

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



UPDATE FROM OUR CEO

They say time flies when you're having fun, and I can hardly believe that I have now been in post for eight months. It has been great getting to know all of the staff, our amazing volunteers, and wonderful clients during this time.

Despite the fun and enjoyment, we are still operating in some particularly challenging times. As we emerge from the pandemic, we find ourselves in another significant crisis. The cost of living has risen exponentially in the past 12 months, and as a result, we have found ourselves re-evaluating our services to ensure that they are as safe, effective and accessible as they can be. One of the key decisions we have made to combat the cost of living crisis is to review the charges that have traditionally been associated with some of our events and activities – in most cases, removing these charges completely to ensure that affordability does not exclude anyone from taking part in what we can offer. As you read through this edition of **Magpie News**, it should be clear which services are now free to access, and which we still need to make a small charge to cover our costs for.



Andrew Morter

I am also really happy to announce that we will soon be re-establishing a community-based outreach service to respond to individuals who require our support, but are unable to attend our offices in Norwich, Kings Lynn and Great Yarmouth. Many of you have voiced your opinions on how essential this service is, and we have listened. We are currently finalising the job descriptions and service specifications as we speak, so watch this space for when the service is up and running!

I am sure you don't need to hear any more from me at the moment, so please read through this edition of **Magpie News**, and I hope to see you soon at one of the events and activities on offer.

JUBILEE CELEBRATIONS

Early June saw the wonderful Jubilee celebrations of HM the Queen as we saluted our gracious Patron as she marks an incredible seven decades on the throne. Tea parties were held by our hubs in Norwich, King's Lynn and Great Yarmouth and were well attended by our clients and local dignitaries. For those who were unable to attend in person we sent special Jubilee tea hampers to people in their homes. A message from one of our clients, Doris Hart says it all: "Thank you for your lovely Jubilee hamper. Such a lovely variety and very thoughtful of you. I hope you have a lovely Jubilee weekend."



even approaching Consultants on the patient's behalf. We offer support within the clinic setting, but equally offer so much more, with advice, support and onward referring to outside agencies.

I have a great working relationship with Sensory Support and value our partnership, equally I am ideally placed to liaise on their behalf and answer any hospital based queries.

Being placed in the clinical setting we are on hand to see patients at the time of diagnosis, when many feel most vulnerable and feel there is little or no way forward

Michele, our ECLO in the QEH in King's Lynn, has similar stories: 'People are often afraid of eye injections and it's wonderful to be able to calm their nerves and reassure them. When people are sent down to us from the wards the nurses might only be able to give them a couple of minutes but I can take them into a consulting room and chat to them in a more relaxed and informal way.' I was fortunate to be able to speak to several of the doctors and nurses on shift when I visited, all of them were full of the same high praise of the work of the ECLOs. A few quotes from the many conversations with medics must suffice: 'The ECLOs are essential not only for the smooth running of the clinics but it is very reassuring for the patient to see that support doesn't end when people are discharged. It is not only about treating the condition, but also about dealing with the feelings and anxiety of the patient. The work the ECLOs do is vital in this regard. The positivity of the patient is an essential part of treating the condition.' One doctor stated simply, 'The ECLOs are our mega asset who help with the smooth running of the clinic.'

Our Eye Clinic Liaison Officers

- Report By Rob Collins

One of our most essential providing a bridge between the hospital and the community is our team of Eye Clinic Liaison Offices, or ECLOs as we call them. Fully funded by Vision Norfolk and trained and accredited by the RNIB, our hospital liaison team started originally with just one staff member based at the James Paget University Hospital. We now have 3 full-time staff in each of the county's main hospitals, with an additional outreach to Cromer. The ECLOs act as a single point of contact for the patient, providing emotional support, information and advocacy, but also assessing needs and providing appropriate referrals to medical support, local services and peer groups.

Each working day over the past 7 years has been met with the challenges of working within a busy eye clinic setting. Being on hand to support patients and clinic staff alike. Knowing that each patient is individual and finding a way to offer the best support.

Day to day we liaise on behalf of the patients, with calls to secretaries and

To contact our ECLOs at the hospitals call:

James Paget: 01493 453095

NNUH: 01603 286286
[TO BE CONFIRMED]

QEH: 01553 613613 [TO BE CONFIRMED]

Alternatively call the Vision Norfolk main number on: 01603 573000



A Day At The Races

Vision Norfolk were fortunate to be chosen as the charity collectors for an evening of racing at Great Yarmouth Race Course on Wednesday 3rd August.

£300 was raised in donations but more importantly was the wonderful publicity

provided by the venue. Every hour announcements about the work we do were made to a captive audience of 2000 local people. A big thank you to everyone involved in making this event a success and especially to Nicky and Chris for securing it.

Norwich Pub Social

Local visually impaired people, we are writing to you to invite you to the Norwich Pub social! We are Bradley Burrows, Amber McEwan and Abbie-Rose Reddington, we are all Norwich/Norfolk based, visually impaired and in our 20's. We would like to meet up with more like-minded visually impaired people of a similar age across Norwich and Norfolk.

We have been visually impaired all our lives and have always learnt so much just by socialising with other young visually impaired people doing the normal sorts of things you do growing up. We would therefore like to invite you to a monthly trip to the pub for a monthly drink and or bite to eat with us in a relaxed informal setting. The hope is we can bring together a local group of similar aged, like-minded visually impaired people who can relate to each other's local issues around being visually impaired in Norfolk and Norwich, but mainly have a goodtime getting to know each other. Please read on for info on where and when we meet.

Where: The Nelson, Prince of Wales Road, Norwich, NR1 1DX

When: 4th Weds of month from 18:00

To get in touch with your interest you can contact us in the following way

Email: norwichvisocial@gmail.com

Alternatively, we regularly advertise these events on the Facebook group RNIB Connect East of England, to join this group, please click on the following link.

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

We hope to see you soon!

Technology Drop-In Days October:

Vision Norfolk are delighted to be working with Dolphin Computer Access and Vision Aid. They will be visiting our centres during October.

On **Monday 17th**, they'll be in **Norwich**, at the **Bradbury Centre, Norwich, NR3 3DZ**.

On **Tuesday 18th**, they'll be at **Great Yarmouth, on 12 Hall quay, Great Yarmouth, NR30 1HP**

And on Wednesday, **Vision Aid** only will be attending the **Kings Lynn centre at Unit 3, Dundee Court, Hamburg Way, King's Lynn, PE30 2ND**.

Come and see what these companies can offer you.

Dolphin offer a variety of different equipment such as Supernova, a magnification system which enlarges the screen on your computer. If you want a screen reader, then **Guide Connect** could be for you. This can also work through your television. And if you want to be able to download your books on an easy reader app, then Dolphin have just the thing for you.

It will be possible to view and ask questions about new equipment from **Dolphin Computer Access** and **VisionAid**, and staff from **Vision Norfolk** will be available to welcome you and answer any questions you may have about us and the work we're doing.



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 24th November 2022

10am - 2pm



VisionAid

Restoring Independence Since 1996



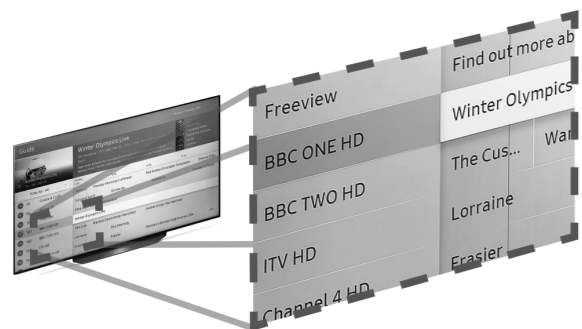
Freephone

0800 002 5555

www.visionaid.co.uk

EYE4 - Wearable Magnifier

- Breakthrough technology allows you to **watch TV, see loved ones' faces, cook, play cards and instruments** etc.
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Please call us for more information, for our latest catalogue with over 100 solutions or to try at home with a free, friendly, no-obligation demonstration



Inclusive Sports Day



Friday 23rd September 2022

Join us anytime between 10am – 12.30pm

UEA Sportspark (Halls 4 & 5)

FREE

There will be lots of activities you can try such as Boccia, New Age Kurling, Table Tennis, Foam Frisbee, Foam Javelin plus more.

Contact: info@epicnorfolk.com



SUPPORTED BY:



Swissvoice Xtra 2155 Duo Big Display Phones with Answering Machine

- The Swissvoice Xtra 2155 is a cordless phone with an answering machine, which has been designed for people looking for comfort and ease of use. This set includes an additional handset.
 - The phone includes four photo memory spaces, each equipped with vocal VIP ringers (the phone alternates a ring and the recorded name) to allow you to instantly call your loved ones. The phone also has a large keypad with talking digits to help increase confidence when calling a number, and to avoid any dialling mistakes.
 - To help increase comfort whilst using the phone, the Xtra 2155 has a high-quality handsfree function, an adjustable handset and base volume (with 6 levels) and an audio-boost key offering extra loud earpiece volume (30dB). If you are concerned about missing a call, the ringtone can be set to 90dB to minimise the risk. As well as by sound, the phone indicates an incoming call by lighting up on both handset and the base. The phone is hearing aid compatible.
- The included answerphone has 30 minute recording time and a slow play message option for effortless listening.



For further information ring John on Ext 323

New Phone System At Vision Norfolk

We would like to announce that Vision Norfolk has a new phone system. To contact Vision Norfolk please dial 01603 573000 you will then be invited to enter an extension number if known. If no extension number is entered, you will be presented with the following options:

- Press 1 for Equipment Information or to pay an invoice.**
- Press 2 for Thomas Tawell House.**
- Press 3 for Leisure and Befriending Services.**
- Press 4 for the Hub Activities,**

you will then be asked which hub you would like to contact please press

- **1 for Norwich.**
- **2 for King's Lynn.**
- **3 for Great Yarmouth.**

Press 5 for Fundraising.

Press 9 to repeat the menu again.

The caller can hold if they do not press any of the option numbers above and the call will be sent to the next available staff member. There will no doubt be some teething problems but please bear with us.



Volunteers' Boat Trip

The contribution made by volunteers to Norfolk's sight loss charity was celebrated with a special Broads boat trip. Around 40 of the more than 100 volunteers who support Vision Norfolk were treated to drinks and lunch aboard the Southern Comfort Mississippi River Boat during a special two hour cruise from Horning.

The event was to recognise the work done by the charity's team of volunteers, who help by running sports and leisure activities, advising at eye clinics, being Telefriends, driving, fundraising, escorting and guiding, and working in the charity's equipment and information centres.

Vision Norfolk chair of trustees Karen Norton and chief executive Andrew

Morter welcomed the volunteers on board with a glass of Prosecco, on a hot, sunny day this week.

"Without our wonderful volunteers we would simply not be able to offer the range of services that we do to vision impaired people across Norfolk," said Mrs Norton.

"The demand for our services continues to grow, and it is only through the dedication and loyalty of our army of volunteers that we are able to meet that demand.

"Volunteering is a richly rewarding thing to do, and we would very much welcome anyone who is thinking of volunteering some time to consider helping Vision Norfolk."

Anyone who would like more information about becoming a volunteer for Vision Norfolk can contact **Jo Howard (Norwich) on 01603 973377, Penny Parker (King's Lynn) on 01553 407004, or Ed Bates (Great Yarmouth) on 01493 972604, or email volunteers@visionnorfolk.org.uk**

Hub Activities And Events

Norwich

Vision Norfolk Countywide Leisure Activities

It is fantastic to now have all our groups up and running and to be holding our activities face to face, and it's been really lovely to see so many members, volunteers and companions coming back to our groups. My thanks must go to many colleagues and volunteers for all their invaluable help with our various leisure groups, and without your help we would be unable to run many of our leisure activity groups – thank you all.

Please note now when phoning Mark or Helen to book in for any activities, we now have a new phone system, and please phone the Vision Norfolk main number on 01603 573000, and select the option for Leisure and Befriending. (Please note that Mark's number of 01603 973216 will only be in operation for a further few months). You can also email mark.smith@visionnorfolk.org.uk. To make a booking or with any queries.

A separate leisure activities update mailing list is also available, with details contained in a flyer, being either posted out in large print or emailed. Please do let Mark or Helen know if you would like to be added to this list.

We have received the following suggestions for new leisure group activities in the future and please do let me know if you may be interested in joining the following groups?:-

Monthly Discussion group

We have previously held a monthly meeting for a Discussion group here in our Norwich Bradbury Activity Centre, and would you like to join a 'monthly meet up'? The sessions had allowed discussions on various current affair matters or subjects which you feel strongly about, with everyone's point of view being heard. The sessions could be held once a month over a tea or coffee for a couple of hours, and would be friendly, informal and a good social opportunity to meet up.

Specialist audio book club

As you may be aware we currently run 7 audio book clubs across the county, with each reading group listening to a variety of audio books. The groups listen to a wide variety of audio books, by various authors and on various genre's. We would however like to know if there is interest in having a book club on specific genre's or authors for a new monthly audio book club?

Audio book Library

A large number of audio books on CD have recently been donated to Vision Norfolk, and if you would like to receive a list of the titles or would like to have the list read out to you over the phone, please contact Mark or Helen in Leisure and befriending, on 01603 573000.

We are excited to announce that we've been awarded a grant from the Lottery Awards for All, to run a Jubilee Arts and craft project. Several arts and craft short courses will be taking place across the county over the next few months, with skilled tutors, and an opportunity for people to try out a variety of arts and

craft activities. A 1 day exhibition will then be held in December in 3 locations across the county to give participants an opportunity to exhibit their work in a public place. Further details will be announced once an Arts coordinator has been appointed.

Over the next few months the following activities will be coming up:-

County Audio book clubs

Our 7 audio book clubs continue to meet monthly at the following branch Libraries, (except for the Norwich group who meet in our Norwich Bradbury Centre), and new members are especially welcome. The monthly audio Books are supplied on a USB memory stick from the Calibre audio Library, and are free of charge. Our meetings are held in small informal groups, over a tea or coffee, and are a great social opportunity to meet others and discuss the book of the month, and other topics of interest for those with sight loss. Thank you to Norfolk County Council Library and Information service for our grant funding.

Cromer Library, 3rd Monday 2.00 - 3.30 Sept 19th, Oct 17th, Nov 21st, No meeting in Dec.

Dereham Library, 3rd Wednesday, 10.30 – 12 noon, Sept 21st, Oct 19th, Nov 16th, Dec 14th.

Diss Library, 4th Friday, 2.00 – 3.30, Sept 23rd, Oct 28th, Nov 25th, Dec 16th.

Fakenham Library, 3rd Monday, 10.30 – 12 noon, Sept 19th, Oct 17th, Nov 21st, Dec 12th.

Gaywood Library, 1st Thursday 2.00

– 3.30, Sept 1st, Oct 6th, Nov 3rd, Dec 1st.

Great Yarmouth Library, last Friday 1.30 – 3.00, Sept 30th, Oct 28th, Nov 25th, Dec 16th.

Norwich audio book club, (Meetings held at the Norwich Bradbury Activity Centre, Beckham Place, Norwich, NR3 3DZ) 2nd Monday, 2.0 – 3.30, Sept 12th, Oct 10th, Nov 14th, Dec 12th.

Please do let Mark or Helen know if there is a book club you would like us to look into starting in your local area, as we try to expand the range of audio book clubs across the county.

Theatre Performances with audio description

We have two audio described performances coming up, and to book tickets please phone Mark or Helen in Leisure and befriending on 01603 573000 or mark.smith@visionnorfolk.org.uk

Tickets are now on sale for the annual Norwich Theatre Royal's pantomime, Jack and the Beanstalk. An audio described performance will take place on **Tuesday 3rd January 2023, at 2.30**, with Tickets priced at £26.55. **Please note that tickets need to be bought by 7th October 2022.**

We also have tickets priced at £33 for an audio described performance of the **70th anniversary tour of The Mousetrap on Wednesday 25th January 2023**, 2.30 matinee performance. AGATHA CHRISTIE'S THE MOUSETRAP is the world's longest-running play. This thrilling West End

production is THE genre-defining murder mystery from the best-selling novelist of all time. As news spreads of a murder in London, a group of seven strangers find themselves snowed in at a remote countryside guesthouse. When a police sergeant arrives, the guests discover – to their horror – that a killer is in their midst! Which one is the murderer? Who will be their next victim? Can you solve this world-famous mystery for yourself? Please note tickets must be booked and paid for by 30th September.

Creative Writing Circle

Our Creative writing group has been meeting back in our Norwich Bradbury Activity Centre, on the **3rd Tuesday** in the month from **2.00 – 4.00**. The group will be meeting on **Sept 20th, Oct 18th, Nov 15th and Dec 20th**. The group has been busy putting pen to paper and here are a couple of contributions from the writers.

Two Poems From Our Creative Writing Group

Delightful Things by David Foulds

(Inspired by the work of the Japanese writer Shonagon)

A pair of bats, dancing in the dusk.
Just visible.

Sitting at a large window,
comfortable, dry, watching
raindrops splashing onto the paths
and patios of a formal garden.

In Thailand, an ancient Buddhist
temple in thick dawn mist, walls
and towers aglow with gems that,
as the air clears in strong sunlight,
turn out to be bits of coloured glass.

A pretty waitress peels an orange;
brandy and juice slide down along
a spiral of zesty fire-drops flickering
with a blue-red flame and falling
into the pan. Crepes Suzette a la
Maison –and who cares what they
taste like! I got into awful trouble
about that pretty waitress.

Late one autumn evening,
returning from an excursion with
child visitors from London, our
house and surroundings pitch
black, skies clear. On getting out
of the car little Emily looks up and
cries in astonishment: “Cor, they
don’t ‘arf ‘ave a lot of stars in
Norfik!

© **David Foulds**

Crazy Ladies by Jenny Fisher

The sun shines bright, the sea is
smooth,
A white fringe trembles at its edge
This scene alone has power to soothe
The troubled mind and give it rest.
A group of ladies gather there
Friends, they chatter and they giggle
As they discard their outer wear
With a shimmy and a wriggle
They are all sizes, thin and fat,
Some in swimsuits, baring limbs
Some in wet suits, gloves, boots, hats,
Whatever they feel safest in.
It’s four degrees, it may be colder.
They step in gingerly at first
Then stride out, submerge,
feeling bolder
With shrieks and cries of fun and mirth
The shock releases stress hormones
Adrenaline and cortisol
The cold begins to reach their bones
They take a breath and start to crawl
A minute in they’re feeling stronger

They swim on now against the tide
Knowing that they can stay in longer
Relaxing, eased, the cold defied
The feel-good hormones kick in now
Endorphins and the dopamine
Immersed in joy, onwards they plough
Feeling refreshed, inspired and clean
Then, conscious of the safety rules
They turn and swim back with the flow
Ten minutes passed in that cold pool
They are aware it’s time to go
Then, cheerfully, they clamber out
Broad grins out of proportion
And hurrying to don dry clothes
Perform wiggles and contortions
And now it’s time for some hot tea
A friendly chat on pleasures shared,
The joy of swimming in the sea,
Of minds released from all their cares
These Crazy Ladies, as they’re called
Meet, like this, throughout the year
They’d welcome all girls, young or old
If you would like to join them there

© **Jenny Fisher**

37 Plays – putting access first Calling all budding writers!

In partnership with Norwich Theatre [@norwichplay HOUSE] you are invited to join from September to November in a series of scriptwriting workshops that will see you create your own play. Delivered by a Royal Shakespeare Company actor and writer, and suited to those with visual impairments, we hope that these creative sessions will offer a safe space to connect with others through playwriting and storytelling, helping you to develop a script to be proud of.

The programme will explore embedding audio description within the body of a script, encouraging the notion that

accessibility should be rooted within the theatre-making process from the very first steps.

This programme is specifically for adults who have visual impairments – and will be taking place at the **Vision Norfolk, Bradbury Activity Centre, Norwich, NR3 3DZ, on the following dates:-**

September 14th, 21st and 28th – 10-11am

October 5th and 12th – 10-11am

There will then be a final celebration session taking place at some point in mid-November

There is no need to have prior experience of scriptwriting – the workshops will guide you through the process, from finding inspiration to spark an initial idea, through to character development and more.

Now is the time to tell your story.

This programme is part of our latest project in partnership with the Royal Shakespeare Company, 37 Plays; a new national playwriting project, which hopes to seek the stories of our times – the comedies, the tragedies and the untold histories. 37 plays will be chosen by a national reading panel and subsequently performed script-in-hand across the UK and online in autumn 2023. Now is the time to tell your story. For more information go to:

<https://norwichtheatre.org/whats-on/access-first-scriptwriting-with-the-rsc/>

For questions and bookings please contact: **Mark or Helen on 01603 573000** and select the option for **Leisure and befriending** or email marksmith@visionnorfolk.org.uk

EffStopEyes Photography Group

The group has been out and about enjoying visits to various locations for photo shoots, and further sessions are planned on the following dates, which are all on a **Friday. Sept 2nd and 16th, Oct 7th and 21st, Nov 4th and 18th, Dec 2nd and 16th.** A separate email list is also set up for this group and please do let Mark or Helen know if you would like to be included in the email updates.

Volunteers are available to help with hints and tips on taking photographs and a review session is held each month following a photo shoot at various locations. New members are very welcome and the group provides an ideal opportunity to share the enjoyment of photography and to pick up a few suggestions on using your photographic equipment with sight loss.

Heritage group

2 visits have been booked for the autumn, with the first visit taking us back to the Museum of Norwich, formally known as the Bridewell on **Wednesday 28th September at 10.30 – 12.30.** Bethan Holdridge will be giving a talk on the history of chocolate, from Mayans to Monarchs! Find out about the discovery of chocolate, its place in the history of different cultures and its journey to Europe and Norwich. £7.00 per person, and to **book by 14th September** please contact **Mark or Helen** on **01603 573000** and select option for **Leisure and befriending.** (Chocolate tasting included in the experience. and please let us know of any allergies)

The second visit will be to the **Ancient**

House Museum in Thetford on 26th October, with a talk and handling session on a Vikings exhibition by curator Melissa Hawker. Further details including a confirmed date and times to be confirmed, and details will be sent out through the leisure mailing list.

GardenEyes

Further dates for the Gardeneyes group will include an annual meal in November (venue and date to be confirmed) followed by a Christmas flower arranging session here in our **Bradbury Centre Hall** on the morning of **Wednesday 14th December 10.30 – 12.30.**

Sailing with the Nancy Oldfield Trust

A few more regular summer sailing sessions will take place on Sept 8th and 22nd, Oct 6th and 12th, and we have a minibus leaving from the Norwich Bradbury Activity Centre at 12.30, returning by approximately 5pm. A charge of £5 is made for the minibus and the sailing with Nancy Oldfield is £16.00

The following Motor Cruiser sessions will then take place over the winter months, on the following **Thursday's,** from **1.30 to 4pm, 17th November 15th December, 19th January 2023, 16th February 2023 and 16th March 2023.** The charge per person is £16.50.

Great Yarmouth Hub

Games Mornings

Why not pop along to one of our games mornings which take place every Thursday morning in our Great Yarmouth Hub? We usually play a variety of dominoes and card games.

Every Thursday Morning (1st, 8th, 22nd, 29th) 10am-12pm 12 Hall Quay, Great Yarmouth, NR30 1HP

Weaving Group

Why not come along to our weaving group? We use different types of soaked cane to make baskets of all shapes and sizes.

Every Friday (2nd, 9th, 16th, 23rd, 30th) 10am-12pm. 12 Hall Quay, Great Yarmouth, NR30 1HP

Coffee Mornings

Why not come and enjoy a cup of coffee and a slice of cake at our Great Yarmouth hub in the centre of the town, close to public transport connections.

Sit and have a chat about everything and anything. We sometimes have guests in from public transportation, Ginger e-scooters and the police. Later in the year we also have Home Warm in to talk about heating payments. **Every Wednesday (7th, 14th, 21st, 28th) 10am-12pm. 12 Hall Quay, Great Yarmouth, NR30 1HP**

Great Yarmouth Audio Book Club

Our ever popular audio book clubs are once again meeting in person. They offer a chance to get together and enjoy a chat about a chosen audio book.

The monthly meetings are informal, friendly and everyone has an opportunity to give their thoughts and opinions on the audio book of the month.

Books are supplied on an USB memory stick or MP3 CD and are currently being posted out to those that are still unable to meet up face to face in the local Libraries.

**Last Friday of each month (30th) 1:30pm-3pm
Great Yarmouth Central Library,
Tolhouse Street, Great Yarmouth**

West Norfolk Hub Regular

West Norfolk Men's Social

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

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

**First Monday of each month (2nd)
West Norfolk Hub at Unit 3, Dundee
Court, Hamburg Way, King's Lynn,
PE30 2ND**

West Norfolk Knitting

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.

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.

**Second Tuesday of each month (9th)
1:30pm-3:30pm**

**Unit 3, Dundee Court, Hamburg Way,
King's Lynn, PE30 2ND**

West Norfolk Coffee Mornings

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

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

**First Wednesday and Third Tuesday
(7th, 20th)**

10am-12pm

**Unit 3, Dundee Court, Hamburg Way,
King's Lynn, PE30 2ND**

Other

Gaywood Audio Book Club

Our ever popular audio book clubs are once again meeting in person. They offer a chance to get together and enjoy a chat about a chosen audio book.

The monthly meetings are informal, friendly and everyone has an opportunity to give their thoughts and opinions on the audio book of the month.

Books are supplied on an USB memory stick or MP3 CD and are currently being posted out to those that are still unable to meet up face to face in the local Libraries.

First Thursday of each month (1st)

2pm-3:30pm

**Gaywood Library, River Lane,
Gaywood**

Sailing Trips

Come and enjoy an afternoon sailing on the Norfolk Broads with the Nancy

Oldfield Trust. A minibus departs the Vision Norfolk Norwich Hub at 12.30pm, returning around 5.00pm.

The cost is £15 for the sailing, payable to the Nancy Oldfield Trust, and £5 for the minibus.

**Fortnightly on Thursday (8th, 22nd)
12:30pm-5pm**

**Meeting at: West Norfolk Hub at Unit
3, Dundee Court, Hamburg Way,
King's Lynn, PE30 2ND**

West Norfolk Social (Emneth)

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.

**Third Thursday of each month (15th)
2pm-4pm**

**Sweet Things Savoury Cafe, 33
Gawltree Square, Emneth, PE14 8DA**

Fakenham Audio Book Club

Our ever popular audio book clubs are once again meeting in person. They offer a chance to get together and enjoy a chat about a chosen audio book.

The monthly meetings are informal, friendly and everyone has an opportunity to give their thoughts and opinions on the audio book of the month.

Books are supplied on an USB memory stick or MP3 CD and are currently being posted out to those that are still unable to meet up face to face in the local Libraries.

**Third Monday of each month (19th)
10:30am-12pm**

**Fakenham Library, 22 Oak Street,
Fakenham**

Cromer Audio Book Club

Our ever popular audio book clubs are once again meeting in person. They offer a chance to get together and enjoy a chat about a chosen audio book.

The monthly meetings are informal, friendly and everyone has an opportunity to give their thoughts and opinions on the audio book of the month.

Books are supplied on an USB memory stick or MP3 CD and are currently being posted out to those that are still unable to meet up face to face in the local Libraries.

**Third Monday of each month (19th)
2pm-3:30pm**

**Cromer Library, Prince of Wales Road,
Cromer**

Dereham Audio Book Club

Our ever popular audio book clubs are once again meeting in person. They offer a chance to get together and enjoy a chat about a chosen audio book.

The monthly meetings are informal, friendly and everyone has an opportunity to give their thoughts and opinions on the audio book of the month.

Books are supplied on an USB memory stick or MP3 CD and are currently being posted out to those that are still unable to meet up face to face in the local Libraries.

**Third Wednesday of each month
(21st)
10:30am-12pm**

**Dereham Library, 59 High Street,
Dereham**

Diss Audio Book Club

Our ever popular audio book clubs are once again meeting in person. They offer a chance to get together and enjoy a chat about a chosen audio book.

The monthly meetings are informal, friendly and everyone has an opportunity to give their thoughts and opinions on the audio book of the month.

Books are supplied on an USB memory stick or MP3 CD and are currently being posted out to those that are still unable to meet up face to face in the local Libraries.

**Fourth Friday of each month (23rd)
2pm-3pm**

Diss Library, Church Street, Diss

Fakenham Coffee Morning

Come and enjoy coffee, cake and a chat at our regular monthly coffee mornings in Fakenham, hosted by our volunteers Jos and Geoff.

The Cafe offers us a generous rate of 50p for tea or coffee, and £2.50 for a slice of cake.

**Fourth Tuesday of each month (27th)
10am-12pm**

**Nelson Cafe at Langham Glass,
Greenway Lane, Fakenham NR21 8ET**

Downham Market Social (West Norfolk Social)

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.

Fourth Wednesday of each month (28th)

11am-1pm

Downham and Clackclose Conservative Club, Eagle House, Bridge Street, Downham Market, PE38 9DH

October

Great Yarmouth Hub Regular

Great Yarmouth Coffee Mornings

Why not come and enjoy a cup of coffee and a slice of cake at our Great Yarmouth hub in the centre of the town, close to public transport connections.

Sit and have a chat about everything and anything. We sometimes have guests in from public transportation, Ginger e-scooters and the police. Later in the year we also have Home Warm in to talk about heating payments.

Every Wednesday (5th, 12th, 19th, 26th)

10am-12pm

12 Hall Quay, Great Yarmouth, NR30 1HP

Great Yarmouth Games Morning

Why not pop along to one of our games mornings which take place every Thursday morning in our Great Yarmouth Hub? We usually play a variety of dominoes and card games.

Every Thursday (6th, 13th, 20th, 27th)

10am-12pm

12 Hall Quay, Great Yarmouth, NR30 1HP

Great Yarmouth Weaving Group

Why not come along to our weaving

group? We use different types of soaked cane to make baskets of all shapes and sizes.

Every Friday (7th, 14th, 21st, 28th)

10am-12pm

12 Hall Quay, Great Yarmouth, NR30 1HP

West Norfolk Hub Regular

West Norfolk Men's Social

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

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

First Monday of each month (3rd)

West Norfolk Hub at Unit 3, Dundee Court, Hamburg Way, King's Lynn, PE30 2ND

West Norfolk Coffee Mornings

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

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

First Wednesday and Third Tuesday (5th,18th)

10am-12pm

West Norfolk Hub at Unit 3, Dundee Court, Hamburg Way, King's Lynn, PE30 2ND

West Norfolk Knitting

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.

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.-

Second Tuesday of each month (11th)

1:30pm-3:30pm

West Norfolk Hub at Unit 3, Dundee Court, Hamburg Way, King's Lynn, PE30 2ND

Other

Fakenham Coffee Morning

Come and enjoy coffee, cake and a chat

at our regular monthly coffee mornings in Fakenham, hosted by our volunteers Jos and Geoff.

The Cafe offers us a generous rate of 50p for tea of coffee, and £2.50 for a slice of cake.

Fourth Tuesday of each month (25th)

10am-12pm

Nelson Cafe at Langham Glass, Greenway Lane, Fakenham NR21 8ET

Downham Market Social (West Norfolk Social)

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.

Fourth Wednesday of each month (26th)

11am-1pm

Downham and Clackclose Conservative Club, Eagle House, Bridge Street, Downham Market, PE38 9DH

CUPPA CARE BUS DATES AND LOCATIONS

Location	Address	Date	Time
Acle	Car Park by Acle Methodist Hall Bridewell Lane Acle NR13 3RA	Mon 12th Sept	10am – 12pm
		Mon 10th Oct	10am – 12pm
		Mon 14th Nov	10am – 12pm
		Mon 12th Dec	10am – 12pm
Attleborough	Queens Square Attleborough NR17 2AF	Wed 28th Sept	10am – 12pm
		Wed 26th Oct	10am – 12pm
		Wed 30th Nov	10am – 12pm
Aylsham	Outside Aylsham Town Hall NR11 6EL	Wed 7th Sept	10am – 12pm

CUPPA CARE BUS DATES AND LOCATIONS			
Aylsham		Wed 5th Oct	10am – 12pm
		Wed 2nd Nov	10am – 12pm
		Wed 7th Dec	10am – 12pm
Cromer	Morrisons Car Park Holt Road Cromer NR27 9SW	Mon 19th Sept	1pm – 3pm
		Mon 17th Oct	1pm – 3pm
		Mon 21st Nov	1pm – 3pm
		Mon 19th Dec	1pm – 3pm
Dereham	Age UK Dereham Charity Shop 31 Yaxham Road Dereham NR19 1HD	Wed 21st Sept	1pm – 3pm
		Wed 19th Oct	1pm – 3pm
		Wed 23rd Nov	1pm – 3pm
		Wed 21st Dec	1pm – 3pm
Emneth	Emneth Central Hall 11 Gaultree Square Emneth Wisbech PE14 8DA	Friday 30th Sept	10am – 12pm
		Fri 28th Oct	10am – 12pm
		Fri 25th Nov	10am – 12pm
		Fri 23rd Dec	10am – 12pm
Fakenham	War Memorial Market Place Fakenham	Fri 16th Sept	1pm – 3pm
		Fri 14th Oct	1pm – 3pm
		Fri 11th Nov	1pm – 3pm
		Fri 16th Dec	1pm – 3pm
Feltwell	Feltwell Methodist Church Bell Street Feltwell IP26 4AL	Fri 23rd Sept	
		Fri 21st Oct	
		Fri 18th Nov	
Great Yarmouth	The Market Place Great Yarmouth NR30 2BA	Mon 12th Sept	1pm – 3pm
		Mon 10th Oct	1pm – 3pm
		Mon 14th Nov	1pm – 3pm
		Mon 12th Dec	1pm – 3pm
Holt	The Venue Kerridge Way Holt NR25 6DW	Mon 19th Sept	10am – 12pm
		Mon 17th Oct	10am – 12pm
		Mon 21st Nov	10am – 12pm
		Mon 19th Dec	10am – 12pm

CUPPA CARE BUS DATES AND LOCATIONS			
Hunstanton	Venue to be confirmed VENUE TBC:	Fri 9th Sept	
		Fri 7th Oct	10am – 12pm
		Fri 4th Nov	10am – 12pm
		Fri 9th Dec	10am – 12pm
North Walsham	Vicarage Street Car Park North Walsham NR28 9DQ	Wed 14th Sept	1pm – 3pm
		Wed 12th Oct	1pm – 3pm
		Wed 9th Nov	1pm – 3pm
		Wed 14th Dec	1pm – 3pm
Northrepps	Northrepps Village Hall 4 School Close Northrepps Cromer NR27 0LB	Wed 14th Sept	10am – 12pm
		Wed 12th Oct	10am – 12pm
		Wed 9th Nov	10am – 12pm
		Wed 14th Dec	10am – 12pm
Norwich	Knowland Grove The Baseline Centre 65-67 Knowland Grove Norwich NR5 8YD	Mon 26th Sept	10am – 12pm
		Mon 31st October	10am – 12pm
		Mon 28th Nov	10am – 12pm
Norwich	Woodcock Road Future Radio 14 Woodcock Road Norwich NR3 3TX	Mon 26th Sept	1pm – 3pm
Norwich	Woodcock Road	Mon 31st Oct	1pm – 3pm
		Mon 28th Nov	1pm – 3pm
Outwell	Outwell Village Hall & Playing Field Outwell PE14 8PF	Fri 30th Sept	1pm – 3pm
Location	Address	Date	Time
Outwell		Fri 28th Oct	1pm – 3pm
		Fri 25th Nov	1pm – 3pm
		Fri 23rd Dec	1pm – 3pm
Sheringham	Station Approach Car Park Station Road Sheringham NR26 8RG	Wed 7th Sept	1pm – 3pm
		Wed 5th Oct	1pm – 3pm
		Wed 2nd Nov	1pm – 3pm
		Wed 7th Dec	1pm – 3pm

CUPPA CARE BUS DATES AND LOCATIONS

South Lynn	South Lynn Community Centre Car Park 10 St Michaels Road King's Lynn PE30 5HE	Fri 9th Sept	1pm – 3pm
		Fri 7th Oct	1pm – 3pm
		Fri 4th Nov	1pm – 3pm
		Fri 9th Dec	1pm – 3pm
Swaffham	War Memorial Site Market Place Swaffham	Fri 23rd Sept	1pm – 3pm
		Fri 21st Oct	1pm – 3pm
		Fri 18th Nov	1pm – 3pm
Terrington St Clement	The Pavilion Churchgate Way Terrington St Clement PE34 4PG	Fri 16th Sept	10am – 12pm
		Fri 14th Oct	10am – 12pm
		Fri 11th Nov	10am – 12pm
		Fri 16th Dec	10am – 12pm
Thetford	Market Place Thetford IP24 2DS	Wed 28th Sept	1pm – 3pm
		Wed 26th Oct	1pm – 3pm
		Wed 30th Nov	1pm – 3pm
Watton	Queens Hall Norwich Road Watton IP25 6DA	Wed 21st Sept	10am – 12pm
		Wed 19th Oct	10am – 12pm
		Wed 23rd Nov	10am – 12pm
		Wed 21st Dec	10am – 12pm



(Further dates and locations will be added soon)

Come on your own or with a friend, you'll be more than welcome to join us for a cuppa and a chat!

For more information please follow us on Facebook @cuppacarenorfolk or e-mail us on cuppacarenorfolk@gmail.com



**You are invited
To the Vision Norfolk Choir**
Starting early 2023



Taster sessions in 2022:
Thursday 24th November
Thursday 8th December
Thursday 15th December
**At The Workshop, 38 New Conduit Street
Vancouver Quarter, Kings Lynn PE30 1DL
Times TBC**

Why should I do this?

- Improve your mental wellbeing
- Do something different and learn new things
- Have fun
- Meet new people and build stronger relationships
- Enjoy being creative

**To register your interest, please contact Penny at
Vision Norfolk: penny.whitby@visionnorfolk.org
01553 660808**

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Volunteer with us



**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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