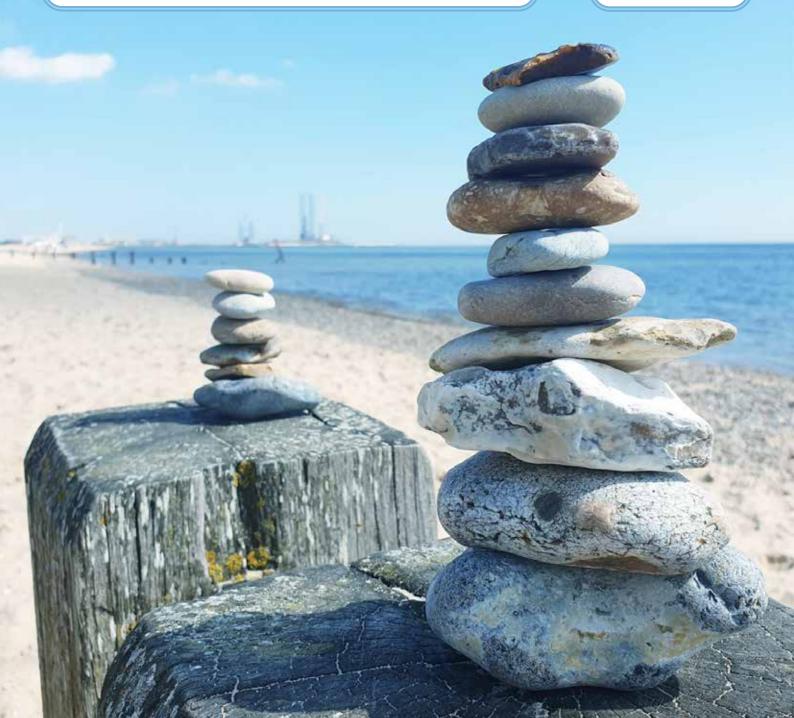
St Andrew's Church

ISSUE 39, August 2021

GORLESTON Community Magazine

Inside this issue: DPA Academy, Pavilion Theatre, Gorleston From The River... And much more!

FREE MONTHLY





Hello Gorleston!



Welcome to Issue 39 of YOUR free community magazine.

Freedom! By the time you read this, "Freedom Day" will have been and gone, and a big step towards a return to normality will have been taken. Whilst any return to normality is very welcome, I know I am not alone in thinking that covid is a long way from being done and dusted, and being concerned that the wearing of face masks is now a personal choice, leaving people vulnerable to other people's decisions. This made me think about the meaning of freedom. Eleanor Roosevelt said "Freedom makes a huge requirement of every human being. With freedom comes responsibility." And clergyman Peter Marshall said "May we think of freedom, not as the right to do as we please, but as the opportunity to do what is right." So my hope and prayer is that people will enjoy their new found freedom responsibly and with consideration for others, and in doing so hopefully the summer can be enjoyed by everyone.

God bless you all and keep you safe, and we'll meet again in September!



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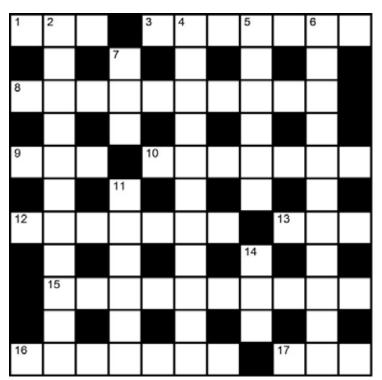
Deadline for the September Issue is

Thursday 12th August

Thanks to Olga Rakauskiene for this month's front page picture

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.

Coffee Time 1



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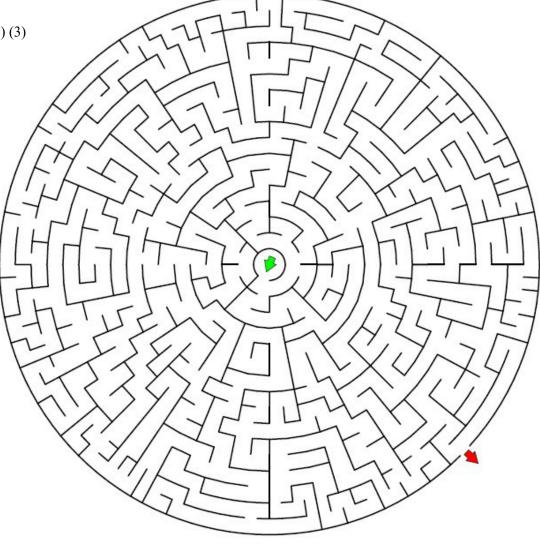
Across

- 1 Family doctors (1,2)
- 3 Thus far (2,2,3)
- 8 Interred (4,2,4)
- 9 Indicates a company (Abbr.) (3)
- 10 Cut-rate sale (4-3)
- 12 Continue steadily (7)
- 13 Attempt (3)
- 15 Having similarity (10)
- 16 Business setback (3,4)
- 17 Rider Haggard novel (3)

Down

- 2 Obey the rules (4,3,4)
- 4 Learned occupations (11)
- 5 Too (6)
- 6 Gasping (3,2,6)
- 7 Military assistant (1-1-1)
- 11 East Mediterranean democracy (6)
- 14 Front part of an apron (3)





The Rockin' Rev

A problem we can't ignore.

The fifty-five years wait for an England football team to win a major tournament trophy continues after losing to Italy following a penalty shootout in the Euro 2020 final at Wembley.

The heroic England squad, who played in their first major tournament final since the 1966 World Cup, had an average age of just 25 - the second youngest in the tournament behind Turkey.

Many people, myself included, feel that Gareth Southgate's team gave football fans in particular, and the nation generally, something to be proud of. On and off the pitch the players have been good role models.

However, the day after the match there were harsh words for the England fans who, having trashed Leicester Square earlier in the day, booed the Italian national anthem against the wishes of the England manager, who had begged them not to.

But the strongest condemnation was reserved for those who directed racial abuse at England players Marcus Rashford, Jadon Sancho, and Bukayo Saka – who all missed penalties in England's 3-2 defeat.

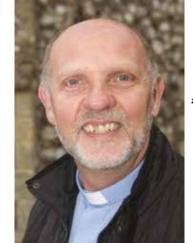
England manager, Gareth Southgate described the abuse as "unforgivable" adding, "it's just not what we stand for. We have been a beacon of light in bringing people together, in people being able to relate to the national team, and the national team stands for everybody and so that togetherness has to continue. We have shown the power our country has when it does come together and has that energy and positivity together."

The Duke of Cambridge, Prince William, and Prime Minister, Boris Johnson, joined the condemnation. Church leaders also spoke out.

The Archbishop of Canterbury, Justin Welby, writing on

Rev Brian Hall
Vicar of St Andrew's Church
\(\)







Twitter said, "This England team are an example, a gift, and a reflection of what's best about this country."

Since last July and throughout the 2020-21 Premier League season, football players have "taken the knee" in support of equality, inclusivity, and racial injustice – a gesture that the England team decided to continue at Euro 2020 because they believe that they have a sense of duty to interact with the public on such matters.

Throughout history, many racist actions and institutions, such as slavery and apartheid, have been justified using stories from the Bible. Over time, most Christian churches have come to see these injustices for what they are and have spoken out against them, recognising them as perversions of the Christian message.

Not before time, progress is being made towards a Church which reflects proper Christian teaching.

Racism is a complex and ongoing problem that none of us should ignore or run away from.



The Churchyard working party was never seen again

Ormiston Venture Academy

Change Happens Every day and Lasts a Lifetime







What is it that makes an outstanding school? A positive environment that celebrates the achievement of every child. A mantra that every child deserves the best. A community spirit that offers opportunities beyond the classroom.

Walk into Ormiston Venture Academy and you can feel the atmosphere of a purposeful community focused on the children. There is a culture of high standards that places every resource of the academy on ensuring the very best for each child. This culture from all staff, all of the time, enables the students to challenge themselves as individuals and provides the support to ensure they achieve.

Fun, Variety and Flair.... three aspects that Ormiston Venture Academy embraces within learning. Engaged children, enjoying their learning and stretching themselves is a focus in every lesson. The academy sets the level of expectation high and then ensures that every aspect of the learning is personalised to ensure each child can be challenged to do their very best and enjoy the journey.

And community spirit? There is a commitment to ensuring

all students have access to the very best opportunities. The extensive range of extra-curricular activities both within and outside of the academy day: links with businesses, access to universities, expert professional workshops and local, regional and national cultural opportunities develops learners ready for an exciting future. A future with more than qualifications, a future that offers a rounded, rich and exciting education that prepares them to achieve their dreams.

Ormiston Venture Academy is a school that enables and develops children for success beyond the curriculum, it prepares children for their own exciting futures.

Above all it is a happy and caring community. One where children will experience a joy both in and out of lessons and are proud of what they do.

To find out more and latest information on how you can see Venture in action visit www.ormistonventureacademy. co.uk or follow us @OrmistonVenture











Lockdown Musings

by Patricia West

Recuperating Away From Home



Yes, here we are back at Fritton where in the winter of 1996 I had been quite ill for more than three weeks with bronchitis and a viral infection. I was managing badly living alone with Fuzz the dog in my charming but decidedly draughty three hundred

year old cottage. The family dropped off home made soup and did what they could but they had jobs and families of their own to look after. Similarly my neighbours were concerned and kind. However I just couldn't shake it off or seem to make even the smallest improvement.

During that time my lovely friend Jenny (not her real name) visited bearing small dishes of delicious food, slices of chicken and fruit, filling vases with greenery and flowers.... bringing in the logs and changing my bed with crisp clean sheets and buying extra hot water bottles. Her parting shot when she finally left had been – if you don't improve I am coming back to take you home with me.

Immediately after Jenny's departure I felt uplifted, certain now that my recovery would begin but after the initial euphoria I again began to struggle. Thus it was that five days later Jenny re-appeared. Fuzz was despatched to a family member. A small suitcase was packed, various medicines were collected from bedroom and bathroom, the fire extinguished and we were ready to go. Jenny placed a hot water bottle on my lap and having wrapped

me in blankets we set off to drive the thirty odd miles to her much bigger cottage in deep Suffolk where she lived with her family.

Jenny had been a nurse and under her experienced nurturing together with warmth, quiet and the attentions of the whole family I gradually started to eat and to slowly recover. On about the fourth afternoon Jenny had to go out and with the February rain sleeting against the windows, I curled up in a big armchair before a huge crackling fire and fell sleep. I was alone in the house and whilst I slept Jenny returned, quietly piled on more logs and retreated to the kitchen. I awoke to a darkened room, lit only by the flames of a leaping fire. Hazy with sleep, for a brief moment I lost all track of time and perspective..... I was a little girl again.... it was my mother who was in that kitchen, everything would be alright. I was safe, the world was safe, any minute she would call my name – the little private name she gave me in my cradle. Within seconds reality dawned and I swiftly inhabited the immediacy of here and now but I will remember forever those fleeting seconds of womblike reassurance and sense of security.

Do we ever get old enough I wonder to not miss what our mothers gave to us in childhood? For many maybe not a mother but someone else who had the ability to make us feel the same way. Sometimes I think we do not know or appreciate that we are in a settled, wrapped-around world until we are not in that world any more. Growing up, growing older we learn along the way. As well as close family, love and pleasure, we also encounter many drawbacks having wonderful friends is not one of them!



SUMMER ACTIVITIES AT SPLIT LEAPS GYMNASTICS CLUB

Unit 4 Bessemer way, Harfreys Industrial Estate, Great Yarmouth, NR31 0LX. www.splitleapsgymnasticsclub.co.uk; phone 07551904649; email tinaamis@hotmail.co.uk

This year we are offering a number of daytime activities to run alongside our regular evening classes during the summer holidays:

Tumble Camp

Monday 26th July
Monday 2nd August
Monday 23rd August
10:30 - 12:00; cost £5 per child per session
Open to members and non-members
All abilities welcome

Free Play Sessions

Thursday 29th July
Thursday 5th August
Thursday 26th August
10:30 - 11:30, cost £3.80 per child per session
Age 0 - 8 years

Open to members and non-members with children between these ages, parent lead free play in the gymnastics centre

Parent and me play

This will continue as normal on Tuesdays with the exception of 10th and 17th August.

Book via the website and click on Parent and Me Play or Holiday Programme.

Our evening classes will stay the same throughout the holidays with exception of our 2 week shutdown from 9th - 22nd August, classes then resume fom the 23rd August.



Monthly Recipe

from Fleetwoods Butchers

Peppered duck breast with wild mushrooms and cream

Preparation time - 20 mins, Cooking time - 20 mins, Serves 4

Ingredients

- 4 Gressingham duck breasts
- 2-3 tbsp black peppercorns, cracked
- 50ml/2fl oz cognac
- 100ml/3½fl oz light gravy (or chicken stock reduced and thickened with arrowroot)
- 100ml/3½fl oz double cream

For the garnish

- 110g/4oz shiitake mushrooms
- 110g/4oz oyster mushrooms
- 30g/1oz dried black trumpet mushrooms, soaked and drained
- 25ml/1fl oz light olive oil
- 2 tbsp butter
- 110g/4oz fresh spinach
- 8 sprigs flatleaf parsley to garnish

Method

- 1. Trim the duck breasts and lightly score the skin side with a sharp knife.
- 2. Spread the cracked peppercorns on to the duck breasts, pressing down the pepper into the breasts. Season with salt
- 3. Heat a large pan over a moderate heat, and place the duck breasts in, skin-side down. Let them cook for 5 minutes or until the skin is nicely golden and crisp.

- 4. Turn the breasts over, and cook for approximately 4 minutes more.
- 5. Remove the duck breasts from the pan, and keep warm.
- 6. Pour off the fat, and deglaze the pan with the cognac.
- 7. Add the gravy (or stock), stirring well to scrape up the caramelised juices.
- 8. Add the cream and simmer to reduce to sauce consistency.
- 9. Fry the mushrooms in the olive oil, and half of the butter. Fry off the spinach in the remaining butter. Mix the two together.
- 10. To serve, spoon the spinach and mushroom mixture on to warmed plates. Slice the duck breasts, and arrange on top of the spinach mixture. Surround with the sauce.

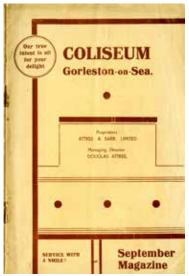




GoSH

Gorleston-on-Sea Heritage Group

Coliseum Cinema Programme September 1938



An interesting find, at a postcard fair by a GoSH member, is this printed copy of the Coliseum cinema's monthly programme for September 1938. The front cover is printed in an Art Deco style and declares that the proprietors of the cinema were Attree & Barr Limited with Douglas Attree as Managing Director. Also on the cover is a quote Shakespeare's from Midsummer Night's

Dream, "Our true intent is all for your delight." This same quote was used as a slogan, in large blue neon letters, mounted under the clock tower of the reception building of Billy Butlin's first luxury holiday camp at Skegness. The camp opened in 1936 and Butlin had previously seen the quote sign-written on the side of a fairground organ and he made it his own. At the time Billy Butlin was unaware of its Shakespearean origins and it would be interesting to know if Attree or Butlin were the first to use the quote to promote a business.

The twenty-page booklet was published and printed monthly by the Yare Printing Co. Ltd of Row 79, King Street, Great Yarmouth. It was "sent regularly to all patrons leaving their name and address at the Pay Box." It informed the picture goers of Gorleston what films were to be shown at the Coliseum during the September of 1938. The films included, I'll take Romance, starring Grace Moore and Melvyn Douglas, a romantic Hollywood musical made in 1937, The Count of Monte Cristo, a Hollywood production made in 1934 starring Robert Donat and The Prisoner of Zenda starring Ronald Colman, another American offering made in 1937. Letterpress printing blocks, that would have been supplied by the film distributor, were used to illustrate some of the individual films within the booklet.

Page 15 supplies some general information regarding opening times and prices of admission etc. There is also some information on this page regarding the passing of messages during the performances, "Doctors, Professional People, Lifeboatmen, Ships' Captains, Tugmasters, etc expecting messages and urgent calls should leave their names at the Pay Office, and also with one of the attendants before taking their seats in order that they may be informed; also Telephone Messages received and conveyed."

The programme booklet would have been expensive to produce on a monthly basis and it was partially subsidised by the inclusion of several advertisements for local business within its pages. Some of the advertisers included Gorleston Garage of Victoria Road who were "Equipped for every type of repair to Cars, Vans. Lorries Etc." E.E. Green of 12, Church Road "Timber Dealer, General Carter and Furniture Remover." (We are sure that many of the inhabitants of Gorleston will remember Mr Green driving his horse and cart around the streets of the town before and after World War Two.) R.C. Hannant M.P.S. A "Dispensing & Photographic Chemist" of Victoria Road and Springfield Road who supplied "Gold Seal Brand Skin Ointment, the certain cure for all eruptions of the skin." Miss Nancy Prince who offered her "Kerka Wave" that was available from her "Ladies' Hairdressing and Beauty Parlour" on Middleton Road "100 Yards" from the "Green Ace Garage" and W. Salmon of 37, Lower Cliff Road who was a "High-Class Boot and Shoe Repairing Specialist."

There is a letter to the "Patrons" from the Managing

THE COLISEUM

GORLESTON-ON-SEA

Proprietors : Attree & Barr, Ltd. Telephone 73 Managing Director Douglas Attree

General Information

HOURS OF SHOWING

Monday and Thursday, continuous from 2.45.
Tuesday, Wednesday and Friday, continuous from 6.
Matinees at 2.45 (if wet). Saturday Night, one house at 7.
Children's Matinee, Saturday Afternoon at 2.45.

PRICES OF ADMISSION

Back Fauteuils, 1/3 (Bookable, no extra fee). Back Stalls, 1/Centre Stalls, 9d. Front Stalls, 6d.
Reduced Prices for Children, accompanied by Parents, to All Seats
excepting 6d. (Saturday Evenings excepted).
Bargain prices in the afternoons up to 4 p.m., 6d. and 1/(Children accompanied by Parents, half-price to 1/- seats).
Children's Matinee, Saturday, 2d. and 4d.; Adults, 6d.

TELEPHONE—Gorleston 73.

CAR PARK AND CYCLE SHELTER

Free Accommodation for all patrons at rear of Theatre.

PROGRAMMES will be sent regularly to all patrons leaving their names and addresses at the Pay Box.

MESSAGES

Doctors, Professional People, Lifeboatmen, Ships' Captains, Tugmasters, etc. expecting messages and urgent calls should leave their names at the Pay Office, and also with one of the attendants before taking their seats in order that they may be informed; also Telephone Messages received and conveyed.

ALTERATIONS

All Programmes are subject to alteration at the discretion of the Management.

ENTERTAINMENT

Our object is to give pleasant entertainment and every effort is made to maintain that pleasant object.

COMMENTS AND CRITICISMS

Constructive comments and criticism are always welcome.

15

Director's Office on page one where Douglas Attree reflects on the good spell of fine weather during the summer season and its effect on Gorleston as a first-class holiday resort. He was also looking forward to the "Fishing Season" that he hoped would be successful "in spite of some reports to the contrary. I am going to be optimistic and hope for the best, and to see to it that the fine fellows who follow the hazardous call of the sea shall at least receive a cordial welcome and a real good entertainment when they have a few hours leisure."

The booklet is a very interesting read and if you would like to see the whole thing then head for the

GoSH website https://gorleston-on-sea-heritagegroup.webnode.com/ and look in the left hand column for Coliseum Programme 1938.

UP-TO-DATE

DAIRY

E. E. KELF

(Late of Cliff Hill)

New-Laid Eggs

Dairy Butter

Pure Cream

Table Delicacies

PURE MILK delivered

Twice Daily in

SEALED BOTTLES

11

England's

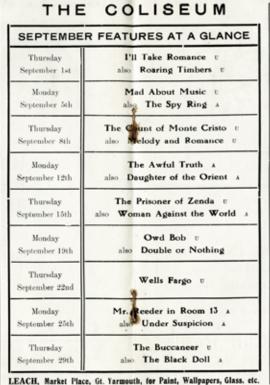
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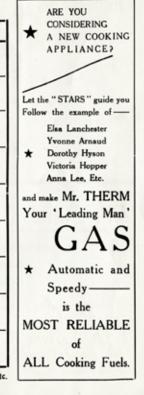
SATISFACTION GUARANTEED

Honey

Gorleston-on-Sea Heritage Group is not currently meeting because of the Coronavirus. Please visit our website for further updates: https://gorleston-on-seaheritage-group.webnode.com/













"Woman Against the World"

11

Chemist - more than an ordinary pharmacy

OnlineChemist is an NHS online pharmacy contracted by the NHS to dispense medicines prescribed by GP. We are regulated by GPhC just like all high street pharmacies.

However, we have many benefits when it comes to managing your repeat medicines.

1. Delivery option

- OnlineChemist deliver all your medicines to your home or your neighbours or workplace with your consent.
- Quicker local delivery same day or next day.
- 48 to 72 hr national delivery anywhere in England via royal mail.
- Completely free delivery, no extra cost mobile text. to you or the NHS.

2. Ordering your medicine

- You can order online, POD, or via a mobile app (NHS app, Airmid).
- We can remind you to order when it's time to re-order via text, email or phone call.
- If you struggle to order, we can automatically do it for you.

3. Blister pack / dossette option

• If you are finding it difficult to manage multiple medicines, we offer a FREE weekly dossette box.

4. Working with you and your GP

- In the case of medicine shortage or unavailability, we take care of all the communication.
- We will work with you and your GP to get the best solution for you.

5. Contacting us

- You can speak to our pharmacy team at any time during our opening hours (Mon - Fri: 9am-5pm) without having to go through so many options.
- You can contact us via phone, email, WhatsApp, Messenger or ordinary mobile text

At OnlineChemist, we are passionate to offer you a comfortable and personalised pharmacy experience.

We take the stress away from getting your repeat medicines. So that you can get on with your day without having to worry about your medicine.





Phone - 01493 600 610 www.OnlineChemistUK.net/NHS





Gorleston Grapevine

OK...OK...Hands up! I made a silly mistake in our last edition,

didn't I? I only went and gave you the incorrect email address! Thank you all so much to the competition entrants who spotted that. Blaming it on Menopausal Brain Fog! So...it's only fair we run our competition to win a BRAND NEW SMART TV for another edition, right? The correct email address my friends is paul@lgperfects.co.uk and I've repeated it below correctly this time. The fabulously clever people who've already entered will be rolled over too.

Many of you will have heard there's a national driver shortage. As a result, it's so difficult recruiting for many local and national businesses. However, we are absolutely delighted at E.E. Green to have not one, but two new fantastic drivers; Stephen & Fitzy, both vastly experienced and will be a great addition. Welcome to #TeamGreen! We are still on the hunt for HGV and Car Mechanics for L.G. Perfects, so if you are interested in hearing more, then please email me ctodd@eegreen.co.uk

All of us here absolutely hate fly tipping. As more and more of these unlicensed waste carriers appear, can we please ask that you be much more vigilant in which rubbish removal services you are using. Some are not licensed, they do not care if your rubbish is recycled or disposed of sustainably. You can ask to see their waste carriers licence. We are passionate about keeping our beautiful community

clean and lovely for us all to enjoy.

COMPETITION

Who is up for winning a BRAND NEW SMART TV for your Shed, your Gin Bar, the kids' room,

your Gin Bar, the kids' room, anywhere really. We're giving one lucky reader the chance



to furnish their special place with a Smart HD Ready LED TV with Google Assistant. Perfect's #OfficeManagerPaul created this fiendish wordsearch. Which manager is missing from our wordsearch? One email entry per household please. Email your answers, with your address and contact details to this correct email

address please, paul@lgperfects.co.uk. We'd also like your permission to keep your details for future events, so please let us know if that's OK with you. There's no cash alternative to this prize. Winner must live in Gorleston/ Great Yarmouth area and be happy with photographs on social media as part of the presentation, within COVID guidelines and adhering to social distancing rules of course. The competition will close on Friday 27th August 2021 and the winner will be notified soon after. Announcement and photographs will appear in October's Gorleston Grapevine Edition. GOOD LUCK!

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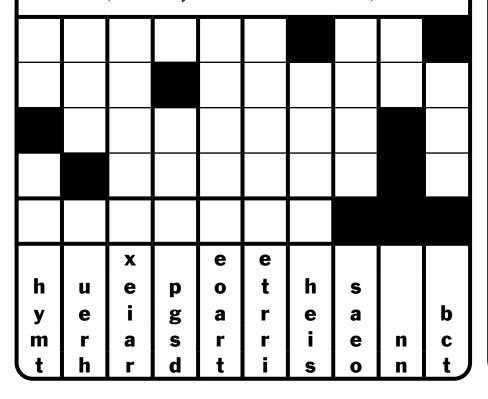
LOW - DESCHAMPS - PETKOVIC - SANTOS - ANGELOVSKI - ANDERSSON - SHEVCHENKO MARTINEZ - FODA - MANCINI - ROSSI - SILHAVY - CLARKE - GUNES - ENRIQUE - HJULMAND SOUTHGATE - KANERVA - DALIC - TARKOVIC - SOUSA - PAGE - CHERCHESOV - DE BOER

Coffee Time 2

Fallen Phrase

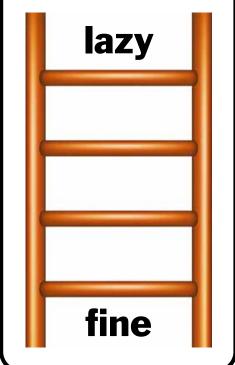
Letters have fallen out of their boxes, but are in the same column. Can you put them back in the right place to reveal a book and its author?

(Words may continue on the next line.)



Word Ladder

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



Caught in the middle

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

sea line

wedding club

drama bee

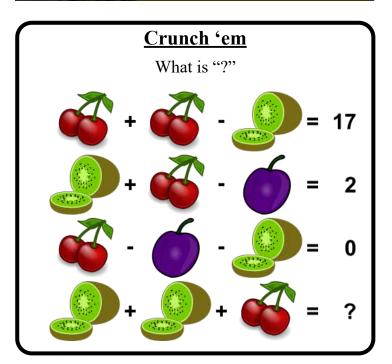
collared cote

square beer



If you would like to sell your car we'd be very interested!

Excellent Value For Money Since 1985, Suffolk Road, Gorleston. Tel: 01493 664378 Email: cargocars@gmail.com



Gorleston Links Bowls Club

GORLESTON LINGS

Hello everyone. It has been a while since we last had our feature in the magazine, hopefully we are now back again each month.

With all the Covid restrictions that have been in place it was a very slow start to our bowls season that started in May, and affected badly our sport with many cancellations, date changes for all friendly games, local and national competitions, but thankfully our programme of fixtures is now getting going.

All of our league matches are going ahead, albeit with modifications and dates of play, as well as all of our internal games, so a very busy season for us all.

The Club is doing well and attracting new members with 3 new members this month and a few more ladies to come during the next few weeks who have been coaching with us on Sunday mornings. Welcome Andy, Irene & Paul.

2 of our players (Mike & Ken) were selected to play for the Norfolk County Team against Warwickshire earlier in July and Mike was selected to play again for the Norfolk County Team against Leicestershire later in the month (results to come).

Now for the Ladies. What a Season!!!

3 of our ladies Jenny (right), Sharon & Pauline have received their County badges this season, and are now fully qualified Norfolk County Players. Well Done.

Our Norfolk Ladies' President Anne and Jill were selected to play in the 1st round of the John's trophy at Haddenham against Northamptonshire.



Norfolk ladies won the match. Also president Anne received her 1st John's flash for playing in the event for 3 years.

Our ladies have now reached County finals, with 3 teams reaching the semi finals of Coronation Triples. Jill, Jenny and Sue eventually won the title. Well done girls. One of our young players Kelsey gained her 1st point of 12 towards her County badge. This is her first year of playing bowls. Well done Kelsey

President Anne (right) won the Champion of Champions title again this year for the 3rd time. Well done.

In other competitions eg: Rinks, Senior 4's, Triples, Pairs, unbadged pairs and unbadged singles, we reached semi-final stages. So Gorleston Links were very well



represented at County finals level.

Well done to everybody who took part this season.

Next year we will have a number of our newer bowlers who will be participating at this level, and earning points towards their County Badge.

NB. All the names mentioned in this article are members of Gorleston Links Bowls Club.

We look forward to welcoming for friendly matches, Northamptonshire County Ladies and also Oundle Bowls Club, Peterborough who will visit us in September.

Lets hope the weather is kind to us for the rest of the season, and Happy Bowling.

Abraham Acrostic

<u>A</u> man called Abram later Abraham was called by God at a ripe old age
 <u>B</u>ut Abraham said 'no! no! "which caused quite a rage
 <u>R</u>edeemer we are yours and you call us whatever our age
 <u>A</u>ngels watch over us and keep us safe
 <u>H</u>eed God's word just like Abraham did
 <u>A</u> man was called when he was not a kid
 <u>M</u>ay God keep us forever safe.

Amen.

by Peter C. Whitwood, 17th July 2021 Based on Melvyn's talk @St. Andrew's Open church



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SHINE

Inclusive Day Nursery and Short Breaks Provision for Children with Additional Needs

Although Shine was founded over 30 years ago by a small group of parents of children with additional needs and disabilities looking to support each other, throughout all that time there has not been a year like the one that's just passed. Covid 19 forced us all to adapt to a number of different situations, children and young people learnt about 'support bubbles', 'strict hand washing', 'temperature taking' etc., however they showed immense resilience and perseverance and adapted to the new routines quickly. For the first time parents were not allowed in the building and mask wearing was essential, we continued to provide support through phone calls and social media posts, activity packs were delivered to the children along with food hampers. Staff learnt new skills such as 'Teams' and 'Zoom' and took the seriousness of cleaning and hygiene to a new level. Throughout it all the Alpha Centre remained open albeit to a smaller number of children and young people per session. This offered much needed respite to those parents of children who accessed the short breaks provision and continued learning for those younger children attending the Day Nursery. As restrictions have slowly eased and day to day life is gradually returning to normal everyone is still smiling.



We have spent the time wisely and started to develop one of the outdoor spaces, starting with the removal of a tree and the laying of lawn which encompasses a set of 5 new samba percussion drums and a xylophone. The summer houses have been painted and one now houses an outdoor sensory area.



The Friday Youth Club which is attended by 8-18 year olds with additional needs now has quite a few new

members. They enjoy activities like movie nights with popcorn, games nights, takeaways, pizza making, singing and a recent night where a water fight was enjoyed by all including staff.

The Saturday and holiday short breaks for children with a higher level of additional need and/or added medical needs also have great time doing cooking activities, sensory play, messy play and general outdoor play.

Our inclusive Day Nursery offers early education to all children from 2 to 5 years and everyday a whole variety of activities are planned to meet the children's individual needs.



Despite starting from 'humble beginnings', above, over 30 years ago and a move to the current building, below, just under 10 years ago, the future is looking very bright and exciting for everyone who attends or works at Shine. Planning permission has been submitted for an extension to

the existing building. If approved this will enhance the existing provision and provide more much needed space for the children and young people. It will include a new sensory room, covered outdoor space, we would also gain a long awaited meeting room which could also support training events for parents. Another additional activity space would become available which could be multipurpose and used for the delivery of education as well as stay and play activities parents.





Vets and



Summertime at last!

Pets

As we head out of lockdown, and at long last start to embrace our

new-found freedoms, we can also (hopefully!) look forward to some beautiful summer weather with warm sunny days and balmy BBQ evenings. But we do also need to consider our pets, who can often find the warmer summer months quite a challenging time.



Keeping it cool – it is vital to ensure your pet keeps cool in hot weather. Dogs should only be walked early or late in the day to avoid heat stroke. If you have space, dogs love cooling down

in a paddling pool. Frozen ice treats are also a good way of cooling your dog down on a hot day. Remember, NEVER leave your pet in a warm car — with their furry coats they can over-heat extremely rapidly.

Guinea pigs and rabbits are also at risk of heat stroke and it is vitally important that they have access to lots of shade at all times, plus ample cool water – preferably in a bowl (not a bottle).

UV Alert! Cats with white noses and white ear tips are at risk of getting these areas sunburnt and this can lead to cancerous changes. High factor special pet safe sun creams applied to the at risk (white) areas, helps to minimise this risk.

Flystrike is a very serious problem. Rabbit rear ends often become damp and this moist area attracts flies, which lay their eggs there. These eggs hatch out into maggots which can cause life threatening infections. Rabbit rear ends should be inspected daily for fly eggs and maggots, and soiled bedding should be cleaned out daily. Additionally, there is also a preventative treatment which can be of help – please contact us for more information.

Tick alert! It's important to check your pet after every walk to spot if any ticks have become attached. These can be anywhere – around the head, under the belly or in armpits. Ticks can be removed using a special tick device or in the surgery. There are a range of tablets, collars and spot-on products to kill ticks. Using prescription strength veterinary only medication (which very rapidly kills ticks) is key to preventing a range of deadly diseases that ticks can transmit.

Disclaimer: As far as possible we have taken all due care to ensure that the information and advice given here is correct. It must, however, be realised that advice can differ in different circumstances. We can therefore accept no responsibility for errors and suggest seeking direct professional advice whenever there is any doubt.

Haven Veterinary Surgeons is part of CVS (UK) Limited, a company which owns over 460 veterinary practices within the UK. Company Registration Number 03777473 – Registered Office: CVS House, Owen Road, Diss, Norfolk IP22 4ER.

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Richard Routledge



After a few months at home on the dole I was determined not to go back into retail, my big problem I was not skilled in anything.

Then one day I bumped into an old friend who worked at our local post office and he mentioned there was a part time postman job for the summer. A couple of

days later he rang me to say the boss could see me Monday morning.

On the Monday I popped down to the delivery centre in Great Yarmouth and was ushered into the boss's office, and along came odd interview number two, (remember number one with Co-op!)

The whole interview lasted about three minutes and went like this , q name and address, q can you read and write, q can you ride a bike, q can you get up early, q can you play football? Well I answered yes to everything, he said that wraps it up and can you start tomorrow. He told where to meet the van in Bradwell, not far from my home and I will have someone with me for three days to show me the ropes. Blimey that was it!

The next morning I had to meet the van at 7.30 am at a lady's house where all the Bradwell bikes were kept along with all their spare bags of mail. The van turned up with the Bradwell posties and my shadow for the three days, that was David who was an old hand.

He showed me how to load my bike and how to post letters, how to walk with my bike and showed me round my route which took about four hours a day. David was a great instructor and after three days I was on my own.

Because of my days in the fashion trade I knew a lot of the

posties and a lot of them in Bradwell which helped me a lot. What I did find out after about a week was because I was new I got the big round in Bradwell as most of the rounds were about two and a half hours not four like mine. I used to watch them go home while I was still trudging round, but I loved it. Being out all day in the sun was fantastic with nothing to worry about but putting bits of paper through letter boxes. All this meant my wife and I were getting back on our feet and it felt good not having to rely on the state, as it turned out we were a little worse off but that didn't matter, I felt great working and I was doing something for my family again.

After two and a half months I knew my short job would be coming to an end, and sure enough my boss paid a visit out to Bradwell one Saturday morning to say when I had finished my round go back to the office as that would be my last round.

I was gutted as I really loved the job, so when I was done I popped into the office to get my cards. When I got back and saw my boss he smiled and said you're in luck I'm going to offer you a full time job, see you back here six a.m. sharp on Monday morning.

I was flabbergasted, within a few hours I had lost a job then been offered the same job back full time.

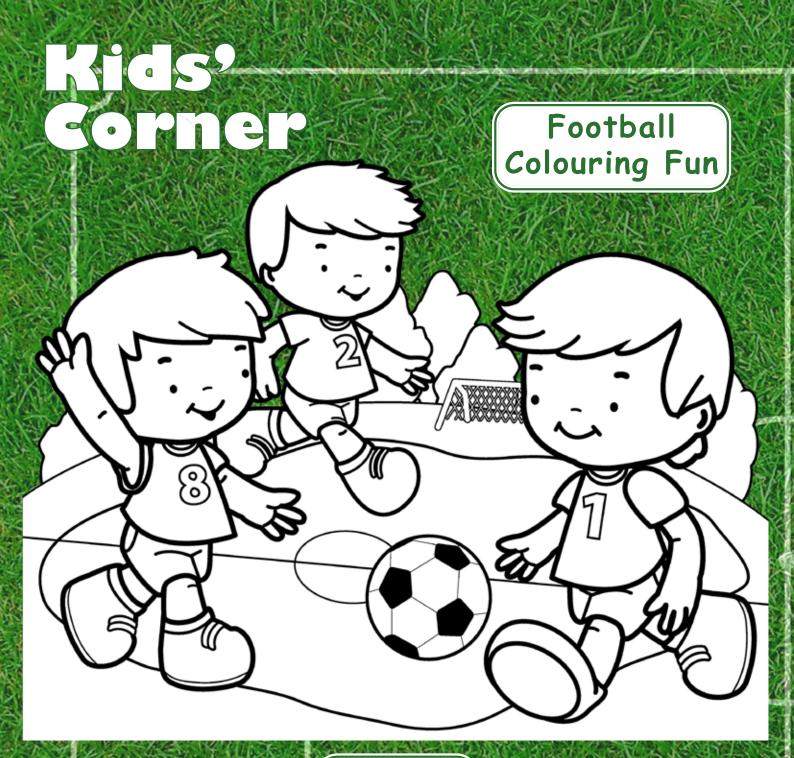
I then found out after months that my Bradwell postie mates had gone back to the office on my last day and said they had found me on the pavement in floods of tears, worrying about my kids and how we were going to live.

It was all fibs of course they didn't want to be landed with all the extra post from my round! But I didn't care, they saved my job and I'll always be grateful to them.

Next time I'll tell you all about the fantastic but dangerous time of being a postie!

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





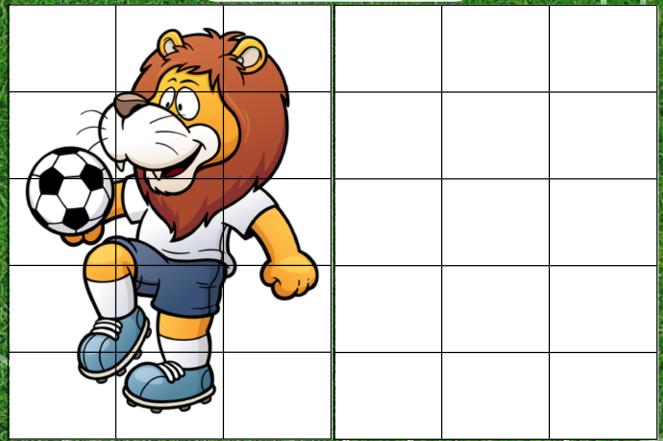
Mistakes

Have you ever made a bad decision or a bad choice and then regretted it? Did it have far reaching consequences? Has it ever ruined your relationship with any of your friends?

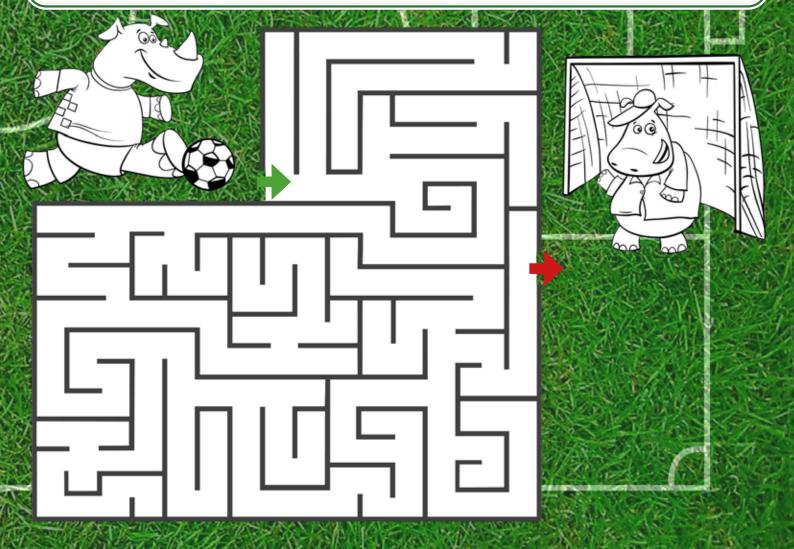
In the book of Genesis, in the Bible, in chapters 2 - 3, it describes how the first people, Adam and Eve, lived in a beautiful place called Eden that God had made for them. He said that everything in that place was for them, except the fruit from one tree. They were not to touch that. However, they disobeyed God and ate the fruit. Then everything went wrong. What a huge mistake they had made. They had to leave that beautiful place and their relationship with God was never the same. Human beings have been making bad choices, decisions and huge mistakes ever since. Thankfully, God has not given up on us. He sent His son Jesus to make everything right again, if we would just choose to believe. (Read the book of Romans chapter 3.)

God has demonstrated that he has standards and that He wants people to be obedient to them, just like children at school. Going against them has consequences. At the same time, He has shown that He does not give up on us when we mess up. That's a good job because no-one is perfect all the time. But that doesn't mean we shouldn't try! (See Romans Ch.6)



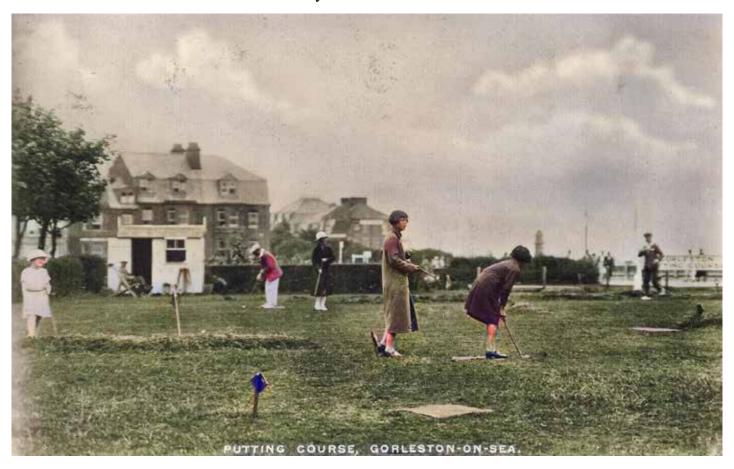


Can you guide the rhino through the maze?



Gorleston Then & Now

by John McBride



This putting green was at the north end of the cliff top gardens. The house in the background to the left is on the eastern end of Avondale Road (Nos 76 to 77). This is currently flats but was previously a Welfare Services Department "Home for the Aged". As the site of the original Cliff Hotel, at the time of this postcard is still vacant having burnt down in 1918, the top of the lighthouse can be seen in the background. Today the putting green has been replaced by flower beds, 76-77 Avondale Road has been extended and new Social Housing has been built on the former Cliff Hotel site.





Opening <u>THE</u> Book

with
Reverend
John Kinchin-Smith

Jesus of Nazareth was crucified at the time of the Jewish Festival of Passover. Seven weeks later, during the Jewish Festival of Pentecost, Peter announced to a great crowd who had gathered, "Repent and be baptised, every one of you, in the name of Jesus Christ for the forgiveness of your sins. And you will receive the gift of the Holy Spirit. The promise is for you and your children and for all who are far off – for all whom the Lord our God will call." You will find a full account of this event in the Book of Acts chapter 2.

Who or what is this Holy Spirit? Shortly before his betrayal and arrest, Jesus had promised his friends and disciples that he would be leaving them but that they would not be left as orphans. "I will send you another, just like me" Jesus promised. This was the Holy Spirit or "Spirit of truth" in Jesus' words. And he promised that this Holy Spirit will enable people to have a true understanding of their sinfulness and need of forgiveness. The Holy Spirit will bring to mind Jesus' words. And the Holy Spirit will guide into all truth and tell of what is yet to come. (John's Gospel chapters 14-16).

St Paul, from his own experience of the Holy Spirit, added that the Holy Spirit will bring forth in people's lives the qualities of love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. He called these "the Fruit of the Spirit" (Galatians chapter 5:22). He also taught that the Holy Spirit will give spiritual gifts to the followers of Jesus such as the ability to heal, prophesy and perform miracles. (1 Corinthians chapter 12).

Above all, St Paul wrote that it is by and through the Holy Spirit that a person comes into a personal relationship with God as "Father" and Jesus as "Lord". He wrote, 'By the Holy Spirit we cry, "Abba, Father." The Spirit himself testifies with our spirit that we are God's children. Now if we are children, then we are heirs – heirs of God and co-heirs with Christ, if indeed we share in his sufferings in order that we may also share in his glory.' (Romans chapter 8:15-17). "Come, Holy Spirit."



News from The Mag



with
Reverend Matthew Price

By the time you read this, we will have reached socalled "Freedom Day". As I write, the government have just confirmed that we will move to step 4 of the unlocking roadmap on 19th July and the end of all legal restrictions. But just because we can do things, does not mean it will always be the wisest course of action! Indeed, the government have stressed that they want us to exercise personal responsibility about when we might wear masks or exercise social distancing – for the protection of other people.

At the heart of the Christian faith is Jesus' command to love our neighbours as ourselves. When a lawyer (who else?!? — and I say that as a former lawyer!) tried to narrow down the scope of that particular instruction, by limiting the definition of neighbour, Jesus made it clear that in his view it was anyone who we might come across who was in need. It was surprising then to Jesus' first listeners and it might be surprising to us too. But I wonder whether we might all do well to have that command to love our neighbours in our minds as we seek to navigate responsibly the end of restrictions.

One of the ways we are seeking to love our neighbours at St Mary Magdalene, is by providing a space for community. As the restrictions have eased this has become increasingly simpler. So now, on a Friday morning between 10am and 12 noon, we welcome into our church hall members of the community for a cuppa, a chat and – if they fancy it – a spot of craft. People come for all sorts of different reasons, but if you would appreciate a space to connect with others and enjoy company why don't you pop along?

At the heart of all we do at St Mary Magdalene is to be a place of welcome for all sorts of different people. No one of us is alike and we hope, if you came along on a Friday morning, you might find a place in our community. As the great philosopher, Forrest Gump, said, "life is like a box of chocolates, you never know what you're going to get!"

If you'd like to find out more about the ways in which we are seeking to build community, drop me a line at matthew.price@stmmgorleston.org.uk or call the Vicarage on 01493 494248.

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styles and vehicle load.

Ormiston Herman Academy

As we come to the end of another successful year at Ormiston Herman Academy, it is a time to reflect ,but also celebrate. Despite the challenges we have faced this year, our children have continued to make excellent progress and have shown resilience and positivity every day. They have continued to work hard, whilst accessing a rich curriculum that has made learning fun and engaging.

Ormiston Academies place great emphasis children having opportunities beyond the classroom, by enriching learning with creative, scientific and sporting activities that enhance the core curriculum. We celebrate achievements beyond the school day and we were very impressed by the skills shown by a year 6 pupil who, with dad, has become very skilled at wood carving. He recently made two wooden walking sticks from wood that he found locally. Staff and pupils were very impressed and we think that he has a future career ahead of him!



Every year, OAT holds an awards ceremony to recognise the hard work of the staff and pupils across their academies. I am delighted to announce that this year Miss Karie Smith was awarded the Enrichment Champion Award for all the work she did to lead and inspire staff and pupils during the lockdown period. Katie is currently a Year 6 teacher and as well as supporting all her pupils with daily online learning during lockdown, Katie organised various whole school events to keep Herman at the heart of the community we serve. Some of the events included organising a book video from staff to pupils, a celebration of our return after the lockdown in March, including a whole school Jerusealama dance that was shared to parents and a tribute to Captain Sir Tom Moore, which was proudly displayed for passers by to view.

Our classes were recently involved in an online inter Trust Sports Competition and I am very pleased to report that two of our pupils won prizes. Year 6 pupil Elise Davidson won a £50 Amazon voucher and Year 3 pupil Sami Mahmoud won a £100 voucher! Well done to both.

On Friday 9th July, after a day of assessments and talking to pupils, I am very pleased to report that Ormiston Herman Academy was awarded the Careers Mark . This has taken

a lot of hard work and organisation by all pupils and staff, led by our PSHE Lead Abbie Freel and it recognises our commitment for high aspiration and achievement for all our children, in the hope that they will one day give back to the community that they have grown up in.

Our youngest children had fun dressing up as Pirates recently, as part of their topic. They wrote some wonderful fact files about pirates and even researched what their Pirate name would be. I am not sure that I will be changing my name to Captain Custard Pie anytime soon!





Hunting for treasure, left and above.

Meet the Pirate Crew, below!



Finally, on behalf of all the staff, Governors and pupils, I would like to say a very big thank you and farewell to our Principal Mrs Kate Rutherford, who will be taking on the role of Principal at the new Ormiston Cliff Park Primary Academy in September. Mrs Rutherford has led Herman to the very strong position where it sits in the community and she will be greatly missed. As part of the same Trust, the Ormiston Primaries will continue to work together to ensure high expectations and outcomes for all pupils in our care.

We would like to wish you a long, warm and happy summer holiday and look forward to welcoming our new and returning pupils in September!

Gorleston From The River

with thanks to Colin Wooden







DPA Academy of Dance & Performing Arts

Start your journey today..

DPA Academy of Dance & Performing Arts is a theatre school based in Gorleston that thrives on the opportunity to share the world of Performing Arts with children and young people.

DPA offers tuition in all areas of the arts on a part and full time basis, from Baby Music Makers to our 16 years+ BTEC Musical Theatre course they really do have it all. Founded in 2010 by Karen Thompson, DPA has quickly established itself as the "go-to" studio for dance and performing arts training in Gorleston.

Children and young people have an opportunity to join classes for fun or to prepare them for future training and careers in the Performing Arts industry. Past students have gone on to train at colleges such as Urdang, Laine, GSA and Italia Conti and our aim as a school is to provide education and training to nurture and encourage all students, ensuring each one is having fun, gaining confidence, developing their skills and making friends.

DPA is very proud of its partnership with East Coast College and to be able to be home to East Anglia's first dedicated full-time Musical Theatre & Teacher Training College. Its aim is to develop and broaden students skills and knowledge of musical theatre and performing in a professional and highly disciplined theatre school environment while gaining a Level 3 Extended BTEC

qualification. D16 College celebrates individuality and versatility and we pride ourselves on training our students to an extremely high industry standard.

DPA has four fully equipped studios, a music suite, recording studio, student hub and changing facilities.

We are proud of our links with the Industry and work hard to bring the best training to our studios. We offer Summer Schools and Holiday Clubs and we are Ofsted registered. All of our staff are fully qualified, insured, safeguarding trained and DBS checked.

DPA Academy of Dance & Performing Arts is a Centre of Excellence in Performing Arts Education. We want to instill in our students a desire to challenge the status quo, nurture their self development and provide every child and young person with the opportunity to be inspired by the Arts and achieve success in the future so that they may achieve their fullest potential as people, students, performers and leaders.

Even the greatest was once a beginner so why not take that first step and join us on the studio floor in September.

Find them at The Studio 1A & 2 Longs Business Estate, Englands Lane, Gorleston.

01493 718292 www.dpadreams.co.uk











More Coffee Time!

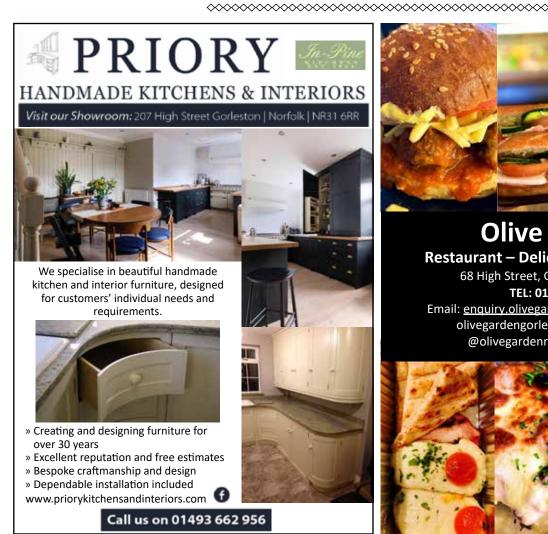
Codeword

Every white square is numbered from 1 to 26, with the numbers corresponding to letters of the alphabet. Use your knowledge of words to work out where letters go, completing both the grid and code boxes, and using every letter of the alphabet.

	D		8		23		2		3	
6	24	17	26	3	²² F	18	19	24	5	14
	16		25		18		6		26	
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	26				6		22			
26	21	10	24	12	2	12	18	26	17	1
			9		19				26	
25	3	20	4	3	3	25		7	23	6
	14		12		15		7		11	
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ABC DEFGHIJKLM NOPQRSTUVWXYZ





and More Coffee Time!

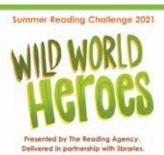
Wordsearch

Can you find the words listed below? Words occur in the grid forwards, backwards and diagonally.

G	Α	В	0	Ν	U	Χ	М	Н	S	Α
Q	Α	Т	Α	R	Α	Τ	0	G	0	Q
Ν	Ε	М	Е	Υ	Α	Ι	U	S	Α	Т
R	L	Р	Ν	L	Ν	Ε	S	R	L	Α
С	Е	Е	0	I	1	S	1	S	0	В
Α	K	G	Α	J	U	Т	Ε	М	U	U
Ν	N	Ρ	1	R	I	0	Α	L	Н	R
Α	S	F	U	Ν	S	Ν	I	L	Α	Α
D	N	Α	L	Ε	С	Ι	D	L	Υ	W
Α	N	1	Н	С	Н	Α	D	I	Α	Е
Ε	Z	1	L	Ε	В	Z	G	U	Α	М

<u>Countries</u>									
Angola	Iceland	Oman							
Aruba	India	Peru							
Belize	Iraq	Qatar							
Canada	Israel	Russia							
Chad	Italy	Spain							
China	Kenya	Togo							
Estonia	Laos	USA							
Fiji	Mali	Wales							
Gabon	Nauru	Yemen							
Guam	Niger								







with Norfolk Libraries and Mobile Libraries

Pre-school Challenge

- Pick up a challenge card at your local library
- Collect stickers as you look at books together
- Share 6 books and get a certificate for your child
- A medal for children 3+

Summer Reading Challenge

- Pick up a challenge folder at your local library
- Borrow and read 6 books or more visiting the library lots over the summer.
- Record the books you've read on your challenge folder, bring into the library each time you visit and show it to us.
- For each book you read you will get a sticker.
- Check for events and activities throughout the summer to help you finish the challenge.
- When you have read all 6 books let us know and you will get a medal and certificate.

Gorleston Library

Gorleston Library is open - we look forward to welcoming you back!

You can:

- Attend a **Small group session** for Under 5's please see our Facebook page/pop in for dates/times
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- Pre-order a selection of up to 10 books for adults for free through **Select and Collect** by using the online form at norfolk.spydus.co.uk or call 01603 774777
- Collect reservations & Borrow our Grab and Go selection book bags
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We've made some changes...

...to keep you safe:

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- Hand sanitiser is available & surfaces and computers will be regularly wiped down
- Sorry, there are no newspapers, magazines or seats in the library

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- Tuesday: 10am 7pm
- Wednesday: 10am 7pm
- Thursday: 10am 7pm
- Friday: 10am 7pm
- Saturday: 10am 4pm
- · Sunday: Closed

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Richard Routledge

Hair We Are



Another month in and I really hoped this month I would be celebrating Football coming Home, but unfortunately as you know it just was not to be. Nevertheless, it was a tremendous month of sport and the football undoubtedly united the country and gave us all a bit of

cheer after the last 18 months of this pandemic. England played very well throughout the tournament and in Gareth Southgate, I really do think we have a manager for some time to come, that will at last develop our young players and play them in the positions that they perform for their clubs. Remember we didn't win the tournament but we also did not lose the match. I was sad to see some of our young players when presented with their runners up medals, immediately take them off their necks, these are players that are idolised by many youngsters of today and it is surprising how many of our youngsters playing junior football will follow this silly act and that will really be sad to see. The next football international tournament is the 2022 world cup that strangely enough is being played in Qatar with the first game kicking off on November 21st 2021, with the final being played 1 week before Christmas on December 18th. All of this could be very worrying because even after this European competition there was major trouble around the town with Police being called to some serious fracas, even involving the Police Helicopter. All of this with social distancing in place and restricted service and hours in public houses, therefore imagine, England in the world cup and having the same success, with no restrictive rules in this country and also being right on top of Christmas. I really hope that everyone enjoys it and has a great time whilst behaving themselves.

It was also great to see Wimbledon back on our televisions and the crowds enjoying some great tennis, it really is an iconic event in our summer programme of events and was sadly missed last year.

Covid just doesn't seem to want to go away, and I really think the government are taking a huge risk by lifting all restrictions as from the 19th July. We really must think hard about what we are going to do in Fusion with regards to PPE, because after all we really want our clients to feel safe when they come into the salon along with our staff. The Government recommends that in confined places masks should be worn, although not compulsory, Hairdressers is really a confined place and therefore qualifies, with these guidelines for the necessity to wear a mask, so we await further instructions of what the procedures will be moving forward.

On a brighter note, although the High St Christmas light switch on has had to be cancelled again this year, I am delighted to say that Gorleston Traders have been having meetings with Gt Yarmouth Council to organise a threeday Christmas Market in Priory Gardens from Friday 26th,

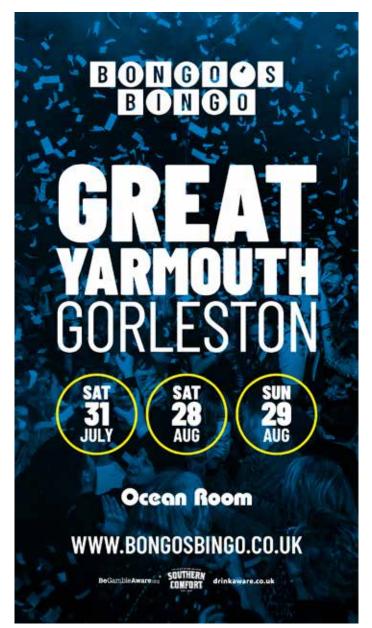




Saturday 27th and Sunday 28th November. We are also still hoping to be able to turn the High St Lights on at 5.00pm with a firework display to follow, watch this space as plans develop, I will let you know but it would be great to have stalls and rides in Priory gardens from local businesses.

On a sombre note, I was sad to hear this month of the passing of Dave Etheridge. I played football and cricket with Dave during the 70's and Dave then ended up collecting my pools on a Thursday night for many a year, RIP Dave you will be sadly missed.

Over the past few weeks I have seen a little upsurge in the High St with some great new businesses coming into the town, As Chairman of the Gorleston Traders Association we would like to wish all these businesses well and hopefully together we can come out of this pandemic and get back to putting our great town of Gorleston, as popular as it always has been, back on the map as the place to visit.



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Gorleston GORLESTON

Gorleston FC have been preparing for what will, hopefully, be the first full season for two



years with some pre-season friendlies during July.

The Greens first team travelled to Easton, Diss and Harleston with Lowestoft and Dereham visiting Emerald Park.

The Thurlow Nunn League began on 31st July with Gorleston at home to Haverhill Rovers. With COVID still in the air and the possibility of postponements, the League are attempting to play half of the season's league fixtures before November. Gorleston's August fixtures are shown below.

In the FA Cup, Gorleston have been drawn away at Brantham Athletic in the Extra Preliminary Round which will be played on 7th August. The winners will be at home to Spalding.

Meanwhile, in the FA Vase, the Greens have been given a bye to the First Round Proper on 23rd October.

The Reserves and Youth Team fixtures are yet to be announced although the Youth Team have been drawn away at Lakenheath in the FA Youth Cup.

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. Full details are on the website or contact me (Dave Hardy), or email gorlestonfootballclub@hotmail.co.uk

For all the latest news, results and fixtures visit www.gorlestonfc.com, follow @gorlestonfc on Twitter and Instagram, and Like us on Facebook.

Date	Time	Competition	Opponents (Home/Away)
31/07/21	15:00	League	Haverhill Rovers (H)
03/08/21	19:45	League	Swaffham Town (A)
07/08/21	15:00	FA Cup	Brantham Athletic (A)
10/08/21	19:45	League	Fakenham Town (H)
14/08/21	15:00	League	Thetford Town (H)
21/08/21	15:00	League	Mildenhall Town (H)
24/08/21	19:45	League	Norwich Utd (A)
28/08/21	15:00	League	Whitton Utd (A)
31/08/21	19:45	League	Mulbarton Wanderers (H)

New Rock

A music project hitting all targets.

New Rock is a non-profit music project based in Gorleston providing a wide range of resources to support musicians and help them find their place within this wonderful musical world.



New Rock completes its third recording session for local artists.

One of the objectives when New Rock was formed was to provide opportunities and experiences that are both positive and productive.

This Sunday Kitty-May an amazing young artist got to record her music live and have it expertly produced by Gavin Bowers at Catch 21 Records, Norwich ahead of her performance at Latitude 2021.



Kitty-May, left, is "delighted to be asked to record her song, 'Missing Piece' for the New Rock project and is very grateful for the chance to work with the team who

have given her this amazing opportunity to enable her music to be heard."

Kitty- May has been the third artist recorded as part of the New Rock project and joins Kadie & Dylan (Supracelestial) and Kyle Dann on the upcoming album "Get Rocked" being released summer 2022.

Kadie & Dylan, right, who have also been invited to play Latitude for 2021, gave us the powerful track 'Oh My God' and are currently writing material for their debut album, as well as live performances, including the recent 'Rising Stars' evening at the Barrel in Banham.

Kyle Dann's track 'Shovel & Run' launched this year's recording with an exceptional Blues track with a mature sound that holds its own amongst

international Blues music releases.

These three tracks have literally 'Rocked' British Independent music and have laid a foundation for some amazing projects to come.

https://www.facebook.com/TeamNewRock

Email: Neen@TeamNewRock.co.uk

Office: (01493 718 538 Mobile: 07494 088 907

Coffee Time Answers



6	1	5	2	7	3	8	4	9
3	8	9	1	6	4	5	7	2
7	2	4	5	8	9	1	6	3
5	7	1	8	3	6	9	2	4
8	4	2	7	9	5	6	3	1
9	6	3	4	1	2	7	8	5
4	3	7	9	5	8	2	1	6
1	9	6	3	2	7	4	5	8
2	5	8	6	4	1	3	9	7







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Across: 1 GPs, 3 Up to now, 8 Laid to rest, 9 Ltd, 10 Sell-off, 12 Persist, 13 Try, 15 Analogical, 16 Net loss, 17 She.

Down: 2 Play the game, 4 Professions, 5 Overly, 6 Out of breath, 7 A-D-C, 11 Israel, 14 Bib.

Fallen Phrase

Murder on the Orient Express by Agatha Christie

Word Ladder

fine, line, lane, laze, lazy

Caught in the middle

side, breakfast, queen, dove, root

Crunch 'em

11

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Ramblings of a Displaced Cockney

The Joy of Athletics

My love of athletics, in particular sprinting, goes back a long way, to Junior School days in fact. I was brought up in South Ilford and we had the opportunity to take part

in a whole area sports day at our local running track. I was chosen to represent my school in the 100 yards and this gave me two experiences which probably stayed with me for ever, one exhilarating and one much less so.

The very positive element was actually winning the final, the first time in my life when I can remember the thrill of winning something. It was made all the better by being so simple: someone said "Go!" and you just ran and ran.

However, there was a price to pay that day for this success. You will probably know the expression of the winner "breaking the tape" from the old days, it's all done by photos these days. The idea is very simple, someone on each side of the track holds a thick tape across the track at chest level and, as the winner reaches the tape, they let go and the winner runs on through the finish line with the tape streaming behind them, like some sort of victor's laurel crown.

Unfortunately, they hadn't really thought it through. Instead of the tape, they had used a single strand of wool and as I reached the finish line, they forgot to let go. The strand of wool rose up my chest and got stuck at my neck, under my chin. Of course, I couldn't stop running immediately and the wool ran across my skin, burning and scarring as it went. Painful! It was a strange lesson: "Watch out! There's a price to be paid for winning!"

Luckily, it didn't stop me running, just made me wary. Either that or it proves what a poor memory I have had, even then. My High School days were full of athletics and no more tapes were used that I can recall. I loved the sprints and the long jump. I ended up as a 440 yards and triple jump specialist.

The 440 yards (now the 400 metres) is a beast of an event. The technique involved is simple to understand: in the first part of the race you accelerate to top speed; in the last part you sprint in at top speed; and in the middle part of the race, you "coast at top speed". Simple!

In a way, I preferred the two lap 880 yards race, as you could use tactics, it wasn't all just flat out. I recall one race where my main opponent put in a huge burst of speed at the start of the back straight on the last lap. I didn't go with him, or more precisely, I couldn't go with him, as I thought if he could keep that up he deserved to win! Instead, as he slowed a bit, little by little I closed the gap between us. I came up to his shoulder as we came off the final bend, I looked across at him and smiled! Absolutely wicked! With that smile he was demoralised and beaten, so I surged home. Gamesmanship perhaps, but what an exhilarating feeling, the joy of athletics!

ENSFC

Ambitious plans to expand EN revealed

East Norfolk Sixth Form College has announced ambitious plans to expand the College for the benefit of the local community.

Under the plans, the College would increase its maximum student capacity each academic year from 1800 to 2000 starting from 2022/23.

The outcome and impact for the local community of this post-16 capacity increase involves the construction of a new building and redevelopment of classrooms and spaces to help students be successful in their qualifications and take part in wider college activity.

The new building will include classroom spaces, specialist classrooms for sporting students and also spaces for the expansion of extracurricular experiences such as a drill hall space for the Combined Cadet Force (CCF) which will be accessed by young people as the CCF unit expands through local schools.

The building will be designed and constructed to be environmentally sustainable with a low carbon footprint and a focus on reducing waste and limiting emissions.

Subject to the consultation and agreement by the



Government, the increase in post-16 student capacity will be achieved through the construction of a new building on the College site which will be due for completion by September 2022.

Further information about the consultation is available at the following link: https://www.eastnorfolk.ac.uk/About-1/EN-Expansion-Consultation

Pavilion Theatre



PAVILION BACK TO FULL CAPACITY!

After what has proven to be perhaps the worst year for so many people, the Pavilion Theatre in Gorleston is finally re-opening at full capacity, but is keeping many of the safety adjustments in place for the foreseeable future.

Like so many live entertainment venues, the Pavilion stood empty from March 2020 through to May of this year, save for some socially distanced test shows over Christmas and the team has waited for what has felt like a lifetime for this day to come.

Stuart Malkovich, theatre Director, spoke candidly about what the last year has meant for him: "It was a huge blow back in March of last year to have to shut the doors. At first we thought it would only be for a few weeks, little did we know the longevity and chaos that COVID would cause everyone in the year that followed. We just wanted to get back to doing what we love and it's been tough to keep going for so long."

"We did everything we could to make sure we survived the period and it was very welcome news when we found out we were successful in receiving the Culture Recovery Fund award money. That really helped us to keep the doors shut and plan for our re-opening."

The Theatre has been running socially distanced performances since May of this year but that hasn't come without its own problems. Luke Thompson, general manager, spoke of how many changes and adjustments were required to get people through the doors again:

"So much work went into the preparation behind the scenes to allow us to open safely. We had to think about the entire customer journey from the moment they arrived through to how they would be seated, how they would be able to use the facilities and how we could operate our bar service. We were also concerned about whether the atmosphere of shows would be affected, but thankfully it has felt so normal and perhaps even better in some ways because everyone has been so keen to get back to seeing live theatre."

"It's been a big undertaking but we were thrilled when the first few audiences commented so positively on how safe they felt in the theatre. We'll be retaining all of the hand sanitisation stations, safety screens and enhanced cleaning regimes for the foreseeable future and although they're no longer a legal requirement, we will continue to encourage the use of face masks. Our priority is to make sure our customers feel safe and so far everyone who has come through our doors has felt exactly that."

The theatre has also taken the opportunities that were presented during lockdown to launch a new mobile app and streamline the drinks ordering process. Kevin Lynch, theatre director, said of the new technology: "We've always kept up with technology having computerised our box office and revamped our lighting and sound systems over the years, but we've really dragged ourselves into the 21st century with our own app! It's a great addition to the drinks table service that we already provide to relieve some of the

pressure on our waiting staff, so we couldn't be happier."

Now into its 120th year, the whole team at the Pavilion is looking forward to welcoming more people through its doors now that restrictions have been lifted in the jam packed schedule it has for the rest of the year.

Trustee Alex Youngs spoke about how the support of the loyal Pavilion audiences has meant everything to the team: "Quite honestly we wouldn't have been able to get through this last year without every single one of our supporters. We've had so many positive messages wishing us luck and reminding us of why we do what we do. It's been the absolute best feeling to see people through our doors again with what we know are huge smiles under their face masks!"

"The only thing we'd ask of everyone now is to keep supporting our fantastic local businesses, we need the support more than ever and trust me when I say that those businesses, much like us, will be beyond thankful and grateful for it!"

Full details of the theatre's schedule of plays, musicals, pantomimes and the popular Summer Showtime production that runs through to October can be found at **pavtheatre. com** or by calling the box office on **(01493) 662832**.



Gorleston Theatre Company PANTOSTEIN

Gorleston Theatre Company's October production is a Panto. The double award-winning local theatre company are presenting Pantostein - A Scarily, Silly Phantomime in October, at the Pavilion Theatre, Gorleston. Director,



Maureen Rogers, left, long standing member of GTC, is joined by Natasha Bird, middle left, as Choreographer and Richard Ward, bottom left, as Musical Director in a production which promises to be a fun filled family show.



Rehearsals are underway on the most gruesome pantomime of them all! Follow Boris and they investigate Bertha as creepy goings on in Cemeteria, a mountain top village in the heart of Transylvania, where dark secrets and mad scientists dwell side by side. Dracula, Dr Frank N Stein and Igor as well as the Werewolf all play their part. All the elements of traditional family entertainment are here: songs, laughter and unspeakable violence. A brand new script full of fun, slapstick and things that go bump in the night!



To enter fully into the *spirit* of the panto, audiences are encouraged to come in costume and have the chance to win a prize.

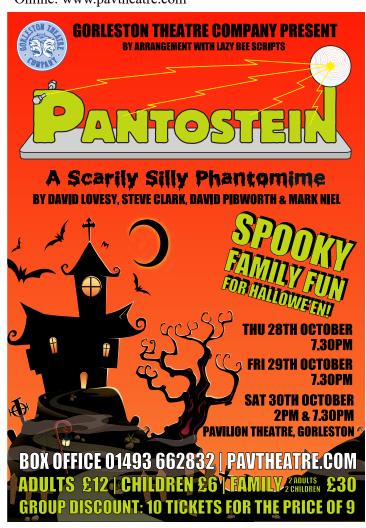
Tickets are on sale and with its sterling cast this lively show is sure to be popular so it's advisable to book early in order to avoid disappointment.

Tickets

Thursday 28th & Friday 29th October 7:30pm Saturday 30th October 2pm & 7:30pm £12 Adult, £6 Child

Family ticket (2 Adults and 2 Children) £30

Group rate available
Box Office: 01493 662832
Online: www.pavtheatre.com







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rmiston Cliff Parl



Infant & Junior Academies



Congratulations and Goodbye to our Year 6 Leavers

The end of this academic year also marks the last term before our Year 6 students make their way up to high school. We are so proud of all the hard work they have done during their years here at Cliff Park Junior and Infant; progressing in their learning, maturity, friendships, and more.

We held some fun leavers activities during the last week of term such as a trip to the cinema, trampolining, a beach trip, and awards assemblies.

It was wonderful to see the children so inspired and hopeful about the future. We wish them the greatest successes in whatever they choose to do, and know that they will all achieve wonderful things!

Football Themed Sports Day



On Friday 2nd July Ormiston Cliff Park Infant Academy took part in their Euro 2020 themed Sports Day event.

An overall winner for each year group was

announced after the children completed all 6 football themed activities, including dribbling footballs around obstacles and shooting goals. Families received a link to a slideshow of photos, with 'Three Lions (Football's



Coming Home)' playing over top, as well as winners' information. The Junior Academy held their sports day on Monday 12th July, and slideshows and winners' information

families.

Yet Another OAT Maths Winner!

The OAT Summer Matholympics

Challenge received a total of 345 submissions from 22 academies and

we are pleased to announce that yet



was also sent to those

again there is another winner from Cliff Park Junior Academy – Darcy T. in Peregrine!

Fantastic news, Darcy, well done! A much deserved £20 Amazon voucher is on its way to her.

OAT Maritime Careers Video



Year 5 and 6 students recently wrote questions they would like to ask two young people that work in maritime industries. The

winners' questions will be put to those young people, to create an OAT Maritime Careers video project that will be released soon.

We are happy to announce Bittern and Peregrine (entered as classes) both had questions chosen, and Ashton and Amreen from Kingfisher both had individual questions chosen. A huge 'well done' to all of you! Amazon vouchers and sweets are winging (or should that be sailing ..?) their way to them!

Music & Singing Celebrations



Our academies were filled with the sound of singing on June 30th and July 1st as we took part in our Music Days.

Each year group based their day around a



piece of music; listening to and appraising it, and then producing a piece of art to represent it.



Over the past few weeks we have been learning new songs ready to sing in a live concert with hundreds of other children.

The children, and lots of adults had a great time listening to live music by Nathan Evans, Ashton Merrygold, Gabrielle, Becky Hill and many more.

We hope you all have a wonderful summer! See you in September, as Ormiston Cliff Park Primary Academy.







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