

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



We are pleased to announce that Barbara Dunn has been appointed as the new Services Manager for Vision Norfolk.

For the past 3 years, Barbara has been running the Children, Young People and Families Service for Vision Norfolk with great success. In her new role, she will be responsible for managing all frontline services across the county, ensuring that Vision Norfolk provides first-class services that promotes independence and improve the lives of anyone who may be experiencing sight loss.

The role of Services Manager is a strategically important role designed to maintain and improve upon the variety of services that Vision Norfolk delivers across Norfolk. Barbara will oversee the delivery of the organisation's strategic plans, support frontline staff, and liaise with key stakeholders and service users to improve the quality of our provision.

Andrew Morter, Chief Executive said "Barbara has consistently demonstrated her passion and commitment towards improving the lives of people with a vision impairment throughout her career, and brings to this new role her extensive knowledge and experience which will be essential in developing



Barbara Dunn

our current services and designing new services to improve the lives of people with vision impairment across Norfolk".

Barbara said "I am delighted and excited to have been given this opportunity to help support more people with sight loss and improve the quality and quantity of services that Vision Norfolk offer."

OTHER STAFF UPDATES

In our Great Yarmouth Hub, **Ed Bates**, who is known to many of you, has taken over full time the role of hub coordinator and we are now looking for a new person to cover the volunteering side of things there. Ed said, 'I'm really looking forward to developing our range of activities and our reach into the more rural parts of the region. Being blind and a client of Vision Norfolk myself, I am well-placed to move things forward whilst always taking on board people's concerns. Watch this space!'



Image shows Ed cooking at the Elveden Country Show this year.



Amy Trivett recently started as our new Eye Clinic Liaison Officer at the NNUH. Amy said, 'I have previously been a volunteer for Vision Norfolk for some time now and I was helping out with the Grove Road clinic once a week and also on the Thursday morning craft group. I have come from a background working in opticians for 12 years and have some knowledge of the more common eye conditions. I look forward to meeting some of you, if I haven't already done so, in due course.'

Erin Snell has joined the team as our new Communications and Community Fundraising Officer.

Laura Bushell, has moved from the Admin Team to her new role as a Warden at our sheltered housing unit at Hammond Court.

Hammond Court Refurbishment

The refurbishment of our supported living accommodation, Hammond Court continues apace, and we have nearly hit the milestone of being half way through the project, with all work due to be completed by February 2023. The new, modernised and accessible layouts have been designed to improve the quality of life for all of our current and future tenants for years to come, and the feedback we have received from tenants so far is excellent.

Lucy, who has just moved into her new flat said that the biggest change was separating the bedroom from the kitchen, 'It feels more like a flat and less like a bedsit' she said, adding, 'the new French windows are great too, I'm looking forward to opening them in the summer and having a drink outside.'



Image shows a compilation of 4 pictures of the inside of a flat at Hammond Court

Vision Norfolk Audio Book Clubs

Did you know we run 7 audio book clubs across the county? We send out audio books on a memory stick and we can supply a USB player free of charge from the RNIB if you wish. The book clubs meet monthly for an hour and a half over a tea or coffee and new members are especially welcome. The monthly social meet ups are free to attend and take place in the local Libraries in **Great Yarmouth, Gaywood, Fakenham, Dereham, Cromer, Diss** with our **Norwich** group meeting at our Norwich Bradbury Activity Hub.

If you prefer to not attend one of our groups you can apply for personal membership from the Calibre website, or over the phone but again we can supply the USB player for you to listen on.

For more information please email mark.smith@visionnorfolk.org.uk or call Mark on 01603 573000 ext.341



Image shows the free Audio book player

Vision Norfolk's Children Young People and Families Department offer support to vision impaired children and young adults from ages 0 to 25 years, together with their families, providing emotional and practical support, specialist information, advice, guidance and signposting to other relevant agencies.

The department organises a variety of activities and events to build skills, develop confidence and encourage peer support, creating a positive future for young people and enabling them to live independent lives. All of the activities are designed to encourage participation, learning and independence in a fun and secure environment and support personal growth. By running events that include the entire family, we empower those families through shared experiences and knowledge. The aim is to support families and enable their vision impaired child or young person to reach their full potential and to gain valuable life experiences.

To get in touch with us please call 01603 573000 or email CYPF@visionnorfolk.org.uk



Image shows a young girl ascending a climbing wall



Image shows a boy in an Arsenal shirt stroking a yellow dog's paw



Image shows a blonde toddler sitting on the floor playing with sand

Leisure Activities – Norwich and Countywide. Please contact Mark or Helen on 01603 573000 ext 341, mark.smith@visionnorfolk.org.uk

New Audio Books. We've had quite a large donation of audio books on CD and would be happy to supply a list of the titles for loan. There are a number of well-known authors and the books are on standard CD, and we are able to post books out.

Gardening Workshop

We are pleased to announce that following funding from the Norfolk Community Foundation, we are looking to offer a gardening workshop in conjunction with Thrive. This specialist charity provides horticultural therapy projects and can demonstrate practical techniques, hints and tips on how to carry on gardening following sight loss. A workshop has been booked for Monday 22nd May, we are keen to hear from gardeners with sight loss on what gardening activities you would like to learn about in the workshop. This includes container gardening, taking cuttings, potting up or potting on, identifying weeds or how to manage various tasks in your garden.

Audio described Theatre Performances for 2023 at the Theatre Royal Norwich

Group bookings have been made for the following audio described performances at the Theatre Royal in Norwich, and if you would like further details or to buy tickets, contact Mark or Helen on 01603 573000 ext 341, mark.smith@visionnorfolk.org.uk

Please note that the theatre also offer a free "essential companions" ticket and

tickets are now on sale for the following shows:

Saturday 4th March, 2.30pm - Girl from the North Country

The legendary songs of Bob Dylan, like you've never heard them before, in A Girl from the North Country. A heart-breaking and universal story about family and love. It's 1934 in the heartland of America and we meet a group of wayward souls who cross paths in a time-weathered guesthouse. Tickets are priced at £48.50, with payment please by Friday 13th January.

Saturday 22nd April, 2pm - Charlie and the Chocolate Factory

Escape to a world of pure imagination with ROALD DAHL'S Charlie and The Chocolate Factory – The Musical. When Charlie Bucket finds one of the five golden tickets to the Wonka Chocolate Factory, he and the other winners can't wait to feast on the sweets of their dreams. But beyond the gates, they discover more than just remarkable edible delights. As they embark on an extraordinary journey through Willy Wonka's marvellous mind, they soon learn that nobody leaves the same way that they arrived. Tickets are £65, with payment please by Friday 24th February.

Saturday 13th May, 2.30pm - The Beekeeper of Aleppo

Nuri is a beekeeper; his wife, Afar, an artist. They live a simple life, rich in family and friends, in the beautiful Syrian city of Aleppo – until the unthinkable happens. When all they care for is destroyed by war, they are forced to escape. On their terrifying journey, they must face the pain of their own unbearable loss alongside

incredible danger. Above all, they must journey to find each other again. Tickets cost £39.50, with payment please by Friday 17th March.

Saturday 10th June, 2pm - Julius Caesar

Julius Caesar. A divisive leader who holds awesome power.

Concerned that Caesar poses a threat to democracy, revolutionaries take the violent decision to murder him. They have no plan for what comes next. As the world spins out of control, chaos, horror and superstition rush in to fill the void. Civil war erupts and a new leader must rise: but at what cost? The Royal Shakespeare Company returns to Norwich with a fast-paced political thriller. Tickets are £39.50 with payment please by Friday 14th April.

Saturday 5th August – Annie Judge Craig Revel Horwood as the tyrannical Miss Hannigan!

Set in 1930s New York during The Great Depression, brave young Annie is forced to live a life of misery at Miss Hannigan's orphanage. Her luck soon changes when she's chosen to spend a fairytale Christmas with famous billionaire, Oliver Warbucks. Meanwhile, spiteful Miss Hannigan has other ideas and hatches a plan to spoil Annie's search for her true family. Tickets priced at £55 with payment please by 9th June.

Medieval Dining Experience Wednesday 1st March, at 10.30am – 12.30pm. The Vision Norfolk Heritage group will be visiting Strangers Hall in Norwich to experience a medieval dining time. Curator Bethan Holdridge will describe what it would have been like and what was on the menu plus there

will also be an opportunity to handle some of the cutlery.

The cost is £7 with free admission for sighted companions - early booking is recommended as spaces are limited.

Norwich Hub Activities – Please contact Richard Polley 01603 573000 ext 322 or email richard.polley@visionnorfolk.org.uk

Seated Yoga: We just need a couple more people to join our Seated Yoga sessions to make it worthwhile starting a second session. The session would be on a Tuesday from 2.15pm – 3.15pm. We do have to make a charge for the Yoga Sessions but everyone who already comes along thinks it's well worth it.

Quiz & Chips: Thursday February 16th Mr Valentine will be hosting a Quiz and Chips session in the Hall at the Norwich Hub. If you bring along the brain cells, we'll go and get the chips! Please book your place and give us your order by Friday 10th February.

New Year Updates: In March, Rebecca Amphlett of Dandelion Mosaics will be running a craft session using pieces of tile to make mosaics. This will be a very tac-tile session for those with all degrees of sight loss.

As soon as the warmer but more importantly dryer weather comes along, we will get back out on our tandems again. If you fancy getting out in the fresh air on the back of a bicycle, why not give it a go.

Hopefully, the Long Walks of around five to six miles will resume with the coming of the better weather and longer days. If the demand is there, we might try a few shorter walks of around a couple of

miles, for those who are not able to do the longer distances.

For updates and more information on any of our activities at the Norwich Hub, please check out our website and other social media outlets or phone Richard Polley on the above number.

South Norfolk/Hethersett coffee mornings will be starting in the New Year, but we are not sure of the dates and exact locations as yet. If you are interested please contact John Morland on 01603 573000 Ext. 323 or john.morland@visionnorfolk.org.uk

East and N/E Norfolk Activities – contact Ed Bates on 01603 573000 Ext. 321, m: 07864 615926, or email: greatyarmouthhub@visionnorfolk.org.uk

Great Yarmouth Book Club

Takes place on the last Friday of each month. Great Yarmouth Central Library, Tolhouse Street, Great Yarmouth, 1:30pm – 3:00pm

Great Yarmouth Games Mornings

We usually play a variety of dominoes and card games. The sessions take place every Thursday from 10am to 12pm at the Great Yarmouth Hub at 12 Hall Quay, Great Yarmouth, NR30 1HP. It is free to attend.

Great Yarmouth Coffee Mornings

Every Wednesday from 10am to 12pm at the Great Yarmouth Hub, 12 Hall Quay, Great Yarmouth, NR30 1HP. Free to attend but a small donation to cover refreshments would be appreciated. The last one this year will be on Wednesday 14th Dec.

In addition to the regular coffee

morning, the Great Yarmouth Hub also has a representative in from the benefits advice charity DIAL every Tuesday 10am-12:30pm. This is not limited to those with sight loss but can be hugely beneficial to individuals struggling to understand what they are entitled to.

Yoga Sessions

Armchair yoga sessions are every Thursday from 1pm to 2pm at the Great Yarmouth Hub, 12 Hall Quay, Great Yarmouth, NR30 1HP. The cost is £4 per session.

Weaving Group

We use different types of soaked cane to make baskets of all shapes and sizes. Meetings take place every Friday 10am to 12pm at the Great Yarmouth Hub at 12 Hall Quay, Great Yarmouth, NR30 1HP. Sessions cost £3 per person.

West Norfolk Activities – please contact Zoe Tinkler on 01603 573000 Ext. 403 or zoe.tinkler@visionnorfolk.org.uk or call the hub on 01553 660808

Fakenham Book Club

Takes place on the third Monday of each month

Fakenham Library, 22 Oak Street, Fakenham

10:30am – 12.00pm

Gaywood Book Club

Takes place on the first Thursday of each month

Gaywood Library, River Lane, Gaywood
2.00pm – 3.30pm



Take on 250 – Choose your challenge and make a fresh start in 2023!

Every day in the UK 250 people begin to lose their sight and that's why we need you to #TakeOn250 for Vision Norfolk.

Choose a new challenge or take on something you know you love. Anything goes from running 250 miles, knitting for 250 minutes, completing 250 press-ups to making 250 cupcakes. New Year is the perfect time for a fresh start. So why not push yourself with a challenge and brighten up your January.

Set your own fundraising target. The money you raise will go to Vision Norfolk to help fund our support services for local people living with sight loss.

Get started here: <https://www.visionnorfolk.org.uk/take-on-250/>

Easy Fundraising

We are inviting everyone to support Vision Norfolk while Christmas shopping from the comfort of your own home!

We're using www.easyfundraising.org a free fundraising platform that allows us to earn money when you shop online. Easyfundraising works with over 7,000 online brands, everyone from Morrisons, eBay, JD Sports, M&S, Pets at Home and everything in between. Just go to

the following link and sign up, it takes 1 minute:

<https://www.easyfundraising.org.uk/causes/vision-norfolk/>

Once signed up all you need to do is start your shopping journey at the easyfundraising website - you can also use the donation reminder or app (information will be provided when you register) and the retailer you shop with will send us a donation based on how much you spend. The donation per purchase will generally be between 0.5% and 10%. Some retailers - including insurance and broadband providers - will pay a flat fee which can be in the £100s.

You can also register on Amazon Smile and put us as your chosen charity: <https://smile.amazon.co.uk/>

Christmas Opening Hours:

Our Norwich Hub is open until 5pm on Friday, December 23rd 2022 and reopening at 9am on Tuesday 3rd Jan 2023

Our Great Yarmouth Hub is closing at 5pm on Tuesday 20th December 2022 and reopening at 9am on Wednesday 4th Jan 2023

Our King's Lynn Hub is closing at 3pm on Thursday December 22nd and reopening at 9am on Wednesday 4th Jan 2023

Vision Norfolk Choir



We are pleased to let you know that in January we will be starting regular Choir sessions at the Workshop in Kings Lynn.

At taster sessions in November we auditioned and chose a tutor to lead the sessions which will be fun and interactive for all.

Do join us, meet new people and have some fun....no previous singing experience necessary.

If you would like to find out more then contact Penny Whitby penny.whitby@visionnorfolk.org.uk or call our Kings Lynn Office on 01553 660808

Arts & Crafts Project funded by the Queen's Platinum Jubilee Fund

The great Yarmouth hub have been delighted to have the opportunity to work with Tim Edwards and Fiona Muller on the arts and crafts project, funded by the Queen's Platinum Jubilee Fund. On Saturday, we opened our doors for clients, volunteers and the public to come in and do a bit of creative art work. We were also delighted to be joined by Councillor Graham Plant.

The event was a huge success, and we had 24 people who joined us, so positive throughout. The project then continued in Norwich and King's Lynn.

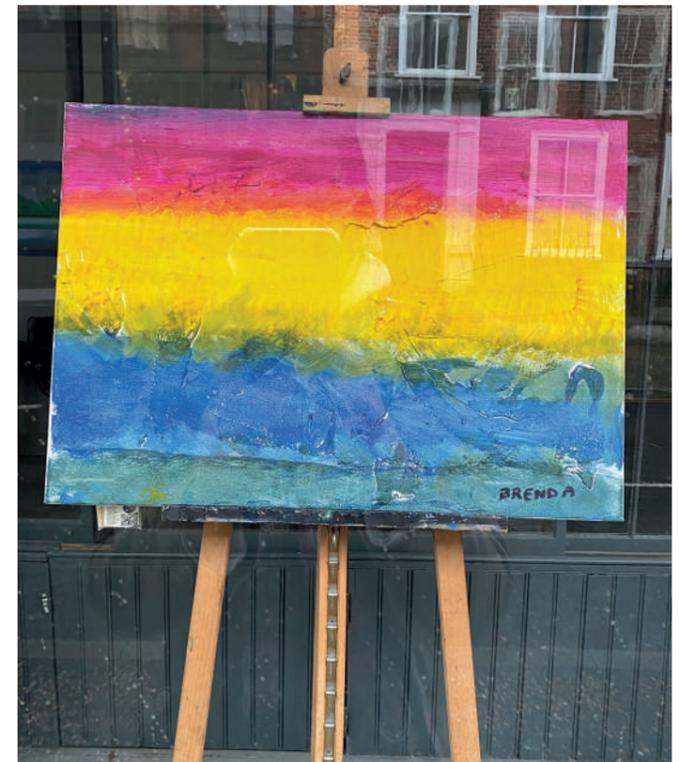


Image shows a picture in the gallery window



Image shows a view of the gallery from the street



**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:

Norwich

**Bradbury Activity Centre
Beckham Place Norwich NR3 3DZ
t | 01603 573000
e | office@visionnorfolk.org.uk**

King's Lynn

**Unit 3 Dundee Court Hamburg Way
King's Lynn PE30 2ND
t | 01553 660808
e | kingslynnhub@visionnorfolk.org.uk**

Great Yarmouth

**12 Hall Quay Great Yarmouth NR30 1HP
t | 01493 745973
e | greatyarmouthhub@visionnorfolk.org.uk**

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