**MAGPIE NEWS AUTUMN 2022**

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. We will still need to make small charges for those activities where there is an external cost to us (e.g. a paid instructor). These will be passed on at cost.

 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.”

**Our Eye Clinic Liaison Officers – Report by Rob Collins**

One of our most essential services is 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.

Rosie, our ECLO in Great Yarmouth says ‘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 even approaching Consultants on the patient’s behalf. We offer support within the clinic setting, but also 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 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.’

**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 important was the wonderful publicity provided by the venue. Every hour announcements about the work we do were made to a captive audience of about 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 email: norwichvisocial@gmail.com

or call 01603 573000

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.

**Volunteers’ Boat Trip**

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. CEO 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 Trustee Mrs Karen Norton, .

**New Phone System**

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.

**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.

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, 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 wil 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, 12th and 19th– 10-11am

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**

Two 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. Lunch will also be available at The Bell after the visit in Thetford. Further 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.

**Norwich Hub Regular Activities**

Norwich Coffee Mornings 10.00am – 11.30am

Monday 26th September Monday 31st October Monday 28th November Monday 19th December

**2023**

Monday 30th January Monday 27th February Monday 27th March Monday 24th April Monday 29th May Monday 26th June

**Other Norwich Hub Activities**

Tuesday Mornings - Short Mat Bowls 10am – 12noon, Free

A small donation to cover refreshments would be appreciated.

Tuesday Afternoons Seated Yoga

1pm – 2pm Cost £7.00

Wednesdays

Long and Short Walks By Arrangement

Wednesdays

Children, Young People and Families Days

Thursday Mornings

Craft Session - 10am – 1pm Cost £4.00

1st & 3rd Friday Mornings Boccia 10am – 12noon Cost £4.00

1st & 3rd Friday Afternoons – Darts 1pm – 3pm, Free

A small donation to cover refreshments would be appreciated.

2nd & 4th Friday Afternoons, Ten Pin Bowling at Namco

Cost £3.00 if using mini-bus, plus Bowling Fee to Namco

Tandem Riding – By Appointment £4.00

For More Information,

Please Contact Richard Polley 01603 573000

All dates are subject to change. Please check before travelling.

**Great Yarmouth Hub & Area**

Games Mornings

Every Thursday Morning (1st, 8th, 22nd,29th)

10am-12pm

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

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.

Weaving Group

Every Friday (2nd, 9th, 16th, 23rd, 30th)

10am-12pm

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

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

Coffee Mornings

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

10am-12pm

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

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.

Great Yarmouth Audio Book Club Last Friday of each month (30th) 1:30pm-3pm

Great Yarmouth Central Library, Tolhouse Street, Great Yarmouth

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.

Steam Train Trip (Fully Booked – but do register your interest for future) 12th October

Meeting at: 12 Hall Quay, Great Yarmouth, NR30 1HP

Come along for trip on a steam train! We’ll start with a short mini bus ride to Sheringham and then you can enjoy a steam train ride to Holt. We’ll have lunch in Holt then a return journey back.

**West Norfolk Hub & Area**

West Norfolk Men’s Social

First Monday of each month (2nd)

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

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.

West Norfolk Knitting

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

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

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.

West Norfolk Coffee Mornings

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

10am-12pm

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

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.

Gaywood Audio Book Club

First Thursday of each month (1st) 2pm-3:30pm

Gaywood Library, River Lane, Gaywood

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.

West Norfolk Social (Emneth)

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

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

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.

Fakenham Audio Book Club

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

Fakenham Library, 22 Oak Street. Fakenham

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.

Cromer Audio Book Club

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

Cromer Library, Prince of Wales Road, Cromer

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.

Dereham Audio Book Club

Third Wednesday of each month (21st)

10:30am-12pm

Dereham Library, 59 High Street, Dereham

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.

Diss Audio Book Club

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

Diss Library, Church Street, Diss

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.

Fakenham Coffee Morning

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

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

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.

Downham Market Social (West Norfolk Social)

Fourth Wednesday of each month (28th)

11am-1pm

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

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.

**CUPPA CARE BUS DATES AND TIMES**

Acle Car Park by Acle Methodist Hall, Bridewell Lane, Acle NR13 3RA

Monday, 12th September

Monday, 10th October

Monday, 14th November

Monday, 12th December

Monday, 9th January

Monday, 13th February

Monday, 13th March

ALL 10am – 12pm

Attleborough Queens Square, Attleborough, NR17 2AF

Wednesday, 28th September

Wednesday, 26th October

Wednesday, 30th November

Wednesday, 25th January

Wednesday, 22nd February

Wednesday, 29th March

ALL 10am – 12pm

Aylsham Outside Aylsham Town Hall, NR11 6EL

Wednesday, 7th September

Wednesday, 5th October

Wednesday, 2nd November

Wednesday, 7th December

Wednesday, 4th January

Wednesday, 1st February

Wednesday, 1st March

ALL 10am – 12pm

Cromer Morrisons Car Park, Holt Road, Cromer, NR27 9SW

Monday, 19th September

Monday, 17th October

Monday, 21st November

Monday, 19th December

Monday, 16th December

Monday, 20th January

Monday, 20th March

ALL 1pm – 3pm

Dereham Age UK Dereham Charity Shop, 31 Yaxham Road, Dereham, NR19 1HD

Wednesday, 21st September

Wednesday, 19th October

Wednesday, 23rd November

Wednesday, 21st December

Wednesday, 18th January

Wednesday, 15th February

Wednesday, 15th March

ALL 1pm – 3pm

Emneth Emneth Central Hall, 11 Gaultree Square, Emneth, Wisbech, PE14 8DA

Friday, 30th September

Friday, 28th October

Friday, 25th November

Friday, 23rd December

Friday, 20th January

Friday, 10th February

Friday, 10th March

ALL 10am – 12pm

Fakenham War Memorial, Market Place, Fakenham

Friday, 16th September

Friday, 14th October

Friday, 11th November

Friday, 16th December

Friday, 13th January

Friday, 17th February

Friday, 17th March

ALL 1pm – 3pm

Feltwell Feltwell Methodist Church, Bell Street, Feltwell, IP26 4AL

Friday, 23rd September

Friday, 21st October

Friday, 18th November

Friday, 27th January

Friday, 24th February

Friday, 24th March

TIME TBC

Great Yarmouth The Market Place, Great Yarmouth, NR30 2BA

Monday, 12th September

Monday, 10th October

Monday, 14th November

Monday, 12th December

Monday, 9th January

Monday, 13th February

Monday, 13th March

ALL 1pm – 3pm

Holt The Venue, Kerridge Way, Holt NR25 6DW Monday, 19th September

Monday, 17th October

Monday, 21st November

Monday, 19th December

Monday, 16th December

Monday, 20th January

Monday, 20th March

ALL 10am – 12pm

Hunstanton Venue to be confirmed VENUE TBC:

Friday, 9th September

Friday, 7th October

Friday, 4th November

Friday, 9th December

Friday, 6th January

Friday, 3rd February

Friday, 3rd March

ALL 10am – 12pm

North Walsham Vicarage Street Car Park, North Walsham, NR28 9DQ

Wednesday, 14th September

Wednesday, 12th October

Wednesday, 9th November

Wednesday, 14th December

Wednesday, 11th January

Wednesday, 8th February

Wednesday, 8th March

ALL 1pm – 3pm

Northrepps Northrepps Village Hall, 4 School Close, Northrepps, Cromer, NR27 0LB

Wednesday, 14th September

Wednesday, 12th October

Wednesday, 9th November

Wednesday, 14th December

Wednesday, 11th January

Wednesday, 8th February

Wednesday, 8th March

ALL 10am – 12pm

Norwich, Knowland Grove The Baseline Centre, 65-67 Knowland Grove, Norwich, NR5 8YD

Monday, 26th September

Monday, 31st October

Monday, 28th November

Monday, 30th January

Monday, 27th February

Monday, 27th March

ALL 10am – 12pm

Norwich, Woodcock Road Future Radio, 14 Woodcock Road, Norwich, NR3 3TX

Monday, 26th September

Monday, 31st October

Monday, 28th November

Monday, 30th January

Monday, 27th February

Monday, 27th March

ALL 1pm – 3pm

Outwell Outwell Village Hall and Playing Field, Outwell, PE14 8PF Friday,

30th September

Friday, 28th October

Friday, 25th November

Friday, 23rd December

Friday, 20th January

Friday, 10th February

Friday, 10th March

ALL 1pm – 3pm

Sheringham Station Approach Car Park, Station Road, Sheringham, NR26 8RG

Wednesday, 7th September

Wednesday, 5th October

Wednesday, 2nd November

Wednesday, 7th December

Wednesday, 4th January

Wednesday, 1st February

Wednesday, 1st March

ALL 1pm – 3pm

South Lynn South Lynn Community Centre Car Park, 10 St Michaels Road, King's Lynn, PE30 5HE

Friday, 9th September

Friday, 7th October

Friday, 4th November

Friday, 9th December

Friday, 6th January

Friday, 3rd February

Friday, 3rd March

ALL 1pm – 3pm

Swaffham War Memorial Site, Market Place, Swaffham Friday, 23rd September

Friday, 21st October

Friday, 18th November

Friday, 27th January

Friday, 24th February

Friday, 24th March

ALL 1pm – 3pm

Terrington St Clement The Pavilion, Churchgate Way, Terrington St Clement, PE34 4PG

Friday, 16th September

Friday, 14th October

Friday, 11th November

Friday, 16th December

Friday, 13th January

Friday, 17th February

Friday, 17th March

ALL 10am – 12pm

Thetford Market Place, Thetford, IP24 2DS

Wednesday, 28th September

Wednesday, 26th October

Wednesday, 30th November

Wednesday, 25th January

Wednesday, 22nd February

Wednesday, 29th March

ALL 1pm – 3pm

Watton Queens Hall, Norwich Road, Watton, IP25 6DA

Wednesday, 21st September

Wednesday, 19th October

Wednesday, 23rd November

Wednesday, 21st December

Wednesday, 18th January

Wednesday, 15th February

Wednesday, 15th March

**VISION N O R F O L K CONTACT DETAILS**

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 573000

12 Hall Quay

Great Yarmouth | NR30 1HP 01603 573000

Unit 3 Dundee Court Hamburg Way | King’s Lynn | PE30 2ND 01603 573000

Registered charity no. 207060