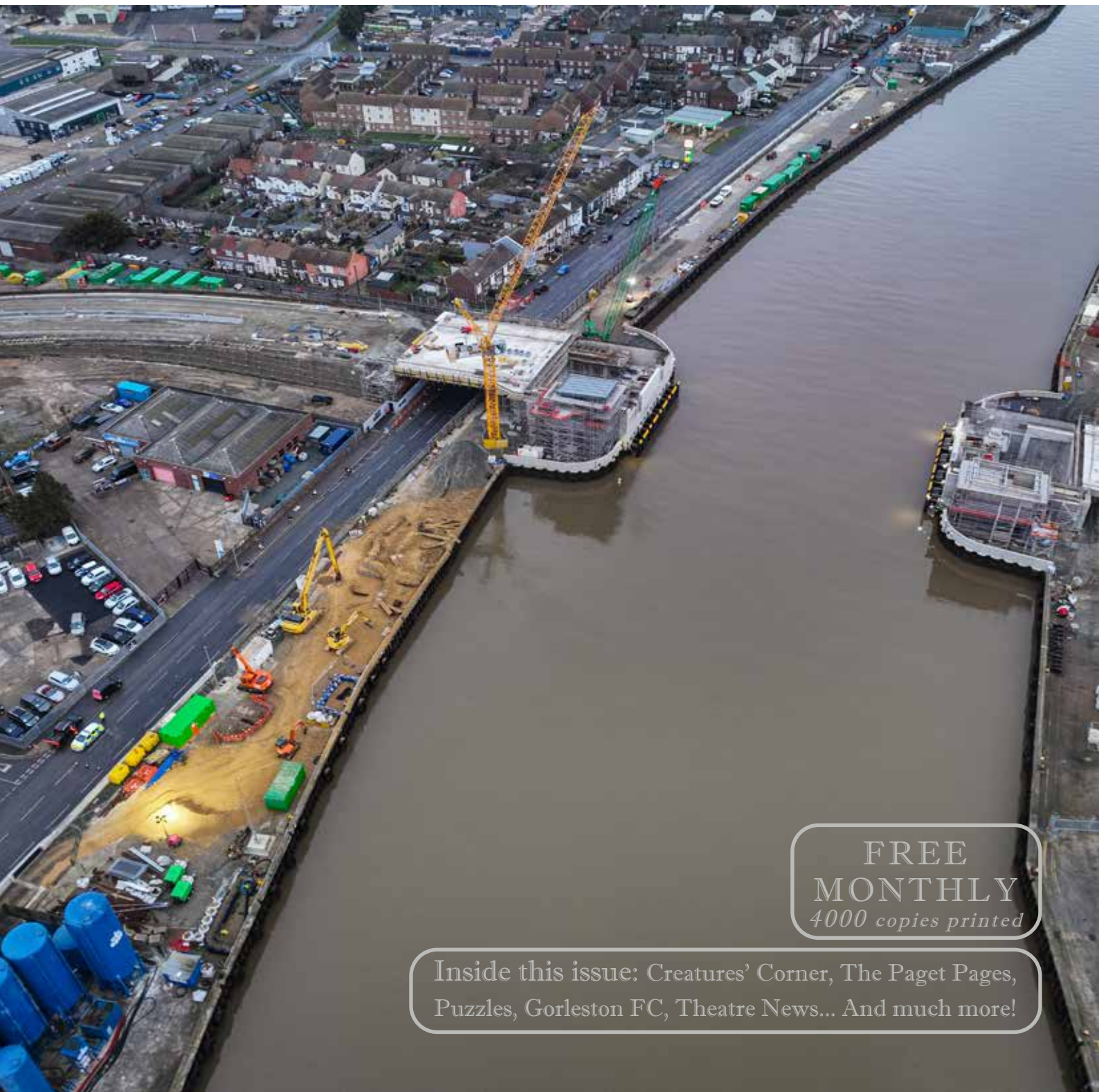


St Andrew's Church

ISSUE 58, March 2023

# GORLESTON Community Magazine



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Inside this issue: Creatures' Corner, The Paget Pages, Puzzles, Gorleston FC, Theatre News... And much more!

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# Hello Gorleston!



Welcome to Issue 58 of **YOUR** award-winning, **FREE** community magazine.

Our heartfelt thoughts and prayers are sent to all those who have been impacted by the Turkey-Syria earthquake disaster. It is an horrific situation, and it is difficult to imagine what all those affected are going through and what the future holds for them.

Closer to home, we are thankful that no one was hurt, and that damage was minimal, after the unplanned detonation of the WWII bomb on Bollard Quay. Many thanks to all those involved in dealing with the bomb and ensuring the safety of the community and the surrounding properties.

With Mothering Sunday in the UK on 19th March this year, did you know that this day, in the UK, is actually linked to Lent? It takes place on the fourth Sunday of Lent which is why it is not a fixed date in the calendar. Mothering Sunday can be traced back to the 16th Century when it was a custom for people to return to their "mother church" for a special service, so originally it wasn't the celebration of motherhood that we know now.



**2021 Best Editor**  
**2022 Best Design**

Anyway, have a great month, stay safe  
and we'll meet again in April.



**Ed.....**

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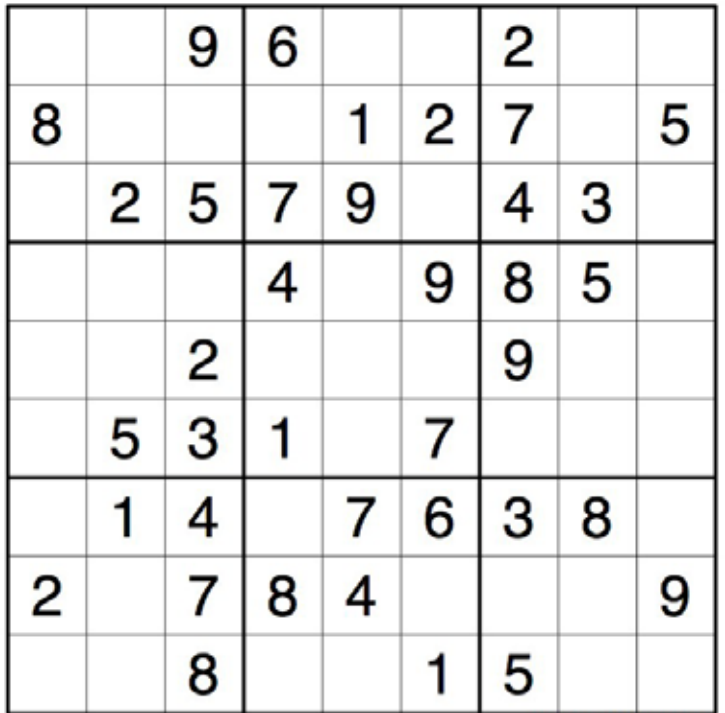
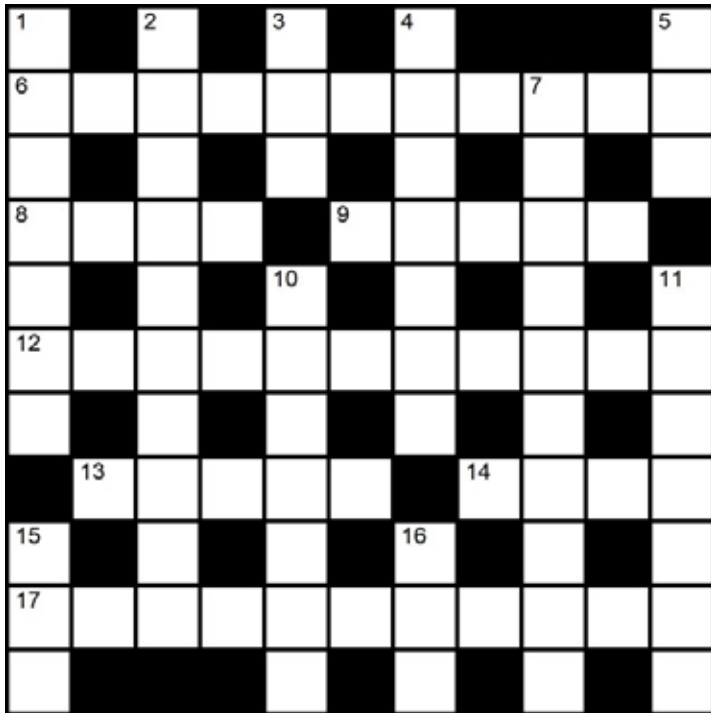
Gorleston Community Magazine is published by St Andrew's Church, Gorleston, and printed by Blackwell Print, Great Yarmouth. The views expressed in this magazine are not necessarily those of the publisher or the editors, and the acceptance of adverts does not indicate endorsement. All contributions are included and edited at the discretion of the editors. Please ensure you have the rights to all photos and have the subject's permission.



Deadline for the April Issue is  
**Friday 10th March**

Thanks to **Luke Martin** for this  
month's front page picture

# Coffee Time 1



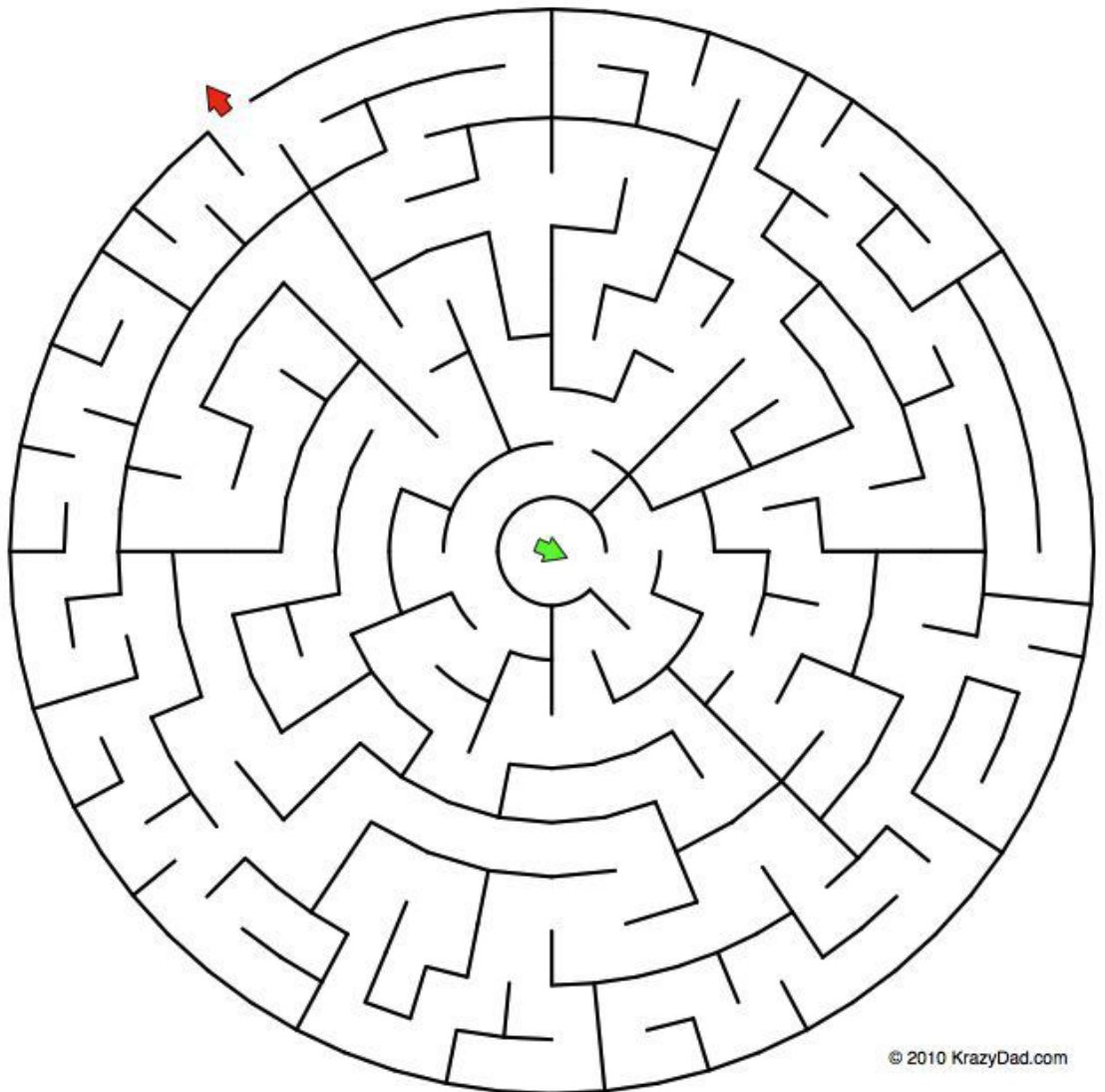
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# In The Interregnum

*Whilst St Andrew's Church is in interregnum, this page will see a variety of authors from St Andrew's Church and the Diocese.*

**This month we hear from the Rev Sue Upton, Assistant Minister at St Nicholas' Church Bradwell and member of the ministry team at St Andrew's during the interregnum**



## Lengthening Days

As I write, some 6 weeks before you read this, we are in the grips of a cold spell, and although slightly brighter today, the winter so far has been dull and dark. But I know that by the time that you read this in March the days will be longer, the sun will be higher in the sky and it will be a good deal warmer – hopefully.

The whole of March this year falls within the Church's season of Lent. The word Lent comes from an Old English word meaning 'spring season' and indeed may refer to the lengthening of days during that season.

So why do so many think of Lent as being dark and gloomy? Maybe because it is seen as the season of 'giving up' the things that we enjoy, like chocolates, biscuits and alcohol – the pancakes that you enjoyed back in February were to use up all the things that you couldn't eat in Lent when diet was severely restricted on religious grounds.

The Lenten season lasts 40 days – not including Sundays, in case you should be counting up between Ash Wednesday, the beginning of Lent, and Easter. And 40 days was the time that the Gospels tell us that Jesus spent in the wilderness being tempted by Satan to have everything, as much food as He liked, as much power as He liked and physical protection from harm too. But Jesus rejected all that Satan offered Him, instead choosing to quote the Scriptures, and God's way of life for Himself.

So that is why Lent is a time of self-examination, a time to look at those things that we spend our money on, the things that we spend our time doing and ask ourselves 'is that the best use of my money – the best use of my time' and some choose to do that in a period of denying themselves something that they enjoy. So in that way Lent is a very serious season, a sombre look at all that we are.

But in most ways Lent is an increasingly joyous season, a time of increasing light as we look forward to Easter. That time of temptation for Jesus was right at the beginning of His earthly ministry, the happenings of Easter, Jesus' arrest, torture, crucifixion and resurrection are at the other end of that earthly ministry and are at the centre of the Christian's belief that Jesus is the light at the end of the tunnel of life, the hope for the future, not just our earthly future but our future for all eternity.

So we may feel that we are stuck in the dark – dark days because we are still in the grips of winter – or dark days because of our personal circumstances at the moment, but

be assured that there is light ahead – the resurrection light of Easter has never been darkened and Jesus always brings hope for the season ahead.

## Prayer Corner

Prayer is simply having a conversation with God. It can be out loud or in your head and heart, it can be about whatever you want it to be and you can pray whenever and wherever you want to, God is always listening.

If you are not sure what to pray, why not start by joining us in praying this month's prayer:

Lord Jesus,  
as we travel towards Your light of Easter  
keep our ears open to hear Your message of hope  
and challenge,  
help us to see Your vision of renewal,  
may we be alert to Your teaching as we examine  
our lives,  
help us in our times of suffering,  
and show us the true way of life with You.  
Amen.



"Finally, we're still waiting for someone from last week's Parent & Toddler Group to come and claim this lost property..."

# Shoreline Bathrooms Celebrate Business Milestone

10 years ago, Gorleston brother and sister duo Brian Robson and Linda Sedgwick opened a business, on 29th March they celebrate a decade of success.

Shoreline Bathrooms on Harfrey's Estate is a family-run and owned business that offers much more than a new water friendly suite; they offer first class service. Since opening 10 years ago, Shoreline Bathrooms has created a seamless customer experience from start to finish.

Linda explains: "Buying a new bathroom set can be a daunting experience but our team of eight always deliver the highest level of customer care."

Despite having nearly 70 Combined years in the industry between us, we are all continually trained, either by our suppliers or in-house. We like to keep fully up-to-date with our products and new ranges so we can always give expert advice and help so our customers can create their dream bathroom.

"We offer a complete bathroom design and you can see the products in real life in our showroom. We have everything you need from flooring right through to ceiling lights."

Brian adds "We are driven by giving personal and friendly service and feed off enthusiasm."

Shoreline has over 40 fully fitted room settings for customers to browse, from price-conscious to designer ranges. We offer products from the UK's top bathroom manufacturers.



Using our expertise to offer in store complete bathroom design and then put customers in touch with fitters that we trust and are experienced with high specification products to meet the clients desire for high-end finish.

When it comes to design, Shoreline is always looking at the current trends and the newest products available. Linda says "We are seeing a lot of customers removing their baths and replacing them with walk-in drench showers. This is often as a result of them experiencing them on holiday and wanting to recreate that experience at home."

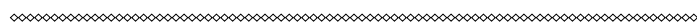
She says other products that are currently popular include Bluetooth mirrors, Bathroom TVs and showers that are digitally temperature controlled.

"We are also seeing a lot of customers opting for modern colour schemes and fitted bathroom furniture."

At shoreline bathrooms Linda, Brian and their team aim to make the whole process of getting a new bathroom as easy as possible. Brian says "We deliver sound advice, to meet our customers needs with products we offer, delivering them on day installation starts. Shoreline always delivers a finished project that meets the customers needs and aspirations."

Here's to the next 10 years!

**Visit the website at [www.shorelinebathrooms.com](http://www.shorelinebathrooms.com) for a tour of the showroom and to meet the team.**





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# Gorleston Theatre Company

‘jumping for joy’ in Our House



Double award-winning local theatre company GTC are presenting Our House, The Madness Musical, at the Pavilion Theatre, Gorleston. Director, Jeannie Kinkaid, left, long standing member of GTC, is joined by Richard Ward, below, as Musical Director – a familiar face as GTC’s MD - and

Isabella Weller, below, making her début as Choreographer with GTC.



Rehearsals are underway and with a sterling cast in the named character roles, an extremely talented ensemble – some in cameo roles, live music and a set from Scenic Projects Ltd, this promises to be a show not to be missed.

*‘Everyone is enjoying rehearsals, and the show is really coming together; it’s going to be a lively, very happy show’, said Jeannie, ‘there’s a real buzz during rehearsals and it’s great to be amongst such gifted people’.*

Our House is a musical with music and lyrics by Madness and one song "It Must Be Love" written by Labi Siffre and a book by playwright Tim Firth. Premiering at The Cambridge Theatre in 2002, Our House was the winner of the 2003 Olivier award for Best New Musical and has since gone on to tour both nationally and internationally to great acclaim. Our House follows the story of London lad Joe Casey. On the night of his sixteenth birthday, an over-excited Joe takes Sarah, the girl of his dreams, out for a romantic evening. On a whim, he breaks into a new building development near his house to show Sarah the view over north London. When the police come, Joe faces a tough decision: to run, or give himself up. It is at this point that the story splits in two as we follow the fortunes, and misfortunes, of Good Joe and Bad Joe. The two differing paths of Joe Casey’s future are carefully watched over by Joe’s deceased father, who regrets his own criminal choices that saw him neglect his family. As the parallel worlds of Good and Bad Joe Casey head towards an explosive climax, we find out which decision the 16-year-old Joe made.....

Tickets are on sale now, so book early in order to avoid disappointment.

**Tickets:**

**Wednesday 12th – Saturday 15th April, 7:30pm**

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OUR HOUSE was first produced at the Cambridge Theatre, London on 28th October 2002. Producers were Tiger Aspect Productions, Rupert Lord, Andre Ptaszynski and Phil McIntyre in association with Madness. This amateur production is presented by arrangement with Music Theatre International. All authorised performance materials are also supplied by MTI [www.mtishows.co.uk](http://www.mtishows.co.uk)

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# Richard Routledge

*"The life and times of"*



The day to open had arrived at last, What Is Hip was about to be born. We got in early on the Saturday morning and waited for the rush.

It was not such a rush more of a tiny trickle. I was not bothered, it was so good to be back in the clothing

trade and doing what I knew.

As it turned out it ended up a fairly good day and I was chuffed at the amount of people who had come through the door. We also found out that the customers liked the combination of my retro clothing and John's vintage side.

The end of November was a good time to open as the next day was the Gorleston town centre Christmas Lights Switch On. We came in the next day not ready for the amount of people who came into Gorleston for the switch on. There were loads of stalls and rides for the kids plus on the bottom of the High Street was the stage where they had bands and dancers.

So we had a second good day's trade, and it left us feeling we had done the right thing. What I had to remember was this was Christmas trade and above normal, so I must not get too excited, as after the holidays it could be very different. As the days before Christmas rolled on, trade continued to be good, not massive, but good enough for me to think it was ok to carry on.

The big problem I was facing was the lease we had was only for three months, and I could not get an extension after that period. So, even though we were doing ok, it might finish just as we were getting going.

It was great to be part of the High Street in Gorleston and I felt at home even after a couple of weeks open. It was so nice to have other traders coming in to welcome us to the High Street. Christmas came very quickly and trade continued to be good. The shop was based on providing for the over 45 year olds, so we had skinheads, mods, teds, rockers all coming in, and with the added boost of people coming in for something funky.

We could have done with a lot more stock, but I was happy with what we were taking, and I felt let's take small steps first and hope we have enough. My main concern was what we were going to do after January when the short lease ended, because the company we were dealing with were not interested in us staying.

In the next issue I'll tell about how that turned out!

Find Richard and What Is Hip on Facebook at:  
<https://www.facebook.com/WhatisHipGLSTN/>



# Ramblings of a Displaced Cockney



*"Well known in Gorleston as the former Principal of the East Norfolk Sixth Form College, our Displaced Cockney is Laurie Poulson whose travels in life have taken him from birth in the East End of London, all around England, until he came to Gorleston in 1999, where he has been ever since."*

## The Joy of Interviewing students

Each Autumn I get involved with providing one-to-one sessions for students across the County who are preparing for the tough interviews that are an essential part of the admission process for some Higher Education courses and a number of universities.

Once upon a time, it was quite normal for universities to interview students for lots of courses. This meant that you got to have a good look at the university and the town in which it was located as part and parcel of the interview process. There were no systems then for the on-line interviews that are now possible using things like Zoom or Microsoft Teams.

The downside for universities was that interviews were time-consuming and expensive for them to provide and so gradually they disappeared in favour of "Open Days" and conditional offers based on exam grades.

I went to Nottingham University to read joint honours in Maths and Physics, a course which was not available in many places. Nottingham had a scheme where you could keep options open till the end of your first year, before having to decide whether you would prefer to continue with Maths or Physics. Personally, I then chose Physics, partly because of my interest in Electronics. Similarly, my late wife Jenny, who went to Nottingham a couple of years after me to study for joint honours in Maths and Economics, subsequently specialised in Economics.

Of course, I had to have interviews in each of my two subjects and they could hardly have been more different! The Maths interview consisted of two lecturers sitting opposite me, firing what seemed like endless maths problems at me, as I scribbled away on a large pile of sheets of paper. Later that day I had my Physics version. I knocked on the appointed office door. No response. After a while, I knocked again and a rather distant voice said: "Come in". The Physics lecturer was standing, silently staring out of the window, puffing away on a pipe. After what seemed like an eternity, without turning round, he said: "I think that theory is rubbish. What do you think?"

There is no hard and fast rule about how modern interviews should be structured. I like to think that my practice ones are somewhere between those extremes and based on lots of feedback from my students' real experiences. Over the years, this feedback has been very helpful but occasionally alarming. A student applying for German, reported that not a word of the language was spoken during the interview and as far as she could tell, the lecturer was drunk anyway!

My best Engineering student report that his entire interview at Cambridge consisted of swapping stories about a small French village where he had spent the summer and the lecturer had a house. Mind you, he did get offered a place on the course there.

Naturally, during my working life at a senior level in Sixth Form Colleges, I gave very many practice interviews in a whole range of disciplines. Since retiring, it has seemed a pity to waste that experience. I feel passionately that our local state educated students should not be disadvantaged with respect to those who have been to fee-paying schools where there has been more extensive and expensive preparation for top courses and universities. Schools and colleges do their best to prepare students but their Government funding has been drastically reduced over the last decades.

There is also an element of self-interest about doing the practice interviews. It keeps me in touch with young people and their aspirations, and it keeps my brain active. It is hard work of course, and long days of interviews can be very tiring, but there is a real buzz about shaping each interview to the individual concerned and not being surprised when the session goes off in an unexpected direction. It's a real performance for both interviewer and interviewee, and the adrenalin flows!

Maybe I will get to be too old to do the students' practice interviews full justice, but until that day comes, each month of November will be dominated by interviews and maybe I will stay forever young!?

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# Gorleston FC



Gorleston FC are making slow progress, having picked up a couple of wins to climb out of the bottom two and they are now in the relegation play off places.

Following their first away win of the season at New Salamis Gorleston picked up two more victories, one in the Norfolk Senior Cup and one in the League.



Acle visited Crown Meadow in the Senior Cup and Gorleston beat them 5-0. Jamie North scored early and Robbie Sweeney made it two on the stroke of half time. Connor Ingram (left) added a third midway through the second half, Christy Finch hit one eight minutes from time and North scored his

second in the last minute. This was Finch's first appearance since picking up an injury in October.

Gorleston will now be at home to Norwich CBS in the next round which will be played midweek, either in the last week of February or the first week of March.

Next came a league visit to Gt Waking Rovers. Gt Waking were one point and one place above Gorleston at kick off but, at the final whistle, a 4-2 victory for the Greens meant Gorleston had leap-frogged Waking and, in doing so, moved up to third bottom in the table.



Connor Ingram opened the scoring after 20 minutes with Ross Gilfedder (left) adding a second five minutes later.



Rovers pulled

one back but George Keys made it 3-1 at half time. The second half saw no goals until four minutes from time when Christy Finch (above) made the game safe with a fourth. Rovers pulled one back with almost the last kick of the game.

There was disappointment in the next game back at the Fosters Solicitors Community Stadium when Brentwood Town were the visitors. Brentwood secured a narrow 1-0 victory.

Gorleston Reserves remain top of the Anglian Combination Division One table, three points ahead of Sprowston, although Sprowston have two games in hand. They played each other on 25th February so look out for that result next month.

The Greens second string have played twice since last month's edition, scoring twenty goals in the process.

Firstly, Stalham Town were beaten 14-1 with goals from Lee George, Luke Goreham, Harry Hall, Kanu Ibenne, Vytautas Lasevicius, Dino Tabakovic, two by Jake Ward and, finally, six for Liam Jackson. Jackson was playing his first game since being injured playing for the first team back in August.

Next for the Reserves was a 6-1 win at Fakenham Reserves when Josh Whittington, Kanu Ibenne, Harry Hall (2) and Liam Jackson (2) were the scorers.

After three months off, Gorleston Under 18s finally restarted their season but have lost both games played and not scored a goal in either of them.

Gorleston Women have played one game since last month, losing 4-1 against Blofield Utd Ladies, Sienna Saunders scoring the solitary goal.

In the Junior section, both the Gorleston Emeralds Girls Under 15s and the Diamond Girls U14 sit at the top of their respective leagues, as do Gorleston Boys U15 Spitfires in the Norfolk Combined Youth League and the U13 Tornados in the Norfolk and Suffolk Youth League.

To be in with a chance of winning some cash, and show your support for Gorleston at the same time, join the monthly GoLD draw. The draw paid out over £60 in prize money in January. Full details of the draw and how to enter are on the website, contact me (Dave Hardy), or email [gorlestonfootballclub@hotmail.co.uk](mailto:gorlestonfootballclub@hotmail.co.uk)

For all the latest news, results and fixtures visit [www.gorlestonfc.com](http://www.gorlestonfc.com), follow @gorlestonfc on Twitter and Instagram, and Like us on Facebook.

March Fixtures (subject to change)				
Date	Time	Team	League	Opponents (Home/Away)
4th	3pm	First Team	League	Heybridge Swifts (H)
5th	2pm	Women	League	Freethorpe (A)
7th	7:45pm	First Team	League	Witham Town (H)
9th	7:45pm	Under 18s	League	Wroxham (A)
11th	3pm	First Team	League	Basildon Utd (A)
12th	2pm	Women	League	Thorpe St Andrew (Mill Lane)
14th	7:45pm	Under 18s	League	Norwich Utd (Wellesley)
18th	3pm	First Team	League	East Thurrock Utd (H)
19th	2pm	Women	League	Blofield Utd (A)
23rd	7:45pm	Under 18s	League	Kirkley & Pakefield (A)
25th	3pm	First Team	League	AFC Sudbury (H)
26th	2pm	Women	League	Horsford (A)
28th	7:45pm	Under 18s	League	Waveney (Wellesley)
Reserves fixtures not known at time of writing				

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## The Bookshelf

Miss Benson's Beetle

by Rachel Joyce

Thanks to Margaret for this review

It is 1950, in a devastating moment of clarity Margery Benson abandons her dead-end job and advertises for an assistant to accompany her on an expedition to the other side of the world to search for a beetle that may or may not exist.

Enid Pretty, in her pink travel suit, is not the companion Margery had in mind but together they will be drawn into an adventure that will exceed every expectation. They will risk everything, break all the rules, and at the top of a red mountain discover their best selves.



## Poem to Ponder

March Hares

The frosty sunlight glistens  
From the ice upon the grass;  
But they who stop and listen  
Know winter, soon, will pass.

The icy grass is rustling!  
Beneath the frozen dew  
Someone is in there, bustling;  
We only wonder – who?

They burst into a clearing  
Dispelling winter cares!  
A sight to set us cheering!  
Two zany, mad, March hares!

They're chasing, leaping, bounding  
As round and round they race;  
Those winter blues confounding –  
Spring stares us in the face!

The cold and dark behind us  
We watch those leopines, mad;  
Their frolics just remind us –  
It's time now to be glad!

By Nigel Beeton

Would you like to send us an article, poem, picture, book review or recipe? Or do you have a story to tell? Or would you like to advertise in **Gorleston Community Magazine**? If so, please email us at [gorleston.community.magazine@gmail.com](mailto:gorleston.community.magazine@gmail.com) or via the website contact form.

# Ormiston Venture Academy

## Ormiston Venture Academy Welcomes Back Class of 2022 for Graduation Ceremony

Venture proudly welcomed back the Class of 2022 for the academy's annual Graduation Ceremony after a 3 year break due to restrictions.

This event invites families, students and staff to celebrate the excellent GCSE achievements of a year group in style.

Students wearing red gowns and mortar boards received diplomas to commemorate their time at Venture, and to recognise the passing of one phase of their education to another.

Ormiston Venture Academy operates an alumni programme which enables students to share successes and continue to be positive role models within the academy. Any former student who wants support is urged to get in touch, fitting the motto "once a Venture student, always a Venture student".

Principal Simon Gilbert-Barnham said:

*"It was a real pleasure to see our Class of 2022 formally graduate as Venture Alumni. We are so proud of them and the exciting futures they are embarking on – they've all grown into such exceptional young adults."*

Dave Richards, Vice Principal of Ormiston Venture Academy, said:

*"The Class of 2022 will be remembered as a wonderful year group who achieved incredible results both academically and in terms of their own personal development despite the disruption to their education over their final years. We are so proud of them, and it was fantastic to be able to celebrate their success with them one last time".*

Former Head Girl, Mollie Speed who spoke on behalf of the class of 2022 thanked parents, students and finally staff, her address saying :

*"I would like to thank all the staff here at Venture, over the last five years they have worked tirelessly to ensure that we were able find our own pathways and not only make the Venture community proud but to be proud of ourselves through all the hard times. As we all make our way along our own journeys, I'm sure that each one of us will always remember words of support and encouragement from staff here at Venture, I certainly will."*





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# Hair We Are



with Kevin Huggins  
Owner of Fusion Hair Consultants and  
Chairman of the  
Gorleston Traders Association

R e a l l y  
l o o k i n g  
f o r w a r d  
n o w  
t o S p r i n g  
a n d  
s o m e  
w a r m e r  
w e a t h e r ,

although I have to say as I am writing this blog, up to now the winter has not been too bad. Like the rest of the country, Tanya and I have been able to cut back a bit on the heating and electric, although, even though we have not used as much energy, the bills are no smaller. It is going to be very interesting, if not a little worrying, thinking about what is going to happen with these energy bills moving forward, not only for businesses but for households as well. Shell announcing £40 billion pound profits will surely mean that some help will be on the way for us all, if not I guess that maybe we should all go on strike with everyone else!

On to a serious note for this month's blog. Fusion has been facing a "No Win No Fee" charge against us since July 2020. A client came into the salon in July 2020 for a colour. A full consultation was completed with the client, a strand test (testing the colour on a piece of hair removed from the client in the consultation), elasticity test (again a piece of hair removed from the client and tested that after treatment it does not break). Also at this time a patch test was completed on the client (a dab of colour put behind the ear of the client to make sure there was not a skin reaction). All of these tests were passed and the client was invited to make an appointment for the service. The client came in and had the service completed and we were pleased to hear that she was very pleased with the result, in fact so pleased, pictures were posted on Instagram and liked by the client. The client's notes were typed up and we thought all was ok, until 10 weeks later when the client contacted us claiming her hair had broken off and that it was us as a salon that had damaged her hair. We invited the client back in so that we could have a look. When the client came in we were instantly concerned with what we saw, the client's hair appeared to be a totally different colour to the original colour of the service we had completed in July. Also there appeared to be no sign of roots in her hair (her natural colour coming through). Bearing in mind hair grows at approx. ½ inch a month we would, after 10 weeks, expect to see at least 1" of growth.

Concerned by these signs that we had seen, it appeared the client had attempted to re-colour her hair, either by herself or another hairdresser. It was obvious the client was in a state of distress about the situation. So, without any argument we offered to help repair the breakage by giving her some treatments and cutting out the breakage by re-cutting her hair. We continued these complimentary treatments for a number of weeks and then the client actually asked us to put some more highlights in her hair, this was in the October 2020. All of this was completed under our customer satisfaction policy, which is that the client is always right, and we always do our best to help them.

We thought at the end of the treatments that this was the end of the matter and the client was happy, until February 2021, when I received a phone call from a third party loss adjuster, claiming that the client involved had contacted a "No Win No Fee" solicitor and wished to stake a claim against Fusion. We were determined as a company that we had not done anything wrong and as management we wanted to support our young stylist and defend this case to the bitter end. It is wrong that this type of accusation can be allowed to happen and unfortunately there are more and more of these "No Win No Fee" cases going on.

So the journey started, through more pandemic lockdowns, the work and defence of this case didn't stop. Moving forward 2 years and 7 months after the original service, a 450 page and 770 mb bundle of papers, pictures and notes, we were ready to go to court. All the while the date of the court case was approaching, we were really hoping that it would be called off and not go all the way to court, the costs involved of hiring a barrister to defend and the cost of the court case was tremendously high, so saying that we were stressed and worried about the case is an understatement. We were convinced we had done all we could to defend, not only our young stylist, but also the credibility of the salon and our reputation. The morning of the case came, and we were due in Yarmouth Magistrates court at 10:00am. We had a pre-team meet before hand to go through various things in our statements etc. At 8:45am we made our way to the magistrate's court, on the way there Tanya tripped over, probably with her mind being stressed and worried, so not

concentrating properly, she fell and broke her arm. The day had not started very well for us. Tanya was due to go in the witness box at some time during the day, so our barrister spoke to the judge and Tanya was allowed to go into the dock first. Tanya was obviously in a great deal of pain and was allowed to go straight to hospital after, which she did and then had an operation to realign her arm and put her back together again.

The case in court went ahead, we found out that the client had also claimed mental issues and had been seeing a psychiatrist, which was something else that was being threatened against us.

The court case took up the whole day and after all witnesses were heard, the judge made his final statement at around 5:30pm. On the evidence produced the case against us was dismissed and we had won the day.

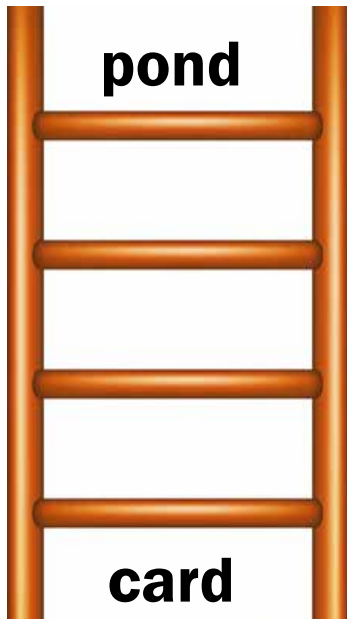
There is a point to me blogging all of this, hopefully it will help others and stress the importance of keeping as many records, pictures and information about each service as possible. The client had stated in her statement, we had not done the consultation, and had not done the strand, elasticity, and patch tests that I mentioned earlier. Well, it was all noted on her notes, the date and time these were done along with time dated pictures of the actual consultation, all of this we could produce in court for the judge.

We were possibly looking at a loss of around £25k if we had lost the case, and the warning is there for all other salons and hairdressers, with this "No Win No Fee" culture out there we are all vulnerable. Keep your notes, keep your pictures, keep your records, because it is so easy to pick up the phone and Google a "No Win No Fee" solicitor and try and throw the book at you. Remember, not keeping records can be the most expensive thing you never do. A friend of ours "Debbie Digby" wrote a book all about a case very similar that she went through, it is called "Forewarned is Forearmed". It is a great read and gives a greater insight into her court case of the same nature than I could possibly write about in this blog. Certainly, worth a purchase.

Until next month, have a lovely start to Spring, and I am off to hopefully get a good night's sleep at last.

## Word Ladder

Can you climb the ladder changing 1 letter at a time, to get from the bottom word to the top word?



## Seeing Double

Each pair of words share two middle letters. The first has been filled in as an example. Complete the remaining words to find the mystery keyword reading down.

1	FL	AB	BY
2	SE		ED
3	AB		PT
4	PE		SE
5	CA		OR
6	TI		OE
7	FI		ST
8	CI		MA
9	TU		LE
10	FO		IL

© Lovatts Puzzles

# Coffee Time 2

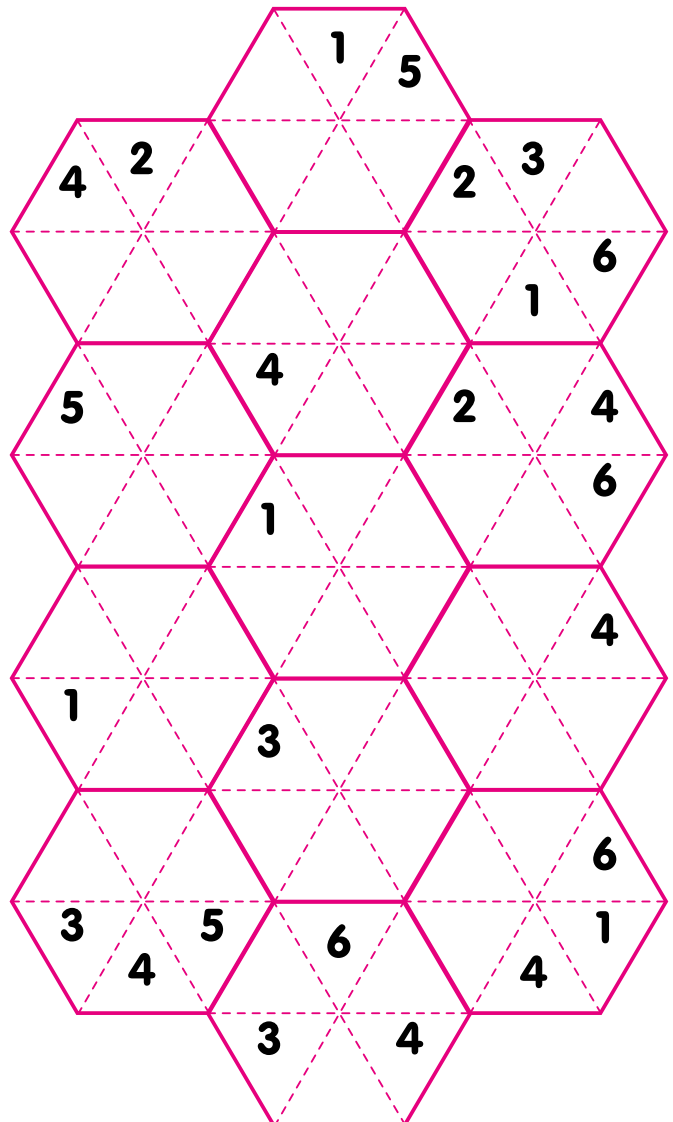
## Caught in the middle

What are the words that can be written down the middle to create two more words or phrases either side?

online	.....	basket
compact	.....	jockey
swimming	.....	table
office	.....	ant
engine	.....	painting

## Hexoku

Fit the numbers 1 to 6 into each hexagon so that where the hexagons touch, the numbers are the same. No number is repeated in any hexagon.





# Creatures' Corner

*"Gorleston born and bred, our writer has had a menagerie of pets over the years, including dogs, ducks, chickens, reptiles, rodents and spiders. In between looking after their own animals, they also support various animal charities and rescue centres."*

For as long as I can remember animals, or maybe I should say creatures, of all types have been my passion. I have owned, rescued, walked, adored from afar but most of all loved animals, birds, reptiles and more that I have had the privilege of meeting during my life so far. I truly believe that we should all be thankful that we share our lives with these creatures and that we should be kind to, and appreciate all of those around us.

My first pet was a hamster called Mac, actually proudly owned by myself and my brother. He was beautiful and had so much attention and interaction that he became perfectly chilled out. He would sleep on his back in the crook of my arm or up the sleeve of my dressing gown. He could carry a biscuit from one side of the room back to his living quarters and was awesome at climbing over all the lego walls and jumps we made for him (kinda like the horse jumps). The more that small pets are handled, the better, they will become very tame and love the time out of their habitat.

As the season moves into spring, I will once again enjoy the sound of the garden birds whilst I tend my vegetable garden or relax sipping something nice in the early (hopefully) sunshine. Although many say that the Nightingale has the most beautiful song, I personally don't think anything beats the sound of the Blackbird singing. I can recall a time when I first began growing veg, setting out sections in my garden which required a lot of digging over a few weeks, and I had the company of a male blackbird (pictured below) who was finding insects and worms where I had dug. He became very trusting of me, moving closer and closer until I was able to almost touch him. It was amazing to go out each day and weed and water with the little fella busying himself around me with no fear.



It is important to remember that the garden is home to many creatures not much loved by gardeners though, like



*One of our writer's pets, a tarantula!*

slugs, snails, worms and insects. Now, although they are a nuisance to us vegetable and plant growers, they are so, so important to birds. Removing them would upset the natural balance of things, so please try to live with them.

Dogs for me are probably one of the most fulfilling friendships you can have, personally I have had three dogs living with me to date (only one at a time). My love for my walking buddies came from my childhood and walking a neighbour's dog. A toy poodle called Tommy owned by the lovely Mrs Brown next door, who allowed me aged probably only 9 or 10 to walk her precious little boy when I came home from school. I remember begging mum on a daily basis to allow me to knock on her door to see if Tommy needed a walk. It was lovely that she trusted me and looking back, wow, that was quite something really as we had no dog in our family at that time.

It's usually about now that my poor dog starts suffering with his allergies. Anyone out there with a pet that has allergies can appreciate how distressing this can be for both your dog (or cat) and yourself. I have for almost 9 years now been battling with my dog's reaction to pollen (of all types) plus dust allergies etc., too many vet visits, lots of medication, food changes, oh it's a nightmare. There have been a few occasions where he's had to be taken to the vets due to huge hives all over his body. I make sure I wash his feet once we are back from his walks, it helps a little I'm sure.

Lastly for this month, I would like to mention something quite new I found on Facebook, a foodbank for pets – what a fantastic idea! It's called Pads and Paws Animal Food Bank and it's for those who are struggling at the moment to make ends meet. If anyone wants to donate to it, there are various drop off points, and to receive from it you need to email [padsnpaws@outlook.com](mailto:padsnpaws@outlook.com) or private message them on Facebook.

That's it for now, see you next month.

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# Stitches in the water

by Genevieve Rudd

## WALKING IN GORLESTON

*Gorleston-based artist Genevieve Rudd takes an unsettling walk along the fastest-eroding coastline in Europe, marking the anniversary of the Great North Sea Flood – our biggest peacetime loss of life. This story was commissioned by Slow Ways, an initiative to create a national network of walking routes connecting all of Great Britain’s towns and cities as well as thousands of villages. As well as walk, Genevieve created a series of photographic paintings, using collected cliff pigments, inspired by the journey.*

*Over the next 3 issues, Genevieve will be recounting her walking story...*

On the night of 31st January/1st February 1953, the coastlines of the UK, the Netherlands and Belgium were impacted by the Great North Sea Flood, our biggest peacetime disaster and loss of life in the 20th century.

I’ve been exploring this experience at Under Open Sky, during a collaborative exhibition project with The Restoration Trust mental health and heritage organisation, Gorleston-on-Sea Heritage Group and Gorleston Library. On the anniversary week, we’re hosting the Floodlines exhibition at the library, with support from Climate Museum UK, which I’m also an associate of.

For my Slow Ways walk in late January, I chose a route going down the coast – from north to south, Norfolk to Suffolk – as the wind did on the night of the flood.

I left home on the day of my Slow Ways route feeling unsettled. The new year has blown into my life in a cloud of busyness, with short-term deadlines and low capacity to think. When I was invited to be a story contributor for Slow Ways I was incredibly grateful, as it felt like being gifted time and

space for my arts practice. My plan is to use this time to take an idea for a walk, gather up concepts or thoughts that have emerged from my arts practice in that season, and walk with them to embody or evolve the story, to deepen into their message or find new layers.

I have an environmental arts practice that runs as an undercurrent to my community arts work, which includes being the founder/director of Under Open Sky, a coastal engagement organisation based in Great Yarmouth on the Norfolk coast. It’s for these reasons, and more, that I wanted to focus my first Slow Ways story on my local coastal patch, from Gorleston-on-sea in Norfolk to Lowestoft in Suffolk, a seven-mile stretch. In my work with people, and in my own arts practice, I explore climate, nature-connection and environmental engagement through arts and walking, often with a health and wellbeing focus.

It was a cold morning when I set off and the air was heavy with a near-rain, wet enough to damp the clothing, but not hard enough to warrant an umbrella. It was one of those heavy, flat days, which felt like a mirror to my internal landscape. The Gorlow route starts a short distance from my house in Gorleston-on-sea at Marine Parade, the upper promenade looking down towards the sea and the shops, amusements, yacht pond and car park below. As I walked along the prom, I thought, ‘why didn’t I wear a hat?’. Already, my head was cold and I looked down at the route map on my phone and wondered whether seven miles was a stupid idea when I’d forgotten to check the weather forecast.

I was glad to drop down to the lower level of the promenade, to duck out of the wind. On the descent down the steps, a passerby remarked, ‘I thought it was going to be brightening up this morning!’. Reaching the end of the concrete path, under the flat grey sky, I checked my phone map. The next

part of the route was to be on the sand, between the wooden sea defence wall of groynes and the crumbling cliff, and past gnarled trees and shrubs from the land that has since been reclaimed by the sea. Despite being a born’n’bred Gorlestonian, I don’t think I’d ever walked right down to the end, but I was open to being guided by the “Gorlow” route.

**Next month: From Gorleston to Hopton / Corton**



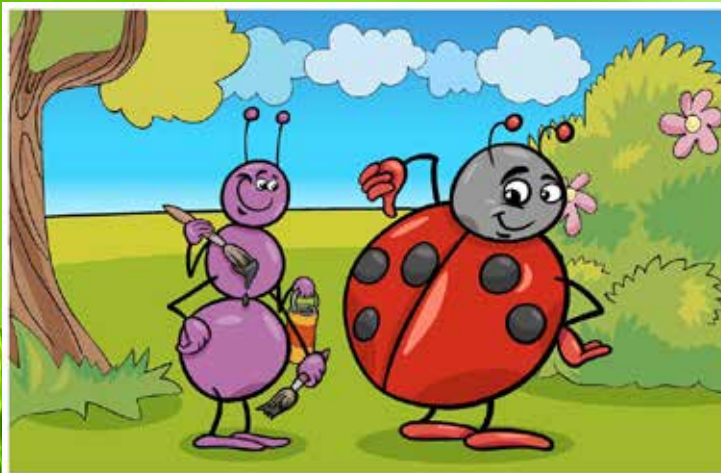
To find out more about Genevieve’s work, visit: [www.genevieverudd.com](http://www.genevieverudd.com), or follow her on Twitter: @gruddphoto, Instagram: @genevieverudd or Facebook: Genevieve Rudd artist

# Kids' Corner

## Ladybird Colouring Fun

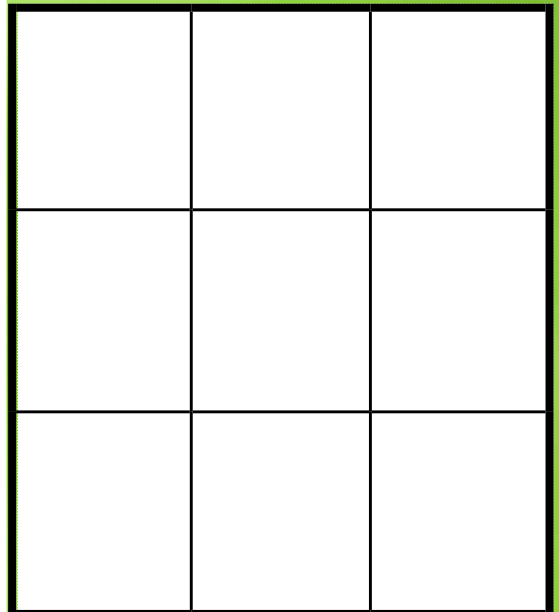
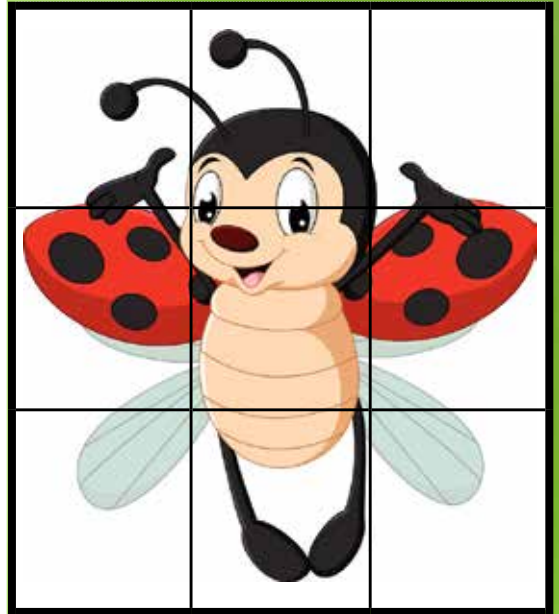


Can you find the 5 differences?



Can you guide the ladybirds through the maze to find each other?

Ladybird Copy and Colour



### From the Bible: Matthew 5:6

*"Blessed are those who hunger and thirst for righteousness, for they will be satisfied."*

In simple terms: *Happy are the people who want to do what God says is right, more than anything else, for God will satisfy them.*

In more detail: *Blessed (joyful, happy,) are those who hunger and thirst for justice and righteousness (doing and being what is right in God's eyes), for they will be completely satisfied.*

Have you ever felt really hungry and thirsty for food and drink and had to wait before you could eat or drink anything (making you feel almost desperate)? Then, when you finally do, it feels so satisfying, sometimes like the best thing you've ever had?

In the same way, Jesus said that those who really, really desire to do and be what God wants (hungering and thirsting for what he says is right), would be totally and completely satisfied, leading to real happiness and joy in their lives.

Another way of saying it is like this: If you want to be totally satisfied, having real happiness and joy in life, seek after God and live the way he says, and you will be!

# Gorleston Then & Now

by John McBride



Watney's Maltings were located to the east of Beccles Road and High Road. Mr Combe built maltings there in 1874, costing £12,192. In 1888 he took over maltings to the east of Malthouse Lane, (earlier known as Maltsters Lane) from Whitbreads. The bridge pictured above, looking south, was built in 1896 connecting the two parts of the maltings, either side of Malthouse Lane. The riverside to the east of the maltings was called Malthouse Quay. Through mergers this business became known in 1898 as Watney, Combe & Reid. The bridge over Malthouse Lane was demolished in September 1977 and the site closed in February 1981. In October of that year the maltings were gutted by fire and were subsequently demolished in July 1982.

Malting is the process of steeping, germinating and drying barley to convert it into malt to make beer.

Except for war service, my grandfather, Edward Houghton, worked at this site for over fifty years. The Watney's emblem was the Red Barrel, used in many forms including the one displayed here given to me by my grandfather. Today the site is used as covered and open storage, including use by a scaffolding company.





# Opening THE Book

*with*  
*Reverend*  
*John Kinchin-Smith*

Last month we discovered that the Bible uses many titles to describe Jesus including “Son of David, Son of God, Lord, Messiah and Saviour”. To Jews at the time of Jesus, these titles had huge significance and meaning. They were full of hope. Their Scriptures (our Old Testament) told them that God had better things in store for his people. They spoke of a coming ‘day of the Lord’, and they presented a number of figures through whom God would one day fulfil his purposes: a great king of the line of David, a prophet like Moses, a rejected servant and many others. By the time of Jesus, these ideas were being referred to by the title ‘Messiah (literally ‘the Lord’s anointed’). The political situation made it inevitable that most ordinary Jews saw the coming of God’s Messiah as the means of national restoration and independence from subjection by Rome.

Although Jesus seldom referred to himself as the Messiah because of its political overtones, in his ministry he fulfilled all of the messianic prophecies. For example, when John the Baptist questioned whether Jesus really was ‘the one who was to come’, Jesus quoted from two passages from the prophet Isaiah (chapters 35 and 61) and said, “Go back and report to John what you hear and see: the blind receive sight, the lame walk, those who have leprosy are cleansed, the deaf hear, the dead are raised, and the good news is proclaimed to the poor.” John would have clearly understood these as messianic references.

The title ‘Son of David’ was also understood to refer to the Messiah. The Old Testament speaks in many places of God’s promise to King David that one of his descendants would be the anointed king through whom God would exercise his rule. On Palm Sunday, as Jesus rode into Jerusalem on a donkey, the crowd hailed Jesus as ‘Son of David’, clearly acclaiming him as the Messiah.

But Jesus had come, not to rule as a king in a secular or political sense. Rather, he had come as God’s suffering servant (Isaiah chapter 53). Jesus understood his mission as coming to suffer and die for people’s sins; and then, vindicated and raised to God’s presence, to receive an everlasting kingdom in which his people would share.



# News from The Mag

*with*  
*Reverend Matthew Price*



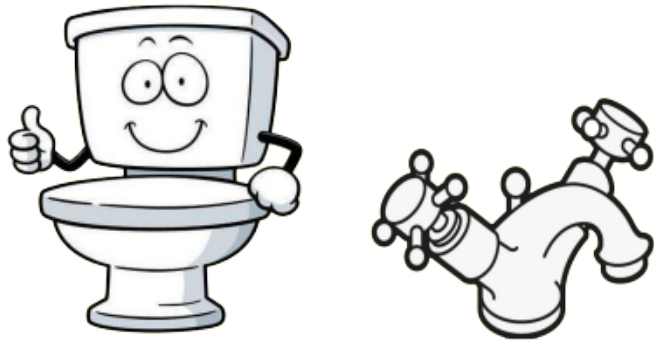
This month, I am delighted to introduce to you a new face who will be joining the team at St Mary Magdalene from July of this year. Karl Ross, who is originally from Stockton-on-Tees in the North East, will be joining us as assistant curate (a bit like a trainee vicar) for about three years after he is ordained in July. He will be involved in all aspects of the life of the church as he learns from me and the other members of the team.

Commenting on the prospect of joining the team, Karl, who is currently completing his pre-ordination training at Trinity College, Bristol, said, “I am excited about joining St Mary Mags. First, because I’m pretty confident God has called me to be here as the curate for this time. To learn from Matthew, as well as everyone that is a part of the church, fills me with so much joy. I do believe that coming to St Mary Mags will be an amazing time learning how to be the best vicar I can be.

“Second, I absolutely loved my time when I visited in January. I was made to feel so welcome and so loved from the get-go. I hope to repay that in some way over the next few years.

“Finally, as a kid, I used to come to this part of the world for family holidays. The last time we came was in 2018, to have a little trip down memory lane, and I have a distinct memory of praying for the churches in the area and thinking to myself: ‘wouldn’t it be great to minister here!’”





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# GoSH

## Gorleston-on-Sea Heritage Group

### The 1953 Floods Part 2

This month we return to the topic of the disastrous floods of January 1953. In that year GoSH member Les Cockrill was an 11 year old living at Bradwell and attending Lowestoft Grammar School. Bradwell at that time was in Suffolk and under the control of Lothingland Rural District Council , so Les had to go to Lowestoft Grammar even though Great Yarmouth Grammar School was nearer.

“Thankfully no one in our family was flooded, so, Sunday morning, having heard on the radio about what had happened, Dad and I went, with a camera, to Gorleston to have a look. I recall the devastation on the quay by the river bend. The river was still full and it was almost level with the quay-head. Kids of my age had made rafts from floating doors or were messing around with floating timber

Granddad took me up to the balcony and we could see nothing but water from the Burgh yacht station to the Cantley sugar-beet factory. I remember Granddad saying that we were seeing what hadn't been seen since Roman times, an estuary full of water.

On the Monday I had a day off school because the Eastern Counties Yarmouth to Lowestoft bus could not run; there was still no traffic getting along Southtown Road. I don't remember standing around waiting for the bus so my parents must have known about this. I only remember having one day off, so the buses must have been running by Tuesday. Several of the children in my year at Lowestoft Grammar were off school because they lived in 'the beach village' down by Lowestoft harbour basin, they had been completely flooded out and had lost almost everything.

Some friends of my parents, the Bacon family, lived on the west side of Southtown Road toward the Cobholm end; when you went to theirs you stepped down from the pavement into the garden, down at the front door into the porch and down again halfway through the house. They had the downstairs ceilings brought down by floating furniture banging up against the ceiling. They had lots of beautiful ornamental and antique furniture and almost everything that had been downstairs was completely ruined.

At Lowestoft Grammar School, despite the devastation in some parts of Eastern England, we had a collection for the Dutch flood victims who were far more numerous and more extensively flooded than those in England.

One anecdote that I heard many years after this event, came from a fireman who had been assisting with the rescues on flooded marsh farms, he recounted that, when he went into one barn, there on the sacks of animal feed 'were rats as big as dogs!' It brought him up short. He remembered that everywhere he had been helping he had been offered a tot of whisky or a sip of rum to keep out the cold, 'how many have I had?', he thought. The rats were, of course, coypu but he had never seen a coypu before.”

*GoSH continues to meet on the second Tuesday of each month, except August and January, from 10.00 am until 12.00 noon in the Brackley Room of the Shrublands Youth and Adult Centre, Magdalen Way, Gorleston, NR31 7BP, but please do check our website <https://gorleston-on-seaheritage-group.webnode.com> in case of any last minute changes.*



in the areas around the front of the Storm House Café, shops, lighthouse and amusement arcade. Pops Meadow was entirely underwater and men with rowing-boats were still going from house to house up and down an entirely flooded Bells Marsh Road. From Pier Plain we could look down at the prefabs that still had water up to the windowsill level.



My grandparents were at Hill Farm, Burgh Castle, and the farmhouse had a balcony looking out westwards over the Waveney and Yare marshes. When we went there,

# SPLIT LEAPS GYMNASTICS CLUB

Split Leaps Gymnastics Club is situated on the Harfreys Industrial Estate in Great Yarmouth.

*We offer a variety of classes for all ages and levels:-*

**\* Parent and Me play sessions 0-4 years**

These are pay as you go sessions that can be booked by going to our website [www.splitleapsgymnastics.co.uk](http://www.splitleapsgymnastics.co.uk) and clicking on Parent and Me play sessions

**\* Our Beginner classes start from 4 years and upwards**

Gymnasts can progress in a friendly and fun environment at their own pace through our system, to advanced beginner and competitive level gymnastics if they wish to do so.

**\* We also offer the chance to progress through the British Gymnastics badge system for all recreational gymnasts.**

*If you would like to find out more about the club, or to book a trial session for your child, please contact us on:-*

[www.splitleapsgymnastics.co.uk](http://www.splitleapsgymnastics.co.uk)

Tel: 07551 904 649

Via social media: on facebook by going to 'split leaps gymnastics club'  
and instagram by going to 'splitleapsgc'



# Ormiston Herman Academy

Providing a rich and stimulating curriculum is an extremely high priority at Ormiston Herman Academy. As well as delivering an excellent academic programme, we provide a varied range of activities including sports, music, drama and the arts. In this edition we would like to celebrate some of the amazing extra-curricular activities that happen around our academy.

## Enriching the Curriculum

We are extremely proud of our enrichment programme, which offers children the opportunity to develop new skills and interests in a range of areas. We believe in enriching the lives of our pupils through a range of external visits, guest speakers and residential trips.

Every Friday, every child in Key Stage One and Key Stage Two takes part in an enrichment session. Each session is led by an adult and has a set of learning objectives that are designed to help the children learn a new skill or practice and develop competencies that are not necessarily in the National Curriculum.

This half term a range of enrichment sessions have been organised for the children to take part in, from Lego creations to sewing, multisports to pen pals. All children have a chance to take part in enriching their lifestyle through something new. Here is what they think about their Friday Enrichment sessions:

- Teddy said he enjoys doing Lego as he enjoys following the instructions and then building things he likes.



- Phoenix said he just likes sewing because it is calming.
- El picked sewing because she likes being creative.
- Seth said he picked sewing because he likes seeing the end results.
- Jarred and Rosie said they both like dancing to Timber by Pitbull in Just Dance and have both won a Dancer of the Week certificate!
- Dylan enjoys playing with the parachute - especially cat and mouse!
- Finally, Pen Pals Club were busy reading their response letters from Lydia Eva Court and are hoping to receive responses from a school in Australia soon!



## National Storytelling Week

This began on Monday 30th January and put another focus on reading, which we love at Herman. The children had a special assembly on Monday and have had a range of teachers sharing their favourite stories with them this week. Mrs Redhead, the Academy Principal, enjoyed having the chance to read 'The Tiger who came to Tea' with Searchers class and 'Stig of the Dump' with Navigators. To finish the week, the children learnt to tell stories through songs in their weekly singing assembly. It was an exciting week and we have learnt all about the different ways we can tell stories.

## Herman Role Models

We have decided to introduce a Principal's Award for children nominated by their class teacher for consistently displaying positive behaviours for learning and acting as good role models. They receive a laminated certificate and a small reward during the weekly Celebration Assembly. Stars of the week will continue to be given out to any pupil who has impressed staff over the school week.

Our Role Models over the last few weeks have been:

- Reception – Stanley, Ivie, and Darcy T.
- Year 1 – Gabriel, Leo C, Maheshwar and Libby B
- Year 2 – Lily, Emily R, Libby W and Ella
- Year 3 – Scarlett, Amelia T and Dani
- Year 4 – Reece and Rosie B
- Year 5 – Harry T, Teddy G and Evelyn
- Year 6 – Ishanvi, Grace B, Amelia B and Mitchell

A big well done to you all!



# Wordsearch

Can you find the words listed below which have been taken from the text?

Words occur in the grid forwards, backwards and diagonally.

## St Patrick's Day, Mothering Sunday, Annunciation and Lent

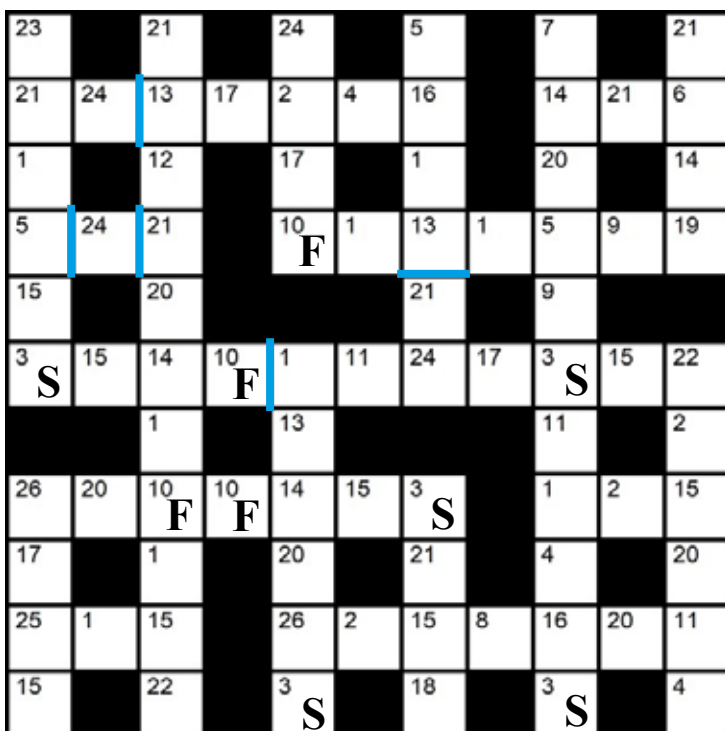
Leeks for St David's day, daffodils for the rest of the month: March brings us Spring. St Patrick, who brought Christianity to Ireland, is remembered with parades. Mothering Sunday and Mother's Day are celebrated with

more daffodils and Sunday lunch 'out'. March brings us the Annunciation, when the angel first appeared to Mary to tell her of her coming pregnancy. March is the month of Lent, of prayer and preparation for Easter.

M P R A Y E R P A G S O  
 A D S F C Y T S R Y A I  
 G U L G N I T S A F S A  
 N O I T A R A P E R P P  
 I A D R N P I A M A R Y Y  
 F T O Y G R U T Y N I A  
 I L F S E D A R A P N M  
 C E F L R N E I D D G T  
 A G A A P H H C N U L P  
 T N D M T E E K U L E R  
 D A U O L E E K S D N M  
 Y M M W A L E S N I T P

LEEKs	ANGEL	PRAYER
DAFFODILS	IRELAND	PARADES
SPRING	WALES	MARY
PATRICK	SUNDAY	MAGNIFICAT
DAY	LUNCH	FASTING
MUM	PREGNANCY	LENT
MOTHER	PREPARATION	

# Codeword



Every white square is numbered from 1 to 26, with the numbers corresponding to letters of the alphabet.

Use your knowledge of words, names and places to work out where letters go, completing both the grid and code boxes, and using every letter of the alphabet.

1	2	3	S	4	5	6
---	---	---	---	---	---	---

7	8	9	10	F	11
---	---	---	----	---	----

12	13	14	15	16
----	----	----	----	----

17	18	19	20	21
----	----	----	----	----

22	23	24	25	26
----	----	----	----	----

ABCDEF GHIJKLM  
 NOPQRSTU VWXYZ



# Gorleston Links Bowls Club

Hello reader...

Well, it's not long now until we start getting ready to head out on our new outdoor bowls season.

Recently we have been treated to a pre-season annual event that always gets us thinking about the games and trophies tempting us, as our members have been enjoying the world bowls championships at Potters in Hopton. A showcase of the UK's best players right on our doorstep. We enjoyed the hospitality, and of course, the pleasure of being in the audience, watching the matches unfold.

We now look forward to our club matches, which in a couple of cases, might mean we actually play against one of the locally based players in the championships.

Our indoor short mat league went well, Unbeatabowls propped up the league table, with the winning team of season 2 Potters+5. They won 12, drew 1 and only lost 1 match.



Congratulations to the team, pictured left.

Thank you to Mike, for his organising and running of this short mat season. There's a lot of hard work involved and it is very much appreciated by all the teams.

It's quite enjoyable playing teams within the club rather than visiting teams; bowling within a narrower lane with an obstacle block to contend with, friendly rivalries with a lot of laughs.

We held pre-season committee meetings, which have sorted out and informed all about rule changes, and the introduction of new safeguarding procedures, which are now part of our code of conduct, providing a safe and happy environment for our members and visiting players.

We are organising dates for upcoming club outings, which include an annual evening of ten pin bowling; visit to the theatre; night at the greyhound track; and a day at the horseracing course. So, there's something for everyone.

There is also a possibility of attending a 'markers' course which is a great benefit to the club.

It can look obvious that a bowl has landed closer to the jack than another, but angles and bowls size really can make the difference. Techniques such as use of wedges to hold a bowl in place whilst you measure, and the correct way of using line measures and callipers, which can be called for in really tight margins. Judging distance and bowls green etiquette is essential to the smooth running of a game, as well as fair play in a match.

Having a marker to judge all aspects of the game is appreciated by players. It is a big responsibility, but great to be asked to be a marker judge.

So, good luck to all bowlers in this new upcoming year.

Here's to another successful season.

## St Elizabeth Hospice

Can you spare a couple of hours each week?

St Elizabeth Hospice are looking for caring volunteers in the Great Yarmouth and Waveney area to support individuals with practical tasks and, keep them company for a few hours each week. Allowing their carer to attend a support group.

The support group will run on a Tuesday for 6 weeks starting in April 2023 – dates to be confirmed. Training and support included.

If you are interested in applying or have further questions then please contact Elizabeth Richardson on 07821 650248 or email at [elizabeth.richardson@stelizabethhospice.org.uk](mailto:elizabeth.richardson@stelizabethhospice.org.uk)



## Gorleston Flower Club

Our next meeting is on Monday March 20th 2023 at Magdalen Way Methodist Church, doors open at 1.30 for 2 p.m. start.

The demonstrator is Linda Kingcott and her theme is "The Green Man and Friends". You have a chance of winning one of Linda's colourful flower arrangements as well as a hamper full of Easter delights.

Members are reminded that subscriptions of £35 are now due, there is a small charge of £5 for guests and we look forward to meeting everyone.

Future events are a Coronation Tea Party in April, as well as plans for the meeting in August and the popular Christmas workshop possibly in December.

If you would like more details please contact Margaret Colman on 663590.



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AND BANK HOLIDAYS**



# Gorleston Grapevine

with Carol Todd



After searching high and low for 2 years recruiting a new car and HGV Mechanics for Perfect's, we receive the sad, but happy, news that our boy Sean, (pictured left) who does a smashing job of looking after all our Green's and Folkes trucks and vehicles is moving on to start a new career path. Thanks so much for all your hard work over the last 12 years at E.E Green. You will

to those lads who need it. Please do not struggle alone. You are not alone, there's always someone who can help. Find out more about the next W&TGY on their Facebook page – Walk and Talk GY.

So what's happening around our gorgeous Gorleston? Well, "Tesco Express Albion Pub" is making amazing progress. Exterior stripping has revealed one of the original pub signs, worth checking it out. Good to see the building team recycling brickwork and revealing original features. Wonder how the opening will effect McColls and the Yellow Shop? I see work is underway in the former Deja-Brew café, which is brilliant that the unit has not remained empty for long. Over to Bells Road and the lovely little Purple shop is being treated by Damp Control. Hopefully by my next edition, I'll have found out for you what's opening in both. New signage is up on 155 Bells Road (former Heart2Heart store) displaying Willow Tree Almanac. Now I realise that is the same charity as Willow Tree Stores at the top of our High Street. They upcycle some really cool furniture pieces. I know they're only open a few hours daily midweek, but you can find out more about them on their Facebook page.

Many of you will have taken a ride on Great Yarmouth's Pleasurebeach's Log Flume. E.E Green's Major Demolition team have been tasked with carefully dismantling the flume and recycling as much of the materials as possible. It is with a heavy heart that we are working on this, as all of us have been on the Log Flume hundreds of times, but maintenance and sourcing new parts became increasingly more difficult, after all, it was installed in 1989. The area will be cleared by our team and a new ride is on its way this year I believe. Luke Norton, has taken some magnificent drone shots of our demolition. You can see more on our facebook page as well as a drone video he's produced.

be missed Sean, by not just your Dad, but all of us too here at Folkes, Perfects and Greens. We are all going out this month for a wee sherry and a boogie! Now Sean has left me in the lurch (ha ha!) we are searching for a new HGV Mechanic. However, pretty confident we'll not need to wait 2 years this time as we've already interviewed someone! Watch this space my friends.

Our Perfect's team have been eating feasts AGAIN! This time celebrating Deputy-in-Chief Mechanic Tim's 50th Birthday. His request was for a birthday breakfast. Guys said their food was fantastic and I must admit it did look and smell fabulous. Bit silly, I forgot to order myself anything, just as well, as I really need to lose a good few pounds!!



Absolutely awesome to see that a lovely bunch of local lads have got together and created a charitable organisation called, Walk & Talk GY. They meet down at Gorleston seafront every second Sunday at 9.30am. There's absolutely no pressure here guys, and yes girls, it's men only. Only lads allowed here and quite right too, in my opinion. Some men find it really difficult speaking in front of women they don't know. There's no age restriction, you just meet up, you can chat, or listen, go for a walk or have a cuppa and bring your dog, if you have one. Such a super turn out for the last one and really hope that Walk & Talk GY can support, help and bring new friendships



If I can help with anything, please do get in touch, [ctodd@eegreen.co.uk](mailto:ctodd@eegreen.co.uk). Keep up to date with us on Facebook follow E.E. Green, L.G. Perfect MOT, Service & Repair Centre, Folkes Plant & Aggregates and Major Demolition. Have the most marvellous March X

# Gorleston Library



## Library Service Events

**Mondays** Bounce and Rhyme 1-1.30pm  
(Under 5's songs & rhymes-drop in).  
Spanish chat – first Mon every month  
545-645pm

**Tuesdays** Mini Movers - 10.30-11.30am  
(pre-school music and play - drop in)  
Writing Group – Last Tuesday of the  
month – 530-7.

**Wednesdays** Just a Cuppa – 10am – 12  
all welcome.

Bounce and Rhyme 10.30-11 & 1-1.30pm.  
Gorleston Library Craft Group 2-4pm  
Carnegie Room (bring your own crafts-all  
welcome).

**Thursday** Lego Time- 3-5pm (Young  
children must be supervised  
at all times).

Learn My Way – Digital online learning for  
beginners

**Friday** 4-6pm & **Saturday** 11-1 drop in  
(Friday 20<sup>th</sup> Jan.

**Saturday** Children's Crafts 10.30am - 12  
(all ages) – please book your place in  
advance.

Family Learning Sessions for 0-5's – ask  
in library for details.

**Sunday** First of the month-Adult drawing  
and art group 12-2pm – drop in.

## **Gorleston Library Craft group**

**Wednesdays 2-4pm**

bring your own crafts  
and join in.

**all welcome!**

## Employment help (drop-in services)

Monday - Dial – Benefit help - 10-5PM

Tuesday - Chances – 2-4pm (18+)

Wednesday - Future Projects - 11-1PM (25+)

Friday - Dial - Employment services - 9-1PM

Money + Debt advice 2-5PM

## **Gorleston Library Friends Events**

**Tuesday 14th March 11-12pm** Children's  
stories & activities (under 5's)  
under the sea

**Wednesday 22<sup>nd</sup> March 2pm** Local  
cartoonist and illustrator, Marko. Will give  
a talk about his life as an illustrator. £2  
entry and refreshments afterwards.



**Norfolk** County Council



Don't forget to check out our 'What's On In Norfolk Libraries' pages at [www.norfolk.gov.uk/libraries](http://www.norfolk.gov.uk/libraries) and follow us on: Twitter: @NorfolkLibs Facebook: @NorfolkLibrariesUK Instagram: @Norfolklibraries





# Pavilion Theatre

## CELEBRATING THE LIFE OF KEVIN LYNCH

At the time of writing this it has now been 3 weeks since we lost Kevin Lynch, our theatre director, head of the Pavilion family and partner and husband to Stuart of almost 50 years.

It doesn't quite feel real but we have been so touched by the waves of cards, messages and tributes to Kevin that have poured in since we broke the news. It has been incredible to see just how many people's lives he touched over the years.

In tribute to Kevin we will be holding a special Gala fundraiser performance on **Saturday 8th July** that celebrates not only his life, but also the work of both Stuart and Kevin over the years. These two have spent the last 30 years turning around the fortunes of the Pavilion and have managed to build such a strong and vibrant community. This is our small way of honouring this lifetime of commitment and saying thank you to them both. We hope to see you there.

### LOOKING AHEAD TO SPRING AND SUMMER

Just as Kevin would have wanted us to, we are now looking ahead to our Spring and Summer programme and have just launched our What's On programme for the rest of the year.

As well as a packed spring season of events, our **'Summer Showtime'** production returns for a special anniversary season where you'll find yourself tickled by Norfolk

comedy legends Nigel 'Boy' Syer and Olly Day, wowed by local vocalists Aaron Bolton & Tracy Parker-Harris and dazzled by the spectacular routines and costumes from our aerialist Sue King and fabulous Showtime dance troupe.

### BRAND NEW PANTOMIME FOR 2023

We're extremely excited to announce that this year's pantomime will be **Dick Whittington**, the traditional family pantomime that this year is being produced by our new in-house creative team. The whole team is working hard to bring you a brand new magical show with all of the traditional pantomime fun that both kids and adults will love!

We look forward to seeing you at the theatre again soon.

From Alex (on behalf of Stuart, Luke and the whole team at the Pavilion)

### WHAT'S ON IN MARCH

- Strictly Variety
- The Queens of Country Show
- Northern Soul Live
- Purple Zeppelin
- VENTRILOQUIST "A Day in the Life of Arthur Lager"
- Dusmagrik Double Bill Spring Showcase

Full details of the theatre's schedule of plays, musicals, pantomimes can be found at [pavtheatre.com](http://pavtheatre.com) or by calling the box office on **(01493) 662832**.



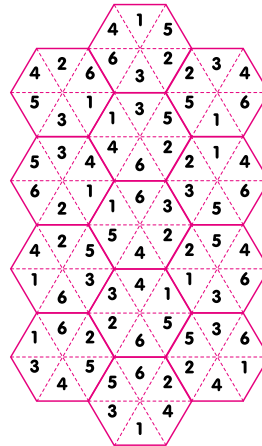
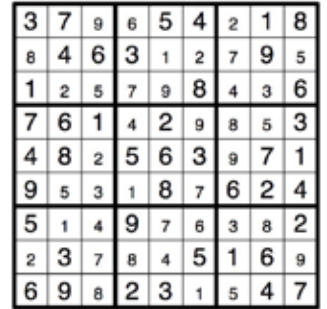


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# Coffee Time Answers



**Word Ladder:** card, bard, band, bond, pond  
**Caught in the middle:** shopping, disc, pool, worker, oil  
**Seeing Double:** flabby, seabed, abrupt, peruse, captor, tiptoe, finest, cinema, tussle, fossil  
**Mystery keyword:** abruptness

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# Life Afloat

by Patricia West, who continues her reminiscences...

## Thoughts of Home



Several days after our encounters with Wyn, Charles and David, there

was trouble with the engine. Thankfully we hadn't yet left our mooring. It took Richard all day to first, find a ship chandler, then locate the fault, a hot and dirty job; something to do with the solenoid. Don't ask. I was a whizz at starting the engine, apart from that my knowledge was zilch.

We were resting just through Vitry le Francois near a lock with the prettiest of gardens. Singing its praises I mentioned this to the elderly keeper who to my delight promptly picked me a huge bouquet as a gift.

Two days later with the engine firing efficiently despite the wet weather we continued our journey. Hoping to make up for lost time Richard was keen to battle through it. With the skipper in charge of the engine and the tiller I reluctantly fell in beside him. Around noon the wind became stingingly fierce, rocking Pillage as the drenching rain soaked our clothes. I banged about making no attempt to hide my feelings.

The lock keepers were sluggish too and sullen, their body language making it clear we should be like all decent boaters on days like these - batten down the hatches and stay in the comfort of the saloon.

For Richard it was a matter of principle to keep going. Tempers flared, I said I was close to leaving him to it. After one more defiant kilometre the engine was cut and we drifted in to moor.

Although nothing was said Richard made his apologies by offering to cook supper.

Replacing my sodden garments for a warm towelling robe and clutching a hot mug of tea I settled down to write letters home to my much missed sons and my dad (my mother had died several years before).

We had set up a Post Restante which is a special service for travellers – for a few francs, post can be held for one month at any chosen post office.

We made regular bookings for months ahead and oh the joy when those scrawls on familiar English envelopes were passed across French counters, hungrily reading and re-reading them until home didn't seem so far away after all.

We had also arranged for two friends to accept messages and small notes from family and friends, which were read to us every Sunday evening from their telephone in Kent, while we listened intently to every word - squashed together in a variety of telephone boxes all over the country.

Since arriving in France Richard had proved superior at every turn.

Having held down a good job, run a home for years and constantly making decisions, I sometimes found it difficult not only deferring to his keener knowledge, but also whenever I offered an alternative suggestion it never once proved the better option.

Richard never crowed or mocked, on occasion though I had a desire to run into the nearest field and scream with frustration. I am glad to tell you, I remained a lady and always refrained.

We woke to the new month of September – the sun was shining and so were our spirits. The previous day's woes like the weather had evaporated. I was ready for whatever the day presented.

We found a Soda Prix with fantastic prices and ran amok snapping up the bargains. On leaving the store, pinned to a board was a notice advertising public baths – “avec savon 15 francs”.

Rushing back with towels and a crammed toilet bag we were met by another sign announcing “ferme pour vacances”- closed for the holidays. Don't you just hate people who take holidays laughed Richard – we were back on an even keel again.

Returning to the quayside a friendly bargee offered to sell us forty litres of diesel, saving us several treks with

petrol cans. Such small things on a boat, on a budget, can induce great joy.

The joy was short lived – at the day's end we had huge problems with depth taking two hours to find enough space to moor, even then the water was fairly shallow with Pillage almost touching the bottom.

It was a narrow canal too. If we were to avoid being run aground we would need to make a very early morning start.

Richard nudged me awake at 5.30.a.m. to glorious sunshine and a steaming cup of coffee.

The first lock hove into sight within the hour. Locks were now only a kilometre apart. Despite the hour we were greeted with a smile by a jolly lady who got us through in record time. Waving us on she jumped on her motor cycle to be ready at the second lock and so we continued all morning. Mimi as she was called, explained she loved her job and regaled us with many amusing riverside stories. Richard spoke to Mimi in near fluent French while I managed to understand some of the conversation. I was still trying hard with the language, not good but definitely improving.

Nine locks completed Mimi helped us to fill our water tanks, refusing any kind of lunch or payment saying she would settle for some good coffee. Whether it was good coffee we never found out - Mimi beamed broadly as she sipped her mug, as she did at everything else.

Next month -

Ah... Langres



## James Paget University Hospitals NHS Foundation Trust Singalong

### Meet Bertie!



Bertie is our new Pets As Therapy (PAT) dog and he's already been delighting patients and staff at our hospital after he started his visits earlier in January.

Bertie, and his owner Rosemary, will be regularly visiting our hospital on Mondays and he will visit various wards while he is here.

On Monday, 16 January, Bertie and Rosemary visited patients on Wards 4, 5, 6 and 12 and were told by one patient that it had 'made her day'.



### Donation

A cheque for £500 has been handed over to our Sandra Chapman Centre by the local branch of the Society of Petroleum Engineers, with the money going to support patients using the centre.

Phil Smith and Bob Byrom visited our hospital on Friday, 20 January, to hand over the cheque to some of the Sandra Chapman team and our James Paget Hospital Charity co-ordinator Maxine Taylor.



The money was raised through previous Oil Barons Ball events in the Great Yarmouth area and was left in charity funds, with the organisation choosing to donate this money to the centre, which provides care and support to patients with malignant and non-malignant conditions, including blood disorders and cancers.

The money will be put towards purchasing a new specialist chair for patients, which provides additional comfort for those receiving treatment.

Our Ward 12 team hosted a singalong in February as part of a new initiative to bring music to older patients, including those with dementia.

The event marks the first phase of work to establish a dementia choir at the James Paget – following in the footsteps of the national initiative highlighted by actor Vicky McClure.

The choir is the idea of Dr Aban Dasgupta and he's enlisted support from our Ward 12 team, our Dementia Care team, and Julie Shiret and Dusty Miller who founded our hospital choir.

On Tuesday, several members of our hospital choir, including Julie, toured Ward 12 bays encouraging our patients to join in with singing a host of traditional songs.



It's hoped the choir will start with regular sessions on the Ward every Tuesday and will grow from there to events in the wider hospital and possibly beyond.

### Pioneering Project

A pioneering project aimed at supporting people to develop their skills and get involved in volunteer opportunities has continued to grow, building on the relationship between Great Yarmouth community organisation The Bread Kitchen and James Paget University Hospitals NHS Foundation Trust.

The pilot, run by The Bread Kitchen and initially supported by a £10,000 allocation from Norfolk's Inclusive Economy Project led by East Coast College and funded by the UK Government's Community Renewal Fund, recruits volunteers who can potentially go on to complete further work experience or find jobs at the hospital and other local employers, after being involved in the project.

In January 2023, the project began grounds maintenance on an area of land next to the Burrage Centre on the James Paget site. The Bread Kitchen coordinators and volunteers worked closely with the James Paget's Estates team and the Organisational Development Manager to develop designs for the grounds, which will support use of the Burrage Centre as a staff wellbeing hub.

Volunteers recruited on to the project are given an induction to the hospital site, meeting members of the Estates team and training in using safety equipment. The project team is currently lifting turf from a section of the lawn to sow a mix of grass and wildflower seeds to create a small meadow effect, near to neighbouring offices.

The project provides opportunities for people in Great Yarmouth and Waveney who may need additional support, or face challenges in accessing volunteering and employment opportunities. The Bread Kitchen has obtained £12k funding from the Norfolk Community Foundation DCMS (Department for Digital, Culture, Media & Sport) Know Your Neighbourhood Fund to keep the project running up to Easter, and are identifying further funding for the rest of the year.

Mike Smith-Clare and Cathy Cordiner-Achenbach, Co-Founders and Directors, The Bread Kitchen, said: "We are delighted to have started work on the garden. Not only does it provide excellent volunteer and partnership working opportunities, it will also offer an accessible green space for people to enjoy. Hard working staff deserve somewhere where they can sit and relax in a natural environment. We can't wait to see it being used."

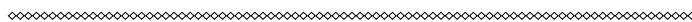
The project is supported by a team drawn from representatives of The Bread Kitchen, James Paget, NHS Norfolk and Waveney Integrated Care Board, and East Coast College, with the aim of reviewing progress, looking at other areas of the hospital site for future development, and providing more volunteer opportunities.



*Members of The Bread Kitchen team and volunteers, and representatives from the project team, on the garden site next to the Burrage Centre on the James Paget Hospital site.*

Jonathan Barber, Director of Strategy and Transformation at the James Paget, said: "We are delighted to see this project with The Bread Kitchen thrive, and the opportunities and experience it is providing to people locally. It is fantastic to see the hard work of volunteers transform our site, and both the James Paget and partners look forward to reviewing what the project can do next."

Stuart Jennings, Projects and Communities Manager at East Coast College, said: "East Coast College are excited and proud to support work of such value. As a team we are looking forward to working with colleagues to ensure our local communities continue to develop and thrive."



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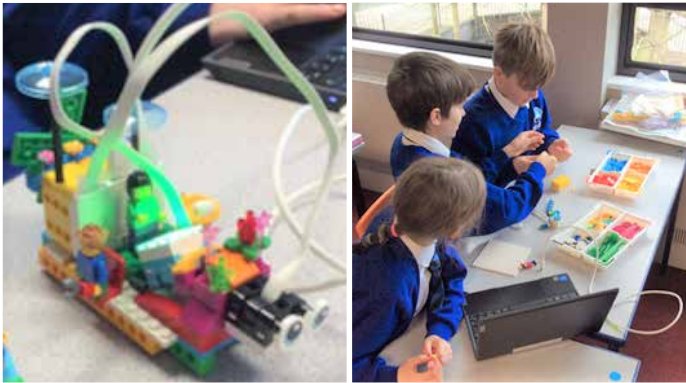


# Ormiston Cliff Park Primary Academy

The Spring Term at Ormiston Cliff Park Primary Academy has got off to a fantastic start, with lots of excellent learning taking place across the curriculum. Here are just some of our highlights from the first half of the Spring Term!

## STEM Day – Lego Challenge

Our year five pupils had a fantastic time and got to experience a STEM Lego Programming Day. The purpose of the day was to get to show the children a special type of programming software and to see how this could be linked to science. The day started off with an introduction to the software as well as talking about careers in science, which really engaged the children. Following on from this, the children completed multiple activities, creating some amazing pieces of work through the programming software by using devices such as a motor and colour sensors. All of the Y5 teachers were extremely proud of and impressed with how the children worked on these days!



## Year 4 Time & Tide Museum Trip

Our Year 4 children were fortunate enough to visit the Time and Tide Museum for a day all about Anglo-Saxons and Vikings. Among other things, they were able to train as Viking warriors, take part in an authentic burial ritual and re-enact the capture of the Saxon King Edmund of East Anglia.



## Ormiston Academy Award Winners!

Each year, Ormiston Academies Trust asks all their academies to nominate children and staff for a series of special awards. These reflect a range of categories, from academic achievement through to creativity. We are delighted to announce that we have three winners at Cliff Park Primary Academy! We would like to send our congratulations to Buddy for winning the Sporting Champion Award, to Jacob for winning the Creativity Award, and to Miss Temple, for winning the Enrichment Champion Award for the tremendous impact that she has had in developing enrichment and environmental awareness and action across the academy. All our winners have been invited to a special Award Ceremony in Birmingham next month and we are incredibly proud of their achievements!

## Chinese New Year

Some of our pupils in KS2 are lucky to have the opportunity to learn Mandarin in the academy. During the week of Chinese New Year, our Mandarin teacher, Mr. Liao, brought in a beautiful traditional Chinese dragon to share with the children. Our youngest learners, in our reception classes, also held their own special Chinese New Year celebration, including traditional dragon dancing!



## Footballing Success!

Our U11 girls' footballers won their second match of the season, 5-2 against Hillside. It was a very challenging game on a difficult pitch and the girls had to deal with conceding a goal for the first time. We look forward to our forthcoming fixtures and hope to continue our excellent start.



The U11 boys' team extended their 100% record this season, winning their fourth match in a row, 3-0, also against Hillside. All the children involved showed fantastic sportsmanship and the matches were played in a positive spirit

We would like to thank all our families for their support so far this year and wish them a happy Half-Term Break.



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