

HUSH! NEWS



The newsletter for NDA's Hard of Hearing Club
Issue 29 - March 2016



Talk: Moorecroft Pottery -

by Robert Lamacraft

Thank you to everyone who joined us for our February meeting. We were lucky enough to have Robert share with us a selection of his wonderful Moorecroft Pottery collection. Robert talked us through the development of the pottery and we had a fun quiz too. It was great to be able to handle these lovely pieces and interesting to see how the group had very different opinions as to which one was their favourite piece!

We were then joined by Chris Knighton of Healthwatch Norfolk. There was a lively debate with constructive suggestions as to ways in which access to healthcare could be improved for those with hearing loss.

Friends Event - Tuesday 14th April 2016, 6:30-8:30pm



Join us to find out how *Hearing Dogs for Deaf People* train clever dogs to help deaf people and enjoy the opportunity to meet one of these amazing dogs.

Hearing dogs bring independence, companionship and confidence, giving a deaf person the independence to go out without feeling alone or self-conscious. Hearing dogs have saved countless lives through their important job, from fire alarms sounding at the dead of night to crossing the roads etc. See overleaf for booking details.

Suggested donation £10 per person including refreshments.

Next HUSH! meeting - Tuesday 26th April

We will be joined by Eileen Oliver who has written a book 'Yoga for the Less Able' to explore the benefits of yoga. But don't worry, we won't be expecting you to perform any complex yoga poses! Eileen will take us through some simple seated poses to aid relaxation. There will be no obligation to take part. Please join us to find out more about the health benefits of yoga.



HUSH! Summer Outing - Tuesday 26th July

Just a reminder that I need to know if you are interested in joining us for our Summer Outing. Tickets cost will cost approximately £27 including coach travel from NDA offices - no payment necessary at this stage. I will let you know finalised costs next month.

Bishop's House Open Gardens - Sunday 26th June

Can you help? We are looking for volunteers to help with our Open Gardens on Sunday 26th June. We are looking for :-

1. Plant donations - to sell at the event on a plant stall to raise funds for NDA.
2. Homemade cakes - to sell either as a whole cake or as a slice with the teas & coffees.
3. 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, please let Tracey know on 01603 404440 or email events@norfolkdeaf.org.uk

Upcoming Dates

Thursday 14th April, 6:30-8pm - Friends event - Hearing Dogs for Deaf People

Tuesday 26 April, 2-4pm - Talk at NDA - Yoga

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, further details to follow

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 hush@norfolkdeaf.org.uk or call on 01603 404440.

Hearing Dogs for Deaf People

A lecture presented by Alex Madsen, Audiologist at NNUH NHS Trust on Thursday 14th April 2016 at Norfolk Deaf Association, 120 Thorpe Road, Norwich, Norfolk, NR1 1RT

Reception with Canapés: 6:30pm - Talk commences: 7:00pm - Suggested donation £10

Please RSVP on the form below by the 1st April 2016. No tickets will be issued but there will be a list on the door. If you would like confirmation of your payment, please include your e-mail/phone number below.

Name:..... **Phone Number:**.....

Email:.....

I/We would like to book places and enclose our cheque/cash for £.....

I/We would like to become Friends of NDA, please send us the membership form.

I/We require a BSL interpreter for the event (please tick if required)

Please make cheques payable to Norfolk Deaf Association (NDA) and return them with this form to Administrator, Norfolk Deaf Association, 120 Thorpe Road, Norwich, NR1 1RT. We would be grateful if you could sign the Gift Aid Declaration below.

Gift Aid Declaration for Donations

I want to Gift Aid my donation above to Norfolk Deaf Association. I am a UK taxpayer and understand that if I pay less income tax and/or capital gains tax than the amount of Gift Aid claimed on my donation in that tax year it is my responsibility to pay any difference.

Name..... **Signature**..... **Date**.....