

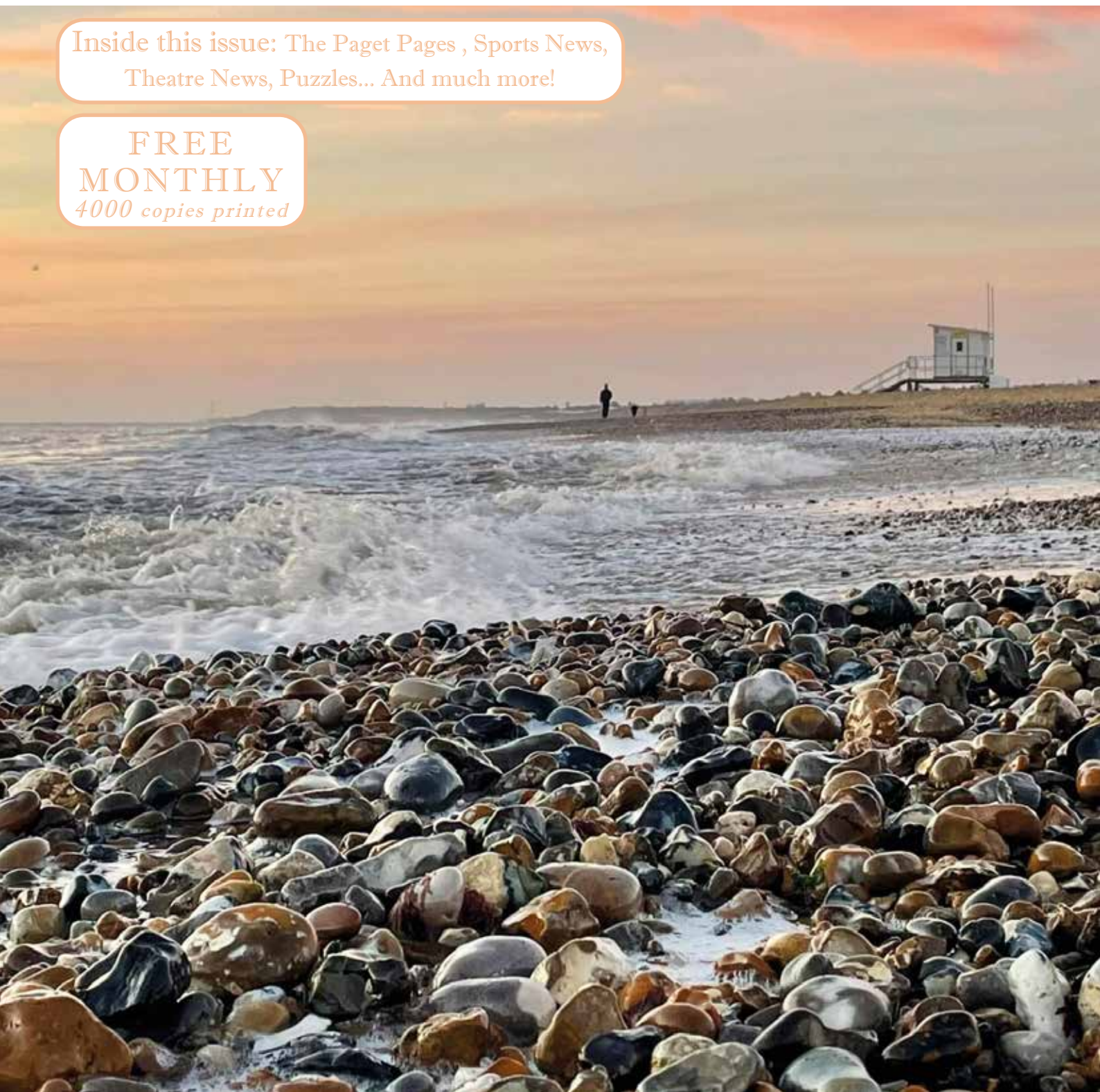
St Andrew's Church

ISSUE 56, January 2023

# GORLESTON Community Magazine

Inside this issue: The Paget Pages , Sports News,  
Theatre News, Puzzles... And much more!

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# Happy New Year Gorleston!



Welcome to Issue 56 of **YOUR** award-winning, **FREE** community magazine.

Great news to share with you! Early in December we received an email which said:

"The results of the 2022 National Parish Magazine Awards have at last been finalised which we are pleased to announce today. Out of 450 entries, your magazine achieved fourth place in the A4 magazine category and also winner of the Best Design category."

The magazine could not be what it is without all our contributors and advertisers, so a huge thank you to everyone who supports the magazine, either through adverts or with articles, poems, book reviews etc. We are always looking for new contributors to the magazine, so would you like to send us an article, poem, picture, book review or recipe? Or do you have a story to tell? There is no long-term commitment required, both adverts and articles etc. can be one-offs. Or would you like to advertise? Why not contact us via email at [gorleston.community.magazine@gmail.com](mailto:gorleston.community.magazine@gmail.com), by phone on 07874 713 815 or via the website contact form.



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

Have a great month and  
we'll meet again in February.



**Ed.....**

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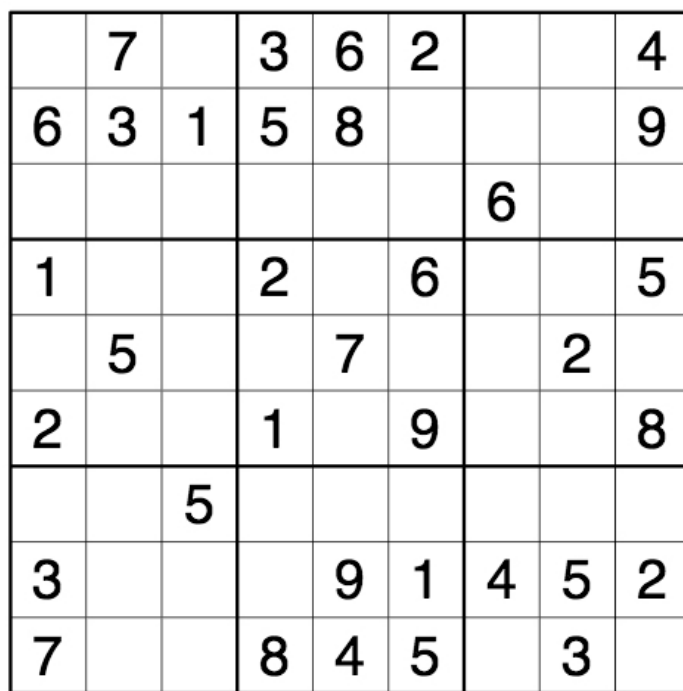
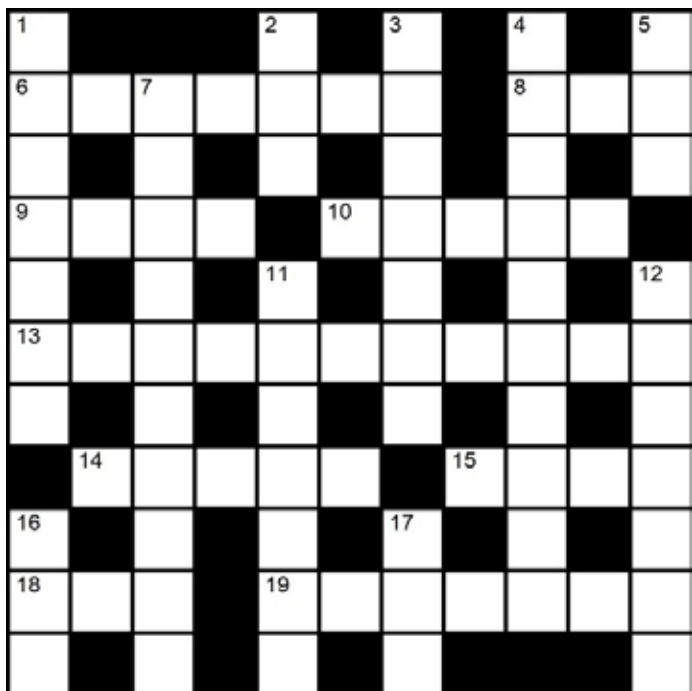
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Deadline for the Febuary Issue is  
**Wednesday 11th January**

Thanks to **Patrick Chilvers** for this  
month's front page picture

# Coffee Time 1



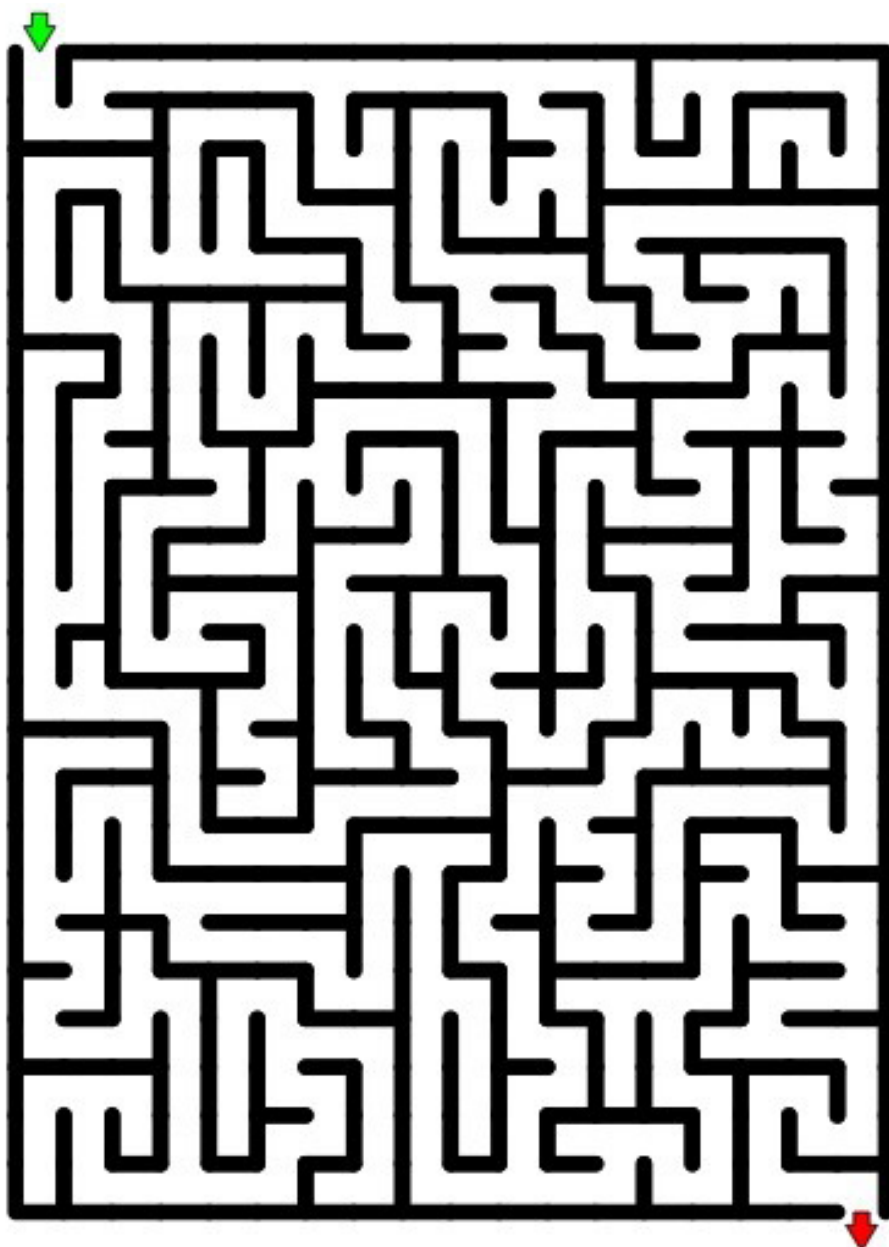
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# In The Interregnum

*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 Suzie Ellis, member of the ministry team at St Andrew's**



Well here we are in, or about to enter into, 2023: so first let me wish you all a blessed and happy New Year! Christmas has been celebrated, the presents unwrapped, greetings exchanged - and for anyone lucky enough to get hold of a turkey you will, by now, be thoroughly tired of 101 ways of using up leftovers!

So a brand new year now begins: new year resolutions are made (and even kept for a while!) the pantomime season is with us and we all begin afresh. But how I wonder are you feeling about this? We've all been through three very difficult years: and this year too comes with plenty of uncertainty for us all .. and for many there will be real worry or even fear of what the future may hold. So may I offer you this passage below:

In December 1939, as armies marched through Europe and Britain was already at war, King George VI used this in his Christmas broadcast to the nation:

*I said to the man who stood at the Gate of the Year,  
"Give me a light that I may tread  
safely into the unknown."  
And he replied, "Go out into the darkness,  
and put your hand into the hand of God.  
That shall be to you better than light,  
and safer than a known way."*

(From a poem by Minnie Haskins called 'God knows')

No-one would ever suggest that the desperate years of wartime (or the years of scarcity and rationing that followed) were easy for this nation; but people really did come together and support one another in so many wonderful ways. Despite the terrible darkness and danger that this country faced - light, hope and love remained unquenched, and the mighty hand of God brought us safely through.

Then also, on a very personal level, Ed and I were sent this very same quote many years ago, when after years of leading a Christian retreat house, two sudden family crises precipitated our leaving, and pushed us towards seeking full-time parish ministry. It was a major step at the time: we were both physically and emotionally exhausted and had no idea when, where or even what this would mean for our lives or our family. So that same word was a big encouragement for us.

It proved one of the hardest times we'd ever had to face - full of tough challenges and financial tensions. Nonetheless our extended family squeezed together into our small retirement cottage, shared what we had and worked at loving each other through the darkness! And yes, after some 18 months of waiting, God's hand guided all of us back into the light, and Ed and I into the rectory of a small group of Suffolk churches!

Yet from both these national and personal struggles much good emerged: learning to be grateful for blessings however scant; sharing what we had with others; trusting in the darkness, believing that God's hand would supply what we couldn't!

So this year I pray that as we travel on into the unknown each one of us will find peace and even unexpected hope. For those in need, ask! There are many different initiatives for help and support, both church based and secular, throughout Gorleston and Yarmouth ... and there are always people willing to listen. And for those who are managing, can we all commit to set aside some extra each week to provide food and/or other goods for those who are without?! And together may we all cling to the promise within Minnie Haskins' poem, for God indeed knows what we face and loves us dearly!

So may God's almighty hand guide and uphold us all, leading us safely through 2023 and towards a better future. Amen!

## 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, walk with me through the darkness,  
Hold my hand and guide my steps:  
- that I may be a blessing  
- and that I may be blessed.  
Help me to trust your guidance...  
And teach me to be kind!  
Amen.



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# Ormiston Herman Academy

As we enter a new calendar year, everyone from Ormiston Herman would like to wish you all a prosperous and happy 2023!

## Reading cafes for all!

Throughout the Autumn term, we invited parents and carers into the academy to take part in Reading Cafés. Reading is a high priority at Herman and we have loved seeing the children share their passion for the subject.



Each year group held their session on different dates so that any adults with children in more than one year group could attend each session. Within each Reading Café, the children and teacher explained how reading is explicitly taught across the academy. We have loved inviting and interacting with our parents and carers and we cannot wait to invite them back in very soon!

## French Linguists!

Throughout the Autumn Term, all Year 5 and 6 children have been practising their French phonics with the aim to take part in a French Spelling Bee. Each class had the difficult task of whittling down the entries to two per class. The lucky 8 that were chosen were entered into the Spelling Bee and were competing for two positions in the National competition. After some incredibly close rounds, Dylan and Prithiv in Year 6 were victorious. All 8 participants were presented with a certificate and badge for doing so well. We wish Dylan and Prithiv the best of luck in the national competition later this year.

## Crucial Crew

Year 6 took part in 'Crucial Crew' last half term and learnt what they would need to do in different emergency situations. They learnt about: safety at the seaside and river safety from the coastguard and the lifeguard, internet safety from the police,



how to put a casualty into the recovery position and how to do CPR and even completed a simulation of what to do if a fire broke out at home and how to prevent this happening. Once again, behaviour was fantastic and the children learnt an incredible amount of potentially lifesaving information.



## Reaching out



We took part in Anti-Bullying Week during the Autumn term. The theme of this year's Anti-Bullying Week was 'Reach Out' and the children spent time learning about how to 'reach out' to

someone who may seem to be struggling, or where to 'reach out' to when they are struggling themselves.

The week started with Odd Socks Day, where children were encouraged to wear odd socks to celebrate our differences and ended with the children sharing their new ideas for how they could 'Reach Out' to anyone in need. This work created a wonderful whole school display with lots of inspiration on how the children can 'Reach Out'. Great work everyone!



## #WeWillExplore and Social Action in Year 5

Recently, Year 5 have been participating in the social action project #WeWill. The project is designed around taking part in orienteering and creating geocache routes within academy grounds and around the local community.

During the Autumn Term, Year 5 #WeWill Leaders spent time within their local community at Gorleston Beach. They spent half of their time tidying and collecting any rubbish within the local area and then spent the second half completing a Geocache trail with GPS devices.

After this, the #WeWill Leaders held their own event at Ormiston Herman for Venture and Peterhouse students. Every child had the chance to complete our Academy trail and venture into our community garden, where they helped to pot new plants.

All of our #WeWill Leaders showed fantastic enthusiasm and behaviour throughout both afternoons and we look forward to seeing the different types of social action they complete in the future.



# Gorleston Links Bowls Club

Hello and Happy New year to you all!

second part of the season, which is going well.

We had a great time pre Christmas. We held our annual club AGM which was very well attended and lively with the many topics covered, and new club committee positions being agreed.

At the time of going to print, we are about to hold our annual trophy winners dinner, and a ladies section Christmas afternoon tea. We will tell you all about these events in the next edition of the magazine.

We heard about an upcoming tour to Essex which our Norfolk ladies bowls president, Pat Smith, is organising for later in the year. She and her husband travelled down to the venue to check its facilities and viability as a base for our members to stay at whilst visiting and hosting local clubs there. They seemed to be quite impressed with it, now we just have to sort out which dates would be best for all of our members who would like to go.

No doubt, many bowlers have had presents over the Christmas period relating to the game; carry cases, wedges, callipers, measures, all important diaries and pens, cleaning cloths, and of course, bowls. New bowls sets can be a few hundred pounds, but pre-owned sets can be picked up for a few pounds, which puts it in easier reach of many compared to some sports, and it is a game that can be played all year round in its different formats.

Meanwhile, our first indoor short mat league came to a conclusion with The High Rollers winning overall, as you can see by the league table pictured. We are now into the

So, from all of us here at Gorleston Links Bowls Club, we wish you a very happy new year, with many good things to look forward to...

#		P	W	D	L	F	A	+-	PTS
1	High Rollers	14	12	0	2	299	170	129	24
2	Burgh Six	14	9	1	4	257	221	36	19
3	London4-Norfolk2	14	9	0	5	265	199	66	18
4	Irritable Bowl Syndrome	14	9	0	5	233	213	20	18
5	Potters + 5	14	6	1	7	237	212	25	13
6	Five Amigo's	14	6	1	7	214	237	-23	13
7	Andy's P Js	14	2	1	11	191	270	-79	5
8	The Unbeatabowls	14	1	0	13	153	327	-174	2

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# Gorleston Theatre Company

Now for something completely different.....

Following their highly acclaimed production of Sweeney Todd -The Musical, GTC are presenting something completely different in January - a mystery play.

Written and Directed by Jason Delaney, pictured right, The West Pier is a compelling and almost supernatural mystery drama, where the main character Jill Crossfield, on a visit to Brighton has visions of a pier, a gloriously ornate wonderful Victorian pier. Except the pier



no longer exists. All that remains is a twisted spidery metal island in the channel. Then there are the gaps in her memory, where she recalls stepping out onto the vision of the pier, but nothing else. Having no other recourse she visits Ralph Ripkin, a hypnotherapist, to help unravel the mystery of her missing memories. What Ralph discovers is a funny, touching, strange and chilling course of events that almost defy explanation. What happened in Jill's missing memories? Why does Jill have her visions of a bygone age? Will he discover the mystery of the West Pier.

Jason appeared in GTC's Halloween Panto, Pantostein October 2021, in their recent successful Sweeney Todd and in several plays and murder mysteries for Pavilion Players

There are only two performances of The West Pier, so book early, tickets are on sale now.

Pavilion Theatre Gorleston

Friday 20th January 2023

Saturday 21st January 2023

7:30pm

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*A Mystery Play*  
*By J. Delaney*



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# Did You Know?



## Epiphany

On 6th January we celebrate Epiphany - the visit of the Wise Men to the baby Jesus. But who were these Wise Men? No one knows for sure. Matthew calls them 'Magi', and that was the name of an ancient caste of a priestly kind from Persia. It wasn't until the third century that they were called kings - by a church father, Tertullian.

Another church father, Origen, assumed there were three - to correspond with the gifts given. Later Christian interpretation came to understand gold as a symbol of wisdom and wealth, incense as a symbol of worship and sacrifice, and myrrh as a symbol of healing - and even embalming. Certainly Jesus challenged and set aright the way in which the world handled all three of these things. Since the 8th century, the Magi have had the names Balthasar, Caspar and Melchior.

### Gold, frankincense and myrrh for the infant Jesus

Epiphany is also known as 'Twelfth Night', or the last night of the Christmas festival. According to the song, it is also the day when that over-enthusiastic 'true love' of yours dumps no less than 78 presents on your doorstep, among them a dozen leaping lords of the realm and a final partridge - to go with the 11 you have already been given.

In many parts of the world, 6th January is celebrated as Christmas Day. As we Western Christians are packing away our tree, the Greek Orthodox world and Catholic Spain are giving presents and celebrating the wise men, or magi. For what better time to give presents to each other, than on the day the wise men presented gold, frankincense and myrrh to the infant Jesus?

What do we make of these presents? Gold is for kingship, proclaiming a royal child. Frankincense carries a feeling of worship about it: it was used in the temple worship and indicated access to the presence of God. Frankincense is thus for worship and incarnation.

The third gift, myrrh, finds its place at Calvary. After the crucifixion, Nicodemus and Joseph of Arimathea prepared Jesus' body for burial, using myrrh as an embalming fluid. Thus, when the wise men visit the baby Jesus, the shadow of the cross already falls across the crib. But myrrh is also symbolic of

love, so you could say that the third gift is about adoration as well as death. And Christ's death on the cross is for love of the Church, His bride.

As for the magi, they were not Jewish grandees, but foreign Gentiles. And so it was clear, from as early as the manger in Bethlehem, that Jesus was not just the Messiah for the Jews, but the Saviour of the whole world.

### Where did the Wise Men come from?

Magi from the East - it isn't a lot to go on. The Magi had originally been a religious caste among the Persians. Their devotion to astrology, divination and the interpretation of dreams led to an extension in the meaning of the word, and by the first century the Magi in Matthew's gospel could have been astrologers from outside of Persia. Some scholars believe they might have come from what was then Arabia Felix, or as we would say today, southern Arabia.

It is true that in the first century astrology was practised there, and it was the region where the Queen of Sheba had lived. She of course had visited Solomon and would have heard the prophecies about how one day a Messiah would be born to the Israelites and become their king.

Matthew's gospel (chapter 2) is clear that the Magi asked Herod: 'Where is the One who has been born king of the Jews? We saw His star in the east and have come to worship Him.' So it is possible that in southern Arabia the Queen of Sheba's story of how a Messiah would one day be sent to the Israelites had survived. Certainly, there are a number of other early legends that connect southern Arabia with Solomon's Israel.

To many people this makes sense: that the ancient stories of a Messiah, linked to later astrological study, prompted these alert and god-fearing men to the realisation that something very stupendous was happening in Israel. They realised that after all these centuries, the King of the Jews, the Messiah, was about to be born.

One more interesting thing that gives weight to the theory that the Magi came from southern Arabia is this: if you study any map of Palestine as it was during biblical times, you will find that the old Arabian caravan routes all entered Palestine 'from the East'.

### What about the gifts of Gold, Frankincense and Myrrh?

The story of the coming of the Magi grew in the telling. By the 6th century they had acquired names: Caspar, Melchior, and Balthasar. By medieval times they were considered to be kings. Whoever they were, we do know from Matthew that they brought three gifts to Jesus.

What about their gifts of gold, frankincense and myrrh? While we cannot know for sure what was in the minds of first century Magi, one Victorian scholar has offered a possible explanation as to the significance of their gifts. He was the Rev John Henry Hopkins, an American Episcopalian minister, who in 1857 wrote his much-loved Christmas carol, 'We Three Kings of Orient Are'.

Gold, said John Henry Hopkins, was a gift that would have been given to a king. Frankincense had traditionally been brought by priests as they worshipped God in the Temple. Myrrh was a spice that the ancients used in preparing bodies for burial.

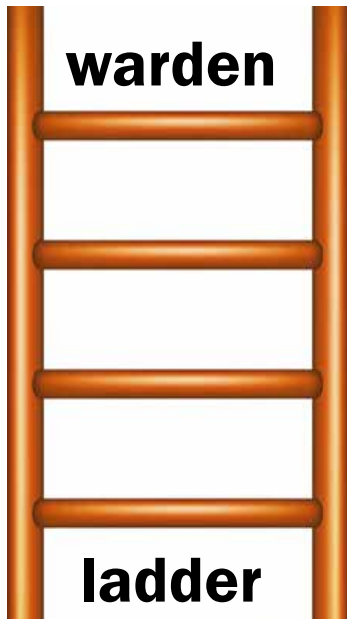
If that is true, then you could say that the Wise Men, in choosing their gifts for this infant, honoured Jesus with gold because He was King of the Jews, with frankincense because He was to be worshipped as divine, and with myrrh, because He would also become a sacrifice and die for His people.

The Wise Men were the very first gentiles ever to worship Jesus. What faith they had! They travelled for months over difficult terrain, they never saw any evidence of Jesus' kingship, His divinity or His sacrificial death. They worshipped Him through faith in God's promises about Him. Isaiah foresaw this response to Jesus: 'Nations will come to your light, and kings to the brightness of your dawn.' The Magi's eyes of faith saw clearly and far into the future.

Compare that with the High Priest and religious leaders whom the Wise Men saw in Jerusalem when they first arrived. These head priests knew all about the prophecies of their own coming Messiah, but NOT ONE Jewish religious leader travelled to look for Him in Bethlehem. And it is only six miles down the road!

## 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	IN	VA	DE
2	SA		GE
3	AS		EP
4	RE		NT
5	BA		ER
6	DE		AL
7	CL		CH
8	DA		TY
9	MU		LI
10	SI		TA

© Lovatts Puzzles

# Coffee Time 2

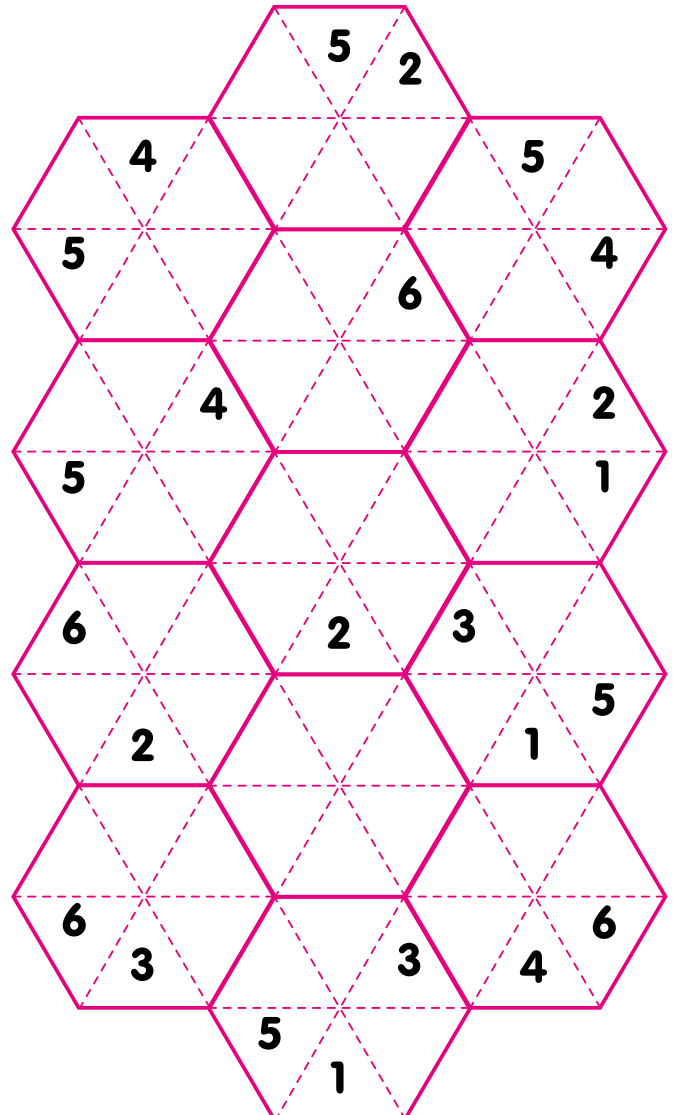
## Caught in the middle

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

life	.....	rail
hand	.....	cheese
lightning	.....	out
clock	.....	off
solar	.....	nap

## 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.





# Ormiston Venture Academy

## Life Saving CPR Training at Venture

As part of our CASH Curriculum (Community, Ambition, Spirituality and Health), students study a unit on Basic First Aid. This includes lessons on how to help someone having an asthma attack, how to aid someone who has an allergic reaction and what to do if someone has a head injury. However, the National Curriculum now includes the need to train students in CPR and the use of a defibrillator for emergency situations.

Ormiston Venture was very pleased to secure the training services of the British Red Cross again this year. Over the last two years, the Red Cross, via their Community Education outreach programme, has provided training for all students in Year 8. In 2021 they kindly agreed to train Year 9 students as well, who had their training postponed due to the Covid-19 national lockdown.

Trainer Bethany and her team of 'Little Annie' resuscitation dolls delivered workshops over three days to 180 Year 8 students. This included how to place someone in the recovery position, what to do in an emergency, when and how to give chest compressions and how to use a defibrillator to restart a heart. As it was national 'Restart a Heart' week in the UK, it was the perfect time.

Year 8 student Harvey said, "It was really useful to know and easier than I thought it would be," and Katie said, "I'm pleased I now know what to do if someone in my family needed that type of help from me."

Lead for the CASH programme Spencer Doggett commented, "It is great to see the Year 8 students all



taking this training on board. When you see and hear the defibrillator machine talking to you and telling you what to do at each step, it takes the fear away and makes students more confident."

The 2022 training has meant that over 500 Venture students have been trained in this skill and the Red Cross has already been booked to train the next batch of budding paramedics in October 2023.





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# Gorleston FC



Gorleston are still hovering around the wrong end of the league table but the signs are there that things may be improving with the Greens having only lost one out of the three games played since the last time I wrote.

Firstly, came a 2-2 draw away at Great Wakering Rovers. Gorleston took a fifth minute lead through Jeremiah Dasalou on his debut. He has signed on loan from Wroxham. Rovers equalised just five minutes later. Rovers had a man sent off but then took a 2-1 lead. The Greens kept going though and scored an equaliser in the last minute.

Next came a home game against another struggling side, Tilbury. Unfortunately, the visitors took two chances in the first 18 minutes and another just after the half hour mark then went four nil up around the hour. Gorleston rallied and then scored twice themselves through Ross Gilfedder and George Keys. Mitch McKay's effort was tipped onto the post and goalkeeper Jake Jessup saw his free kick go into the net, but it was an indirect free kick so couldn't count. Tilbury then scored a fifth through a last-minute penalty.



*Jamie North v Tilbury*

Gorleston picked up their first point of the season away from their temporary home at Maldon & Tiptree with a goalless draw.



*The Greens (in white) try a shot at Maldon*

Another new addition to the squad is Jake Spooner (bottom left) who has joined on a season long loan from Leiston.

There are some tasty looking fixtures in January at the Fosters Solicitors Community Stadium with Wroxham, Felixstowe and Witham all visiting.



*New signing Jake Spooner attacks v Tilbury*

The draw for the third round of the Norfolk Senior Cup has given Gorleston a home tie against Acle. The date has not yet been confirmed but will be sometime in the middle of the month.

Gorleston Reserves have moved to the top of the Anglian Combination Division 1, winning four out of four since the last issue.

Wymondham were beaten 4-0 with Harrison Hall scoring twice, Kanu Maxwell Ibenne and Sam Wooldridge got the others.

Next, Kirkley & Pakefield were beaten 3-2 (Hall, Ibenne, Vytautas Lasevicius) then came a 4-0 win over Easton (Hall (2), Declan Allan, Mitch McKay).

The final game of the four saw a resounding 14-0 win at Martham where four different players hit hat tricks. Allan, Hall, Ibenne and Wooldridge all got trebles with Jack Cottingham scoring the other two.

Gorleston Under 18s haven't played since the first week of November and their January fixtures hadn't been released at the time of writing.

Gorleston Women have played three games, scoring 22 goals in the process.

Freethorpe were beaten 8-0 with Megan Bartlett, Hazel Saddington. Mary Croft Kelsi Adams, Rebecca Waters and Joana Teixeira all scoring.

They also beat Horsford 14-0 with Kelsi Adams scoring eight. Bartlett, Teixeira, Hannah Halfnight and Waters scored the rest.

Sandwiched in between was a loss to second placed Mulbarton Wanderers Reserves

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 December. 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.

January Fixtures				
Date	Time	Team	League	Opponents (Home/Away)
2nd	3pm	First Team	League	Wroxham (H)
7th	3pm	First Team	League	New Salamis (A)
8th	2pm	Womens	League	North Walsham Town (Mill Lane)
14th	3pm	First Team	League	Felixstowe & Walton Utd (H)
15th	1:30pm	Womens	County Cup	Mulbarton Wanderers (Mill Lane)
TBC		First Team	Senior Cup	Acle Utd (H)
21st	3pm	First Team	League	Witham Town (H)
22nd	2pm	Womens	League	Shrublands (Southtown Common)
28th	3pm	First Team	League	Gt Wakering Rovers (A)
29th	2pm	Womens	League	Aylsham (A)
Under 18s and Reserves fixtures not known at time of writing				



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# Hair We Are



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

One of the most difficult things I find to write in my blogs is that I find myself writing blogs that come out in the magazine one month later, so excuse me for saying this but I hope you all had a great Xmas and New Year, if you are reading this before Xmas then I hope you all will have a great time over the holiday period.

Qatar was really slated for having the world cup and especially in winter and having to break up the current football season, but I think it has been a huge success and it can't be a coincidence that it has been relatively trouble free, with the absence of alcohol prevalent. The stadia were amazing and the competition itself has been so well run and I am sure the interest that has been raised in the Middle East will be of financial gain to a lot of clubs, especially from the premier league.

One bit of news that really did strike at my heartstrings was the recent Ultra seven in seven challenge, completed by Kevin Sinfield to raise money for the Motor Neurone Disease association, inspired by his good friend Rob Burrows and his Rugby playing days and playing in the number 7 shirt. Running over 60km per day, Kevin started in Edinburgh and finished in Manchester, with the aim of raising £777,777.77. As of today the total has reached £2,226,855.11, If anyone deserves a knighthood it is Kevin Sinfield, I am absolutely in awe of his friendship for Rob and his family and it must be so comforting for Rob to know that he has a friend like Kevin, who will always be there for Rob's family. When I see videos of Rob Burrows' playing career I can't help thinking that this terrible disease, like many others, can strike at any time to any of us and there, but for the grace of God, go I.

I have no intentions of turning this blog into a political blog and these are my views and no one else's but in the words of the Michael Jackson song "what are we doing to the world"? No, not talking about the greenhouse effect and in this case it is more appropriate to say what are we doing to the country? Everyone in the public sector wants to strike for more money. Well in case the public sector hasn't noticed, we are all struggling at the moment with energy prices and household bills going up and up. We have just come out of the Covid crisis and to be honest I believe, apart from those really ill, we were all managed quite nicely through the lockdowns - wages were paid and we all sat at home with our families in the warmth of our own homes. Surely we need to get the country back on its feet before we start holding the country to ransom! It is headline news and everyone moans about the climate protestors holding up traffic on the motorways as a protest, are the train workers any different really? People can't get to work, visit loved ones, go shopping, go to school etc. Schoolteachers will not let parents have children off school for holidays etc. as it messes with the curriculum, but it appears going on strike and having time off doesn't! Communication workers including the post office, why are they striking? Have they not seen all the white van drivers about, both Post Office and BT workers are slowly cutting their own throats for jobs as it will all just go out to contract.

Everyone is going to struggle moving forward, but we just can't pay for people to keep up their standard of living in pay rises, we have all got to cut the cloth. Where are all the Kevin Sinfields of this country when they are needed? Let's get the country back on its feet then start discussing pay rises. Inflation is high at the moment but get the country back on its feet and it will settle down as it has done previously in history. Pay rises are for ever and every

year are compounded, as future rises are obviously based on the pay at that time.

Maybe the government should cap the profit made by these companies and put the excess back into the public coffers to help with the increase in bills, beyond the current help timeline they are offering. Then we would all in effect get a rise by helping to cover the costs and yes, that would also include the public sector workers, so instead of putting the money in pockets and increased payment costs in the future, they would get their pay rise, like the rest of us by helping with living costs.

I have veered away from the NHS, they do need support, but not necessarily just in pay, they need staff levels increased so the long hours are not needed. It beggars belief how, with the influx of people into the country, whether legal or illegal, a strain has been put on our infrastructure. It would be interesting to know the equation of NHS staff to people over the past 40 years, but I can only think that the graph of that figure would show an upward trend.

As I say they are my views and no one else's, but I worry for my grandchildren and what this country is heading for if we don't do something soon.

Energy prices are going up and up. I recently thought I need to start budgeting for 2023 and after the next price cap for the business, based on my usage at present, around £700 PCM, imagine my jaw dropping situation when I received the quotes from four different companies, the cheapest quote I could get was £6000 PCM, I just don't know what is going to happen but that figure will be way beyond most businesses. I realise that might well change, I really hope it does but that was the quote I had this week for after the next price cap rise in 2023.

We need to all be there for each other, for support, comfort and help. I really hope I can look back on this blog, like I do the interest hike of the 90s, the miner strikes of the 70s, and smile by saying times were hard then, but we pulled through and survived.



# St Andrew's Church Clock



“HELLO, let me introduce myself, I am the two faces of the clock that sits high on the tower of St Andrew's Church. I was put here in 1977 as a memorial to Reverend Tony Clemens who was vicar here at St Andrew's Church from 1966 until 1976. He was an extremely popular vicar.

You may have noticed that my faces are looking rather sorry for themselves now. It has been agreed that I will have a complete makeover. Soon someone will abseil down the tower and take me away to be spruced up. My mechanism is to be completely updated and brought into the 21st century. I will automatically change from winter to summer time and power cuts will not trouble me anymore.

My updating doesn't come cheaply so if anyone out there is able to help with the cost the church will be very grateful.

Hopefully I will not be missing from my home for too long and I will return to watch over Gorleston again, looking very smart.”

*Pictures by Stephen Gostick*



Wishing you good  
health and happiness  
Happy New Year

2023



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# Gorleston Grapevine

with Carol Todd



It's time to say a fond farewell to 2022 and welcome in a fresh new year. Hello there 2023! I do hope that you all had the best festive time. My son and I stayed at home opening gifts, enjoying our Christmas buffet and watching movies. A new games console was left under the tree by Santa, so I had one happy boy, thank you so much Santa!! Thank goodness, my son knows how to set these new consoles up though. Nothing like my old ZX Spectrum with my cassette recorder to download Space Raiders.

**GOODBYE**  
**2022**  
**WELCOME**  
**2023**

Our Christmas Tombola and Raffle at Perfects has raised over £400 so far for our local RNLI crews. The amount raised will be shared between Gorleston/ Great Yarmouth/Caister/Hemsby. Thank you so much to all our suppliers, clients and friends for donating



## Lifeboats

such amazing prizes, including Bells Road's, The Good Life for beautiful baskets and throws. Thank you Carolyn Hubbard, you are a star! You may also know that Carolyn, who runs Margo's Lounge too, has offered the basement of Margo's to our Gorleston and Great Yarmouth RNLI shop for the foreseeable future. So you can pop to Margo's for yummy food and then head downstairs for some cards and gifts to support our fabulous volunteers at RNLI.

As well as raising funds for our local RNLI, our businesses here have been donating to Marketgate's Christmas Giving



Tree. This amazing children's BOSCH workstation was donated by our team here at Perfects to go to Homestart Norfolk, who distributed donated gifts to their family clients. Homestart were a complete life saver for me when I had my son, and had been diagnosed with severe post natal depression. I still keep in touch with my Homestart "buddy",

Jackie Curtis, what a wonderful lady she is and that was 14 years ago. Some of my lovely friends are Home-Start volunteers too; Lisa Hutchison and Gemma Peach, pictured here right, at their last team meeting in Gorleston Library.



Terrible to see the buildings at Emerald Park on fire recently. E.E Green had just finished taking away fittings, lights and other equipment and the buildings were due to be demolished prior to groundworks starting for 97 new homes to be built. Pleasure and Leisure Group (Pleasurebeach) will join together with local successful local home builder, Badger Building. Badger has been building beautiful homes throughout our region for many years. If you'd like to see their designs, you can visit the Great Yarmouth Borough Council planning portal or just pop to their nearest development

at Claydon Park off



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Beccles Road. 155 Bells Road is under planning review to convert the back of the retail unit into mental health respite accommodation/ holiday let. We'd love to see this approved and another empty unit gone, while families/clients benefit from the conversion. Works are continuing by WTC Construction from Norwich who are at "The Albion" Tesco Express. I'm not sure of a completion date as yet, but you know I'll keep you all updated right here.

Guess what? We finally secured another mechanic to join our Perfect's team. Yipeeeee! The very talented Chris, from Gorleston, joined the team in November. He's settled in perfectly (pardon the pun). Welcome to the team, Chris.

This year is such a special year for us all at E.E. Green & Son, as we celebrate 95 years in business. In 1928, Philip's grandfather, Ernest, started out with just his horse and cart. I'll be looking at doing some special events throughout this year. If anyone has any ideas that we can get involved in, please do get in touch with me on email please, 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 our new page for Major Demolition. Happy New Year to you all folks, here's to a cracking 2023.





# Kids' Corner

## Wintry Colouring Fun



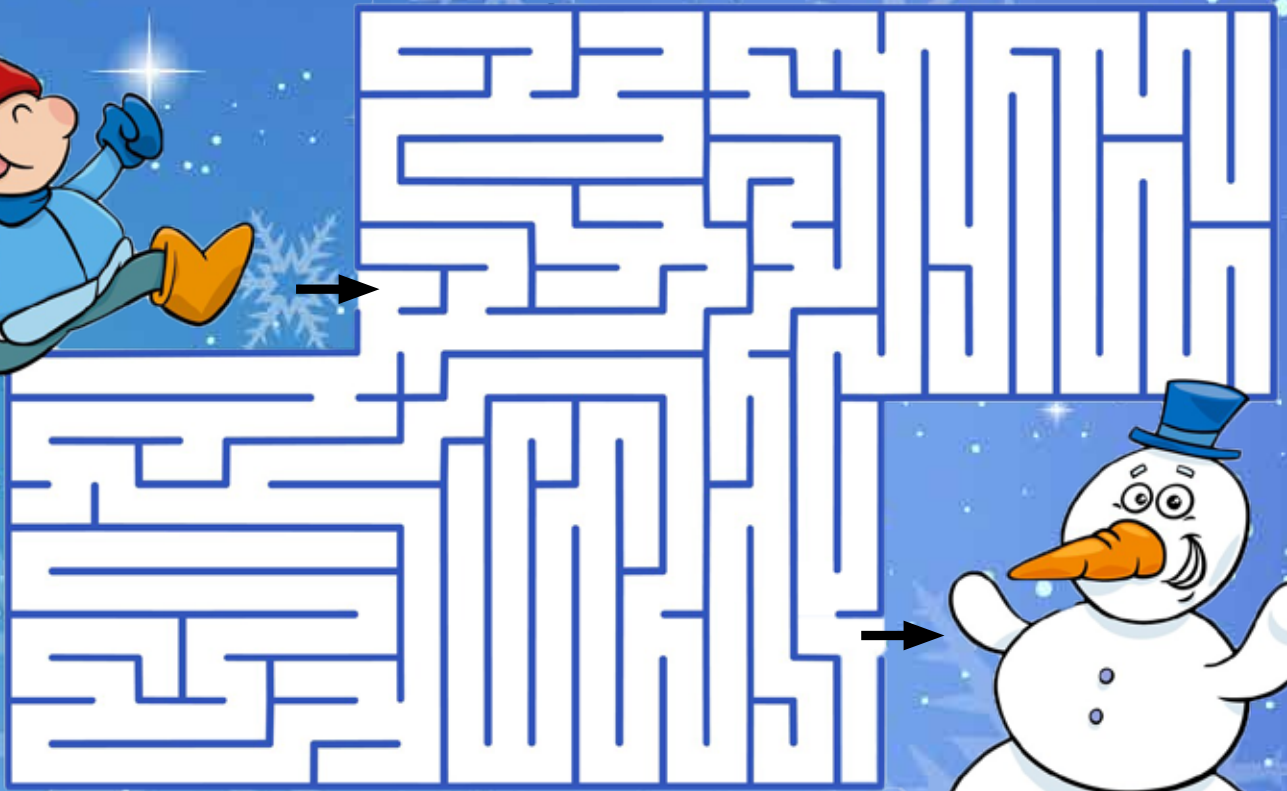
God of all comfort: Matthew: Chapter 5 Verse 4  
'Great blessings belong to those who are sad now.  
God will comfort them.' (ERV Bible)

Jesus said that those who are sad now, can know blessing and happiness through the comfort that God gives. Jesus sent the Holy Spirit to be our comforter after He had ascended into heaven (John 14 v 16).

The happiness that comes from God's comfort is a result of His favour and His matchless grace. We can experience that comfort now, and also know that our happiness will be fully complete when Jesus returns.

Is something making you sad? Do you know God as your saviour? If so, you can cast your sadness onto Him and know that He cares for you. (1 Peter 5 v 7).





Can you find your way through the maze to the snowman?



Can you find the 2 pictures which are the same?



# Gorleston Then & Now

*by John McBride*



Prior to the opening of the James Paget Hospital in 1982, there were hospitals in Great Yarmouth and Gorleston. The Gorleston hospital, pictured above, was on Lowestoft Road between St. Peter's Roman Catholic Church and 23 Lowestoft Road - opposite Stradbroke School. This building was originally called The Grange and was built in 1887-8 for "the mentally afflicted". In 1936 The Grange was acquired for Gorleston's new hospital which opened on 29th April 1937. With the opening of this hospital, the previous hospital building, known as The Cottage Hospital in Trafalgar Road East, became a clinic. The Grange was demolished in January 1988 and the Newberry Child Development Centre and a residential housing development, pictured below, were built on the site.







# Opening THE Book

with  
Reverend  
John Kinchin-Smith

Is it possible to make a new start? Can the mistakes of the past be undone, the wounds healed, one's wrongs be forgiven? For many people the beginning of a new year evokes such questions. Some make a New Year's Resolution, an intention or promise to do better. What does the Bible say?

The Bible never hides the flaws of its heroes. Early in his reign, King David committed adultery with another man's wife and then arranged for that man to be killed in battle. (You can read the story in The Second Book of Samuel chapters 11-12). He thought he could get away with it, but nothing is hidden from God. The prophet Nathan faced David with what he had done and spelled out the consequences. Psalm 51 is the expression of David's deep remorse. He found forgiveness, made a fresh start and went on to be Israel's greatest king and ancestor of Jesus.

Saul of Tarsus had viciously persecuted the Church, with the imprisonment or death of many Christians. He was confronted by a vision of Jesus who asked, "Saul, why are you persecuting me?" (You can read the story in Acts chapter 9). He thought he had been serving God. The horror, guilt and remorse of what he had done never left him and references crop up in several of his letters. But by God's grace he found forgiveness and gave the rest of his life, now known as Paul, to serving the Lord he had persecuted.

The Bible says that God can wipe the slate clean, heal wounds and enable a fresh start. The apostle John wrote, "If we say we have no sin, we deceive ourselves and the truth is not in us. If we confess our sins, God is faithful and just and will forgive our sins and cleanse us from all unrighteousness." (1 John 1:8-9). St Paul wrote, "If anyone is in Christ, that person is a new creation; the old has gone, the new is here!" (2 Corinthians 5:17). Jesus said, "If the Son sets you free, you will be free indeed!" (John 8:36)



# News from The Mag

with  
Reverend Matthew Price



2022 was another extraordinary year. The war in Ukraine, political turmoil in our own country, the death of our Queen, the cost of living crisis and the effects of the pandemic lingering on. And in the midst of all of this, we might feel that hope has been in short supply!

So, as we begin this new year, we might want to pause, reflect and ponder where it is we find hope?

There are few emotions more powerful than hope. But these days, hope often feels hard to come by. Where can we find a hope that won't disappoint us?

At St Mary Magdalene, this month, we're going to be running a three-week course exploring the theme of hope. During the course, called Hope Explored, we will consider the life, death and resurrection of Jesus in Luke's Gospel. Over just three sessions, I hope we will see that Christianity is about real hope: a joyful expectation for the future, based on true events in the past, which changes everything about my present.

The course will take place in the main church, beginning at 7.30pm on Tuesday 10th January. We will also meet at 7.30pm on Tuesdays 17th and 24th January. There will be light refreshments and the group will be very informal – each week will watch a short film, listen to a bit of the Bible being read and discuss it together. Each meeting will last no more than one hour and 15 minutes.

I would love to invite you to join me as we explore hope together. To book a place, or for more details, drop me an email on [hope@stmmgorleston.org.uk](mailto:hope@stmmgorleston.org.uk) or call the church office on 01493 655523.





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# 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."*

## Listening for the Boats on the River

There are a number of traditions that still endure to celebrate the arrival of the New Year. Probably the best known is the Northern English and Scottish one of "first-

footing". Generally, this involves a tall, dark-haired male who is not already in the house as midnight strikes. He is supposed to bring symbolic gifts such as coins, coal, black buns and, of course, whisky (representing prosperity, warmth, food and good cheer for the coming year). Food and drink are then enjoyed by all present.

These days, the best that many of us do is to watch Jools Holland's "Hootenanny" on TV or perhaps watch the fireworks broadcast from London. In addition, there always seems to be various rockets being let off here in Gorleston!

For me though, there is a completely different New Year tradition which I have maintained since I was small. As midnight strikes, I have to go out through the front door, raise a glass to toast the New Year and call out greetings to my neighbours (none of whom actually ever seem to appear). Most importantly, and this is the actual tradition, is to listen for the boats on the river. By this of course I don't mean the silent River Yare but the far-off River Thames. What I am listening for is the raucous cacophony of the hooters and horns of the tugs and the bigger boats joining in their celebration of the New Year.

There are of course two reasons why I stand on my doorstep disappointed by my failure to hear anything remotely resembling ships' horns. Firstly, the Thames is just too far away and, most significantly, those boats no longer ply their trade on the Thames in London, because all the docks have been closed for many years.

Back in the 1970s, I was still living in East London and working in Woolwich on the other side of the river. I used to drive down to the river by crossing the bascule bridge at the Eastern end of the KGV (King George V) dock. It was always a matter of keeping one's fingers crossed in case the bridge was up, with the risk of being late for work, as some large vessel slowly inched its way through. If you then decided to detour via the lift bridge at the other end of the dock instead, you stood a chance of that also being raised and so being even later to work.

As the 1970s progressed I saw the KGV change. There was a period when it was filled with mothballed oil tankers as the recession and strike action hit (remember the "three day week"?). After that the dock just fell still and silent and was closed for good in 1981. I was watching history in the making every day, with its awful effect on employment in the local community. With the containerisation of goods and bigger ships needing deeper water, it was the time for Tilbury and Felixstowe to take over from London's Docklands.

I came from an East London docker family but as my dad was only the second son, due to the traditional process of "ascription" he couldn't be a docker. That "privilege" went to my Uncle Jim, dad's elder brother. Even so, we stood as a family each New Year, listening to the boats on the Thames in true docker tradition! By 1977 though, Jenny and I were living in Lancashire, far away from the Thames, but some things are hard to shake off, so every New Year I would stand there in that fruitless bout of listening.

As the years slipped away, I began to question this solitarily observed ritual. I had even begun to think that I had made it all up as an excuse to stand outside in quiet solitude away from the general celebrations and perhaps the statutory "Auld Lang Syne".

But now, all is right in the World. Through the wonders of the internet, I have found a wonderful old clip on YouTube of boats, years ago at New Year, off Millwall Docks celebrating with their multitude of horns and hooters ([www.youtube.com/watch?v=djziLauTegM](http://www.youtube.com/watch?v=djziLauTegM)). What a reassurance! I didn't make it all up! Long may I continue to stand out there listening at New Year!

.....

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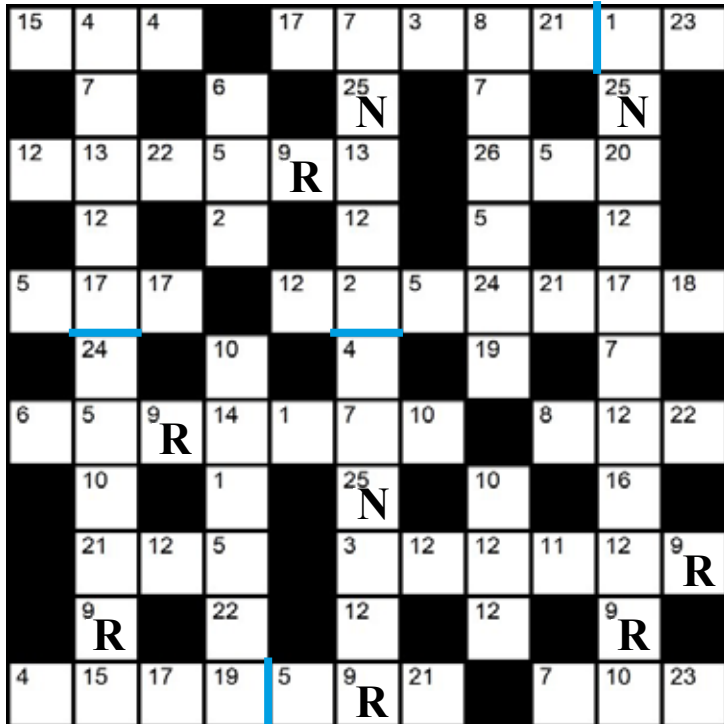




# Codeword

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	4	5	6
---	---	---	---	---	---

7	8	9	R	10	11
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12	13	14	15	16
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17	18	19	20	21
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22	23	24	25	N	26
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ABCDEFGHIJKLM  
NOPQRSTUVWXYZ

# Poem to Ponder

## My plans for you

When your troubles are great  
And you fear so much  
When you've gone to a land far away;  
When all those that you love  
Are far out of touch  
And you're scared of the night and the day.

*"I know," says the Lord, "of My plans for you,  
"Plans for good not for ill – you will see!  
"Your future and hope in My plans for you  
"When you pray, and you call out to Me!"*

When the darkness surrounds  
And the night is long  
When the storm's blowing hard on your door;  
When your bones ache with pain  
And you feel so wrong  
And you really can't take any more.

*"I know," says the Lord, "of My plans for you,  
"Plans for good not for ill – you will see!  
"Your future and hope in My plans for you  
"When you pray, and you call out to Me!"*

When your world has gone wrong  
Though you've tried so hard  
And the ends never seem quite to meet;  
The betrayal of friends  
Leave you deeply scarred  
And it all seems to end in defeat.

*"I know," says the Lord, "of My plans for you,  
"Plans for good not for ill – you will see!  
"Your future and hope in My plans for you  
"When you pray, and you call out to Me!"*

When you seek you shall find  
If you search for Me  
You be sure that I will do My part;  
You know I will be found  
And I'll hear your plea  
When you search with the whole of your heart!

*"I know," says the Lord, "of My plans for you,  
"Plans for good not for ill – you will see!  
"Your future and hope in My plans for you  
"When you pray, and you call out to Me!"*

*By Nigel Beeton*



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# Welcome Back

51st Gorleston Competitive Festival 2023



## Festival

**MARCH**  
8th - 10th

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### New Streamlined Entry...

*you say what you want to play and we will put you in the right class*

<p><b>WEDNESDAY</b> School choirs day.</p> <hr/> <p><b>WEDNESDAY EVENING</b> Adult and mixed age choirs.</p>	<p><b>THURSDAY</b> School instrumental ensembles, School instrumental duets, Strings, Woodwind, Brass, Percussion &amp; Keyboards Adult and mixed age ensembles and duets. Composition.</p> <hr/> <p><b>THURSDAY EVENING</b> Over 18's vocal classical singing.</p>	<p><b>FRIDAY</b> Vocal solo; pop, show and classical Vocal duets.</p> <hr/> <p><b>FRIDAY EVENING</b> Over 18's vocal pop.</p>
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ENQUIRIES [clare.winter1@ntlworld.com](mailto:clare.winter1@ntlworld.com)

[www.gorlestonfestival.org](http://www.gorlestonfestival.org) [facebook.com/gorlestonfestival](https://facebook.com/gorlestonfestival)

# Richard Routledge

*"The life and times of"*



In the last issue I told you how we had to come out of my dream business because of a crazy rent rise. So now what do I do? I had got plenty of time to think, so I thought. I was going to the Bournemouth Soul Weekend with my friend Leigh, and it

would give me time to get away and think about my next adventure. Or do I just stop and retire a bit earlier than planned?

I was in Gorleston High Street, getting some bits for my weekend away, and popped in to see the guys at Bellyboos sweet shop and got talking about rents and general shop talk. They then mentioned they were moving across the road to the old HSBC bank and did I know anyone who might want a quick three month pop-up shop before Christmas?

When I got home my brain went into overdrive. Perhaps it could be for me. The only trouble was I could hear my wife Christine going noooooooooo! The next day I popped back to Bellyboos to ask more about the property and he gave me a tour of the shop. I told him as my weekend away was the next week perhaps I would mull it over.

Off we went to Bournemouth and a great time, but in the back of my head was this crazy idea. I could go back into fashion, but this time it would be retro and vintage and perhaps aim the shop at an older clientele. The idea was becoming more real, but research was needed before anything. I went to my friends Sherylanne and Karl who ran the Original East Coast Rock and Roll club for some advice, and they gave me some really good tips about clothing and companies who I could try.

When we got back from Bournemouth it was in my head to at least try a pop-up shop for the three months which were left on the lease, so we contacted the guys at Bellyboos and all systems were go.

Before we went ahead, we contacted a friend of mine called John, who was a dealer in vintage period bits and bobs, to see if he would like to join us for a few months and have a corner in the shop - it would make it more interesting for customers when they came in. He agreed to come in and we were all set for an end of November opening, just in time for Christmas. Six weeks to prepare the shop, name it, oh and before I forget, buy the stock. Should be easy shouldn't it?

In the next issue how it all became a reality.

Find Richard and What Is Hip on Facebook at:  
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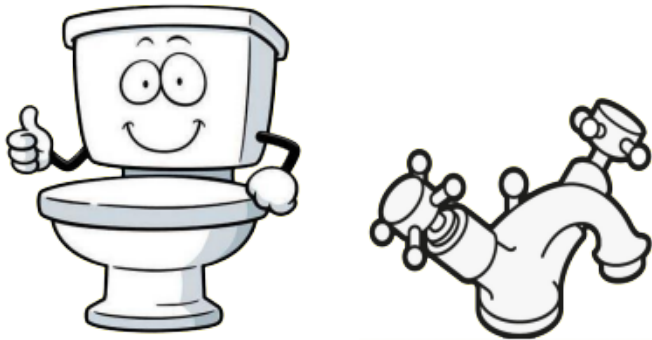
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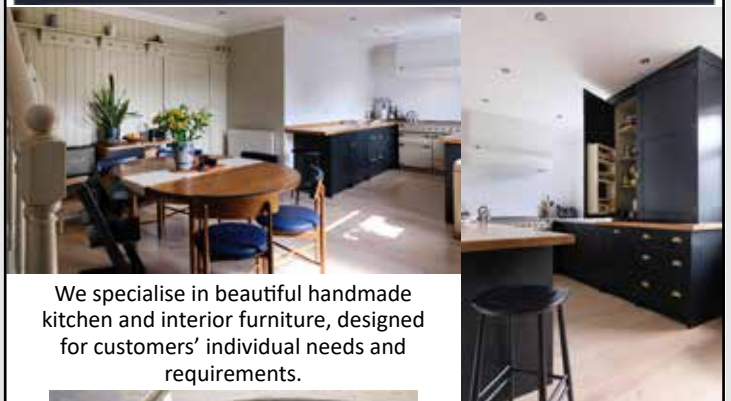
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# GoSH

## Gorleston-on-Sea Heritage Group

### The 1953 Floods at Gorleston

This month is the seventieth anniversary of the disastrous flood of 30th January 1953 when nine people within the Borough of Great Yarmouth lost their lives. It was a Saturday evening, with a full moon and the citizens of Gorleston were as usual out and about in the cinemas, public houses and dance halls of the town, unaware of the strengthening wind and the tidal surge building up along the North Sea coast. Halfway through a film at the Coliseum Cinema an urgent news flash was shown on the screen to inform patrons to make their way home immediately as severe flooding was in progress.

the rescues. Ordering his two colleagues back as the water was too deep, Sadd rescued a total of twenty five people according to a report in the Daily Mirror of 29th April 1953 when he attended an investiture at Buckingham Palace and was presented with the George Medal by Queen Elizabeth II.

During the following day, Sunday 1st February, when the flood waters had begun to recede at Gorleston, the massive clean up and drying out operations began. People were still stranded on the upper floors of their houses in Pavilion Road, Pier Road, Beach Road and Pier Gardens, but were rescued,

using small boats from the Corporation's boating lakes, and taken to the White Lion steps where a waiting Corporation bus took them to a rest centre. The low lying land around Baker Street, Blackwall Reach and Dock Tavern Lane remained flooded. The Gorleston photographer Gordon Stone was out and about with his camera on the Sunday and he took many of the iconic photographs of this once in a lifetime disaster.

GoSH member Les Cockrill (then an 11 year old schoolboy) along with his father, who lived in Bradwell at the time, walked to Gorleston complete with the family's camera and also took some photographs, two of which we reproduce here.



*Pop's Meadow with  
Cliff Hill in the Background.*

By 9pm the sea was level with the top of the concrete breakwater and flood water had rushed into the Belle Vue and King William IV public houses on Harbour Road. At the nearby Floral Hall (now the Ocean Room) the dance had ended early at 10:30pm as the building had been surrounded by water. Some people managed to get out of the Floral Hall and up on to the cliffs but others who had arrived by coach were marooned at the Floral Hall for several hours, until their coaches could reach them.

The prefab bungalows on Bells Marsh Road and Pier Plain were severely flooded, with no upper floors for the occupants to take refuge in. A Gorleston fire crew with Leading Fireman Frederick William Sadd in charge, waded and swam to rescue and carry out the people who were trapped inside the prefabs. Many of whom were carried out on Sadd's shoulders. He collapsed with exhaustion at one stage, but after a break he continued with



*Brush Quay looking towards the King William IV*

The first GoSH meeting of the New Year will be held on Tuesday 14th February 2023 in the Brackley Room at the Shrublands Youth and Adult Centre, Magdalen Way, Gorleston, NR31 7BP, but please do check our website <https://gorleston-on-sea-heritage-group.webnode.com> in case of any last-minute changes.



# Wordsearch

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

Words occur in the grid forwards, backwards and diagonally.

## The Coming of the Magi

‘Where is the One who has been born King of the Jews? We saw His star in the east and have come to worship Him.’ So Matthew tells of the coming of the Magi, or Wise Men, to the baby Jesus. Today we remember it on Epiphany, on 6th January. Did they come from Arabia Felix – nowadays southern Arabia? How many came? No one knows, but by the 6th century they were named Gaspar, Melchior, and Balthasar. Why gold, frankincense and myrrh? Gold stands for kingship: Jesus was King of the Jews. Frankincense stands for divinity; Jesus was to

be worshipped. Myrrh stands for death and burial; Jesus would become a sacrifice and die for His people. The Wise Men were the very first gentiles ever to worship Jesus. Isaiah foresaw this response to Jesus: ‘Nations will come to your light, and kings to the brightness of your dawn.’ The Magi wanted to worship Jesus; Herod wanted to kill Him. But the Jewish leaders, priests and scribes who knew about the prophecy of a Messiah born in Bethlehem did not even bother to visit Bethlehem. And it is only six miles from Jerusalem!



## The Coming of the Magi

KING	EPIPHANY	DIVINITY
JEWES	ARABIA	DEATH
STAR	FELIX	ISAIAH
EAST	GASPAR	NATIONS
WORSHIP	MELCHIOR	HEROD
MAGI	BALTHASAR	PROPHECY
WISE	GOLD	BETHLEHEM
MEN	FRANKINCENSE	JERUSALEM
BABY	MYRRH	PRIESTS
JESUS	KINGSHIP	SCRIBES

# The Bookshelf

**Worst. Idea. Ever.**

By Jenny Fallon

reviewed by Gorleston Library

Georgia and Lydia are best friends. They've seen each other through some of life's tragedies already so when Georgia decides to support her friend by pretending to be a stranger who likes her work, she couldn't possibly anticipate how it would end.

A story about relationships, the power of deception no matter how well intended, and friendship. This book was a very easy read, full of moments you can relate to, and it kept me wanting to know more until the end.



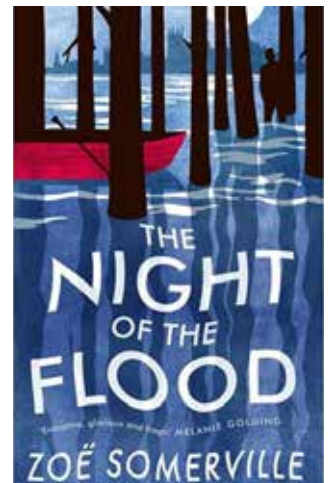
**The night of the flood**

By Zoe Somerville

Thank you Margaret for this review

Simmering secrets, forbidden desires and the long shadows cast by a passionate crime combine in this atmospheric and haunting novel.

Verity Frost, stranded on her family farm on the Norfolk coast, has a desire to escape it all. The unusual setting, around the North Sea flood in 1953, adds to the appeal of this excellent story.





# Phoenix Karate School



## Big Success in European Championships

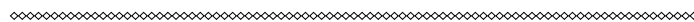
The beginning of November was an exciting time for the popular, local martial arts club, Phoenix Karate. They had sent a squad of top competitors to the WUKF European Karate Championship in Florence, Italy to face some of the best opponents from 21 other countries. With 1852 competitors, the chances of any success would be challenging, but Phoenix won through and returned home with 14 medals.

Phoenix Karate had fielded eight competitors to join colleagues in the Kenshin Karate Organisation to send a 40 strong team to Italy in one of the toughest championships of the year. The 8 team members Ted (8), Leo (9), Billy (15), Cory (15), Ollie(15) and Kashia (10) from Bradwell, William (12) and Samantha took part in a variety of events including Kata (Training Form) and Kumite (Fighting) over the 4 day competition and won through with 5 Gold, 3 Silver and 6 Bronze medals between them. With Live Feeds streaming worldwide, students from the Phoenix Karate Club were able to cheer them on from the UK with many messages of support being shared over group chats.

Now back in the UK, the squad is busy preparing for the World Championships that is being held in Dundee, Scotland in July 2023. With European Success behind them and plenty more training to go, they are hopeful that they can deliver again. All students train at Cliff Park Primary School in Gorleston on a Thursday and Saturday.

Phoenix Karate Schools are also located at the North Denes Primary School (Great Yarmouth), The East Anglian Martial Arts Centre (Oulton Broad), Village Hall (Martham), Village Hall (Hopton), Cliff Park Primary School (Gorleston) and

Denes Ormiston Academy (Lowestoft). The Family run schools are always welcoming new members and anybody that is interested can find details at their website [www.phoenixkarateschools.com](http://www.phoenixkarateschools.com) or call 01502 730 171.



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Richard Routledge

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# Pavilion Theatre

HAPPY NEW YEAR FROM US ALL AT THE PAVILION

We can't quite believe that panto season is now over (well, not quite, we have another one coming up this month!) and we're now into a new year and looking ahead to everything exciting we have planned for 2023.

## OUR 30TH ANNIVERSARY YEAR

2023 is a hugely special year for us here at the Pavilion because it celebrates the 30th year of **Stuart and Kevin** at the helm and therefore also the 30th year of our hugely popular **Summer Showtime** production.

We're going to be spending the entire year celebrating the two guys who have created something so special for the Gorleston community and beyond and will be putting on a special gala night show on **Saturday 8th July** to honour them and to raise funds for the theatre.

## SUMMER SHOWTIME 30th ANNIVERSARY SPECIAL

We're thrilled to be welcoming back the 2022 cast of Summer Showtime for a special season celebrating 30 years of this production here at Gorleston. Keep an eye out for more details on what this brand-new show will feature.

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

From Alex (on behalf of Stuart, Kevin and Luke and everyone at the Pavilion)

## WHAT'S ON IN JANUARY

- Sleeping Beauty - The Panto
- Yippee-Ki-Yay - The musical for the die hard fans!
- The West Pier - Supernatural Drama



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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# Life Afloat

by Patricia West, who continues her reminiscences...

## Fear Intrudes



Following our few lazy days we decided to crack on with the haul to Epernay,

however the weather had other plans raining solidly all morning, so we utilised the time catching up with chores inside the cabin. By 2pm the downpour had eased and we set off.

The first lock duly came into view exposing its forward facing walls which the skipper approached at a snail's pace, puzzling out how to handle this new set up. Finally, he made a decision and slinging the ropes across his shoulders mounted to the top, leaving me below on the deck straining to hold the hull away from the protruding sides. It was a clumsy undertaking but seemed to work and without mishap too. We had also been un-encumbered by the appearance of any other craft, everyone else being too sensible to be yachting in such awful weather. Huh!

In the gathering gloom we finally called it a day, only to discover there was insufficient depth in which to safely anchor. Despite Pillage having a reasonable draw of three feet the situation of there not being enough depth proved to be a constant problem in that area.

In the late evening, towards one of the longest days of my life, we managed to tie up in scrubby, bleak, desolate isolation with the nearest building, a tall ugly grain silo, at least two hundred yards away. I glanced around, it felt threatening. "Roll on tomorrow" I said. Within twenty-four hours we had gone from the sublime to the awful. In these unprepossessing surroundings I prepared a short cut supper then tired and down hearted we sought sanctuary in sleep.

Somehow despite the weariness and with almost a sixth sense, we slept lightly and were easily awakened in the early hours by fierce shouting, followed with what appeared to be a

heavy metal object banging along the length of Pillage.

Lying rigid, straining our ears we could hear two sets of heavy foot steps thudding above our heads. Stamping across the deck, flinging loud expletives a fierce quarrel was taking place. My heart was pounding. Then, oh horror, the intruders tried to prise open the hatch on the cabin roof. For the first time since our arrival in France there was a frisson of fear.

Richard crept from our berth. With chattering teeth I followed him into the saloon. He mouthed at me that we should stay absolutely quiet and not move an inch; hardly able to breathe I obeyed him. To my utter relief Richard decided not to go outside or try to engage with the intruders. After what seemed an eternity the intense shouting died a little, then suddenly the boat rolled under our feet - the would be burglars had jumped ashore and gradually their voices receded.

For what seemed an eternity we sat on and on in the dark, huddled together in frozen silence. My limbs were shaking so badly they seemed certain to fall off. I longed for a cup of tea, some brandy, but it was plain any movement might prove serious. For us to give the tiniest hint that someone was on board would have been disastrous. Our tormentors would be looking for money, passports and other valuables, we were likely to be harmed or worse. There was every possibility the boat was still being observed from the shadows, so it was essential our craft appeared to be unoccupied. If you like, quite literally, we managed not to rock the boat.

At the first chink of light, barely able to see, we moved swiftly and were gone – our quickest departure from anywhere. Richard's sense of caution had paid off, as always he had safely battened down all the hatches, it would have taken great force to get into the cabin. No more teasing from me that he was a belt and braces man. The fact that he was had saved us. I also patted Sebastian, a little mascot knitted by a friend to keep us safe. Both she and

Sebastian could now certainly rest upon their laurels.

Sadly, during the space of one night our former feeling of innocence abroad was now suspect. We never did reach Epernay, having learned from a passing boat that one of the locks up stream had jammed with its gates open. The water had levelled out and now stretched over two kilometres, leaving the canal running well below its usual depth.

Despite making several attempts, the sounder frustratingly hovered too low, a trip to Epernay couldn't be risked. It was disappointing, we had been told the town had lots to offer. Instead our compass was now set for Chalons Sur Marne where much later Pillage found herself being moored neatly beside a small commercial wharf.

The town of Chalon looked promising and with a thin drizzle again falling we decided to stay put for the weekend. I roasted vegetables with pasta and garlic for supper followed by fruit picked just that morning, after which we listened to a play on the radio. However, this time we drank our night caps inside the cabin. We were now in the dying days of August, the nights were drawing in, prompting caution about being outside in the cockpit in the semi darkness.

The curtailment of such a simple pleasure was only part of the legacy left by our intruders.

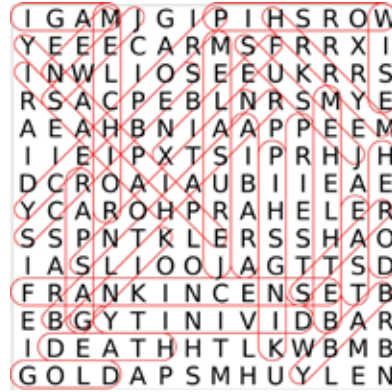
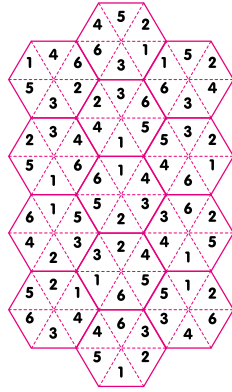
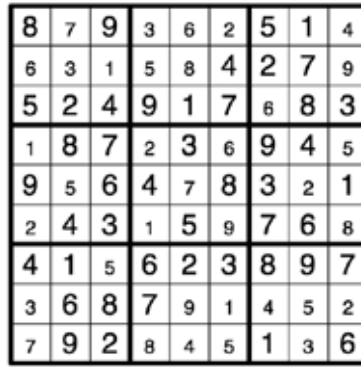
Next month –

Wyn loses patience.





# Coffee Time Answers



**Word Ladder:** ladder, larder, harder, harden, warden

**Caught in the middle:** guard, cream, strike, face, power

**Seeing Double:** invade, savage, asleep, relent, banter, dental, clinch, dainty, muesli, siesta

**Mystery keyword:** valentines

AN EVENING WITH

*Zoe Promiscuous*



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# Gorleston Library

## Library Service Events

**Mondays** Bounce and Rhyme

1-1.30pm

(Under 5's songs & rhymes-drop in).

**Tuesdays** Mini Movers - 10.30-11.30am

(pre-school music and play - drop in)

Writing Group - Last Tuesday of the

month - 530-7.

**Wednesday** 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 there will be a

Digital Volunteer available to offer

support).

**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.

Collect period product/toiletries, warm and well bags for children and adults.

**Go quickly so we advise to call ahead and check**

## 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

For information on eligibility and resources available please pick up a leaflet at Gorleston Library

## Norfolk Reading Pathway coaching sessions available

(Support to learn to read)

**18+ see staff for details**

## Pencil Art club.

Free

**Ages 7-10**

**Ask library staff for details.**

18<sup>th</sup> January 4:15pm-5:15pm

8<sup>th</sup> February 4:15pm-5:15pm

(run by EN 6<sup>th</sup> form college)

## Wednesdays - Gorleston Library craft group

**2-4pm**

bring your own crafts and join in

**all welcome!**



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





## Fundraising for a surgical robot

Our James Paget Hospital Charity is campaigning to raise £1.6 million for a new surgical robot.

The robot will allow for complex surgeries to be performed through small incisions, which provides enhanced three dimensional vision to allow surgeries to be performed with more precision.

This robot will provide Norfolk and Waveney patients access to innovative technology and the opportunity to access advanced healthcare inventions. The robot will also allow the Paget to train future surgeons and develop research in robotic and minimal invasive surgery.

Our Charity Coordinator Maxine Taylor said; “The JPUH is looking to the future to further enhance patient outcomes and be at the forefront of robotically assisted surgery across a number of specialties such as colorectal surgery, gynaecology, general surgery, upper gastrointestinal surgery, urology and ears, nose and throat. This supports our ambition to deliver state of the art surgical techniques to the population we serve.”

Some of the benefits that will be seen from the surgical robot include:

Reducing patient’s length of stay in hospital

Fewer post-operative complications

Lower readmission rates

Less conversion to open surgery

Oncological benefit with tumour clearance

Better attraction, recruitment, and retention of staff both in training and at consultant level

To help raise funds for the robot, two rose gardens – one in Priory Gardens in Gorleston and one in Belle Vue Park in north Lowestoft – have been created for local people to remember loved ones and to support the charity in its robot appeal.



Above is the Lowestoft rose garden at Belle Vue Park. This has been planted with support from Lowestoft Town Council, Waveney Norse and Shaun’s team at the park.

Top right, our Chief Executive Jo Segasby and Maxine Taylor our charity co-ordinator stand next to the Gorleston rose garden after planting some of the roses with assistance from the Priory Gardens team.



Plaques will be put up next to each of the gardens which will contain a QR code which will take you to the donation page on our charity website, so you can get more details of how you can make a donation in memory of a loved one.

If you would like to contribute to our surgical robot please visit the charity website here; <https://www.jpaget-charity.org.uk/donate/surgical-robot-appeal/5/SinglePayment> or hand in donations to the charity office next to our main entrance. If you would like any more information please contact the Charity office on 01493 453348

\* \* \*

## Catering team receive top rating

Congratulations to our Catering Team, who have just received the top food hygiene rating following an inspection earlier this month.



The team is responsible for Aubergine Restaurant and the hospital kitchen, which produces nutritious and delicious meals for both our patients and staff.

An inspection by a food safety officer from Great Yarmouth Borough Council, carried out on behalf of the Food Standards Agency, resulted in the award of a rating of five - the highest on the scale.

The award means that hygienic food handling, cleanliness and condition of facilities, and management of food safety were all found to be ‘very good’ - and means that our restaurant and kitchen facilities retain the top rating.

## Paget Professor elected to prestigious post

A consultant ophthalmologist at the James Paget University Hospital has been elected president of the national organisation which represents his profession.

Professor Ben Burton will become the new President of the Royal College of Ophthalmologists next year after securing the most votes in an election involving seven candidates.



The college formally announced Prof Burton's election last week.

"I am absolutely delighted but the news still hasn't really sunk in," said Prof Burton, who is the JPUH's Clinical Research and Development Director and an Honorary Professor at the UEA, and trains students from Norwich Medical School.

"Colleagues have been so supportive - and it has been so nice to receive messages of congratulation not just from ophthalmologists locally but across the world," he said. "I am sure it will help put both the James Paget and Norwich Medical School on the map."

Each of the seven candidates held hustings; Prof Burton's election pitch focussed on investment to ensure sustainability of NHS ophthalmology services, which chimed with many of the 4000 college members who were eligible to vote in the election.

Prof Burton will take over from the current President, Professor Bernard Chang, at the college's AGM in May next year.

The Royal College of Ophthalmologists represents the ophthalmic profession in the United Kingdom and supports overseas members in developing countries. It is considered the voice of the profession.

Prof Burton studied at Cambridge University then trained in

## James Paget University Hospitals NHS Foundation Trust

Ophthalmology at Moorfields Eye Hospital before moving to James Paget University Hospital in 2007. He is actively involved in research studies for Age-Related Macular Degeneration, Diabetic Retinopathy and Retinal Vein Occlusions and runs the Macular Degeneration service at the hospital, which he set up in 2008.

\* \* \*

## Racheal receives Chief Midwifery Officer Award

One of our Maternity Support Workers has received a Chief Midwifery Officer Award for her hard work and dedication.

The award recognises excellence and on Friday, 25 November, Racheal Crane was presented with the award badge by our former Head of Midwifery Kirsty Cater during a nurse leader virtual event.

The Chief Midwifery Officer Awards have been developed to reward the significant and outstanding contribution made by midwives in England and has been extended to recognise the exceptional contributions of maternity support workers (MSWs). The awards are presented on behalf of the current Chief Midwifery Officer for England, Professor Jacqueline Dunkley-Bent.

MSWs have to meet criteria including consistently demonstrating the values of the NHS, delivering the highest standards of patient care, ensuring patient respect and dignity, contributing to the development of services, building good relationships with patients and championing equality and inclusion.

Racheal was nominated for the award by Claire Whitehouse, a colleague at the James Paget, who praised Racheal as 'one of the most inspiring people'. The nomination was supported by both Kirsty Cater and our Chief Nurse Paul Morris.

The photo below shows Racheal - centre, holding the award badge and flowers that were also presented to her - with Claire Whitehouse, Senior Nurse for Nursing, Midwifery and Allied Health Professions Research (right), Kirsty Cater (second from left), our new Head of Midwifery Kelly Stevens (left) and Consultant Midwife Katy Dogbey (second right).





# Ormiston Cliff Park Primary Academy

## It's Beginning to Look a Lot Like Christmas...!

It has been another busy month at Ormiston Cliff Park Primary Academy! Preparations for our Christmas celebrations are in full flow and the Academy is filled with the sound of children singing as the children rehearse for their Christmas Performances.



This year, we have a total of 24 Christmas Trees across the academy and the children have really enjoyed decorating them!

## The Eleventh Christmas Tree Festival

We are delighted to be taking part in the Crib Festival again this year. As last year, our design promotes the importance of recycling and the children have worked together to create our 'Grinch' themed entry for Christmas 2022! Our design focuses upon the importance of kindness and togetherness at Christmas and features poignant messages from all of our children, as a reminder that many of the most important aspects of Christmas cost nothing at all. The trees will be on display for the public to visit at The Minster from Saturday 10th December to Saturday 17th December so hopefully, lots of people will have the opportunity to see our fantastic entry to this year's festival. Special thanks to Mrs Blaxell and our School and Eco Councillors for their hard work on this lovely community project.

## Police Visit



Year 3 pupils really enjoyed their recent visit from our local Police Officer, Dave Howarth. They found it very interesting and had the opportunity to learn about how to keep themselves safe online.

## Year 6 Visit to How Hill

Last week, our Year 6 pupils really enjoyed a visit to How Hill. Despite the chilly weather, the children had fun developing their teamwork skills through a wide range of



activities, including den building, orienteering and thatching! The children were great ambassadors for the academy throughout the two days.

## Year 5/6 Athletics Competition

On Wednesday 30th November, a group of our Year 5 and 6 pupils attended the Sports Hall Athletic competition at Lynn Grove. This was an indoor athletics competition and the children put in an excellent performance. We were very proud of their achievements.



## Footballing Success!

Our Boys U11 Team have continued on their winning streak – recently winning a match against St George's 11-1. They are now eagerly awaiting their semi-final match in March!

## OCPPA Sports Captains



At Cliff Park Ormiston Primary Academy, we encourage our Year 6 pupils to take on additional responsibilities. Our Sports Captains support the PE curriculum across the academy and this term they have really enjoyed supporting the reception children during their Healthy Heart sessions.

## Children In Need

The children and staff had lots of fun on Children in Need Day. To support the Spot-tastic theme, everyone came dressed in their spottiest outfits and members of our Face Painting Club competed against each other in our special assemblies to see who could paint the most dots on the faces of our willing staff volunteers! It was a great day and we raised £207.80 for Children in Need. Thank you to all those who were able to make a donation to this year's appeal.







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— AND —

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**CHRISTMAS & NEW YEAR OPENING TIMES:**

**SATURDAY 24th DECEMBER 9am-3pm**

**CHRISTMAS DAY, BOXING DAY & TUESDAY 27th DECEMBER CLOSED**

**WEDNESDAY 28th TO FRIDAY 30th DECEMBER 10am-2pm**

**SATURDAY 31st 9am-1pm**

**SUNDAY 1st & MONDAY 2nd JANUARY CLOSED**

**TUESDAY 3rd JANUARY 10am-2pm WEDNESDAY 4th JANUARY 9am-9pm**



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