

Contents

- 1 Message from the Chairman
- 2 Review from the Manager
- 3 Hearing Support Service Volunteer Training feedback
- Assistive Listening Devices Advice and Support Clinic
- 4 Tinnitus Support Group Transition Services
- 5 See what you hear
- 6 News from the Norwich Older People's Forum Friends of the NDA
- 7 Cym's Birthday celebration Fundraising Update
- 8 Those Were the Days
- 10 Signed and Captioned performances Theatre Royal and Cinema City
- 11 HSS Static clinics 2012
- 12 Mobile Clinic Timetable

NDA News

Copy Deadline:

Copy date for the next issue will be 30th April 2012

Contact the NDA

217 Silver Road,
Norwich, NR3 4TL

T 01603 404440
F 01603 404433
E nda@norfolkdeaf.org.uk
W www.norfolkdeaf.org.uk

MESSAGE FROM THE CHAIRMAN

It has been a busy three months and it is going to get busier for the folk in the office and the Trustees but I'll get to that later.

For me it has been something of a trip down Memory Lane, for two reasons. Firstly, and after many months of deliberation and planning, the Friends of the NDA held their official launch at an evening meeting on November 4th at St James' Mill.

The Chairman of the Friends, Frank Eliel, will tell you more as you read through this Newsletter but, for me, the highlight was to hear Peter Prinsley's presentation. Peter has been a friend and an excellent colleague for many years when I worked in the ENT Department at the Norfolk and Norwich Hospital. Peter has many areas of expertise but has a particular interest in all hearing and balance problems and is a very experienced ear surgeon. His brief was to answer the question "What can surgeons do for deafness?" which he did in a very informative and entertaining way. For those of you who were not lucky enough to be able to attend you will find a transcript, a rather lengthy but interesting one, on our website.

The reason we have that transcript is because we commissioned a very talented lady, Norma White, to convert Speech-to-Text. As Peter spoke, his words appeared on a screen above his head for all to see. Members of the audience tell me that this greatly enhanced their understanding and enjoyment of Peter's talk. We hope to be able to do this on future occasions.

Secondly, and prior to the Friends event, back in September we held our Annual General and Public Meeting, again at the Mill, and my personal thanks go to our Treasurer Chris Doggett for his part in making this venue available to us.

Our Guest Speaker was David Prior, the Chairman of the Norfolk and Norwich University Hospital NHS Trust (quite a mouthful!). I first met David when he was Member of Parliament for North Norfolk and I was working regularly at Cromer Hospital. Just as an aside, I travelled to Cromer Hospital every week for thirty years to do an operating list and clinics. I have seen the hospital grow and change in many ways and I always enjoyed my days there. I am delighted that the hospital is in the process of being redeveloped, eventually and after a few false starts, and will include a bigger and better Audiology Department.

Anyway, back to our Guest Speaker. David gave a very thoughtful, and thought-provoking, account of the work done at the Hospital and very clearly acknowledged the role that the NDA plays in supporting patients, working alongside the hospital. In terms of finances, things are going to get really tough at the N and N so our role, and our own expertise, is likely to become even more important.



**Tony Innes,
Chairman NDA**

At that same AGM I outlined some important changes that the NDA is going to have to make. Right now we are an unincorporated Charity, but we cannot stay that way. As part of our ongoing Modernisation process, as a way of protecting our own Trustees and in order to maintain our ability to generate income and to continue to provide our services, we have to change.

Having said that some things will not change. Our Name our Purpose, our Staff, and their employment rights, will stay exactly the same, as will our aims and ambitions.

The people who are the most important to us, our service-users can still expect us to provide a high-quality service and to constantly look for ways to try and improve what we do.

We are going to have to transform ourselves into a charitable Company and, by doing that, we will tick all the boxes I have outlined above. If you say it quickly, it doesn't sound like much, but there is an enormous amount of work to be done in the next few months.

In our Manager's report you will get a flavour for the amount of work the NDA does. Our excellent volunteers deliver a brilliant service but all that needs to be organised and co-ordinated, and that is done by our office staff. The move to becoming a charitable Company will throw an extra workload on the Office and the Trustees but we have an excellent Manager who has seen it all, and done it all, before! We are in good hands and I have every confidence that by the beginning of April it will all be done but, with a bit of luck, nobody out there will spot the difference. I will keep you posted.

I hope you will enjoy reading the Newsletter

A review from the Manager

Aliona Laker

It feels as if it was only a few weeks ago when I was writing my update for the second issue of NDA News, but it has actually been over 6 months ago... Where does the time go?

People say that you don't notice the time when you enjoy what you do. How very true! I do enjoy my job and this is mostly because I know that I am doing it for the benefit of many people who rely on the support the NDA is providing. An excellent motivation as far as I am concerned!

It also helps that I work alongside so many wonderful people – the staff, volunteers, trustees, Friends committee and the list goes on. Recently I came across this quote *“The heart of a volunteer is not measured in size, but by the depth of the commitment to make a difference in the lives of others”* and the first thought I had after reading it was that this applies to everyone who is involved in the planning and delivery of NDA's services. We are very fortunate to have their support.

I know, based on our monitoring data, that we are touching the lives of many people with hearing loss in Norfolk. In the first six months of this financial year we have reached 3,320 people just with our Hearing Support Service. As part of that we delivered 3,871 appointments, with just over half of those being undertaken by the volunteers on the mobile clinic, the Listen Here! Bus. The Befriending service supported 16 clients during the first 6 months and received 8 new referrals. Both services have been delivered by 47 committed and reliable volunteers, who are efficiently supported by Pam, our Services Co-ordinator. 8 additional volunteers received training with the view of joining the team.

In October we held our Tinnitus Support Group with much appreciated support from Claire Gatenby and Sam Riseley from the Audiology Department at the Norfolk and Norwich University

Hospital. John Marcus, our Tinnitus Support Group Co-ordinator has written a short report about the meeting, so please keep reading this magazine and you will find it on page 4. The presentation given during the meeting is also available on our website on the Tinnitus Support Group page.

The Hard-of-Hearing Club has met 6 times during the same period and also enjoyed a seaside trip to Dunwich. Those who attended, and there was an average of 14 people at each meeting, have enjoyed solving a number of general knowledge quizzes, talks about the Bluebell Wood, Norwich Now and Then and the History of Norwich shawls. Please read the section at the end of the magazine for future meeting dates for the club or visit our website www.norfolkdeaf.org.uk. We are looking forward to welcoming new people at our club meetings, which are being held at NDA.

A number of Deaf Awareness Training sessions have been delivered to the staff at the Norwich Theatre Royal and a Residential Home in North Norfolk. It is very encouraging to see that organisations are very interested in up-skilling their staff to best meet the needs of their customers and clients who might have hearing loss.

At the end of September we held our Annual General and Public meetings. The meeting was attended by 31 people, which included our own Patron, Mr Richard Jewson, HM the Lord Lieutenant of Norfolk, the Right Worshipful the Lord Mayor of Norwich Councillor Jenny Lay, Simon Wright MP, funders, trustees, volunteers, staff and other supporters. David Prior, the Chairman of the Norfolk and Norwich University Hospital NHS Foundation Trust was our key-note



Aliona Laker, Manager NDA

speaker and shared with us the challenges currently faced by the hospital as well as the all the excellent work that it does. There was a strong message that NDA's services are supporting the work of the Audiology Department with particular regard given to the reach and accessibility of the way we deliver this support.

In November we saw the launch of the Friends on NDA, which was kindly supported by Jarrold and Sons Ltd, Mills & Reeve LLP, M+A Partners LLP and Cozens-Hardy LLP. The talk delivered by Mr Peter Prinsley FRCS, ENT surgeon at the NNUH, was greatly enjoyed by over 50 people who attended the launch.

This is just a snapshot of what has been happening since the last issue of our magazine but if you want to read more about what we've been up to in the last financial year (2010/11) and the difference we are making to people with hearing loss in Norfolk then please visit our website and read the PDF of our Annual Review or ring our office on 01603 404440 or email at nda@norfolkdeaf.org.uk and we will send you a hard copy.

Please do not hesitate to contact us if you have any queries about our services or would like to get involved in supporting our work. I would love to hear from you!

Thank you for reading this and I hope you enjoy reading the rest of the magazine.

Yours truly, **Aliona**

Hearing Support Service Volunteer Training feedback

During the month of October we trained 6 volunteers to our Hearing Support Service. As usual, the delivery of the training was supported by our colleagues from the Audiology Department at the NNUH, as well as our own experienced volunteers, the Manager and Pam, our Services Co-ordinator. By now all of those volunteers are 'active' and some of them already have their own caseload. The feedback we received from them following the training are very encouraging and below are just some of the comments received:

"I'd like to thank you and your team of professionals for that really inspiring training course, and, although I've so far had only two sessions on the 'bus', to say how much I enjoyed those too! When I have had some more supervised 'hands on' experience, you may feel I could be trained up for some home visits too?"

"Thank again Pam, and a Happy New Year to you and all in the office." (John Holdom, HSS Volunteer)

"Good practical experience!"

"Educational and very interesting"

"Brilliant. Really useful to see the vast array of aids"

If you would be interested in becoming an NDA volunteer, please call Pam Spicer on 01603 404440



New Service

New Support Service starting on the 2nd February 2012 at the Norfolk Deaf Association

ASSISTIVE LISTENING DEVICES (ALD) ADVICE AND SUPPORT CLINIC

If you are thinking of purchasing equipment to enhance your hearing but want to speak to someone first then our clinic is just for you!

No Appointment necessary. Please bring your hearing aid booklet/card when you visit.

An opportunity to view a selection of Assistive Listening Devices and get advice on those that best suit your needs.



Clinics every
Thursday
10am - 1pm
217 Silver Road,
Norwich, NR3 4TL

Please note the Tuesday clinic is for hearing aid repairs only!

Tinnitus Support Group meeting

by John Marcus, TSG Co-ordinator



We very much appreciated having Claire Gatenby and Sam Riseley, from NNUH Audiology, as our guest speakers for the group meeting in October 2011. They gave a very informative talk on what Tinnitus is and how we can employ various techniques to help reduce its

effect on our everyday lives.

Feedback from the group has been very positive. Everyone enjoyed Claire and Sam's talk, and indicated that they would like to explore relaxation and coping strategies that would help them manage their tinnitus better. Some of the comments we received include:

"Good attendance. Q&A session was very informative", "Excellent presentation", "Very good and informative meeting. Thanks to the speakers", "Found it very interesting, good hearing other peoples' views".

Both Claire and Sam in their talk emphasised the effect that stress and worry can have on tinnitus, and how it creates a cycle of tension that can keep the tinnitus worse than it could be. Many people who practice regular relaxation say it reduces the loudness of their tinnitus and helps them become indifferent to their noises - the tinnitus is still there but it is much easier to ignore. Relaxation helps to break down the vicious circle of stress and anxiety many people find accompanies their tinnitus. There are a number of different types of relaxation - one of which is Tai Chi Relaxation.

With this in mind we invited David Barrow from Sheffield to our next Tinnitus Support Group meeting on 12th January, 2012. David spoke and demonstrated Tai Chi as a relaxation technique.

Please contact us with any suggestions regarding the topics you would like us to cover at our future group meetings. We want to make sure that we provide you with the support you require and look forward to hearing from you.

Transition Services

A message from Leah Cooper, Senior Clinical Scientist, Audiology Department, Norfolk and Norwich University Hospital NHS Foundation Trust.



Transition services for young people have been a neglected area for many audiology departments in the past.

Young people with hearing loss are often anxious regarding changes to their audiology care, which can lead to poor attendance at adult clinics and a lack of awareness of the services that are available to them.

This has been highlighted by the NDCS report "Over to you", released in November 2011. NDCS commissioned the report to find out how young people with hearing loss in London felt about their audiology services and the change from children's to adult services by attending workshops and activity sessions which aimed to get young people talking about their hearing loss. This report highlighted that young people have a limited understanding of their hearing loss, the implications of hearing loss and the services that are available to help them as they move from school to college, university and work. It was also surprising to read that many young people with hearing aids relied on parents and teachers to undertake simple daily tasks such as checking aids are working and changing batteries and did not feel that they had enough information to become independent hearing aid users.

The Norfolk and Norwich University Hospital has sent out a questionnaire to people aged 15-19 years in the Norwich area who wear hearing aids which is designed to find out how young people feel about the specialist 'young persons clinic' as well as to gain an understanding of what young people want from their audiology department and local services. We hope from this questionnaire that areas for improvement can be highlighted and the young persons' clinic can continue to develop, and achieve its aim of empowering young people with hearing loss.

If you are aged between 15-19 years and are a patient at the Norfolk and Norwich University Hospital, you should receive a copy of the questionnaire in the post in early January. You can also complete the questionnaire online at:
<http://kwiksurveys.com?u=youngpersonaudiology>

See what you hear

by Hayley Holliday,
Lipreading Teacher



During my Level 2 sign language course I began acting as a volunteer for the NDA, including being part of their Befriender service which offers assistance to those in the community with hearing difficulties and also going onto helping with the bus service.

It was during this time that I met Gill Girling and she asked me if I would consider training to become a lipreading teacher.

After completing my training in London, I am in my third year of teaching lipreading to adults with an acquired hearing loss. Along with three other teachers, we have 17 classes across Norfolk. Unlike other areas of the country, our classes are currently provided by Norfolk County Council Adult Education and the classes are provided free-of-charge.

In order to lipread, you need to be aware of the context of the conversation and knowing the subject really helps anticipate what's coming. This is because only some of what is said is lipreadable (the rest is context, body language and facial expression). Lipreading takes lots of concentration.

This doesn't mean that you have to recognise every word being said – sometimes getting the gist of the conversation will still give you the idea of what is being said.

Therefore, in class, we break the language down into its component

parts and cover the theory of lipreading, lip shapes, lipreading familiar and unfamiliar language, and much more.

Lessons are fun and enjoyable with

a range of different activities and lesson themes, and also include learning about assistive equipment available for hard of hearing

Lessons are fun and enjoyable with a range of different activities and lesson themes...

people. This means that classes are aimed to be as light-hearted and relaxed as possible. However, as lipreading takes time to learn, practice, patience and perseverance are needed.

But it is not just about reading conversation. Confidence building is very important also. Being assertive and to ask for things which will help you cope better in certain environments. Even simply things, such as knowing the best place to sit when going to a restaurant, or how to cope with a visit to the dentist or doctors can improve the life for those with a hearing loss – whether it be relatively mild or severe.

I know that joining any new class can be daunting, especially if you have a hearing loss, but, rest assured, all new members are warmly welcomed and very soon fit into the group.

All sorts of different people join a lipreading class, but they all have one thing in common – that they all have a hearing loss.



News from the Norwich Older People's Forum

by Joyce Hopwood



We have had two very successful meetings, one on September 28th a celebration of International Older People's Day at St Andrews Hall, which was a lot of fun and included a slalom for mobility scooters, which was scary (for me at least)! There were a number of activities available and some very interesting reminiscence work. NORCAS also had a stand there for helping to inform people about the help that is available for all kinds of addicys, with a special over 50s group. The Carers Council were also present with much useful information.

And then on November 25th, at Blackfriars we had Simon Wright as MP for Norwich North. Regrettably Chloe Smith had to cancel due to an appointment on the floor of the House. However, we found willing substitutes in Stephen Little, Green County Councillor for Town Close and Brian Horner CEO of Voluntary Norfolk and Phil Wells of Age UK Norwich. The talks really focussed on the importance of Quality Assurance inspections especially for people with Personal Budgets and how important it is that this budget is not cut. (There is a proposed cut of £185,000 in the County Council budget) There was also concern about further cuts to the Voluntary sector e.g. no inflation uplift as a starting position.

Phil Wells took the opportunity to launch the "Cut Cake not Care" campaign, postcards to sign can be obtained from the Norwich, and also Norfolk, offices of Age UK. It is of the utmost importance that we do all we can to resist these cuts, and they do listen if we make a good enough case, so lets do it! Thanks in advance for your help!

Friends of the NDA

Frank Eiel, Chairman of the Friends of NDA

It has been an active time for the committee and the office-based team in trying to get the Friends up and away.

So what have we been doing and what has been achieved?

Firstly, we have a committee of Kate Kingdon, John Hirst, Jane Salzedo, Gill Girling and Aliona Laker. Our tasks are to establish a group of 'Friends of the NDA' who want to make a modest financial contribution to the good work of our Charity and maybe get some social benefit for themselves in return. And, even if they don't get to join in the events, they are pleased that such things are there that others might enjoy,



Left to right: Tony Innes, Frank Eiel and Peter Prinsley

or even benefit from, them.

From a standing start we have reached 71. Next year, following structural changes to the way the Organisation runs, the category "Members" of the Norfolk Deaf Association will be ended and we hope that those people affected will choose to become Friends to maintain their special link.

We have determined that the Friends should have events such that those that wish can enjoy some social interaction through their membership. We also want to encourage more informational events too, so that Friends can learn more about hearing loss, the issues, the problems and, most importantly, the developments in treatment.

We have held the first Friends Annual Lecture at the lovely St James' Mill (thank you Jarrollds) where we

were lucky enough to get Peter Prinsley FRCS to speak to a group of over 50 of us about the history of the medical world dealing with hearing issues. This may sound to those who were not there as rather dry. Far from it. We were treated to a fascinating and a very amusing talk. During the talk we were able to read the words spoken on screen through the provision of speech-to-text facility. That talk will be a hard act to follow next year.

We were also treated to wonderful canapés and drinks before hand courtesy of sponsors, whilst having time to chat to friends, old and new.

We have already made contact with the Theatre Royal (Norwich) and Cinema City to see what benefits we can get for the Friends. More shows with subtitles? Better discounts? Then, maybe, we can arrange group outings to appropriate events and take a meal together alongside, if that's what the Friends want. A list of forthcoming signed

and captioned performances at Theatre Royal can be found on page 10 of this magazine.

We are working on the rest of the social programme too, and will be issuing a questionnaire to our Friends to ask what they would most like to see us do. Ballroom dancing? Darts? Quiz and Chips? Wine tasting, card or board games nights? Or whatever.

Isn't it time you joined in? Contact Karen on 01603 404440 or nda@norfolkdeaf.org.uk to get more information or fill in the form on our website www.norfolkdeaf.org.uk

If we get more members we make more money for this great organisation and provide ourselves with more social opportunities.

Cym's Birthday Celebration



Left to right:
Heather (91), Jenny, Dennis, Cym, David & Maureen

Cym Cant, one of our Trustees, decided to hold a charity meal, in celebration of her 70th Birthday, to raise funds for NDA.

Although the actual date of her birthday was not until December she decided that October would be a more sensible time to hold the event as December is such a busy month. The meal was held at the Lucky Star buffet restaurant in Queens Road and many of Cym's family (including a cousin from Vancouver), past work colleagues and friends attended. The meal went very well and everyone enjoyed themselves. Cym requested that there would be no presents in kind but financial gifts would be appreciated which Cym planned to donate to NDA. Many of those who could not make the meal were pleased to support financially and eventually Cym was able to present £635.00 to NDA.

Times are hard and are going to get harder which means we appreciate any fundraising you can do for NDA. Money could be raised by holding coffee mornings, bring and buy sales, sponsored events, etc and I would encourage each and every one of you to do what you can to help. Whether it's £5 or £50 we would be grateful and, of course, this can be gift aided raising even more.

Thank you to everyone who made my birthday meal enjoyable and for your magnificent gifts.

Regards, Cym

Fundraising update



Dennis Cant,
Jane Salzedo,
Leanne Denmark
and Tessa Morton

Thank you Morrisons

We would like to thank Mark Ellis, the general Manager at Morrisons Supermarket, Riverside, for allowing the NDA to collect at his store on Friday 19, Saturday 20, Sunday 21 August 2011. We had a good number of volunteers to help us with the collection – John Hirst, Jane Salzedo, Leanne Denmark, Tessa Morton, Dennis Cant, Melanie Ruse, Diana Anderson, Beth Johnson, Gary Hanson, Aaron Harding, Marcus Abbs and Cym Cant, and they collected £613.60 over the three days.

Cym recruited Leanne, Tessa and Melanie, from the Deaf Connexions' Basic Signing Class that Cym is currently studying and Beth, Gary and Aaron are from Rotary House. Thank you to those volunteers but we are always pleased to see more. So, if you fancy the idea of helping out for a few hours please contact Karen in the office who will be able to give you the dates and times of our next collection.

THOSE WERE

I hope you will enjoy reading these two articles by Jas Farrington in which she recounts her memories of days long gone. If any of you have stories that you would like to share, please get in touch with me at chairman@norfolkdeaf.org

MONDAYS IN THE 1930s

By Jas Farrington

Remember Mondays? Yes, WASHDAY!

Years ago, washday was the most arduous day of the week. In the country we had no running water, no gas, no electricity, and, of course, no washing machine or spin dryer.

The day began about 6 a.m. when the copper had to be filled. Water, from a well in the garden, was carried in buckets to the washhouse. Under the copper a fire was laid with paper spills, kindling wood and coal. After much blowing and poking, we persuaded it to burn. While the water was heating, we scurried indoors for hot porridge and a

welcome cup of tea.

Our tin bathtub was then filled with hot water into which Mazo or Rinso was added. Towels, tea towels, bedding and other white linen or cotton garments were thoroughly soaked first. Each item was then scrubbed on the washboard with a block of carbolic soap and stiff hand brush, before being plunged into the copper for a good boil, agitated with the dolly. The rest of the washing was scrubbed but not boiled.

I stood well clear when the steaming laundry was hauled out with a frayed, wooden copperstick and plunged into a bath of cold water for rinsing. A blue-bag had been dipped into the water, to make the whites appear whiter. Items that needed a smoother, crisper finish were immersed into a solution of Robin starch.

Next the mangle, a heavy cast-iron contraption with large wooden rollers, was manoeuvred into position. It was my job to turn the handle and crank the laundry through. Buttons often cracked



THE DAYS

and fell off in the process.

At last we were ready to peg out on the line with gypsy or dolly pegs. By the afternoon the lines of washing blowing in the breeze were a sight to behold.

Tired she may have been, but the lady of the house was fiercely proud of her lovely, clean washing.

Tuesday was for ironing – but that's another story!

TUESDAYS IN THE 30s & 40s

By Jas Farrington

My mother left school at the age of twelve and was sent into service at a hotel in Cromer, where she learned the art of ironing. She loved it and ironed very well.

Tuesday was always ironing day. It was not easy in those days, as in rural areas we did not have electricity until 1953. Small cast-iron flats were used and these were heated in the open fire. This had to be clear and smoke-free before placing

the heavy irons in the fire, to prevent them from getting sooty.

In those days, textiles were manufactured from natural products and needed to be damp for a good result. Although most of the previous day's washing was still damp, any dry items were sprinkled with water and rolled up tightly to distribute the moisture evenly. Sheets were ritually folded and stretched by two people to remove as many creases as possible. All linen and cotton items were treated in this way. Some were starched after washing using Robin starch.

Two flats were needed as one was being reheated while the other was in use. While the irons were heating, mum prepared the midday meal for cooking. It consisted of stewed shin of beef with onions, carrots, turnips and cabbage with lovely suet dumplings cooked on top of the potatoes. The suet was purchased from the butcher, and had to be finely chopped. This was my favourite dinner of the week.

Usually the irons were hot enough after twenty minutes. As we did not have an ironing board, a piece of thick blanket was placed on the kitchen table, covered by old sheeting. Thick pads were used to remove the irons from the fire. Then they had to be rubbed vigorously over folded newspapers to remove any soot. After spitting on the base to gauge how hot it was, the ironing could begin. On the rare occasion when scorching occurred, a silver sixpence was firmly rubbed over

the offending mark to remove the burnt fibres.

The dinner was cooked on small oil stoves. It had to be ready to eat at 12.30 p.m. My dad was a farm-worker and had a strict timetable to adhere to.

Ironing would sometimes carry on into the afternoon, but mum loved it. It was a laborious task, but with skill and pride everything came out looking crisp and fresh. I'm afraid I did not inherit her passion for it, even with today's gadgets making it so much easier.





Signed and Captioned performances

Saturday 14 January 2012
2.30pm & 7.30pm (both signed)

SLEEPING BEAUTY

East Anglia's biggest and best traditional family pantomime

Friday 2 March 2012

7.30pm (signed)

LEGALLY BLONDE

Smash hit West End musical adapted from the well-known film

Saturday 17 March

2.30pm (signed)

SWALLOWS & AMAZONS

Action-packed musical adventure for all the family

Wednesday 11 April 2012

7.30pm (captioned)

EUGENE ONEGIN

Tchaikovsky's romantic opera of doomed love

At all these performances top price seats are half price for those who are deaf or hard-of-hearing, and this concession is also offered to one companion.

Box Office: **(01603) 63 00 00**

Minicom: **(01603) 598 630**

www.theatreroyalnorwich.co.uk

Saturday 12 May 2012

7.30pm (signed)

HENRY V

Shakespeare's famous take on English nationhood and war

Thursday 14 June 2012

7.30pm (captioned)

BIRDS OF A FEATHER

Stage premiere of TV comedy starring Pauline Quirke, Linda Robson and Lesley Joseph

Wednesday 18 July 2012

7.30pm (captioned)

& Friday 3 August 2012

7.30pm (signed)

OLIVER!

Spectacular production of musical adapted from Dickens's Oliver Twist starring Brian Conley

Dates for your diary

Hearing Support Service – New Volunteer training programme

Wednesday 7th March

Wednesday 14th March

Wednesday 21st March

The above dates are provisional. More detailed information on the above training will follow in the due course.

Tinnitus Support Group meeting dates for 2012 (provisional)

Thursday 15th March

Thursday 17th May

Thursday 19th July

Thursday 13th September

Thursday 15th November

HUSH! – the Hard-of-Hearing Club meeting dates for 2012

24th January - General Knowledge quiz

28th February - Hobby and games

27th March

24th April

22nd May

26th June

24th July

28th August

25th September

23 October

27th November

Subtitled screening

War Horse 12A on **Monday 23rd Jan at 5.40pm**

Also showing...French film by director Michel Hazanavicius
(currently showing *The Artist*)

OSS 117 **Lost in Rio** 15 **Monday 23rd Jan 8.30pm**

Romantics Anonymous for Valentines Day **14th Feb 6.30pm**

Reels of History event which is a screening on No Man's land 15 **Sunday 29th Jan 5.45pm** with English subtitles

The management of the Cinema City informed us that loop system hearing devices which plug straight into the hearing aid are available.

Cinema



HSS Static clinics 2012

Venue	Address	Dates and Times	Contact
Blakeney	Thistleton Court NR25 7PH	TBA	01603 404440
Coltishall	Coltishall Surgery St. John's Close Coltishall NR12 7HA	Friday 10am-12noon 6th Jan, 2nd Mar, 4th May, 6th July 7th Sep, 2nd Nov	Nikki Crawford 01603 737593
Fakenham	Fakenham Medical Practice Trinity Road Fakenham NR21 8ET	Every Wednesday 1pm-5pm Waiting area C	01603 404440
Gorleston	Norfolk Coastal Centre for Independent Life Woodfarm Lane Gorleston NR31 7AQ	4th Wednesday of each Month 11.30 am-1pm	01493 604427
Holt	Mobile Clinic North Norfolk Railway Car Park Holt	6th Jan, 2nd Mar, 4th May, 6th July, 7th Sept, 2nd Nov	01603 404440
Ludham	School Close Ludham NR29 5QW	Friday 10am-12noon 3rd Feb, 6th April 1st June, 3rd Aug, 5th Oct, 7th Dec	Paula Brown 01692 678208
Norwich	NDA Ground Floor 217 Silver Road NR3 4TL	Every Tuesday 10am-12 noon	01603 404440
Norwich	Dussingdale Surgery Pound Lane Thorpe St. Andrew Norwich NR7 0SR	2nd Tuesday of each month 2pm-4pm 10th Jan, 14th Feb, 13th Mar, 10th Apr, 8th May, 12th June, 10th July, 14th Aug, 11th Sep, 9th Oct, 13th Nov, 11th Dec	01603 404440
Sheringham	Age Concern 35a Cremer St. Sheringham NR26 8DZ	1st Monday every month 10am-12 noon except May & June Bank Holidays Those clinics will run the following Mondays	01263 821188
Wells	Mobile Clinic Wells Community Hospital Car Park Mill Road, Wells-Next-The-Sea NR23 1RF	See mobile clinic timetable	01328 71199

Mobile Clinic Timetable

These times and venues are correct at time of printing but changes sometimes have to be made due to unforeseen circumstances.

Venue		Day	Jan	Feb	Mar	Apr	May	June	AM	PM
Acle	Recreation Car Park, Bridewell Lane	Tue	24	21	20	24	22	26	10.00 - 12.00	
Attleborough	Connaught Hall Car Park	Thu	5	2	1	5	3	7	10.00 - 12.00	
Aylsham	Bure Valley Railway Car Park	Tue	17	14	13	17	15	19	10.00 - 12.00	
Brundall	The Street Car Park	Tue	24	21	20	24	22	26		13.00 - 15.00
Bunwell	Village Hall Car Park	Thu	5		1		3			13.00 - 15.00
Dereham	Cowper Road Car Park	Fri	27	24	23	27	25	29	10.00 - 12.00	
Diss	Mere's Mouth, Mere Street	Fri	13	17	16	20	18	22	10.00 - 12.00	
East Harling	Market Place Car Park	Wed	11		7		9			13.00 - 15.00
Fakenham	Bridge Street Car Park	Thu	26		22		24		10.00 - 12.00	
Harleston	Budgens Car Park, Bullock Fair Close	Fri	13	17	16	20	18	22		13.00 - 15.00
Hickling	Methodist Church Car Park	Thu	19	16	15	19	17	21	10.00 - 11.30	
Hingham	Market Place	Wed	11		7		9		10.00 - 12.00	
Holt	North Norfolk Railway Car Park	Fri	6		2		4		10.00 - 12.30	
Hoveton	Village Hall Car Park	Tue	17		13		15			13.00 - 15.00
Loddon	Church Plain Car Park	Tue	10	7	6	10	8	12		13.00 - 15.00
Long Stratton	Co-op Car Park, The Street	Wed	4			4			10.00 - 12.00	
Mattishall	Old School Green Car Park	Wed	25	22	21	25	23	27		13.00 - 15.00
North Walsham	Sainsbury's Car Park	Mon	16	13	19	16	14	18	10.00 - 12.00	
Reepham	Market Place	Wed	18	15	14	18	16	20	10.00 - 12.00	
Spixworth	Village Hall Car Park	Tue	10		6		8		10.00 - 12.00	
Sheringham	Station Car Park	Thu		9		12		14	10.00 - 12.00	
Stalham	Staithe Surgery Car Park	Thu	19	16	15	19	17	21		13.00 - 15.00
Swaffham	Market Car Park	Wed		8		11		13	10.00 - 12.00	
Taverham	Village Hall Car Park	Tue		7		10		12	10.00 - 12.00	
Watton	Co-op Car Park High Street	Thu		2		5		7		13.00 - 15.00
Well-Next-The-Sea	Wells Hospital		12 26	23 15	8 22	26 12	16/24	28 14	10.00 - 12.00	13.00 - 15.00
Wymondham	Waitrose Car Park	Wed	25	22	21	25	23	27	10.00 - 12.00	