

THE MAGPIE NEWS

The Newsletter from
The Norfolk and Norwich Association
for the Blind



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Issue 95

Summer 2018

Welcome to the Summer Issue of the Magpie News. Hopefully the sun will still be shining, and everyone is staying well and safe in this extreme heat we are having.

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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Website: www.nnab.org.uk

Also at: Kings Lynn Tel:01553 660808 and Great Yarmouth Tel: 01493 745973

Charity Number 207060

1. GDPR

Following on from the last issue of the Magpie News. Please see the NNAB's new Privacy Statement that brings us in line with the new General Data Protection Regulation (GDPR)

The NNAB Privacy Statement

The General Data Protection Regulation (“**GDPR**”) came into force on 25 May 2018 and replaces the previous Data Protection Act 1998. The GDPR establishes a new framework for how organisations, such as the NNAB, use and protect personal data.

The NNAB has been actively working on its GDPR strategy, and has a project team comprised of senior management across the organisation and external advisers, who are focussing on implementing this strategy to ensure that all individuals that we support or come into contact with are comfortable about how we use their personal information.

We recognise that, as a trusted charity, it is fundamental that we take proper care with the personal information that we hold, and we value the confidence that you have placed in us when you disclose your personal data.

As part of our GDPR strategy, we are also carrying out a comprehensive review of our records and systems to ensure that we have the necessary policies, procedures and technical and organisational measures in place.

Our Privacy Policy sets out our commitment to protecting your personal data and how we implement that commitment with regards to the collection and use of personal data. For further details on how we collect and use your data, together with your privacy rights, please view our Privacy Policy which can be found on NNAB website - www.nnab.org.uk

The NNAB will never sell your data and we promise to keep your details safe and secure. You can ask to review, rectify, erase or move your data at any time by emailing - compliance@nnab.org.uk or calling 01603 629558

2. News from the West

This year is flying by and the people of West Norfolk have been getting involved in all kinds of activities!

The Keep Fit Group- King's Lynn Keep Fit is run in Reffley Hall, King's Lynn. Keep Fit is designed for those 50+. This is a perfect session to engage in some seated exercise. For those of you that are more mobile, there are standing options and this session will be great for your mobility, strength and hand eye coordination. These sessions are great fun and are well attended.

The Ramblers walking group- various locations in West Norfolk. The walks are anything from 5-10 miles every month around various locations in Norfolk.

The Nature-scape Group- visit various locations in West Norfolk. This year so far we have visited Sculthorpe Nature Reserve, Banham Zoo and Bay tree Owl and Wildlife Sanctuary.

The Plant-Scape group- visit various locations in West Norfolk. This is a group for those that have an interest in Plants and Gardens. So far this year we have visited Thaxters Garden Centre and are set to visit Cambridge Botanical Gardens, Urban Jungle and Norfolk Lavender.

The Knitting Group- Run from Kings Lynn HQ. The knitters Join forces every month making some amazing pieces of artwork!

The Tea Shop Walks group- visit various locations in West Norfolk. This group is for those of you that would like a short walk of around 20mins. The walk will take you to a local Tea Shop at the end for tea and cake!. The group so far has walked along Kings Lynn Quayside to Archers Tea Room, Castle Rising to Unique Tea Rooms and Castle Arce to Barnfields Café.

The Short Mat Bowls Group- This is held at Ringsted Village Hall, Hunstanton. What it says on the tin! Come and have a go and see if you have a competitive side!

The King's Lynn Heritage Group- visit various locations in West Norfolk. The Heritage group will be visiting sites around Norfolk such as King's Lynn Museum, Trues Yard Museum, Oxborough Hall, The Royal

Station Wolverton, Castle Acre Castle, Houghton Hall, Sandringham Estate, Holkham Hall and Norwich Castle.

Adventure Start- Is running for people from both King's Lynn and Norwich. We are offering some activities that will give you a kick such as Go-Ape, Paintballing, Go-karting, Tubing and Segway's.

If you are interested in any of the groups above please get in contact with me

Niki Richardson Sports & Leisure Co-ordinator West Norfolk

01553 660808

nikirichardson@nnab.org.uk

3. LOW LEVEL SPORTS ACTIVITIES Norwich/Gt Yarmouth/Cromer

Boccia – First and third Friday of the month. July – December.

Darts – First and third Friday of the month. July – December.

Golf – At Barnham Broom Golf Club. TBC

Sailing - Fortnightly on a Thursday. May – October.

Short and long walks – (various) throughout the county – Wednesday and Thursday per month. Most months of the year.

Short Mat Bowls – Full capacity at the moment, a waiting list is in place. Takes place on first and third Tuesday of the month. July - December

Shuffleboard – First Tuesday of the month in Cromer. July – December.

Tandem – Fortnightly on a Thursday. July - December. We also have a Trike Tandem available for those who are a little nervous about trying a 2 wheeled Tandem.

Ten Pin Bowling – Second and fourth Friday of the month. July to December (no bowling in the school holidays).

Tennis – Once a month on a Tuesday, various dates. July – December.

Adventure Start – Various adventurous activities 3 to 4 times a year.

If you would like to receive a 'Sports Activity Pack' with full list of activities and dates please contact the NNAB – Tel: 01603 629558

Or via E-mail: emmadean@nnab.org.uk

4. News from the Leisure Office

With the summer months stretching ahead we have plenty of leisure activities to offer you, and we do hope that some of the following activities will interest you. To book or for further information contact Mark or Elaine on 01603 629558 or email marksmith@nnab.org.uk

We also run a separate leisure activities mailing list, giving details of monthly activities, and this is available in large print, audio CD, email and on our web site. Details of Leisure and Educational activities can be found at www.nnab.org.uk, and navigate to our Leisure and Education link for full details. If you're joining in any activities we do ask that everyone (including companions) complete a short health form, which is updated annually in January.

NNAB Theatre Group

Thursford 2018 Christmas Spectacular

We have tickets for the largest Christmas Show in England, on Thursday 8th November at 2:00pm. Tickets are £60.50 including minibus transport. Please note that we require full payment with booking by Friday 24th August. Book as soon as possible by calling Mark or Elaine 01603 629558 or email marksmith@nnab.org.uk

Theatre Royal Norwich

We will be attending the following audio described performances at the Theatre Royal Norwich, and you are very welcome to bring a companion. Please note once tickets have been bought, they can only be refunded if tickets can be re-sold, or an alternative arrangement is made with the theatre due to the show being cancelled.

'Miss Saigon' on Wednesday 29th August 2.30pm matinee performance, and tickets on sale for £35.00

We will also be selling tickets for the following Theatre Royal shows.

'Macbeth' on Saturday 3rd November at 2.30 and the annual Panto

'Aladdin' on Saturday 5th January 2019 at 2.30.

The NNAB Gardeneyes Group

By the time you read this article we will have built a display garden at this year's Royal Norfolk show. After lots of careful thought, planning and at times slight panics we managed to put together an NNAB garden in the community gardens horticultural display area. The garden was designed with 4 raised beds to illustrate how various themed plants can be suitable for visually impaired gardeners, with taste, scent, colour and texture all in mind. With the raised borders helping to locate plants, we highlighted how therapeutic and important gardening is when you have a sight loss. With lots of thanks to Elaine, colleagues and volunteers for all their help with the display garden.

On Tuesday 24th July Gardeneyes will be visiting Goodeston Water gardens near Swaffham, with a minibus leaving NNAB at 10 am and returning at approximately 4pm.

A visit to the Flint Barn Vineyard in Bungay is planned for August, with the date yet to be confirmed.

A Right Good Listen

Don't forget that the Association runs 8 audio book clubs across Norfolk, and the groups meet at the following times and in various Libraries:-

Cromer Library – 3rd Tuesday 2.00 - 3.30

Fakenham Library - 4th Monday 10.30 - 12.00

Norwich Millennium Library – 2nd Monday 1.30 – 3.00

Diss Library – 4th Friday 2.00 – 3.30

Dereham Library – 3rd Wednesday 10.30 – 12.00

Gaywood Library – 1st Thursday 2.00 – 3.30

Thetford Library – 2nd Friday 10.30 – 12.00

Great Yarmouth Library – last Friday 1.30 – 3.00

Our Great Yarmouth book club group will be holding a special session on Friday 27th July, at 1.15 PM. To Celebrate Norfolk Day at Great Yarmouth Library (Middlegate Room). Guest Speaker Anne Edwards, recently retired Editor of the Great Yarmouth Mercury will talk about her life as a journalist and editor as well as her love of Great Yarmouth. There will also be a short discussion about the latest book the club has listened to. Anyone who is blind or visually impaired, or who enjoys reading but has difficulty holding a book or reading print, is very welcome. Refreshments available. – Please do book in with Elaine or Mark at the Association on 01603 629558 or email marksmith@nnab.org.uk.

5. Chaplains' Corner

Hello Everyone. Summer is here! Time to relax and time for refreshment. However you spend your next few months. I hope you are able to enjoy at least some of the things the NNAB has to offer either in activities or crafts. Maybe you will have joined me in one of the services at the NNAB. A communion service takes place on the second Wednesday of every month at Thomas Tawell House 2 pm followed by tea and biscuits. This is a recent change from the first Wednesday. Also our Songs of Praise which happens every three months in The Garden Room at Hammond Court. Our last event in June was entitled Norfolk Treasure Hunt. There were four cryptic clues to Norfolk villages and Broadland. The Bible reading link to treasure theme and we had hymns prayers all linked together. Plenty for people to join in with. And we always begin with a social time of tea and cake! Our next Songs of Praise will be on September 9th 2.30pm until 4pm. I am always there by half past one getting that tea and cake ready, so come and join us for refreshment and Songs of Praise. Within my role as your Chaplain I visit many people within their homes some people wish for home communion, if you would like a visit please let the office know. Wishing you wonderful Summer and for those who are finding it difficult at this time may you find peace. I leave you with a quote from Helen Keller who herself was deafblind. "The best and most beautiful things in the world cannot be seen or even touched they must be felt with the heart".
With Love and Blessings
Revd Heather.

6. Equipment Centre News

Hello everyone. Welcome to the latest news from us here in the Equipment Centre.

Summer is in full swing, and we are very much open for business. So if you have any technology queries, looking for a bit of support and advice, then we are here to help.

One of the most useful things that could help in particular at this time of year are overshields. These, in essence are glasses, which can either fit over your everyday glasses, or they can be worn alone. The aim of these is to block out some of the intense light if your eyes are sensitive, we sometimes find at this time of year the bright sun can be quite tricky, so these could be what you need. They come in many different colours, so there's plenty of scope if this is something you're struggling with. These have recently been updated with new designs and colours.

As well as that, we're offering all our usual services, so do come in and see us if you have any enquiries, and we will do our best to assist you.

Looking slightly further ahead, we have a couple of days of exhibitions which will take place in September. This time, we will be exhibiting with Dolphin and Enhanced Vision, giving you the chance to look at some of the latest products to assist with blindness and low vision.

The events run on Monday 24th September. The first one is here in the Bradbury Activity Centre, between 10am and 3pm. Beckham Place, Norwich, NR3 3DZ.

Tuesday 25th September, between 10am and 2pm, they will be exhibiting in our premises in King's Lynn. The new address for this one is:

Unit 3, Dundee Court, Hamburg Way, North Lynn Industrial Estate, King's Lynn, PE30 2ND.

For more information on anything mentioned in this section, be it the two exhibitions in Norwich or King's Lynn, or to find out about anything we do in the centre here in Norwich, Please contact us and we will be more than happy to talk to you all.

Enjoy the summer

7. Mobile Equipment Centre dates

Please call the Office on 01603 629588 to check Richard will be at the following places.

August			
Tues, Wed & Thurs	7th, 8th, 9th	Dereham	Morrisons Car Park NR19 1DF
Tues, Wed & Thurs	14th, 15th, 16th	Thetford	Sainsburys Car park IP24 3QL

8. News from Great Yarmouth

We were joined by a student from Great Yarmouth College last month who came to the Friday Craft Group. The student is undertaking a Degree course at GY college & was visiting different groups around the area getting people to sew panels for her degree project. Three members participated in sewing a panel and the finished item will be on display at Skippings Gallery in July.

Our Craft Club takes place every Friday from 10-12 & the Games Club runs on Thursdays from 10-12. We also run drop in coffee mornings every Wednesday between 10-12.

We look forward to welcoming you at the Great Yarmouth Centre & if you require any further information or require a visit from a Community Worker please call 01493 745973.

9. Thought for the day

Spread love everywhere you go
let no one ever come to you
without leaving happier.
Mother Teresa

10. News from the YoungEyes Office

Fun, Support and Friendship

At YoungEyes we are looking forward to a 'fun summer'. We have begun in style with an All Age Music Making Day! The Bradbury Centre Activity Hall vibrated as we explored Beat Boxing and Body Percussion in the morning and in the afternoon after a delicious Hot Dog and Ice Cream lunch learnt how to play and dance to the Samba rhythm with Hej and his musicians from Norwich Samba Band.



The Theatre Group went to see the The Jungle Book in April at The Theatre Royal and were thrilled to be introduced back stage to the puppet version of Mowgli who starts the show. The touring stage manager also explained various props and costumes to the group. It was great show and much enjoyed.

Other diary dates for the Summer Term

- July 27th – Trip on the Waveney Stardust for Rainbow Sparks families, sailing from Stalham, when we hope again to meet up with the ice cream boat on Barton Broad
- August 2nd – YoungEyes Show Day- a chance for the youngsters to show their talents in music, singing, dance, drama. This will be led by Mark and Bryony, our friends and instructors from Slanteddance
- August 17th – Waveney Stardust Boat Trip
- August 31st – Wherry Trip
- September 4th – Visit to the Happisburgh Owls

Working with Virtual School Sensory Support (VSSS) and the Norfolk and Norwich University Hospital

As part of this joint working, quarterly Children's Vision Clinics with health and education are held in The Bradbury Activity Centre. These are now well established and enable families to have time to discuss their child's needs with a Consultant Paediatric Ophthalmologist, Consultant Paediatrician, Senior Orthoptist and Qualified Teacher of the Visually

Impaired from The Virtual School Sensory Support. We are so pleased that NNAB is part of this valued service and families have said that they value the quality, unhurried time that this gives them.



Rainbow Sparks

Our monthly sessions for under 5s are very well supported and we are delighted that Musical Keys will be with us for the sessions in 2018, we are ready to play and have fun!

Dates for this year are the following Thursdays 10.30 am to 12 pm:
August 23rd, September 27th, October 25th and November 22nd.

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

11. Fundraising News

It's been an excellent start to the year with garden walks, quiz nights, blind dining events, marathon runs and pamper nights consuming both supporters and the departments' priority and focus, however, the one event which took centre stage was the very special one-off London O2 climb!

Nine intrepid visually-impaired people from Norfolk took on the challenge of climbing the O2 in London – clambering up 30 degree slopes to reach the 52 metre (170 foot) high platform above the iconic dome. The nine – accompanied by nine members of staff and volunteers from the NNAB – undertook the challenge to raise money for the charity. The ascent and descent took two hours in total. Kitted out in climbing suit, boots and harness, the 'urban mountaineers' climbed the specially-designed walkway from one side of the dome to the other, walking on a suspended walkway. Everyone was left ecstatic having completed such an exhilarating experience.

The NNAB is positively effecting thousands of people in Norfolk who are living with sight loss, however, the charity cannot deliver services without the support given from individuals, businesses and other local organisations. With this in mind we are, once again, reaching out for your invaluable support and contribution to our community and events fundraising campaigns. In advance, we extend our heart-felt thanks and appreciation for your future involvement. The below, are the next few events that we have planned. If you would like to get involved please contact Jeremy Goss or Donna Minto on 01603 629558.

Sunday 5th August – The Norwich 10km Run – come and support our blind runners, we'll be standing on Tombland with our NNAB minibus.

Sunday 19th August – Tour de Broads cycle event. We still need NNAB cyclists.

September (date tbc) – Blind folded walk in Gorleston

Thursday 18th October – Autumn Concert at the NNAB with the Cringleford Singers

Saturday 27th October – Halloween Dinner Dance at Sprowston Manor

Community Fundraising News

We have recently received numerous cheques from local groups and individuals who have held coffee mornings, open gardens, WI group raffles & plant sales. Including a very lovely cheque for £560 from Ros Tann and her friend Liz Brown who opened their house up for tea and cake to all the neighbours. It's with thanks to people like these that the NNAB services continue to reach those in need who are losing their sight. Thank you to all of you who continue to support us in this way, we are very grateful.

Since the last newsletter, we have done just over 60 store and street collections which has raised over £8,000. This is an incredible amount of money, which could possibly fund a whole years' activities for our clients that visit or equipment centres throughout Norfolk.

We are still looking for more volunteers to join us, not only for the collections, but also to help with our events. So if you know of anyone who may like to become a fundraising volunteer or if you feel that you

could hold a tin for an hour or two at any of the supermarkets or street collections, then please do contact us on 01603 629558 or email: gemma hurry@nnab.org.uk

Here are the collections that we have coming up over the next few months.

July

Friday 20th – Cromer Street Collection

Friday 20th – Hoveton Street Collection

Saturday 21st – Dobbies Garden Centre, Kings Lynn

Sunday 22nd – Dobbies Garden Centre, Kings Lynn

Friday 27th – Norwich Street Collection

Saturday 28th – QD, Dereham

August

Friday 3rd – Diss Street Collection

Saturday 4th – B&Q, Boundary Rd, Norwich

Tuesday 7th – Stalham Street Collection

Thursday 9th – Morrisons, Diss

Saturday 11th – Sheringham Street Collection

Wednesday 15th – B&Q, Boundary Rd, Norwich

Saturday 18th – Roys, Magdalen Street, Norwich

Tuesday 21st – Asda, Hellesdon, Norwich

Saturday 25th – Burnham Market Street Collection

Thursday 30th – Attleborough Street Collection

Friday 31st – Norwich Street Collection

Friday 31st – Cromer Street Collection

Thanks to all our wonderful volunteers that collect for us. Without your dedication and selflessness, we really would struggle to lay on as many activities that we do for our clients. You all deserve a round of applause and I hope to thank you in person at our Volunteers party on 13th July.

12. NNAB's Annual General Meeting

This years AGM will be held on

Thursday 11th October

At The Bradbury Activity Centre, Norwich

Coffee served 10am

Meeting Starts Promptly at 10.30

NNAB Return Slip

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 the Macular Group in Great Yarmouth

I would like to volunteer

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? We would really appreciate your feedback regarding the Magpie News.

