

HUSH! NEWS



The newsletter for NDA's Hard of Hearing Club
Issue 31 - May 2016



Talk: Yoga for the Less Able

At our last meeting, Eileen Oliver joined us to share her journey of yoga practice which culminated in her writing 'Yoga for the Less Able'. Eileen explained the fascinating theory of Yoga - there's a lot more to Yoga than the postures themselves and Eileen explored the history and spiritual side of yoga practice. At the end of the meeting, we all tried a few seated poses and some

relaxation/meditation techniques which we found wonderfully effective! If anyone would like to purchase Eileen's book, please let Tracey know on 01603 404440 or email hush@norfolkdeaf.org.uk.

Next HUSH! meeting - Tuesday 28th June

NDA's very own David Spicer will be joining our meeting to explain the benefits of Cognitive Behaviour Therapy (CBT) Mindfulness. This focusses on the way we adapt our behaviours subconsciously to avoid distress and how those adapted behaviours re-enforce that distress. Underpinning this is the core philosophy of mindfulness of being 'in the moment' in every aspect of our lives and not only when meditating, and to develop compassion for ourselves and others.



Mindful CBT can be used for: Anxiety, Depression, Panic attacks, Body image problems, Low self esteem, Tinnitus



HUSH! Summer Outing - Tuesday 26th July

On 26th July, we will be heading to Pensthorpe Natural Park (near Fakenham) for our summer outing. We will be taking part in a Guided 'Garden Walk' with one of the Pensthorpe Gardeners which will last approximately 40 minutes. There will then be an opportunity to independently explore the gardens and Natural Park, or take a trip to the *Courtyard Cafe* which serves home-cooked meals from locally produced food.

We will be departing from NDA offices via coach at 12pm and leaving Pensthorpe at 3pm to arrive back at the NDA for 4pm. There are spaces still available, please let Tracey know **as soon as possible** on 01603 404440 or email hush@norfolkdeaf.org.uk if you would like to join us. Adult friends and family are welcome to join too! **Tickets cost £27.00**

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!

Upcoming Dates

- 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
- Tuesday 27th September, 2-4pm - Talk at NDA - Storytelling with Norwich's 'Man in Black'

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



BISHOP'S OPEN GARDENS

Sunday 26th June 2016, 1-5pm

Help raise funds for the Norfolk Deaf Association at this fabulous event!

A wonderful opportunity to explore the grounds of the Bishop's Gardens, situated in the heart of Norwich. There are over four acres of beautiful gardens, including a woodland walk, a wild flower labyrinth and a 400-year-old pear tree.

Relax with tea and cake, whilst enjoying entertainments from Circus Chermond, Norfolk Singing Hands and Guitarist Nathaniel.

Children can follow our Nature Trail, prizes for everyone who completes the trail!

Tickets: £3 per adult
Children/Wheelchair users: FREE
Guide Dogs only
Tickets available from NDA offices,
120 Thorpe Road, Norwich, NR1 1RT
Tel: 01603 404 440

Circus Chermond
Norfolk Singing Hands
Guitarist Nathaniel
Children's Nature Trail
Books, Plants & Facepainting
Refreshments and homemade cakes
GRAND DRAW
1st prize - £250
Kindly donated by Breakwater IT

BISHOP'S HOUSE
St Martin's Palace Plain,
Norwich, NR3 1SB
NB: No Parking at the Bishop's House.
Please use the pay & display at the Adam & Eve PH

