

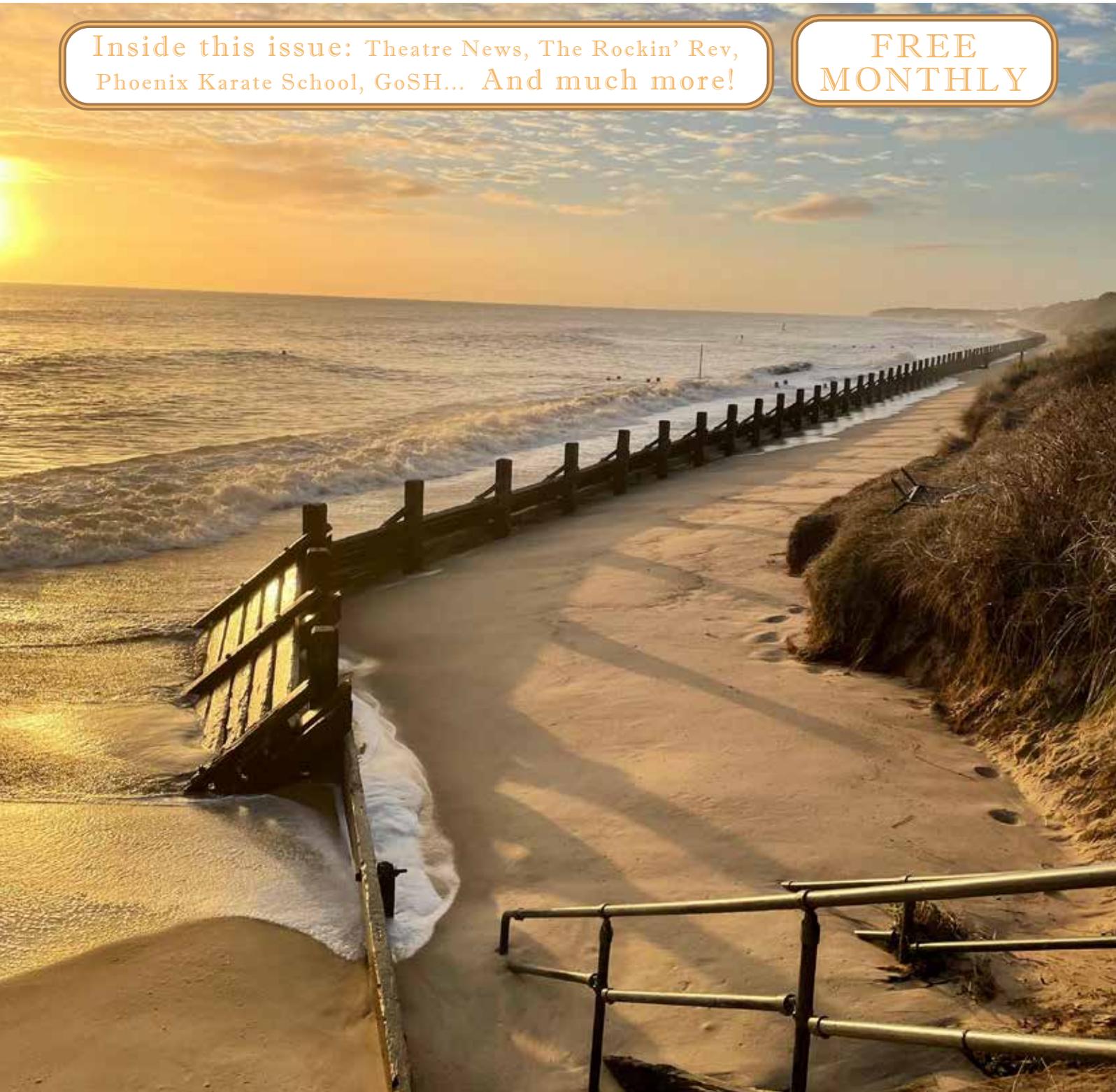
St Andrew's Church

ISSUE 46, March 2022

# GORLESTON Community Magazine

Inside this issue: Theatre News, The Rockin' Rev,  
Phoenix Karate School, GoSH... And much more!

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# Hello Gorleston!



Welcome to Issue **46** of **YOUR** award-winning, free community magazine. This year we celebrate Mother's Day on Sunday 27th March, and once again we send our love and thanks to all those fantastic mothers we know:

## God's Masterpiece by Herbert Farnham

God took the fragrance of a flower,  
The majesty of a tree,  
The gentleness of morning dew,  
The calm of a quiet sea.

The beauty of the twilight hour,  
The soul of a starry night,  
The laughter of a rippling brook,  
The grace of a bird in flight.

Then God fashioned from these things,  
A creation like no other,  
And when his masterpiece was through,  
He called it simply - Mother.

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



2021  
2nd place  
and Best Editor Award



Ed.....

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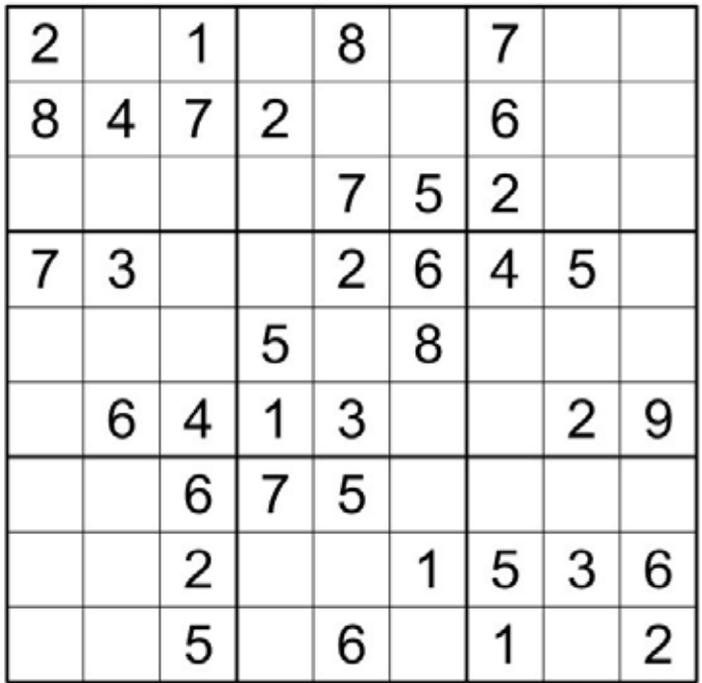
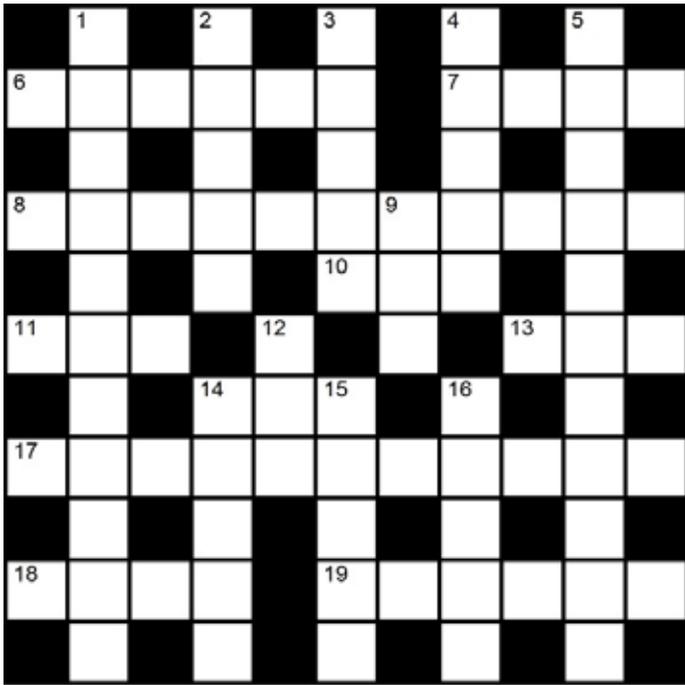
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Deadline for the April Issue is  
**Friday 11th March**

Thanks to **Matt Warnes** for this  
month's front page picture

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# Coffee Time 1



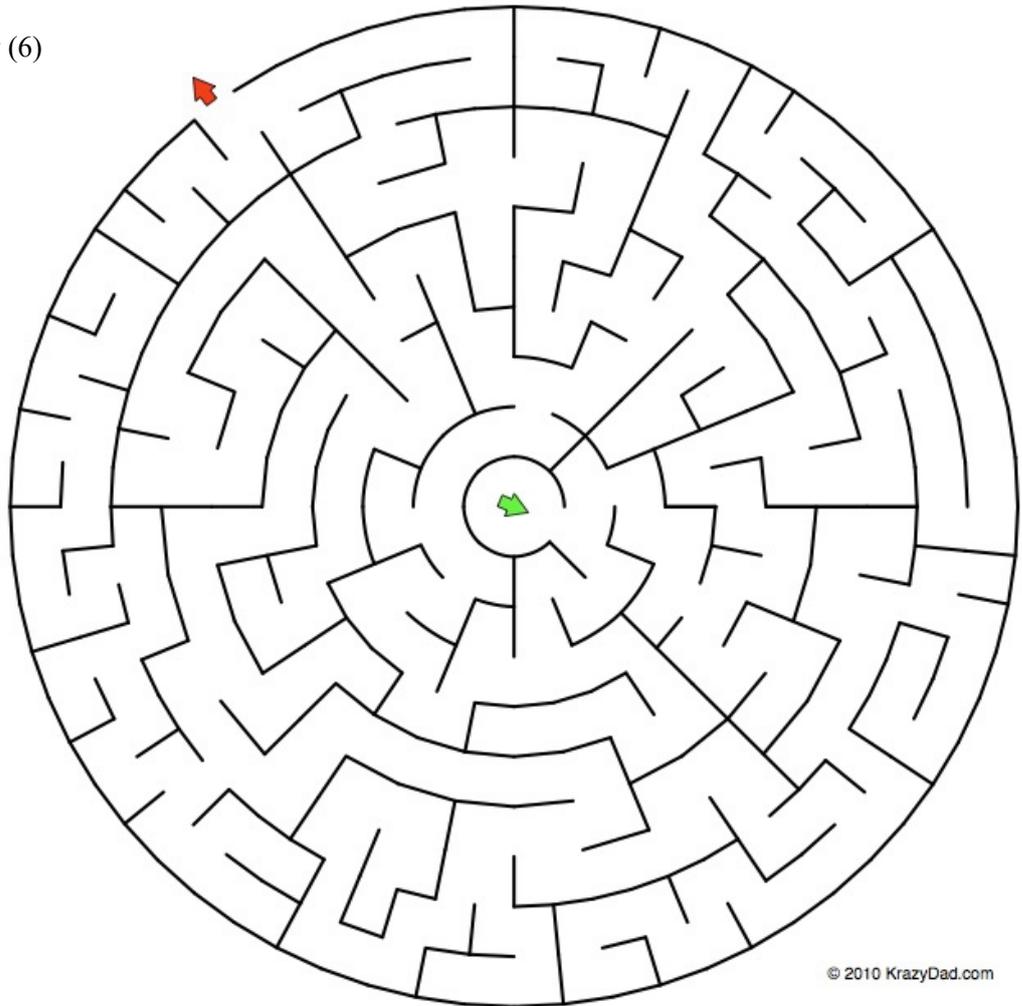
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# The Rockin' Rev

## Work and Rest

Spring is on its way and gardeners everywhere will be gearing up for a frenzy of activity as things start to come back to life. Keen gardeners will have used the winter months to organize their thoughts and they will have ordered a selection of summer-flowering bulbs and seeds ready for early spring planting.

Having a general tidy up, removing leaves and other debris from flower beds and borders is always a necessary task after the winter months. Then there may be a lawn to feed, rake, and scarify.

Preparing a garden for the spring will also entail hunting down and removing hibernating pests such as slugs, snails, and aphid colonies that have sheltered for the winter in the crowns of perennial plants.

Make no mistake, gardening is hard work even if the rewards for that hard work are pleasing and enjoyable.

The first book of the Bible, the book of Genesis opens with a glorious account of God's work of creation. But it also tells us that after six days of work, God rested on the seventh day:

*By the seventh day God had finished the work he had been doing; so on the seventh day he rested from all his work. Then God blessed the seventh day and made it holy, because on it he rested from all the work of creating that he had done.*

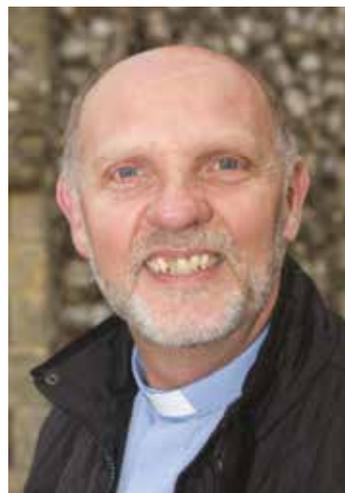
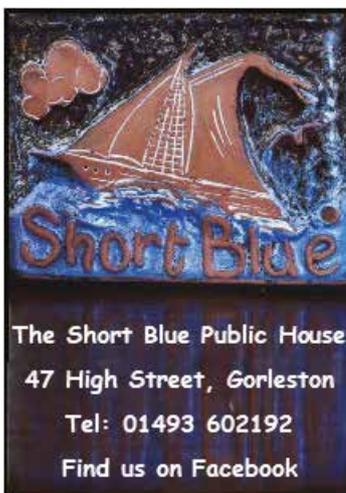
Genesis 2:2-3

Life can sometimes feel as if it's all work and very little play. We spend more of our time doing rather than being, toiling but never really resting, never really taking time to enjoy God's good creation.

We all need to find that balance of work and rest, the balance between activity and slowing down. But we are not always good at that because our world seems to be in the fast lane. We often find ourselves rushing everywhere. We rush out of habit, and we rush because everyone around us is rushing.

Amid all the rushing around, all the frenzied activity, and

Rev Brian Hall  
Vicar of St Andrew's Church



all the work that life entails, taking time to really rest is vitally important as it benefits us physically, emotionally, mentally, and spiritually.

Danish theologian and philosopher Soren Kierkegaard said, "If I were allowed to prescribe just one remedy for all the ills of the modern world, I would prescribe silence." Silence is a form of rest.

Noise and tiredness are pandemic in our world. We can't drop our jobs and neglect all our commitments and responsibilities, but we can inject pockets of rest to pull us away from grind of daily routine.



## Prayer Corner

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

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

Dear God, as I take time to properly rest, relax the tension of my body; calm the restlessness of my mind; still the thoughts which worry and perplex me. Help me to rest myself and all my problems in your strong and loving arms.

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# Life Afloat

by Patricia West, who continues her reminiscences...



On a fine morning in June with Pillage weighed down in provisions including a liberal supply of peanut butter, Marmite and Heinz beans, none of which at that time could be bought in France, I stood on the quay at Lowestoft waving goodbye to Richard as he cast off to begin

his big adventure.

Accompanying him was twenty-one year old Adrian, the son of a friend of ours.

Adrian hoped to clock up enough sailing hours to complete his Yacht Master's certificate and he would be using his "first mate" skills until we reached Paris around mid-August. Adrian was a thoughtful even tempered young man who rapidly became my own best mate forever preventing me from making a pig's ear of something or another. Many secret smiles passed between us as Adrian rescued me before my misdemeanour could catch the skipper's eye.

Since the bombshell that summer's evening two years before, I had learned a good deal more about boats. However, not so much that I fancied actually sailing across the English channel first time out. Instead, we agreed I would travel to France by ferry from Dover.

Thus, Pillage finally cast off with her compass set for Calais. The journey took 19 hours against a strong fresh sou' easterly wind, giving the skipper and his first mate a wet and bumpy ride. Richard managed to remain upright, but poor Adrian was seasick most of the way.

After a couple of miles the local radio station picked up Pillage's signal and radioed a greeting, and besides broadcasting news of our planned adventure, they also played a recording of "I Am Sailing" by Rod Stewart, which delighted us all. Some of our friends in Kent were tuned in and knew we were on our way.

Pillage arrived in Calais mid-morning the following day. It then took Richard and Adrian several hours to un-step the mast and steady it onto a cradle which ran the length of the boat above our heads. The cradle had been assembled over many hours by Richard during his periods ashore.

Our journey would spread over many months covering approximately 1,000 miles as well as the negotiation of 380 locks before reaching the Mediterranean sea. This meant hoisting the mast and resting it on the cradle until we could reinstate the apparatus and enjoy "real" sailing again. The sheets (sails) were also safely stowed in a locker below decks.

While Adrian and Richard were undertaking all this, I took a train to Kent, staying overnight with friends Malcolm and Diana, who next day accompanied me on the ferry to France. Perhaps they needed to see for themselves what I had got myself into.

Eventually we also arrived in Calais, and Pillage was quickly located at the very entrance to the canal system. An hour later the five of us were eating lunch French style, in brilliant sunshine at a pavement cafe within sight of the famous clock tower.

At five pm Malcolm and Diana boarded the ferry to return to Dover's white cliffs. They were good friends who we saw frequently, and as the wake of their boat gradually disappeared, I wondered how long it would be before I saw their faces again – faces that bore signs of affection and just a little concern.

Later, the three of us strolled around the old town, once again eating outside, watching the passers by. In England, eating al fresco had yet to catch on, so we felt a strong sense that we were now truly on foreign soil.

We needed to make the most of this treat, – our weekly budget was set at 500 francs, the equivalent of £50. This was to cover food, drink, toiletries, a post card or two and of course diesel for the engine. The skipper soon put us straight as to luxuries and eating out. "Things here are dearer than I bargained for" he said, "belts will have to be tighter". All I could think was "What? Already?"

On the plus side we would not have to pay fees for the use of locks or basic moorings. Water was free too and constantly available.

Our engine provided electricity and fed the generator; when we did have to pay it cost only a couple francs or so. (How times have changed!)

But little else was cheap, it came home to me when I ordered my first cup of coffee and paid more than twice as much as in England. However, fruit, vegetables and fish were cheap, also certain cuts of meat. Wine was below cheap, five francs per cask. But one thing was held firm above all else by the skipper, no alcohol to be taken EVER, when the boat was in action.

The few times we did dine out was usually in cafes used by the locals – much cheaper and invariably good value.

At midnight we fell tiredly and happily into our berths. Despite a slight feeling of trepidation, I immediately drifted into sleep and dreamed that Jacob and Jessica were marching down the quayside dressed in green dungarees and little red hats while holding aloft banners reading "Don't Go" and "Don't Leave Us". For some inexplicable reason these words were in Greek - maybe subconsciously I was wishing I was sunning myself somewhere on a Greek Island instead!

Meet you aboard next month...





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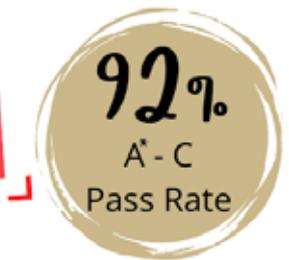
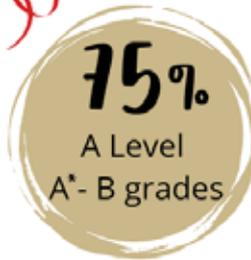
# Year 11 Information Evening

**9th March 2022**

4pm - 7pm

This is a great opportunity for you to tour our fantastic campus and meet our amazing teachers and students. You can learn about our additional support for students including the Extend and Enhance programmes, plus all the other extra-curricular options that sets EN apart from other colleges. The Admissions Team will be on hand to talk to you about the application and interview process and help answer any questions you have.

Book by scanning the QR code or head to our events page on our website



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## EN celebrates student success at annual celebration evening

The amazing achievements of students at East Norfolk Sixth Form College were celebrated at the annual Awards Evening (6th Jan).

Former students and their parents gathered at the College to receive their certificates and special awards.

Great Yarmouth Mayor, Councillor Adrian Thompson was Guest of Honour and presented special awards to a number of students for achieving outstanding results or for their contribution to the College or local community.

EN Principal, Dr Catherine Richards, said: "2021 was yet another fantastic year for the College with students achieving some outstanding results. Our students achieved a 99% pass rate and there were 46 subjects with a 100% pass rate. More students were placed at universities than ever before and more students went on to Russell Group Universities including Oxford, Cambridge and the UEA than ever before. Some students have progressed to high level apprenticeships and many have gone straight into employment."

Many students also achieved Norfolk Scholar Awards which are presented to students who gained A\*, A and B grades or Distinctions.

Dr Richards added: "Our former students should be very proud of their achievements and the fact they attended such a high performing Sixth Form College. Every year, they continue to show what an amazing place EN is. None of this would be possible without the support and commitment from the dedicated team of staff across the College, both teaching and non-teaching staff, who make sure our students are at the centre of all that they do."



## Never too young to be active at EN

During 2021, East Norfolk offered their first ever Football and Basketball Camps to give local children the opportunity to use high quality facilities whilst also increasing their physical activity.

The Holiday Activity Fund, which was co-ordinated by Active Norfolk and supported by Great Yarmouth Borough and Norfolk County Councils, helped the College to offer camps in the summer and at Christmas.

On the back of the success of the camps, the College decided to provide its own subsidised camps in the October



Half Term and is offering them again this year.

East Norfolk has always been a Community Sixth Form College that seeks to continually adapt and meet the needs of our local community by giving children the opportunity to be inspired by the new 3G Football Pitch that has been constructed during 2021 and our existing high quality double Sports Hall.

East Norfolk even a decade ago, was a very different organisation. Long gone are the temporary buildings and the waterlogged football pitch and even the outdoor quad areas have been replaced with new IT classrooms and presentation spaces. This means there is a world of opportunity for sports and other activities for locals. This year we will be increasing our work with and for our local community and want to expand our offer in the evenings and weekends.

If you would like further information about the camps, please do get in touch via our website [www.eastnorfolk.ac.uk](http://www.eastnorfolk.ac.uk) or by contacting [admissions@eastnorfolk.ac.uk](mailto:admissions@eastnorfolk.ac.uk)

# Library Clock Set To Return Home To Gorleston High Street

GYBC Press Release

After being in storage for more than forty years Gorleston's Carnegie clock is set to returning to its rightful place at the heart of the high street.

Back in 1907, the then County Borough of Great Yarmouth purchased the clock for a sum of £110 and placed it on the corner of Gorleston's Carnegie library, making it viewable from all directions. It passed into the ownership of Norfolk County Council during local government reorganisation. Following the demolition of the old library in 1975, the clock was put into storage for safety.

Now thanks to the hard work of community volunteers and the support of Great Yarmouth Borough Council, the clock will be returned to Gorleston High Street with a new home at Palace Cinema. As part of the move the ownership of the clock will pass from the County Council to the Borough, which has agreed a free permanent loan to Palatial Leisure.

Before being returned to the High Street the clock will undergo restoration by the professionals at Michlmayr Clock and Watch Restorers of Norwich over the next few months, with the hope it can go back on show this summer.

Gorleston Carnegie Clock Group raised around £6,000 towards the restoration and maintenance before the pandemic put a stop to their efforts, with the borough council stepping into fund the remaining £8,500 cost. Group chair Sheila Russell said: "We had several sales, flower arranging, cake sales and quizzes, and we have had lots of support from local businesses in Gorleston and across the borough. Local artist Geoffrey Chatten kindly donated a wonderful painting of the Town Hall and that auctioned for £1,400. "With Covid-19 everything came to a halt, so we were very pleased when the council agreed to help."

The group worked with St Andrews ward borough councillors Marlene Fairhead and Barbara Wright and Great Yarmouth Borough Council leader Carl Smith to secure the remaining funding. Cllr Smith said: "The Gorleston Carnegie Clock Group

has worked so hard to get the clock reinstated along Gorleston High Street. We are happy to be able to help restore this landmark.

"The centre of Gorleston is really important for the borough, and I know lots of people will have fond memories of the clock and will be pleased to see it back in pride of place."

Cllr Andrew Proctor, leader of Norfolk County Council said: "The Carnegie Clock is an important part of Gorleston's history, so it was only right that we gave it back to the local community.

"The passion and dedication shown to the clock's restoration is clear and I look forward to seeing it on public view in its new position at the Palace Cinema."

More than 2,500 Carnegie libraries were built around the world between 1883 and 1929, including 660 in the United Kingdom, with funding from Scottish-American businessman and philanthropist Andrew Carnegie. The Gorleston library was opened in 1907 following a £2,000 grant from Carnegie but was demolished in 1975 when the site, together with that of a former tram service depot were developed into the present-day library.



Michlmayr staff prepare the clock for removal

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# Pavilion Theatre

## Spring & Summer Seasons

What an amazing start we've had to 2022! As the weather starts to get nicer and the days start to get longer we're also starting to look ahead to everything we've got lined up this Spring and Summer season.

Our popular **Summer Showtime** returns this year with a brand new show and promises to be full of celebration in this special Platinum



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- ★ Musical Magic ★
- ★ Bootleg Boss ★
- ★ Let's Twist Again ★
- ★ Waves Of Laughter ★
- ★ The Chorus of St. Cecilia ★
- ★ Act Naturally ★

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Jubilee year. We also have a fantastic line up of comedy, live music and plays this Spring, as ever our full What's On list can be found online.

### Gorleston Bandstand Summer Concerts

In some exciting news for 2022, the much loved Gorleston bandstand in the gardens opposite the theatre will now be operated by the team here at the Pavilion and we're very proud to announce that the **free Sunday afternoon concerts** will be returning from May through to September!

We will be changing our name slightly to the **Pavilion Theatre & Bandstand** and can't wait to announce this year's line up of acts. Please keep checking our website and social pages for more information as it gets released.

If you or anyone you know is interested in performing on the bandstand over the summer please get in touch with Alex Youngs at alex@pavtheatre.com.

\* \* \*

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

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# Ormiston Herman Academy

Providing a rich and stimulating curriculum is an extremely high priority at Ormiston Herman Academy. As well as delivering an excellent academic programme, we provide a varied range of activities including sports, music, drama and the arts. We like to work closely with the local community and are excited to see what some of our future projects will bring, including an Eco Garden!

## Awards, Awards...Awards!



At Ormiston Herman we are privileged to have inspiring children who strive to always be their best. Three of our amazing Year 6 children have been nationally recognised at the annual OAT Awards! They were: Tamish – Most Improved with significant progress, Alfie – Creativity and Mariya – Academic Accomplishment. All three winners were sent a golden ticket inviting them to an awards ceremony in London! A big congratulations to all three of our winners.

## Eco Garden and Mental Health Week

We are lucky enough to have the space to create a brand-new Eco Garden at our Academy. As part of Mental Health Week, the children had the opportunity to design the layout and features of the new garden. The best ideas will be chosen from a range of entries to help design the new look! Mrs Yeoman has been working hard on receiving many local donations from organisations and companies.



## RSPB Bird Watch

This year marked the 43rd year of Big Garden Birdwatch and it is now the world's largest wildlife survey! In 2021, over a million people took part. The Birdwatch is a truly phenomenal collective effort and it is thanks to the hundreds of thousands of people taking part that we have over four decades of data. Everyone at Ormiston Herman had the chance to spot and note down all the birds they could see throughout a week at the Academy. The data was collated and sent off to the RSPB to help all local birds.

## Number Day



All children were invited to incorporate number into their uniform in a creative and fun way. There were some great examples across the Academy, including: numbers printed onto jumpers, multiples

on glasses or hairbands, up to 22 bobbles in hair, spotty socks and much more. The whole academy took part in an exciting competition: who could find the longest carrot and the largest potato. Children were involved in estimating before completing a range of maths activities throughout the day, including: counting, measuring, ordering, comparing, weighing and finding the mean, median, mode and range.



Classes estimated and measured the vegetables to calculate the greatest mass and length from their class which was then shared and compared with the rest of the school.

EYFS and KS1:

Overall, the greatest mass of a potato was 660grams: Gracie – Seekers. The longest length of a carrot was a draw at 24cm: Isabelle – Seekers.

KS2: Overall, the greatest mass of a potato was 902grams: Sienna – Venturers. The longest length of a carrot was a draw at 26cm: Elise -Wayfarers- and Poppy -Venturers.

Well done to everybody who took part, it really was a fantastic day!

## Freshly Greated

Freshly Greated are local people who live or work in key neighbourhoods across Great Yarmouth and Gorleston. They meet-up once a month to discuss ideas for fun, creative activities and events for the local community to enjoy. We were lucky enough to be part of their latest Brass Band march. The local community all joined together to follow the marching band throughout the local area and finished off at Peterhouse Primary where there was a session creating 90's bucket hats! What an amazing day!

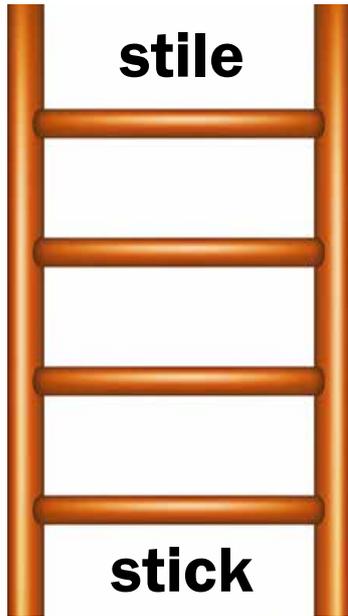
## OAT's Big Write Competition

The children took part in the OAT Big Write – where they were given a stimulus and asked to write a narrative about different fictional settings with the sentence starter: As she turned the page her whole life changed forever...

Pupils let their imaginations run wild and we had some fantastic entries from all year groups. Children in Early Years orally shared sentences about the images they were given; Key Stage 1 wrote some wonderfully descriptive sentences about one image of a storyland location and Key Stage 2 wrote some brilliant narratives about three different fictional destinations. Amazing writing everyone!

### Word Ladder

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



### Seeing Double

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

1	AL	WA	YS
2	BE		RE
3	AR		RY
4	GA		AU
5	FO		AL
6	HE		IT
7	EY		ID
8	FE		ER
9	BL		DE
10	IC		IC

© Lovatts Puzzles

# Coffee Time 2

### Caught in the middle

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

market	.....	setting
art	.....	horse
picture	.....	frame
silver	.....	cake
bed	.....	show

### Hexoku

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



# Phoenix Karate School



Phoenix Karate Schools was opened in 2007 by instructors Charlie Trorey, 6th Dan, and Vivianne Trorey, 5th Dan. They had

both been teaching since the 1980s around the Gorleston area, but decided that to rebrand under a new name, with new national and world governing bodies, would mean the students and instructors were able to access a wider range of experiences, that would open up new horizons.

Throughout the years many students have made it to the National squad and in 2012 Phoenix had its first World medalist in Serbia, in both Kata and Kumite, with James Allan (pictured below).



In 2016 the sudden death of Chief Instructor Charlie (pictured above with James) stunned the students and parents alike, but they vowed to carry on and continue the legacy Charlie had built up. The competition squad regularly travel all over the UK, entering tournaments with continuing success and many have been to Malta, Belgium, Ireland, Poland and Romania to compete.



At the first tournament of 2022, the students brought back a staggering 36 medals. Competing for the first time and experiencing the joys of winning, were eleven year old Thomas, nine year old Drew and six year old Kayah, from Gorleston.

While the competition scene is an important part of the sport, Karate is taken up for many different reasons. It strengthens the whole body, helps build self-confidence, improves co-ordination, quickens reflexes, helps build stamina and improve overall health and mental wellbeing.

Phoenix Karate Schools teaches students from four years old to over seventy. Sensei Gavin Irvine from Gorleston, started training in the 1970's and was an instructor in Great Yarmouth during the 1980's. A former firefighter, he returned to training a few years ago and is now a valued 2nd Dan Instructor with Phoenix and is truly admired and respected by the younger members.



During the summer month students take part in the Phoenix Display Team performing across the borough at various events including the Gorleston Cliff Top Gala.



Parents have formed a fundraising group and can be found manning the Phoenix stall and famous Hook-a-Duck game. Bingo and Racenights are held with all profits supporting the students.

PKSFC chairman Dave Wadhams is always looking for sponsors to help with the cost of travelling to competitions. Anyone willing to help can contact him through the club on 07895 550168.



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# Hair We Are



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

Another month has just flown by, and we are quickly heading towards the Spring and the warmer weather. Nights are pulling out and by the time we do next month's blog we will be looking at putting the clocks forward, and it will start to feel like Spring. This winter has been unusually mild, and it is just great to see all the spring bulbs starting to show their lovely heads, however I don't think we are out of the woods yet and there could be some cold spells coming up.

A lot has happened in the news with a real lot of important stuff coming up, the pandemic, Ukraine-Russia conflict etc but no, the main headlines seem to be all about Downing Street parties. Please, let's just get on with running the country, I feel the media are to blame and the more they make these things issues the more it's frontline news. Whether it is headline news or not a decision will be made on what happened and take its own course, I just feel we do not need to be reminded of it every day.

Some great news received this month with an organising committee being set up for the installation of the old Gorleston clock that is being refurbished and to be installed on the Cinema building down the High Street. Special thanks to Mr Patrick Duffy for allowing this to happen. There will be more news on this coming up, but I can tell you the suggestion is to have this launched on the Jubilee weekend of the 2nd/3rd/4th/5th June.

Last month I told you of one of the best positions and jobs I held within BT which was the football tournament of Euro 96. This was quickly followed by probably the second best role I had within BT, which was the BT Global Challenge. In short, the round the world Yacht race, which was in 1996/1997. Following my Euro championship and its success with the media centre, I hadn't been home long and still on a high when BT contacted me again and asked if I would be prepared to do the same at the BT sponsored round the world yacht race. Which was to be started in Southampton on the 26th of September 1996.



I don't need to tell you I had no hesitation in accepting the role. This basically was again the same as

Euro 96, setting up a media centre for the world's press that was transmitting the news to the world. This was a little more difficult as there was a lot of radio work to be added in as obviously the boats couldn't be physically connected to the world's media.

67 yachts identically constructed and fitted, took part in the Global Challenge. Each of them was crewed by thirteen amateurs with a professional skipper. En route there were stop-over points facilitating repairs to bodies and crafts at Rio de Janeiro, Wellington, Sydney, Cape Town and Boston. The race thus rounded Cape Horn against the prevailing winds into the roaring forties. Not surprisingly it was labelled 'the world's toughest yacht race'. It was organised by Chay Blyth, famed for sailing solo around the world, in a similar direction.

We gathered early September 1996 in Southampton and work started straight away to get ready for the world's press.

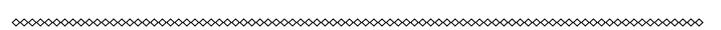
One of the highlights of this event 2 nights before the start of the race was having a meal cooked for us on one of the largest tall ships in the world "The Swan van Makkum" by Michel and Albert Roux, known at that time as the Roux brothers. Another experience I most certainly won't forget.

All the action in the media centre was in the lead up to the start of the race and then we were faced with the actual start. We got invited to join the start of the race out on the Solent in a boat, another day not to be forgotten, for the sight of 67 sailing ships, setting sail on this epic journey was unforgettable.

Following these two amazing events we were then invited up to the BT Tower in London for awards and presentations to celebrate two of the biggest events BT has ever run and to be a part of them both and running them are memories I will certainly remember for the rest of my life.

The irony of the Global challenge though is that this round the world race, that I was at the start of, was eventually won by a yacht called Group 4 and was skippered by Mike Golding, some 161 days later, in Southampton. Mike Golding was born in 1960 in Gt Yarmouth, a point I did not realise till years later.

Once again thank you for your attention, have a great month and see you in April.



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Alternatively a pack of our new 75 litre garden waste bags could be just the job for a smaller garden, call **01493 742200** to purchase a pack of bags.





# Gorleston Grapevine

with Carol Todd

Our EE Green team continued their fantastic work on Gorleston's Marine Parade with the demolition of the "Mint Mansion". Two new properties are planned for this site on the corner of Arnott Avenue.



There's been lots of people's opinions and comments on social media over the last few months, whether you loved this property or not. Another property on the corner of Gournay Avenue has also been approved for demolition in the future. A slightly more complex demolition job here as it's adjoined to two other properties.

We've also just completed an internal strip out job on behalf of our clients at ELM Contracts (photo, right). Hopefully, a new motorcycle & accessories superstore will be opening here on Harfrey's Industrial Estate very soon for all our local motorbike enthusiasts. More jobs for our area too, which is great.

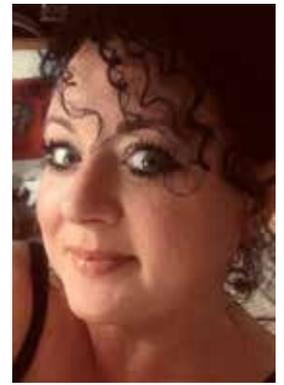


Bryenton Builders are currently doing an awesome job renovating the old Wright's Ironmongers building on the corner of Bells Road & Lower Cliff Road. Another entrance has been added and has revealed the original tile sign. Does anyone remember David Greig? I hear two out of the three units have already been let. We'll be seeing a Tattooist and a Plant, Pottery, Craft Shop.



Our skips and tonne bags of the area's finest graded Top soil are flying out the door this month in preparation for Spring cleaning your homes and gardens. We can deliver our finest graded Top Soil in bags or loose straight to your homes. Our top soil comes from our quarry and tested to all the highest standards and regulations before it's bagged and ready for delivery to your gardens or development projects. We are saying Goodbye to EE Green employee, Ben,

this month (pictured below right). He's been with Team Green for over a year working really hard on demolition, internal stripping projects and on our sites throughout the area. We'll be sad to wave him off on his new adventure to join the Navy and he heads to Plymouth soon. We wish you all the very best on your new adventure "Ben 10" and thanks for everything you've done over the last year with EE Green. We'll be having a celebration takeaway lunch at Gorleston High Street's newest eatery, NOVO Kitchen. The street food kitchen took over the old Music Lovers store, which



has now moved next door. The menu is awesome and I can say for a fact that the food is amazing. Definitely worth a visit if you haven't been yet. Congratulations to Billy and his team! Wishing you all the very best in your new venture.

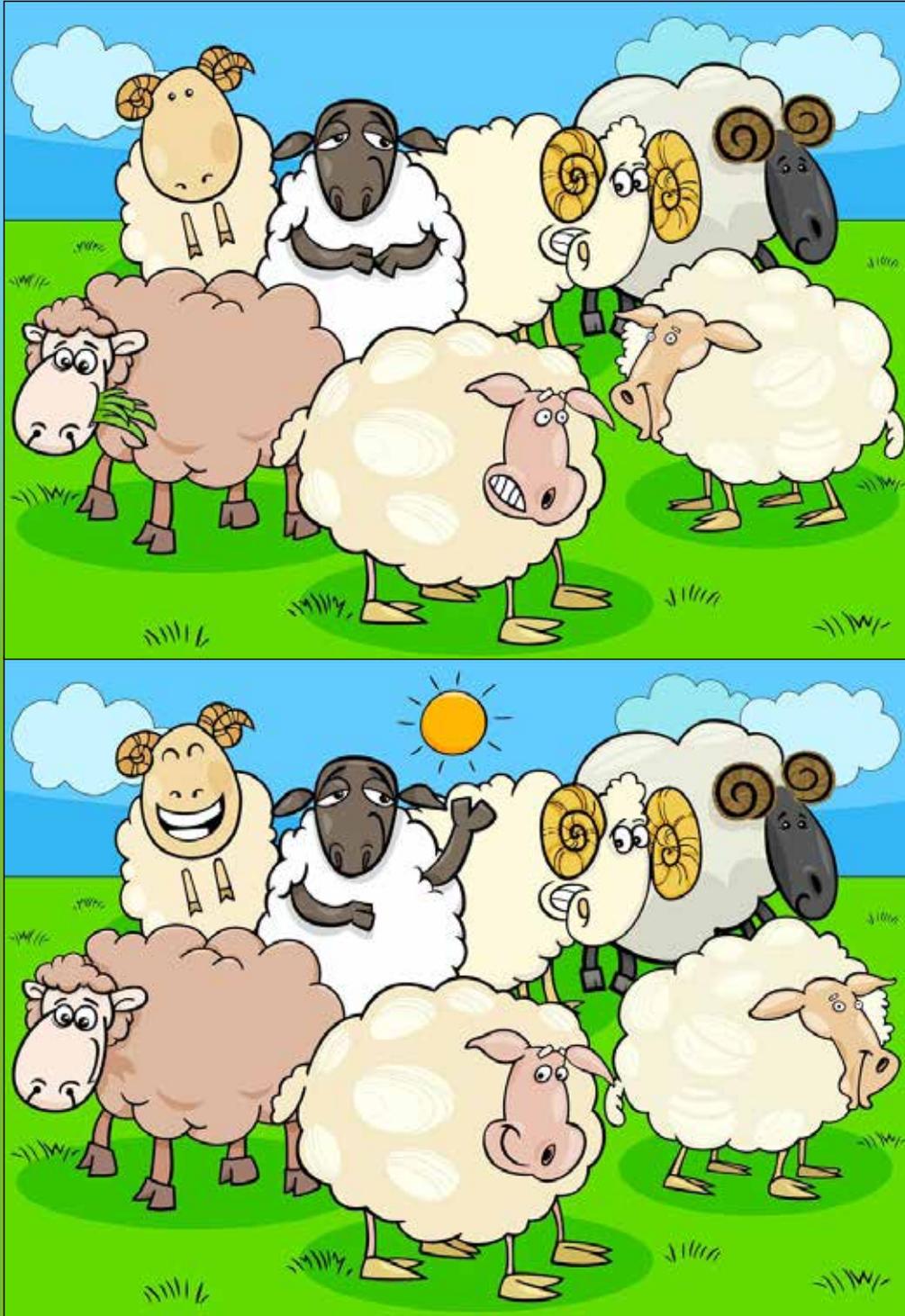
I'm absolutely delighted to say that we've been interviewing some very experienced HGV Mechanics to help our fabulous team at L.G. Perfects. Hurray!! Hopefully, I'll have some more news for you very soon. The Perfects team are working flat out to make sure all our commercial and domestic bookings are completed on time, every time. We love happy customers and clients. Plus, we have another new client to add to our books. We welcomed Optima Metal Services last month, who've opened a new branch on Harfrey's Industrial Estate. I'm arranging a fish & chip lunch for the team this month to say thanks for all their hardwork. Some clients are ever so good and bring in donuts and cakes as a thank you. It's no wonder none of us can diet at the moment ha ha!



If there's anything you'd like us to try and help with, then please do contact me [ctodd@eegreen.co.uk](mailto:ctodd@eegreen.co.uk). Keep up to date with all our latest info on our Facebook pages. Spring is hopefully in the air, have a really great March my friends.

# Kids' Corner

Can you find 6 differences?



## Who can you trust? (1 Samuel 17)

Goliath was a soldier in the army of the Philistines. He mocked God's people. He challenged anyone from the army of Israel to fight him but everyone was afraid. David was just a young Shepherd boy but he trusted in God. He trusted that God would help him defeat Goliath. And he did. David slung a stone that hit Goliath between the eyes. Goliath crashed to the ground. Later, God chose David to be the King of His people Israel.

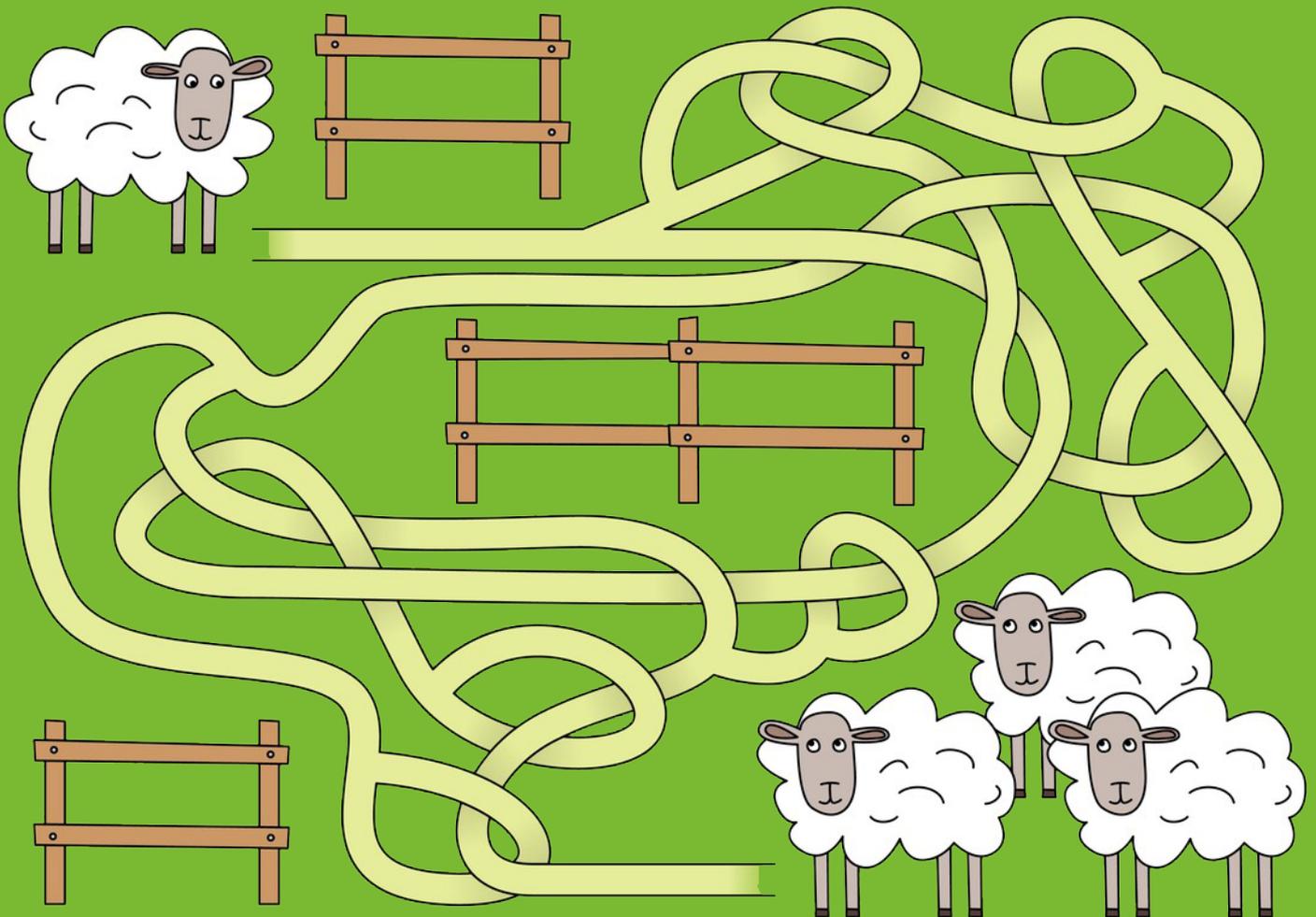
(2 Samuel 22:31, Psalm 18:30) 'God's way is perfect. The Lord's promise always proves to be true. He protects those who trust in him.'

(John 14:1) 'Jesus said, "Don't be troubled. Trust in God, and trust in me."'

# Colouring Fun



Can you guide the sheep through the maze to find its friends?



# Poem to ponder

“One thing that never seems to improve as we get older is the deepening mystery of the power that computers have over us, and the utter confusion that results when they do something that we don’t expect!”

## The Computer Swallowed Grandad!

The computer swallowed Grandad!  
Yes! Honestly! It’s true!  
He pressed Control and Enter –  
And disappeared from view!  
It devoured him completely  
The thought just makes me squirm!  
He must have caught a virus  
Or been swallowed by a worm!  
I’ve searched through the recycle bin  
And files of every kind;  
I’ve even searched the internet  
But nothing did I find.  
I went to Mr Google  
My searches to refine  
His reply was in the negative,  
‘Nothing found’ was Google’s line.  
So, if inside your inbox  
My Grandad you should see –  
Please copy, scan, and paste him  
And send him back to me!

By Nigel Beeton

# Gorleston Flower Club

Our next meeting is on Monday March 28th at 2 p.m. at Magdalen Way Methodist Church when Crystal Dyball will be demonstrating “Floral Cocktail”. You can win one of her colourful arrangements at the end of the afternoon. There is also a chance to win a hamper full of Easter goodies. We look forward to welcoming members and guests, there is just a £5 charge for guests and subscriptions for new members remain at £35.



Any covid regulations will be adhered to for your safety. If you would like any more details, please contact Margaret Colman (01493 663590).

# The Bookshelf

## Three Women and a Boat

by Anne Youngson

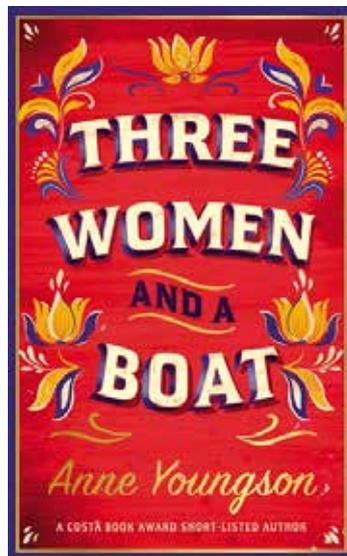
reviewed by Margaret

Three friends meet by chance and form a powerful relationship.

Eve has left her high-flying career in a male dominated world to become a free spirit, Sally decided to walk away from her indifferent husband, and they meet Anastasia who is fiercely independent but awaiting a lifesaving operation.

This book is a comforting, joyful and uplifting read and the slower pace of life it brings, weaves a story that stays with you.

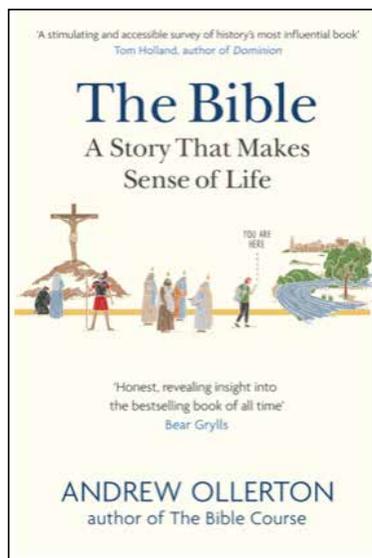
A novel about friendship, self-discovery and living the best life you can.



## The Bible: a story that makes sense of life

By Andrew Ollerton, Bible Society, £11.99

review from Parish Pump



The Bible has been called the greatest story ever told. This book explores how the story of the Bible not only helps us understand our own lives, but also gives us a framework for making sense of life in general. We can see how the narratives in the Bible mirror the narrative arcs we go through.

Wherever you stand with the Bible, whether you are seeking to find out its meaning for your own life or just want to know more about its stories, this book is a fantastic starting point.

Do you have a new book, or old favourite, that you would like to tell us about? If so, take a picture of it and write your review, using about 100 -120 words, and then send them both to [gorleston.community.magazine@gmail.com](mailto:gorleston.community.magazine@gmail.com)



# Opening THE Book

with  
Reverend  
John Kinchin-Smith

What does the Bible say about money? It may surprise you, but Jesus actually spoke more about money than about heaven. That's because, as Jesus said, "Where your treasure is, there will be your heart also." (Matthew 6:21). He added, "No one can serve two masters... You cannot serve both God and Money." St Paul put it even more starkly, writing to Timothy, "The love of money is the root of all kinds of evil."

The Bible is completely consistent when it speaks about money and possessions. A right attitude to money and possessions is found, for example, in Psalm 24: "The earth is the Lord's, and everything in it." When King David was raising funds to build the Temple in Jerusalem, he prayed, "Yours, Lord, is the greatness and the power and the glory and the majesty and the splendour, for everything in heaven and earth is yours." In other words, everything we own comes from God and belongs to God and we are only entrusted with these things. Our human responsibility is proper care of what we have. This principle extends to creation itself. Campaigning against climate change and destruction of the environment is completely Biblical.

One way the Bible teaches that we should acknowledge our dependence upon God is the principle of tithing, which is, giving back to God a minimum of ten per cent of everything we receive from him. Indeed, the prophet Malachi tells us that when we withhold our tithe, we are actually robbing God! (Malachi 3:8-11). But as Malachi goes on to say, when we honour God in this way, "God will open the floodgates of heaven and pour abundant blessing on us." Jesus re-enforced the principle that one cannot out-give God when he taught, "Give and it will be given to you. A good measure, pressed down, shaken together and running over, will be poured into your lap." (Luke 6:38).

How then are we to give back to God? A succinct answer comes from the prophet Isaiah (chapter 58): the offering that God requires is "to loosen the chains of injustice, to untie the cords of the yoke, to set the oppressed free...to share your food with the hungry, provide the poor with shelter and to clothe the naked." We will then know the blessings of God (verses 6-9).



# News from The Mag

with  
Reverend Matthew Price



Sunday 23rd January was a significant day in the life of St Mary Mags as we welcomed the Bishop of Norwich to dedicate the new community facilities we have recently installed. We have made changes to the main worship space in order to transform it into a multi-functional space available for community use. A new kitchen and café area at the back of the church has also been introduced, the toilets, which were first installed in 1957, renovated, including making one accessible, and improvements made to the meeting room and office facilities.



At the heart of our vision as a parish church is to bring transformation by serving our wider community. These facilities will enhance our ability to do that. Already the new space is being used by Magpies, our parent and baby/toddler group, an expanded version of The Bridge, the church's weekly lunch club, and Open House, a community drop in on Wednesday mornings. We also want our church building to be a welcoming space for all people and the accessible toilet is a long overdue development.

The Bishop of Norwich said, "It was just such a sheer joy to be at St Mary Magdalene Church on Sunday to dedicate (and flush) their new facilities! The day's Gospel text was all about good news to the poor, release to captives, sight to blind, freedom for oppressed, proclaiming the Lord's favour. This is a daily lived reality at this estate church."



# Ormiston Venture Academy

*proudly presents*  
**Disney's Beauty and the Beast**

Lights, Camera, Action!

Students, staff and professional musicians came together to deliver a mesmerising rendition of the Disney musical – Beauty and the Beast at Ormiston Venture Academy. The show ran over 3 nights from Tuesday 8th February to Thursday 10th February and included over 50 performers and crew members.

A rigorous audition process and numerous rehearsal and practice sessions from a totally dedicated group of students (and staff) led to some wonderful performances. The successful chosen students had the unique opportunity to work alongside professional musicians, and delivered knockout performances to year 7 and 8 students in a matinée show, as well as sell out audiences in the evenings.

A tremendous display of lights and sound effects (thanks to Miss Cornwell) complemented stunning performances from the principal cast members including:

Grace as Belle

Michael as the Beast

Alex as Gaston

Tiwalade as Lumiere

Grace as Mrs Potts

Abbie-Gail as Cogsworth

Gracie-Mae as Madame de la Grande Bouche

William as Chip

Mary-Lou as Babette

Max as Lefou

Dominic as Maurice

Stephen as Monsieur D'Arque, and

Millie-Anne as Enchantress

Ms Smith, Director and choreographer commented:

“I was astounded by the number of students who wanted to get involved and they have worked incredibly hard showing a great level of professionalism throughout the whole process. The best thing about putting on an Academy production is the transformative change we see in the young people.”

I would also like to take this opportunity to thank the peri staff and other musicians who have given up their time and lent their expertise to the experience.

The Academy owes a huge debt of gratitude to all who have assisted in the production of the show, although a special mention must go to Miss Cornwell the tech operator, Venture Alumni member Cameron Hodds – stage manager and assistant director, conductor Mr Ward, as well as the students who have helped to promote and organise the production.

A Community member commented “Wow the show was absolutely amazing and it was so wonderful to see the students performing on the stage and really giving it their all. It really did warm my heart and was just amazing.”





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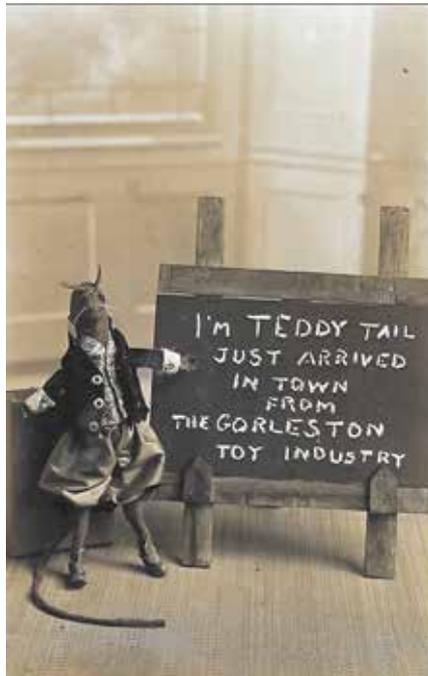


# GoSH

## Gorleston-on-Sea Heritage Group

### Teddy Tail

This photograph belonging to a GoSH member is something of a mystery. It illustrates a soft toy mouse standing next to a blackboard that has "I'm Teddy Tail Just Arrived in Town from the Gorleston Toy Industry" written on it. The photograph, that is a postcard, was taken by Harry Laxon of the Mirror Studio, 134a, King Street, Great Yarmouth. The postal side of the card states that the Mirror Studio was under the direction of H.H. Laxon.



The stories were drawn and written by Charles Folkard from 1915 until 1926. Teddy Tail had a knot in his tail that was there because, in one of the stories, he had used it to help his friend, Dr Beetle escape from a hole he had fallen into. "Then a dreadful thing happened. We couldn't get the knot undone. I don't think much of Dr. Beetle as a Doctor. He oiled and patted it, but it was no good. My beauty has gone for ever." The Teddy Tail toy in the photograph does not appear to have a knot in his tail.

Harry Laxon entered into a business partnership with a fellow photographer, Albert Dinsdale, in 1909, trading as the Mirror Studio from 134a, King Street. The partnership did not last long and by 1912 Dinsdale was running his own studio at 157, King Street, Great Yarmouth and Harry Laxon continued to run the Mirror Studio himself. In 1917 Harry married Cathrine Cockrell and by the time of the 1921 Census, Harry, Cathrine, their daughter Valerie and Harry's aunt, Florence Laxon, were residing a bit further along King Street at number 139. This property was the new location of the Mirror Studio as well as becoming the Laxon family home. So a possible date window for the Teddy Tail photograph is from 1912 to around 1920.

But who or what was Teddy Tail? According to Wikipedia, Teddy Tail was a newspaper cartoon strip mouse that featured in the Daily Mail newspaper from April 1915. It was the first daily cartoon strip in a British newspaper and was also the first to use speech balloons rather than

This additional information narrows the date window of the photograph to between 1915 and 1920. Was this soft toy a very nicely made one off given to a very fortunate child or is it one of many produced in commercial quantities by a presently unknown Gorleston toy

manufacturer? If any reader of the Gorleston Community Magazine has any thoughts or knowledge about a Gorleston based toy factory that was active between 1915 and 1920 do get in touch with GoSH via the contact us page of our website.

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

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the plumber

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

# 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.

	4		23		14		17		8		
12	I	6	13	5	16	20	14	6	17	21	7
	14		17		14		14		12		
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			14		19		10		4		
2	3	14	2	11		13	17	4	19	17	
	14		13		13		25				
5	16	1		9	12	22	26	12	1	14	
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	13		10		5		22		26		

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22	23	P	24	25	26
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**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**

## Wordsearch

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

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

### Fruit

- |         |        |         |
|---------|--------|---------|
| Apple   | Haw    | Ogen    |
| Betel   | Hip    | Olive   |
| Citrus  | Lemon  | Pear    |
| Cox     | Lime   | Pecan   |
| Date    | Lychee | Prune   |
| Drupe   | Mango  | Satsuma |
| Fig     | Medlar | Seville |
| Filbert | Melon  | Sloe    |
| Grape   | Nut    |         |

# Gorleston Theatre Company

*present*  
**William Shakespeare's  
Romeo and Juliet**

Shakespeare's most well-known tragedy of ill-fated love explodes onto the Pavilion stage this Spring in an intense, emotionally raw, and timely new production. An ancient grudge between two ruling families wreaks fresh havoc in fair Verona; a city beset with hatred, elitism, and violence. Two young people try to leave the feud behind and start a life free from prejudice. (Not a love story) This production will include a lot of dance and physical theatre.

The production team for this exciting first for GTC and the Pavilion Theatre comprises Co-Directors Thom Bailey and Chrissy Clarke.



Thom is a Gorleston born Director who studied Drama and Theatre Direction at the Universities of Hull and East Anglia. Thom has worked extensively in both Commercial and Community theatre for over 10 years. Over this time Thom has worked on the London Stage, at the Edinburgh Fringe and in Regional Tours, as well as directing three world premieres of new works.

Chrissy is currently studying a Masters in Theatre at Guildford School of Acting. After completing an undergraduate degree in 2014, Chrissy pursued a career in teaching, qualifying as a teacher in 2017. Chrissy has been a teacher at a local sixth form college for the past seven years and has taught a range of subjects including Drama and Theatre, Dance, Performing Arts and English. Alongside her teaching career, Chrissy has worked with a multitude of different organisations, from professional and amateur companies to dance schools and youth theatres. Chrissy is also Movement Director for the production.



Rehearsals are well underway, and Thom says, "I am particularly excited about this production. I definitely think it subverts what people think a production of Romeo and Juliet is. Although a well-known story, this production aims to thrill and unsettle anew. A powerful ensemble cast are already impressing in rehearsal, and I am honoured to be involved with a company and a theatre that meant a lot to me growing up."

**Tickets:**  
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+  
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SATURDAY 23 APRIL 2022 - 2.30PM  
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# Gorleston Library

## Regular Activities and Events:

**Mondays Bounce and Rhyme** – 1-1.30pm and Wednesdays 10.30-11 & 1-1.30pm (drop in)

**Spanish Chat** – 5.45 – 6.45pm (intermediate chat group)

**Tuesdays Mini Movers** - 10.30 – 11am (pre-school music and play) (drop in)

**Wednesday Just a Cuppa** – weekly 10am – 12 all welcome

**Colour me Calm** 11:30am – 12:30 & 2pm – 3pm (materials available/main library)

**Gorleston Library Craft Group** 2-4pm Carnegie Room (bring your own crafts – all welcome)

**Fridays Homework Club** Fridays 3.30-5pm in the main library – drop in – year 7 upwards

**Lego Club** – we are looking for a volunteer so please get in touch if you are interested

**Learn My Way** – Digital online learning for beginners / **Friday** 4-6pm & **Saturday** 11am -1 drop in

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

**Family Learning Sessions for 0-5's** – pop in for details

**SEND Storytime (once a month)** - See library/Facebook for info

## Gorleston Library Friends presents:

**2<sup>nd</sup> March - Books and Crafts Sale** – 10am – 12midday

**22<sup>nd</sup> March - Cecile Roberts talk on Emmaus** and the help of the homeless - 2pm/Pavilion Room/£2/refreshments available (max 30)

**29<sup>th</sup> March – Story & Crafts** – age 5 & under/11am– 12midday/free – book online via NCC libraries 'What's On' page

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online

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(support to learn to read)

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Device test  
kits**

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room to use video  
conferencing for  
essential  
appointments or  
book one 60-minute  
or 90-minute  
computer session  
on a computer.

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books on your  
smartphone, keep an  
eye on your account,  
download eBooks, audio  
books, newspapers and  
magazines

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**Household Support items**

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for a  
meeting**

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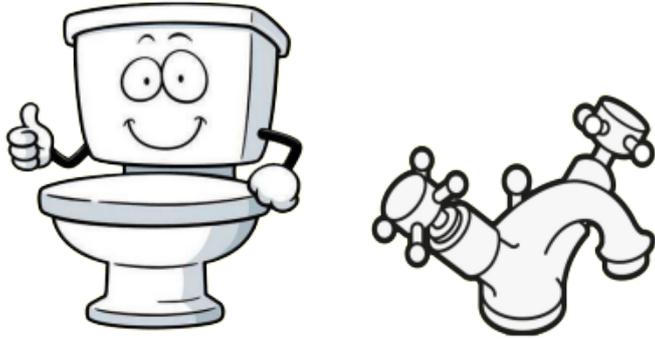
- Monday - Friday: 8am - 7pm (Open Library Access ONLY 8am - 10am)
- Saturday 8am - 4pm (Open Library Access ONLY 8am – 10am)
- Sunday 10am – 4pm Open Library Access ONLY all day)

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# **Gorleston Links Bowls Club**

Hello reader.

Well, we have been happily, busy recently. Starting with a club visit to watch the World Bowls Championships, great to be rinkside, watching world class players right in front of you, great matches, nailbiting tie breaks. It gave great incentives to our indoor short mat league games that have been a warm dry, fun place to play during recent damp wet weather. The aptly named 'High Rollers'



team continue to be the team to beat with results so far that are, played 11 won 9 lost 2.

We recently held a committee meeting to discuss the upcoming season, competitions, leagues and possible trips to and from visiting teams. One member has very kindly donated a beautiful cut glass trophy for

novice players to compete for. A greatly appreciated idea. Many new players might feel more at ease playing each other without worrying about playing long term and more experienced players.



We, as a club, are very privileged and proud to have the previous and present Norfolk County Ladies' Bowls Presidents amongst our members. They have presided through the uncharted territory of recent changes brought on by covid conditions, keeping the name of Norfolk Bowls in circulation, whilst raising money for their nominated charities, doing a brilliant job in the process.

Later in the year, the clifftop carnival weekend will see us playing a match on the Saturday. Then Sunday, we will gladly welcome anyone who would like to try out a game with us for



free - all equipment on hand - all we ask is that you wear flat shoes. Youngsters are equally welcome to try out with our younger players. It will be great to see you there.

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# Gorleston FC



Gorleston are back on top of the table at the time of writing but the race between the Greens and Wroxham looks set to go to the wire, with Mildenhall also hanging in there.

What could be the crucial game in the title race between Gorleston and Wroxham is scheduled for 5th April at Emerald Park...put it in your diary. There will be just four matches remaining after that one.

Results wise, Gorleston made the long trek to Haverhill Rovers and returned with all three points following a narrow 1-0 victory, Connor Deeks scoring the winner with a header from a corner with only two minutes remaining.



*The Greens - in blue - celebrate the winner v Haverhill*

*Joel Watts puts the Haverhill defender under pressure*

Next, the Greens made progress in the Norfolk Senior Cup, winning 5-0 at Mattishall where Christy Finch hit a hat trick. Deeks and Joel Watts scored the others. The draw for the next round handed the Greens a trip to Fakenham.



*Christy Finch on his way to a hat trick v Mattishall*

Disappointment followed with a 2-0 league defeat at Kirkley & Pakefield but Gorleston bounced back strongly to defeat Brantham Athletic 6-1 at Emerald Park. Finch scored twice, Mitch McKay and Robbie Sweeney got one a piece and there was another goal for centre half Deeks, making his personal tally three in four games.

The other Gorleston goal came on debut from Dominic Docherty (pictured below) who has joined the club from Stowmarket having been at Gorleston as a youth team player from 2010-2012.



Three of the four league games in March are at Emerald Park with a tough encounter with other title chasers, Mildenhall, set for 19th March.

Gorleston Reserves suffered their first defeat in eight games when they lost 2-1 at Thetford Rovers, Joe Corby the scorer.

Prior to that they had thrashed Brandon Town 11-1 (Ross Gilfedder 4, Sam Wooldridge 4, Jack Cottingham, Kanu Maxwell Ibenne and Jake Ward) then eased past Bungay, winning 2-1. Scorers were Corby and Wooldridge. Next was a 2-2 draw with Stalham, where Gilfedder and Wooldridge found the net.

The Under 18s returned to action after a winter break with a 3-2 victory over Beccles Town. Harrison Hall, Ethan Kerswill and Samir Lamarti were the scorers. They then lost their next fixture at Norwich Utd, 4-3.

Gorleston Women have won both their games since the last edition and remain second in their league. They have a game against leaders Caister to look forward to in March, which will be played at Emerald Park on the 13th, kick off at 2.

First, they caused a 'cupset', beating higher level opponents Beccles Town Ladies 4-3 with Joana Teixeira (2), Sienna Saunders and Rebecca Waters scoring. Next was a 4-1 league win over Shrublands (Kelsi Adam 2, Rebecca Waters 2).

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](mailto:gorlestonfootballclub@hotmail.co.uk)

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

March Fixtures				
Date	Time	Competition	Team	Opponents (Home/Away)
3rd	19:45	League	Under 18s	Wroxham (H)
5th	14:30	League	Reserves	Norwich Utd U21 (H)
5th	14:00	League	Firsts	Fakenham Town (A)
6th	14:00	League	Womens	Bulldog Ladies (H)
10th	19:45	League	Under 18s	Norwich Utd (H)
12th	14:30	League	Reserves	Watton Utd (A)
12th	15:00	League	Firsts	Whitton Utd (A)
13th	14:00	League	Womens	Caister Ladies (H)
19th	14:30	League	Reserves	Martham (A)
19th	14:00	League	Firsts	Mildenhall Town (H)
20th	14:00	League	Womens	FC Viking Valkyries Women (H)
24th	19:45	League	Under 18s	Waveney (H)
26th	15:00	League	Firsts	Long Melford (H)
27th	2pm	League	Womens	Freethorpe Ladies (A)

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# Ramblings of a Displaced Cockney

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

## The RCB

Back in the 1980s, I was teaching in a Sixth Form College in East Sussex. We were growing rapidly and putting on all sorts of new courses. This included various extra A level subjects but also BTEC National Diplomas in various vocationally based programmes in areas like sport, business studies, health and social care and IT. We also introduced what we called "vocational supplements" which were extra courses that students could take alongside their exam-based qualifications. These additions did not themselves lead to any exams but were designed to give the students extra experiences related to their possible future career plans. One example was related to teaching but the one that I had direct involvement in was called "Pre-services".

This vocational supplement was aimed at students who were thinking about a career in the emergency services (police, fire brigade or paramedics) or in the armed forces (Army, Navy, RAF or the Marines). I combined meeting current practitioners, visiting working environments, preparation for the admissions systems and tests, plus lots of outdoor activities such as fitness work, canoeing, climbing, orienteering and camping.

To help prepare for the entry processes for the armed forces, I approached the three main branches and asked to be included as an "educational observer" in the full admissions tests procedures for each of them. To my amazement I got their agreement and this opened the door to the RAF at Biggin Hill, the Navy at HMS Daedalus at Portsmouth and to the Army at Westbury. I learnt a great deal which had relevance to how we prepared the students whatever their eventual career path might be.

The three systems were different in duration (2, 3 and 4 days respectively) and how the students had to deal with stressful situations. However the one which I found most interesting was the Regular Commissions Board (RCB) designed to assess potential Army officers. This is now called the AOSB (Army Officer Selection Board) but the process is very much the same as the RCB.

It was a four day system for a group of applicants who work together throughout, known only by the number that was displayed on their track suit tops, while they go through a wide range of interviews, discussions, practical and classroom based problem solving, and physical activities. The most telling aspect of this was that we were asked to grade the candidates at the end of the first day after their first interview and a group discussion. This was not relevant to the final decisions but more as a marker to see whether our views changed over the four days.

Three candidates stood out in their different ways at this stage. There was a recent Durham University graduate whose father was a senior officer and who had preparation for the RCB through the Brigade of Guards. According to him, the only

question was which regiment he should join. Then there was one who had done A levels at school but not progressed to Higher Education. Instead, he had immediately applied for the RCB but was not successful at that stage with the advice to go away, toughen himself up a bit and come back the following year. He did this by working for the year as an instructor at John Ridgeway's ocean-rowing course in the Outer Hebrides, some toughening up! Then there was an older Malaysian, serving sergeant who had been brought across from Singapore for the RCB. When asked about his potential plan as an officer he said that he was applying as a teacher in the Education Corps. This caused immediate consternation amongst the interviewing officers as they explained that candidates for the Education Corps did not have to be assessed through the RCB, journey wasted! He just took this stoically and his response was to say "I am here now, please let me do the tests." How could they refuse?

Two of these three proved to be brilliant: totally focussed, cool headed, completely on top of things. The sort of people you would trust to do the right thing for their troops under fire. Of course they were successful.

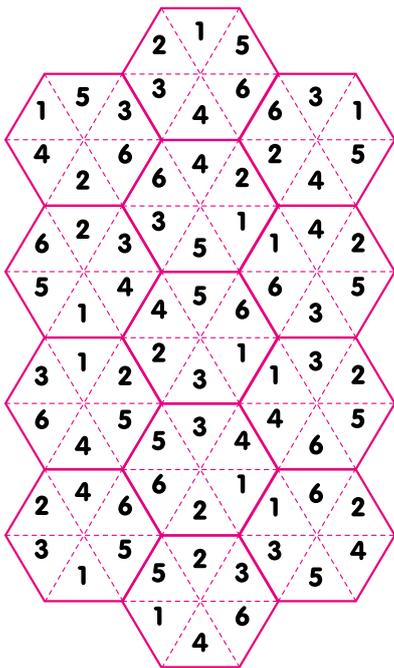
The Durham graduate did not fare so well. He progressively went downhill under pressure. It all came to a dramatic end in the assault course session on the last day. This comprises a circuit of tasks to be tackled in a fixed amount of time. Each candidate chooses which obstacle to start with and then the order for doing the rest. If they complete the course they can start again if time is left. The only rule is that whenever you start a task you must complete it before moving on to the next one. All the candidates have had previous experience of this in their preparation for the RCB but . . .

He chose to start with the 8 feet high wall. You run up, jump to get your fingers over the top, pull up and over. Admittedly it is strenuous, but not a surprise. However, he immediately ran into problems, running up and jumping but not being able to pull himself to the top. So he had another go, and another, and another. By now he was getting very tired and was clearly disorientated. He ended up staggering towards the wall and just shoulder-charging it, sliding down and crawling back. It was awful to watch, someone having a breakdown in front of us, someone who wanted to go on to lead others in extremely stressful situations.

It was a salutary lesson for us all about first impressions and how wrong you can be. It is not what people say that matters but how they behave and cope with pressure that counts. It's the sort of reason why all our interviews for teachers at the College involved actually teaching a class. It's very stressful teaching a lesson to students you don't know whilst being observed for a job, but you learn a great deal about them!

# Coffee Time Answers

**Word Ladder:** stick, stack, stalk, stale, stile  
**Caught in the middle:** place, work, window, wedding, side  
**Seeing Double:** always, beware, artery, gateau, formal, hermit, eyelid, feeler, blonde, iconic - **Mystery keyword:** watermelon



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# The Paget Page



## Maternity

The Team at JPUH Maternity Voices Partnership - Birth Voices East donated 19 bags of edible goodies to our maternity department yesterday. This is part of their Buy-a-Midwife a Coffee campaign to celebrate the work and give thanks to all the midwives at the Paget. The contents of the bags were donated by all the families that have welcomed new babies at our hospital and been under the care of our midwifery team.

Maternity Voices Partnership is a volunteer group that works closely with the Paget and the local maternity and neonatal system leaders to represent the voices of local pregnant people, new parents and their birth partners on maternity services. If you would like to join the Maternity Voices Partnership at Birth Voices East and help shape maternity services with the people who use them, visit their website here: <http://www.birthvoiceseast.co.uk/>

Thank you to the team at Birth Voices East and all the service users who contributed to the gratefully received donation.



## Run The Month

Our Urology specialist nurses have 'Run the Month' in January to raise awareness and money for Prostate Cancer UK and have handed over more than £1,700 to the charity after their marathon efforts.

All eight of the team had to complete a marathon length -



## James Paget University Hospitals NHS Foundation Trust

26.2 miles – during the month and all completed the task by either running or walking the distance.

The team effort came about after one of the nurses – Jane – saw the campaign on Facebook and thought it was a good way to raise money and increase her fitness. When she told her colleagues about it they decided to join her and, after all their collective sponsorship totals were added up, they have raised an amazing £1,710 for Prostate Cancer UK.

The team are pictured here with Deputy Lead Nurse Sarah Burroughs (right) and Deputy Divisional Operations Director Jonathan Harrowven (left) who congratulated them on their fundraising success.

To find out more about the charity and the work they do please visit <https://prostatecanceruk.org/>

## Surgical Assessment Unit Launched

Following successful pilots, James Paget University Hospitals NHS Foundation Trust has opened a new Surgical Assessment Unit, located adjacent to Ward 5 in the hospital.



The creation of the Surgical Assessment Unit (SAU) will provide better outcomes for patients coming into the hospital from the Emergency Department by enabling more rapid assessment and treatment through a dedicated team.

The SAU is a purpose built unit located adjacent to Ward 5, consisting of a three trolleyed bay and consultation room, as well as a small waiting area.





**Ormiston Cliff Park  
PRIMARY ACADEMY**  
[www.ocppa.co.uk](http://www.ocppa.co.uk)

# Ormiston Cliff Park Primary Academy

We have had a really successful and enjoyable first half of the Spring Term at Ormiston Cliff Park Primary Academy.

afterwards. We were excited to hear that Henry has won signed copies of David Walliams' book 'Gangsta Granny' for his entire class!

**This term we have had two competition winners!**

## Ormiston Academies Trust

### Gareth Jones Community Champion Award

We were thrilled to learn that our wonderful Facilities Manager, Martin Steele, has won the prestigious Ormiston Academies Trust 'Community Champion Award'! For over thirty years, Martin has been at the very heart of the Cliff Park community, working tirelessly behind the scenes to ensure that it is not just a wonderful place to learn and work but also a vital and vibrant Community Hub.



Martin is very passionate about Cliff Park and is rightfully very proud of its strong reputation within the community. He wholeheartedly throws himself behind every project aimed at developing the site or providing the best possible experiences for our children and their families. His mantra

is "Anything is possible." and he has spent his career going out of his way to achieve the absolute best opportunities for the Cliff Park Community, from site managing extensive development projects through to creating scenery for our drama productions, once even working through the night to finish a World Book Day themed staircase as a surprise for the children! Despite his busy workload, Martin even finds time to retrieve the children's lost toys and even to mend their shoes, bicycle chains and broken glasses!

Throughout the pandemic, he has gone above and beyond to ensure the safety and confidence of our pupils, staff, and the wider community, often working additional cleaning shifts on top of his already long days to ensure that everyone was kept as safe as possible. Whether you find Martin gritting the icy pathways at dawn or locking up late at night, he is always cheerful and ready to help everyone. He is an exceptional colleague and a long-standing hero of our school community and so we are absolutely delighted that Martin has received this award!

### David Walliams Competition Winner!

We would also like to congratulate Henry, one of our Year 3 pupils, who has been selected as the winner of a national David Walliams competition! Our Year 3 children took part in a special virtual assembly with the author last term and Henry and his mum entered the competition shortly



## Curriculum News

### Children's Mental Health Week 2022

This week we have been celebrating Children's Mental Health Week. Throughout the week, the children have had opportunities to take part in a range of activities, including helping to design our new Well-Being areas, painting pebbles for our Mindfulness Garden and Dressing to Express themselves! Here are just some of our beautiful designs and we look forward to sharing photographs of our garden project with you over the coming months.



### New Technology Projects

This term, our children have really enjoyed working on projects in our new Design and Technology curriculum. Activities have ranged from making fruit salad, baking bread, making money boxes, and designing Viking Longships!

It has been wonderful to see the children really enjoying the whole process of designing, making, and evaluating their projects and here are just some of their fantastic results!



### Year 2 Science Workshops

Dr DNA visited our Year 2s for an exciting workshop where they got to wear amazing glasses that showed them rainbows in the sunlight, they did experiments with clanging hangers to learn about how sound travels in waves and cause vibrations and played a game of guessing the animal from models of their teeth. It was lots of fun and full of amazing facts!



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