

Welcome to
this new edition of
Magpie News.
We hope you will enjoy
reading all about our
recent and upcoming
activities and
events.



MAGPIE NEWS | Spring 2022

VISION NORFOLK APPOINTS NEW CHIEF EXECUTIVE

Norfolk's sight loss charity Vision Norfolk has announced Andrew Morter as its new chief executive. He has 20 years' experience in the voluntary sector, most recently at Norwich-based community charity Future Projects, where he was head of operations. Prior to this, he was head of volunteering at Voluntary Norfolk, and he has also worked for the Citizens Advice Bureau.

Andrew said, "I am excited to have the opportunity to play a key role within Vision Norfolk, which has a proud history of supporting visually impaired people across Norfolk. I am deeply passionate about providing high-quality services, and committed to tackling the barriers that prevent people from living safe, independent and fulfilled lives – which is the mission of Vision Norfolk. I am optimistic and confident as we develop a new long-term strategy which will ensure that the charity continues to support visually impaired people in a meaningful way for years to come."



Andrew, who was born and has lived in Norwich and is married with an 11 year-old daughter, has experience of hereditary sight loss in his family. Five years ago, he undertook the personal challenge of undertaking an Open University Law degree, which he will complete in 2022.

NEWS ON THE COUNTYWIDE LEISURE ACTIVITIES – Message from Mark



It has been great to see many people in person coming back to our many countywide leisure activities. Above is a picture of our **Gaywood Book Club** meeting on World Book Day on 3rd March this year. Helen and I look forward to seeing you all in the coming months. The following activities are now back meeting face to face and please phone us on **01603 973216** or email **mark.smith@visionnorfolk.org.uk** if you would like further information or to join in. We also have a separate leisure activities mailing list, and please let us know if you would like to be added to it. We also welcome suggestions on places to visit or activities you would like to join in, out and about around the county.

Audio book clubs

All our 7 audio book club groups are now holding their monthly meetings back in local libraries, and we would be pleased to welcome new members. The monthly Audio books are available from the Calibre audio Library, on either an MP3 CD or a USB memory stick, and a variety of authors and genre are on offer from each groups reading list. The meetings are in small groups and informal, with a social chat about the book of the month over a tea or coffee.

The groups are free to attend, with funding from Norfolk County Council Library and Information service. The groups meet in the following Libraries and the meeting dates are:

Cromer – 2.00- 3.30pm, 3rd Monday, 25th April (week later due to Easter), May 16th, June 20th, July 18th, Aug no session, Sept 19th, Oct 17th, Nov 21st, Dec no meeting.

Dereham – 3rd Wednesday, 10.30 – 12 noon, April 20th, May 19th, June 15th, July 20th, Aug 17th, Sept 21st, Oct 19th, Nov 16th, Dec 14th

Diss – 4th Friday, 2.00 – 3.30 pm, April 22nd, May 27th, June 24th, July 22nd, Aug 26th, Sept 23rd, Oct 28th, Nov 25th, Dec 16th

Fakenham – 3rd Monday, 10.30 -12 noon, April 11th, (a week early due to Easter) May 16th, June 20th, July 18th, Aug 15th, Sept 19th, Oct 17th, Nov 21st, Dec 12th early due to Christmas.

Gaywood – 1st Thursday, 2.00 – 3.30pm, April 7th, May 5th, June 9th, July 7th, Aug 4th, Sept 1st, Oct 6th, Nov 3rd, Dec 1st

Norwich – 2nd Monday, 1.30 – 3.00pm, April 11th, May 9th, June 13th, July 11th, Aug 8th, Sept 12th, Oct 10th, Nov 14th, Dec 12th

Great Yarmouth - Last Friday, 1.30 – 3pm, April 29th, May 27th, June 24th, July 29th, Aug 26th, Sept 30th, Oct 28th, Nov 25th, Dec 16th (early due to Christmas)

We do appreciate there may be local Libraries where we currently do not hold audio book club meetings. If you would be interested in a group in your local Library please do let Mark or Helen know. We look forward to welcoming you along to a book club meeting.



Norwich Hub Activities

Creative Writing Group

We are really pleased to announce that our monthly meetings for the Creative Writing Group are now back face to face in our **Norwich Bradbury Hub**, new members are always welcome.

Sessions are held on the 3rd Tuesday in the month from 2 – 4pm, the meeting costs £4, includes a tea/coffee. The meeting dates are: April 19th, May 17th, June 21st, July 19th, Aug 16th, Sept 20th, Oct 18th, Nov 15th and Dec 13th.

Contact Mark or Helen to book on 01603 973216.

EffstopEyes Photography group

It has been great to meet back face to face instead of the monthly meetings on zoom, and the group are now regularly meeting twice a month on the 1st and 3rd Friday's. We visit a number of different locations in our minibus to photograph a variety of landscapes, objects/sculptures, buildings, street scenes and have sighted volunteers to assist. Review sessions are held in our Norwich Bradbury Hub, using a large TV screen, and it's an ideal opportunity for members to chat about their photographs and enjoy a social time over a tea or coffee. Meeting dates for 2022 are:

April 15th, May 6th and 20th, 17th, July 1st and 15th, Aug 5th and 19th, Sept 2nd and 16th, Oct 7th and 21st, Nov 4th and 18th, Dec 2nd and 16th.

GardenEyes

Easter Springtime Flower arranging workshop

On Wednesday 13th April an Easter Flower arranging workshop will be

taking place here at our Norwich Hub, from 10.30 to 12.30. The session will cost £10, including refreshments and 2 small flower arrangements to take home.

Please book by Monday 4th April by calling Mark or Helen on 01603 973216

Plant Foundry Visit

Wednesday 11th May we will be running a minibus to visit the Plant Foundry in Tasburgh, near Norwich. Leaving at 10.30 from our Bradbury Hub, and returning mid afternoon, £5 per person for the minibus. This will be an ideal opportunity to visit this well-established local independent Garden Centre. To stock up on seeds, summer bedding plants for your summer garden.

Blickling Hall Visit

Later on in the summer, a trip is planned to Blickling Hall gardens near Aylsham date to be confirmed. Let us know if you are interested.



Severals Grange Gardens Visit

A minibus will be running on Wednesday 7th September to Severals Grange gardens, home of Jane Lister in Wood Norton, and further details will follow through the leisure mailing list. Let us know if you would like to be added to the list.

Heritage Group visit to the Norwich Castle Museum

A costumes and textiles handling session has been arranged at the

Norwich Castle Museum, for Saturday 30th April at 10.30 – 12.30. Cost is £7 for museum entrance and workshop with no charge for a companion. **Please phone Mark or Helen on 01603 973216** to book your place as soon as possible. Further visits are being arranged for later in the year for the Heritage group, and will be announced through the leisure mailings list.

Norwich Theatre Royal Performances

It is fantastic to now start taking groups back to the Theatre Royal, we are booking for more performances with audio description. Please do note though to avoid disappointment that tickets have to be booked and paid for in advance of the shows.

Tickets are now on sale for an audio described performance of **Les Misérables**, on Thursday 8th September for the 2.30pm matinee performance. This brilliant new staging has taken the world by storm and has been hailed “Les Mis for the 21st Century”. With scenery inspired by the paintings of Victor Hugo, the magnificent score of “LES MISÉRABLES”. **Priced at £64, with payment on booking. please call Mark or Helen on 01603 973216.**

Further audio described performances will be announced, including the 2022 Christmas pantomime and Agatha Christie's performance of The Mouse Trap on Wednesday 25th January 2023.

Sailing with the Nancy Oldfield Trust

Our summer sailing activities with qualified sailing instructors, will be taking place at the Nancy Oldfield Trust in Neatishead, we run a minibus from our Norwich Bradbury Hub. Costs are £5 for the minibus and £15



for the sail, the minibus leaves at 12.30 returning by approximately 5pm.

All dates are a Thursday, and are:

April 7th & 21st, May 5th & 19th
June 1st (Wednesday), 16th & 30th
July 14th & 28th, August 11th & 25th,
September 8th & 22nd, October 6th & 20th.

A monthly motor cruiser ride takes place during the winter months, dates will be announced for this later in the year. Please phone Mark or Helen to book your place in advance on **01603 973216.**

Arts and Craft News

We are very pleased to announce that a clay pottery workshop has been arranged for Thursday 21st April in our Norwich Hub (Bradbury Activity Centre), from 1.30 to 3.30. In collaboration with Studiодо, the workshop will be exploring various textured forms of clay, using different objects to create the texture in clay.

Cost is £10, places are limited and need to be booked by 7th April, with Mark or Helen on 01603 973216.

Finally, just to let you know that our coffee mornings have resumed on the last Monday of each month.

West Norfolk Hub Activities

West Norfolk Men's Group

Come and join our monthly Men's Group at the West Norfolk Hub for chat, friendship and fun. The group get together for tea and coffee and lively conversation, with regular special activities including fish and chips and even a full Christmas dinner.

The group meets on the first Monday of every month at the **West Norfolk Hub at Unit 3, Dundee Court, Hamburg Way, King's Lynn, PE30 2ND.**

Meeting dates are: 4th April, 2nd May, 6th June, 4th July

12:00 – 14:00

We ask for a £3 donation towards refreshments; special activities are paid for by participants directly.

Help is available with transport to the Hub if that's an issue; for more details, and to book a place contact Hub Co-ordinator Zoe Tinkler on **01553 660808**, zoe.tinkler@visionnorfolk.org.uk

Knitting at the West Norfolk Hub –

Whether you are a complete beginner who would like to take up knitting or a seasoned knitter, our knitting sessions at the West Norfolk Hub in King's Lynn are a fun and sociable way of getting together with fellow yarn fans.

The sessions take place on the second Tuesday of each month from at the **West Norfolk Hub at Unit 3, Dundee Court, Hamburg Way, King's Lynn, PE30 2ND.**

Vision Norfolk staff and volunteers are on hand to teach you the basics, or to help you rediscover your knitting

confidence if it's been a while since you picked up the needles. Needles and wool are provided, or you can bring your own.

Tea, coffee and cake are provided; we ask for a £3 donation per session to cover the cost of refreshments.

Meeting dates are: 12th April, 10th May, 14th June, 12th July

13.30 – 15.30

Help is available with transport to the Hub if that's an issue; for more details, and to book a place at our West Norfolk Knitting sessions, contact Hub Co-ordinator **Zoe Tinkler on 01553 660808**, or zoe.tinkler@visionnorfolk.org.uk

Emneth Social Events

Come and join us for our monthly social get-together in Emneth, which takes place on the third Thursday of every month at the **Sweet Things Savoury Cafe, 33 Galtree Square, Emneth, PE14 8DA.**

Meeting dates are: 21st April, 19th May, 16th June, 21st July

14.00 – 16.00

Enjoy tea, coffee and refreshments, play games, bring your knitting, or just have a good old-fashioned chat.

The session is free; you will need to pay for your own refreshments from the cafe.

Help is available with transport to the venue if that's an issue; for more details, and to book a place at our Emneth social events, contact Hub Co-ordinator **Zoe Tinkler on 01553 660808**, or zoe.tinkler@visionnorfolk.org.uk



Downham Market Social Events –

Come and join us for our monthly social get-together in Downham Market, which takes place on the fourth Wednesday of every month at the Downham and Clackclose Conservative Club, Eagle House, Bridge Street, Downham Market, PE38 9DH, from 11am until 1pm.

Enjoy tea, coffee and refreshments, play games, bring your knitting, or just have a good old-fashioned chat.

We ask for a £3 donation towards the refreshments.

Meeting dates are: 27th April, 25th May, 22nd June, 27th July

11.00 – 13.00

Help is available with transport to the venue if that's an issue; for more details, and to book a place at our Downham Market social events, contact Hub Co-ordinator **Zoe Tinkler on 01553 660808**, or zoe.tinkler@visionnorfolk.org.uk

Coffee Mornings at the West Norfolk Hub

Come and enjoy coffee, cake and a good old chat at our monthly coffee mornings at the West Norfolk Hub in King's Lynn.

They take place on the first Wednesday and third Tuesday of each month from 10 am until 12pm at the Hub, at Unit 3, Dundee Court, Hamburg Way, King's Lynn, PE30 2ND.

We ask for a £3 donation towards the cost of the refreshments.

Meeting dates are: 6th & 19th April, 4th & 17th May, 21st June (not 1st as jubilee), 6th & 19th July

Help is available with transport to the Hub if that's an issue; for more details, and to book a place at our West Norfolk coffee mornings, contact Hub Co-ordinator **Zoe Tinkler on 01553 660808**, or zoe.tinkler@visionnorfolk.org.uk

Great Yarmouth Hub Activities

Walking group once a month.

Next walk will be the 5th April 2022.
Transport from the hub 10.00am till 12.00pm £3.00 each

Coffee morning every Wednesday
10.00am till 12.00pm £3.00 each

Games morning every Thursday
10.00am till 12.00pm £3.00 each

Weaving group every Friday 10.00am
till 12.00pm £3.00 each

Queens Jubilee 1st June 2022 12.00pm
till 3.00pm



Will be demonstrating their equipment for those suffering from sight loss, at the Norwich Hub, on Friday 8th April, 10am - 2pm.

In particular, they will be introducing their new piece of equipment called the **Oxsight Onyx OXSIGHT Onyx - Sight and Sound Technology**.

These are Smart Glasses which can help the wearer to identify faces, read text and watch TV.

<https://www.sightandsound.co.uk/product/oxsight-onyx/>

Eye conditions that can be helped include - Age Related Macular Degeneration, Myopic Macular, Macular Hole, Diabetic Retinopathy, Stroke Related Sight Loss, Stargardts Disease, Macular Dystrophy, Inverted Retinitis Pigmentosa. They will also have other examples of their Hardware and Software products on display and for you to try, that may help those with sight loss, right across the age range.



Professional Vision Services In conjunction with Vision Norfolk, Kings Lynn

At Unit 3 Dundee Court, Hamburg Way, Kings Lynn .
Come along to our low vision Equipment day where we will be demonstrating all the latest technology for the Visually Impaired.

Thursday 14th April 2022





VISION NORFOLK IS PROUD AND PRIVILEGED FOR HER MAJESTY THE QUEEN TO BE OUR PATRON

Having Her Majesty The Queen as our Royal patron provides vital publicity for the work of our charity, and allows our enormous achievements and contributions to society to be recognised. Many of you will remember the wonderful day when Her Majesty opened the Bradbury Activity Centre in 2010.

We will be marking Her Majesty's Platinum Jubilee across the county and inviting staff, volunteers, clients and trustees to come together to celebrate The Queen's historic reign and to join in with our events and activities.



The Big Jubilee Lunch

Every year since the idea began in 2009 The Big Lunch has encouraged communities to celebrate their connections and get to know each other a little bit better, coming together in a spirit of fun and friendship. In 2022 **The Big Lunch** will bring the Jubilee celebrations into the heart of every community.

On the 1st June from 12.00pm till 3.00pm our Vision Norfolk hubs will be hosting their own Jubilee lunch, for staff, trustees, volunteers and clients. We hope you will be able to join us at one of these events and if you would like to come please book your place by the 18th May by contacting the following staff member, this will enable us to cater for our guests:

Norwich Hub

Richard Polley 01603 972605 richard.polley@visionnorfolk.org.uk

Great Yarmouth Hub

Nicky Meredith 01493 278357 nicky.meredith@visionnorfolk.org.uk

King's Lynn Hub to be held at the Masonic Hall, Burgen Way

Zoe Tinkler 01553 407195 zoe.tinkler@visionnorfolk.org.uk

Events in London

The Trooping of the Colour on the 2nd June at Horse Guards Parade, London, will be reviewed by Her Majesty The Queen. The tickets to this event are only available by entering the ballot. We have entered the ballot and we hope to be successful for six tickets, if you would like to express an interest for a couple of the tickets please let me know, **Diane Stewart** 01603 573024 or diane.stewart@visionnorfolk.org.uk

This extract was taken from The Norwich Institution for the Blind Annual Report in 1951 – 52.

'His Late Majesty King George VI was Patron of the Institution throughout his reign. Both he and the Queen Mother, took a keen personal interest in our work. We record our very sincere sympathy to the Royal Family in their loss, a loss which is deeply felt by all the people in the British Isles and the Commonwealth. We are pleased to record Her Gracious Majesty the Queen has consented to be our Patron, an honour we much appreciate. We wish her every happiness and may she have a long and peaceful reign.'



VISION ZONE 2022

Support, services and products covering all areas of sight loss



We invite you to visit our Low Vision Exhibition. Meet your local Societies and Support Services. Talk to them about the help they can offer you.

Gain hands on experience with products and technology with our low vision specialists to aid you in your daily activities.

Magnifiers, Electronics, Reading Machines, Desktops and much more. Entry is free and just drop by no appointment needed.

For further information please call **0800 145 6115**

Monday 16th May

Bradbury Activity Centre, Beckham Place Norwich NR3 3DZ

Tuesday 17th May

Great Yarmouth Hub, 12 Hall Quay Great Yarmouth NR30 1HP

Wednesday 18th May

Kings Lynn Hub, Unit 3 Dundee Court Hamburg Way, Kings Lynn PE30 2ND

We will be joined by **Vision Norfolk, Optelec UK, Enhanced Vision and Cobolt Systems.**

Vision Norfolk Focus Group

Would you like to join our Focus Group that was set up as a response to our survey conducted in 2020? The group is currently formed of 6 VIPs, all with different levels of sight loss and experiences of Vision Norfolk, including a couple who are volunteers. The group also includes three members of Vision Norfolk staff and the chairperson of our board of trustees. We are looking to recruit members from the

West Norfolk area in particular because as yet this area of the County does not have representation.

Our meetings are held on the 1st Tuesday of each month between 11-1pm. We are not just a place for discussing issues and not taking any practical action to resolve them, we are working closely with the board of trustees to ensure our recommendations are taken forward.

Previous meetings have discussed technology issues, transport and activities run by Vision Norfolk. The group is developing a list of services of all sorts of different organisations and services that we can work closely with. Now that restrictions have been lifted, we want to be able to host meetings in all 3 of our Hubs and potentially over in the Cromer area as well. Our last meeting on Monday 28th February was held at our Yarmouth Hub and our next meeting on 5 April will be at our Norwich Hub with a trip to King's Lynn planned for a future meeting.

Don't want to become a member but have something to put forward? No problems. WE can take any comments onboard you might have for us to look into, and we can do this on your behalf.

If you would like some more details please contact **Edward Bates** on usersgroup@visionnorfolk.org.uk or telephone him on: **01603 972604.**

Vision Norfolk App Launches

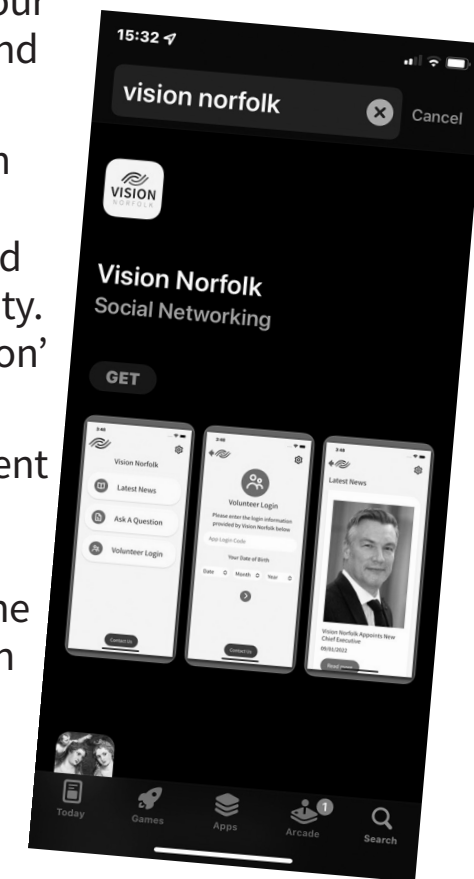
Vision Norfolk are delighted to announce the launch of our new app that is free to download on both Google Play and the Apple App Store. Search for "**Vision Norfolk**".

Our app will keep you up to date on the latest news from Vision Norfolk including information about activities, support advice, assistive devices, fundraising events, and relevant local and national news affecting our community. You can also get in touch with us using the 'Ask A Question' feature and we will be in touch with a response.

The new app will also support the continued development and expansion of our popular Telefriends telephone befriending service, making it easier and safer for our volunteers to get in touch with people from anywhere the volunteer has access to the internet or a data connection via a mobile phone or tablet.

The app has built in accessibility features to make it as easy and simple as possible to use. There are three different colour modes to choose from, the text size can be enlarged, and it is compatible with screen readers.

If you have any questions about the app, please do not hesitate to contact **Clayton Anderson** via app@visionnorfolk.org.uk or on **01603 570164.**



healthwatch Norfolk

Healthwatch Norfolk Survey

Healthwatch Norfolk have been commissioned by Norfolk and Waveney CCG to evaluate changes made to Community Mental Health Services in Norfolk and Waveney and we would like to get as many voices heard as we can.

The Healthwatch Norfolk surveys can be found here:

Survey for adults severely affected by mental ill health:

<https://www.smartsurvey.co.uk/s/norfolkCMHTEvaluation/>

Survey for carers of adults severely affected by mental ill health:

<https://www.smartsurvey.co.uk/s/carersadultmentalhealthservices/>

Here is some information about the surveys:

Who is Healthwatch Norfolk?

Healthwatch Norfolk is the independent voice for patients and service users in the county. They gather your views of health and social care services to ensure they are heard by the people in charge.

What is this survey about?

The NHS is working in partnership with Norfolk and Suffolk councils, charities and community organisations to improve key Community Mental Health Services, so the needs of adults affected by mental health conditions are better met.

If you would prefer to do this survey over the phone, please call Healthwatch Norfolk on 01953 856029 and they will arrange a time to ring you back to complete the survey. Alternatively, please email: enquiries@healthwatchnorfolk.co.uk for further support.

Survey Closing date: 30th May 2022



Norwich Cathedral School Volunteers

This year we have had four students from Norwich School with us for an hour a week to partake in their community volunteering project. They have been learning about all different aspects of visual impairment and the services we provide for our clients. Each week we do a different activity, whether that's helping us organise our craft room or learning how to guide

a person with visual impairment. This week the students have had a session with Edward on braille. They learned the difference between manual and electronic braille and how an embosser works. The students have been very interested to learn about the aspects of sight loss and we have been thankful of their help too.



**For further information on how we can support you
and how you can get involved:**

w | visionnorfolk.org.uk t | 01603 573000
e | office@visionnorfolk.org.uk

Our hubs can be found at:
106 Magpie Road Norwich | NR3 1JH | 01603 972605

12 Hall Quay
Great Yarmouth | NR30 1HP | 01493 745973

Unit 3 Dundee Court Hamburg Way | King's Lynn | PE30 2ND
01553 660808

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