

HUSH! NEWS



The newsletter for NDA's Hard of Hearing Club

Issue 30 - April 2016



Outing: Norwich Castle - Norwich School of Artists

On a beautiful spring day we met outside the Castle. After a few minutes enjoying the sunshine, we headed inside for teas & coffees before meeting with Bethan, a wonderfully well informed and enthusiastic expert on the Norwich School of Artists. She gave us a fantastic insight into the artists, the

artwork and the humour of their paintings - there are elements to the paintings that you would never know were there without looking very closely...

Next HUSH! meeting - Tuesday 24th May

We will be joined by Carole Adam from Pets as Therapy, accompanied by PAT colleagues, Jessica & Marley plus Clive & Bailey who will explain the ways in which their dogs can benefit many people. The charity enhance health and wellbeing in the community through the visits of trusted volunteers with their behaviourally assessed pets. Their visiting service is offered to hospitals, hospices, nursing and care homes, special needs schools and a variety of other venues all across the UK.



HUSH! Summer Outing - Tuesday 26th July

On 26th July, we will be going to Pensthorpe Natural Park (near Fakenham) to enjoy the sights and sounds of the nature reserve. Here's what their website says:-

*Voted **Norfolk's Best Large Attraction** for both 2014 and 2015, Pensthorpe Natural Park is an exciting day out for the whole family. Experience the beauty of the natural world on lakeside nature trails and woodland walks, explore four stunning gardens, enjoy delicious home-cooked food in the **Courtyard Cafe** and be sure to browse the unique gifts, homeware, plants, jewellery and some of Norfolk's finest local produce in the **Gift Shop!***

We will be departing from NDA offices via coach at 12pm, departing from Pensthorpe at 4pm. Until I know numbers, I cannot confirm the final price (the more people come, the cheaper the bus!) but it is likely to be £27 per person including entry fee, coach travel to and from Pensthorpe and a talk by a warden. You are welcome to invite adult friends and family to this trip.

It may seem a long way off, but I need to book a bus etc so need to know numbers

by **Tuesday 24th May** at the very latest. You can sign up at April's Hush Club, leave a message with the NDA office (01603 404440) or email me hush@norfolkdeaf.org.uk

Bishop's House Open Gardens - Sunday 26th June

We are looking for help with our Open Gardens on Sunday 26th June.

Can you help with any of the following?:-

1. Raffle Tickets - We have Raffle Tickets available to buy at £1 each. First prize is £250!! If you would like some to sell to friends and family, please let Tracey know.
2. Raffle Prizes - We are looking for donations for our 'Pamper Hamper' and our 'Garden Hamper' prizes. Please pass these to Tracey.
3. Plant donations - to sell at the event on a plant stall to raise funds for NDA. Please bring to the NDA offices anytime during the week commencing 20th June.
4. Homemade cakes - to sell either as a whole cake or as a slice with the teas & coffees. These can be brought to the NDA offices on Friday 24th June.
5. Volunteers - We will need many hands to help with the running of the event, from helping make teas, coffees, to washing up, clearing tables and helping on other stalls.

If you can help, or know someone who might like to help, please let Tracey know on 01603 404440 or email events@norfolkdeaf.org.uk All offers of help will be much appreciated!

Hush Club Evaluation

As part of our ongoing commitment to ensure we are meeting your needs, please find attached our annual Evaluation form for your comments. If you could please either hand to Tracey at Hush! Club or return to NDA offices by Tuesday 24th May 2016.

Upcoming Dates

Tuesday 24 May, 2-4pm - Talk at NDA - Pets as Therapy

Sunday 26 June, 1-5pm - Bishop's House Open Gardens

Tuesday 28th June, 2-4pm - Talk at NDA - Mindfulness

Tuesday 26th July - Outing to Pensthorpe - please book in advance, see details above

Tuesday 23rd August, 2-4pm - Outing: City Sightseeing Bus - further details to follow

**If you would like to get in touch,
please feel free to email Tracey at hush@norfolkdeaf.org.uk
or call on 01603 404440.**