629558 or email: marksmith@nnab.org.uk

Theatre Group

We will be selling tickets for the following performances in the coming months, and both visually impaired patrons and a companion are very welcome to come along to the following audio described performances at the Theatre Royal Norwich.

Tickets are now on sale for **'Mamma Mia'**, priced at £33.50 for the audio described performance on Saturday 25th March 2017, at 2.30 pm with Audio Describers: Matthew Piper and Caroline Williams

Tickets for **'Sunny Afternoon'** are now also on sale priced at £24.00 for Saturday 15th April 2017 at 2.30pm, with Audio Describer Caroline Williams.

We will also be running organised trips in 2017 to see **'Jane Eyre'** at 2.30pm on Wednesday 19th July 2017 with Audio Describers from Vocaleyes, **'The Railway Children'** at 2.30 on Saturday 5th August, and **'Shirley Valentine'** at 2.30 on Saturday 9th September. Further shows will also be announced for 2017 in the next Magpie News.

NNAB Heritage Group

Julian of Norwich

Our first trip in the new year will be on Tuesday 17th January, 10.30-12.30, to the Julian Centre, Rouen Road, Norwich NR1 1QT. A Visit to the Centre, Church and Cell of Julian of Norwich, to include a talk and tour of Julian's Shrine, which is visited by pilgrims from all over the world. £5 per person to include refreshments, meeting at the Julian Centre at 10.20.

Mother Julian is thought to be the first woman to write a book in English which has survived.

“All shall be well, and all shall be well and all manner of thing shall be well.”

NNAB Gardeneyes group

Our annual meal at the local City College debut restaurant was thoroughly enjoyed by everyone and thanks you to the staff and students for making the group so welcome once again. Our Christmas floral flower arranging workshop was also very well attended, with many lovely table top Christmas decorations taken home. Thank you to the leaders and volunteers who all made the morning very festive and fun!

Our programme for 2017 is almost finalised, with visits being planned to a local garden centre, Rosemary Ward talking on container growing on Wednesday 10th May, Mannington Hall, Holme Hale Hall, The Old Vicarage garden at East Ruston, The Sandringham Flower show and a wildlife garden.

NNAB County Audio Book Clubs

Why not get the New Year off to a great start by joining one of the NNAB audio book clubs? We have places available in our county audio book clubs, and would be very pleased to see some new faces. The monthly Audio books are available on either a USB memory stick or MP3 CD, and there is no charge to join or borrow the books. A wide range of genre is available in our audio books which are given out each month, and volunteers then help to take an informal friendly discussion on the book. Group members can join in with their thoughts on the monthly book, and it can be a great way to meet other visually impaired people, and share the enjoyment of audio books and chat over a tea or coffee.

The following groups meet at the County Libraries every month:-

Library	Day of the month	Time
Cromer	2 nd Tuesday	2.00 – 3.30pm
Diss	4 th Friday	2.00 – 3.30pm
Dereham	3 rd Wednesday	10.30am – 12 noon
Fakenham	4 th Wednesday	10.30am – 12 noon
Great Yarmouth Central	Last Friday	1.30 – 3.00pm
Thetford	2 nd Friday	10.30am – 12 noon
Norwich Millennium	2 nd Monday	1.30 – 3pm
Gaywood	1 st Thursday	2.00 – 3.30pm

The NNAB Creative Writers Club

*"We cannot see well
But we can write all right!"*

Our group for writers with sight difficulties offers encouragement and help in many aspects of creative writing, and meets at the NNAB's Bradbury Activity Centre on the third Tuesday of each month from 2 - 4 pm. We discuss a range of topics of interest to writers of all kinds. We share presentations (help with reading out provided). There is plenty of fun, laughter and companionship thrown in. Also refreshments: coffee (or tea) and some delicious cake, all for £3 a session.

Experienced and Beginning writers equally welcome. We are here to help one another.

The group now has its own Facebook page and can be found by searching:

"NNAB Creative Writing Circle"

Alternatively here is the web link:

<https://www.facebook.com/groups/NNABCreativeWriting/>

Plea from an OAP
By Daphne Dennis

Don't buy me cream at Christmas; I really don't need any more,
I still have some from 2012, in fact I've quite a store.

Baggy eyes, dry skin and age spots, yes, I have the lot,
But I've enough cream for a few more years, don't need another pot.

I must admit hand cream is great, and both my hands look good,
But five tubes down and ten to go I imagine that they would.

So do call in and say hello, bring a paper if you like,
But please don't bring me pots of cream, I might say "on yer bike."

©Daphne Dennis

12. YoungEyes News

Fun, Support and Friendship is our aim.

As 2017 gets under way and we look forward to another fun year of YoungEyes activities, we can also look back on a Christmas 'well celebrated!'



At our Christmas Glitter Party we welcomed lots of guests. We laughed together as we danced with The Abracadabra Magic Disco, decorated christmas shaped biscuits, made decorations for our homes and then enjoyed a wonderful afternoon tea, accompanied by our friend Ceinwen playing the welsh harp. Excitement grew as we gathered outside to welcome Santa who was brought in Rob's huge lorry escorted to the party this year by members of The Phoenix Pipes and Drums Band from Watton and The Eaton Hogs. It was thrilling to hear them all approaching down Beckham Place and then come around the corner sounding fantastic!

Santa Special on the Bure Valley Railway

One Sunday morning in November, YoungEyes took over a whole Santa Special Steam Train. What an experience! Nearly 100 people with 21 excited families. Everyone arrived early at Wroxham Station and we were all aboard by 9.45 am, so unlike National Rail the train left early! The Bure Valley staff were marvellous and looked after us with great care. Steaming to Aylsham the carriages were filled with smiles and laughter and when we arrived Santa met us on his own little train. Each family spent time with him in his wonderfully decorated Grotto and then after drinks, eats and entertainment we boarded the train to steam back to Wroxham. Each child left with their gift from Santa and balloons made into swords, flowers and animals. As we settled down and toys were being unwrapped and played with, Santa waved us off from the track side.

Comments from the families almost all contained the word 'magical' and yes, that is exactly what it was.

The Theatre Group are going to see the Pantomime 'Jack and the Beanstalk' at The Theatre Royal in January and later in the year looking forward to seeing 'Mamma Mia'.

Other diary dates for the Spring Term

February Half Term

- Digital Music Making with Lab Media staff resulting in a performance. This is a follow up session from one held in October when a group of our older YoungEyes friends worked together to experiment with various aspects of digital music and compose a piece together.
- We are also planning a joint Learning about Sight Loss Day for families with Action for Blind to be held in The Bradbury Activity Centre.

Working with Virtual School Sensory Support (VSSS)

We have worked together to plan and deliver social events this year and also to support families getting to grips with the changes relating to SEND (Special Educational Needs and Disabilities) including the writing and implementation of Education Health and Care Plans. Jointly we have attended countywide Information Days and Conferences.

Rainbow Sparks

Our monthly sessions for under 5s are well supported and we are delighted that Musical Keys will be with us for the sessions in 2017, we are ready to play and have fun!

Dates for this year are the following Thursdays 10.30 am to 12 pm:
January 26th, February 23rd, March 23rd, April 27th, May 25th, June 22nd,
July 27th, August 24th, September 28th, October 26th and November 23rd.

You can always find up to date reports and pictures about all our activities on our Children and Families page of the NNAB web site –

www.nnab.org.uk

If you would like further information about YoungEyes or any of the events please contact me:

Dorothy - YoungEyes Coordinator 01603 629558

dorothybowen@nnab.org.uk

13. Equipment Centre News

Welcome to 2017 in the NNAB Equipment Centres. 2016 was momentous and it looks as if 2017 will be an interesting year as well! We have seen new equipment, new technology and new ways of helping make it all work and as ever we want to provide as much assistance as we can to make lives easier and happier.

Focus on Vision. The Big Show - 29th March 2017 10am to 3pm

We are very pleased to announce that we are hosting a show of equipment and services for visually impaired people on 29th March 2017. There are 20+ exhibitors covering all aspects of support for visually impaired people, some are old friends, some are new, but they all provide support to make lives easier for people with sight problems.

We are serving refreshments and there will be tastings from Wiltshire Farm Foods alongside demonstrations of the new Orcam wearable reading device and many other pieces of useful equipment from the best specialist suppliers we can find.

There will be transport from our Great Yarmouth and King's Lynn offices and from Cromer, to book please get in touch.

Call 01603 629558. edbates@nnab.org.uk

TaT - Tablets and Telephones Drop-In Sessions

The sessions have run successfully throughout the autumn and winter with just a short break for Christmas.

Now is the time to get some help with any devices you may have gained over the festivities. We can provide all the help you need to get that new tablet or phone up and running and making a difference in your life. As the world becomes more internet based it is even more important that the technology works and everybody can use it with confidence.

The sessions run from 10am to 12pm on alternate Tuesdays in the NNAB Bradbury Centre. NR3 3DZ. Even if you can't get to the sessions and need some advice and assistance we are happy to offer help at any time. Just get in touch. **Edward on 01603 629558. edbates@nnab.org.uk**

New things in the Equipment Centres

We have a new standard lamp from Associated Optical. It is an LED based lamp, ultra ultra slimline, with a three stage lighting system. It can be used as a table lamp or as a standard lamp and is very competitively priced at £125. Please come in and have a look, it might be just the thing you need.

Exhibitions of Equipment

The next exhibition is **Focus on Vision** on the 29th March at the Bradbury Centre in Norwich. See the next edition of the Magpie News for all the details. Later in 2017 we will be hosting our usual selection of smaller shows of equipment from selected suppliers. More details as they come available.

We look forward to seeing you in 2017. Remember, spring is just around the corner!

Simon Marshall

14. Items For Sale

"Sara Scanner Reader" 2 to 3 years old but hardly used. Cost £1750 new, selling for £1000. Contact June Richmond in Ormesby on 01493 732536 or 07895056156

Merlin 17 inch Colour CCTV. 10 years old but in good condition. £250 ono. Contact Mr Newcombe in Dereham on 01362 693415.

Optelec Clearview+ desktop magnifier. Good working order £500. Contact Mr Petch 01553 810423

15. Fundraising News

Sight loss can present a variety of personal challenges but the professional advice and support available here at the charity helps people face up to adversity with greater confidence and self-belief. The wonderful NNAB staff provide vital services that have a direct impact on people's lives surrounding empowerment, enablement, rehabilitation, education and care.

So with this in mind, the fundraising team continue to move forward with a real sense of purpose and know just how important it is to maximise the generation of funds via events and local fundraising so that visually impaired adults and children continue to benefit greatly from the NNAB

The last twelve months have been exciting and very productive in regards to both generating income and raising the profile of the charity in Norfolk. Annual events such as the Fashion show, Family cycle ride, Ladies Pamper Night and the NNAB Golf Day proving, once again, to have been great fun and very successful. In 2016 we also organised unique events that were also just as rewarding with the Tandem Skydive, Blind Dining at

Brasteds, Blindfolded Walk and an NCFC Legends Evening all falling into that 'extraordinary' category of fundraising.

External support has come to us in many ways and we are grateful for the contribution made by Becks Motor Homes, Barclays Bank, James Pullen, 25:am Networking group, Mundesley Golf Club and Enid Stanbrook-Evans who organised a brilliant Dinner Dance on our behalf. However, we are particularly thankful to Marsh who chose the NNAB as the local charity to benefit from their 2016 Christmas Charity Car Park scheme. This raised a substantial amount of money for the NNAB and we extend our heart-felt thanks and appreciation to all those Marsh and NNAB staff & volunteers who supervised the car park over the festive period

We would like to pass on our thanks to all those devoted, loyal and committed NNAB volunteers who have supported various functions and events during 2016, your significant addition to our team is very much appreciated. Also, a huge thank you to Hollie Gooda who is moving on from her role as Assistant Fundraiser to become Volunteers Coordinator at the charity. Hollie's involvement and contribution to the department has been invaluable and we wish her well in her new position

The fundraising team have many exciting events planned for 2017 and a listing can be found on the Fundraising Events section of the website - www.nnab.org.uk – We will be, as always, determined and focused on our main objective of raising awareness and funds for the NNAB. Your support and generosity over the next twelve months will be just as welcomed, valued and respected by us all. We all have a chance to make a positive impression within the NNAB because, as you are very aware, this is Norfolk's specialised, independent and local charity here for all of Norfolk's visually impaired and blind adults and children.

Community fundraising;

Store collections can be quite hard in the winter. Most supermarkets like our collectors to stand in the foyer, which is often very cold, especially for some of our older volunteers. But with this in mind, it has still been very busy, maybe not bringing in as much as we like, but with so many charities collecting, I think many people are suffering 'charity fatigue'. For us, the collection money is our bread and butter money, it keeps us ticking over and it is still a very subtle way of raising money and awareness for the charity. We really do appreciate all of our volunteers who persist despite the drop in donations, thank you so much to all of you that have continued to help us.

If you know of anyone who could possibly help us with the collections, please tell them to get in touch. We could really do with more people who are willing to hold a tin for an hour or two, even if it's just once a year. Tel: 01603 629558.

Events in 2017

We have a few dates secured in the diary for this coming year and we would love to see you at one of them, there are also plenty to be added, so keep an eye on our website for the others;-

Sunday 12th Feb – Hoveton Snowdrop Walk

Saturday 8th April – Dinner Dance at Wensum Valley, Taverham

Friday 28th April – Spring pamper evening

Sunday 30th April – Tour de Broads cycling in Gt Yarmouth

Tues 23rd & Wed 24th May– Stody Garden Open Day

Lastly, thank you to everyone that purchased our Charity Christmas cards and Annual draw tickets. Both sold really well and brought a lot of money into the charity.

The Fundraising Team

16. Swaffham Club

Did you know there is a club which meets monthly in Swaffham where blind and partially sighted folk would be most welcome?

We meet at the Community Centre off The Campingland (PE37 7RB) on the fourth Wednesday of the month from 1.30 to 3.30pm. Our aim is to bring together people with significant visual impairment for social and mutual support. We have a programme of speakers, entertainers, quizzes and games afternoons. Occasionally we begin our meetings an hour earlier for a two course lunch cooked by the Patisserie Icen.

We are a very friendly club and anyone with sight difficulties and their escorts can be assured of a warm welcome. Come and visit us soon!

Our first few meetings in 2017 are:

January 25th

Games and reminisces

February 22nd

Lunch and Age UK Befriending and
Hospital Buddy Schemes

March 22nd

Archery

April 26th

Light hearted readings by Leah and friends

Any questions? Our chairman Arthur Eley would be delighted to help.

Give him a call on 01760 337654.

NNAB Return Slip January 2017

Please tick the appropriate box/boxes below,
fill in your details and send this form back to us at our main office.

I would like my Community Worker to visit
If there is anything you are especially concerned about,
please use the space below to inform us of this:

Please stop sending me The Magpie News

Instead of large print, I would like to receive The Magpie News:

On CD

In Braille

On memory stick

By email

Please confirm email Address if asking for Magpie News
by email:

Helping us to help you

I would like information about Activities in West Norfolk

I would like to volunteer for the fundraising

I would like to be added to the Leisure Activities mailing list

Please use capital letters

Name

Address

.....

Post CodeTelephone

Is there anything else you would like to tell us about?

