

St Andrew's Church

ISSUE 35, April 2021

GORLESTON Community Magazine

FREE
MONTHLY

Inside this issue: Gorleston FC, School News, Poems,
Ramblings, Springing into Creativity... *And much more!*



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Hello Gorleston!



Welcome to Issue 35 of YOUR free community magazine.

At the time of writing, with the roadmap out of lockdown and vaccinations progressing at an impressive rate, hope abounds and the light at the end of the tunnel is within touching distance! Which reminds me of a joke:

"The pessimist just sees a tunnel, the optimist sees light at the end of the tunnel, the realist sees a train coming towards him, and the train driver sees three idiots in the middle of the tracks!"

Which outlook are you? I think I am an optimist with a healthy dose of realism mixed in, so I am full of hope for the coming months yet cautiously so, as I am aware that there are still many hurdles to overcome before life bears any resemblance to normality. But vaccinations and the roadmap out of lockdown give us all a chance to look forward, beyond the stresses and strains of life in the here and now, to a much brighter future, as long as a liberal dose of common sense is applied by everyone. As the inspirational Captain Sir Tom Moore said, "At the end of the day we shall all be OK again. The sun will shine on you again and the clouds will go away."

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



Ed.....

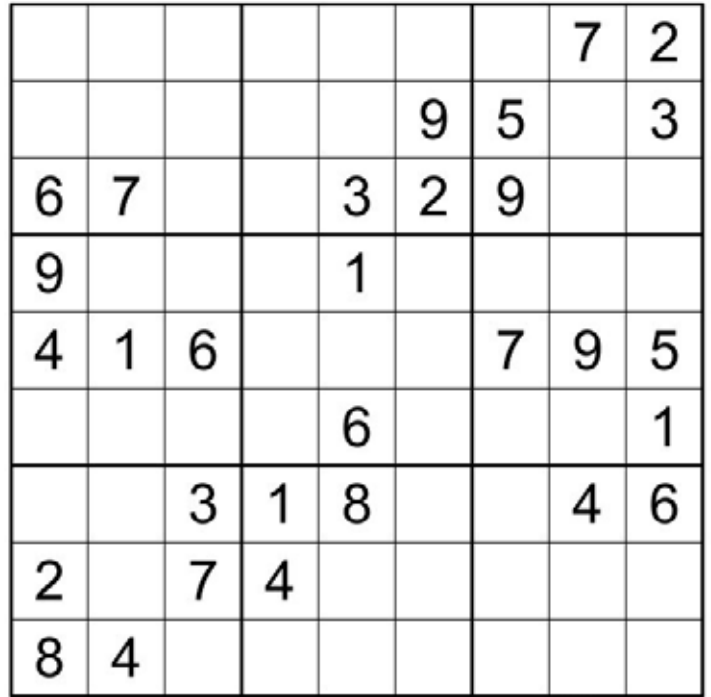
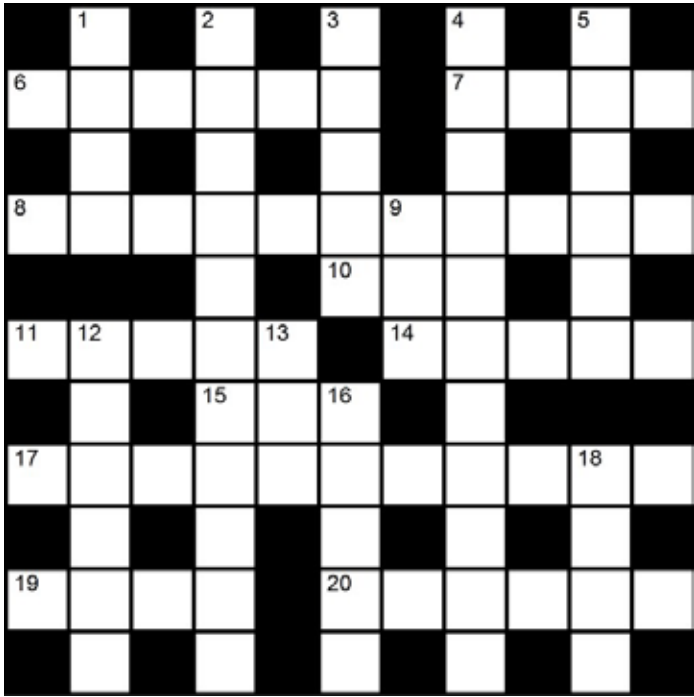
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Deadline for the May Issue is
Monday 12th April

Thanks to **Sarah Hazell** for this
month's front page picture

Coffee Time 1



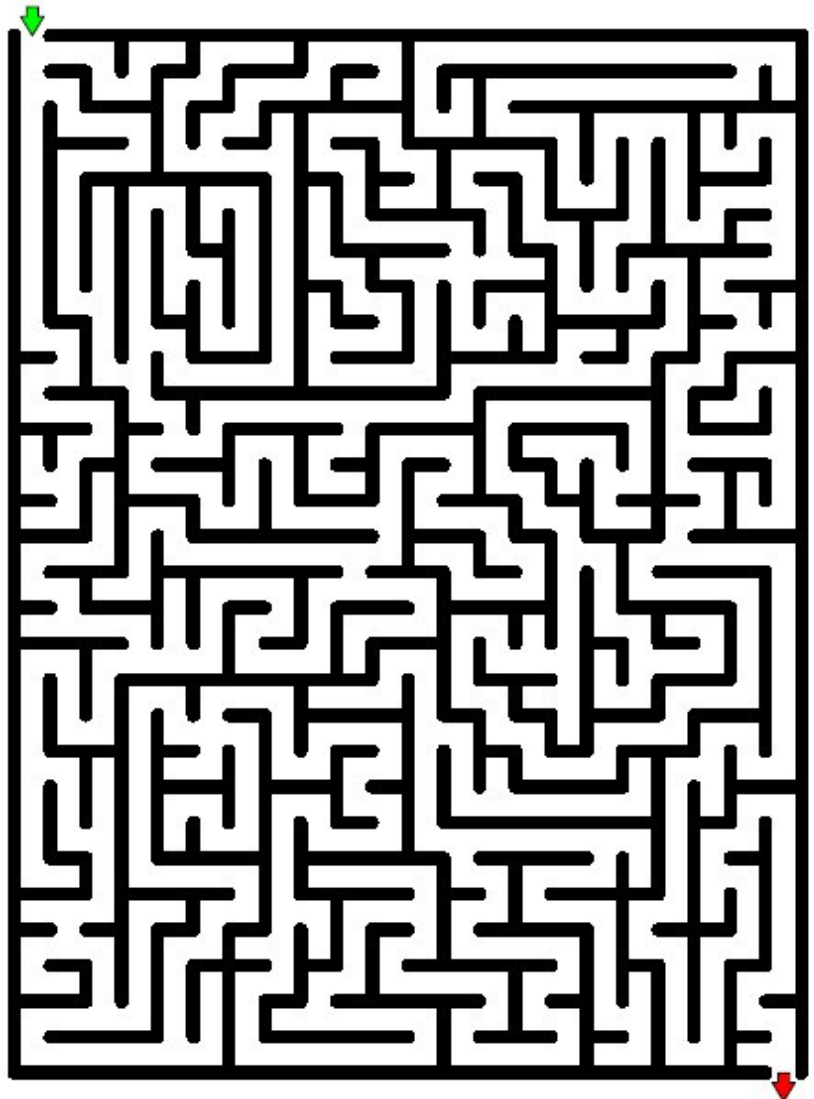
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- 12 Tooth covering (6)
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- 16 Former East German secret police (5)
- 18 Venerated image (4)



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The Rockin' Rev

Every Easter Christians locally, and around the world, celebrate with great joy the resurrection of Jesus. Christianity's confident claim is that Jesus did not remain dead in his tomb.

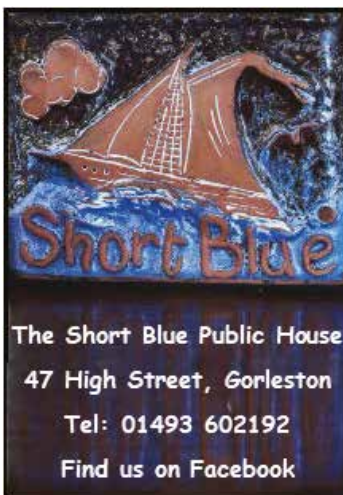
There are mixed reactions to the resurrection of Jesus. Some people accept that Jesus physically rose from the dead as an undeniable fact of history. Some people think the whole story is a foolish legend that has caused more problems than it is worth. Some people are intentionally hostile. They don't reject the resurrection because of honest doubt or lack of evidence. They denounce it because they hate the things of God.

There was no hesitation or doubt in the reaction of the women who, on the first Easter morning, went to look at the tomb where the body of Jesus had been placed and then sealed with a big rock rolled in front of the entrance. They responded to instructions from an angel of the Lord and hurried away from the tomb, afraid yet filled with joy. Jesus had risen from the dead. They must run to tell his disciples the news.



As they hurried away, the risen Jesus met them and greeted them in such a way that seemed too casual, too ordinary, and too mundane for such a momentous occasion. Immediately recognising their Lord, they clasped his feet and worshipped him. At last the full reality of the resurrection was beginning

Rev Brian Hall
Vicar of St Andrew's Church

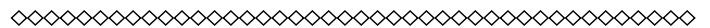


to solidify in the minds and hearts of those women.

There's a great temptation in all of us to turn the Christian faith into a "head game" of doctrines, articles of faith and theological principles. There is a great temptation in all of us to reduce the Christian faith to a world limited to the thoughts between our ears.

Don't get me wrong, I believe that all those things matter. But Jesus did not die and rise from the dead so that people could someday write theology. He did it so that people would be willing to carry the message of Christianity to others. He did it so that his followers would know that he will always be with them.

In a world that has been ravaged by the coronavirus pandemic the resurrection of Jesus dares us to believe that life has triumphed over death, that good has triumphed over evil, that love has triumphed over hate, and that hope has triumphed over despair.



...rumours that we would be giving out Easter eggs are unfounded - er, there aren't any left!



Inside Story



James Paget
University Hospitals
NHS Foundation Trust

News from the JPUH Governors

Welcome to this COVID 19 edition of Inside Story which is produced by the Governors who are now six months into our term of office.

Appointed Governors (x5)



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McCarrick

Staff Governors (x4)



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Hacon

Devender
Khurana

Jane
Gleiman

Carol
Tuck

The role of Governors remains the same with the key responsibilities of representing the views of you, our members, and the public and holding the Non Executive Directors to account. How we have been doing this has radically changed. Because of the restrictions imposed by the Government to help reduce the spread of the virus, Governors have been keeping away from the hospital and we have not been able to meet and chat to members of the public. Although this opportunity is currently not open to us, we keep talking to those we know and always welcome your views or ideas via our email address, governors@jpaget.nhs.uk

Meetings are now held virtually and have been curtailed because of pressures on all of the staff. The Council is supported by Ann Filby, Trust Secretary, and the Corporate Affairs team. Our meetings are attended by the Chair, Anna Davidson, and the Non Executive Directors, the Chief Executive, Anna Hills, and members of the Executive Team whose workloads have greatly increased during the last 12 months. Virtual meetings take place on the dates listed on the website, which can be accessed using the link [Council of Governors meetings \(jpaget.nhs.uk\)](https://www.jpaget.nhs.uk/council-of-governors-meetings)

If you would like to observe a Council of Governors meeting or receive a one page update following the meeting please email us at governors@jpaget.nhs.uk

New Children's waiting area in the Emergency Department (ED)

A new waiting area for children and young people opened on Monday 15 February 2021 as part of our improvements to the hospital.

This means that our children and young people now have their own modern and spacious designated area to wait for treatment, replacing a small area which was no longer fit-for-purpose.

We are about to embark on the second phase of the project which includes a full refurbishment of the existing adult waiting room, the reception area and constructing a new main entrance to the department.

The COVID-19 vaccination hub

Despite being extremely busy, staff have again gone "above and beyond" by setting up and running a Vaccination Hub in the Louise Hamilton Centre.

Thousands of people have received their vaccinations through the hub, and lots of positive feedback has been received on the organisation, efficiency and friendliness of the staff and volunteers working there. Well done to all concerned.



Supporting our more vulnerable patients

We would like to highlight the fact that Rebecca Crossley, Learning Disability and Autism Nurse Specialist at the James Paget (pictured left), has set up a specific area adapted to meet the needs of these patients so that their visit is less stressful and frightening for them.

This initiative has received praise and recognition from other Trusts across the country - you might have seen this on BBC Look East or on social media. Governors are very #Proud of the Paget.



The emotional wellbeing of our patients

We are all finding the current pandemic difficult – and we know that it is tough for our patients who can't have visitors.

The team has prepared some information for our staff to focus on what might be worrying the patients in their care – we have also added some resources to our website at this link <https://www.jpaget.nhs.uk/patients-visitors/coronavirus-covid-19-information/>



Deliveries for patients

Recently we have had hot take-away food being delivered to the front desk.

This led us to updating our information for patients' families so it is really clear what we can and cannot accept for patients – we hope it is helpful for you.

Deliveries for patients



Items can be dropped off at reception 9am-4pm on weekdays.

All items must be in a wipeable carrier bag and clearly labelled with the patient's name, date of birth and ward number.

Items we CAN accept include:

- Clothing
- Toiletries
- Books/e-readers with charger
- Mobile phone or tablet with charger
- Headphones for mobile devices

We CANNOT accept:

- Takeaway food or fresh food/drinks which require refrigeration
- Large electrical items e.g. hairdryers
- Deliveries from online retailers
- Alcohol
- Money



February 2021

How the hospital is supporting its staff

Staff continue to work tirelessly throughout the hospital. The pandemic is understandably having an impact on their general well-being.

Various forms of support have been put in place to help staff manage the pressures they experience every day, including counselling. All staff, including those who are shielding or on sick leave, receive regular communications and updates from the Management Team.

Despite the successful roll-out of the vaccination programme, we, as members of the public need to continue to play our part in helping to protect not only ourselves and each other, but all the staff at the hospital by continuing to follow the Government guidance.

Thank you for your support.

**HELP US
HELP YOU**

STAY WELL THIS WINTER

Despite current restrictions, the hospital is still "open for business" looking after patients with non-COVID related issues that require urgent care. Unfortunately, routine surgery had to be suspended although the lists are checked regularly so patients can be prioritised.

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.

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Ormiston Herman Academy

We were so excited to welcome all our pupils back on Monday. Although we have been open to key worker pupils and vulnerable children, the Academy really comes to life when every classroom is full of busy children and staff.

We wanted all our pupils to have a positive and happy return and so we decided to embrace a whole school theme using balloons. We wanted to let go of our worries and make the Academy a colourful and positive environment for learning. There are balloons everywhere!

Every child in the Academy has contributed to a whole school display, where they created their own balloon and wrote a short extract about why it is great to be back! We have papiermache balloons, balloon arches, hot air balloons, 3D balloons and so many more. There have been lots of opportunities to write about the week, and as we walk around the Academy, we can see lots of high quality work from the very youngest children in our Nursery up to our oldest children in Year 6.



March 4th was World Book Day and just because we had pupils working from home as well as in the Academy, we were not going to let this stop us celebrating!

This year, World Book Day fell within National Careers Week, so we chose the theme of Jobs and Aspirations and pupils and staff dressed up in the uniform of a job they would like to do. We had a series of virtual speakers, including the Olympic boxer Antony Agogo. There was also a graphic designer, a dog groomer, a hairdresser, professional footballer Remi Matthews and many more. The children loved asking questions and finding out about what you have to do to train for different professions and Year 6 produced some excellent writing that we have sent off to our Trust Headquarters. It is important to us that all our pupils aspire to be hardworking and positive members of their community and this certainly inspired them to think about their futures.

We love taking part in different competitions on World Book Day and one of the competitions this year was to decorate a potato, dressed as your favourite character. We are very proud to announce that Ella Harvey won across all of the Academies, with her beautiful 'Tiger that came to Tea' creation.



We are constantly trying to teach all our pupils the skills of teamwork, resilience and perseverance and this week, Year 6 celebrated the return of all pupils with an arcade challenge. Each group was tasked with working together to create a working arcade game. They had to use discussion skills, negotiation, design and building skills and every group managed to create a working model! Well done to everyone in Year 6.



We are very lucky to have such supportive parents and carers, who have worked very positively with us during the Lockdowns and returns to school. We have had many supportive comments from families and it has really boosted staff morale to know that our efforts are appreciated.

This week we were delighted to find out that one of our families have had a real star named after Ormiston Herman Academy! Tommy, Toby and Jamie Hutchison worked with their mum and dad to make thank you packs for all the classes and each bag contained a certificate to show us where our special star is. I am sure that there will be lots of us outside stargazing next time we have a clear night.

Finally, we would like to say a very big thank you to all our pupils for returning with such happy and positive attitudes and we are really looking forward to getting back to our new kind of normal!

Jessica Collins - How a mother has turned a Tragedy into a Tribute



It must be every parent's worst nightmare. April 8th 2021 would have been Jessica's 19th birthday, her suicide in July 2016 devastated her family but has become a venture to help other families. Raising awareness has become Lee-Anne Collins' mission.

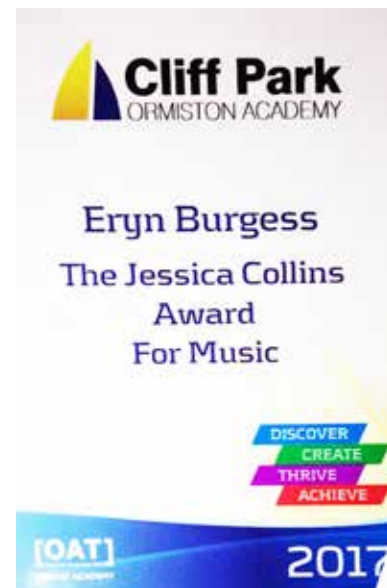
In July 2016, Lee-Anne and her family had no idea that her daughter Jessica had any specific problems over and above that facing the family as a whole and of the average 14 year old girl. Teachers regarded her as 'incredibly intelligent' and described her as 'always smiling'. She had already won a music scholarship from Cambridge University and her future looked bright.

Living with her mother, father, twin brother and younger sister in Hopton, they had been devastated by the loss of Lee-Anne's mother to cancer 8 months previously. Jessica had seemed to be particularly affected by losing her Nan but at the time, nothing in her behaviour indicated her state of mind. The family found Jessica unresponsive on her bed in July 2016.

It has been suggested that the trigger for her suicide could have involved social media. Lee-Anne feels that social media, particularly Snapchat where messages disappear instantly, can have a terrible impact on the mental health of users. She said "it's a worry for most parents what their children are doing on screens when alone and unfortunately in some cases it's too late".

Her mother describes her as incredibly talented and spoke of her own suffering from PTSD following Jessica's death. Something changed during Lockdown and her thoughts turned to how she could use her tragic experience to help others. Lee-Anne was worrying about how Lockdown would be affecting children and teenagers and felt if she could talk to other families who were experiencing concerns she may be able to prevent a similar tragedy.

Having set up the Jessica Collins Child Suicide Awareness page she decided to use her story to promote children's mental health and to help signpost the Papyrus Charity which supports young people who may be contemplating suicide. Everything she researched told her that talking about problems and encouraging feelings to be shared could help with anyone considering suicide. Her experience has been that parents feel helpless. By speaking to them and encouraging them to talk about suicidal feelings with children and teenagers may head off another tragedy. She has been selling wristbands which have raised £747 for Papyrus and used her story to raise awareness in the media. A Jessica Collins music award at Cliff Park Ormiston Academy is being presented to someone different every year in remembrance of her talent.



For help with any issues raised in this article...

To contact **Lee-Anne Collins**:

Email: jcawarenesspage@gmail.com

Facebook - *The Jessica Collins Child Suicide Awareness Page*

Instagram: *@ The Jessica Collins Campaign*

Papyrus: *If you are having thoughts of suicide or are concerned for a young person who might be, you can contact **HOPELINEUK** for confidential support and practical advice, 9am – midnight every day of the year (weekends and bank holidays included).*

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Phone: 116 123

Website: <https://www.samaritans.org/>

GoSH

Gorleston-on-Sea Heritage Group

Corporation Bus Services In Gorleston

Great Yarmouth Corporation's blue buses were once a familiar sight around Gorleston, they had replaced the electric tram service that had closed during October 1930. In the 1950s and 60s blue buses in Gorleston all ran (except for the Gorleston Circular route) to and from Great Yarmouth town centre and their routes were designated alphabetically. However, the services around Great Yarmouth, Caister and the Fish Wharf were designated with a route number.

Route A terminated at the southern end of the Magdalen Estate. Route B went to Gorleston Beach, terminating near the Floral Hall. Cooper's shop at the bottom of Cliff Hill and the corner of Englands Lane often stated in their advertising that the "Gorleston 'B' Bus Stops Outside." Route C usually terminated at The Links Hotel on Gorleston Cliffs, but a few travelled further along Marine Parade terminating at the Yallop Avenue and Links Road junction. Route D terminated at the junction of Brasenose Avenue and Lowestoft Road travelling via Church Road and Middleton Road. A special service D that terminated at Beevor Road Great Yarmouth, was laid on each morning for South Denes factory workers. Service E (Elmhurst) also terminated at the Brasenose Avenue junction but travelled via Lowestoft Road rather than Middleton Road. The last journeys of each day always terminated at the Caister Road bus depot in Great Yarmouth and the bus destination boards indicated "Depot Only."

The Transport Depot had been built by Boulton and Paul of Norwich during 1898 in readiness for the opening of the Great Yarmouth electric tramway. Just over thirty years later, in 1933 the tram service closed with all its routes being replaced by buses. The building then became the Corporation's bus depot. During World War Two the depot was severely damaged during air raids and was rebuilt after the war, by F.R. Hipperson & Son Ltd, with a distinctive Art Deco facade.

During August 2019, a blue plaque was placed on the depot's offices to commemorate these events and was unveiled by Steve Hewitt of the East Norfolk Transport Users in the presence of the Depot Manager, Richard Delahay, the First Bus Operations Manager, Alvin Parker, Fleet Engineer, Mark Reynolds, and members of the Great Yarmouth Local History and Archaeological Society.



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/>



An unattributed aerial view of Gorleston Beach taken in the early 1950s, showing three double decker Great Yarmouth Corporation buses parked outside the Floral Hall.

Vets and Pets



Spring tick alert!



As the weather warms up and we head towards the Spring and Summer months, ticks become more active, posing a risk to both pets and their owners.

Ticks can be found in long grasses and wooded areas, especially where there is wildlife such as deer and hedgehogs. Here, they wait

for a human or animal to brush past them, so that they can jump on and feed. They attach using their mouthparts and will feed on blood from their host for several days before dropping off.

Although pets rarely seem troubled by them, ticks can spread diseases that pose serious health risks:

Lyme disease is the most well-known disease spread by ticks. Affected pets (and also humans) can develop swollen

joints and stiffness. They can also develop a fever, anorexia and lethargy.

Babesiosis an emerging tick-borne disease, destroying red blood cells and causing acute signs of anaemia in affected dogs (but not humans). It is mainly found in mainland Europe, but there is a risk of spread into the UK and Ireland.

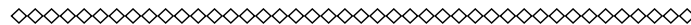
What about prevention? Current evidence suggests that tick-borne diseases take many hours after tick attachment to be transmitted. Veterinary prescription medications for the prevention of ticks often kill these pesky parasites quicker than their non-prescription counterparts, which is very important in the prevention of tick-borne diseases and they are available as spot-ons, tablets or collars.

We are here to help, so please get in touch for further information!



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

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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.



Monthly Recipe

from
Fleetwoods Butchers

Healthy Lamb

Preparation time - 30 mins, cooking time - 1 hour, serves 8



Ingredients

- 2 onions , peeled and thickly sliced
- 2 large carrots , thickly sliced
- Boneless leg of lamb (around 1.5kg), trimmed of excess fat
- 4 garlic cloves , sliced
- 3 rosemary sprigs , leaves picked
- 2 tbsp olive oil

For the veg

- 800g baby carrots , peeled
- 500g frozen broad beans
- 600g frozen peas
- small bunch mint , finely chopped
- small bunch parsley , finely chopped
- 1 lemon , zested and juiced

Method

1. Heat the oven to 200C/180C fan/gas 6. Put the onions and sliced carrots in a large roasting tray. Remove any string from the lamb and put it on top of the veg, skin-side up. Pierce the lamb with the tip of a knife to make small pockets in the meat, add garlic slices and a few rosemary leaves to the holes. Rub the lamb with 1 tbsp olive oil and season. Pour 100ml water into the tray.

2. Roast uncovered for 45 minutes at the top of the oven. Check the internal temperature, it should read 60C for medium (pink). Cook for another 15 minutes for well done. Rest the meat under foil for 10 mins while you cook the veg.
3. Bring a large pan of salted water to the boil. Add the carrots, and cook for 8 minutes until tender, adding the peas and beans for the last 2 minutes. Drain the veg and toss with 1 tbsp oil, chopped herbs, lemon zest and juice. Season to taste.
4. Carve the lamb into thin slices. Spread the veg onto a large warmed serving platter and arrange the meat in the middle.



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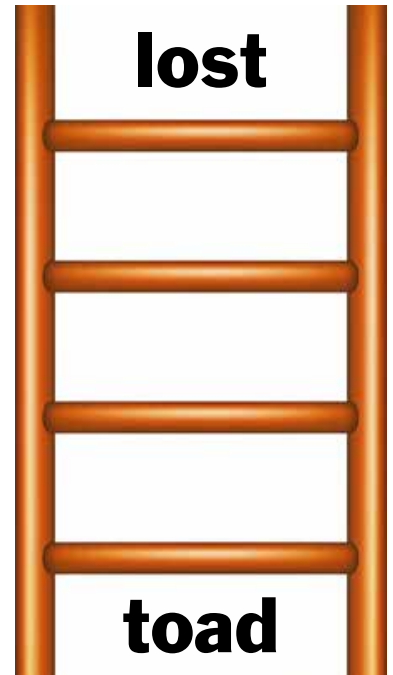
Fallen Phrase

Letters have fallen out of their boxes. Can you put them back in the right place to reveal the name of a book and its author?
 (Words may continue on the next line.
 Keep the letters in the same column.)

i	g	r	e	t	o	o	u	e	
n	b	h	w	y	e	r	n	g	r

Word Ladder

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















Caught in the middle

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

- ice cheese
- drama bee
- skip charge
- free rover
- open work

Crunch 'em

What is “?”

	-		-		=	3
	+		-		=	1
	+		-		=	3
	+		+		=	?

Gorleston Grapevine



Being a working parent of a high school student, I really must begin with all children's return to school on March 8th. Hats off parents, you are home schooling heroes! To all teachers and teaching staff, a great big, massive THANK YOU! I think people forget that schools have never really closed. I'm sure most teachers would love a holiday, never mind, the possibility of an extension of school hours or shorter summer holidays. No, we want to be on Gorleston Beach all Summer! Remember folks, L.G. Perfect is still rewarding all our keyworker heroes, so if you need your car serviced or MOT'd, then you can call L.G. Perfect on 657131 and quote ****HERO2021**** to receive 20% discount.

We've been continuing our "Community Care Campaign" with the help and support of our other businesses, L.G. Perfect MOT, Service and Repair Centre, and Folkes Plant & Aggregates. We've received lots of requests and suggestions from you, so thank you. We returned to YMCA Norfolk in Great Yarmouth with some sand and stone for their amazing garden project. Plus, we delivered all your very kind donations. Special mentions must go to Lynda

from experienced HGV Technicians too, so get in touch for a chat.

E.E. Green delivered some much needed Amazon Fire Tablets for Edward Worlledge Ormiston Academy Primary School in Great Yarmouth. Teachers were also given Visualisers (Document Scanners) and lots of headphones for the students. We also dropped off some calendars and our E.E Green Thermal Mugs for staff. Marina Peart, ICT Service Administrator said, "Thank you to E.E.Green for the amazing IT gifts, they are amazing and will be used everyday."



It was International Women's Day on 8th March. All our female employees are fabulous at their jobs. From HGV Drivers and Plant Operators to Business & Administration Co-ordinators and Accounts Managers. We are so proud to employ women, in what is still classed, as heavily male



Thompson, Samantha Richardson, Elaine Spencer and Charlotte Cheshire from JAX Plumbing & Heating.

LG. Perfect celebrated National Apprenticeship Week from 8th -14th February. Our "Awesome Apprentice" is Sonny Everett (18) who has nearly completed his Level 2 Mechanics here and with East Coast College. Sonny really is learning with the best car, van and truck technicians in the area. Sonny will progress with increasing his knowledge practical experience and move on to a full-time role in our area's only BOSCH accredited Workshop.



As a local family run business, we are so passionate about encouraging and developing career paths for our young people by working in partnership with schools and colleges to promote Apprenticeships. We're always keen to hear

Email: gorleston.community.magazine@gmail.com

dominated industries. So, if you have a daughter, sister, niece, who'd love to drive an HGV, be a mechanic, operate plant machinery, please do encourage them. Meet some of our Team, from left to right, Ebony, Beverley, Della and Petula. Our Group would not operate as it does without all our women!



We've been updating our "MERCH" (that's merchandise for the older ones!) stocks recently. Check out our new mugs, thermal and camping ones. If you know someone who deserves one drop me an email at ctodd@eegreen.co.uk with a great reason why they should receive one.



Stay safe, happy and healthy. We are always here to help.



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Gorleston Links Bowls Club

Spring is in the Air.

We look forward to welcoming our members back to bowling this year, after the restrictions from Covid 19 in 2020.

With luck and the Governments easing of restrictions set in place for the future, as well as guidelines from Bowls England, it looks like we can resume our bowling season from May, with the possibility of the greens opening mid – end April, so we are able to get some much needed practice sessions in before the start of the League and Competition fixtures that are in place,

We know that at the start of the season, social distancing and infection control will be in place, limiting what we can do and play.

Over the last few months we have been working with all the EBA,EBF, National and County associations to formulate a full playing season, as well as our own Club Internal Competitions, so a very full programme is ready to start.

At the time this issue has gone to print negotiations have been continuing between the Government, Bowls England, the DCMS (Department of Culture,Media & Sport) and Norfolk County Bowls Assc, to finalize the guidelines to re commence the 2021 season.

With all this in mind, we look forward to continuing our weekly sessions on Sunday mornings at 10.30am for coaching, and 11am for a roll-up, at Gorleston Cliff Sports Pavilion, Marine Parade and welcome anyone who is thinking of joining a Club, to join us, whether a beginner, novice or an experienced player, all are welcome. No equipment is necessary, as we have spare sets of bowls available. The only requirement is that completely flat soled shoes are worn on the green.

Facebook: Gorleston Links Bowls Club



Richard Routledge



In the last issue I was telling you how well the shop was doing alongside the parties.

The parties were getting bigger with the rave scene getting hold of the new young generation, it was then I took my first big gamble to go big.

The Bier Garden by the Wellington Pier was the target alongside the Ocean Rooms in Gorleston.

With the Bier Garden it was a massive risk, as we had to spend so much more money on things like dance platforms, lasers, banners and a massive sound system, and then the line-up had to be right.

Luckily I had met one of the country's best rave DJs in London a few months before. He agreed to do the event only if we called it Boom after his events in Brighton, the man was of course Carl Cox.

It took a whole day to set up the event (which you can see on YouTube), with Carl I had DJ Rap, Kenny Ken, with local heroes Richie and DJ Dance.

It went berserk, the event sold out and I'd never seen anything like that in Gt Yarmouth, the bar had been raised .

I did similar events at the Ocean Rooms and a few more over the next 18 months at the Bier Garden.

The only trouble with success is that other people want a slice of the cake, so we had other promoters doing things alongside the clubs themselves, which meant my slice was getting smaller.

The big problem was drugs, so police raids were getting stronger and the threat from the drug gangs was starting to be frightening.

The fun was starting to turn into a nightmare, and I started to worry about my own life. This came to an alarming point when one night at the Rooms I was asked to come to a car in the car bays outside and threatened with a shot gun if I did not allow that gang the full rights to sell drugs in the club.

Well that was it and with it getting harder to sell events due to everyone getting in promoting, I decided to stop for a while (a long while).

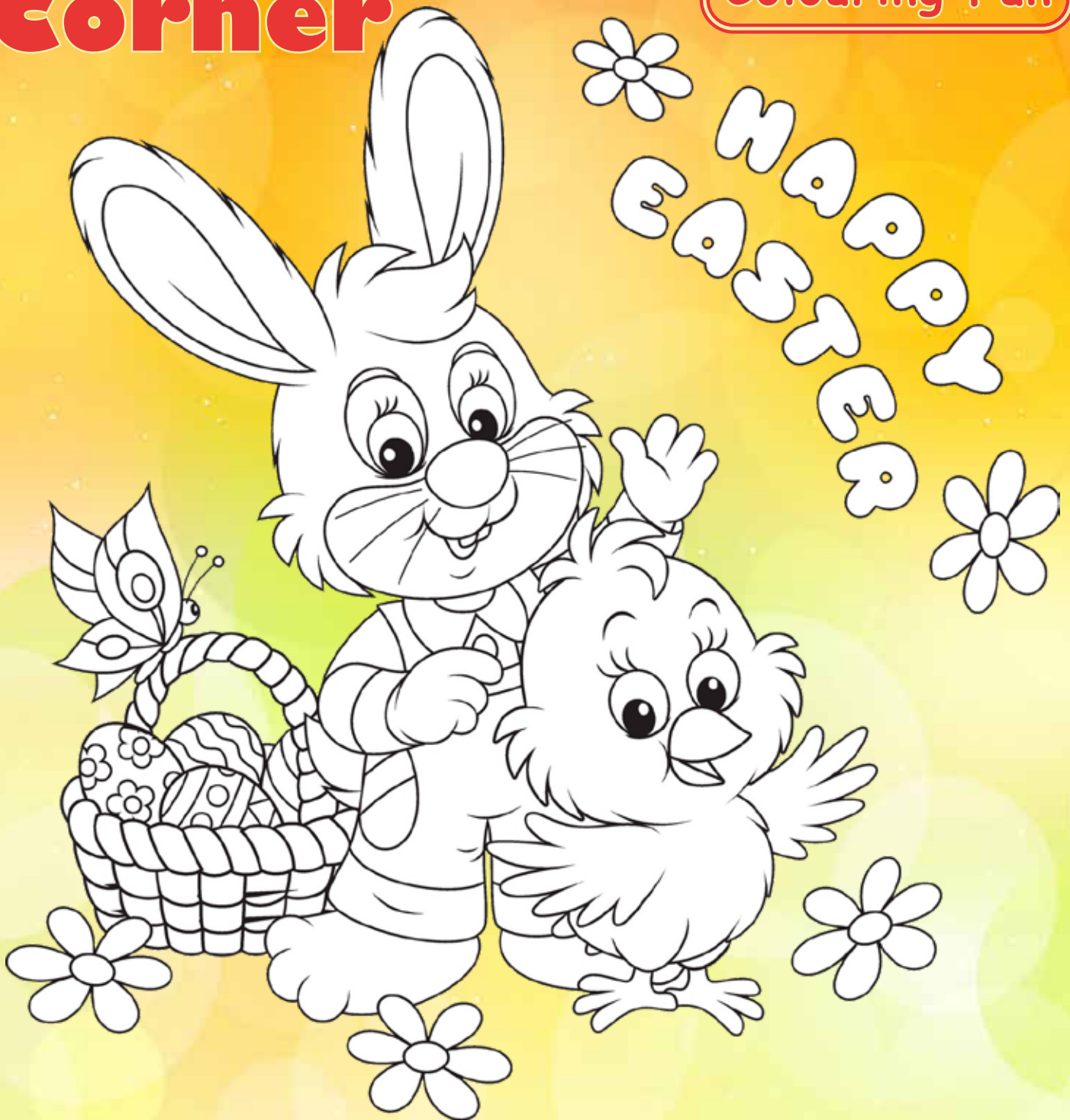
To be honest it had all started to go a bit slow in the shop too, we decided to go a tiny bit more upmarket. We went to a trade show and bought heavily on some great firms and going away from buying weekly (this was such a bad decision). To add to our woes we did not see the downturn in the economy on its way. In the next issue I'll tell how it turned out, buckle up for a bumpy ride!

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



Kids' Corner

Easter
Colouring Fun



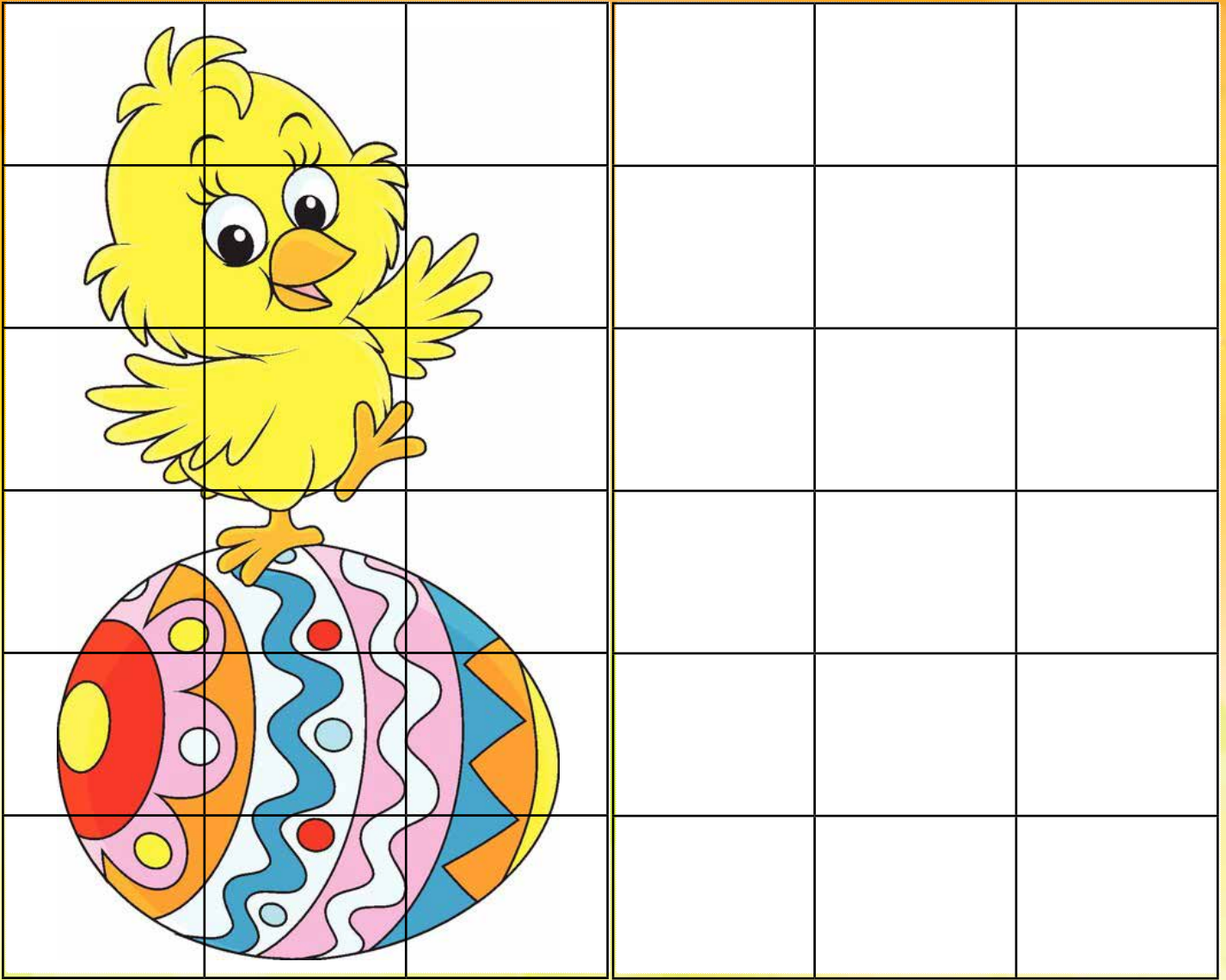
Bible Wisdom:

Do you want to find happiness and blessing in your life? The bible tells us that these things are found in the God of the Bible...

Proverbs 8:32-35:

"Now, children, listen to me. If you follow my ways, you will be happy too. Listen to my teaching and be wise; don't ignore what I say. Whoever waits at my door and listens for me will be blessed. Those who find me find life, and the LORD will reward them."

Copy and Colour



Do you know what comes next?



Gorleston Then & Now

by John McBride



In this view of the Lower Promenade there is the unusual scene of cars parked along its length. The Power Station visible in the picture means that the picture was taken after 1957 and as construction of the new Gorleston Pier has not started it must be before 1962, which is confirmed by the cars of the era. Parking on the prom must have been convenient for beach goers, but would probably be dangerous now. Comparing the two photos the different positions of the shore line is obvious.





Opening THE Book

with
Reverend
John Kinchin-Smith

At the beginning of these “Opening *The* Book” articles back in June 2018, I wrote: “When I hold a Bible in my hand, I know that I’m holding the most precious thing in the world.” I hope these articles have indeed begun to open the Bible for you as we have learnt about some of the different parts of it and how it helps us to answer the most important questions in life. If anyone would like to have a copy of all the previous articles, let the editors know and I will e-mail you a copy. (Apologies that printed copies cannot be supplied).

But when it comes to the Bible, what are the best verses for seeking help? In this month’s and next month’s articles I will give a list of helpful verses for those difficult times when you just can’t do it alone. Sometimes we all need some words of encouragement and helpful advice, especially when we’re stressed or anxious. That has been especially true in the past year. We all need help to navigate our lives here on earth. The Bible provides many helpful verses on how to lead a positive, fulfilling life. Feeling stressed at work or at home? Feeling down and depressed? The Bible provides many helpful verses for any situation. (The numbers indicate the chapter: followed by the verse). And Christians believe the Bible can never lie and that God’s promises are absolutely trustworthy and sure.

Jesus said, “Come to me all you who are weary and burdened, and I will give you rest”. (Matthew 11:28)

Delight yourself in the Lord and He will give you the desires of your heart. (Psalm 37:4)

The Lord Himself goes before you and will be with you; He will never leave you nor forsake you. Do not be afraid; do not be discouraged. (Deuteronomy 31:8)

God is our refuge and strength, an ever present help in trouble. (Psalm 46:1)

Commit your work to the Lord, and your plans will be established. (Proverbs 16:3)

Cast all your anxieties on God, because he cares for you. (1 Peter 5:7)

What then shall we say to these things? If God is for us, who can be against us? (Romans 8:31)



Taste and see that the Lord is good; blessed is the one who takes refuge in him. (Psalm 34:8)

News from The Mag

with
Reverend Matthew Price



At last there appears to be a bit of hope in the air! The numbers of cases of COVID19 are falling on a daily basis, the proportion of people who have been vaccinated is rising equally quickly and the government has announced its road-map for unlocking society and returning to some kind of normality. What’s more, the days are drawing out, Spring has arrived and colour from daffodils and tulips are brightening our gardens. There is a renewed hope in the air.

This season is also a time of hope in the Christian calendar. Easter is all about the celebration of hope over despair, light over darkness, new life over death. That’s why the symbols of Easter are eggs – chocolate or otherwise – a sign of new life! And in many ways, it is just beginning to feel like our society is emerging into a kind of new, post-pandemic life. I, for one, am looking forward to seeing more friends and family as the restrictions ease.

At St Mary Magdalene, in celebration of the hope that is at the heart of the Easter story, we are delighted to be hosting a Community Easter Trail this year. We hope it will be a fun activity for the whole family to enjoy together during the Easter holidays. There’s no charge, and if you would like to take part, you can collect a trail guide from the church between 9.30am and 11.30am on Monday 29th March. You will then have the next few days to complete the trail and find all the eggs which will be hidden around the Magdalen estate, before returning to collect a prize between 2pm and 4pm on Saturday 3rd April. There will be a chocolate egg for every completed trail!

We look forward to welcoming you on March 29th and wish you all a very Happy Easter!



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- ▶ Further investment in IT upgrades and access to the latest technology for students
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Shani Platten - inspiring hope

As mentioned in the last issue, mental health and suicide has been a major issue during lockdown, and Shani Platten felt inspired to try to help. Judging by the online response to her actions, it is a job well done and much appreciated by the community!...

So, as we all know this world we are living in at the moment is a very, very strange time! We're all living it our own way, but so, so many people are really struggling, and lately all I've been hearing is people taking their own lives. It has really been playing on my mind and I've been trying to think of ways that I could help. Giving an ear to listen and a shoulder to cry on is something that I will always be, but I felt I needed to do more. Last Sunday I came up with the idea that I would love to scatter some beautiful positive quotes around the pier in Gorleston, as it seems this place is somewhere people are wanting to go when feeling so low.

I wanted to put these quotes around in the hope that if even just one person would read one and make them think twice and realise that they do mean something, they should be here, and that with some help they can get through this dark moment.



So my secret mission started last Sunday in the pitch black (it was so cold and windy), but we did it, me, Dan and the kids. We have just been and completed our mission, after taking notice that people wanted numbers on there, we have added six signs with phone numbers on them too.



Since then, I have had a few people message me asking if it was me. As much as I was going to stay anonymous, as I didn't do this for attention, I did this because I genuinely hope that this can help someone. I can't lie to people, so quite a few people already know. I have seen all the amazing pictures people are taking, I have been up the pier so many times since just watching people read them and smiling, it was worth it just to see that alone! It's made my heart feel so full that people are seeing them and that they are getting noticed.

So thank you to everyone that has shared them, and for all your beautiful messages they have made me cry so many times when reading them.

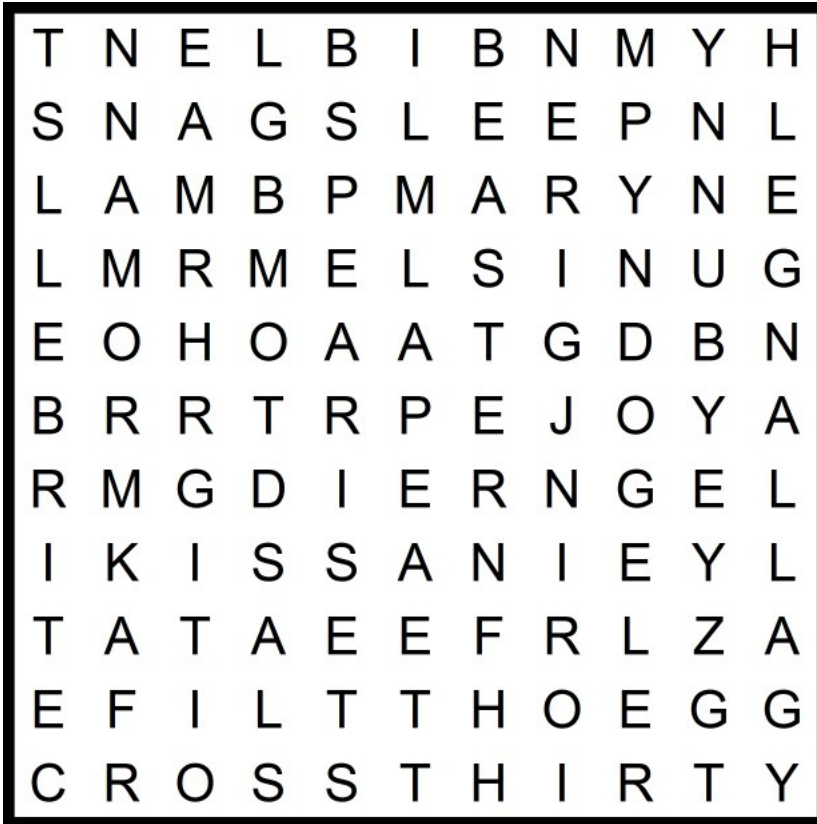


More Coffee Time!

Wordsearch

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

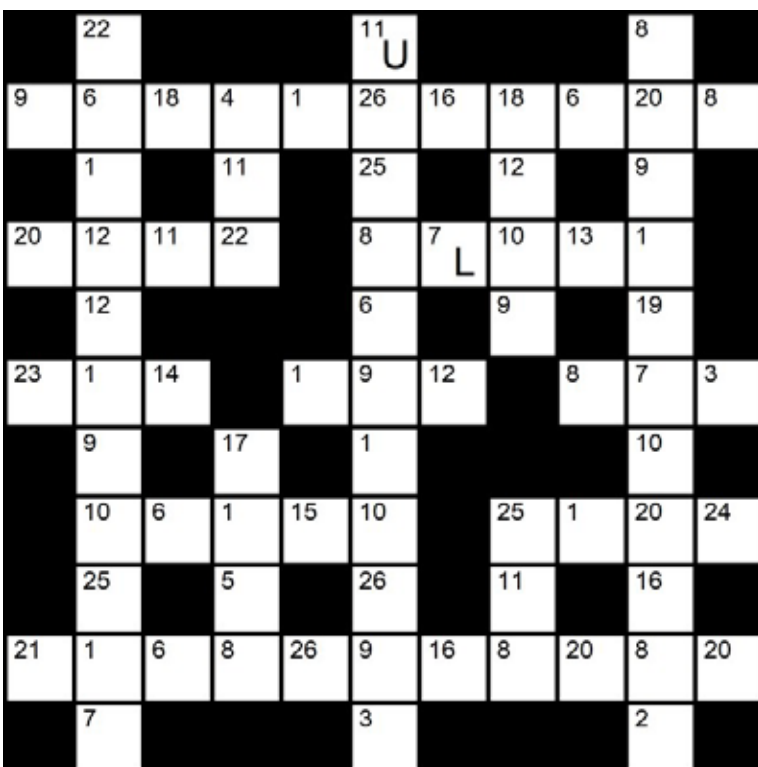
Easter



- | | | |
|---------|------|--------|
| Angel | Gall | Mary |
| April | Gift | Palm |
| Bells | God | Rise |
| Bible | Holy | Rite |
| Bonnets | Hymn | Roman |
| Bunny | Joy | Sin |
| Cross | Kiss | Sleep |
| Die | Lamb | Spear |
| Easter | Lent | Thirty |
| Egg | Life | Three |
| Faith | Lord | Tomb |

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.



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

7	L	8	9	10	11	U
---	---	---	---	----	----	---

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

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

Ormiston Cliff Park Infant & Junior Academies



Welcome Back to School!

On Monday 8th March we welcomed our students back to school, and having missed them all so much, celebrated with lots of colourful balloons throughout the building! During this shorter than usual half-term, we learned about 'letting go' - releasing our worries, and getting rid of negative thoughts and assumptions.



Our career aspirations



Vet, office manager, firefighter, doctor, karate champion, teacher; many pupils at Ormiston Cliff Park Infant and Junior Academies have their careers chosen already! Students have recently been learning about the different jobs that people do and the ways in which they can work towards these careers. To coincide with World

Book Day, many children dressed up in their chosen career 'uniforms'. We look forward to seeing the bright futures of these determined young people!



World Book Day

One of our favourite days of the year – World Book Day – was on Thursday 4th March and our whole school community got involved, even from home.

Ormiston Academies Trust set up several national challenges, many of which our families decided to take part in. By far the 2 most popular challenges were 'Dress the Potato' and 'Extreme Reading'.



Generous Tesco donation



We had a wonderful surprise after the half-term break; on Thursday 25th February, Tesco Community Champion Officers Danielle and Julie delivered a big box of children's books to us as an incredibly kind donation from the Great Yarmouth

Tesco Extra supermarket.

We would like to extend our sincerest thanks for this fantastic addition of resources.

Pupils 'climb' Mount Everest

Marley in Marsh Harrier and Noah in Peregrine recently set themselves a challenge to virtually run to the top of Mount Everest (64km/40miles)!

For each exercise they completed, their markers advanced along a map of Everest. Both boys completed this awesome challenge, and received well-deserved certificates and medals.





Ramblings of a Displaced Cockney

Last Night I Saw Black Shuck!

It was close to midnight last night when I stepped into the front room of the house. Immediately I had a sense of impending doom, with the room plunging me into inky blackness and an uncanny

chill seeping into my very bones.

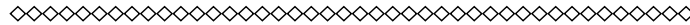
out and white foam dripping from his fangs? What evil was about to take place in our silent, peaceful street? Had I really seen Black Shuck, no longer shackled in Bungay but now exploring the coast for new places to terrorise? What tragedy was about to unfold? Would tales of this night of the full moon be told to my grandchildren and their grandchildren in times to come: The Beast of Buxton Avenue?

Or . . . or . . .

The analytical scientist in me wanted to believe that it could just have been the effects of that half-bottle of red wine earlier in the evening and forgetting to turn the light on in the front room, where the radiator had long-since been turned off.

Could those demonic eyes have been just two bright red LEDs on a huge black Labrador's collar? Could the neighbour in a high-vis jacket, passing by a few moments later and holding a lead, be merely a figment of my imagination? Did I just dream it all?

I may never know . . . but one thing is certain, I'm not going outside at midnight tonight!



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Hair We Are



At last some light at the end of the tunnel, Vaccines are well on the way and making fantastic progress. As I am writing this over 22 million people have been vaccinated and well over a million people have had their second dose. I have had mine and I have to say I never felt a thing and there is no more scared

or nervous person of needles than myself!! Amazing how it makes you feel, it feels that you now have a security blanket thrown round you, the inoculators and Health Staff were brilliant and explained everything to me, the fact that although I was inoculated, it was still possible for me to catch covid but nowhere as serious as I could have done before, however I was asked still to be careful and abide by the rules that are set out by the government.

Talking of which a new road map to opening from Lockdown has been announced and the light at the end of the tunnel got even brighter. Schools returning back to school on March 8th which is the start of Stage 1. The next part of Stage 1 takes place on the 29th March, which amongst other things allows outside sports facilities to re-open, meaning I can go back to enjoying my hobby, which is golf and meeting up with friends again. Following all of this Stage 2 will be introduced, providing Covid cases have not gone back up, on April 12th. This date, of course is the date that we at Fusion are looking forward to, as we are included in this stage and of course we can once again open our doors and start trading after 16 weeks of being closed since Christmas eve, that would conclude 34 weeks of being closed out of the last 52.

Of course opening the doors once again is not as easy at it sounds as there are many things to consider. The very first thing that we had to decide was how we are going to arrange appointments for our customers, as we do not want to start taking bookings too early and then have the opening date moved because of an increase in the number of Covid cases following the opening of the Stage1 procedure.

What we decided was to take clients names and details and make a list, so when the date of April 12th is confirmed we can start ringing around and organise our appointment books. We have decided that the date we will start to ring around our Clients will be the week before we are due to open on April 12th. Of course Monday April 5th is Easter Monday, so we will start ringing from Tuesday April 6th. The phone lines at Fusion are permanently diverted to my mobile, so therefore our lines are open 24/7 if you wish to call and have your name added to the call list; only thing I will say is please be patient as we have all 4 of our lines at Fusion diverted to one mobile. We will also discuss with

our staff, opening hours, shifts and rotas and anything we need to do to get our clients serviced as soon as we possibly can.

I would like to take this opportunity to wish all businesses opening again at this stage, including fellow hairdressers, the very best of luck and hope that we are all able to try and get back on our feet as soon as possible.

Of course it is not just hairdressers that have been closed in these lockdowns, The High Street, as every other High Street in the country, has been hit hard. The first lockdown ended up being very difficult for everyone. Being closed from March 24th to July 3rd was bad enough, when we opened it went crazy and for 5 weeks we very busy, then it just fell off the edge of a cliff. People spent the whole of last year so scared to actually come out of their houses and as I have said we went from manically busy to only serving about 40% of our normal trade, eventually leading to another lockdown on November 3rd. This time however we have the luxury of the vaccine, which should make people a lot more relaxed to want to come back out and try to get back to normal as soon as possible.

Getting away from the woes of the last 12 months, I just can't let the moment go to say what a great season my other love, Norwich City are having, it really does help to deflect the worries and strifes of everyday life to have something to look forward to. Last season not only were we in lockdown but City were losing week after week eventually getting relegated. This time we may be in Lockdown at the moment but we have the luxury of the vaccine, normality about to resume and City looking like they are heading back to the premiership again. It's really ironic the last time I went to Carrow Rd in March 2020 was to watch a premier league game against Leicester City, here we are missing a whole year of going to Football and my next game could also be a premier League game this coming August, fingers crossed.



On a personal note I would like to congratulate my son and his partner on the birth of our tenth grandchild, on Valentine's Day at 3:51 am little Arla Mae Huggins was born, bringing a lot of joy to the family.

Tomorrow is definitely going to be a better day!!

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Figures Based on Mustang Mach-E RWD Extended Range

Range: 379 miles[†]
Usable Battery Capacity: 88 kWh
Performance 0-62 MPH: 6.2 secs[†]
Maximum Power: 216 kW / 294 PS
Torque: 430 Nm
Efficiency Rating: A+
TARGET WLTP DATA
Combined Energy Consumption: 16.5 kWh/100km
CO2 Emissions Driving: 0 g/km

[†] Ford test data based on testing methodology using 1-ft rollout i.e. from a rolling start.

[‡] Based on full charge. Figure shown is the target range achieved using the Worldwide Harmonised Light Vehicle Test Procedure (WLTP). Actual range varies with conditions such as external elements, driving behaviours, vehicle maintenance, and lithium-ion battery age.

Ormiston Venture Academy

Competition launches to showcase young people's art to world leaders at COP26

An art competition has been launched for young people across the UK, with the winners having their artwork displayed at the COP26 Climate Change conference next year in Glasgow.

The *Creative Earth* competition is part of a UK Government initiative, *Together for our Planet*, and launched in collaboration with the WWF to encourage young people to use the power of art to capture their hopes and dreams for the planet in the future.

To kickstart the competition, Cel Spellman, star of Netflix's *White Lines* and BBC Radio 1, surprised a group of year seven students at Ormiston Venture Academy, via a special Zoom call.

Cel invited the children to be the first to get creative. The students were then given the opportunity to talk about their chosen artwork creations with Cel and explain why it is important to them.

Cel, who is a WWF ambassador said: *"The Creative Earth art competition is such a unique and exciting opportunity for children from across the UK to have their voice heard and show world leaders exactly the kind of world they want to live in, inherit and pass on to future generations. I'm asking as many under-16s as possible to please get involved and be part of something special as we aim to create a better, greener, sustainable future, and call on world leaders to commit to making that a reality and bring about the change we so desperately need to see, reminding them it's young people who will live with the consequences of our actions now."*



Creative Earth artwork entries will be judged by a celebrity panel and COP26 President Alok Sharma in Spring 2021. Special prizes will be awarded for the best artwork in each age group. Judges will also select the best pieces to be displayed at the COP26 summit in November next year.

Alok Sharma, COP26 President said: *"Across the world, young people are leading the call for climate action and we want to make sure this is properly recognised at COP26 in Glasgow. That is why I hope young people from across the country will seize this opportunity to showcase their vision for a greener future."*

Simon Gilbert-Barnham, Principal at Ormiston Venture Academy, said: *"It's not every day that Gorleston pupils get a chance to influence the UK Prime Minister and other world leaders! This competition is an incredible opportunity for young people to present their vision for a greener, healthier and happier planet. Everyone at Ormiston Venture Academy is over the moon to be taking part in the Creative Earth art competition and we can't wait to see the entries that come in from young people around the country."*

The *Together For Our Planet* campaign aims to work with businesses, civil society groups, schools and the public across the UK to help build awareness around the importance of tackling climate change in the run up to the COP26.

Find out more about the competition and enter now on the *Together for our Planet* website <https://together-for-our-planet.ukcop26.org/creative-earth>



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Gorleston FC



Work has begun on the building of Gorleston FC's new ground at the East Norfolk College.

The new facility comprises two changing rooms, social space, two stands and a 3g pitch and has been made possible thanks to investment from the Premier League, The FA, the Government's Football Foundation and Pleasure and Leisure, Gt Yarmouth.

Club Chairman, Jamie Humphries, said "Not only will this fantastic facility benefit GFC but it will be a great sporting venue for the students at East Norfolk College and the local community."

With a summer date suggested for completion, plus the news that the Thurlow Nunn League have curtailed the season due to the pandemic, it is possible the Greens played their final competitive match at Emerald Park without realising it – a 4-0 win over Thetford back in December - although Norfolk FA are currently considering whether it will be possible to complete this season's Senior Cup competition, where Gorleston are scheduled to play a home tie versus Thetford.

There has been a change off the field for the Gorleston Ladies team. Sadly, Sophie Gillett decided to step down as manager in January. The club have appointed Keegan Snell and John Barrett as joint managers. They will oversee Gorleston's football development plan for their female footballers of all age groups. Keegan and John are no strangers to the female game, having run female teams for the past 5 years.

Last month I told you about the club's pre-second world war history.

Following the war, the first few seasons were easily forgotten, although 'history' was made on 19th October 1946 when the Greens suffered their heaviest ever defeat, losing 13-0 away at Chelmsford City Reserves.

In 1949, local builder Mr H.G. Holmes was appointed Chairman and Mr J.G. Dixon vice Chairman with Mr Len Loveday elected secretary. They appointed a new player/coach, Bert 'Sailor' Brown and, in 1950, decided to turn semi-professional.

In the 1951/52 season Gorleston gained national fame when they reached the First Round Proper of the FA Cup where they were handed an away tie at third division Leyton Orient. They earned a 2-2 draw, thanks to goals from Harry Chapman and Jackie Hunter. Several thousand fans turned up at the Recreation Ground to see the replay which was a goalless draw.

The third and decisive game was a memorable cup-tie, in front of over 12000 spectators at Arsenal's old ground, Highbury. Orient went 2-0 up before Hunter pulled a goal back but the Greens were 3-1 down by half time. Chapman pulled another goal back but, with fifteen minutes left, it was 5-2 to Orient. Then Jimmy Guy converted a penalty before Hunter made it 4-5 with two minutes remaining. Despite valiant efforts the Greens couldn't find an equaliser.

The 1952/53 season saw the Greens win the Eastern

Counties League for the first time in their history. They also won the Norfolk Senior Cup for the tenth time and lost in the finals of the East Anglian Cup and League Cup.

The League Cup was eventually won for the first and only time, so far, in 1956 when Spurs 'A' were beaten 3-1 in the final. They again reached the F.A. Cup 1st round proper in 1957/58 season, but this time were well beaten by Gillingham 10-1.

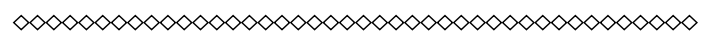
By the end of the fifties the club faced severe financial problems and were forced to withdraw from the Eastern Counties League and move back into the Norfolk and Suffolk league. In 1964, Gorleston became founder members of the Anglian Combination. They then rejoined the Eastern Counties League in 1969 after winning the Anglian Combination Premier Division title, along with the Norfolk Senior Cup, beating Downham 2-1 in the final thanks to goals from Sammy Morgan and Ronnie Piper.

In the ensuing 15 seasons the Greens won the ECL Championship on 3 occasions: in 1972/73, 1979/80 and 1980/81.

By now, Northern Ireland international Sammy Morgan was back at the club after a professional career which included Port Vale, Aston Villa, Brighton and Cambridge Utd. John Linford was about to turn pro with Ipswich Town and then Chairman, Jimmy Jones, surprised everybody by announcing the signing of England's 1966 World Cup winner, Martin Peters, for the 1981/82 season.

That was to be the last season on the Recreation Ground before the Greens made their move to Emerald Park. The final ever game on the Rec came on May 8th 1982. Unfortunately, Gorleston lost 2-1 to Newmarket. The last ever goal on the Recca was scored by Micky Woods.

Next time, The Emerald Park Years...!



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Gorleston Library

Gorleston library is open for limited at the door services Monday to Saturday 10am – 4pm. Just ring the bell and we'll be happy to help. You can pick up reservations, Grab and Go bags, Tricky Period supplies and collect your pre-ordered Select and Collect bags which you can order by calling 01603 774777. You can also access Census support services, call 01603 774777 for details or to book an appointment. We looking forward to seeing you soon!

What's Online for adults on Zoom



Just a Cuppa
every day at 10.30am

**Just a Cuppa - Babies and
Toddlers**
Tuesday 11am

Reading Friends
every Tuesday at
2pm, 6pm and 7pm

Knit and Natter
every Wednesday at 2pm

**Just a Cuppa - Bumps
and Babies**
Thursday 11am

Author Q & A
monthly Wednesday at 8pm
Online Book Club
last Wednesday of month 8pm

Find out how to take part by visiting

our What's On section at <https://norfolk.gov.uk/> or emailing libraries.icconnect@norfolk.gov.uk to receive your Zoom link

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Norfolk Libraries What's online for families

Online Activities

Storytimes

Enjoy lovely story sessions for all ages on Mondays and Wednesdays at 12pm! Plus look out for activities based on the books throughout the week.

Bounce & Rhyme

Every Tuesday at 10am we'll share a Bounce & Rhyme session. Fun for all the family, we'll get you singing and moving!

Just a Cuppa

We have two online groups for parents and babies (or those who are expecting). Tuesdays at 11am is Just a Cuppa: Babies & Toddlers and Thursdays at 11am is Just a Cuppa: Bumps & Babies.

Both sessions have guest speakers to talk about development, health, local services, classes and groups. Plus we always have a good old chat together!

Lego Club

Coming back soon! Keep an eye on our social media for details

Activities available at www.facebook.com/NorfolkLibrariesForFamilies
Except Just a Cuppa sessions: please email us at libraries.icconnect@norfolk.gov.uk to register your interest for these sessions.

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Norfolk County Council

Coffee Time Answers

Fallen Phrase

Nineteen Eighty Four by George Orwell

Word Ladder

toad, load, loud, lout, lost

Caught in the middle

cream, queen, hire, range, house

Crunch 'em

17

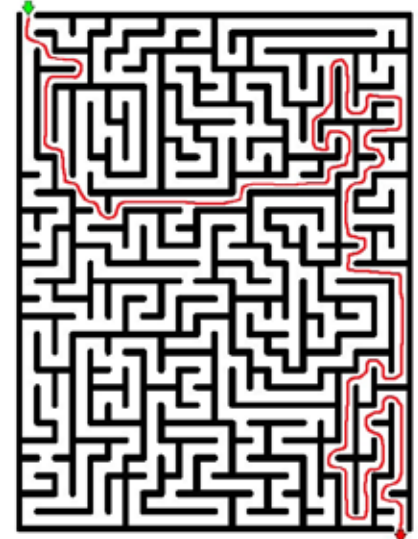
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Springing into Creativity: new community arts & nature project

Gorleston-based Community Artist Genevieve Rudd is working in partnership with originalprojects; to lead Yarmouth Springs Eternal. The community arts, walking and nature project will take place this Spring, and is inspired by Genevieve's walks around the Gorleston area during Lockdown.

After growing up in Gorleston and attending East Norfolk Sixth Form College, I moved to London in 2008 to study BA Hons Photographic Arts at University of Westminster. It's where I began my career in Community Arts before returning to Gorleston in 2013. I've had the pleasure of working creatively with communities across the region and this year, I'll be focusing on a new project, Yarmouth Springs Eternal.

Whilst indoors under 'Stay at Home' orders this year with a reduced freelance workload, I would often find myself daydreaming out of the window. I notice rows of packed terrace houses with square windows looking back at me, blocks of dense leylandii hedge and intersections of alleyways. I can see shed roofs in weathered shades of brown and grey, every so often featuring a prowling cat. Birds zip from tree to tree and clouds swirl in ever-changing formations against skies of pink, blue, grey and white. For me, the Lockdown experience has highlighted that 'experiencing the natural world' isn't a phenomena happening elsewhere in vast conservation-managed pastoral landscapes, it's also the vernacular view from my desk window and found on daily walks around town. In fact, studies have shown that simply looking at nature through a window can help boost wellbeing and aid recovery from illness (Velarde et al, 2007).

Even if we are lucky enough to live close to natural spaces for walking, such as the beach and parks here in Gorleston, there are many access barriers. Friends of the Earth research (England's Green Space Gap, 2020) has highlighted 'green space deprivation', recognising the correlation between low income and ethnicity, and access to natural spaces. Last summer, research found that 12% of people in the UK have no access to a garden, and that Black people in England are nearly four times as likely as White people to have no access to outdoor space at home (Marshall et al, 2020). The Co-op's Community Wellbeing Index confirmed a correlation between living close to green spaces and a community's overall wellbeing



too. The borough of Great Yarmouth's own Community Wellbeing Index score has a low 32 point rating for 'Housing, space and environment', including rating the prevalence of green spaces, which is 20 points below the national average. It can take shifts in

government level policy to make significant large-scale changes to communities, but I believe there is a place for nurturing small, personal and 'grass-roots' (quite literally!) experiences with nature, whatever that might look like locally.

In community arts, it's not your identity as an artist that drives you (although they're skills and tools you use) but instead, your capacity for empathy in your role as facilitator. I started my career as a freelance Community Artist 10 years ago, but over the past year, I didn't always have the energy to 'make art' and I often felt disconnected from the communities I was engaging with remotely. So I kept it simple, using my photographic eye on daily walks to notice the small things: wildflowers growing in the pavement cracks, brickwork patterns, leaf shapes, shadows and birdwatching. These walks inspired Yarmouth Springs Eternal.

Yarmouth Springs Eternal explores personal relationships to the natural world through contemporary arts, highlighting overlooked and everyday interactions with nature. I recognise that this project alone cannot influence the amount of local green space available, but I aim to support people to benefit from the wellbeing-boosting impact of experiencing nature and making art. It's a short-term funded project with long-term ambitions.

During the programme, we'll run a series of community walks/workshops with adults referred from local charities supporting people with lived experience of migration, insecure housing and homelessness. These groups have been identified as least likely to have access to nature, but more likely to be on the front-line of climate crisis. During May and June, there will be a public exhibition, free public artist-led walks/workshops, and at the Summer Solstice, we'll launch a creative arts and nature resource booklet. Events will be confirmed on the project social media and will be risk assessed in-line with COVID guidelines.

I'm leading Yarmouth Springs Eternal in partnership with Great Yarmouth-based arts charity originalprojects;. Events will be based at PRIMEyarc, their new creative space in Market Gates Shopping Centre. The project is funded by Arts Council England, Norfolk & Norwich Festival's Creative Individuals Norfolk, East Anglia Art Fund, Norfolk County Council and Better Together Norfolk.

For more information, visit:

- www.genevieverudd.com
- Instagram: @YarmouthSprings
- Twitter: @YarmouthSprings
- Facebook: Yarmouth Springs Eternal



Poems to Ponder

Another Lockdown Easter

Another lockdown Easter
Oh what are we to do?
Can't always see our loved ones
And I'm still missing you!
Chocolate eggs are in the shops
Days are getting long
But not to be with family
Seems absolutely wrong!
Easter is a lovely time
Should be a happy season
A bible story to be told
A tale to give us reason.
Let's hope that with our vaccines
And staying at a distance
Wearing masks and washing hands
Will give us some resistance.
Let's celebrate!
by Val Raven

During lockdown, 11 year old Maisie Leigh Edwards' school asked her class to put pen to paper and write a story or poem about how they felt in lockdown and how it was affecting their mental health, good or bad...

My Favourite Place

A patch of green grass
Flowing like a sea,
A few leaves at a time
Falling off the tree.
Two familiar birds
Flying with the wind, strong,
Chirping happily
As if singing a song.
The way the wind blows
Possessing the trees,
To make them go the same way
To make them follow his lead.
Quietly but loudly
The cars go by,
Hidden by the bushes
Invisible to my eyes.
This place takes all your worries
And shoves them down the drain,
So just relax abit
And leave behind your brain.
by Maisie Edwards

Childhood Reflections

My daughter wanted pictures of the place where I was born.
I journeyed down that way all sad eyed and forlorn.
The houses were not there, only the names of roads remain.
My heart was filled with desolation, loneliness and pain.
My Family Tree stirred memories of happier time spent there.
And so I retraced my footsteps through times of yesteryear.

We didn't have a bathroom, the loo was in the yard.
Our games were not electric but enjoyment was not marred.
We played so oft pretend but it really did not matter.
The time slipped by creatively with lots of childish chatter.

The War Years were approaching. I became an Evacuee
To a friend who lived in Suffolk, by train I made my way.
My very early school years were spent away from home.
My father in the army, my mother on her own.

Home again when I was nine, before VJ Day arrived.
Glad to be once more in the house where first I lived.
We celebrated in the street with parties and much fun.
Tomorrow would bring peace. A new age had begun.

To celebrate Empire Day we all loved to dress
in buttercups and daisies our families to impress.
We danced around the Maypole, assembly was the air.
The War Memorial in the playground to show how much we care.

We played upon the marshes. We had rigged our homemade kites.
They flew for miles over Breydon, almost fading out of sight.
We loved to fish for stannicles with twig and cotton and worm,
A jam jar to put them in so we could take them home.

Eleven Plus arrived too soon, a new school on its way.
We bought some pens and pencils, new clothes for a special day.
We would meet new friends and teachers, new things we'd have to learn.
Preparing for our future gave rise for great concern.

But now those days are in the past, an OAP. In post.
My memories hold good times, some for me to boast.
Today the children only remember the broken games and toys.
They play alone on Play Stations forgetting other girls and boys.

I started by recalling how sad I felt at first.
When seeing all the empty spaces reminding me of my birth.
My home no longer existed but my heart will always be there.
Those happy times, I've spent with you, in some small part to share.

by Shirley Reed

Calling all poets!

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