It's hard to imagine 50 years ago, when young people with disabilities had few education options or employment opportunities. Parents fundraised vigorously for several years to build the NANSA Centre to offer a supported environment for adults with disabilities.

This year sees the Golden Anniversary of NANSA’s Adult and Youth Centre. We are fundraising for a total facility refurbishment. Inside the centre there is a positive buzz from arts, fitness, IT and an array of life development skills alongside a choice of Gateway Qualification courses such as office skills and retail.

The Centre has already had a busy year with visits from the Lord Mayor, election politicians, honorary members and long term friends at the 1st Annual NANSA Tea Party to say thank you to supporters.

At NANSA we will continue our golden celebrations throughout the year within the many events and parades at The Norfolk Show and The Lord Mayor’s Procession.

For more information on joining Team NANSA contact enquiries@nansa.org.uk or 01603 627662.
Our charity shops

NANSA Train and Trade charity shop at Aylsham Road had fun this Easter raffling Easter Eggs and Toys to customers. The team were also challenged to wear onesies for the week in order to raise money! A brilliant £28 was raised! Do you have a challenge idea for our shops?

The NANSA Train and Trade charity shop in Thorpe St Andrew is proudly displaying their new sign that shows off the training venue and all the treasures inside to passing customers.

As of April, all of the NANSA charity shops, including the Train and Trade venues, have card payment facilities! So put your card in your pocket and stock up on holiday outfits, beachwear and those summer ball gowns!

All of the NANSA charity shops have dedicated teams who sort through the kind donations and don’t Ebay, making them community treasure troves of delight! What can you discover? Don’t forget to sign up for your gift aid card – it raises us over £5000 per year!!

Where to find us

363 Aylsham Road, Norwich, NR3 2RX. Tel: 01603 429192
Opening Times: Monday – Saturday 9am – 4pm

16a Earlham House, Earlham Shopping Centre, Norwich, NR2 3PE. Tel: 01603 456905
Opening Times: Monday – Saturday 9am – 4pm

156a Furze Road, Thorpe St Andrew, Norwich, NR7 0AU. Tel: 01603 304900
Opening Times: Monday – Friday 9am – 4pm Saturday 9am – 2pm

120a Hall Road, Norwich, NR1 3HP. Tel: 01603 617955
Opening Times: Mon – Fri 9am – 4pm Sat 9am-2pm

2 Kabin Road, Norwich, New Costessey, NR5 0LN. Tel: 01603 744123
Opening Times: Monday – Friday 9am – 4pm Wednesday 9.30am – 4pm

124 Meadow Way, Hellesdon, Norwich, NR6 6XU. Tel: 01603 488141
Opening Times: Monday – Friday 9.30 – 4pm Saturday 9-2pm

giftaid it
Katy Martin is a confident and passionate advocate of Nанса.

When Clive Lewis came to the centre on the 31st of March to talk about the importance of voting and answer questions about Nанса. Katy confidently asked important questions, about politics and local social benefit cuts, which would affect Katy and other Nанса members.

Katy really inspired other members and the staff at Nанса, who were moved by her straight talking and real passion surrounding the issues she questioned and raised. She was able to speak out about policies that she felt were important to tackle on her behalf and for other members, here at Nанса.

From her assertive questioning on Politics Day, Katy also attended a locality meeting aiming to open lines of communication from members to the council. She attended the meeting with Adult Services Manager, Andy Hemming, in order for her questions and comments to be fed directly to the council.

Furthermore, Katy has become a trainee team member at the Wrap and Roll Café at Julian Hospital. Katy has also taken on fundraising challenges for Nанса, working hard to help raise money for the services that Nанса provides.

Check out Katy’s and other blogs at www.nansa.org.uk.
What's new

Colin Lang - CEO
Welcome to the latest NANSA newsletter. As the new incoming CEO of NANSA I have been asked if I would like to say a few words.

I will be taking up my post on the 27th April and I am honoured to have been chosen by the trustees to lead such a wonderful and dynamic charity.

I will be shadowing Sheila Parish CEO, for a few weeks before she departs for her next adventure and a well-earned rest. I am sure you will join me in ensuring she is made aware of how much she will be missed by us all.

NANSA offers a fantastic service to the Norfolk Community and I intend to build on Sheila’s achievements over 24 years, to ensure that NANSA continues to be acknowledged as a gold service provider both by our funders and supporters and of course our service users and their families.

I hope to meet as many of you as I can in the near future.

Best Wishes

NOTICE: From the 1st of June the newsletter will only be available online. Subscribe to the newsletter now at www.nansa.org.uk

New Faces

There have been a number of staff changes.

A very warm welcome to Colin Lang MBE will be joining NANSA as the new CEO. Angela Steggles has joined as NANSA’s Client and Inclusion Manager.

Joining Team NANSA; David Clift, Georgina Sayer, Jane Appleton, Emily Case and Jane Sawyer.

We would like to welcome new trustees Councillor Tom Garrod, Artshop trainee Hannah Gill, Robert Baker and Treasurer John Sorrell.

It’s A Sign!

Due to the absence of signage at Thorpe Avenue charity shop, Eirian Rees of Norwich Centenary Rotary Club was, “delighted to help NANSA purchase a sign for the shop in Thorpe St Andrew.” “We’re always happy to help out local charities” said David Jefferies, President of Norwich Centenary Rotary Club.

Norwich based company, Sign Express installed an eye catching sign that would attract passing drivers and locals. The Train and Trade venue is vital in making sure that the trainees receive valuable work experience. “We’re not just a charity shop, we’re a training venue for people with disabilities who can gain gateway qualifications by working here” said Mary McCambridge, Outreach Supervisor at NANSA.

Corrinne Dabson, Team Leader of the shop noticed the value of the sign straight away, “It makes a real difference, the day after someone spotted the sign whilst driving past and lots of people have come in and commented on it! Its eye catching without being too loud.” Local schools and clubs can pick up donation bags from the shop.

Left to Right: Ken Venables, George, Eirian Rees, David Jefferies, Catherine, Mary McCambridge and Corrinne Dabson
Internal Fundraising

A Coin Tube was placed in the reception area of the Adult and Youth Centre on Bowthorpe Road. Amazing how spare change can quickly build up and as the saying goes, *If you look after the pennies, the pounds will look after themselves!*

In total, an incredible £101.61 was collected in the tube!

Furthermore, a collection tin was placed in the Tuck Shop at Bowthorpe Road and collected £34.51.

Thank you to Nigel for organising the NANSA Lottery, raising a brilliant £101!

If you know of somewhere we could place a collection tin or are interested in learning more about sponsoring a money spinner then please contact Nathalie on 01603 627 662.

Do You Have Any Fundraising Challenges?

If you have any ideas or proposals for fundraising ideas that you would like to see NANSA Members or Staff become involved in, or would like support with your own fundraising challenge, contact us and let us know your ideas!

Contact fundraising@nansa.org.uk, 01603627662

Members Tea Party

On the 18th of March NANSA members hosted a Tea Party for NANSA’s friends, families and founding members.

With the incredible sourcing of vintage tea cups, tea pots, table cloths and centrepieces by the Aylsham Road Train and Trade the tea party guests were treated to scones, carrot cake, pastries and cheesecake.

The honourable Lord Mayor Judith Lubbock attended and spoke about her highlights of being involved with NANSA.

A huge thank you to Taverham Nursery and Tesco Express on Cromer Road, for their donations of Tombola prizes.

And thank you to our members; Stuart Savage, Tracey Linwood, Christine Fulcher, Robert Ward and Stephen Warnes, Stacey Doy and Andrew Bullock for helping us to host the event.

A fantastic £64.50 was raised on the day, so many thanks to everyone who attended and made it such a lovely event. We look forward to seeing you next year March 16th 2016.

“Looking back at what NANSA has achieved and done is important, because then we can look at the present, and see how NANSA has progressed”

Christine Fulcher - a NANSA Trustee who has been coming to the Bowthorpe Road centre for 40 years.
Family services

School for Parents – Our 21st year! The team run each group according to the needs of the families to develop their child’s physical, social and cognitive skill. The sessions are tailor made and change as the children develop and progress. Families are always welcome to relax and use the facilities available at the centre and sit down for a tea, coffee and a chat.

Sense - This term the team are basing their sessions on loved children's stories, starting with The Very Hungry Caterpillar by Eric Carle and have lots of sensory activities planned.

Sleep – Nine families have now accessed our sleep clinic with positive improved sleep patterns, signs of higher concentration levels, enhanced cognitive skills and reduced stress.

Starting Together – “My Home-Start volunteer has been a real lifeline, providing me with practical and emotional support which has been invaluable to me. I can’t speak highly enough of Nansa’s sessions, and I can’t believe how far my child has come since starting this group.”

Nansa will be producing illustrated short story books and needs case studies about family experiences to support future families.

If you would like more information contact Frankie Bond - Family Services Team Leader on 01603 414 109.

Youth & transition services

Over the Easter Holidays, the young people have enjoyed Adaptive skiing and tubing at the Whittingham ski slope.

The group had a really enjoyable day. The club at Whittingham made them feel very welcome and supported the group at their own pace, providing a great range of facilities and equipment.

The activity did push members of the group outside of their comfort zone, but they really pushed themselves to get the most out of the day.

Afterwards the group had a go at snow tubing too, which was great fun and really finished off the day!

The groups designed the colourful eggs that were hidden around the bandstand area of Eaton Park as part of the Nansa Easter Egg Hunt at Eaton Park on Friday April 3rd. Thank you guys!

After the success of last year, Nansa are hoping to take part in the Lord Mayor’s Procession in Norwich. The group will work together to design and create costumes around the theme of our Golden anniversary for our Adult and Youth Centre on Bowthorpe Road.

For more information about our Youth Service Groups from 11 – 14yrs, 15 – 17yrs and 18+ contact Sharon Parr on 01603 627 662.
Adult services

In early March the Lord Mayor, Judith Lubbock, sat twice for the NANSA artists.

In her 2nd sitting, she sat in full regalia for 1.5 hours. Graham Mallet said, “I enjoyed painting her portrait, I found it hard because I’d never drawn a live portrait but I like a challenge”.

Politics Day with Clive Lewis
The Labour Candidate for Norwich South, Clive Lewis, visited NANSA’s Adult and Youth centre on the 31st March, to speak to members about the importance of voting.

A range of questions were asked by the members, who were really eager to put their opinions across and find out more about policies that might affect them.

Well done to the NANSA football team for their achievements at the CSF disability football tournament at Carrow Park. We’re still on the lookout for a team kit sponsor and a practice venue.
Contact Nathalie 01603 627 662 nathaliemarshall@nansa.org.uk

articshoproject

A new exhibition opened on March 30th, a collection of portraits of the Lord Mayor. The artshoproject provides an exciting exhibition space for artists to hire.

On Sat 28th March the artshoproject had a successful Craft Fair. The artshop trainees, volunteers & staff worked hard upcycling and hand crafting items to sell. A big Thank You to Stephanie Baines who worked hard all day helping set up and serving customers. Steph is a trainee at artshoproject and often helps out as a volunteer at events out of her normal hours.

Look out for news & events at artshoproject.co.uk.

artshoproject

wrap&roll

After the opening of Wrap and Roll in Hammerton Court, it has been continuously successful offering work experience and skills for the five trainees who currently attend in the week. Donna Marie has been a trainee at Wrap and Roll for two months. “I like the café and enjoy learning how to use the till”.

Wrap and Roll provides a variety of food and beverages with the highly recommended carrot cake, which even the Lord Mayor Judith Lubbock is a fan of!
Easter Extravaganza

Friday 3rd of April 2015 saw Nansa’s first Easter Extravaganza at Eaton Park.

People came together to take part in our Easter Egg Hunt and the Easter Bonnet Parade. The Honourable Lord Mayor Judith Lubbock opened the event at midday and later judged the Bonnet competition.

Characters such as Peppa Pig and Iggle Piggle joined in the fun along with the Norwich Samba Band who provided the music for the parade.

Over £1150 was raised so special thanks to everybody who came and contributed to the activities, making it such a great and successful day.

The success of the event means that the 2016 Easter Extravaganza will be bigger and better, with a larger Easter Egg Hunt and much more entertainment and activities!

Thank you to all our hard working volunteers and staff who came along to help on the day.

Royal Antediluvian Order of Buffaloes

The Order will be holding BBQs on the first Saturday of every month until September at The Beehive on Leopold Road to raise money for Sensory Equipment, for services at the Nansa Family Centre. Keep a look out for events on Twitter @NANSANorfolk and Facebook/NANSA.

Duke of Wellington

Thank you to the Duke of Wellington for their ongoing support and fundraising activities! The team have raised an incredible £1018! Amazing support for Nansa!

Filming Nansa

Thank you to Norwich Centenary Rotary Club for their donations that lead to the purchase of an IPad mini. Nansa is putting these to good use as we hope to start making short films about the people and stories behind Nansa.

Charity of the year 2015

This is a great opportunity to thank some of the fantastic people that have supported us:-

Nansa Bowls League
Cooks Blinds
Duke of Wellington Pub
Aviva
Norwich University of Arts (NUA)
Thorpe Travel
Archers Butchers
Harford Excavator Attachments
The Forum
Cromer and Sheringham Rotary
Arden Grove Infant School
Four Seasons Lodge
Norwich Rotary Centenary Club
Mundesley Golf Club
Perenco UK
The Colton Acre Trust
Eaton Park Café
Pride Press
Virgin Money Lounge
Volksworld Magazine
Norwich Rotary Club
Royal Antediluvian Order of Buffaloes
Swaffham Rugby Club
The Coach and Horses

Volunteers wanted

The Nansa fundraising and marketing team needs volunteers to help with Graphic Design, Animation, Statistical and Legacy Research.

If you are interested email fundraising@nansa.org.uk.

Huge thanks to Mundesley Golf Club for their amazing support, raising a fantastic £4000 with their golf day, plus a further £696 with their seniors garden party!
Peter and Alice Blackburn attended NANSA’s first AGM meeting in May 1960 at the Assembly Rooms in Norwich.

Their interest and desire to get involved with growing the charity stemmed from their daughter Joy, born in 1956 with Cerebral Palsy. Little was known about Cerebral Palsy and Peter and Alice found themselves travelling across Norfolk to meet doctors and other parents and families for support.

As we celebrate the 50th anniversary of the Adult and Youth Centre. Peter and Alice reflect on their first aims of the centre and how NANSA has progressed and grown over the years.

“We needed a centre for young people with cerebral palsy” says Alice. “The midwife stopped coming to see me after I had Joy because she said that I knew more about cerebral palsy than she did. But I didn’t know much!”

Alice and Peter quickly became involved in events to raise money such as 50 years of charity sales, barn dances at Vincents, Bressingham Steam Museum Stands and the launch of the Diss carnival in 1966. As patrons of NANSA they still continually show support.

We would like to take this opportunity to thank Peter and Alice for their long standing contribution and dedication to NANSA. Look out for more stories from our Founding Members in following NANSA News Issues.

If you are interested in becoming a friend of NANSA to fund life-changing support for people with disabilities contact Nathalie. 01603 627 662 www.nansa.org.uk nathaliemarshall@nansa.org.uk

The Granary Post Office & Cafe

Steve and Penny Gray from the Granary Post Office and café in Ranworth raised an amazing £346.80!

This was achieved by holding weekly coffee mornings throughout the winter for people in the community and placing a collection box on the post office counter.
Are you aged 14 – 25 years? Do you fancy trying something new? Sportivate sessions in Norfolk are offering you the opportunity to enjoy taster sessions in a range of activities. No experience required.

Judo for ages 14-25 at Wymondham Martial Arts Centre, Silfield Road, Wymondham NR18 9AQ, Wednesday 6 May 8:30pm - 9:30pm, Cost: First session FREE, then £3 per session.

Contact Christopher Claydon 01953 604385

For more information and activities go to the Active Norfolk website: activenorfolk.org

Thalia Theatre Company

Thalia is an independent educational ‘arts’ related learning provider for people with physical and sensory impairments and learning difficulties in particular but not exclusively.

They provide learning opportunities during the day for adults, post 18 and evening and weekend activities for adults, young people and children. They are based at St Saviour’s Church in Magdalen Street, Norwich.

They promote the arts as a stimulating and engaging way of learning and developing essential skills appropriate to the workplace and a rich full life.

Contact Thalia on 01603 630805

OPEN’s climbing wall stands at 12m tall and is the tallest indoor wall in Norfolk. We can offer a range of sessions for a variety of ages as well courses and packages suitable for all abilities.

With the aid of mechanical devices Instructors at OPEN are able to get anyone to the top of our wall regardless of their ability.

We have specialised climbing harnesses and equipment, which has been designed to provide increased access to climbing activity for individuals with a range of physical, visual, sensory and learning disabilities.

We are happy to discuss the process with groups or individuals that are interested.

Contact Open on 01603 763111 to speak to a climbing instructor

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Contact Christopher Claydon 01953 604385

For more information and activities go to the Active Norfolk website: activenorfolk.org
Yoga
Yoga offers a holistic approach to body, mind and spirit, which can provide us with tools to cope with daily challenges in life. Everyone can practice yoga, regardless of age, sex or disability. You might need help with weight loss, toning, muscle tension, flexibility, stress management, depression, whatever your objectives, yoga may prove ideal for you.

The 1st Blofield and Brundall Sea Scout Group, Yarmouth Road, Blofield, NR13 4LE. Thursdays, 10am - 11:30am (runs during school term times). Contact: Kerry Radley
Tel: 01603 784705

CSF offers a wide range of activities, starting from just £1 a session.
Activities include: Swimming  Football  Multi Sports  Dance

www.communitysportsfoundation.org.uk
For further information call 01603 761122 or email lewis.plowman@ncfc-canaries.co.uk

Yoga
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Tel: 01603 784705

D4 dance Performance Company (12-16 years)
D4 Dance Seniors are dynamic dance classes run at the Garage in Norwich especially for youths and adults with disabilities. The weekly class includes learning and developing movement, building confidence and creativity.

During the summer term participants will be working towards a performance piece for The Forum Stage as part of the Lord Mayors Celebration on Saturday the 4th of July.

There is the opportunity to progress into D4Dance Performance Company at the age of 16.

Contact The Garage on 01603 283382

Autism Friendly Screenings
A selection of cinemas throughout the region host autism friendly screenings on a (usually) monthly basis. An autism friendly screening includes:

- Lights are on low,
- Sound is turned down,
- Trailers are omitted,
- You are welcome to bring your own food,
- Viewers can make noise and move around the cinema as they feel comfortable.

Date: Sunday 31st May 2015
Time: 10.00am
Location: Vue cinemas across the country
Film: Shaun the Sheep

For more information go to http://www.autism-anglia.org.uk

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Meet our team

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Norfolk and Norwich Scope Association

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Email: adultcentre@nansa.org.uk

Family Centre
33 Woodcock Road
Norwich NR3 3TT
Tel: (01603) 414109
Fax: (01603) 414115
Email: familycentre@nansa.org.uk

Mission statement:
“NANSA believes that all people with disabilities are entitled to full inclusion in society. We aim to empower Norfolk people with disabilities to achieve their life aspirations”

@NANSANorfolk  Search ‘NANSA’

www.youtube.com/user/nansano

Registered charity (England & Wales): 1027466
Companies House: 02854806

for norfolk people with disabilities