

St Andrew's Church

ISSUE 26, July 2020

GORLESTON

Community Magazine



Inside this issue: Hair we are, ENSFC success, GoSH,
The Rockin Rev, Venture in lockdown... *And much more!*

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Hello Gorleston!



Welcome to Issue 26 of YOUR free community magazine.

Another bumper issue for you this month, and again we have plenty of reading, puzzles and activities to help keep you occupied!

Well, at last, bit by bit life is starting to see a semblance of normality, although there is still a very long way to go and the crisis is far from over. There is plenty to be positive about, but it is important that we don't get too excited and carried away with our increased freedoms. As always, with rights come responsibilities, and now, more than ever, common sense and erring on the side of caution is imperative.

On the bright side, there is always hope. As Marinela Reka put it (© 2012):

*"Hope and dreams are like the sun and the moon
Without hope, our dreams remain in the dark"*

Take care and stay safe,
and we'll meet again in August!



Ed.....

CONTENTS

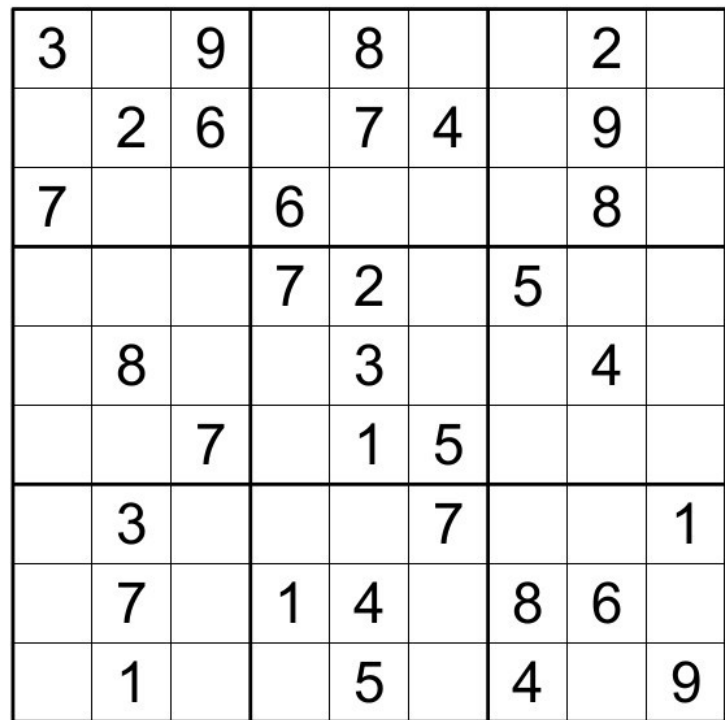
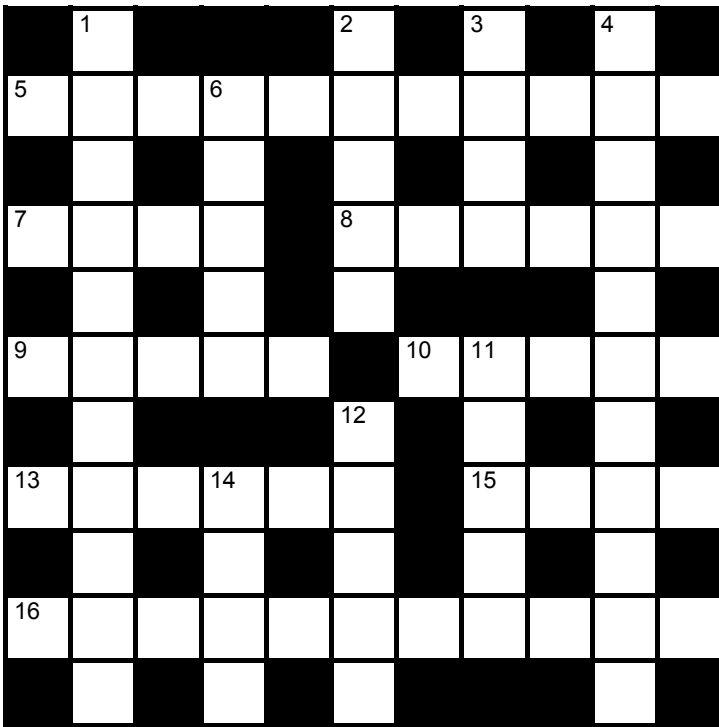
4	Coffee Time 1	25	Opening <u>THE</u> Book / ENSFC
5	The Rockin' Rev	27	More Coffee Time!
6	Ramblings of a Displaced Cockney	29	Richard Routledge
9	Thrigby Hall Wildlife Drawing Challenge	31	Monthly Recipe
11	Letter from "Uncle Eustace"	32/33	Gorleston Four Oared Boat Work
13	Megan's Dance School	34	Even More Coffee Time!!
14/15	Ormiston Venture Academy	35	GoSH
17	Coffee Time 2	37	Colouring: is not just for children
19	Gorleston FC	38	Coffee Time Answers
20	Some Musings on Daily Life	39	Hair We Are
21	JPUH Engineer	40/41	Inside Story
22/23	Kids' Corner	42	Coffee Time Answers 2
24	Gorleston Then & Now		

Deadline for the August Issue is
Friday 11th July

Thanks to Kirsty Marriott
for this month's front page picture

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Coffee Time 1

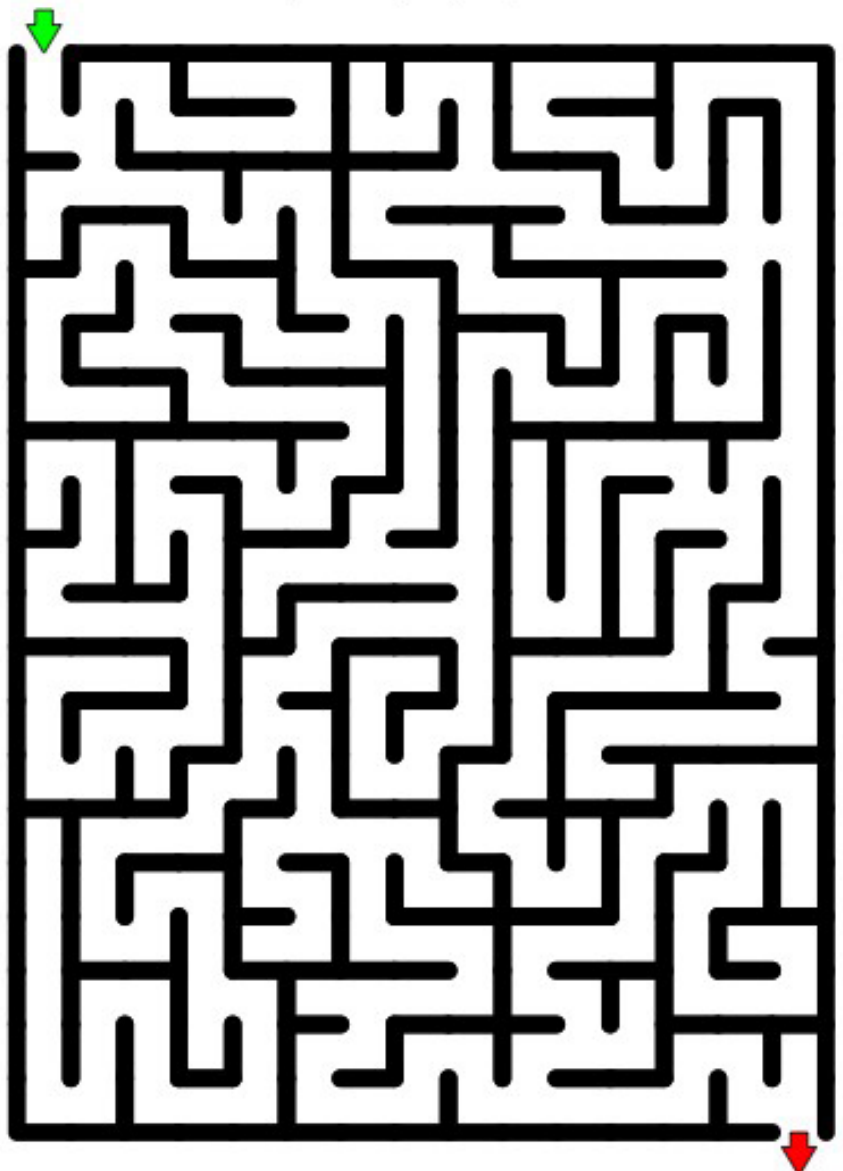


Across

- 5 Local lawmakers (4,7)
- 7 Baking chamber (4)
- 8 Ready for action (2,4)
- 9 Seize (5)
- 10 Dexterity (5)
- 13 Record player (6)
- 15 Lady's-finger (4)
- 16 Spouse's dad (6-2-3)

Down

- 1 Award for coming second (6,5)
- 2 One-man flights (5)
- 3 Geraint's wife, in Arthurian legend (4)
- 4 Power wood cutter (8,3)
- 6 Pulls suddenly (5)
- 11 Recognized (5)
- 12 Elastic sportswear material (5)
- 14 Fourth Gospel (4)



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The Rockin' Rev

Crisis inspires innovation

It's Monday morning on the 22nd June 2020. I've just switched on the TV and I'm watching an interview with Reverend Matt Timms on the news.

Reverend Matt, of Wave House Church, is a vicar with a passion for surfing. What started as a crazy idea in his head led to him creating a drive-in church service at a car park in Newquay, Cornwall. (Drive through churches do exist in the United States but until now haven't caught on in the UK.).

Reverend Matt set up the outdoor session, with permission from the local council, in an attempt to find a way around the corona-virus ban on church services after they were deemed "non-essential" by the government.

The service attracted over 50 vehicles. It featured singing, a Bible reading and prayers, followed by a screening of the surfing film Unstoppable.

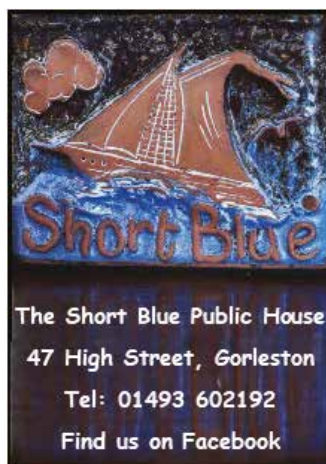
As Reverend Matt explained to reporters, "We've had to quickly adapt." He then went on to say, "We need to share both the works and the words of Jesus at this time, and if we share this message of hope, then I don't have to run it all. Let's just see what happens from here".

No doubt the news of this car-park service will act as a catalyst to inspire other churches up and down the country to come up with further innovative ways to serve their community.

Every crisis inevitably inspires innovation. If you can't do what you normally do in the way you would normally do it, you have to find ways of doing what you want to do in new and different ways.

Whilst many of the restrictions that were put in place at the outbreak of the corona-virus pandemic are being eased we are by no means over the crisis.

Rev Brian Hall
Vicar of St Andrew's Church

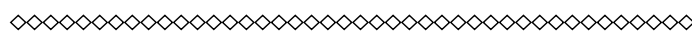


As shops, schools and workplaces began to re-open they have been forced to adapt. Premier League football matches have resumed and are being played in the absence of fans that would normally crowd into the stadiums to cheer on their team.

Church buildings are now able to open for the purpose of providing a space for individual private prayer. But, as at the time of writing, churchgoers are still unable to gather for services on a Sunday.

St. Andrew's church like many, if not most of churches across the county of Norfolk and around the UK, has turned to technology, particularly online platforms, to foster a sense of connectedness and to maintain the practice of worship, prayer and pastoral care.

The corona-virus has, for the moment, fundamentally changed the way we do church and the way we be church. I expect that as the church reflects on what's being learned during this crisis, there will be yet more innovations to come.



"The organist isn't too sure about it, he says he can't play that fast."

Ramblings of a Displaced Cockney

On the Renaming of Our Road



Every time I drive along the main road to Lowestoft or towards Norwich I can't help but see the road signs proudly proclaiming "A47 previously A12" and it continues to rankle. It feels like a bit of our history has been rewritten, our geography changed, our sense of place eroded. It prompted me to write my poem below, but first a bit of explanation.

Under the Trunk Road Act of 1936, the A12 from London to Great Yarmouth was designated a "trunk road", a strategic, major or primary route linking significant places. The A47 from Leicester (Birmingham in the original plans) to Great Yarmouth was also so designated, perhaps in 1946. This made them worthy of central Government funding, a responsibility taken on by Highways England in 1994.

Of course, the road system has changed dramatically over the years with the advent of motorways (though not in Norfolk or Suffolk of course) and many of the original trunk roads have become less strategically important. Thus in 2001 the A12 in Suffolk was "detrunked", which

meant that the responsibility for maintenance (and the associated costs) were passed to the County Council.

It's a lovely concept "detrunking" isn't it? It ranks alongside "defrocking" the removal of Holy Orders like the poor Harold Davidson the Vicar of Stiffkey, or "debagging" a form of bullying in certain schools involving the removal of at least trousers, or "debunking" the exposure of "fake news".

Which brings us to 2017 and the estimated cost of £750,000 of changing the road signs and renaming the A12 from Lowestoft to Great Yarmouth as the A47. A Highways England spokesperson said that this would create a continuous trunk road from Leicester to Lowestoft and was intended "to better reflect the route's nature as a continuous corridor". I suppose that there might be some local advantage in ensuring that Highways England fund our road rather than the cash-strapped County Council but just look at the Acle Straight and ask yourself where is their investment in our safety and our ease of travel?

It does still carry a lingering sense of injustice that both the A12 and the A47 now go to Lowestoft and not to Great Yarmouth. We have lost something intangible and it still hurts!

Written off the Map!

They took our road away!
It's still there of course,
just the name they changed
but Yarmouth's map was rearranged!

That's how it feels, a loss of place
not as it has always been.
The A47 came to us right here
not to Lowestoft, no fear!

All those visitors in days gone by
from Leicester and such places,
could follow signs to their furthest reach
and end up on right upon our beach.

So too could those East Londoners
the A12 would end at Yarmouth
from Poplar on and all the way,
to a right proper seaside stay.

But now both end at Lowestoft,
Yarmouth written off the map.
Why did the justice fade and go
and bring us all this woe?

For years we've been at each other's throats
but back-to-back against the world.
For ever? Maybe not today,
they took our road away!



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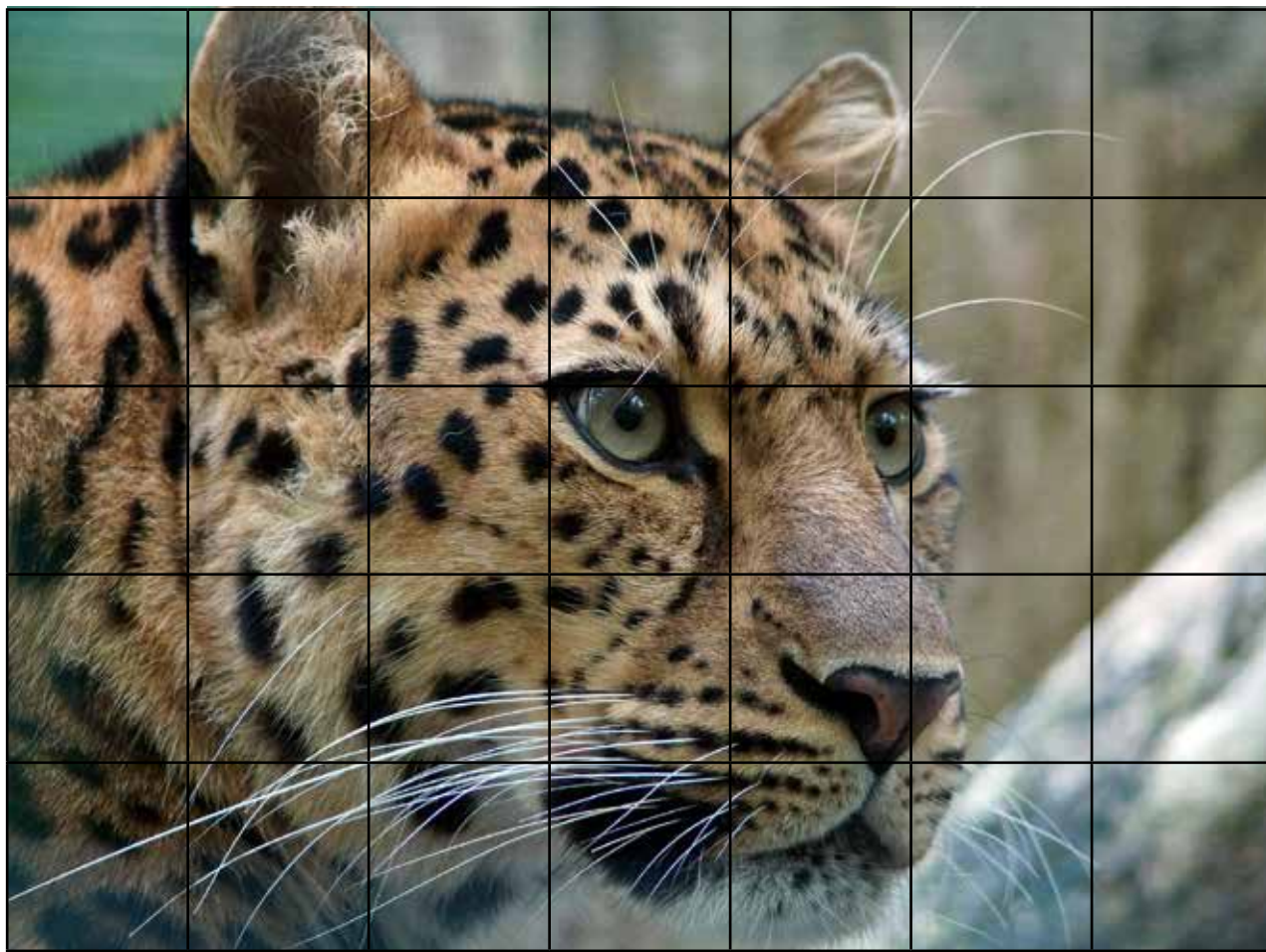
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Letter from ‘Uncle Eustace’

The Rev Dr Gary Bowness writes a tongue-in-cheek letter from the elderly Anglo-Catholic vicar ‘Uncle Eustace’ to Darren, his nephew, a low-church curate, recently ordained...



On the hazards of the annual choir outing

The Rectory
St James the Least

My dear Nephew Darren

A local phenomenon invariably occurs at St. James the Least of All each June: large numbers of boys discover a vocation to join the church choir. The fact that their annual outing happens in July is, I am sure, entirely coincidental.

This year, I suggested a cultural tour of the Ashmolean Museum at Oxford. Unaccountably, they wanted a visit to the local Amusement Park. Life is nowadays so degenerate that democracy even exists within the Church, and I was outvoted: 28 to 1.

Time was when you could drop them all off in the car park, give them half a crown each and tell them to be back by 6pm, while I could enjoy a leisurely lunch, a light doze on a deckchair in the park and cup of tea before returning to the coach. Today, each boy has to be accompanied by an armed guard, travelling a pre-planned route and reporting back to central control by mobile phone at half-hour intervals. You are even expected to bring back the same number you took out. The year when we returned home to find that we had unaccountably lost five of them, would no longer be considered acceptable.

Our choirboys’ ability to consume candyfloss, toffee apples, ice-cream and pop, generally doing so simultaneously, is awesome. Were it to become an Olympic event, St. James’ would be guaranteed gold. But, the consequences are unvaryingly predictable. The sight of Hutton minor projectile vomiting while travelling at 50 mph 30 feet above the ground on the Big Dipper is an image that, sadly, will never fade. It did, however, hugely increase his standing within the choir. That one disaster may well ensure his election to Head Chorister in future years.

Since we now hold separate events for boys and men, the juniors are at least spared the unedifying spectacle of seeing their Rector unsuccessfully attempting to keep the gentlemen out of the first public house they come to – and then prising them back out when it is going-home time.

It also means that the sing-song on the coach on the return journey delays the juniors learning some unsavoury songs for a little longer – until they are elevated to the men’s choir stalls and realise what they’ve been missing on choir outings for all those years.

And so once again, we return home, happy and tired, the boys longing for yet more food and their Rector for a large sin.

Your loving uncle,

Eustace



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Megan's Dance School

Megan Reeves is a Ballroom & Latin Dance teacher who has been dancing and competing since she was 8 years old, and teaching for the last 3 years. She has just opened "The Dance Base" studio in Great Yarmouth. Each month Megan guides us through basic dance steps and techniques, from Ballroom and Latin dances, so that we can practise at home and build simple routines.



Paso Doble - Month 2

The Paso Doble, or Pasodoble, is a lively dance modelled after the drama of the Spanish bullfight. In Spanish, "Paso Doble" means "two-step" and refers to the marching nature of the steps. The Paso is possibly the most theatrical dance out of all of the Latin American dances.

At its core, the Paso Doble is a dramatic Spanish dance. Traditionally, the man is characterised as the matador (bull-fighter) and the lady as his cape in the drama of a Spanish bullfight. Based on Flamenco dancing, the Paso Doble can be seen as both arrogant and passionate in its portrayal.

Suitable Paso Doble songs

Eye Of The Tiger - Survivor

Espana Cani - Various Artists

Bad Romance - Lady Gaga

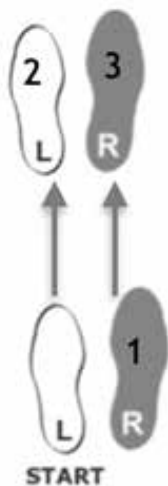
El Pico - Orquestra Torress Avila

A Spanish Gypsy Dance - Orquestra Carrasco

The leader's steps

This role is usually danced by the male, but can be danced by anyone!

1. Stamp the right foot
2. Step forward with your left foot
3. Close your right foot to your left
4. Tap your left foot (in place)
5. Tap your right foot (in place)
6. Tap your left foot (in place)
7. Tap your right foot (in place)
8. Tap your left foot (in place)



The follower's steps

This role is usually danced by the woman, but can be danced by anyone!

1. Stamp the left foot
2. Step backwards with your right foot
3. Step backwards with your left foot
4. Close your right foot to your left
5. Step forward with your left foot (small step)
6. Step forward with your right foot (small step)
7. Step forward with your left foot (small step)
8. Step forward with your right foot (small step)



When dancing with a partner (from the leaders point of view)

1. Start this step in closed position (otherwise known as ballroom hold). Make sure it's a little more relaxed than the normal ballroom hold.
2. Use your left hand to keep hold of the followers right hand, but let go of hold in your right hand. As you do this, use light pressure in your left hand to push your partner slightly away from you, creating space between you for steps 2&3.
3. Begin to pull (lightly lead) your partner back towards you for steps 4-8. By the end of this step, you should return back into closed position.



To find out more information regarding classes, private tuition & wedding dances, please visit www.thedancebase.com or contact Megan by mobile: 07307 869266 or by email: thedancebase@googlemail.com

Ormiston Venture Academy

Ormiston Academies Trust Virtual Sports Cup

The last four weeks have seen intense competition as we have challenged students and staff to complete the Ormiston Academies Trust Virtual Sports Cup. These have involved a wide range of various physical activities each week. Not only are our students competing across Venture, but their fantastic achievements are being compared to other schools across the country.

We are awaiting the results as the winners will receive a contribution to improve their PE department, and the student who has worked the hardest and completed the most activities will win an individual prize of £100 as well as the physical and mental reward of keeping fit and having fun.

Mr S Gilbert-Barnham, Principal commented *“It is great to see our students engaged in a range of challenges to enrich their curriculum. Online learning might be about ensuring students keep up academically but it is also about having fun.”*

Mr J Waters, Director of Innovate commented *“It has been brilliant to see so many of you getting involved keeping fit alongside Vinny the Venture Raptor who has been demonstrating the activities for the students each week.”*

Well done Team Venture!!!







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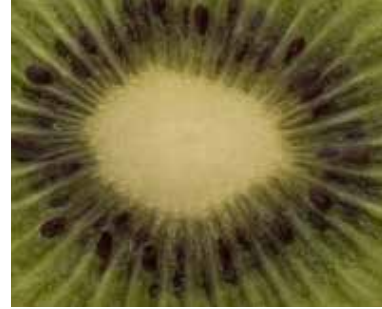
SNIP

Which advert in the magazine is this snip taken from?



ZOOM

What is this familiar fruit?



Where in Gorleston is this picture taken from?



Anagrams

Solve the anagrams below to find dogs:

1. an inbred star
2. err enter evil dog
3. old lice borer
4. sorry hiker retire
5. riot welter

Duck Hunt



How many ducks like this can you count in the magazine?
(do not include this page)

Quotes

Who said.....?

“If you think you are too small to make a difference, try sleeping with a mosquito.”

Quiz

1. What is the capital of Iceland?
2. Which planet is closest to the sun?
3. What is the largest country in the world?
4. What nut is in the middle of a Ferrero Rocher?

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Gorleston FC



Whilst there is no news yet on when the new season might begin, it has been busy at Emerald Park recently and that looks set to continue over the coming weeks and months in the build up to the restart of grassroots football.

The FA have said they believe football at Gorleston's level cannot take place unless spectators are allowed and suggested a September start is looking most likely but they have not said when the window will be open to play pre-season friendlies.

There is also no news on when or if the FA Cup or Vase will take place. The FA Cup Final is scheduled for August 1st which, in a normal season, would be about the time Gorleston would be taking part in the extra-preliminary round of the competition.

Following the original guidance from Government giving the go ahead for 1 to 1 training with adults, the Greens took the opportunity and players trained, with the relevant social distancing measures in place, to give the players every opportunity to return in good condition.

New 1st team coach Lewis Plowman took the sessions and said "It's great to see the players keen to keep fit and work on parts of their game ahead of the new season. Being 1 to 1 we can really work with the player on their specific position with movements and techniques they will use throughout a match, which only has benefits for the individual and the club."

Restrictions were further relaxed and, following the FA's guidance, training was stepped up so more players were able to attend and increase their workload.

"Its been really difficult," said the joint managers, Ricci and Scott Butler. "Before the guidelines were announced we worked together with the players and set them challenges to do as a squad in their own time with distance and challenges. We also set up strength conditioning sessions with the local PT, Leighton Crux (@cruxboxtraining) through online Zoom sessions through lockdown."

Its not only preparations on the pitch that have been taking place at Emerald Park, but measures have been put in place to make sure players and staff feel comfortable on site.

Sanitising stations have been installed at Emerald Park for all to use and make sure they regularly keep their hands clean throughout their time at the ground.

Along with this, the site has been marked with cordoned off areas for everyone's safety.

The training sessions at Emerald Park didn't go unnoticed by the local community.

"Other players have got in touch and asked if they could come to our sessions, at this point it wasn't just about Gorleston Football Club, but for the community as a whole. Other people's mental health and well-being were just as important".

The joint managers are working 24/7 to get ready for the new season.

"The quality is already here, every club looks to progress and add signings where we can, but at the moment there is no pressure for anyone to sign.

"We have also organised our pre season calendar too. We know this is likely to be pushed back, but we are delighted with who we will be playing. Being proactive with this has helped us as we are well ahead of schedule and the players will only benefit from this."

It has been incredible to see so many of the youth teams also taking advantage of the return to training at Emerald Park under the government and FA guidelines to safer training.

The U7's Typhoons, U8's Hurricanes, Tornado's & Typhoons, U9's Tornados & Typhoons, U11's Diamonds & Tornado's, U13's Diamonds, Emeralds & Hurricanes & the U16's Phonix have all been back. The Womens team have also returned to training complying with all the necessary guidelines.

A massive thanks must go to GFC club staff and in particular Carl Butler and club chairman Jamie Humphries, ensuring these sessions could go ahead safely.



<https://www.clems-skip-hire.co.uk>

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Some Musings on Daily Life

I don't do drugs or alcohol, because I find I get the same effect just standing up really fast.

Children seldom misquote you. In fact, they usually repeat word for word what you shouldn't have said.

I don't approve of political jokes... I've seen too many of them get elected.

I love being married. It's so great to find that one special person you want to annoy for the rest of your life.

I married my wife for her looks... but not the ones she's been giving me lately!

The word 'aerobics' was invented when the gym instructors got together and said: 'If we're going to charge £20 an hour, we can't call it Jumping Up and Down.'

The next time you feel like complaining... remember: Your rubbish bin probably has better food in it than 30 percent of the people in this world.



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Engineer who helped build JPUH helps UK researchers make COVID-19 discovery

A retired electrical engineer from Ormesby in Norfolk helped improve healthcare for the people of the county as part of the original team who built the James Paget University Hospital NHS Foundation Trust (JPUH) back in the early 80's. Now, 40 years later, by taking part in a study that has found a way to treat some patients with severe COVID-19 symptoms, he has helped people right across the world.

John Kippen, 73, was taken ill with COVID-19 in March this year. When a close friend noticed his health had declined to worrying levels over the course of a few days, an ambulance was called, and Mr Kippen was taken to JPUH where he was admitted to the Intensive Care Unit (ICU) straight away.

He said: "I'm normally very fit and healthy, I've run 7 London Marathons, 4 Great North Runs, I've played cricket, football, badminton - you name it, I've done it. It's just this horrible bug got me and that's where I ended up."

Mr Kippen spent two weeks in the ICU at JPUH. It was here at the hospital he had helped to build that Mr Kippen was given the opportunity to take part in the RECOVERY trial, on the arm testing dexamethasone. The trial is one of a number funded and supported by the National Institute for Health Research (NIHR) on behalf of the UK Government's Department of Health and Social Care.

It is thanks to the trial, and those like Mr Kippen who have taken part in it, that we now know this commonly used steroid can reduce loss of life in patients with severe COVID-19 symptoms who are on ventilators by up to a third (and those on oxygen only by up to a fifth).

Although Mr Kippen lost over 2 stone during his illness, having been home for over a month, he is feeling much better.

He said: "I'm thrilled to have been part of this! Obviously, there have been so many unknowns attached to this, so if I've helped others by taking part, that's fantastic. All the nursing staff were brilliant, I can't fault them in any way and can't speak too highly of them.

"My legs lost a lot of weight and fitness. I'm still trying to put that on, but I seem to have put it all on in the tummy region so far! The thing is though, I feel good and that's the main thing."

Mr Kippen, a father of two daughters, has fond memories of helping to make sure all wards in the hospital had the systems they needed to be up and running in time for opening in July 1982. He also spent many years there following this, working with staff in all departments to



make sure all things continued to run efficiently.

He said: "I got on very well with all the staff and we worked hard to make sure that the wards were equipped from a services point of view as best as possible."

Professor Ben Burton, Clinical Research Director at the Trust, is keen to thank all those involved in research there: "I am incredibly proud of my team here at JPUH who have worked, and continue to work, tirelessly to deliver the NIHR's trials to find treatments for COVID-19. This research is not possible without the participation of patients like Mr Kippen though, and we are incredibly grateful for their involvement."

Dr Helen Macdonald, Chief Operating Officer for the NIHR's regional Clinical Research Network, said, "Well done to the team at JPUH who, along with our NHS partners across the region, have galvanised with great speed to bring this vital COVID-19 research trial to their local community. We still have many more answers to find to help more patients, so please visit BePartofResearch.uk to find out how you can get involved."

The NIHR is supporting and/or funding around 48 COVID-19 Government prioritised studies. They include vaccine trials, and trials testing devices and medications, some of which are already widely used in the NHS for other conditions. To find out how you can get involved in research in COVID-19 and other conditions, visit www.bepartofresearch.uk

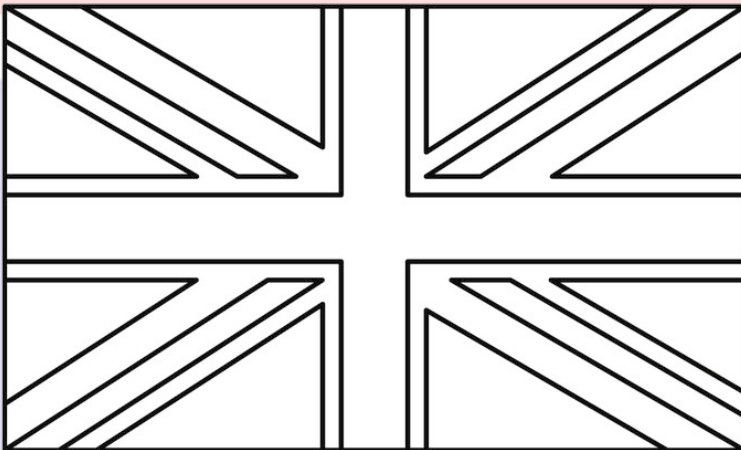
Kids' Corner

The First Union Flag



The first **Union** Flag. On 28th July, 1707, during the reign of **Queen Anne**, the Union Flag was by royal proclamation made the National flag of **Great Britain**. The National Flags of **Scotland** and **England** were united to form the flag.

Colour below what the Union Jack looks like today with the flag of **Northern Ireland** added:



Bible thought: 1 Peter 2:24

Christ carried our sins in His body on the cross. He did this so that we would stop living for sin and live for what is right. By His wounds you were healed.

St Christopher



St **Christopher**. The 25 **July** is St Christopher's day. He is the patron **saint** of travelling and **travellers**, **mariners**, **ferryman** and also **athletes**.

There are several legends about him including this popular one:

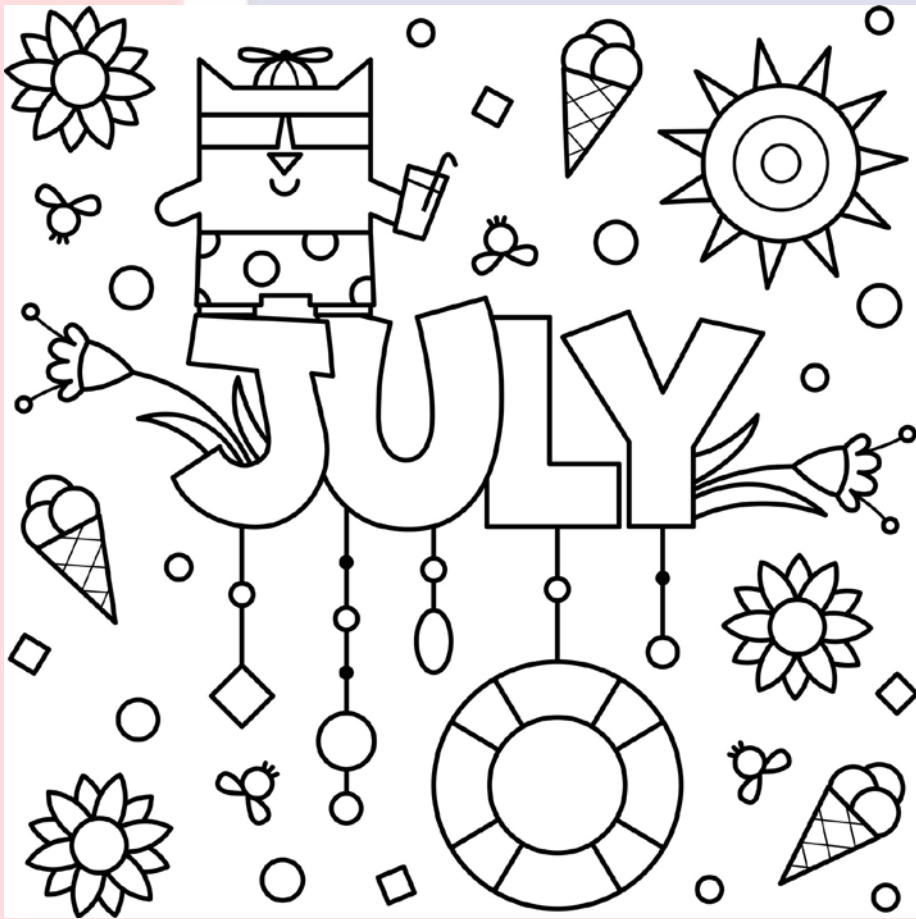
One dark and stormy night, a child came to Christopher and asked to be carried across the river. Christopher put the child on his shoulders and waded into the wild river. He found the child unusually heavy and had to struggle desperately to reach the other side. When he reached the other side the child told him that he was the Christ and that he had carried the weight of the whole world on his shoulder.

The literal meaning of the name 'Christopher is Christ-bearer.

Kids' Corner

Colouring Fun

Can you find the 13 words, underlined and in **bold**, in the text on the previous page, in the wordsearch below.



g	i	d	a	a	z	g	n	s	o	v	n	i	z	u
f	u	f	g	k	t	j	e	l	l	u	x	l	u	t
t	c	p	i	r	n	t	b	o	n	g	l	l	r	z
n	o	r	t	h	e	r	n	i	r	e	l	a	n	d
c	h	q	f	l	b	a	o	m	q	n	v	b	e	a
h	e	y	h	t	c	n	t	b	k	e	b	b	m	o
r	b	t	e	s	u	d	d	b	l	s	v	o	y	e
i	a	j	k	i	r	s	k	l	r	a	n	n	r	p
s	e	n	n	a	n	e	e	u	q	i	o	t	r	w
t	y	l	u	j	t	r	n	n	y	n	t	m	e	m
o	t	n	d	k	s	r	x	i	g	t	q	a	f	b
p	s	c	o	t	l	a	n	d	r	l	f	w	i	f
h	i	y	m	d	m	y	k	c	t	a	a	o	g	n
e	r	z	p	o	v	h	m	s	d	l	m	n	b	d
r	u	e	f	x	b	u	b	l	f	c	g	s	d	d

Gorleston Then & Now

by John McBride



Churches generally do not change significantly. Since the view in this postcard, which was posted in 1912, the pews have been replaced with chairs, carpet has been laid and incandescent lighting has been replaced with fluorescent lighting. A sound system has been installed and there are extra choir stalls. The church organ visible in the 2019 photograph was a replacement installed in 1978-1979 so was not there in the early photograph.





Opening **THE Book**

with
**Reverend
John Kinchin-Smith**

Writing at the beginning of June for the July issue of Community News, it's impossible to predict where the coronavirus pandemic will have got to. How will the easing of restrictions in schools, shops and the workplace have affected the tragic number of deaths? How will people's mental health have been affected by extended isolation? One question that will continue to be on people's minds will be "Why did this happen?" Actually the Bible helps to answer this last question.

We were reminded last month that God's will for his human children has always been that they should have "abundant life in all its fullness". As parents, this is something we would always want for our own children. We have our own ideas about the best way we can help our children to be happy and fulfilled and we make rules to protect them. How often we get it wrong despite our best efforts! And how often they ignore our advice and choose to go their own way!

The Bible teaches that, from the very beginning, human free-will chose to turn away from God's love and protection, resulting in the ills, misery and suffering of history. Part of our "Heavenly Parent's" rescue plan was to call a people into a special relationship and to give them rules and guidelines that would enable them to flourish and avoid harm. The Ten Commandments, given to the people of Israel in Exodus chapter 20, are the outer boundaries for human flourishing. They teach, as-it-were: "If you break these rules, the natural consequence is that bad things will happen."

But the Ten Commandments are very broad. The detail needs filling in. The rules we read in the Old Testament books of Leviticus, Numbers and Deuteronomy fill out some of the detail. Many do not have a general application or apply today, such as the regulations concerning the religious ceremonies of ancient Israel. But many of the rules that appear strange to us are actually very practical and are about protecting the health and well-being of individuals and society. Many have a basis in what we now know today from science and medicine. Israel is warned in Deuteronomy chapter 28, for example, that one consequence of failing to keep God's rules will be incurable diseases and horrible epidemics. We'll return to this next month.



ENSFC

Student success in prestigious national finance competition

A student at East Norfolk Sixth Form College has won a prestigious national finance competition.

Lindell Brown beat off competition from over 220 hopefuls who entered the Financial Times competition to find the best young personal finance writers in Britain. Lindell was named amongst the three overall winners who were each awarded £150 prize money.

The contest was organised in partnership with the London Institute of Banking & Finance (LIBF)

Lindell's article, 'Personal data, the new gold mine for corporations?' was the winning entry in the 18 and over category. He is studying business, finance and economics at the College and is hopeful that he will secure an internship with the Financial Times after his studies at EN.

Lindell said: "It's great to receive such enlightening news. It really sets me up for a positive outlook in life and I really hope that, once I've finished my third year, I can go on to work alongside the Financial Times and have a successful career in the Finance and Business sector. All courtesy of East Norfolk, of course!"

Teacher of Business and Finance, Deborah Dyer said, "Lindell is a bright young man with a keen interest in the finance sector and, as evident in the competition, a flair for communication. Definitely one to watch to see where this experience of his own minor 'gold rush' takes him.



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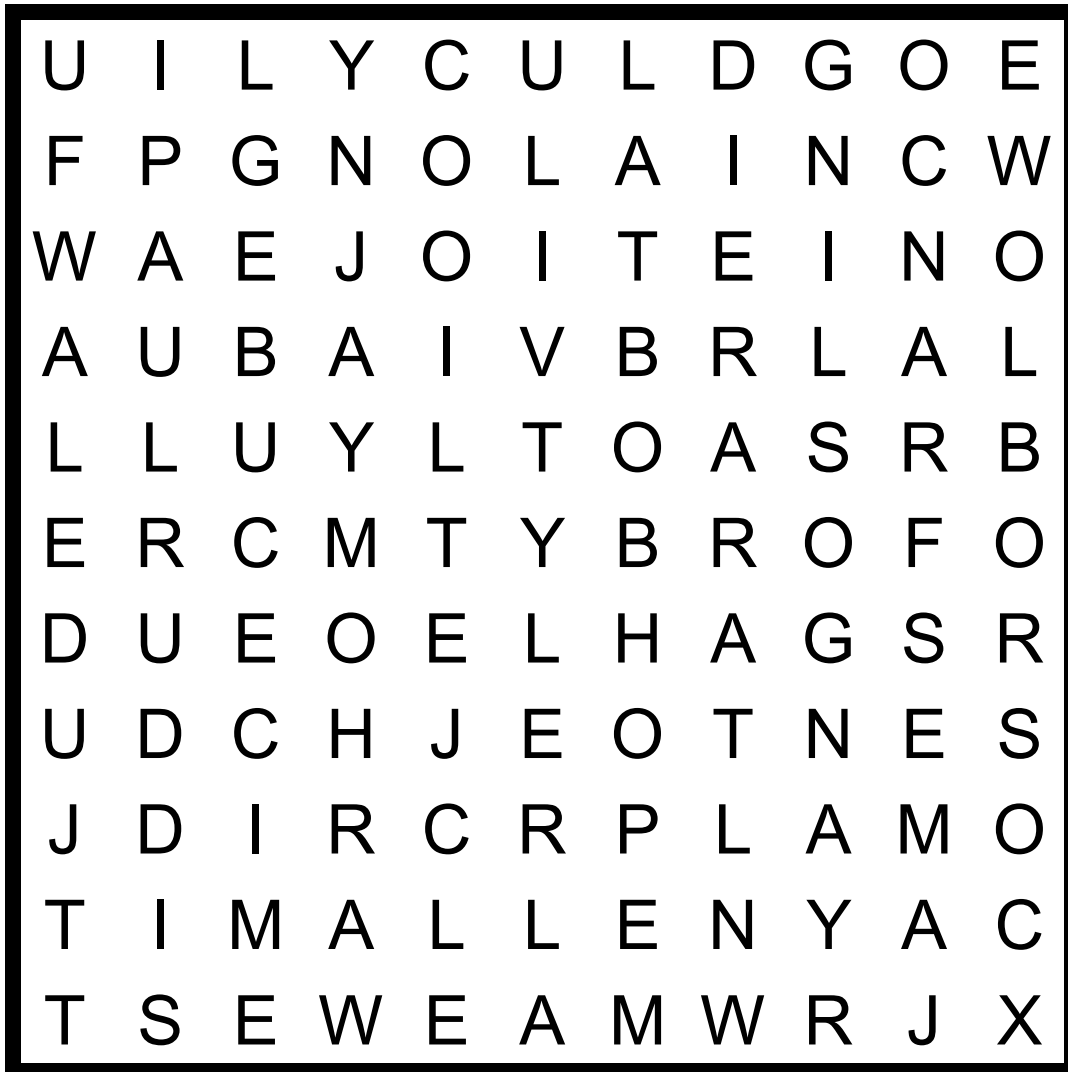
More Coffee Time!

Wordsearch



Can you find the words listed below?

Words occur in the grid forwards, backwards and diagonally.



Bob Hope

Cher

Ice Cube

James Franco

Jay Mohr

Jet Li

Jude Law

Liv Tyler

Lucy Liu

Mae West

Nia Long

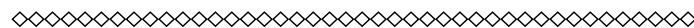
Paul Rudd

Rob Lowe

Ryan Gosling

Tara Reid

Tim Allen



Ketchup

A woman was trying hard to get the ketchup to come out of the bottle. During her struggle the phone rang so she asked her four-year old daughter to answer it. "It's the Vicar, Mum," the child said to her mother. Then she told her caller: "Mummy can't come to the phone right now. She's hitting the bottle."



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Richard Routledge



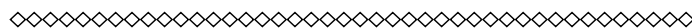
was selling high fashion clothes labels which, to be honest, sold themselves. One thing I was not expecting was the indoor cricket which was played on dull, no one about, days. This consisted of rolled up paper covered with sticky parcel tape to make a ball, a proper bat and a box for the wicket. I would say the worst culprit was Mick the owner lol. I learnt a lot from Mick, he ran Traddles very well, was a brilliant buyer and his window dressing was to die for. Working with the guys at Traddles taught me how to undersell, and I had to get rid of my old Co-op ways which were very old-fashioned. You would have people coming in the shop who knew what they wanted, and so as long as you had the size you would get the sale. Traddles had a great name in the town, so saying you worked there was a real buzz, and wearing the clothes you were selling to work in was fantastic. During the 70s Mick had what is now called a pop-up shop called Tru Blue on the top of Regent Street. It used to be an old wine shop, and Mick got a short lease for the summer, filling it with jeans and tops. I loved it, and I could play music I liked (he had an old 8 track player), so motown was banging out of the speakers all day, it was so cool and funky for the day. More Traddles next month.

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

I started at last in what I called real fashion at Thomas Traddles in Broad Row, Great Yarmouth. The year was 1976, I was 20 years old and top of my world. It was so different to working in the regimented way of the Co-op menswear department. To start with I was the new boy, even though I knew everyone. I was the junior, so my first job was to make the tea and I mean at 9 o'clock, not breaktime at 10.15 like the Co-op. Tea break at Traddles was really all day lol. I was introduced to food at anytime of the day too. My waistline did not last at 28 inches for very long, the bacon stall on the market place saw to that. It was brilliant to be given a free rein, to sell how I wanted, in a way that suited me. Saying all this, the owner Mick Davidson still had high standards, but because of the way he had set up the shop you did not cross the line. The shop



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Richard Routledge



Call Anytime

A minister assured his congregation that they should feel free to call him anytime they had a problem. That night the minister's phone rang at 3 a.m. On the other end was a dear elderly lady who said, 'I can't sleep.'

'I'm so sorry to hear that,' he comforted her. 'But what can I do about it?' She sweetly replied, 'Preach to me a while, pastor.'

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Monthly Recipe

from Fleetwoods Butchers

Chicken & Chorizo Paella

Preparation time - 20 mins

Cooking time - 40 mins

Serves 4



Ingredients

- 2 chicken breasts - diced
- 2 small onions
- 1 garlic clove crushed
- 140g chorizo sliced
- 1tsp turmeric
- pinch of saffron
- 1tsp paprika
- 300g paella rice
- 850ml chicken stock
- 200g peas
- pinch of parsley

Method

1. Heat 1 tbsp olive oil in a deep frying pan over a high heat.

2. Add 2 chicken breast fillets, cut into chunks, and brown all over – don't cook completely. Once browned, transfer to a plate.
3. Reduce the heat to low, add 2 finely sliced small onions and cook slowly until softened, about 10 mins.
4. Add 1 crushed fat garlic clove, stir for 1 min, then toss in 140g sliced cooking chorizo and fry until it releases its oils.
5. Stir in 1 tsp turmeric, a pinch of saffron and 1 tsp paprika, then tip in 300g paella rice. Stir to coat the rice in the oils and spices for about 2 mins, then pour in 850ml hot chicken or vegetable stock.
6. Bring to the boil, return the chicken to the pan and simmer for about 20 mins, stirring occasionally.
7. Add 200g peas to the pan and simmer for a further 5 mins until the rice is cooked and the chicken is tender.
8. Season well and serve with the 1 lemon, cut into wedges, and ½ small pack finely chopped parsley.



Gorleston Four Oared Boat Work

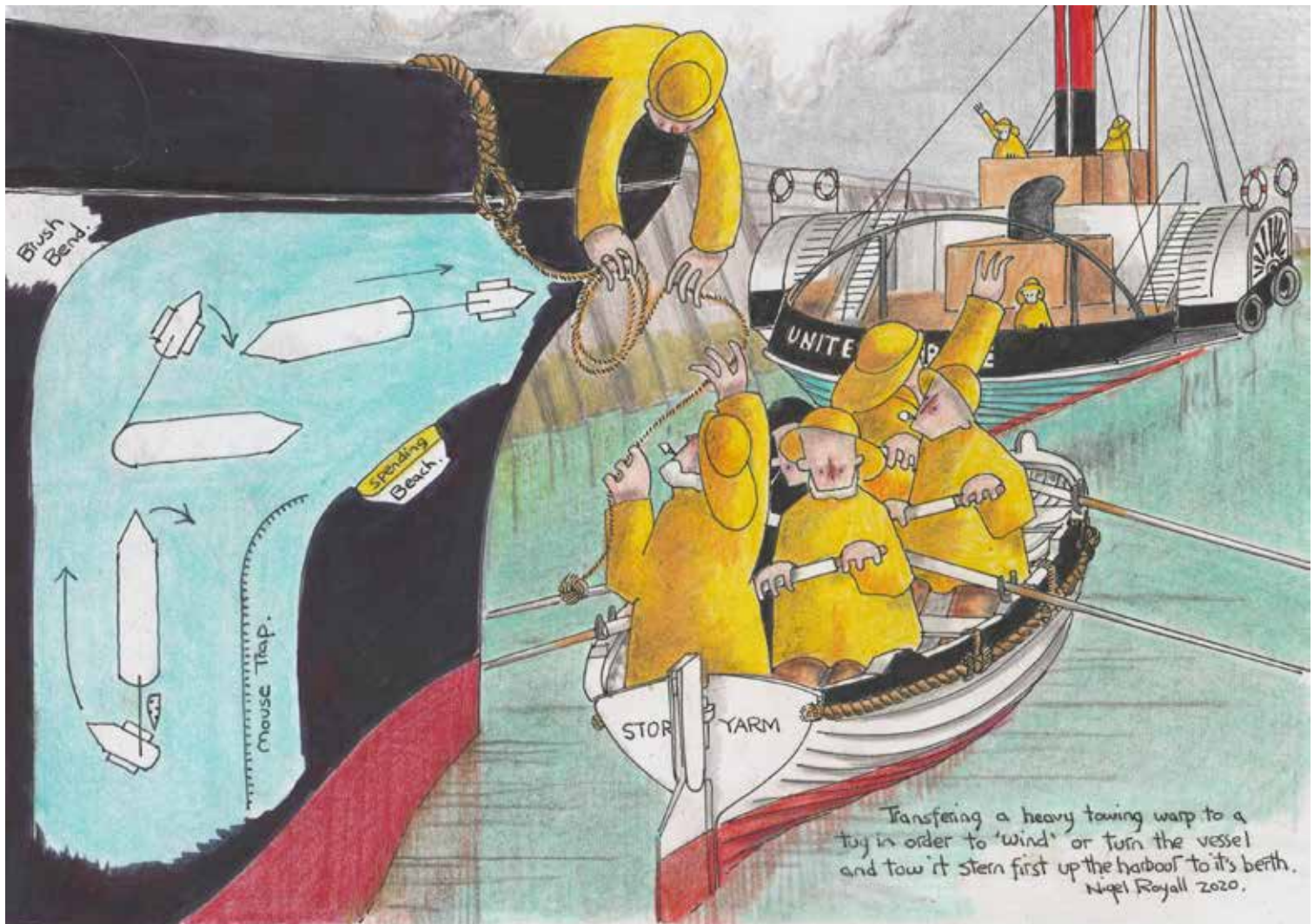
There were several "bread and butter" jobs that the Four Oared Boats carried out for many years at their home on the curve of the river Yare at Brush Bend, Gorleston and the drawings hopefully explain two of them.

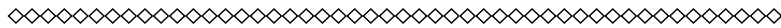
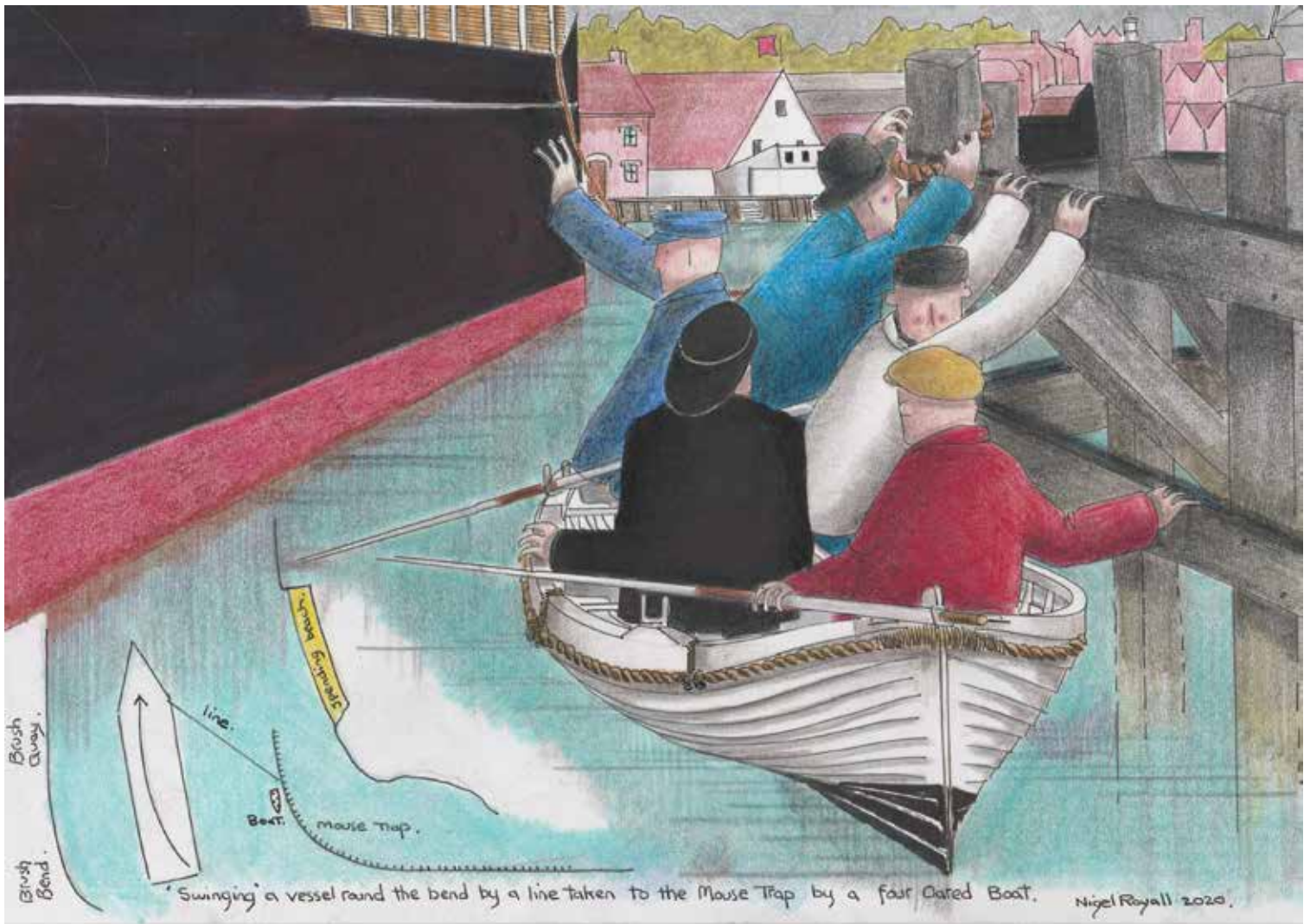
Every steam vessel longer than 200 ft when either entering or leaving the harbour had to put a point rope out from the vessel to one of the bollards on the skeleton work on the North bank known as the Mouse Trap in order to swing the vessel round Brush Bend so as not run into or damage the South Pier or associated quay headings.

A Four Oared Boat (in the drawing, from the Ranger Company) would be handed the line from the vessel and here we can see one of the old clients dropping the loop over a bollard. The line was now tightened, pulling the vessel's head round as it swung round the bend before being slackened and released by the boat crew once all was safe.

All vessels using the harbour except for fishing boats were required to moor with their heads to the South or down river making it easier and safer when leaving. A lot of the ships entering the harbour had to be turned (known as "winding") at the widest point which it just so happened was at Brush Bend. Once between the pier heads a tug would creep up astern but would not want to get too close in case the vessels collided and caused damage to each other and so a light line was handed down to the crew of a Four Oared Boat. (in this case from the Storm Company) The Four Oared Boat transferred the light line which was attached to the much heavier towing warp to the tug which winched it aboard and made it fast.

The tug now proceed to pass the vessel and "wind" it so that it faced downstream before proceeding to tow it up to it's harbour berth where the Four Oared Boat might well also assist in mooring.





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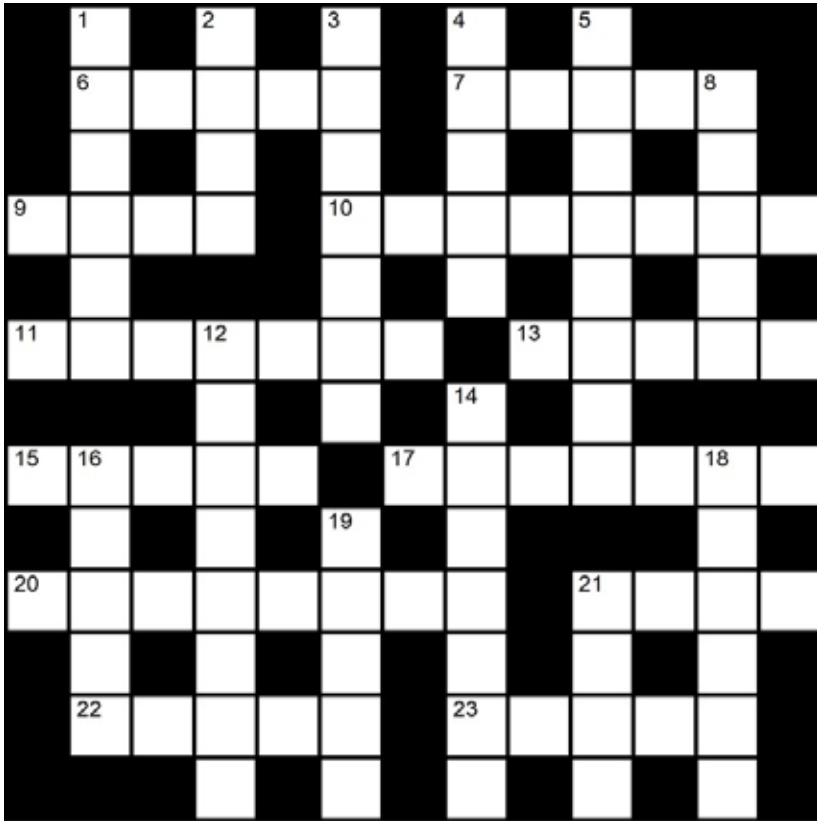
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Even More Coffee Time!!

Anagram Crossword

Every answer is an anagram of its clue.

The clues may not themselves be normal words, because there is no need for them to be, they can be totally random rearrangements of the letters in the answers.



Across

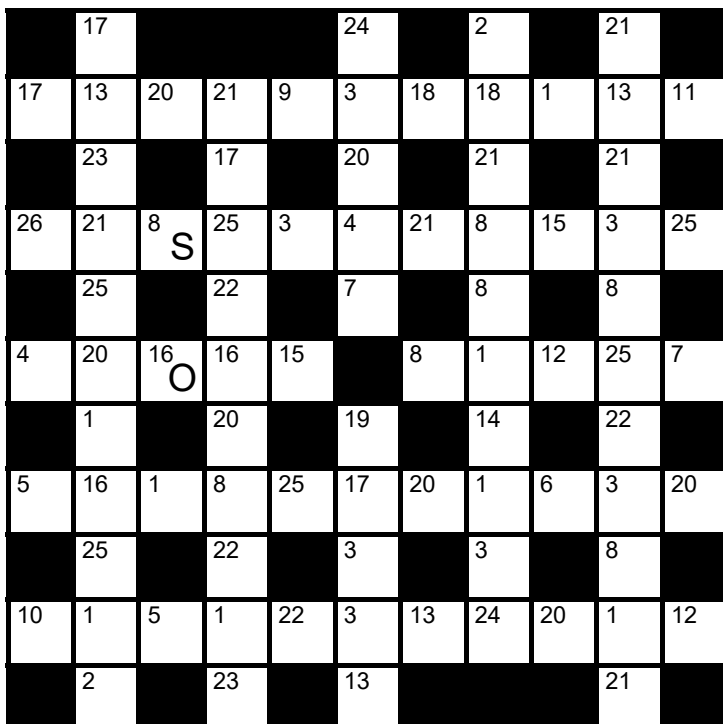
- 6 Dryer (5)
- 7 Atria (5)
- 9 Asst (1,1,2)
- 10 American (8)
- 11 Settler (7)
- 13 Elbow (5)
- 15 Snibs (1,1,1,2)
- 17 Waiters (7)
- 20 Littered (8)
- 21 Deem (4)
- 22 Alton (5)
- 23 Aslan (5)

Down

- 1 Gaiter (6)
- 2 Dads (4)
- 3 Car tyre (7)
- 4 D-ring (5)
- 5 Side rail (8)
- 8 Macro (5)
- 12 Bleating (8)
- 14 Darling (7)
- 16 These (5)
- 18 Sleety (6)
- 19 Nepal (5)
- 21 A T Ms (4)

Codebreaker

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.



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

7	8 S	9	10	11
---	-----	---	----	----

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

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

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

A B C D E F G H I J K L M
N O P Q R S T U V W X Y Z

GoSH

Gorleston-on-Sea Heritage Group

Girls Friendly Society

An interesting photograph with a Gorleston connection was recently acquired by a GoSH member who is researching local photographers and collecting examples of their work. The photograph, that appears to have been taken in the 1930s, by the Gorleston photographer Frank Smith Burroughs of the Pageant Studio, was of a group of four young women standing outside St Andrew's Church proudly holding a banner with "Gorleston" and "GFS" written on it. What do the letters "GFS" refer to?

A possibility came after a Google search that suggested the "Girls Friendly Society" that was a group established in 1875 with the backing of the Anglican Church. They started

as a youth organisation to protect working-class country girls who had left home to take up urban employment.

Does any reader of Gorleston Community Magazine have any other suggestions as to what the letters "GFS" stand for or who the four women in cloche hats are? Please get in touch with us via the contacts page of the GoSH website.

Gorleston-on-Sea Heritage Group is not currently meeting because of the Coronavirus outbreak. Please visit our website for further updates.

<https://gorleston-on-sea-heritage-group.webnode.com/>



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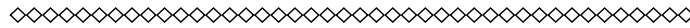
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Richard Routledge

Colouring: is not just for children!

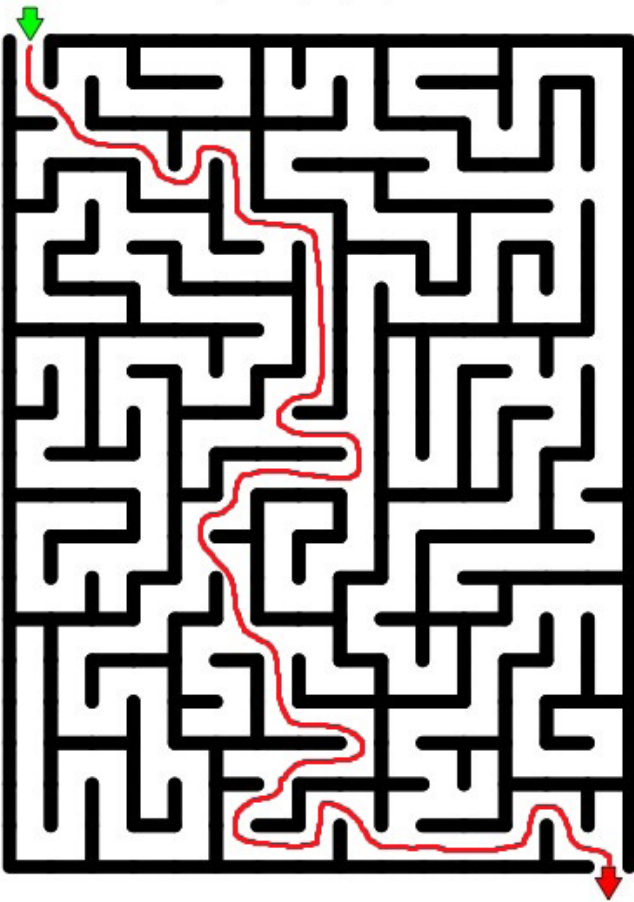
Colouring is now a popular activity for all ages, not just for children.

There is no right or wrong way to colour in, so why not have a go, and relax and enjoy yourself?

And when you have finished, why not send us a photo to the email address below - we'd love to see what you do.



Coffee Time Answers



(Normal Crossword)

	1	S				2	S		3	E		4	C	
5	C	I	T	6	Y	C	O	U	N	C	I	L		
		L			A			L		I		R		
7	O	V	E	N			8	O	N	D	E	C	K	
		E			K			S					U	
9	W	R	E	S	T			10	S	11	K	I	L	L
		M					12	L			N		A	
13	D	E	E	14	J	A	Y			15	O	K	R	A
		D			O					W			S	
16	F	A	T	H	E	R	I	N	L	A	W			
		L			N			A					W	

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

U	I	L	Y	C	U	L	D	G	O	E
F	P	G	N	O	L	A	I	N	C	W
W	A	E	J	O	I	T	E	I	N	O
A	U	B	A	I	V	B	R	L	A	L
L	L	U	Y	L	T	O	A	S	R	B
E	R	C	M	T	Y	B	R	O	F	O
D	U	E	O	E	L	H	A	G	S	R
U	D	C	H	J	E	O	T	N	E	S
J	D	I	R	C	R	P	L	A	M	O
T	I	M	A	L	L	E	N	Y	A	C
T	S	E	W	E	A	M	W	R	J	X

Hair We Are



Well, what a few months we have all been through. Fusion actually closed its doors on March 24th, the day after the evening our Prime minister told us that the hospitality industry was on lockdown. I know a few salons actually shut on the Saturday before and we got a few comments from those salons on social media about us still being open on the Monday.

Tanya and I were more than happy that we had taken all the necessary precautions to stay open, but only for training purposes and for our self-employed who had clients booked in. The position we were in was that if we had closed the doors at the time and shut down, our insurance would have been null and void, as our insurance states that we must be shut down by a pandemic and at a request of the government. It also left us in a position with our self-employed personnel who would have been quite within their rights to claim loss of earnings from us.

All in all a very difficult time, and not easy decisions to make.

As I am writing this we are awaiting a directive from the government of an exact date when we can open again, a date of July 4th has been mentioned but not confirmed.

In readiness for the date of opening the salon is prepared for social distancing of 2m but this may change to 1m. Getting up and running will not be a piece of cake either. As soon as we have the date of opening all our stylists are coming in one at a time with a receptionist to ring their clients and do a phone consultation with them to discuss their hair and also to make sure they have no Covid-19 symptoms.

We are fortunate in the fact we have some rooms out the back that we can use as isolation rooms, and for those that require it we can put them in a room with a stylist on their own. We are also doing a pickup service in the Fusion Minibus for those that don't want to use public transport or walk to the salon.

We are toying with getting clients in on their first appointment for a cut only, so that we can do the colour consultation when they are in for the cut. People who have used colouring box sets should have another skin test done before they have a colour done again.

Also we have to make sure we have the appointment times right, because if a stylist runs over time with a client, we will be restricted by how many clients we have waiting, and we just can't allow the waiting queue to back up.

So all in all a very difficult time and with restrictions on how many people a shop can hold at a time, which of course is a balancing act whether a business can serve enough clients to cover their costs and make it viable to even open.

Something else I have been involved with this month, as Chairman of the Gorleston Traders Association, was the opening in the High St for the non-essential shops on June 15th. This we were told could only take place if we could

provide facilities in the High St for 2m distancing.

This obviously meant a major rethink as some of the pavements in the High St are only a metre wide. The High St was surveyed and it soon became clear that as shops opened and were only allowing a few in the shop at a time, queues were quickly forming outside the shops which definitely did not allow people to pass with a 2m clearance. We watched as little and large customers were queued up outside waiting to get into the shop. Little and Large Pet Shop were doing everything correctly and only allowing up to two people in the shop at a time. This meant with the queue outside we watched in horror as pedestrians, including 1 mobility scooter, went out in between parked cars onto the High St, walked along the High St then back on to the pavement to carry on their walking.

This obviously couldn't continue, so we had to come up with ideas of widening the pavements. This was brought down to three ideas that might work.

One was to completely pedestrianise the High St.

Two was to do away with parking and widen the pavements and make traffic flow one way (North to South) As buses still had room to pull in at the bus stop on the High St.

Three was to just do away with parking and put barriers up to widen the High St pavements for pedestrians.

Then put a one-way system in for pedestrians (north to south) on the east side of the High St and (south to north) on the west side of the High St. Obviously I had a number of people contact me in favour of both, and in the end the decision was to try and do it as easy as possible with as little disruption as possible. The final decision was with Norfolk Highways in Norwich, and it was decided to keep the pedestrian one-way system and ban all parking.

June 15th started very slowly and has gradually been getting a little better as people pick up the courage to come out and shop. We have to remember though there are still a lot of vulnerable people who are really scared about picking up this terrible virus. The healthy ones amongst us must realise this, and although we think less and less about what we are doing and carry on as normal, we must stop and think about what we are doing and abide by whatever rules are put out there by the government, no matter how silly we think they are.

I think that we have rules in place for social distancing etc for quite a while to come, so we just have to live with it and get on with life the best way we can.

Till the next time, stay safe everyone.





Inside Story

NHS

James Paget
University Hospitals
NHS Foundation Trust

News from the JPUH Governors

Your Hospital During Lockdown

Despite these unprecedented circumstances arising from the COVID-19 pandemic, the hospital has continued to provide an exemplary service second to none.

All levels of staff have gone above and beyond their normal duties to provide excellent care to the residents of the Great Yarmouth and Waveney area. Lots of work was completed in a short space of time to convert the hospital into two zones to ensure suspected COVID-19 patients were kept separate. Many staff had to be re-trained to work in other areas including the protocols around the use of personal protective equipment (PPE).

Along with the changes staff have experienced in their everyday duties, many have made personal sacrifices, which, in some cases, has meant isolating themselves from their own families to protect their loved ones as well as their patients. During these exceptional times the people of the Great Yarmouth and Waveney area have protected the hospital by following the Government guidelines as well as showing their appreciation by generously donating equipment, money, food, toiletries, and laptops for use staff and patients. A massive thank you to you all.



by

Governors Under Lockdown

All face to face meetings were suspended including the proposed information sessions for Trust members who were considering standing in the forthcoming Governor elections.

The election was put on hold and changes are now being made to enable the elections to go ahead later this month – so if you are interested, watch this space! In the meantime, the existing Council members continue to exercise their responsibilities by reading and providing feedback on key documents, and by observing virtual Board meetings which allows questions to be asked at the end of the meeting. Governors are also provided with regular updates to make sure they have all the information they need about what is happening.



Where YOU come first

The JPUH Returning to a “New Normal”

The hospital has started planning to increase the number of outpatient appointments and elective surgery/procedures.

This work will be alongside a possible continuation of positive cases of COVID-19 for the foreseeable future. The hospital priority will be keeping staff and patients safe, so capacity will be reduced to enable the required social distancing measures to be implemented as this is critical to reducing the spread of the virus.

As part of this recovery, there is a real enthusiasm for maximising some of the innovations that have been introduced in recent weeks, including “Attend Anywhere” - virtual consultations.

The feedback we have had from patients has been really positive. Brandon Lewis MP also tested it out when he visited recently. As always, the JPUH will ensure that patient safety and wellbeing will be at the heart of any changes that are made.



Arrangements are continually reviewed to ensure the safety of all.

The Dolphin Suite has now been re-opened, the homebirth service can also be provided again, and a couple of additional changes will be made mid-June which will be communicated to all.

A recovery plan has also been approved for a phased return of Endoscopy to enable them to slowly restart the service.

On behalf of all the residents of Great Yarmouth and Waveney, we, the Governors would like to say a massive thank you to everyone working at the James Paget for the care given to so many people and for the sacrifices made in providing that care.

**#Proud
of the
Paget**

Please continue to follow the Government guidance to **STAY SAFE**, and **STAY ALERT** to prevent the spread of the virus but remember that the hospital is a safe place –

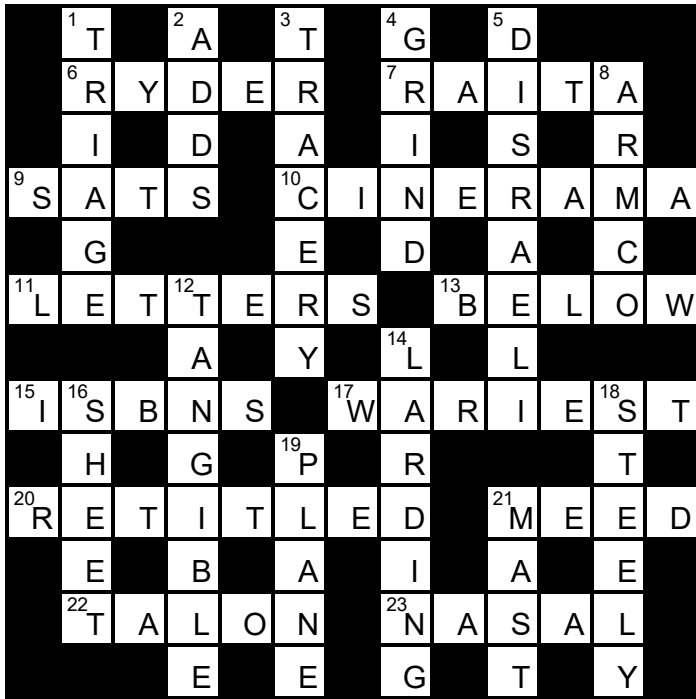
if you are concerned about your health, do talk to your GP as urgent and emergency care is continuing.

If you'd like any further information about any of these articles, or if you'd like to make any comment, good or not so good about the James Paget University Hospital, please do not hesitate to contact us on our email address, which is governors@jpaget.nhs.uk You can also become a member of the Trust.

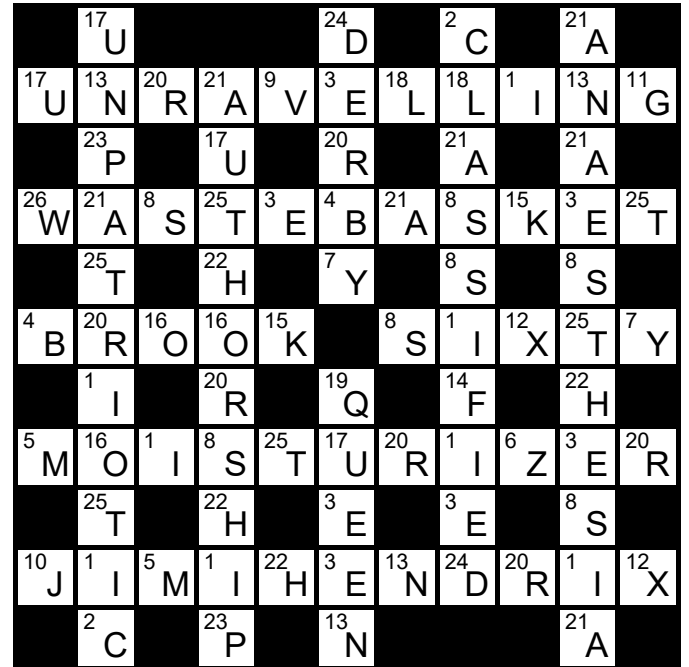
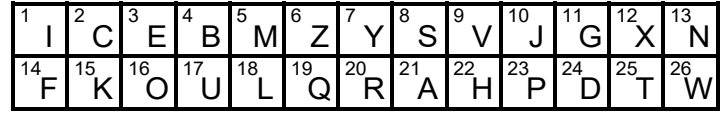
For more information visit - www.jpaget.nhs.uk/get-involved We look forward to hearing from you.

Coffee Time Answers 2

(Anagram Crossword)



(Codebreaker)



Quotes:

Dalai Lama

SNIP:

Ocean Bay Amusements

Anagrams:

1. saint bernard
2. golden retriever
3. border collie
4. yorkshire terrier
5. rottweiler

Duck Hunt:

13

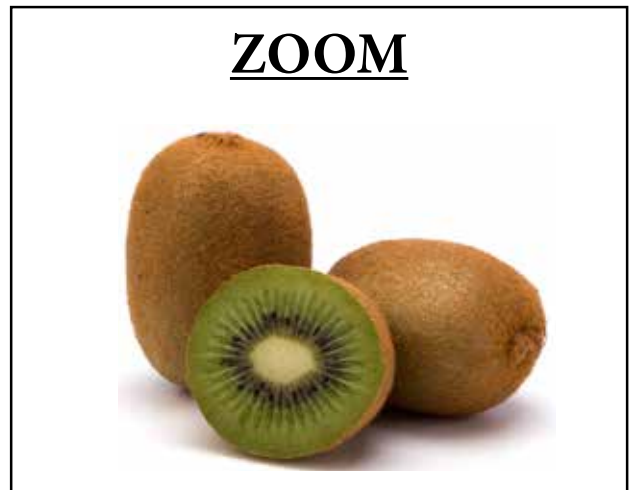
From where in Gorleston was the picture taken:

On top of the Ocean Rooms

Quiz:

1. Reykjavík
2. Mercury
3. Russia
4. Hazelnut

ZOOM



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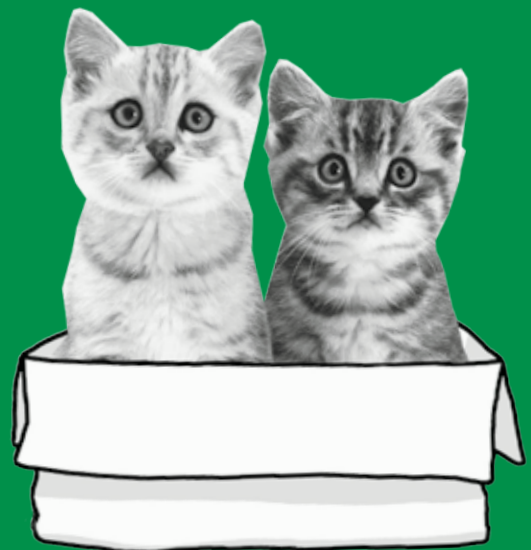
01493 664000



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for a pair
of mittens"**

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Gorleston 4 Lowestoft Road. Tel 01493 650591

Great Yarmouth 18 Market Place. Tel 01493 332 255

Specsavers
Audiologists

OUR PRICE LIST

Hair

Cut & Finish from	£20
Blowdry from	£10
Hair Up from	£25
Children from	£10
Gents Cuts from	£16
Beard Shaping from	£12.50
Wet Shaves from	£20

Colour (48hr skin test required)

Full Head Foils from	£40
Half Head Foils from	£35
Full Head Tint from	£21
Semi Colour from	£18
Signature Colours	POC
Colour Change/Correction	POC
Treatments from	£5
Nano Keratin	POC
Bridal Hair + packages	POC
Extensions (Gold Fever)	POC

Beauty

Facials from	£29.00
Massage from	£25.50
Manicures from	£19.50
Pedicures from	£24.50
Tinting from (24 hr skin test required)	£6.50
Waxing from	£6.00
Spray tan from	£10.00



Call 01493 603336 to book an appointment

www.fusion-hair.com



Fusion Hair and Beauty Consultants Ltd

Help and Support Pages

Samaritans - 116 123 free from any phone

GYBC help for vulnerable people

- If you are in need of community support for access to essential items call 0808 196 2238
- If you are a vulnerable person needing support call 03448008020

Great Yarmouth Food Bank

- Please email all general enquiries to info@greatyarmouthfoodbank.co.uk
- Referral Agencies, please contact Maresli by email on gyfoodbankms@btinternet.com
- We are also grateful for any and all financial donations; details of how to give can be accessed by emailing alan.baldwin7@btinternet.com

Please contact any of the Great Yarmouth Food Bank outlets using the phone numbers listed below:

- The Salvation Army, Tolhouse Street, Great Yarmouth, NR30 2SQ
Capt. Katerina Lennox and Rosie Broad: 01493 858069
- The WELL at Gorleston Baptist Church, Lowestoft Road, NR31 6LY
Liz Townson: 07786 952306
- St Mary Magdalene Church, Magdalen Square, Gorleston, NR31 7BZ
Nick Hewitt: 07810 146852



First Response
Call: 0808 196 3494
(Freephone)

A 24/7 service for people of all ages in Norfolk and Suffolk requiring mental health care, advice and support.



ARE YOU...

Isolated at home with someone who you are afraid of?

Anxious going out because you may be approached by your ex partner and you are scared of them and what they may do to you?

Do you have a safety plan on where to go if you are being followed or you need to leave your home?

COVID-19

COVID-19 is having an impact on the most vulnerable in our communities, including those experiencing domestic abuse.

Self and household- isolation could make it more difficult for women to access support and safety.

COVID-19 also means that most public places of safety like shops are closed during the pandemic.

Where can you go if you need help?

HERE TO HELP

If you are in immediate danger, call the police on 999. If you cannot talk, press 55 and the police will know that you need help.

If you need advice and support, Leeway are here to help. You can contact us through our helpline or by email:

Leeway Helpline - 0300 561 0077


Leeway Email Support - adviceandsupport@leewaynwa.org.uk

At Home Shouldn't Mean At Risk.

 0300 561 0077

 @fundraising.leeway

 @leewaynorfolkandsuffolk

 leewaynwa.org.uk

 referrals@leewaynwa.org.uk

 @LeewayDV

JustoneNorfolk.nhs.uk

Just one number
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MENTAL WELLBEING
HEALTHY ALCOHOL
HEALTHY EATING
DRUGS SEX SMOKING

Parentline
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wellbeing
Helping you live your life

POINT 1

Mental health support

JustoneNorfolk.nhs.uk/MentalHealth



Practical Help
With groceries
or picking up
prescriptions

Friendly Chat
On the
telephone

Prayer
Please get in
touch if there
is something
particular you
would like us to
pray about.

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Daily Prayer on weekdays at 9.30am
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THE CHURCH
OF ENGLAND

FOR MORE INFORMATION CONTACT THE VICARAGE ON 01493 494248

NEVER ALONE

NSPCC
0808 800 5000
(24hrs)

National Domestic Abuse Helpline
0808 2000 247
(24hrs free)

Mind
0300 123 3393
(Mon-Fri 9-6)

Victim Support
0808 168 9111
(24hrs)

Cruse Bereavement
0800 808 1677
(Mon-Fri 9-5)

ChildLine
0800 1111
(24hrs)

Action on Elder Abuse
0808 808 8141
(Mon-Fri 9-5)

Respect - Men's Advice Line
0808 801 0327
(Mon-Fri 9-5 or 8pm)

Samaritans
116 123
(24hrs free)

National Centre for Domestic Violence
0207 186 8270