

*Welcome to the
Summer edition of
Magpie News
with updates from
Vision Norfolk,
your local sight
loss charity.*




VISION
N O R F O L K

MAGPIE NEWS | Summer 2023

SUMMER ADVENTURES

With the return of the warmer weather we are once again hosting accessible walks and outings in the Norfolk sunshine.



Image: A walking group from behind passing through a gate on the Blickling Estate. There are large trees on either side of the pathway. Blickling Hall is visible in the distance on the right over a body of water.

Throughout the summer months there will be guided walks of various lengths from each of our hubs. Tandem cycling is once again on offer in Norwich, though spaces are limited due to the need for volunteers. Our boating group in Norwich has returned to open air sailing after going out in the enclosed motor cruiser all winter. There will also be a special outing to Cromer for crabbing and to the Norfolk Lavender Farm from our Great Yarmouth Hub.

You can find a full list of our upcoming activities later in this newsletter, on our website or by contacting your local hub and asking what's coming up.

Please be aware that our community hubs will be closed on Monday 28th August due to the bank holiday. No regular activities will be taking place on this day.



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HAMMOND COURT CONSTRUCTION

We have just unveiled a £650,000 investment in our Norwich-based Hammond Court accommodation, which allows residents to live independently in accessible flats.



Image: Hammond Court resident Louise Bunting sitting with a cup of tea in her flat. In the background is the kitchen, a small desk and personal mementos.

All 20 of the flats have been significantly upgraded, including expanding bedsit studios into one-bedroom flats, installing new adapted kitchens and bathrooms, and adding patio doors in every flat, enabling residents to access the sensory gardens which surround the development.

The refurbishment to Hammond Court, which was built in 1980, was made possible by a generous legacy donation to the charity.

Louise Bunting has lived at Hammond Court for 20 years. Her bedsit studio was enlarged into a one-bedroom flat, with patio doors opening out onto a lawn.

“I am so happy to have a proper one-bedroom flat with a separate, private bedroom,” says Louise.

“It has so much more space, and I am looking forward to making the most of the summer months and being able to

open my patio doors and go out into the garden”.

NORWICH HUB UPDATES

New Bowls Mat

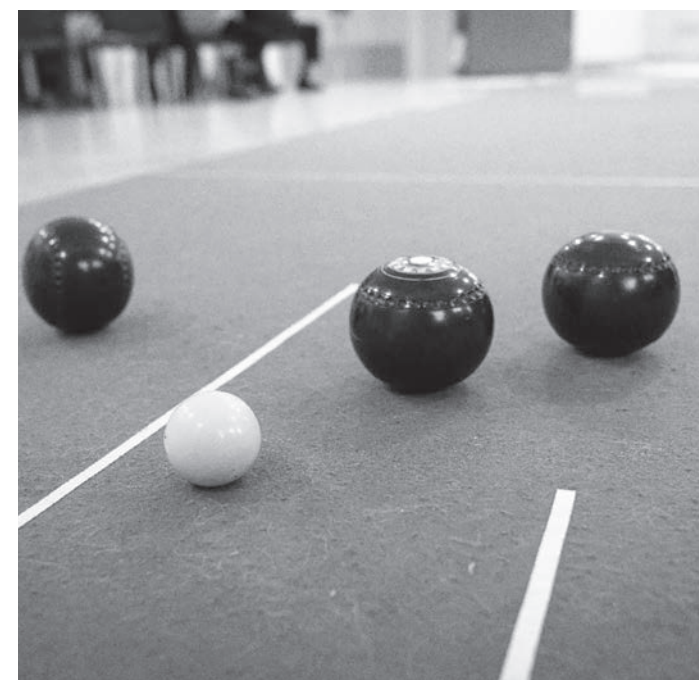


Image: Three large black bowls balls and one small white ball on a green mat in the Bradbury Activity Centre.

Our short mat bowls group will have the chance to enjoy the best of bowls inside the Norwich Bradbury Activity Centre with a brand new bowls mat.

This mat was purchased with money from Active Norfolk who support the development of physical activities for everyone in Norfolk. They are also helping to support a number of our other sports and wellbeing activities across the county including yoga, guided walks, archery and more.

Short mat bowls sessions take place every Tuesday from 10am until 12pm.

Photography Group Looking For Members

We are looking for more members to join our photography group based in Norwich!

The Effstopeyes is a group of passionate photographers with vision impairment that meet at the Norwich Hub. In the past they've gone hunting snowdrops, held exhibits to display their work and gone on photoshoots in the Norfolk countryside.



Image: Members of the photography group kneeling on the ground to get close up pictures of small white flowers.

The group meets on the first and third Friday of each month from 1:30pm until 3:30pm. For more information please contact Mark at 01603 573000 Ext. 341 or email mark.smith@visionnorfolk.org.uk.

KING'S LYNN HUB UPDATES



Image: Zoe from Vision Norfolk (centre) presents a blanket to Kieran (left) and Dawnmarie (right) from The Purfleet Trust. The blanket is made up of knitted squares of purple, blue and grey.

Knitted Blankets Donated

Our knitting group in King's Lynn have created and donated two blankets to The Purfleet Trust, a charity that supports people experiencing homelessness in West Norfolk.

Squares were knitted by staff, volunteers and members of the knitting group and then joined together to make two full blankets. Kieran Gamble and Dawnmarie Bird from the Purfleet Trust came over to the King's Lynn Hub to collect the blankets and express their thanks. They also said that they welcome any more donations that anyone wishes to drop off at the hub as they have offices nearby.

Sit Fit Date Changes

There have been a few schedule changes to our regular Sit Fit classes in Downham Market. The July session will be on Friday 14th July and the August session will be on Friday 11th August. All other sessions will be taking place on the 3rd Friday of the month as usual.

GREAT YARMOUTH HUB UPDATES

Celebrating the Coronation Railway Trip

The Great Yarmouth Hub held a lively Coronation Party on Wednesday 3rd May for clients and volunteers. This was extremely well attended with everyone enjoying a selection of sandwiches and specially decorated cakes. Everyone had the opportunity to enter into the name the Coronation Bear game and this was won by Kylie Reed who chose the name Dusty.

We had the pleasure of welcoming the Deputy Mayor to our event, Mrs Penny Carpenter, who took time to chat to service users and staff at the party and find out why they enjoy attending the hub so much. Andrew Turner, a local BBC radio Norfolk reporter also popped in to gauge thoughts from those who attended, which was also very positive. Everyone went home with a Coronation keep-sake to remember the occasion.

In April a group from the Great Yarmouth area enjoyed a special sensory steam train trip when they boarded the Bure Valley Railway for an exciting journey from Wroxham to Aylsham and back.

The group enjoyed the atmosphere of the train as they travelled along the nine mile track from Wroxham, before having a special lunch at the Whistlestop Café at Aylsham Station prior to the return journey.



Image: A table of people wearing crowns raise their glasses at the Coronation Tea Party. The table is brightly decorated with Union Flags.

CHILDREN, YOUNG PEOPLE, FAMILIES



Children | Young People | Families
VISION NORFOLK

The Children, Young People and Families Department organises activities and events to improve confidence and encourage independence.

The Children, Young People and Families Department organises activities and events to improve confidence and encourage independence. By including the whole family, we empower these families through shared experience and knowledge and build lifelong friendships.

In April, the CYPF department created three new events for Vision Norfolk. These were Gravity Trampoline Park, Norwich Rage Room and Bubble Football. These were great fun and it was wonderful to see both the children and parents enjoying the sessions.



Images: Left – A group inside large inflatable balls playing bubble football.
Right - four people in boiler suits and face protection inside Norwich Rage Rooms.

In the coming months we would like to continue to reach more families across the county with the focus of running more events within the Great Yarmouth and King's Lynn areas. We are starting a new preschool group for Kings Lynn, and we also hope to create one for Great Yarmouth in the near future.

We are currently working with local authorities and other charities to create new partnerships which allows us to share ideas and therefore create new and exciting events. This also allows us to offer more support networks for our young people and their families.

Some of the future events we are running later this year are:

- Hippodrome Circus
- Alpaca Afternoon
- Archery
- Amazing Animal Day
- Summer Party

For more information please email Josh at CYPF@visionnorfolk.org.uk or call 01603 573000 Ext. 505.



EQUIPMENT NEWS

Using Our Equipment Centres



Image: Great Yarmouth Hub Coordinator Ed Bates sitting at a table in the Norwich Equipment Centre using a hand held talking label maker.

Our community hub team members can provide one-to-one support and assess the needs of those with any degree of sight loss to determine how best we can help and support you. We can provide access to equipment to help around the house and help you and your loved ones to develop strategies to adapt to daily life. We will be there every step of the way and for as long as you need us.

You can book an appointment to come into our equipment centres to try out equipment, talk to our staff about what would work best for you, ask questions, get demonstrations on your current

equipment and make purchases. Some walk-in consultations may be possible but appointments are strongly preferred to ensure that our staff are available to help you when you come in.

You can contact our Low Vision Advisor/Educator John Morland with any questions you have on equipment or to set up an appointment at our Norwich Equipment Centre at 01603 573000 Ext. 323. Alternatively you can set up an appointment to view and discuss equipment in King's Lynn by calling 01553 660808 or Great Yarmouth by calling 01493 745973.

WINDOWS 10

Accessibility Settings



Image: Two hand holding a rectangle with the Windows 10 logo.

We've had quite a few questions in our equipment centres about the accessibility options for Windows 10 computers. Accessibility features can be found by selecting "Settings". You can use the keyboard shortcut which is the Windows key and "i" or go to the lower left corner, click the Windows start icon, select "Settings" and then "Ease of Access".

From there you can:

Make Text Bigger: Select "Display" on the left hand menu. There is a slider to make text bigger with example text. When you're happy with the text size press the "Apply" button. This slider only affects the text on the screen.

Make Everything Bigger: You can make everything on the screen bigger (including images, icons and other items) by scrolling to the "Make Everything Bigger" title directly underneath "Make Text Bigger". There is a drop down menu that will make everything on the screen larger. Most people prefer to just alter the size of the text.

Magnifier: If you go back to the left hand menu in "Ease of Access" and click

"Magnifier" you can access the magnifier which allows you to zoom in on sections of your screen. This section allows you to manually turn on this feature and lists the relevant keyboard shortcuts.

Colour Filters: Go to "Colour Filters" on the left hand menu. This allows you to adjust the colours on your screen using a number of filters including inverted, greyscale and others. There's a switch that turns on the colour filter and a number of options you can try to see what works best for you.

High Contrast: Go to "High Contrast" on the left hand menu. There's a switch to turn on high contrast which alters the overall colour scheme. This includes a menu with various themes. You can also set specific colours for text, hyperlinks and other individual features to make them stand out more.

Narrator: Go to "Narrator" on the left hand menu. This feature reads aloud selected items, describes what is on your screen and will read text as you type.

ACTIVITIES

Following is the list of activities that are currently available for adults across the county (contact our CYPF team for activities for children and young people). All of our activities are free of charge unless otherwise stated.

Please check with your local hub for the latest updates on activities.

NORWICH AND SOUTH NORFOLK
Unless otherwise stated please contact Richard at 01603 573000 Ext. 322 or richard.polley@visionnorfolk.org.uk.

REGULAR ACTIVITIES

Arts and Crafts – Norwich
Thursdays 10am-12:30pm

Undertake a variety of arts and crafts with support from Helen and the volunteers.

Contact Mark on 01603 573000 Ext. 341 or mark.smith@visionnorfolk.org.uk.

Audiobook Clubs

Our friendly, informal audiobook clubs offer a chance to get together and enjoy a chat about a chosen book.

Contact Mark on 01603 573000 Ext. 341 or mark.smith@visionnorfolk.org.uk.

Norwich Audiobook Club
2nd Monday of the month 1:30pm-3pm

Diss Audiobook Club
4th Friday of the month 2pm-3:30pm

Sailing Norwich
Fortnightly 12:30pm-5pm
Come and enjoy an afternoon of sailing on the Norfolk Broads with the Nancy Oldfield Trust. Transportation available from the Norwich Hub.

Trips cost £17 per person.
Contact Mark on 01603 573000 Ext. 341 or mark.smith@visionnorfolk.org.uk.

Boccia Norwich
1st and 3rd Friday of the month
10am-12pm

Join us for a session of the competitive precision ball sport boccia, open to all abilities and levels of experience.

Bowling Norwich
2nd and 4th Friday of the month
12pm-3:30pm

Come and enjoy some friendly competition with ten pin bowling. Regular bowling fee to be paid to Namco Funscape.

Socials

Come and enjoy a cup of coffee, a slice of cake and a chat about everything and anything.

Norwich Coffee Morning
Last Monday of the month
10am-11:30am

Hethersett Coffee Morning
3rd Tuesday of the month
10am-1pm

Creative Writing – Norwich,
3rd Tuesday, 2pm-3:45pm

Join a creative writing group that will give you the opportunity to express yourself through the written word.

Contact Mark on 01603 573000 Ext. 341 or mark.smith@visionnorfolk.org.uk.

Darts – Norwich
1st and 3rd Friday of the month
1pm-3pm

Join us for a few friendly games of darts. Volunteers are around to help you position or read the numbers on the board if needed.

Macular Society – Norwich

2nd Friday of the month 12pm-1:30pm

This group is organised and run by the Macular Society at the Norwich Hub. Vision Norfolk usually gives an update on new equipment and activities. They also have guest speakers.

Photography Group – Norwich

**1st and 3rd Friday of the month
1:30pm-3:30pm**

The first meeting in each month is an outdoor photoshoot and the second is an indoor opportunity to review photographs. Some outing may have a cost for refreshments.

**Contact Mark on 01603 573000 Ext. 341
or mark.smith@visionnorfolk.org.uk.**

Sudden Sight Loss Support Group – Norwich

We are introducing a new informal peer support group for people who have lost their sight suddenly and wish to share their experiences, meet new people and support one another.

SPECIAL EVENTS

Dunbheagan Gardens Visit – Norwich 19th July

Join a group of garden enthusiasts for a visit to Dunbheadan Gardens with transportation provided from the Norwich Hub. The trip costs £4 per person for refreshments.

**Contact Mark on 01603 573000 Ext. 341
or mark.smith@visionnorfolk.org.uk.**

Brick Kiln Gardens Visit - Norwich 9th August

Catch a minibus from the Norwich Hub to visit the Brick Kiln Gardens in Shotesham. The trip costs £5 per person for refreshments.

**Contact Mark on 01603 573000 Ext. 341
or mark.smith@visionnorfolk.org.uk.**

Guided Walks

We are trying to organize some walks of various lengths over the summer. Please get in contact for more details.

Tandem Cycling – Norwich By Appointment

Tandem cycling allows you to continue to enjoy a good (and safe) bike ride regardless of your vision loss.

Theatre Trip: The Life of Pi – Norwich 30th September 2:30pm-5pm

Must be booked by 28th July. Based on one of the best-loved works of fiction Life of Pi is a breath-taking new theatrical adaptation of an epic journey of endurance and hope.

Tickets cost £49.50.

**Contact Mark on 01603 573000 Ext. 341
or mark.smith@visionnorfolk.org.uk.**

Theatre Trip: 2:22 A Ghost Story 11th October 2:30pm-5pm

Must be booked by 2nd August. Belief and scepticism clash, but something feels strange and frightening, and that something is getting closer, so they're going to stay up... until 2:22... and then they'll know.

Tickets cost £42.

**Contact Mark on 01603 573000 or Ext. 341
mark.smith@visionnorfolk.org.uk.**

Theatre Trip: Northern Ballet's Beauty and the Beast - Norwich 25th November 2:30pm-5pm

When a terrifying creature threatens her father, Beauty selflessly leaves her family to live with the Beast in his castle. As time goes by, she grows strangely fond of her host.

Tickets cost £49.50.

**Contact Mark on 01603 573000 Ext. 341
or mark.smith@visionnorfolk.org.uk.**

WEST NORFOLK

Unless otherwise stated please contact Zoe at 01553 660808 or via email at kingslynnhub@visionnorfolk.org.uk.

REGULAR ACTIVITIES

Archery - Downham Market

1st Monday of the month 4pm-6pm

Sight loss doesn't need to prevent you from trying new and exciting things. Join one of our archery sessions designed to be accessible for all abilities and skill levels.

Audiobook Clubs

Our friendly, informal audiobook clubs offer a chance to get together and enjoy a chat about a chosen audiobook.

**Contact Mark on 01603 573000 Ext. 341
or mark.smith@visionnorfolk.org.uk.**

Fakenham Audiobook Club

**3rd Monday of the month
10:30am-12pm**

Gaywood Audiobook Club

**Last Friday of the month
1:30pm-3pm**

Dereham Audiobook Club

**3rd Wednesday of the month
10:30am-12pm**

Choir – King's Lynn

Fortnightly on Wednesday 1pm-3pm

Join the Vision Norfolk Choir to improve your mental wellbeing, meet new people and most importantly have fun.

Socials

Come and enjoy a cup of coffee, a slice of cake and a chat about everything and anything at one of our socials.

West Norfolk Coffee Morning

King's Lynn

1st Wednesday and 3rd Tuesday of the month, 10am-12pm

West Norfolk Men's Group

**King's Lynn, 1st Monday of the month
12pm-2pm**

Fakenham Coffee Morning

4th Tuesday of the month 10am-12pm

Free to attend but any refreshments must be purchased from the café.

Emneth Coffee Morning

3rd Thursday of the month 2pm-4pm

Free to attend but any refreshments must be purchased from the café.

Downham Market Social

4th Wednesday, 11am-1pm

Knitting – King's Lynn

**2nd Tuesday of the month
1:30pm-3:30pm**

Whether you are a complete beginner who would like to take up knitting or a seasoned knitter, our sessions are a fun and sociable way of getting together with fellow yarn fans.

Sit Fit – Downham Market,

3rd Friday of the month 1:30pm-3:30pm

A seated exercise class suitable for all adults regardless of age, gender or ability.

SPECIAL EVENTS

Guided Walks

We are trying to organize some walks of various lengths over the summer. Please get in contact for more details.

EAST NORFOLK

Unless otherwise stated please contact Catherine at 01493 745973 or greatyarmouthhub@visionnorfolk.org.uk

REGULAR ACTIVITIES

Audiobook Clubs

Our friendly, informal audiobook clubs offer a chance to get together and enjoy a chat about a chosen audiobook.

Contact Mark on 01603 573000 Ext. 341 or mark.smith@visionnorfolk.org.uk.

Great Yarmouth Audiobook Club

Last Friday of the month 1:30pm-3pm

Cromer Audiobook Club

3rd Monday of the month 2pm-3:30pm

Socials

Come and enjoy a cup of coffee, a slice of cake and a chat about everything and anything at one of our socials.

Great Yarmouth Coffee Morning

Wednesdays 10am-12pm

Cromer Coffee Morning

Last Wednesday of the month
10am-1pm

Contact John at 01603 573000 Ext. 323 or john.morland@visionnorfolk.org.uk.

Games Morning – Great Yarmouth

Thursdays 10am-12pm

We usually play a variety of dominoes and card games

Weaving Group – Great Yarmouth

Fridays 10am-12pm

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

SPECIAL EVENTS

Bingo – Great Yarmouth

25th July 8th August, 22nd August

Try your luck at our regular Bingo nights with prizes available for winners.

Costs £5 per person.

Lavender Farm Trip – Great Yarmouth **3rd July 10am-3pm**

A group from the Great Yarmouth hub will be taking a trip out to Norfolk Lavender Farm.

The cost is £5 per person.

Crabbing – Great Yarmouth

11th July 10am-4pm

Join the Great Yarmouth team on a trip to Cromer for crabbing and fish and chips.

The cost will be £10 per person which includes the cost of crabbing and a small cod and chips.

Guided Walks

We are trying to organize some walks of various lengths over the summer. Please get in contact for more details.

Bowling – Great Yarmouth

26th September, 12pm-3pm

The Great Yarmouth hub runs group bowling trips to Wellington Pier.

We ask for a £5 refundable deposit.

OTHER THINGS

User Group

Our User Group was set up in the middle of 2021, shortly after the closure of the community worker service. It was seen as a group that could be run by blind and visually impaired clients to assist the staff and Board of Trustees when it came to making decisions on promoting Vision Norfolk and making sure the charity was moving forward positively.

So far, the group have discussed the format of the Magpie News, the website and an updated Vision Norfolk survey which will be sent out soon.

The group is always looking for new members; in particular, people who are in the North and the West of the county.

We meet around the county once a month but we also use a conference online system so you can join with us from your own landline or computer.

There is no pressure to make a decision, if you would like to come and observe a meeting to see how it is run before committing yourself, you would be welcome. All correspondence can be sent out in accessible formats including Braille and email.

It is a very friendly group, consisting of about 10 members at the moment, so please join us.

If you are interested and want to find out more, please contact: 01603 573000 or email usersgroup@visionnorfolk.org.uk and one of the team will get back to you with more information.

Feedback

We always welcome your feedback on our services and ideas on how we can better support you. Any feedback can always be communicated to 01603 573000, office@visionnorfolk.org.uk or by coming into one of our hubs and speaking to a member of staff.

In this edition we are especially looking for feedback on this newsletter. What sections do you find the most or least helpful? Is there any other information you wish would be included? Is there any way that the format could be easier for you to access.

You can give your feedback at any time by following the previous contact details or you can send your ideas directly to our Communications Officer at erin.snell@visionnorfolk.org.uk.

SUPPORT VISION NORFOLK BY LEAVING A LEGACY



Image: Hand holding fountain pen to piece of paper.

Why leave a legacy gift?

Big or small, a gift in your Will helps us to achieve our mission of supporting people with sight loss of all ages in Norfolk to overcome barriers to independence and to live the lives they want.

Our services have provided a lifeline for people across Norfolk for over 200 years and your legacy will help us ensure we are here for the next 200 years.

Why are they so important?

Vision Norfolk has relied on legacies since its inception and this channel has provided the backbone of our funding. The legacy market is changing due to the increase in financial uncertainty and as more families pass on their inheritance to their loved ones. Nevertheless, we ask that you do think about charitable giving when making your Will.

How do I leave a gift in my Will?

Remembering a charity in your Will is extremely easy, but certain guidelines must be adhered to, or your wishes may not be followed.

In essence there are three basic types of Will gifts: Residuary, Pecuniary and Special Gifts.

Residuary Gifts represent the remainder of your estate after all creditors and other beneficiaries have been paid.

Pecuniary Gifts represent a specific sum to be donated.

Special Gifts are gifts of specific articles; property, stamp collections etc.

When writing a Will it is important to get it checked by a legal professional. We are not legal professionals.

How We Can Help

We have teamed up with Kwil to offer you the ability to make your Will through a simple online process. For a small fee of £90 for a single Will or £120 for a couple. In addition, 50% of this fee is donated back to us at Vision Norfolk. Kwil will guide you through the process of creating your Will online. There are no hidden costs and your Will is checked by legal experts. There is live telephone support and advice from Kwil's team of UK based experts.

Call 0800 061 4934 or visit

<https://www.kwil.co.uk/affiliate?partner=VisionNorfolk> to find out more.

LIVING WAGE EMPLOYER

Vision Norfolk has been accredited as a Real Living Wage Employer.



Image: Living Wage Foundation logo consisting of three overlapping circles of blue, yellow, orange.

As part of our goal to attract and retain the best people to ensure we deliver high quality services, we have committed to paying staff the Real Living Wage as defined by the Living Wage Foundation. The Real Living Wage is currently £10.90 an hour, compared to the statutory 'National Living Wage', which currently stands at £10.42 an hour.

Chief Executive Andrew Morter said, "Our staff are at the heart of everything we do – they are our greatest asset and are the key to our success.

In recognition of this, we have committed to putting our workforce at the very centre of our approach, encouraging a 'people first' culture where we value people's experiences and wellbeing."

Vision Norfolk also plans to actively support the Norwich Living Wage City Action Group (NLWAG), an alliance of local businesses, charities and public sector organisations which have made the commitment to be Real Living Wage Employers.

Daniel Childerhouse, CEO of Future Projects and a member of NLWAG, said, "We applaud the trustees and management of the charity for making this commitment, which will translate into even better quality services being delivered to vision impaired people in Norfolk".



Image: On the left Daniel Childerhouse and on the right Andrew Morter standing in front of a Vision Norfolk van.



**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
Edward Street 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**

Registered charity no. 207060