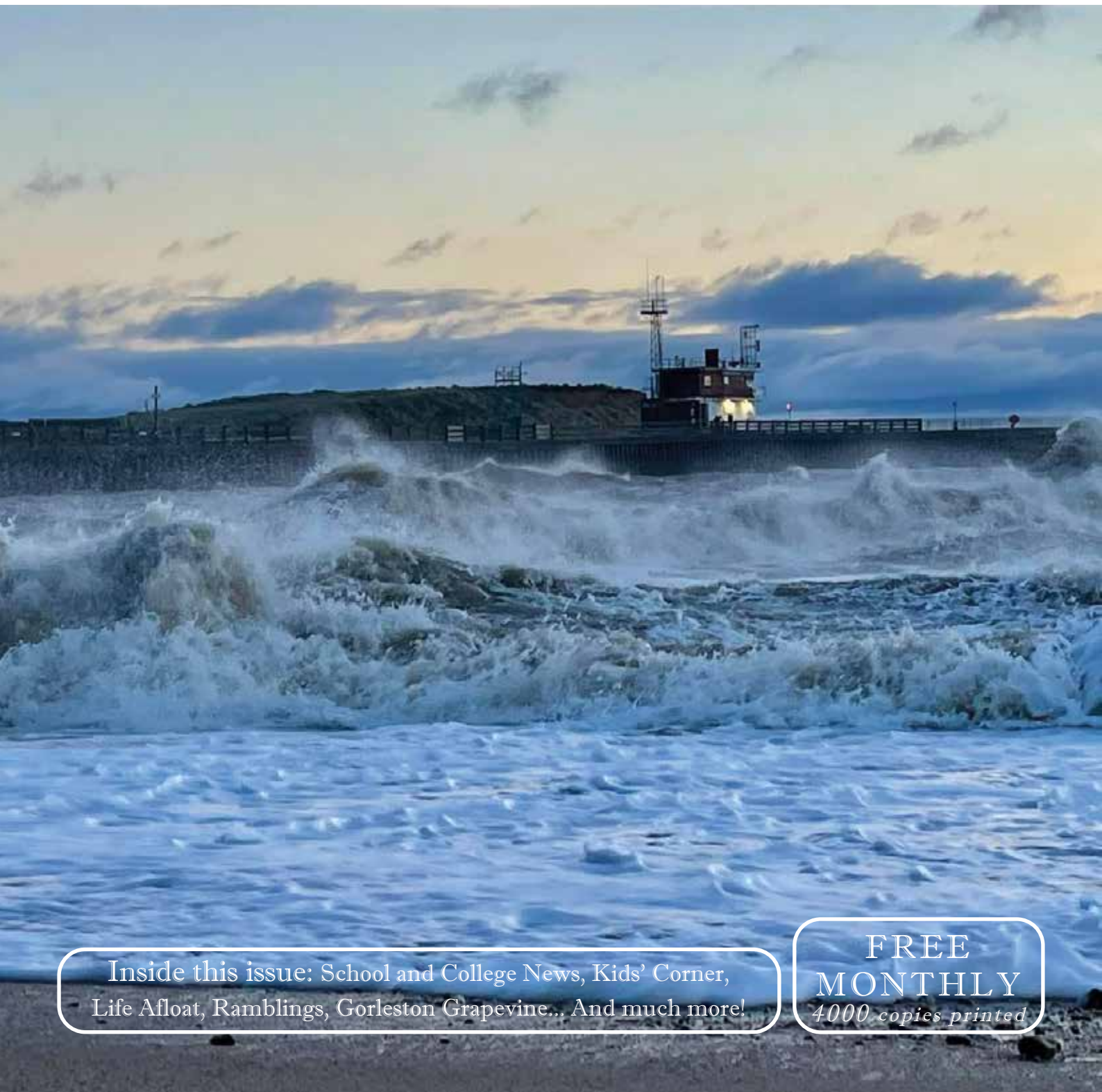


St Andrew's Church

ISSUE 57, February 2023

# GORLESTON Community Magazine



Inside this issue: School and College News, Kids' Corner,  
Life Afloat, Ramblings, Gorleston Grapevine... And much more!

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# Hello Gorleston!



Welcome to Issue 57 of **YOUR** award-winning, **FREE** community magazine.

We all know the most famous day in February is Valentine's day on the 14th. But have you ever heard of World National Toothache Day on February 9th, which reminds us of the importance of dental care? Or World Thinking Day on February 22nd, which is celebrated every year by millions of Girl Guides and Girl Scouts around the world?

Of all the days in February, the one we can all join in with and that can impact so many others is Random Acts of Kindness Day, on February 17th. The day encourages the doing of good deeds whether planned or spontaneous, and also reminds us that doing something kind for others can impact not just *their* day, but also ours - research has proved that being kind to others can make *us* happier and improve *our* well-being.

A random act of kindness doesn't have to be a big gesture, sometimes a small, simple act can be just as effective - a smile, letting someone go first in a queue, holding a door open for someone, spending time chatting to a neighbour, volunteering, giving someone flowers, the list is endless.

So, on February 17th, why not try doing some Random Acts of Kindness - it is easy, doesn't have to cost, and could make your and someone else's day better than it was.



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

Have a great month and  
we'll meet again in March!



Ed.....

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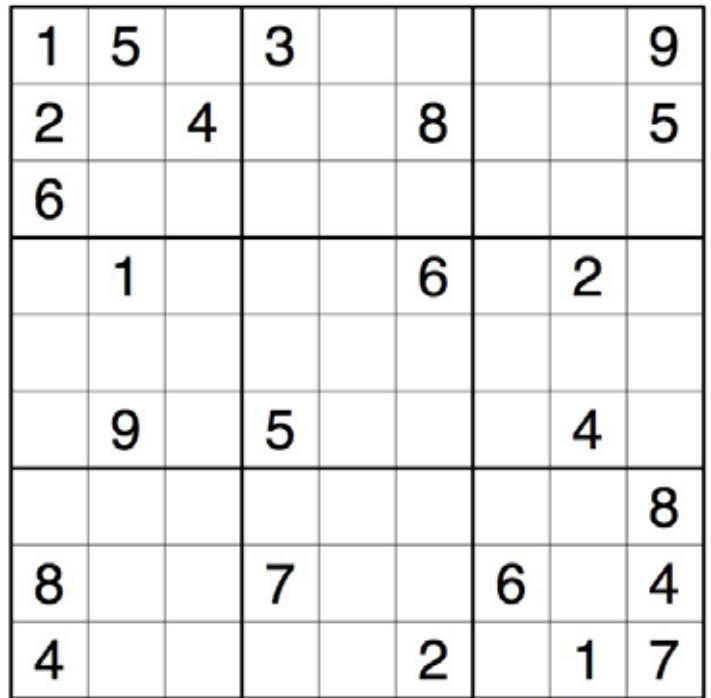
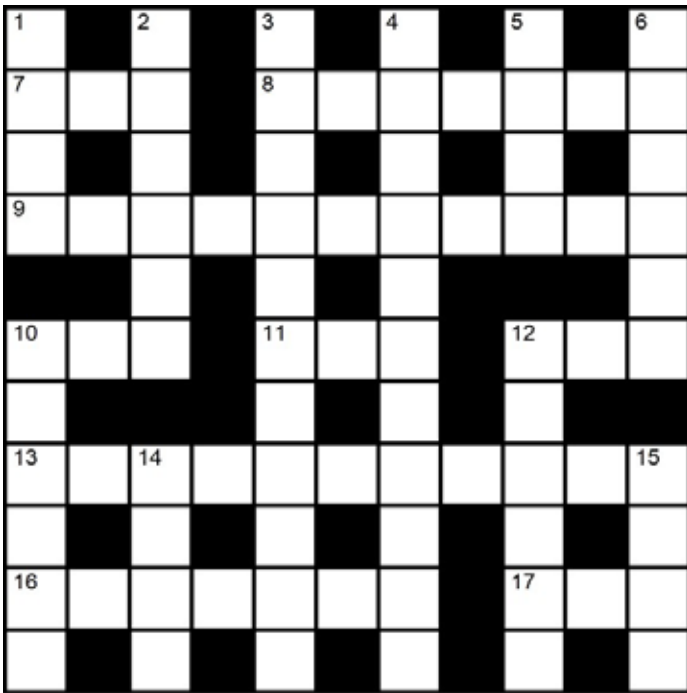
Gorleston Community Magazine is published by St Andrew's Church, Gorleston, and printed by Blackwell Print, Great Yarmouth. The views expressed in this magazine are not necessarily those of the publisher or the editors, and the acceptance of adverts does not indicate endorsement. All contributions are included and edited at the discretion of the editors. Please ensure you have the rights to all photos and have the subject's permission.



Deadline for the March Issue is  
**Wednesday 8th February**

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

# Coffee Time 1



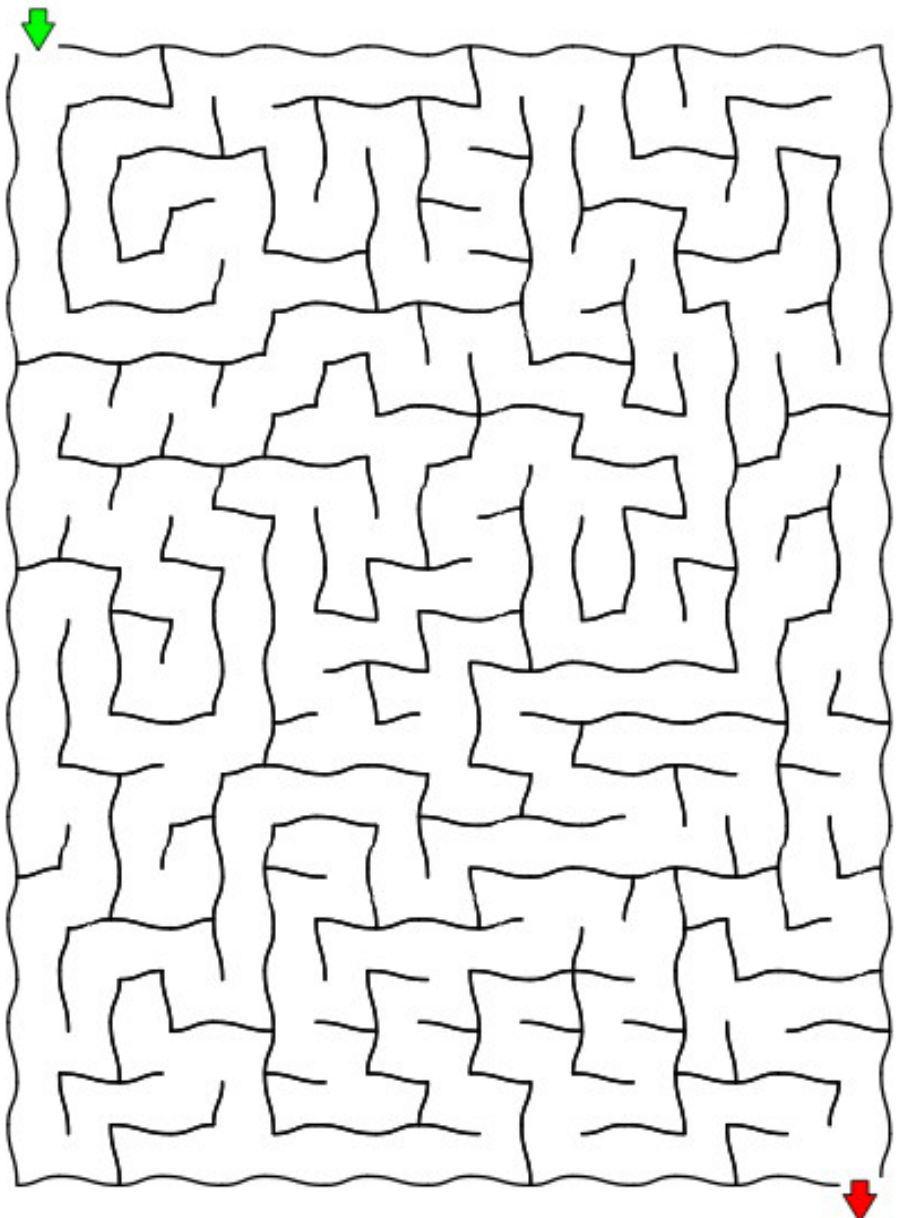
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## Across

- 7 Take legal action (3)
- 8 Child watchers (7)
- 9 Treatment received on first contact with the medical system (7,4)
- 10 Mineral spring (3)
- 11 Breach (3)
- 12 Strike lightly (3)
- 13 Seat of government (11)
- 16 Canada's largest city (7)
- 17 Blotto (3)

## Down

- 1 "Chop-chop!" (1,1,1,1)
- 2 Eyeball membrane (6)
- 3 Blowup (11)
- 4 "What I think is ..." (2,2,7)
- 5 Aria performer (4)
- 6 Trip to the top (6)
- 10 Site of a 1976 anti-apartheid uprising (6)
- 12 Flower parts (6)
- 14 Beget (4)
- 15 Hamelin invaders (4)





Scan the QR Code to access the magazine website, where you can download previous issues, find out about placing articles and adverts, and contact us at the magazine.

# In The Interregnum

*Whilst St Andrew's Church is in interregnum, this page will see a variety of authors from St Andrew's Church and the Diocese.*

**This month we hear from the Rev John Kinchin-Smith, member of the ministry team at St Andrew's**



The original commemoration of Saint Valentine on 14th February actually had nothing to do with lovers! It originated with two separate people, both called Valentine. Valentine of Terni was a 3rd century bishop who was martyred at Rome in 273. Valentine of Rome was a priest who was also martyred for his faith in the mid-3rd century. It's likely that these two stories became confused over time, with the

two martyrdoms becoming in effect one commemoration. The present-day custom of sending cards and flowers declaring love may owe its existence to the priest and poet John Donne who wrote a marriage song for Princess Elizabeth's marriage to Frederick V, King of Bohemia, on St Valentine's Day in 1632. Donne's marriage song merged the religious commemoration of Valentine with fertility symbolism.

But the connection of Valentine's Day with romantic love is a wonderful opportunity to reflect upon the nature of love, and in particular upon human love and its consummation within the relationship of marriage. What has the Church and the Bible to say about these? The marriage service begins with the following words from the first letter of John: "God is love, and those who live in love live in God and God lives in them." It then goes on to say: "Marriage is a gift of God in creation through which husband and wife may know the grace of God."

I'm sure we all know the fairy-story version of marriage: a beautiful princess goes into a forest and sees a frog. She kisses the frog. He turns into a prince. They get married, and live happily ever after. Another version of the same story might go like this. A beautiful princess goes into a forest and sees a frog. She kisses the frog. She then turns into a frog too. They get married - and both change into old toads as time goes on. Sadly, that's all too often the cynic's view. But the marriage service continues: "Marriage is given that as man and woman grow together in love and trust, they shall be united with one another in heart, body and mind, as Christ is united with his bride, the Church." And the unconditional love of Jesus Christ for his Church is a good place to begin.

God is 100% committed to working with us and to developing the human and spiritual resources we need in every area of life. Jesus said: "I will not leave you alone. I am with you always, even to the end of the world." Two's company, but when God's involved, three certainly isn't a

crowd. God has an amazing track record of working with fallible human beings, of taking princesses and princes and frogs and (even the occasional old toad), and enabling them to achieve the most wonderful things.

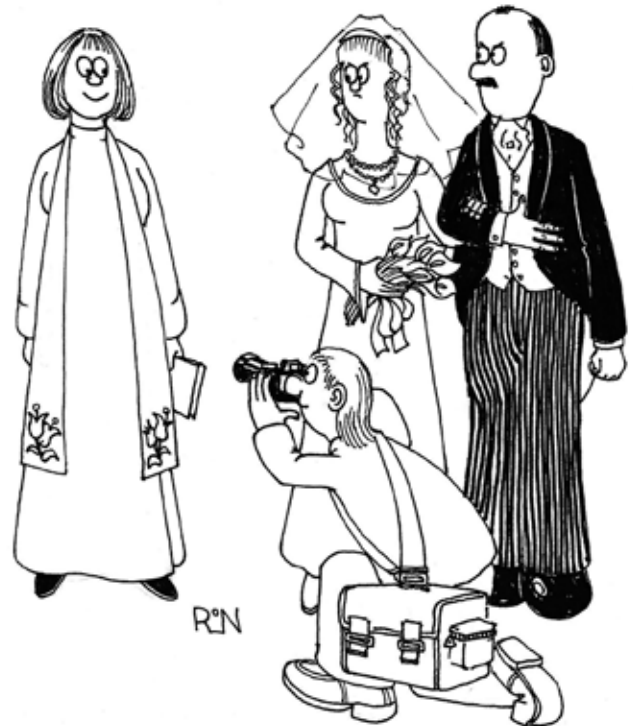
At St Andrew's we love to welcome couples who wish to begin their married life in Church and to make their vows before God. May God bless each one of us in all of our relationships and make us a joy and blessing to all who know us and love us.

## 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:

Father God, bless all those who are joined together in marriage. May their lives together witness to your love in this troubled world; may unity overcome division, forgiveness heal injury and joy triumph over sorrow, through Jesus Christ our Lord. Amen.



*Heather looked radiant in white, the details picked out subtly in gold...*

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Tel: 07551 904 649

Via social media: on facebook by going to 'split leaps gymnastics club'  
and instagram by going to 'splitleapsgc'



# Ormiston Cliff Park Primary Academy

Dear Parents and Carers,

The children and Staff at Ormiston Cliff Park Primary Academy enjoyed a very festive end to the Autumn Term! During the final week of term, the children put on eight fantastic performances, celebrating different aspects of Christmas and the season of winter. We were so proud



to see the children performing with such confidence and enjoyment. It was a real pleasure to be able to invite our families into the academy once again to share in these special moments in their children's school journey.



On the final day of term, we were lucky enough to have a special visitor who came on his sleigh to deliver a present to each of our children. We finished by sharing a delicious Christmas Lunch together and then held traditional parties to bring a very happy and successful term to a close.



## Looking ahead to 2023!

We would like to wish all our families a very Happy New Year! At Ormiston Cliff Park Primary Academy, we are very much looking forward to the year ahead and are excited about the opportunities that it will bring for our pupils.

We have started 2023 by thinking about the importance of having big dreams and aspirations for the future. Each year group has been sharing books from the 'Little People, Big Dreams' series and learning about the lives of ordinary people who have grown up to make an extraordinary contribution to the world that we live in. We have been encouraging our pupils to think about the potential within them and to consider what they hope to achieve in the future.

Here are just some of our 'Big Dreams...'

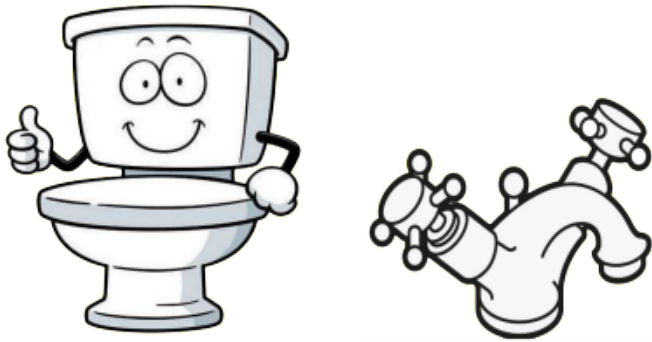
**Charlotte Y5:** Big Dream: Zookeeper. I want to be a zookeeper because they look after lots of different animals, and I love animals. I think that is the perfect job for me.

**Jessica Y5:** Big Dream: Deepsea diver. I want to be a deep-sea diver because I love swimming, nature and discovering new things that others haven't found yet.

**Riya Y5:** Big Dream: Teacher. I would like to be a teacher because I really enjoy explaining things and helping with the education of others. I think I would be good at this job because I am very good at multitasking and organising things.

Here are some more of the children's dreams for the future!





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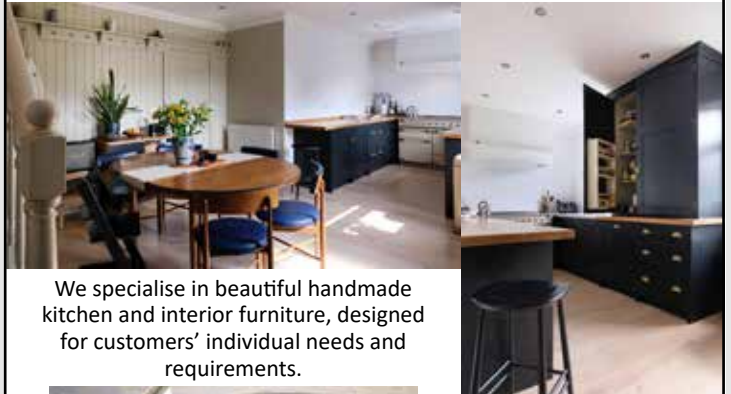


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# Life Afloat

by Patricia West, who continues her reminiscences...

## Wyn Loses Patience



We slept late and around 10:00am emerged into the cockpit with the first coffee of the day surprised to see “Bluebell Girl”, a handsome 35 foot boat, tied up a dozen yards away. As we watched three people descended onto the wharf and strolled towards us. Minutes later they were sitting in our cockpit drinking coffee and finishing off the remainder of our croissants. It transpired they were old hands at boating having covered most of the canals in Holland and were now on their second trip through France.

Wyn and Charles were Geordies and had been married for forty years. David, a long term friend was fifty and gay. We knew this because within a few minutes in a defiant tone he told us so. We countered with an ‘uh huh, so what?’ kind of response and ‘will someone please pass the marmalade’. After staring at us for a few seconds, David visibly relaxed and began to join in the chatter. I wondered what kind of prejudice he had come up against which had caused him to react with such defensiveness. Thank goodness things are much better today, although at times it appears there is still a long way to go.

Over the weekend we spent a lot of time together. Chalons sur Marne is at the centre of the wine trade, especially Champagne and our little group bought quite a few bottles. We strolled the quaint streets, the food markets and explored the fine Gothic Notre Dame Vaux Cathedral with its impressive tall towers and a stunningly beautiful display of sixteenth century stained glass.

Each of us indulged in a small spending spree and I noticed Charles was careful with his money while Wyn bought extravagantly and wanted to pay for snacks, drinks, everything.

Time slid by and too soon it was Tuesday. We breakfasted all together,

exchanging warm farewells before returning to Pillage to prepare our departure.

Charles came across for one last bear hug, and said he was going to the next village to purchase some gas. The local shop was charging 68 francs and his last canister had cost just 64. Charles was in search of a bargain.

Finally, just on the verge of leaving, a green van pulled up beside Bluebell Girl. Charles got out followed by a young man, Armand, who was carrying the gas bottle. Their raised voices sounded very cross indeed. Suddenly Armand began to wave his arms then turning on his heel jumped into the van and drove off taking the gas with him.

Our curiosity getting the better of us we went to investigate. Charles explained that after visiting three different shops, the lowest price was in Armand’s shop at 73 francs. Unfortunately Charles had earlier been rude in our quayside shop over the price of 68 francs and the shop keeper had told Charles to leave and not come back. With the price seeming to rise by the minute Charles reluctantly decided to buy at 73 francs and handed over a 100 franc note. Armand then offered to drive Charles and the gas back to Bluebell Girl.

Not until they reached the boat did Charles realise the young man intended to keep his change of 27 francs “for time and petrol.” Charles had replied ‘No you’re not!’ and it was at that point that Armand drove off.

‘What happens now?’ Richard asked. Charles sheepishly said ‘I told him to take the damn gas back and he HAS’. Speaking through gritted teeth Wyn said ‘Just you wait a cotton picking minute, who has got the money then?’ Charles said self-importantly, ‘the shop’s got the money and the gas, BUT I’m going back to get both; or I will go to the police’.

And with that he marched off. ‘Daft idiot,’ exclaimed Wyn and hurried after him. Wanting to see the outcome we remained with David who exclaimed ‘I don’t know, Charles rarely wins, never learns, and everyone gets upset’.

About forty minutes later a lorry appeared and deposited Wyn on the cobbles. There was no sign of Charles. Climbing aboard she said ‘I need a drink, a stiff one!’ After several swigs Wyn brought us up to date. She had struggled to hold her patience with Charles while he had trouble keeping his temper with Armand. Also in the shop had been the lorry driver Henri, who sympathetically suggested he negotiate on their behalf. The 73 francs were handed back, but Armand was adamant – the 27 francs change was staying with him.

Henri indicated he was happy to give them a lift, but a now furious Wyn insisted they leave Charles to walk home. Standing her ground she met Henri’s concern with ‘I’ve had enough of that man. I need space to calm down!’

Then turning to us, ‘poor Henri was so reluctant, but that tight old fool, we’re now 32 francs worse off than when he started and we *still* don’t have any gas! We should make him walk the plank!’

David whispered, ‘they won’t speak for two days and I will have to carry messages between them.’ He gave a sigh, ‘but I’m used to it and they are good people really.’

Charles did return, but Pillage was on the move, sounding our horn we waved regretful farewells.

It was a mile before we stopped laughing.

Next month:

Thoughts of home creep in.



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## The Bookshelf

Away with the Penguins

By Hazel Prior

Thanks to Margaret for this review

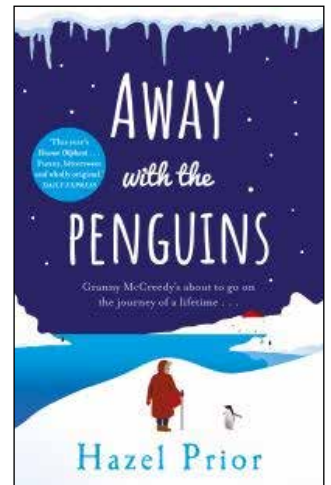
Veronica McCreedy lives in a mansion by the sea.

She loves a nice cup of tea and a good wildlife documentary.

She is never seen without her ruby red lipstick, although these days Veronica is rarely seen by anyone because at eighty-five, her days are spent mostly at home, alone.

Veronica doesn't have family or friends nearby, and she has no idea who she will leave her considerable wealth to when she dies.

Today, Veronica is going to make a decision that will change everything.



All's Well That Ends Well -  
Through Lent with Shakespeare

By Peter Graystone

Canterbury Press, £12.99

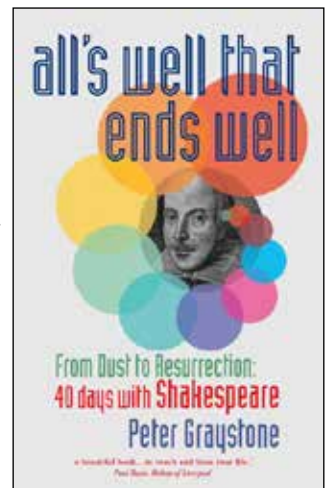
review from Parish Pump

Few writers have a deeper understanding of the foibles of human nature and life's absurdities and tragedies than William Shakespeare. This makes him a fascinating companion for the season of Lent, a traditional time for a spot of self-examination.

This engaging, wise and often amusing Lent book sets quotations from Shakespeare's characters and poems alongside biblical passages and reflects on the resonance between them - one reflection for each day of the season.

It starts with dust on Ash Wednesday ('Golden lads and girls all must, As chimney-sweepers, come to dust', from Cymbeline) and ends with resurrection as Easter Sunday approaches ('It is required you do awake your faith', from The Winter's Tale). In between, it considers many rich spiritual themes: mercy, love, loyalty, trust, good vs evil, guilt, forgiveness, ageing, grief, death, hope and more.

Each day's reflection opens with a quotation from Shakespeare and explores its ideas in conversation with the Bible and Christian thought.



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# Richard Routledge

*"The life and times of"*



We had weeks to get the shop ready for the opening at the end of November 2016 and I had nothing ready. So, down to work we went. First of all I got my friend Andy to help with painting and helping me get that distressed vintage look in the shop.

I bought old ladders and floorboards for shelves, and we found old pictures to put on the walls. To be honest that was the easy part.

I also asked a local vintage dealer I knew called John if he would like a bit of the shop, as I thought that might add to the whole look of the place.

Once the shop was organised, it was time to research the clothing companies I needed to deal with. The money was a bit tight but with careful thought I felt we could fill the shop with enough for men and women.

The age group we were looking for was over 45 and that would include 1940s, 1950s and 1960s, with a modern twist. For the ladies I got some great help and advice from Sherylanne who ran the East Coast Rock and Roll Club. She knew a brilliant dress company called Lindy Bop. I got straight on the phone and within days I was whizzing up to Manchester to buy some dresses.

First bit done, now for the men. After a few nights searching, a friend of mine put me onto a company near London called Adaptor. So off we went a few days later. My good friend Andy took me in his van so we could bring stock back. A two hour drive got us there and we were greeted by a great guy called Phil who took us into his warehouse and helped me buy our first Mod 60s clothing.

About this time I was also given the number of a chap who sold second hand Levi jeans which were fantastic and I could sell for the silly price of thirty pounds. I could not believe how quickly we got organised and had enough stock to open.

In the next issue how we got open.

Find Richard and What Is Hip on Facebook at:

<https://www.facebook.com/WhatIsHipGLSTN/>



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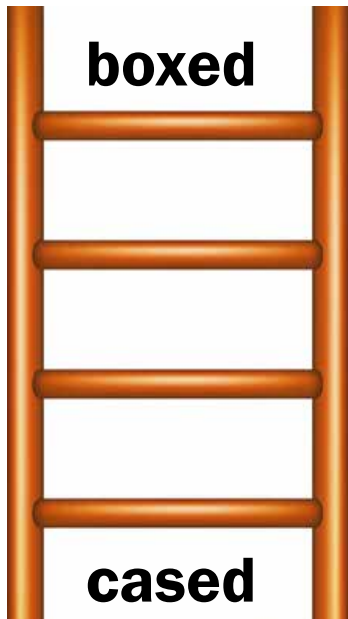
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## Word Ladder

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	BY	WO	RD
2	RE		RK
3	PO		LE
4	WO		EN
5	AS		CT
6	SU		RB
7	WI		ED
8	SI		LY
9	UT		US
10	EN		GY

© Lovatts Puzzles

## Coffee Time 2

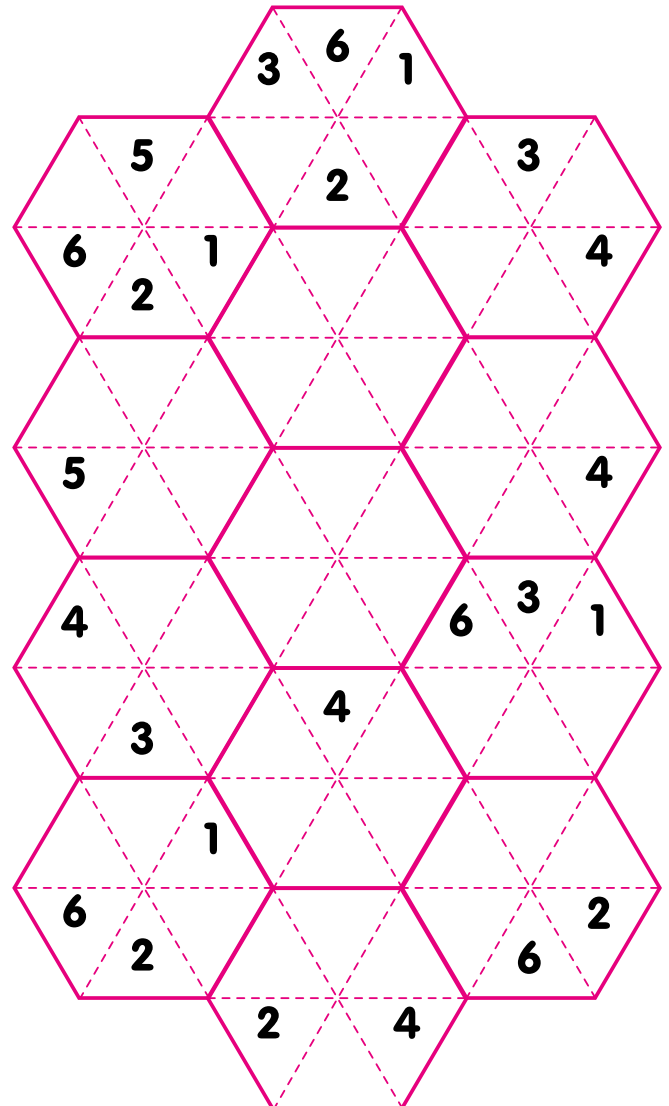
### Caught in the middle

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

turn	.....	garden
true	.....	sky
apple	.....	chart
spelling	.....	keeper
hard	.....	tables

### 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.





# Pavilion Theatre

**KEVIN LYNCH**

**1947 - 2023**

We are utterly devastated to announce that Kevin Lynch - our beloved theatre director, friend and head of our Pavilion family and husband and partner to Stuart of nearly 50 years - died peacefully in the early hours of this morning (Thursday 19th January) with Stuart, Alex and Pickle by his side. He was 2 weeks away from celebrating his 76th birthday.

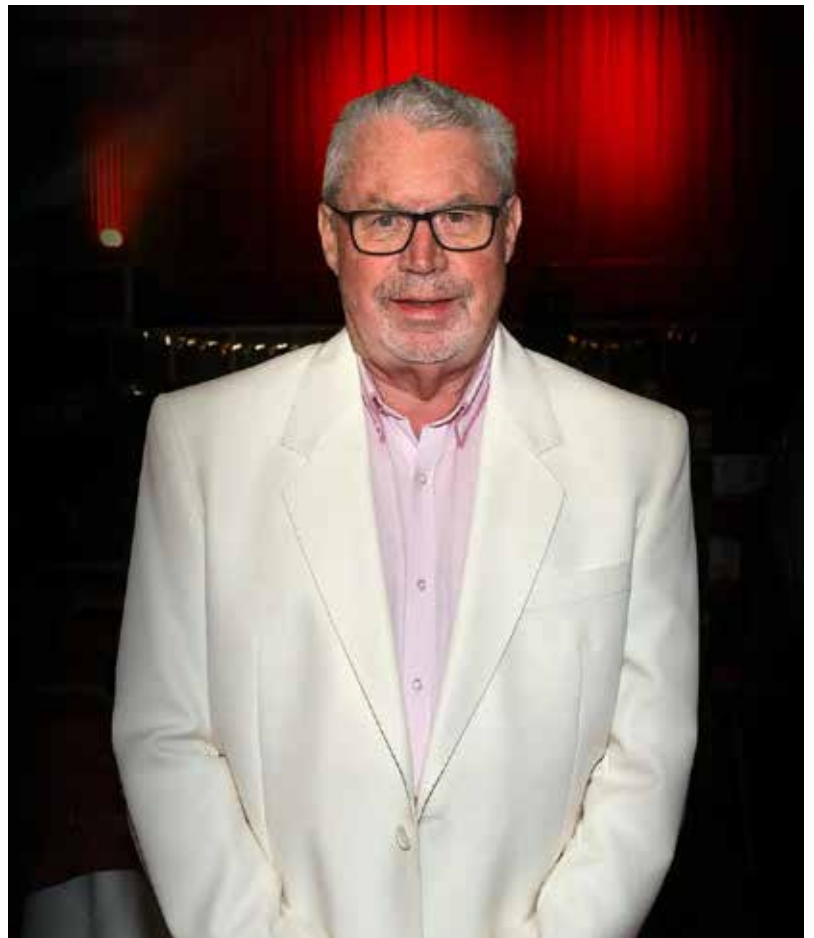
Kevin was never one for having a fuss made over him, so in line with his wishes he will have a private cremation and we will be announcing a way for us all to gather together to honour and celebrate his life in the coming weeks.

We will be opening a book of condolence at the theatre box office for anyone who wishes to share a memory or a thought of Kevin. Our opening hours are Monday - Thursday 11am - 3pm.

It was also Kevin's wish that should anyone want to make a donation they can do so either to:

- The Pavilion Theatre Restoration Fund, or
- Cancer Research UK

As you can imagine, we are all absolutely heartbroken at Kevin's untimely passing and realise that this will come as a huge shock to many. Please can we ask that you give us the time and space to support Stuart at this difficult time and to adjust to our new lives without the man who gave so much to us all and lived a life so full.



*Kevin pictured at our 120th anniversary gala celebrations in 2021*

Rest in peace now, dear Kevin. We will miss you completely and the Pavilion will never be the same without you.

With love from Alex, on behalf of Stuart, Luke and our entire Pavilion family x

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# Gorleston Library

## Library Service Events

**Mondays** Bounce and Rhyme 1-1.30pm  
(Under 5's songs & rhymes-drop in).

Spanish chat – first Mon every month  
545-645pm (restarting 6<sup>th</sup> Feb)

**Tuesdays** Mini Movers - 10.30-11.30am  
(pre-school music and play - drop in)  
Writing Group – Last Tuesday of the  
month – 530-7.

**Wednesdays** Just a Cuppa – 10am – 12  
all welcome.

Bounce and Rhyme 10.30-11 & 1-1.30pm.  
Gorleston Library Craft Group 2-4pm  
Carnegie Room (bring your own crafts-all  
welcome).

**Thursday** Lego Time- 3-5pm (Young  
children must be supervised  
at all times).

Learn My Way – Digital online learning for  
beginners

**Friday** 4-6pm & **Saturday** 11-1 drop in  
(Friday 20<sup>th</sup> Jan.

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

Family Learning Sessions for 0-5's – ask  
in library for details.

**Sunday** First of the month-Adult drawing  
and art group 12-2pm – drop in.

## Gorleston Library Friends Events

**Feb 14<sup>th</sup> 11am** Children's stories & activities  
(under 5's)

**Feb 14<sup>th</sup> 2pm** Bob Handford talk (retired teacher)  
The lighter side of education. **Free refreshments**

## Employment help (drop-in services)

**Monday - Dial - Benefit help - 10-5PM**

**Tuesday - Chances - 2-4pm (18+)**

**Wednesday - Future Projects - 11-1PM (25+)**

**Friday - Dial - Employment services - 9-1PM**

**Money + Debt advice 2-5PM**

## February is **Digifest** Month!

There will be various activities for  
**children age 4-11** throughout the month.

**See Facebook or pop in for details!**

## **Pencil Art club.**

Free

**Ages 7-10**

**Ask library staff  
for details.**

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

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

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

## **Wednesdays -**

**Gorleston Library  
craft group**

**2-4pm**

bring your own  
crafts and join in

**all welcome!**

## James Paget University Hospitals NHS Foundation Trust



A new piece of equipment that helps lift patients who have collapsed onto the floor is now being used in some of our outpatient clinics after charity funding paid for its purchase.

The Raizer lifting chair is a piece of equipment that can be used if any patient collapses onto the ground. The small and portable kit fits together to create an electrical device that can lift any patient up to 150kg off the floor and it's relatively straightforward for staff to operate.



Staff place the patient flat on the floor and then get them to raise their knees so the 'seat' part of the device can be inserted underneath them. Two back rests, one on either side, are then fitted into the device, along with 'legs' and the patient is strapped in with an airline-type seatbelt. Then the remote control is activated and the device raises the patient up from the ground into a sitting position so they can then be transferred into a wheelchair. Until recently staff had to go to the first floor of the hospital to find the Raizer device – meaning a delay for any outpatient who needed it. Now, thanks to around £4,000 funding from



our James Paget Hospital Charity's 'Where it is most needed' fund the outpatients teams on the ground floor, including surgical, orthopaedics, Ear Nose and Throat, and our eye clinic now have easy access to the device which can be quickly transported on its trolley.

Charge Nurse Michael Ashton, who demonstrated the use of the chair with Maxine, our Charity Co-ordinator posing as a collapsed patient, said the device was already proving valuable.

"A few months ago we had a patient collapse and, after going to find the chair on the first floor, we managed to raise the patient from the ground. I thought it was really useful and wondered how we could get funding to get one of our own for the outpatients departments on the ground floor. I spoke with Maxine and we managed to secure charitable funds to purchase our own device. Within days of getting this we used it twice to assist patients who had collapsed. It makes raising them so much easier and safer, so it is really helpful."

Our charity maintains a fund so that any team or department can apply for money for equipment and things that support patient care – and it's thanks to generous donations to this fund that money is directed to where it is most needed.

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.



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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



What a whirlwind start to 2023 for us back at work. We'd like to welcome another new super talented car & HGV mechanic to our team at LG Perfect.



Tom, pictured left, has returned after a seven year absence. It honestly feels like he's never left, and team spirit is most definitely at an all time high.

I'm arranging a little welcome/birthday bash for the guys, as we also celebrate Mechanic Jamie turning 27 and Mechanic Tim's 50th Birthday.

Speaking of 50th Birthday celebrations, I spent my 50th birthday with all our

work teams from EE Green, Folkes Plant & Aggregates and LG Perfect at The Ocean Room's Christmas Party Night. All our staff really enjoyed our first Party together after three long years. It really was well deserved. Many thanks to our Boss for keeping the drinks flowing all night. The service, food and entertainment were outstanding. Great to get back on the dancefloor for a boogie with all the guys. Well Done Ocean Room! A massive thank you shout out to Beena from The Bee Hive for styling my hair and airbrushing my make-up. Who knew that was a thing?! You can find out more about The Bee Hive's treatments they can offer, if you pop in and see Beena on Bells Road. I felt amazing on my birthday, thank you. Fresh as a daisy the next day too. My gorgeous friends (pictured below) also surprised me with



an evening meal out at The Fig Bar & Grill on Gorleston seafront. Well, what a night that was! Super food (pictured above right), amazing service from gorgeous waiting staff, Shania and Paige, followed by a few Tequila Rose shots (wasn't my idea, honestly!) Thanks KiKi, and all your staff, for such a brilliant night of celebrations. Turning 50 wasn't



really that bad after all. We really are so lucky to have some of the best businesses around based right here in beautiful Gorleston. Please do get out, if you can, and support local.

The total raised for our RNLI Christmas Tombola and Raffle has more than doubled since my last issue. Our amazing team has raised over £850! Congratulations to all our winners, and thanks again to all local businesses and suppliers for the donations of some awesome prizes. Our liveried remote control Tipper trucks and Excavator were real winners with our customers.



As said previously, the monies raised will be split between Gorleston/Great Yarmouth, Caister and Hemsby Lifeboats.



We've been so lucky to win more local business contracts for MOT, maintenance and repair at Perfect's, therefore, to find another 2 knowledgeable and professional mechanics to add to our team has been such a relief after 2 years of recruitment. I know many local businesses are struggling to find staff, not just mechanics. We've also invested in 2 new vehicles; our breakdown and recovery trucks. These will be used for our commercial contract clients. Never mind calling The A Team, you need to call The Perfects Team ha ha!

If I can help with anything, please do get in touch, ctodd@eegreen.co.uk. Keep up to date with us on Facebook follow E.E. Green, L.G. Perfect MOT, Service & Repair Centre, Folkes Plant & Aggregates and Major Demolition. Have a fabulously fun filled February folks!

# Kids' Corner



Can you  
find the 2  
pictures  
which are  
identical?

## **'Blessed are the meek, for they will inherit the earth.' (Matthew 5:5)**

Explained further: 'Blessed are the meek (the gentle, the humble), for they will inherit (as heirs, they will obtain possession of) the earth.'

In simple terms: Happy is the person who can control their emotions, for they will be rewarded.

The word "meek" is not a word that we often use today. When Jesus is talking about "the meek", He is referring to someone who is gentle, kind hearted and self-controlled. They do not take out their frustrations and emotions on others; in other words they are someone who controls their actions or behaviours. 'The earth' (the land) refers back to the times spoken of in the Old Testament of the Bible when God gave His people possession of places and land that he had promised them and they had the abundance it would give them.

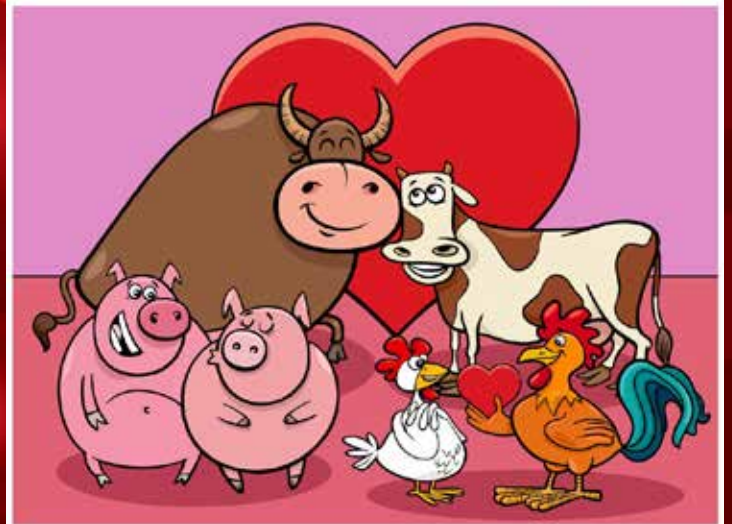
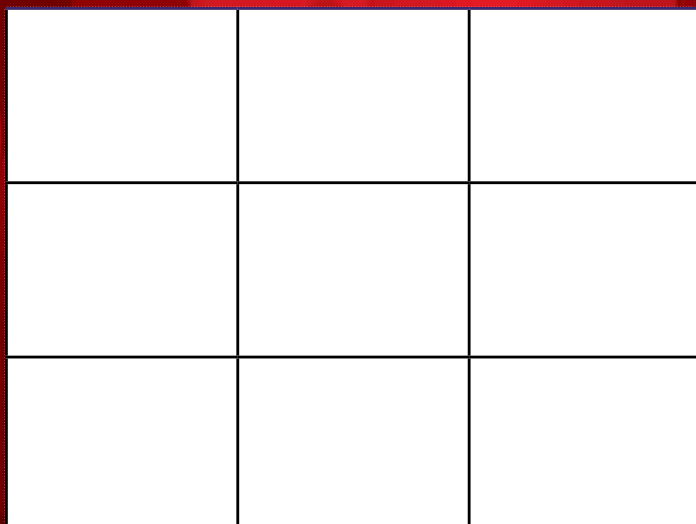
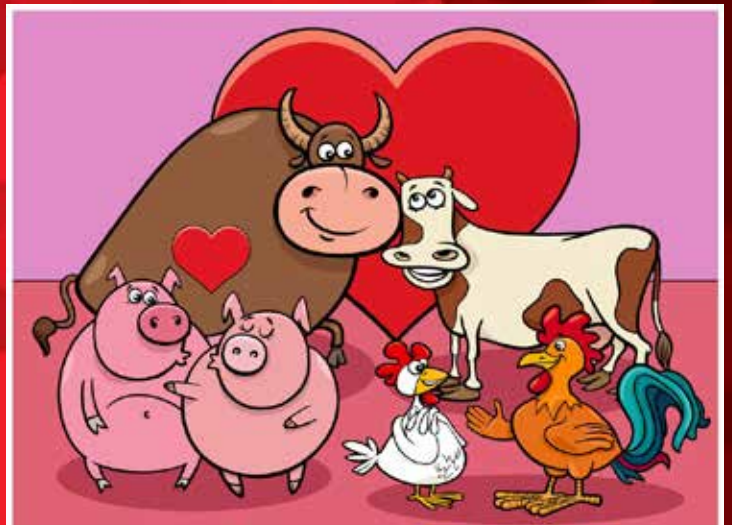
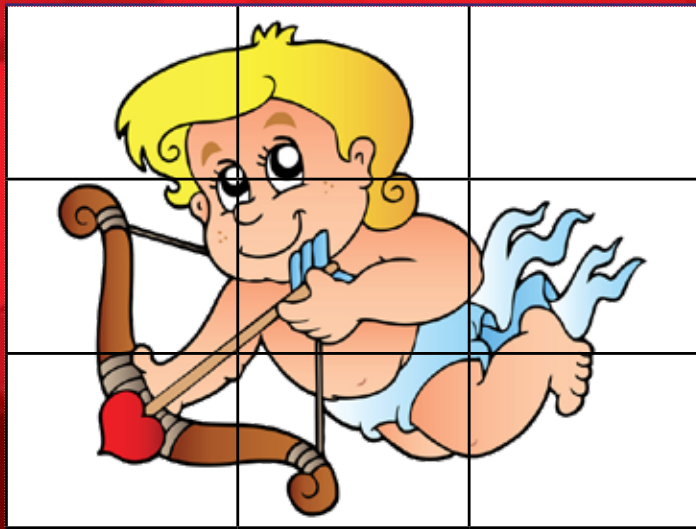
Do you believe in Jesus? Are you gentle and kind even when it is difficult? Such people are rewarded and receive what God has promised.

Can you guide Cupid's arrow through the maze to the heart?



Copy and Colour

Can you find 7 differences?



# Gorleston Then & Now

by John McBride



This view is of Church Lane before the development of much of the housing in the area. The lane was much narrower in those days, but pedestrians appeared to be at little risk of being run down by a passing horse and cart. The fencing and gates to the left were the entrance to the recreation ground. Gorleston Recreation Ground was opened by the Mayor on 10th June 1889. St. Andrew's Church can be seen farther back at the junction with Church Road. Middleton Road did not open until 1923, access south from the church was along what is now Middleton Gardens, at that time called Pound Lane, which ran all the way to the present Pound Lane. The Pound, an enclosure for livestock that had strayed, was originally situated in Feathers Plain and subsequently relocated to opposite the south wall of the churchyard. It consisted of four brick walls measuring about twelve feet (3.6 metres) square, with a wooden gate in the front. It was removed in 1888. Whilst Gorleston pound was square many were circular.





# Opening THE Book

with  
Reverend  
John Kinchin-Smith

Who is Jesus? This may seem a strange question when almost every person on the planet has heard of him and almost every page of the New Testament (the second half of the Bible) mentions him. For Muslims, Jesus is a prophet but less important than Muhammed. Hindus are generally happy to accept Jesus as an “avatar” of God along with Rama, Krishna and others. For secular humanists, he is a great teacher, perhaps to be compared to Confucius or the Buddha. In coming months we will learn what the Bible teaches about Jesus.

When God’s messenger came to Mary (unmarried and probably a teenager) and told her that she would bear a child, the messenger described the child in this way: “He will be great and will be called the Son of the Most High. The Lord God will give him the throne of his father David, and he will reign over Jacob’s descendants for ever; his kingdom will never end...the one to be born will be the Son of God.” (Luke chapter 1).

Again, the Bible tells us that after Jesus rose from the dead, he appeared to two disciples walking from Jerusalem to Emmaus and said, “Did not the Messiah have to suffer these things and then enter his glory?” And beginning with Moses and all the Prophets, he explained to them what was said in all the Scriptures concerning himself.’ (Luke chapter 24). Here Jesus refers to himself as “the Messiah” and tells the two disciples that the Old Testament writings (“all the Scriptures”) explain who he is. (“Messiah” is the Hebrew word, “Christ” the Greek word, both meaning “the anointed one”).

Then, after Jesus had returned to heaven, the Bible records the disciple Peter saying these words, “Let all Israel be assured of this: God has made this Jesus, whom you crucified, both Lord and Messiah...Salvation is found in no one else, for there is no other name under heaven given to mankind by which we must be saved.” (Acts chapter 2 and 4).

We shall look at these titles for Jesus (Son of David, Son of God, Lord, Messiah and Saviour) in coming months and discover that we need to look in the Old Testament to understand them.



# News from The Mag

with  
Reverend Matthew Price



I’ve been struck by a number of posts recently in community Facebook groups asking about social groups, particularly for those who – how shall I put this? – are more mature in years. There is clearly a growing need, especially during these colder months for places where people can find warmth – both physically and socially!

At St Mary Magdalene we think we have just the answer.

Forever Young is a new monthly group meeting on the third Thursday of the month. Aimed at those who are more mature in years, but still young at heart, it is a place to come and meet with others, but also to enjoy some of the activities on offer.

Thanks to funding from Norfolk Community Foundation, the group is now the proud owner of a set of carpet bowls, but there is also snooker, craft activities and the opportunity simply for a good chin wag over the lovely refreshments.

The next meeting for Forever Young is on Thursday 16th February, from 1.30pm – 3.30pm.

You’d be very welcome to just turn up (entry is via the main entrance of the church, off Magdalen Square). But if you would like to find out more information beforehand, you can contact the group’s co-ordinator, Mary Ives, on [mary.ives@stmmgorleston.org.uk](mailto:mary.ives@stmmgorleston.org.uk) or via the church office on 01493 655523.

**Forever Young**

Activities will include:  
**CARPET BOWLS /  
 BOARD GAMES / CRAFT**  
 & refreshments  
**16th of February**  
 1:30 pm - 3:30 pm  
 St Mary Magdalene Church  
 Magdalen Square, Gorleston, NR31 7BZ

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Keeping you moving

# Hair We Are



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

This being  
my first  
blog of  
2023 I  
would like

to take this opportunity to wish you all a fantastic 2023, and already here we are one month in.

Already we have had the bad news that the world of pop has lost an iconic figure in Jeff Beck. I can remember “Hi Ho Silver Lining” and the memories of my youth come flooding back, “The Tower Ballroom” and also “The Sampson and Hercules” in Norwich, great times. Unfortunately, it isn’t until someone like this passes away that you realise what an influence they were in the history of world music. I have learnt more about him since his death than when he was alive, and I always think that is sad. Jeff Beck was in the “Yardbirds”, one of the first bands I can remember as a child and also was responsible for introducing people like Rod Stewart and Ronnie Wood to the world. The tributes that have rung out for Jeff Beck since his death really highlight how such famous stars as Mick Jagger etc, held him in the highest esteem possible, RIP Mr Beck.

I know it seems a long way away, but I have to say I am so looking forward to the summer months and not only for the weather. This summer sees the Aussie’s visiting our shores and once again the battle for The Ashes. I have to say, since Ben Stokes has taken over as the England cricket captain, my interest in test cricket has been revived. Something had to happen with test cricket, as with the new formats that have come along over the past few years, T20 and the 50 over 1-day game, test cricket was seriously starting to take a back seat in my viewing world. Yet I can remember back in the 60s and 70s as a youngster really looking forward to BBC 2 showing the test match on the television live and watching people like Geoffrey Boycott, John Edrich etc slowly play

their way through 5 days of cricket, how times have changed. Certainly, the other cricket formats have shown this up and things had to change. In the recent test series in Pakistan, I found myself actually reviving my interest in test matches by actually making the effort to get up and watch what was happening in these test matches, as Ben Stokes led the team to victory by positive and attacking cricket. First of all this year, in February, there are One Day Internationals against South Africa, 2 tests against New Zealand, then some ODIs and T20 games against Bangladesh, before returning home to get ready for The Ashes series, and that promises to be a cracking summer of cricket, weather permitting of course. I have to say I was tempted to actually get tickets and go to one of the matches, but unless you had put your name into a ballot there is not much chance of that. One of the sites were advertising ticket prices starting at £400+, so I think it will be feet up and watch it on whatever channel that shows it this year.

I have to say that I am astounded by the wages that Cristiano Ronaldo has gained in moving to Saudi Arabian side Al Nasser. I am reading he is on £177m per year in salary and has been offered the same amount again to help promote the 2030 world cup in Saudi Arabia, Greece and Egypt. His wages alone work out at nearly £6 per second, 24 hours a day, 365 days of the year, phenomenal figures and ridiculous as far as I am concerned.

I would like to mention the team at Fusion who worked so hard over the Christmas period and have now some great promotional ideas and services to take us through the slower months of the winter period, well done girls and keep up the good work.

Returning to my home January and February sees a real couple of quiet months. The bees and the hive are dormant, the chickens are laying fewer eggs and of course the grass doesn’t

need cutting, in fact all that seems to need doing this time of the year is clear up leaves. The weather has definitely changed from what I remember in my younger days and I am not sure that it is all down to climate change. I read with interest passages from the late David Bellamy who was ostracised for his comment about Global warming and stated that the world was wasting billions on it when the weather is actually part of a normal cycle. I have to say I can remember when living at Martham as a child on Somerton Road, every winter we, as kids, used to go over the fields where the rain water from late autumn and early winter had frozen solid and have fun on the ice, skating across the frozen landscape, this just does not seem to happen anymore. Bellamy stated that in a very tiny way the planet earth slightly moves on its axis, which in turn means that the seasons slightly shift. To me it all seems to make sense as winters here now seem to be milder and more disruptive with wind and rain, than the calmer, colder days that I remember as a child. The planet has gone through various climate changes over millions of years and part of me wonders what caused the ice age for example, as I don’t believe it was through human intervention then! I am not for one minute doubting the fact that we need to be kinder to the planet but it does make me ponder when I see all the packaging that surrounds most of the products we buy nowadays. We as a family (and there are only two of us) have so much plastic wrapping and cardboard that we get from our everyday shopping we struggle to get it in one green bin. Again, as a child I can’t remember having all this waste! As well as having to dispose of all this waste I wonder how much energy it takes just to make it in the first place?

On a brighter note, nights are getting lighter and by the time I write my next blog we will really be looking forward to spring. Until next month keep warm, keep safe and please look after one another.

# Wordsearch

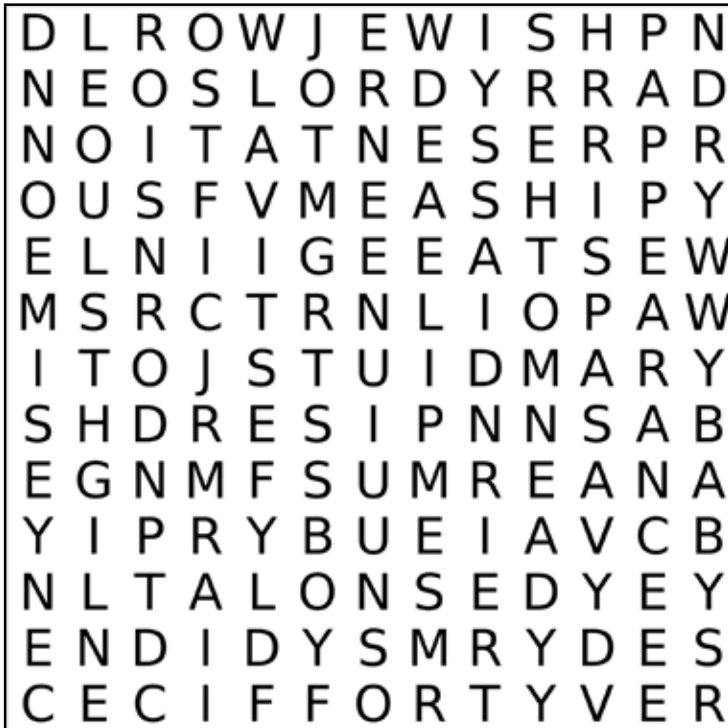
Can you find the words listed below which have been taken from the text?

Words occur in the grid forwards, backwards and diagonally.

## Candlemas

In New Testament times 40 days old was an important age for a baby boy: it was when they made their first 'public appearance'. Mary, like all good Jewish mothers, went to the Temple with Jesus, her first male child - to 'present him to the Lord'. At the same time, she, as a new mother, was 'purified'. Thus, we have the Festival of the Presentation of Christ in the Temple, 40 days after Christmas. Jesus is described in the Bible as the Light of

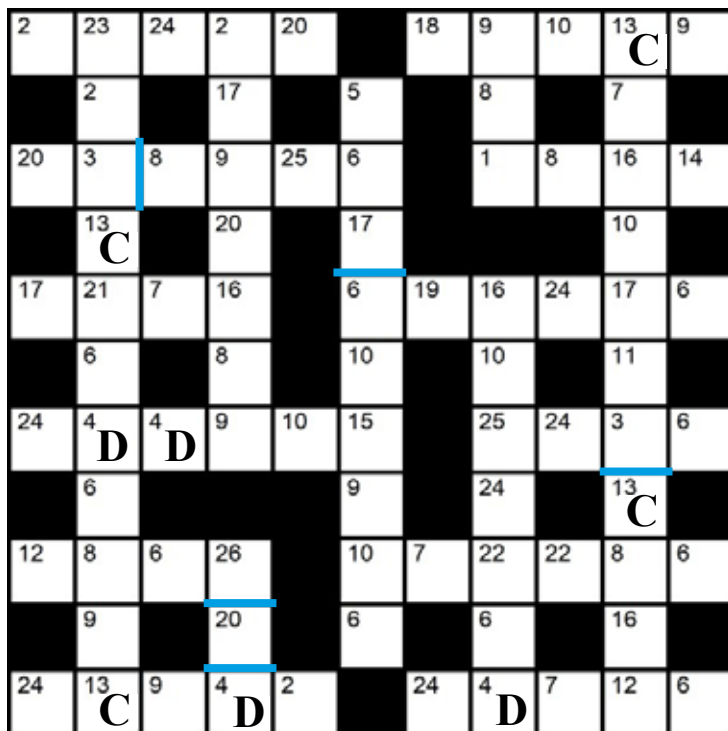
the World, and so early Christians developed the tradition of lighting many candles in celebration of this day. The Church also fell into the custom of blessing the year's supply of candles for the church on this day - hence the name, Candlemas. The story can be found in Luke 2:22-40, where Simeon makes his great declaration of faith and recognition of Jesus. Simeon's 'Nunc Dimittis', is embedded in the Office of Evening Prayer.



## Candlemas

Forty	Temple	Candlemas
Days	Jesus	Simeon
Baby	Purified	Nunc
Boy	Present	Dimittis
Public	Lord	Office
Appearance	Festival	Evening
Mary	Presentation	Prayer
Jewish	Light	West
Mothers	World	

# Codeword



Every white square is numbered from 1 to 26, with the numbers corresponding to letters of the alphabet.

Use your knowledge of words, names and places to work out where letters go, completing both the grid and code boxes, and using every letter of the alphabet.

1	2	3	4	5	6
			<b>D</b>		
7	8	9	10	11	
12	13	14	15	16	
	<b>C</b>				
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 Herman Academy

Providing a rich and stimulating curriculum is an extremely high priority at Ormiston Herman Academy. As well as delivering an excellent academic program, we provide a varied range of activities including sports, music, drama and the arts. In this edition we would like to celebrate some of the amazing extra-curricular activities that happen around our academy.

## Amazing Aspirations!

For our first week back and the start of 2023, as a school we have focused on the theme of Aspirations with a heavy emphasis on careers and how to reach your dream career. Each year group took a career to focus on thinking about the route to get into that career starting right from Primary school and continuing into further education and work experience. We have looked at vets, astronauts, people who help us, the movie and travel industry and the emergency services. Alongside our aspirations, we are focusing on lifting limits of gender stereotypes and ensuring our pupils know that they can be whatever they want when they grow up.

As part of their learning, Year 6 met with the local police, had a look around the police car and asked lots of questions about how to become a police officer, what the job entails and what all the many gadgets that they carry do!

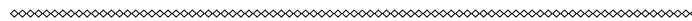


## Goldenbook Entries

It has been a very busy half term with plenty of new entries into the Academy Goldenbook! Any achievement inside or outside of the Academy where the student has gone 'above and beyond' is added to the Goldenbook by our Senior Leadership Team. We've seen fantastic gymnastic medals, stunning art work and plenty of entries of work from our Aspirational learning week. It is a wonderful way to share the learning experiences from inside and outside the Academy!

## Sporting chances

We've had many sporting activities that have taken place this half term. Dance has swept across the Academy within P.E. lessons and we have been, or will be taking, sporting teams to the Cross Country, Tag Rugby, Basketball and Football competitions. It is fantastic to see the hard work and communication skills the students use during these events. A big well done to everyone who has been involved.



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# Gorleston FC



Gorleston have finally picked up an away win but are still in the relegation zone of the Isthmian League North table.

Performances have definitely improved though. After a goalless draw at Maldon & Tiptree, who then appointed former England manager, Peter Taylor, as their manager and won three games in a row, the Greens travelled to Hashtag Utd.

Two goals in two minutes early in the second half condemned Gorleston to defeat.



*Dominic Docherty v Lowestoft*

Next came a game against landlords Lowestoft on Boxing Day. The Greens were holding their own until a dubious penalty gave Lowestoft the lead. However, a penalty of their own, converted by Connor Deeks, put Gorleston back on level terms before Lowestoft regained the lead before half time. Lowestoft added two

more but then another Gorleston penalty in the last minute, this time scored by Connor Ingram, gave Gorleston hope. But, deep into stoppage time, Lowestoft made it 5-2 in front of an attendance of 719.



*George Keys v Lowestoft*

The first game of 2023 was against last seasons title rivals, Wroxham. Despite Gorleston being the better side early

on, Wroxham took the lead with their first attack. Adam Tann equalised on his debut and the Greens looked like they would pick up a point until a lack of concentration six minutes from time allowed Wroxham to score a winner.



*Adam Tann equalises for Gorleston on his debut v Wroxham*

They finally secured three points away from home at New Salamis. Robbie Sweeney put Gorleston ahead on the stroke of half time before a goalkeeping error allowed New Salamis to equalise early in the second. Deeks put the Greens back in front midway through the second half before Kai Flethcher secured the win with his first goal for the club.

February sees Gorleston travel to bottom side Coggeshall Town and face tough trips to Bury Town and Stowmarket whilst Grays Athletic and Brentwood Town visit the Fosters Solicitors Community Stadium.

Gorleston Reserves have moved to the top of the Anglian Combination Division One table.

After a walkover win against Brandon Town, when Brandon called off late on because they couldn't raise a side, the Greens second string then beat Kirkley & Pakefield Reserves 5-2 with goals from Harry Hall (2), Kyle Ingram, Sam Wooldridge and Brodie Adams.

At the time of writing, Gorleston Under 18s still haven't played since the first week of November but their season was scheduled to begin again against Yarmouth on 17th January.

Gorleston Women's season began again on 15th January in the County Cup.

To be in with a chance of winning some cash, and show your support for Gorleston at the same time, join the monthly GoLD draw. The draw paid out over £75 in prize money in January. Full details of the draw and how to enter are on the website, contact me (Dave Hardy), or email [gorlestonfootballclub@hotmail.co.uk](mailto:gorlestonfootballclub@hotmail.co.uk)

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

## February Fixtures (subject to change)

Date	Time	Team	League	Opponents (Home/Away)
02	7:45 pm	Under 18s	League	Diss Town (A)
04	3 pm	First Team	League	Brentwood Town (H)
05	2 pm	Womens	League	Blofield Utd (Mill Lane)
09	7:45 pm	Under 18s	League	Waveney (A)
11	3 pm	First Team	League	Coggeshall Town (A)
12	2 pm	Womens	League	Bulldogs (A)
14	7:45 pm	First Team	League	Stowmarket Town (A)
14	7:45 pm	Under 18s	League	Gt Yarmouth Town (A)
18	7:45 pm	First Team	League	Grays Athletic (H)
19	2 pm	Womens	League	FC Viking Valkyries (Mill Lane)
23	7:45 pm	Under 18s	League	Beccles Town (A)
25	3 pm	First Team	League	Bury Town (A)
26	2 pm	Womens	League	Aylsham (Mill Lane)
28	7:45 pm	Under 18s	League	Bungay Town (Wellesley)
Reserves fixtures not known at time of writing				



# Gorleston Links Bowls Club

Hello reader, it has been a season of celebrations and some silly fun with our recent events.

We had a great Presentation Evening Dinner, congratulating and sharing the success our club has enjoyed in this season's games and competitions. It was amazing to see the long table full of trophies, shields, cups and medals for the winners and runners up for all of the leagues and competitions we have entered. John took the official photos, with Emma stepping in when he was part of a winning team.

All of the men in their suits with bow ties looked so smart, and the ladies looked fabulous in their party finery, it was a lovely sight.

A delicious three course meal with music and a raffle created a very relaxed happy atmosphere. Congratulations to all who took part and a big thank you to the organisers of this great evening.

The ladies also held a Christmas afternoon tea with secret santa with a twist!

The ladies all groaned and laughed when they entered and saw our first party game was musical chairs; some decided

to hog a chair but were moved on by those following behind. Music stopped and a quick dash to get a seat had all laughing. This was followed by passing balloons between the knees in teams. It was so funny and each winner or team member received a prize. After a short break for a drink and to get breath back, we played pass the parcel... a search for a 'missing ticket' which was a spot prize.

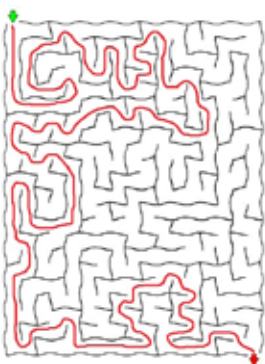
There were thank yous for help and organising, which were appreciated. Then individual afternoon tea boxes, supplied by Mardle cafe, delicious as usual. China cups, saucers and teapots, Christmas music. Then secret santa, the twist being when a person picked a prize, if the next person who picked a prize liked it better than theirs, they had to swap, the first person couldn't say no! A saucy apron was the fastest swap... much to the disappointment of the person who had chosen it. A game of simon says, then everyone helped clear down before heading home. A great fun time.

We now start organising and looking forward to the new season; dates for our Essex tour have been decided, an extra treat to look forward to this season.

Good luck all, here's to another very successful year!



## Coffee Time Answers



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

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

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C									
T	H	O	U	E	Q	U	A	T	E
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E									
B	L	E	W	O	Z	Z	L	E	
I									
A	C	I	D	S	A	D	O	B	E

**Across:**

7 Sue, 8 Nannies, 9 Primary care, 10 Spa, 11 Gap, 12 Pat, 13 Westminster, 16 Toronto, 17 Lit.

**Down:**

1 A s a p, 2 Retina, 3 Enlargement, 4 In my opinion, 5 Diva, 6 Ascent, 10 Soweto, 12 Petals, 14 Sire, 15 Rats.

**Word Ladder:** cased, cared, bared, bored, boxed

**Caught in the middle:** back, blue, pie, bee, times

**Seeing Double:** byword, rework, poodle, wooden, aspect, superb, wicked, sickly, uterus, energy

**Mystery keyword:** woodpecker

# ENSFC

The amazing achievements of students at East Norfolk Sixth Form College were celebrated at the annual Awards Evening (5th Jan).

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

Great Yarmouth Mayor, Councillor Graham Plant 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: "2022 was yet another fantastic year for the College with students achieving some outstanding results. Our students achieved a 98% pass rate and 75% of students achieved A\* to C grades. The college campus has grown and continues to grow with over £6.5m investment and the construction of new classrooms and enhanced facilities. EN is also leading the way for the provision of T Levels in the region, offering

a wide range of the latest technical qualifications in addition to the 90+ courses already available to local students."

More students were placed at universities than ever before and more students went on to Russell Group Universities including Oxford, Cambridge and the UEA. 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."



## Gorleston Flower Club

Our first meeting of the new year is on Monday February 20th at Magdalen Way Methodist Church, doors open at 1.30 for 2 p.m. start.

Julie Woods is the demonstrator and you have a chance of winning one of her colourful arrangements, as well as a hamper filled with "Springtime" items.

The annual subscription remains the same at £35, while guests pay just £5. We look forward to welcoming members and guests to what we know will be an exciting programme (including a Coronation Tea Party) in 2023.

If you would like more details please contact Margaret Colman on 663590.

## Poem to Ponder

### Just a Little Winter Poem

It's nice to be cosy and warm indoors  
When the cold days of winter are here on our shores  
The trees are all bare and the streets icy cold  
The sparkling landscapes a sight to behold.  
Duvets and throws are a comfort for sure  
And it's lovely to see a real fire roar  
These are the days we look forward to Spring  
And the Coronation of our new King!

*by Val Raven*

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.

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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 Joy of Running?

I have written a few pieces for "Ramblings" in the vein of "The Joy of . . ." and normally I have been quite convinced about the degree of that "joy". However, in this particular case, I am still a

bit equivocal – "the jury is still out" as you might say.

You might think that a bit strange, as in my younger days I was a bit of an athlete. My specialism was as a sprinter and jumper. My primary event was the 440 yards (now the 400 metres) but I was also a 100 yards power sprinter and a long and triple jumper. The high hurdles were also a bit of fun but too technical for me really. The 880 yards (now the 800 metres) was an interesting diversion at times as one could enjoy the element of strategy involved, because unlike the shorter distances you didn't expect to go flat out the whole way and you were also running shoulder to shoulder rather than in set lanes. Beyond that distance though, the element of fun seemed to rapidly diminish with increasing distance. It became like doing cross-country running, a grind, usually through cold, wet mud in the second half of the Spring term when the weather was uniformly unpleasant.

Two incidents from my school days helped to cement my rather negative view of distance running. The first was a cross country afternoon towards the end of a remarkably wet period of weather. So wet indeed that the River Roding had burst its banks and its flood plain (usually a green and pleasant area) was totally underwater. This was not enough for the teachers back at school to change the course or even to entertain the concept of us boys spending the afternoon engaged in some other activity such as going home early for a change! Instead, we had to run through the flood for half a mile of so before returning to higher ground. The usual paths were hidden under the water of course, as was the bridge over the brook running into the main river. Unluckily, I managed to miss the bridge and suddenly found myself totally immersed in muddy, ice-cold-cold water as I plunged at speed into the ditch. Picture, if you will, a rather bedraggled school boy, now standing knee deep on the far side of the brook, spitting out weeds and the occasional stickleback. It's the sort of experience that puts one off running!

The other incident was in my last year at school. I had persuaded the headteacher to allow the serious athletes to be excused from cricket in order to spend games afternoons training for the schools' championships which were always held in the summer term when the weather was better. The proviso was that I had to be "responsible" for everyone, "no skiving off!" The majority of the athletes were distance runners, the cross-country team from the winter. I rather

foolishly offered them the chance one blazing hot summer afternoon to decide what that afternoon's training should consist of. Unfortunately for me, the overwhelming response was "let's run a half-marathon!". What had I let us into on a blisteringly hot day? They all coped easily, I struggled round with them, desperate not to lose face. Never again though!

Or so I thought. That is until I met Jane two years ago.

Jane has always had a passion for running. A cross-country league runner when she lived in Hertfordshire, a triathlete, a parkrunner (the popular Saturday morning 5k runs) and a regular jogger. Of course, she tried to get me running with her last year, but I struggled. I am still pretty good over the first 50 metres but 5k is quite a different matter. Repeated attempts up and down the sea-front seemed to confirm that running wasn't really for me. So instead, I got into cycling and long walks last year.

I don't like admitting defeat, so I had another go this year. Something has changed. I am not going to pretend that I enjoy the slog but there is a degree of satisfaction to be gained when I get through 5k without giving up. It's still a bit like the old joke: "Banging your head against the wall is awful, but it feels so good when you stop!" The best bit of a parkrun is still sitting down at the end, breathing heavily and wondering why you did it. But now, it doesn't seem so bad and if I just keep practising on a regular basis, I might just knock another minute off my parkrun time?

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# Ormiston Venture Academy

## #WeWillExplore

For the past year some of our year 9 students have been involved in the #WeWillExplore project. The project involves youth social action within the academy and local community based around orienteering and geocaching.

Venture teamed up with Ormiston Herman Academy and Peterhouse Church of England Primary School. Our committee members have been busy running a number of events in and around the local community including a beach clean, orienteering and geo-caching events, as well as some great team building activities such as birdhouse building and making insect hotels. The project itself leads to the awarding of the Murray Award which is presented to members of the project hitting a minimum of 25 volunteering hours. Our students have been incredibly proactive and have given over 30 hours of their personal time volunteering, making them on track to be awarded the gold award.

Cherelle Gogar, #WeWillExplore lead commented "We love getting involved with the youth social action because it allows us to get involved with our local community, and encourage young children to be more active in their day to day lives and also provide the opportunity to explore geocaching and orienteering."

Kirstin T and Dylan P, Chair and Vice Chair of the #WeWillExplore project, said "The #WeWillExplore Project has provided a fantastic opportunity for students to practice and build on the basic leadership skills that are instilled into them from their PE lessons as part of their curriculum intent. It has also opened up the world of Outdoor and Adventurous Activities which I hope will provide them with another avenue of physical activity to get involved as they move forward towards adult life."



# GoSH

## Gorleston-on-Sea Heritage Group

### Restoring the Leach Grave

Following the article, by Chris Wright in the November 2022 edition of the Gorleston Community Magazine, Project Nova recognised the importance of Ethel Leach towards improving the status of women in society. She campaigned for Votes for Women and became the first female Mayor of the borough in 1924 after 40 years of public service. Her impressive grave, with her businessman husband (John) who died in 1902, in Gorleston Old Cemetery, had collapsed, was covered in brambles, and lost from view.

Project Nova is an armed forces charity providing support to ex service personnel facing difficult times like illness and unemployment, have been restoring graves of veterans in the cemetery. Recently, the memorials of the murdered PC Alger and life saver Adams had been completed. Ethel Leach's grandson had served in World War 1 in the Tank Corps and in the Royal Observer Corps in World War 2. Her adopted daughter, Hetty, served as a driver in France in 1914-18.

Great Yarmouth Borough Council Bereavement team located the grave and cleared the site. Steve Davies, grave restorer to Project Nova, developed a plan to re-erect the memorial. Martin Swann organised the volunteers to attend on three days at the end of November 2022. The teamwork and camaraderie of the team was amazing. Members of the team from the army infantry and cavalry, US army and RAF were involved as well as supporters of the project. The graveyard maintenance worker came in on his days off to help and even organised lifting gear. Fortunately, the weather was dry, so progress was not hampered. Some of the team were able to progress work on other graves.

After a safety briefing of the potential dangers and trip hazards of a cemetery, the visitors and team had a tour of their past achievements. The arrival of Steve Davies from Kent and his explanation of the project saw work get underway. The first task was to excavate under the base stone so the collapsed foundations of 1902 could be rebuilt, and the base stone levelled. Cleaning of the memorial commenced to reveal white Italian marble which was clearly an impressive memorial. Initial excavations of the two other parts was commenced. The memorial had an urn on the top which had been broken and buried and after lengthy cleaning looked almost like new. The break was clean, so a repair was feasible and a volunteer took it home to fix.

Day 2 saw the team return looking forward to the next challenge of erecting the main body of the memorial which was laying on the ground. Overnight, the new foundation had set and the cleaning liquid had continued to reveal its beauty. The team set about lifting the next section and fitting it to the base after careful positioning. The teamwork and combined muscle power of the team was exceptional as the marble was manhandled into place. Attempts to lift the body of the memorial showed the need for lifting gear and one of the volunteers contacted a mate for one!

During the cleaning work, it was noticed that the maker's name was discovered on the base. Sanders of Euston who

were active from c1810 to early 1900s. This memorial must, therefore, have been one of their last. Some daffodil bulbs were found, which may originate from the Leach's home in Stradbroke Villa, as daffodils formed part of Mrs Leach's funeral.

Day 3, saw the volunteers back in action with lifting gear to tackle the main body of the memorial which had buried itself in the ground and needed to be raised to vertical again before a complex lift into place. After several manoeuvres, it was in place. Thoughts then turned to the urn where a hole had to be bored to secure it and a test fitting. Handles of the urn were also found and repaired. Cleaning continued and the grandeur of the memorial became fully apparent, and the inscription is for all to see. Some minor works and painting of the railing surround, final fitting of the urn, levelling of the soil replanting of the daffodils and some ground cover remain. It is hoped a rededication ceremony will take place in the Spring.

Project Nova have brought a fine memorial back into its place commemorating a woman who did so much to raise the profile of the role of women in the borough. It also reminds us of her husband and the business he founded in 21 Market Place in 1868 which operated until 1996. It also reminds us of the tremendous skills and ability of our armed services and the value of volunteers in the borough.

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



*photo credit: Project Nova*



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