

St Andrew's Church



ISSUE 24, May 2020

GORLESTON Community Magazine



Inside this issue: Activities for all the family, Gorleston
Community in action... *And much more!*

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Hello Gorleston!



Welcome to Issue 24 of YOUR free community magazine.

Well, what a difference a month makes! We live in unprecented times with life almost unrecognisable from a couple of months ago. Daily life is a struggle for many and the future is difficult to forsee or plan for. Loneliness and isolation is rife, and patience, relationships and finances are being tested and stretched to breaking point. Many can see no light at the end of the tunnel. However, in a world where there is so much darkness, there *is* light to be found with some incredible stories of community spirit, action and support, and fundraising and donating (big shout-outs to Captain Tom and Gorleston's Ros Sones). Help *is* out there and we have included some useful information in pages 45-47. Also, you can message us on Facebook with any questions and we will try to point you in the right direction.

When the world gets back to normal, *as it will*, it is increasingly likely that it will be a new, very different normal, but hopefully a better one.

This issue is an online-only issue and, in addition to plenty of our regulars and community news, we have included lots of puzzles and activities to help keep you occupied. Enjoy!

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



Ed.....

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Deadline for the June Issue is
Friday 22nd May

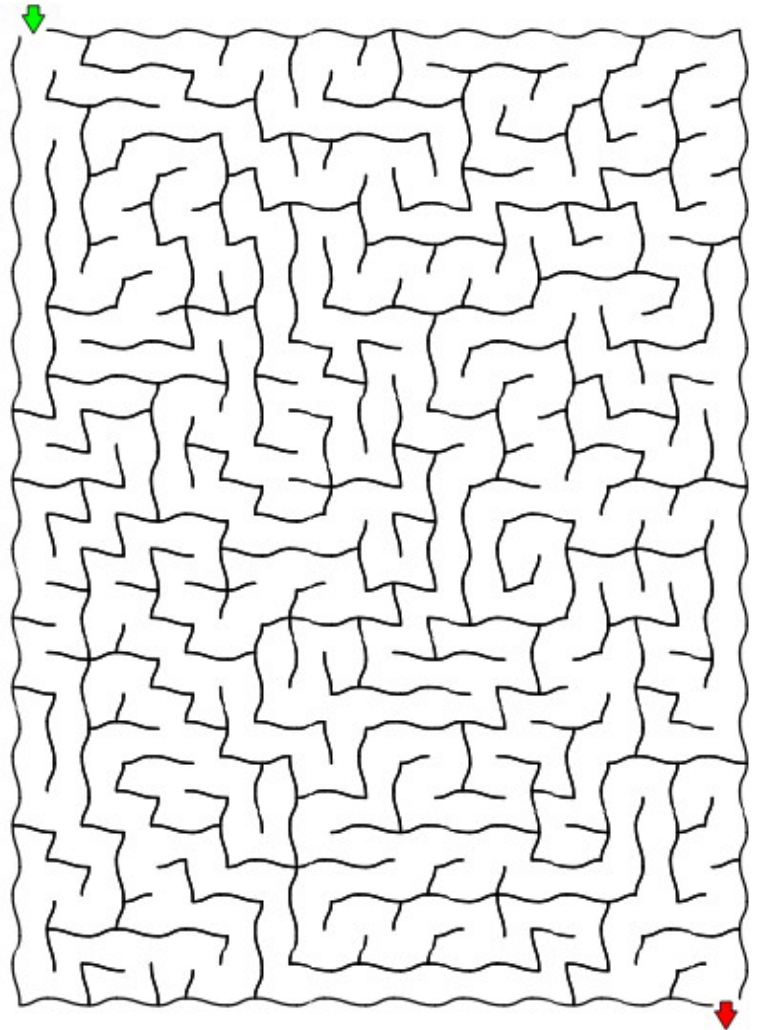
Thanks to **Sally McBride** for this
month's front page picture

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

Coffee Time 1

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

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Across

- 7 Tree covered land (5)
- 8 Snap (5)
- 9 Snow runner (3)
- 10 Literary study (7)
- 11 Often found on hamburger buns (6,5)
- 14 Make a packet (5,2)
- 17 Like much home improvement (1-1-1)
- 19 Wanderer (5)
- 20 "A Fish called ---" (5)

Down

- 1 Stage of infancy reputed to be terrible (4)
- 2 Poisons (6)
- 3 Please reply (1,1,1,1)
- 4 Surprise victories (6)
- 5 "The Circle Game" writer --- Mitchell (4)
- 6 Complimentary speeches (6)
- 11 Safe (6)
- 12 Youngsters (6)
- 13 Finish (6)
- 15 Covetousness (4)
- 16 Mauls (4)
- 18 Class (4)



1		2		3		4		5		6
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19						20				

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The Rockin' Rev

Powered by love!



After testing positive for corona-virus, Prime Minister Boris Johnson spent a week confined to a flat above 11, Downing Street. As his condition worsened he was admitted to St Thomas' Hospital. Despite being in good spirits it proved necessary for him to be moved to intensive care. Upon discharge from hospital on April

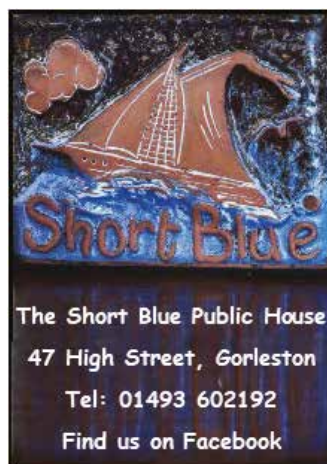
12th Boris, along with his partner Carrie Symonds, arrived at Chequers to complete his recovery.

With a sense of relief and gratitude Boris addressed the nation by video from his Twitter account. "It's hard to find the words," he said, before going on, seemingly without effort, to find them. He found the words to praise and to thank the NHS workers, nurses and doctors who had looked after him. Strikingly, he thanked two nurses, Jenny from New Zealand and Luis from Portugal, who looked after him overnight. He seemed remarkably well for someone for whom, as he put it, "things could have gone either way" just a few days ago.

As someone who had suffered from the corona-virus, and as someone determined to lead the national effort to contain the damage it is wreaking, Boris went on to say, "Our NHS is the beating heart of this country. It is the best of this country. It is unconquerable. It is powered by love." The Boris we all know (even if we can't bring ourselves to either like or love him) was back and he was in charge again!



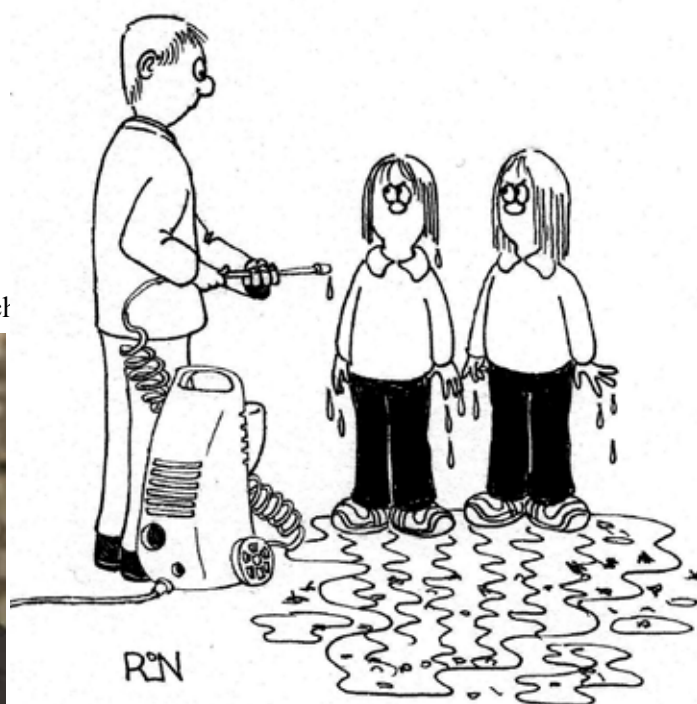
Rev Brian Hall
Vicar of St Andrew's Church



Alongside the political authority with which Boris delivered his message to the nation there was a glimpse of real humanity, of real humility and real vulnerability. It seemed very genuine.

Boris aside, many people are feeling that this time of "abnormality" brought upon us by the outbreak of the corona-virus pandemic is an opportunity to re-connect with ourselves, to reassess our values and to ask the type of questions the business and the busyness of life often prevents us from asking: What do I care about? What is important to me? What are my priorities?

Sometime in the future (who knows when) life will return to "normal" or perhaps even a "new normal." My hope is that the amazing support and appreciation given, not just to our National Health Service but to carers in every sector will continue, and that we will endeavour as individuals, as a society and as a church, to be our very best and that means being "powered by love."



The twins had been doing Messy Church at home.

Ramblings of a Displaced Cockney



Homework

I suppose that the greatest bane of any teacher's life is marking homework. My experience is mainly in physics and maths, although I did teach a few other subjects over the years as circumstances demanded or opportunities presented themselves. Of course, students had plenty of practice in class of techniques and problem solving, but spending time outside the classroom, "homework", was always essential to really cementing the learning into their consciousness.

Having set the homework, it falls to the teacher to mark it. That doesn't mean just putting a load of ticks and crosses on their efforts. The key thing about marking is providing feedback to help promote the learning process. I know that some students find it hard at first to understand how important that feedback process is and they may only be interested in their score or grade, but developing that awareness is a key part of the learning process!

But it can be so time-consuming for the teacher. My late wife Jenny was one of life's most conscientious people and spent countless hours over her students' homework, carefully providing comprehensive feedback. They were even capable at times of telling her how important it was to them.

This Ramblings piece arose from a conversation I had

with a friend, herself an ex-teacher, about homework and an incident I remembered from my first teaching job. I was marking physics practical write-ups from some A level students when I read: "The ammeter and voltmeter are connected along with the rolled up umbrella" What!? I circled the umbrella bit and put a comment requesting an explanation.

When I handed the reports back to them, the student concerned turned to his neighbour and loudly said: "See, I told you that he DOES read them!" This was followed by: "That's half-a-crown you owe me!!"

Another of my enduring memories of marking relates to one of my second year A level Further Maths students when I taught in Huddersfield. He had a different way of thinking about things and I always marked his homework first because I often found that he had an original, elegant and unexpected solution to problems. When I wrote his University application reference, I extolled his virtues but also predicted a final grade "somewhere between a U and an A" (the full range from fail to top pass). I explained that the danger was that he might get so absorbed with creating a novel solution to one question that he might forget to answer the rest of the paper! I shouldn't have worried of course as he got the highest grade but every top university had offered him a place!

So remember, the next time you hear teachers complaining about their excessive workloads, a big part of that is the huge amount of extra marking that they are doing late at night to help their students, so sympathise!

VE Day 75 The Nation's Toast

I am afraid that the terrible Coronavirus emergency and consequent Government guidance means that we have had to advise participants to cancel or postpone the majority of the VE Day 75 community celebrations due to take place on the bank holiday weekend of 8th – 10th May. It is right and proper that people should be kept safe and healthy.

My sincere thanks to everyone who registered their events and were looking forward to celebrating VE Day 75. I know how disappointed you will be that these cannot now go ahead as planned. However, we are still encouraging solo pipers and town criers to continue to mark the occasion from a safe and suitable location.

We are also encouraging everyone to undertake 'The Nation's Toast to the Heroes of WW2' at 3pm on the 8th May, from the safety of their own home by standing up and

www.standrewsgorleston.org.uk



raising a glass of refreshment of their choice and undertaking the following 'Toast' – "To those who gave so much, we thank you," using this unique opportunity to pay tribute to the many millions at home and abroad that gave so much to ensure we all enjoy and share the freedom we have today.

And, you could take part in celebrations safely from home by joining your BBC Local Radio station initiative in making your own VE Day Great British Bunting. Download everything you need at bbc.co.uk/makeadifference

With my very best wishes,
Bruno Peek LVO OBE OPR
Pageantmaster VE Day 75



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NORFOLK'S THRIGBY HALL WILDLIFE GARDENS OPENS ITS ONLINE DOORS TO VISITORS

Thrigby Hall Wildlife Gardens has thrown open its online doors offering a virtual look into the daily life of its endangered animals.

While the park may be closed to visitors during the current Covid-19 restrictions, for the keepers and wildlife it's still business as usual. And, courtesy of a new Facebook-live link and pre-recorded videos visitors can once again enjoy feeding time with the tigers, watch the gibbons at play and view the Red Pandas in real-time action.

Adding to fun, the keepers are asking their virtual visitors to select which animals they want to see next, by posting their requests on the Thrigby Hall Facebook page. All shout-outs are welcome, from Meerkat Monday to Swamp House Sunday (to see the resident alligators and crocodiles blink and wallow). Plus, as well as the live footage, the keepers will also be posting updates about the various species and the important conversation work they are all so passionate about.

More than just a visitor attraction, Thrigby relies heavily on its admission fee to help fund its ongoing conservation work. Zoo Director Scott Bird is hoping that as well as enjoying a unique view into the daily life behind the scenes of the centre, that online visitors will donate to its conservation fund. "We are all in this strange and uncertain situation, I do not think that there is anyone unaffected either financially or personally. Any donation is gratefully received however large or small. Stay safe everyone and we look forward to seeing you all as soon as restrictions are lifted."

To view the videos and for details on how to post:

<https://www.facebook.com/thrigbyhall> or <https://www.youtube.com/channel/UCe17ELzx-1t0ORO6FRk3c4w>

You can also now purchase our animal adoptions through our website please visit www.thrigbyhall.com for more details.



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Great Yarmouth Foodbank launches delivery service in response to COVID-19

The Great Yarmouth Foodbank Emergency Delivery Service has got emergency food parcels to more than 720 people since the Corona Virus lockdown began.

The service, which was the brain-child of Liz Townson of Gorleston Baptist Church, was set up in response to the Covid-19 crisis and to complement the foodbank's existing provision which operates by a voucher-referral system out of Great Yarmouth Salvation Army, Gorleston Baptist Church and St Mary Magdalene Church, Gorleston.

Anna Heydon of Imagine Norfolk Together in Great Yarmouth, which seeks to coordinate the community provision of churches in the borough, explains, "we realised early on that our existing system would not adequately meet the needs of the current crisis, especially if people were unable to leave their homes. So, for people who are forced to self-isolate and are not able to source food in any other way, we are offering a self-referral delivery service."

People in need of the service call a dedicated phone line, are quickly assessed against our criteria and then receive a delivery of a seven-day emergency food parcel.



Between the beginning of lockdown and the end of April, a total of 431 deliveries have been made, serving 475 adults and 248 children.

One parcel was delivered to an older man, who was struggling with his mental health, and his wife. Upon receiving the

delivery, he said he was overwhelmed by the amount of food and the cake which was on the top. "You've put a smile on my face," he said "my wife will ask what's happened

to me when I go in". Another delivery went to a lady who phoned back after she had received it to say she'd never had so much food to put in her cupboards all at once! She usually helps others and really appreciated the help given to her that day.



Rev Matthew Price, Vicar of St Mary Magdalene, Gorleston which is acting as one of the food depots for the new service said, "it's been wonderful to see the community response to the current crisis. There is now a team of nearly 100 volunteers acting as call handlers, shoppers, food parcel packers and delivery drivers. We've also been really touched by the donations of food, and money, we have received from both individuals and businesses."

"It is often the vulnerable who are hit hardest by a crisis like this and we are delighted to be working in close partnership with both Great Yarmouth Borough Council and the other churches in the borough in seeking to meet some of their most pressing needs."

Anyone who is self-isolating and unable to get food in any other way can contact the delivery helpline on 07907 616566.

In addition to the emergency delivery service, the usual foodbank distribution times at the Salvation Army, Gorleston Baptist Church and St Mary Magdalene Church are continuing to operate for those with vouchers. Clients are requested to observe strict social distancing measures when they attend. Further details can be found on the website at www.greatyarmouthfoodbank.co.uk.



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Research Trial at James Paget Hospital

NIHR | Clinical Research Network Eastern

NHS COVID-19 research trial brings respiratory support to James Paget Hospital's patients

The James Paget University Hospitals NHS Foundation Trust (JPUH) is leading the way being the only NHS Trust in the eastern region currently running a new clinical trial which seeks to find alternatives to in-demand ventilators in treating critically ill patients with COVID-19. The trial aims to reduce the need for treatment with a ventilator while improving patient outcomes.

The trial compares standard care for critically ill patients, which includes intubation and ventilation (considered medically invasive), with two non-invasive treatment methods. These are Continuous Positive Airway Pressure (CPAP) masks driven by oxygen or High-Flow Nasal Oxygen (HFNO) high-flow oxygen through the nose.

The UK is facing a shortage of both equipment and trained staff to operate ventilators, therefore it is crucial to find effective, alternative ways to treat patients with COVID-19. To deliver the trial, the Trust will receive additional CPAP and HFNO machines, avoiding the need to use existing equipment and increasing the team's treatment capacity.

Those patients who choose to take part will be randomly allocated by computer to either receive standard care or one of the non-invasive treatments. Patients will receive all other treatments recommended by their clinical team. All three treatment arms are already commonly used in the NHS, but it is not yet known which is more effective in treating critically ill patients with COVID-19.

Dr Venkat Mahadevan, one of JPUH's Consultants leading the RECOVERY-RS trial at the Trust, said, "The Respiratory & Critical Care teams at the JPUH have considerable experience with non-invasive ventilation treatments such as CPAP & high flow oxygen therapy in

our patients. We know that these therapies can be highly effective in the right patient & in the right settings.

"Hence, I am delighted that we are able to offer these treatments, in a trial setting, for our critically ill patients with COVID-19. This trial will be a tremendous boost to find effective, alternative ways to treat patients with COVID-19, without the use of a conventional ventilator machine".

Jamie-Louise Raven, JPUH Research Midwife, and Christian Hacon, JPUH Research Nurse, leading the study from a delivery perspective said,

"It is really important to offer trials to our participants and we are delighted to support staff and patients' opportunities to participate in research".

The RECOVERY Respiratory Support (RS) study is led nationally by the Warwick Clinical Trials Unit, part of Warwick Medical School at the University of Warwick, with support from the National Institute for Health Research (NIHR). JPUH is one of 6 sites across the country that are currently running the trial, however many more sites are expected to follow in the coming weeks.

Dr Helen Macdonald, who is Chief Operating Officer for the NIHR's regional Clinical Research Network, said, "Well done to the team at JPUH, who have moved forward with great speed to bring this vital new research trial to their local community. Without research, and without those who take part in it, we simply can't identify the ways to treat patients with this diagnosis, so we are extremely grateful to all those involved".

This is a sister trial to the ongoing RECOVERY trial, using a similar infrastructure to enable the fast implementation of the new trial to find effective treatment for COVID-19 patients in Intensive Care Units.

The NIHR is funding and supporting a growing number of COVID-19 studies taking place in the NHS. These include those testing existing and new medications to treat patients with COVID-19 related symptoms. The results of all studies prioritised by the UK Government and the NIHR are essential to the future treatment of UK and global patients.

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Megan's Dance School

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



Dancing your way through COVID-19

We are all currently going through a very difficult time facing the current pandemic, however, it is essential to find ways to motivate ourselves and lift spirits every day.

Ballroom dancing is a wonderful way for people from all walks of life to get in shape while also releasing their creative juices. This goes past merely benefitting your body to also benefitting your state of mind and social connections. It's been proven to help memory, joint health / movement, improve heart health and most importantly... it releases a heap of endorphins. Whether you dance to take your mind off something, connect with an isolation partner or for one of the many health benefits... trust me, you need to give it a go!

Don't know where to start? Well, the first step is to put on your favourite music - whether you want to groove to Motown or slow dance to Blues... anything goes!

Secondly, start tapping along to that heavy beat that you can hear in the background.

Great, you've got the rhythm. Now start to move your feet! Here's a nice easy step to get you moving if you're stuck.

- 1- Take a side step to your right, with your right foot.
- 2- Tap your left foot next to your right (just the toe).
- 3- Take a side step to your left with your left foot.
- 4- Tap your right foot next to your left (just the toe).

Now let everything else run loose! Get your hips moving. If you're feeling daring, make someone else in your household join in too.

Wanting to learn a little more? Check out our previous articles in the magazine on their online website.



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

Guided Heritage Walks on Facebook

Take a virtual Guided Heritage Walk to explore Great Yarmouth's history from home during Coronavirus

Great Yarmouth's official heritage guides are harnessing 21st century technology to continue to celebrate the borough's rich history during lockdown – by sharing their own “virtual” heritage walks and talks for the public on their Facebook page. Every year, between April and October, Great Yarmouth Borough Council runs a programme of fascinating Guided Heritage Walks, offering residents and visitors the opportunity to uncover various aspects of the borough's history. Each led by an official Great Yarmouth heritage guide.

A full schedule of guided walks was planned for 2020 which unfortunately has been suspended due to the present pandemic and rules regarding travel and social distancing. Due to these restrictions put in place by the Government, these Guided Heritage Walks are now being offered online as a virtual experience. Videos can be accessed by visiting <https://www.facebook.com/gyheritage/>.

So far, there have been virtual walks uploaded for: Great Yarmouth's Circus Heritage, Great Yarmouth's Medieval Buildings, Great Yarmouth: A Market Place Meander, and Gorleston Quayside. A typical virtual walk is around 20 minutes long compared to the physical walks, which take between an hour to an hour and 45 minutes.

To commemorate VE Day 75th anniversary, the volunteers had planned a guided walk about Great Yarmouth as a town during World War 2. As this new walk cannot go ahead as planned, there will be an online "teaser" talk on VE day to introduce people to the walk instead.

Cllr Graham Plant, chairman of the economic development committee, said: “These walks are a fantastic way to continue to share and celebrate the rich cultural heritage Great Yarmouth has whilst people are having to stay indoors.

“The virtual walks have been well received, particularly from those that might not have been able to attend a normal walk, even without the present situation of lockdown.

“We hope that the walks will raise the profile of the guided heritage walks and profile of the borough and its history as a result.”

Gareth Davies, a Heritage Guide, said: “The Heritage Guides are meeting fortnightly online to plan future virtual walks with titles ranging from, The 1915 Zeppelin Raid of 1915 to A Belton Meander and Stories from Great Yarmouth's Golden Mile.”

“They are proving immensely popular, and we've had really nice feedback. I feel it's doing the guides a lot of good and I'm hoping will translate into real bookings once we start again.”



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Do you have a story to tell?
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Coffee Time 2

Anagrams

Solve the anagrams below to find UK cities:

1. SLOW GAG
2. LOST RIB
3. FELT ABS
4. WET CLEANS

Where in Gorleston?



ZOOM

What is this familiar item?



SNIP

Which advert in the magazine
is this snip taken from?



Quiz

1. What is 15 per cent of 360?
2. What mathematical symbol goes between 3 and 7, to get a number bigger than 3 but smaller than 7?

Duck Hunt



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

Famous Quotes

Who said.....?

“The trick is to enjoy life. Don’t wish away your days, waiting for better ones ahead.”

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Our staff are fully trained, insured and DBS checked, as well
as members of the Builders and Allied Trades Associates, to
guarantee you a service which is both safe and trusted.

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Above all we "turn up" and ensure complete satisfaction.

Gorleston Links Bowls Club



Hi All, We were due to have started the outdoor bowls
season now but like a lot of other sports and activities we
are staying home and staying safe. This has led to a lot of
us coming up with new ways to keep active both mentally
and physically.

Everyone's home will now be spotless and those with
gardens will have made a start on catching up with all the
jobs that have been put off for all those summers when
we were too busy bowling. Sheds, garden furniture and
fences will be painted. Borders weeded and plants will
all be coming along in the greenhouse ready for planting
out either in the vegetable patch or the borders. It is very
relaxing sitting out when the sun shines only to look around
and see more jobs to be done.

A lot of us are also increasing our knowledge and getting
more familiar with our electronic gadgets and there are a
lot of group meetings going on over a glass of wine or a
beer.

Bowls England have produced a very good exercise
programme which you will find on youtube. It is broken
down into 3 levels of ability. I can do levels one and two
but have only watched level three as of yet. It's worth
trying and good fun. These exercises will help to work off
all the calories we are putting on due to the extra cooking
and baking we all have the time to do now. The downside
of this is that we have no visitors to share with so we have
to eat it all ourselves

Ken and Anne have had a bit of fun playing carpet bowls
and filming a virtual competition with "The Red Carpet
Resort" World Bowls Tour. They started off in Gorleston
and then went to Ayres Rock in Australia. From there
they visited The Pyramids in Egypt. They tried to gain
entry to America but were "Trumped" at Border Control
so travelled on to Russia. However they didn't have the
correct visa's so were almost "Putin" jail. Recovering from
that ordeal they travelled to Northern Ireland to play the 4th
round. The score was very tight by this stage at 2 games
each so the final was held back at Gorleston. Check these
games out on Ken's Facebook page to see who the eventual
winner was.

We hope that everyone is keeping well and if you have any
difficulties with shopping etc. please contact one of the
committee who will be very happy to help. Our web site
address is : gorlestonlinksbc@leaguerepublic.com or we
can be contacted on our Facebook page.

STAY SAFE STAY HOME



Letter from ‘Uncle Eustace’

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

On the perils of letting the laity read the lessons

The Rectory
St James the Least of All

My dear Nephew Darren

It was good to see you last Sunday morning on your own home ground. The Service was interesting – although I have yet to recover from that period of frightful liturgical debauchery you call ‘passing the peace’. Why should I welcome total strangers grabbing my hand and smiling deep into my eyes? One lady would simply not let go – I had to shake her off.

As for the reading of the lessons, I was astonished that you allow members of the congregation (in shirtsleeves, too) to bring their own Bible to the front. It lacks any degree of solemnity and decorum. There should be a lectern Bible, preferably about four feet square in dimensions. And where was a suitable lectern? I admit that having a substantial brass eagle in your church would be like placing Nelson’s Column in a Scout tent, but surely something suitable in wood could be found.

We have quite gone with the fashion here at St James the Least of All, and now have members of the laity – even women! – taking our Bible readings. The decision may have been a mistake. Our lectern stands at 6 feet; Miss Peckham stands at five feet. When she is reading, as far as the congregation can see, we have God’s Word being proclaimed by a straw hat bearing imitation fruit.

The Major’s reading at last Sunday’s Evensong was Numbers 22, and his adoption of different voices for the narrator, Balaam and Balak was acceptable, if a little theatrical. But his use of a fourth voice for the ass turned the occasion into pantomime – a point picked up by our choirboys. When the ass asked: ‘was I ever wont to do so unto thee’, the boys chorused ‘Oh yes you did’. (Surely it should have been ‘Oh yes thou didst’).

Mrs Smeed’s rendition of the genealogy at the start of Saint Matthew’s gospel clearly takes her back to the schoolroom. She sounded as if she is holding a roll call – and if Shealtiel were by any chance missing, she would demand a good explanation.

Your loving uncle,

Eustace





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GoSH

Gorleston-on-Sea Heritage Group

Mary Cadbury and Reginald Foort

The Radio Times dated the 10th December 1937 price Twopence had an interesting programme listing (that has a link with Gorleston) for the evening of the 18th December 1937 on the London Regional Service (342.1 Metres) at 21.45 with a concert by:-

REGINALD FOORT at the BBC Theatre Organ with Mary Cadbury (soprano)

During the war (WW1), Reginald Foort was a sub-lieutenant on H.M.S. Roberts, which for some time was based at Gorleston, near Great Yarmouth. Every other Sunday morning he used to play the organ at the local parish church on the occasions of church parades of all the naval forces. He was thus assistant organist to the very young and charming girl who played the organ on alternate Sundays. Her name was Mary Cadbury.

Foort left Gorleston in 1918, and they never met again until Foort took part in a concert at Bristol at which Mary Cadbury was singing. He was so charmed by her voice that she is broadcasting as vocalist in his programme tonight.

Mary Cadbury was Mary Forbes Phillips the eldest daughter of the sometimes controversial and outspoken Vicar of Gorleston the Reverend Forbes Alexander Phillips. On the 12th February 1917 Mary married Egbert Cadbury, later

to be Sir Egbert Cadbury, the famous businessman and Royal Naval Air Service pilot who while based at South Denes Great Yarmouth during World War 1 shot down two Zeppelin airships over the North Sea.

Reginald John Foort was born in Daventry during 1893 and had learnt the piano from age of seven and progressed to the organ by the age of eleven. His father Reginald Charles Foort was a church organist. After serving in the Royal Navy during World War 1 he became a cinema pianist and then an organist during the era of silent films. He joined the BBC as Staff Organist in 1936 and gave many broadcasts playing the BBC Theatre Organ that was in St George's Hall Langham Place. He left the BBC in 1938 and commissioned the American organ manufacturer Möller to produce a traveling organ. This instrument was huge and needed five lorries and staff of thirteen to manage its assembly, setting up, dismantling and transportation. After World War 2 Foort and his family emigrated to the USA. He died in Florida in 1980.

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/>



ENSFC Letter to the Community

Covid - 19 update

Coronavirus - East Norfolk Sixth Form is here for our community

The impact of the current pandemic is clearly making us all concerned for the future but the most important message that East Norfolk Sixth Form College wants to give our community is 'we are here to support you.'

East Norfolk has been a Good College for over 38 years, so we have a long history of making sure that we support our community to excel in their education. We are an independent organisation uniquely placed to work with our partners, make decisions about our own curriculum and have the flexibility to make sure that our young people will be looked after through this pandemic in the ways that suit them.

Our students progress to very high quality destinations including degree apprenticeships, competitive courses and 11 of our students have offers for Oxford and Cambridge so we are well placed to continue to offer this specialist support and guidance.

Over the coming weeks we will be providing our prospective students with lots of information and resources to help them prepare for their studies at East Norfolk.

We are working with local high schools to ensure that the information we send complements the resources and support they are getting from their schools. In the same way that we are offering lots of help and support to our current students, we will be doing all we can to support young people moving from their high schools to further study.

Our high-quality expert teaching staff are already thinking beyond September 2020 and the best ways to help young people to excel when they reach us. Like our own current students, we will do everything possible to make sure that they are not disadvantaged by this situation.

Between now and enrolment, we will be supporting students, parents and carers at every step of the way to make sure that students are ready for college and to try and ease any concerns they may have.

If a young person has applied to EN and already been offered a place for September, then their place is secure.

If a young person is awaiting an interview, then this will take place over the phone.

If a young person hasn't applied yet they should send their application online through www.eastnorfolk.ac.uk and interviews will happen over the phone with offers of places made in this way too.

Our Admissions Team can be contacted via email: admissions@eastnorfolk.ac.uk and they will help answer any of your questions or you can phone the College telephone number 01493 662234 for more information.

This is a challenging time, but together, with your commitment to work with us and our pledge to support you, we can meet the challenge and be ready for a new start for all our young people and their families.

Dr Catherine Richards
Principal



Apply Now eastnorfolk.ac.uk

EN's IT heroes lend support to local healthcare heroes

The IT team at EN have turned their heroic efforts from supporting staff and students with their IT needs to helping local care homes in the fight against Coronavirus.

Since the outbreak of the epidemic, the IT team at the College have been working tirelessly to ensure that students and staff have access to all the technical support and equipment they need to be able to teach and learn remotely. This has included providing laptops, making college systems and resources available to staff and students in their own homes and also enabling the weekly staff briefing, with over 100 attendees to take place. Their initiative and professionalism has been integral to keeping EN functioning over the past few weeks.

One of the team and a former apprentice at EN, Mark Dudley, had been researching how to make face shields using the college's 3D printers. Over the last week, Mark has been manufacturing the shields using materials provided by the college ready for distribution to local care homes. The first batch of shields were donated to the Gresham's care home in Gorleston on Tuesday (20 April).

the fight against Coronavirus and making the face shields is our way of offering more practical support and thanking the amazing healthcare staff for all they doing to support the local community."



EN Principal Dr Catherine Richards, said; "The IT team at EN have been fantastic. They have put in an amazing effort to enable staff and students to teach and learn as 'normally' as possible in what are very challenging and unusual circumstances. When Mark came up with the idea of using the 3D printers at EN to construct face shields, we gave him our wholehearted support to make this happen. "EN has been an integral part of the local community for over 38 years and we are very aware of our social responsibility. We wanted to do something more to help in

Kids' Corner

Colouring
Fun



Bible thought:

As spring moves into summer, we enjoy more light each day. It's hard to see anything in the dark. It's hard to know where to walk in the dark. God's light lights our path.

James 1:17

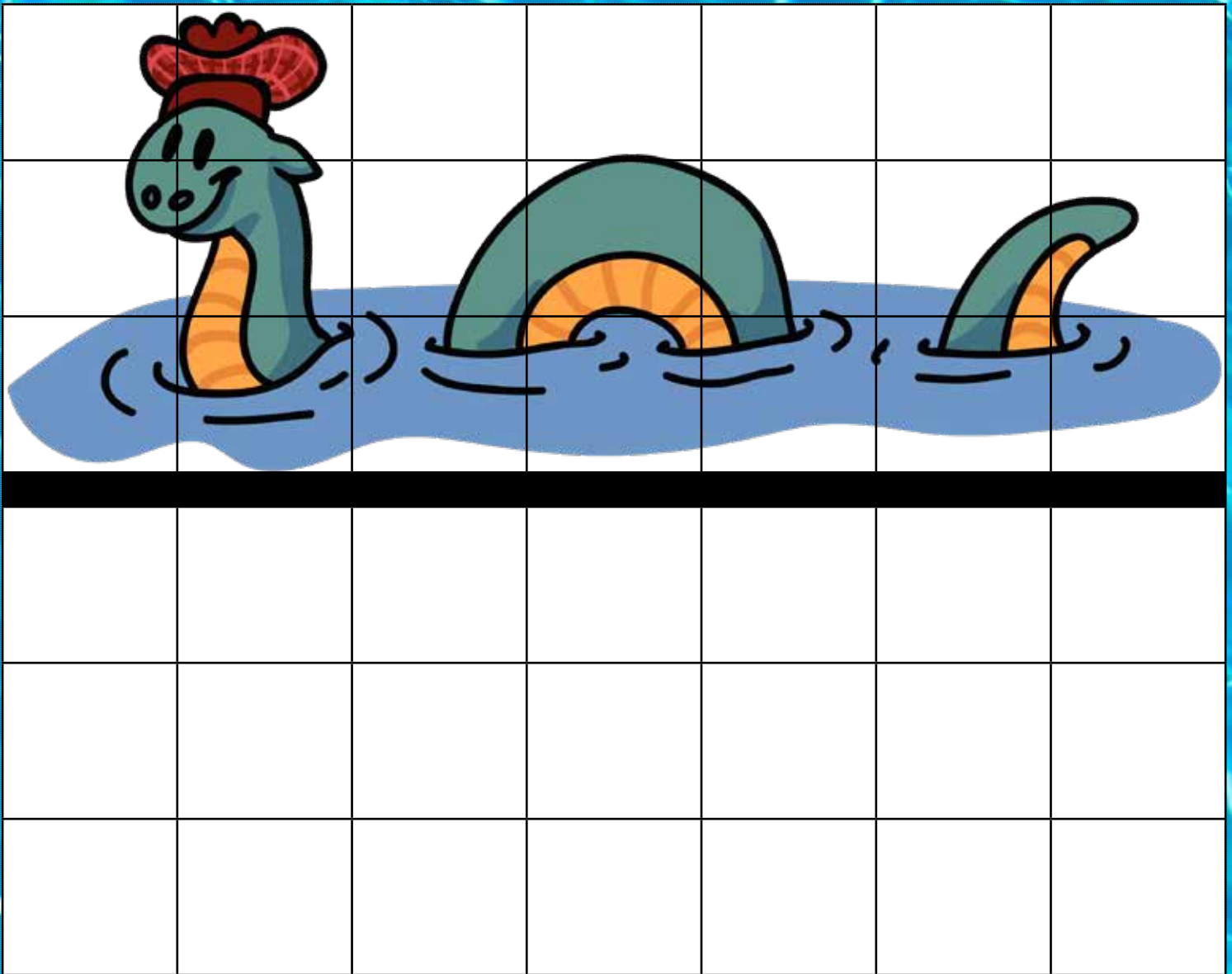
Everything good comes from God. Every perfect gift is from him. These good gifts come down from the Father who made all the lights in the sky. But God never changes like the shadows from those lights. He is always the same.

Kids' Corner

Did you know.....?

The modern legend of the Loch Ness Monster was born when a sighting made local news on 2 May 1933.

Can you copy Nessie?



What do you think the Loch Ness Monster looks like?
Why not draw a picture, take a photograph of it and email it to us
at gorleston.community.magazine@gmail.com

Gorleston Then & Now

by John McBride



High Street, Gorleston.

Beyond the tram in the High Street is the tram depot, location of the current library. The shops and other buildings are mostly unrecognisable compared to the present view. The road just visible opening out to the bottom right of the picture is Palmer Road. Trams, bicycles and horse drawn carriages were the modes of transport in use. The electric trams were introduced in Gorleston in 1905, and with the lack of any motor transport in view, the photo was probably taken shortly after that time.





Opening THE Book

with
Reverend
John Kinchin-Smith

This month we will look at a short book tucked away in the middle of the Old Testament: The Book of Ruth.

My copy of The Good New Bible (a free translation in modern English) summarizes Ruth as follows: “The peaceful story of Ruth is set in the violent times of the book of Judges. Ruth, a Moabite woman, is married to an Israelite. When he dies, Ruth shows uncommon loyalty to her Israelite mother-in-law Naomi and deep devotion to the God of Israel. In the end, Ruth finds a new husband, Boaz... and through this marriage becomes the great-grandmother of David, Israel’s greatest king. The stories of Judges show the disaster that came when God’s people turned away from him. Ruth shows the blessing that came to a foreigner who turned to Israel’s God, and so became part of his faithful people.”

The Book of Ruth has been a much-loved Book of the Bible. It was often read at Harvest time as this is when the story takes place. The Book of Ruth found its way into the Bible partly because it explains the ancestry of King David who ruled Israel in 1000BC. Genealogy is very important to Jewish people just as it is becoming increasingly popular today as people trace their family-trees.

The story however has important lessons for us as well. The Bible teaches that the people of Israel were chosen by God to be in a very special relationship to him. By their faithfulness to the Covenant Laws given to them by God at Mount Sinai during the journey under Moses from Egypt to the Promised Land, the people of Israel would become the means by which the whole world would be rescued and blessed by God. By including a foreigner in the ancestry of Israel’s greatest King, the Book of Ruth teaches that being part of God’s kingdom family is decided not by blood and birth, but by true devotion of one’s life to the will of God.

Ruth’s complete loyalty and devotion to Naomi also mark her out as a “true daughter of Israel”. After the deaths of Naomi’s and Ruth’s husbands, Naomi tries to send Ruth back to her own people in Moab. But Ruth replied, “Where you go I will go, and where you stay I will stay. Your people will be my people and your God my God.”



Email: gorleston.community.magazine@gmail.com



Ostensibly, *The Art of Racing in the Rain* might seem to be a film about cars and dogs. But profoundly it is about life and love.

The story is told from the perspective of Enzo, a golden retriever picked out of a litter by Denny, an aspiring Formula One driver.



As Enzo accompanies Denny to the track, racing provides a metaphor for life, and a source of reflective aphorisms such as: “No race is ever won on the first corner, but many are lost there” and “The best drivers don’t dwell on the future or the past, they focus only on the present”.

We see, through Enzo’s eyes, a different perspective on familiar life events: falling in love, caring for a child, balancing work and family... And the relationship between Enzo and Denny highlights the common thread of love.



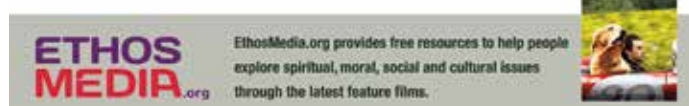
Love takes time to build. When Denny first meets Eve, who becomes his wife, it is clear that she is not a dog-person, and Enzo is not an Eve-person. But gradually they too develop a

close bond.

Love is self-sacrificial. When Denny’s professional life conflicts with his family responsibilities he relinquishes opportunities that would advance his career.

But misguided love can also be restrictive. Eve’s parents feel that they must protect her from Denny’s lack of financial security and his dangerous job. And when Eve gives birth to a baby girl, they feel it is their duty to step in and provide for her.

As the film switches between the racetrack and the family home we are caused to contemplate life - the bumps along the road, the rain that falls, and the unexpected events that can take us off course. But, most of all, we might reflect on the nature of love – how to build it, how to give ourselves sacrificially for others, and how to enable our loved-ones to flourish.



25 Facebook: www.facebook.com/gorlestoncommunitymagazine

The Gables:

A Caring Home-From-Home

Located in a beautiful Victorian mansion and with seafront views on Gorleston's Marine Parade, The Gables care home is a home-from-home for anyone looking for residential care in elegant and comfortable surroundings.

The home's team of carers provide kind, respectful and conscientious support to people with a range of needs, including supporting those living with dementia and Parkinson's disease.

This year, the home has launched a new activities programme, which is designed to connect The Gables' residents with the wider Gorleston community, as well as encourage residents to continue enjoying their much-loved hobbies and interests.

Its aim is to create an activity programme that is enjoyed by everyone, keeping them connected to the local community while supporting their overall wellbeing.

Home Manager Chris Chambers comments, "Our new activities programme for 2020 is packed with variety; there's truly something for all of our residents to enjoy and it's been developed with their loves and hobbies at the very centre.

"Already this year, we've enjoyed a visit from the Miniature Donkeys for Wellbeing team, which everyone absolutely loved. They are a real delight and residents loved petting the donkeys. We are also looking forward to visits to The Cliff

Hotel for afternoon tea, shopping trips into town, theatre days at Gorleston Pavilion, walks along the prom, as well as regular visits from singers, dance troupes and performers.

"We are also excited to be in talks with a local college about a new dementia-focused initiative – the details of which will follow."

The Gables Care Home is rated 'Good' by the Care Quality Commission, with many relatives also providing positive reviews of The Gables on the independent reviews website, CareHome.co.uk. The home currently scores an impressive 9.9 out of 10, having received many positive reviews from those who have either lived at the home or from relatives or friends.

For example, a daughter of one resident said, "My mum came to The Gables after a series of falls resulting in hospitalisation. Since being here, her health, mental state and happiness have vastly improved and she has returned to being the mum I had 3 years ago.

"The staff are all fantastic and nothing is too much trouble for them. Mum is treated with dignity and respect at all times and is encouraged to be sociable and happy. I can't thank them enough."

For more information visit www.healthcarehomes.co.uk or call 01493 667839.



Together we *respect*, with *compassion* we care,
through *commitment* we achieve



The Gables is a care home in Gorleston that offers residential care in a beautiful Victorian mansion with large rooms and a wealth of fine architectural detail.

Large lounges and tastefully decorated bedrooms allow residents to relax in comfortable surroundings with their family and friends.

- 34 bedrooms
- Visiting optician, dentist and chiropodist
- In-house hairdressing salon providing usual services plus manicures and hand massages
- Special dietary requirements catered for
- Fabulous sea views
- Close to local amenities
- Weekly health professional visits
- Double rooms are available



The Gables

6 Marine Parade, Gorleston, Great Yarmouth,
Norfolk, NR31 6DU. T: 01493 667839
E: manager@thegables.healthcarehomes.co.uk

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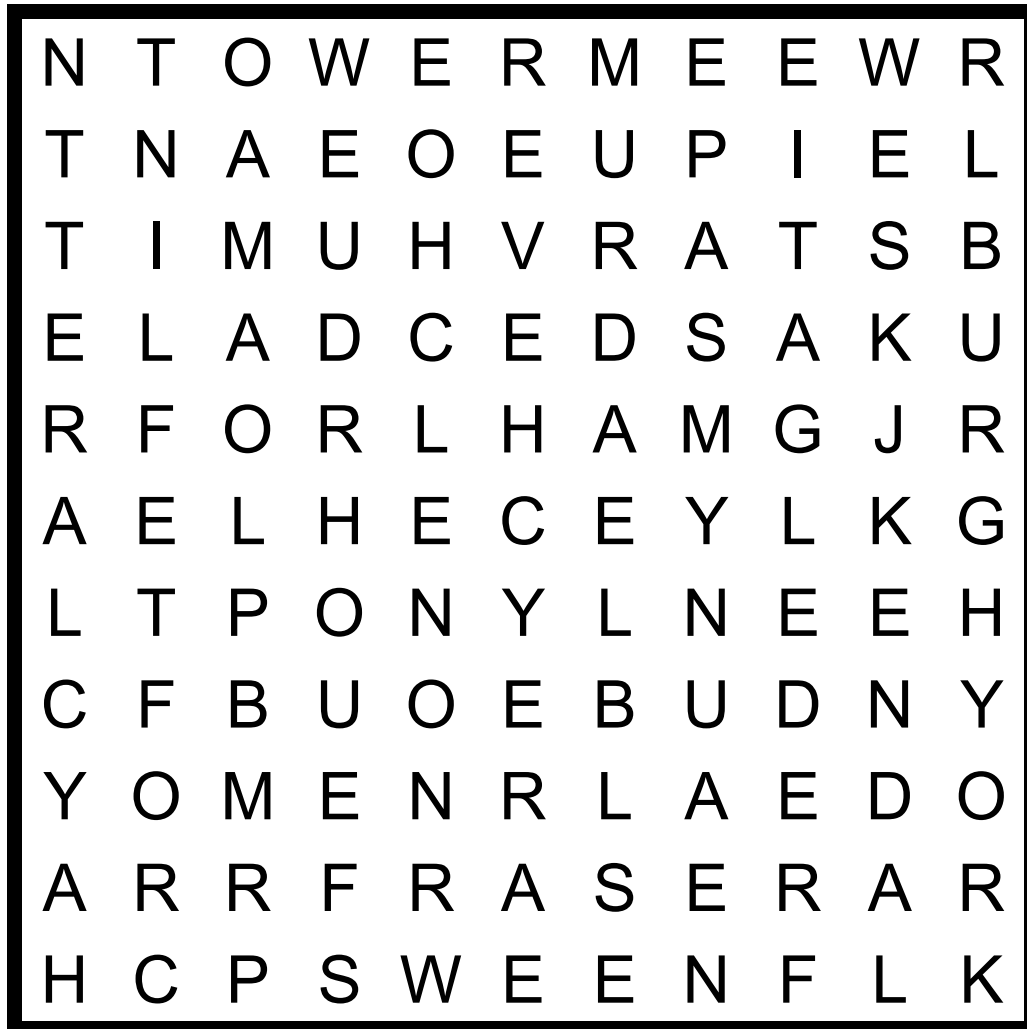
healthcarehomes.co.uk

More Coffee Time!

Wordsearch

Can you find the words listed below?

Words occur in the grid forwards, backwards and diagonally.



British Castles

Auchen
Bere
Burgh
Clare
Croft
Deal
Delgatie

Drum
Elcho
Flint
Floors
Fraser
Gylen
Hay

Hever
Holt
Kendal
Leod
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Rait

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Star
Sween
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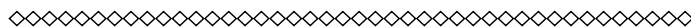
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Richard Routledge



Although the MESH Office has been closed due to Government guidance, we are still connecting with Gorleston residents via our Facebook page. We share useful articles, information and locally relevant posts.

So please come and join our online neighbourhood community on Facebook. "MESHOoffice Shrublands".

Gorleston residents have been called upon to brighten up our neighbourhoods and spread a little cheer by joining in the national Rainbow Trail, anyone can join in, simply paint or draw a colourful rainbow and display it in your window so as to be seen by passers-by. Don't forget to share your creations with us on our Facebook page, we and all those in isolation would love to see them too. @MESHOoffice #Rainbowtrail



Hugs and Kisses

from Joy Gower



We get a great deal out of hugging and kissing loved ones and friends - more than we are consciously aware of. We have those feelgood chemicals that we naturally produce, and which are increased when we experience good feelings. A hug can

do so much to enhance our well being. It's sad that sometimes we are discouraged from helping people to feel good. Teachers and nurses are often not allowed to show affection for fear it's misinterpreted by others. And even more so now we are being discouraged, quite rightly at times, to hug or kiss for fear of the virus. So in effect we could be missing out on those feel good chemicals. Were you aware though that we can receive those good chemicals when hugging or stroking our pets. They get the same good chemicals as we do. No wonder dogs and cats like being stroked. It's to their advantage. So whilst we cannot hug or kiss or shake hands too much at the moment, we could say nice things to others and make them feel good. Me, I like hugs and kisses. I quite like having a big bear hug from men too, well some men anyway. My mother came from

strict Victorian values and said she didn't like hugs or kisses. We used to tease her about it. I know she regretted being an unemotional person because in her nineties she mentioned it. Touch can be really vital for the elderly, especially when in hospital or residential homes. Dogs are welcomed in some residential homes to allow the residents to stroke them and get that feel good factor. I used to take my Airedale in to see my mother and sister when they were in residential care, and so many residents talked about Dorothy. Airedales were very popular in the 1950s, so many of the residents remembered them.

When all this scare of the virus is over we could have a marathon hug in.





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Colouring: is not just for children!

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

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

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



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www.redrocketrepairs.co.uk Red Rocket Accident Repair Centre Ltd, Morton Peto Road, Great Yarmouth, NR31 0LT

Ros Sones' "James Paget NHS Staff Stay Safe" Fundraising Group



Ros Sones is a retired lady who lives in Gorleston. Whilst reading all the stories about not enough PPE (personal protective equipment) being available for our brave doctors and nurses at the James Paget Hospital, and nationwide, she

couldn't believe how they were being asked to work without proper protection. Ros shared PPE stories and her concerns on Facebook, and was contacted privately by some of those affected, who'd seen those posts and thought she would be a sympathetic ear, which of course she was.

Ros says "I was getting more frustrated on behalf of the nurses putting their lives on the line without the protection they need. I'm sure we've all seen the articles in the Press and on TV. I'm not political, and the whys and wherefores are for another time. At *THIS* moment they need to know they will have protection, when they go to work tonight. Well, I had £200 to give and asked friends Carl Ross and Robert Price, so together we had £600. Then we realised if we had more money, we could get a better price.

"My daughter Emma said 'you need a Go fund me' and she set one up. After setting out with a target to raise £500, at last glance Gofundme had raised £5415!

"Unbelievably we have managed to spend it all on PPE which isn't easy to obtain and have bought over 1000 one use PPE coveralls they're desperate for, and also specialist face masks. Most of these wonderful donations



are from normal people. We had a lovely 10 year old girl Neve Russell (pictured) who had made money selling friendship bracelets before the lockdown, and saw our appeal and told her mum she wanted it to go to us. Also Jane Welch who has lost her husband, and had some money collected at the funeral, said he would have liked it to go to the nurses, as they took such good

care of him. I must also mention a good friend, Pamela Marshall who is manager of our local Card Factory and also Manager of the year for the company. I wrote to them



and she managed to get a £1500 donation recently which is marvellous.

"£5000 in the Go fund me in two weeks is unbelievable, and makes you realise how much the public wants to help *OUR* JPH Staff. Every penny is being spent on PPE directly and taken there."

Ros wants to say a huge thank you to Carl, Robert, Ray Clarke, Grainne McAdum and Emma Quinn - she couldn't do it without you!

If you would like to donate, please click on the link at the bottom of the page or contact Ros on Facebook for more information.



Great Yarmouth Borough Council

soon to resume garden waste collections

Great Yarmouth Borough Council is to resume fortnightly collections of garden waste, from Monday, May 11, following a review of staff availability with its operational partner, GYB Services Ltd.

The brown bins scheme was postponed temporarily on March 30 in order to allow crews to prioritise collections of black/grey general rubbish bins, green recycling bins and clinical waste.

Garden waste collection is an opt-in paid-for scheme, so customers' subscriptions have been extended to account for the loss of collections. In addition, on this one occasion, customers can leave out excess garden waste for collection alongside their brown bin, providing there are no large branches and it is presented in a plastic bucket, dust-bin or other rigid container that crews can lift and tip. Garden waste in bags cannot be accepted as this will contaminate the load.

Residents are also reminded that garden waste must not be placed in general waste bins, especially as crews are already handling more domestic waste as a result of people staying at home. Black or grey bins found to contain garden

waste will not be collected until it is removed.

Cllr Penny Carpenter, chairman of the environment committee, said: "While we are not operating business as usual again, and we continue to keep everything under review, I am pleased that staffing levels at the depot are such that we are able to re-start garden waste collections and collect customers' excess garden waste providing it is presented correctly.

"I'm sure this will be welcome news for the many residents staying sensibly at home, who have taken advantage of the good weather to do a spot of gardening. There does remain the risk that circumstances could again change during these uncertain times, so garden waste collections may be subject to suspension in future in order to maintain our essential refuse collection services. Should that happen, we will again look to advise customers in advance.

"I would like to pay tribute to all the key staff who are keeping essential services going, including our waste operatives at GYB Services, and to thank the public for their continued understanding and patience in these exceptional circumstances."

No more trips to the tip!

Let us collect your garden waste

For an easy kerbside collection of all your leaves, twigs, grass cuttings, hedge trimmings and weeds, just join the local garden waste recycling scheme.

A large garden needs a brown bin, call **01493 742200** for current charges and to order. Alternatively, order online at www.great-yarmouth.gov.uk

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.

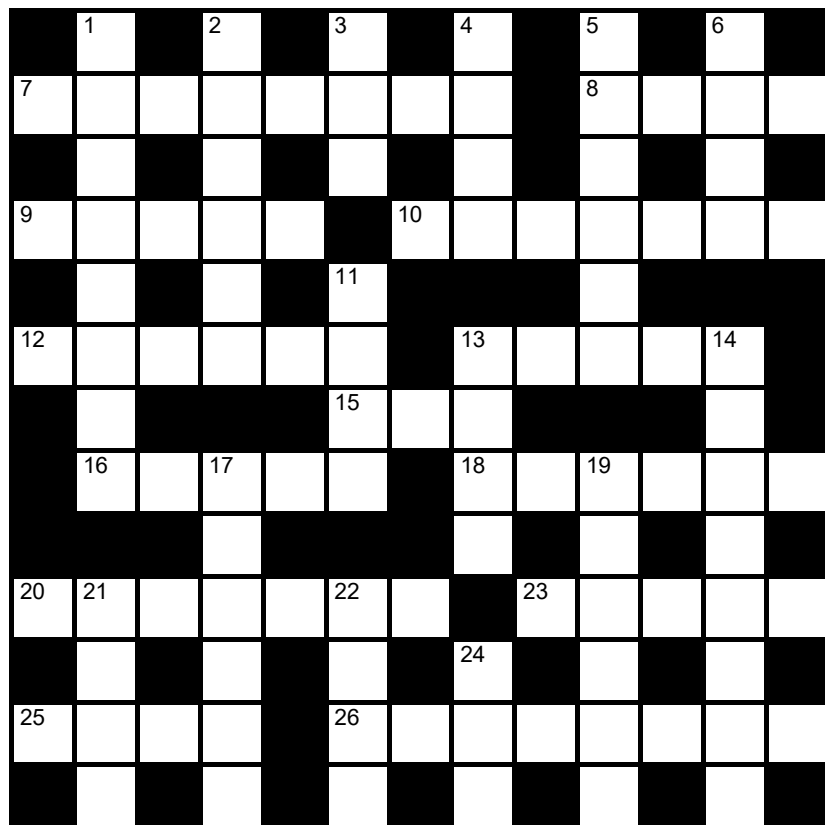


Even More Coffee Time!!

Anagram Crossword

Every answer is an anagram of its clue.

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



Across

- 7 Ratchets (8)
- 8 Moan (4)
- 9 Alone (5)
- 10 Thirsts (1-6)
- 12 Skater (6)
- 13 Usage (5)
- 15 R D A (3)
- 16 Caged (5)
- 18 Tea set (6)
- 20 An ulcer (7)
- 23 Cruel (5)
- 25 Lego (4)
- 26 Resounds (8)

Down

- 1 Pinochet (8)
- 2 All set (6)
- 3 Elm (3)
- 4 Pass (4)
- 5 Inuits (2,4)
- 6 Hats (4)
- 11 Ewer (4)
- 13 Dane (4)
- 14 Stir Asti (8)
- 17 No meld (6)
- 19 Turing (6)
- 21 Sang (4)
- 22 Dais (4)
- 24 Gum (3)



Codebreaker

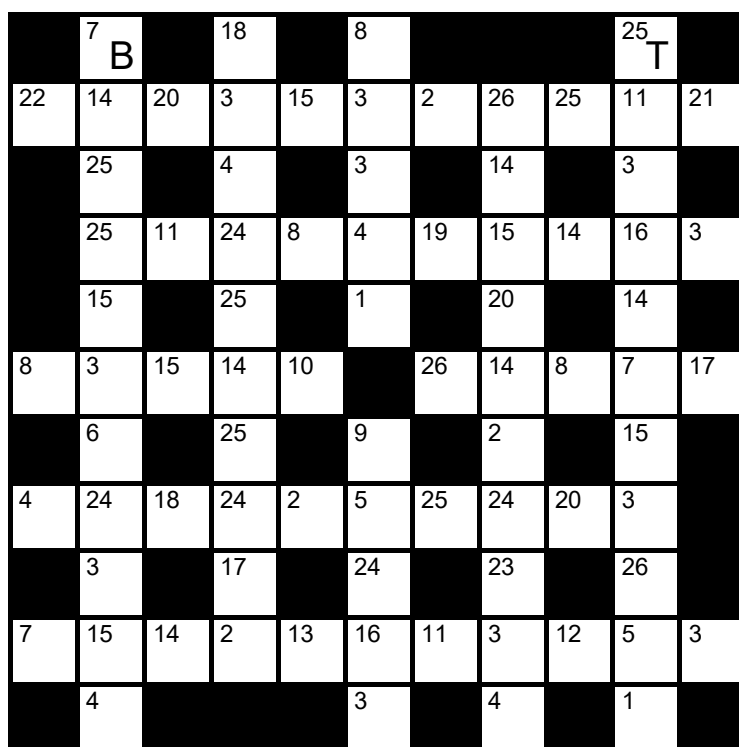
Every white square is numbered from 1 to 26, with the numbers corresponding to letters of the alphabet. Use your knowledge of words to work out where letters go, completing both the grid and code boxes.

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

7	B	8	9	10	11	12	13
---	---	---	---	----	----	----	----

14	15	16	17	18	19
----	----	----	----	----	----

20	21	22	23	24	25	T	26
----	----	----	----	----	----	---	----



Gorleston Gal Bake in the Saddle

One thing about the coronavirus crisis is that it has brought out the best in many people who have stepped up to the mark and been inspirational in fundraising and raising morale. I'm in the shielding group due to a range of health issues and medication, and I had already decided to 'lockdown' on March 13th. Last year I had to stop a lot of my community work as things had got out of hand and I was overdoing it to the detriment of my health. At the same time, my Mum in Australia had a nasty fall, ended up in hospital where she contracted pneumonia and it was touch and go for some weeks.

When I was asked to join a small support group on Facebook I was in two minds when I was asked to become one of the admin. Within a week as the crisis progressed, it was obvious there was too much at stake to stand back. The groups quickly merged into a larger one and next thing I'm an admin on the Great Yarmouth Borough Mutual Aid Covid 19 Facebook page and in the middle of things. This has brought together individuals and community workers who have been linking services with people in need. At first it was a bit of a panic with people not knowing what to do or what was available.

Very quickly wonderful organisations like the Great Yarmouth Foodbank sprang into action with community volunteers while official services got their offerings in place. We have connected families from outside the area with businesses who can deliver, found neighbours who could pick up medication and promoted fundraising initiatives and schemes like Baking-A-Difference who have been baking cupcakes for keyworkers.

I really would have liked to be out and about but it's not an option. I love to bake but my arthritis makes it very difficult to do the fancy piping on cupcakes like I used to. I decided that my best way forward was to make tray bakes for a friend who works on Ward 3 at the James Paget Hospital and also for Avery Lodge Care Home in Southtown.



Sherylanne Hodgins who runs the 'home from home' had posted on our page when she was having a hard time sourcing PPE. There was an immediate response of

donations and I decided to make some cakes to cheer them up. Five weeks later, I helped them to arrange a party and made a cake to celebrate the 100th Birthday of Captain (Colonel) Tom Moore. My Nan was in a wonderful care home near London and in memory of her I have been thinking of things I can send to help them with lockdown. From a few balls of wool for a resident to knit to jigsaws I no longer use, everything has been appreciated.



Every little thing makes a difference and it's been a pleasure to be able to feel I'm doing something positive. It really helps my attitude to lockdown as I have an outward focus from my inward world. It's exhausting but very fulfilling and my physio would be pleased as some of the moves in decorating are the same as the exercises she gave me!

Here's some examples of my bakes and on the next page are excerpts from the blog from Avery Lodge who take such fabulous care of their residents.



Avery Lodge - a home from home

Sherylanne Hodgins is the manager of Avery Lodge in Southtown and has been providing a mini soap opera of laughter and tears with her blog about the trials and tribulations of running a care home in the current crisis. The vast majority of us can see what a great job they are doing. With reports in the media of homes being like prisons or the opposite when people don't understand how you can't run a care facility without touching the residents there are upsets too. Here are some extracts – you can follow Avery lodge on Facebook.

#TEAMVERYLODGE Day 56 and still Covid-19 free

It's been a funny ole day at the Lodge but we are still smiling that's the main thing . Morning wake up your body exercise was enjoyed by all again the laughter during the mixing bowl exercise is really infectious. Anyhow the kitchen smelt lovely with the minted lamb, and I succumbed later on to a bowl of Semolina with lemon in it. This afternoon we started making flags and bunting getting ready for our party tomorrow. One of our ladies asked to watch Great Expectations so obviously chocolate and drinks and milkshakes were a must. RS found a hat and decided he was going to wear it all afternoon especially for making the bunting. Then he asked to go for a walk around the garden, and wanted to feed the fish which was OK until a gust of wind blew it into the pond and no amount of stretching over was gonna get it so Nikki Wilson hopped over the fence to rescue it for him. He's not taken it off since. One of



our gentlemen was a bit worried about his family missing him so CT asked if he could sing them a song and record a message for them. We've had a good old sing song this afternoon and right now I can smell bacon and eggs being cooked . Unfortunately the change in the weather has meant our beautiful cherry trees have started to loose their blossom so our pond is quite covered... More work for Karlos tomorrow... All in all though it's been a good day we are all healthy and safe and that's what counts.... Oh and did I mention day 56 and still... Covid 19 free???

30th April · #TEAMVERYLODGE Day 57 still Covid-19 free

Good afternoon folks from the Lodge that Laughs. Today we have been busy as it was a party day in honour of Colonel Tom. We decorated up, sorted a buffet tea and opened some wine and beer. So this afternoon we got together sang happy birthday and a few other songs had a dance and with the modelled balloons made and donated by Crazy Corrin we even did a flypast... It was lovely hearing everyone



sing and laugh celebrating a wonderful life and just being happy... After 3 decades in care I sometimes found myself wondering is it time to call it a day, we can't compete with the big homes that have everything that families and social services want, maybe we are obsolete and was it time to let go. I can tell you all now that in the last 5 weeks I have found myself falling head over heels in love with my job again, and I'm looking forward to many more years as a health care provider. The team are doing no different to what they did before the virus or what they will do after the crisis is over. This is us, this is what we offer this is what we love to do. This is Avery Lodge.

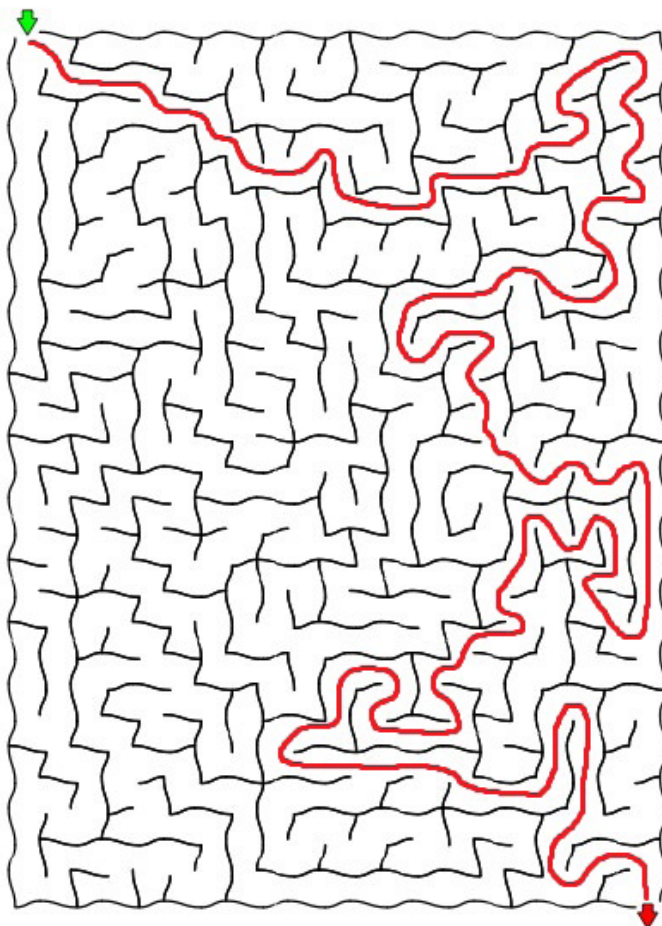


Coffee Time Answers

(Normal Crossword)

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

1	T		2	T		3	R		4	U		5	J		6	T
7	W	O	O	D	S				8	P	H	O	T	O		
	O		X		V				S		N			A		
9	S	K	I			10	P	O	E	T	I	C	S			
			N						T							T
11	S	E	S	A	12	M	E	S	E	13	E	D	S			
	E					I					N					
14	C	L	15	E	A	N	U	16	P		17	D	I	18	Y	
	U			N		O			A			I			E	
19	R	O	V	E	R			20	W	A	N	D	A			
	E		Y		S				S		G				R	



Where in Gorleston?



Hair We Are



According to research by The Hair and Barber Council, there are some 16,500 apprentices in the hair and beauty industry in the UK. However, fallout within six months is a major concern as many struggle with the length and intensity of their apprenticeship and others lose interest in mundane tasks.

Like any other job though, you get out of it what you put in, the more you throw yourself into it the more you get out

Completing an apprenticeship in hairdressing can change your life and open up a world of opportunities.

No one says that being an apprentice is easy, but follow some simple rules and you will gain so much more than someone who does the bare minimum, If you mope around, don't practice and take off sick days you'll fall behind and not enjoy it. Ask questions, practice as much as you can and immerse yourself in meetings and shoots and you will have a career that you will love every day.

These few informative years will lay the foundations to an amazing career. So don't give up, don't be despondent and remember, the long days won't last forever!

Some simple rules for you as an apprentice hairdresser to follow:-

- *It's not reality TV – becoming a success takes hard work and dedication. We're not living in a reality TV world where everything is done for you and fame is instant. You have to prove you are the best and spend time learning the craft.*
- *Practice, practice, practice – Nothing worth having comes easy and the same applies to your training. If you think you can do something, do it again and again. It takes years to hone your skills and repeating a technique over and over is the only way to do it well.*
- *Speak up – If you have a question, or want to do something, make sure you say. Your boss isn't a mind reader and if there's a skill you want to learn, or need help with something, make sure they know. If you are quiet and look disinterested you'll be overlooked for members*



of the team that are more enthusiastic.

- *Stay out of the staffroom – breaks and lunch aside, don't go into the staffroom. Ever. If you've finished washing hair, or tidying up, stay on the salon floor and watch what the stylists are doing. How they talk to clients, how they section the hair or where they place the pins, you will learn a lot by watching hairdressers at work. And if you see someone is busy, offer to help.*
- *Dress to impress – they say dress for the job you want, not the job you're in, so make sure you always look good. That doesn't mean spending all your money on designer clothes, but make sure you look clean and smart, clothes are ironed and shoes aren't scuffed. Do your hair and make-up every day; wearing different hairstyles is a great talking point with clients and will show the rest of the team what you can do.*
- *Find a mentor – find someone you respect and will spend time with you as someone did for them. We have all had someone in our careers who advised and guided us, try and find someone to do that for you.*



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

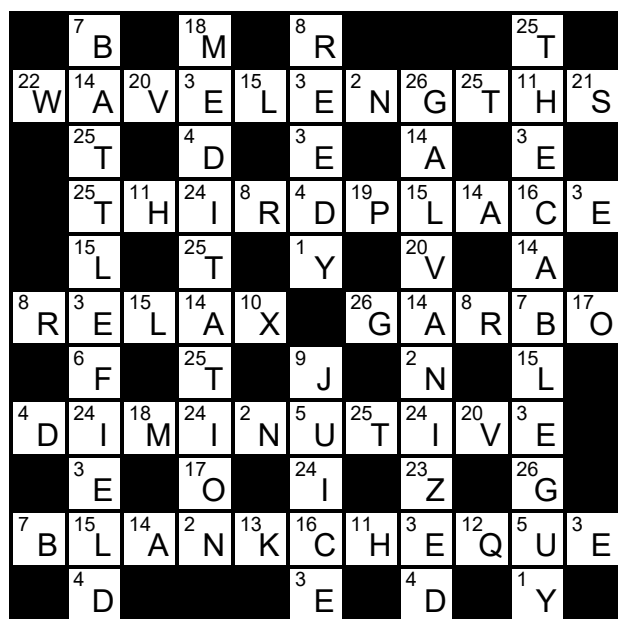


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SKIP HIRE

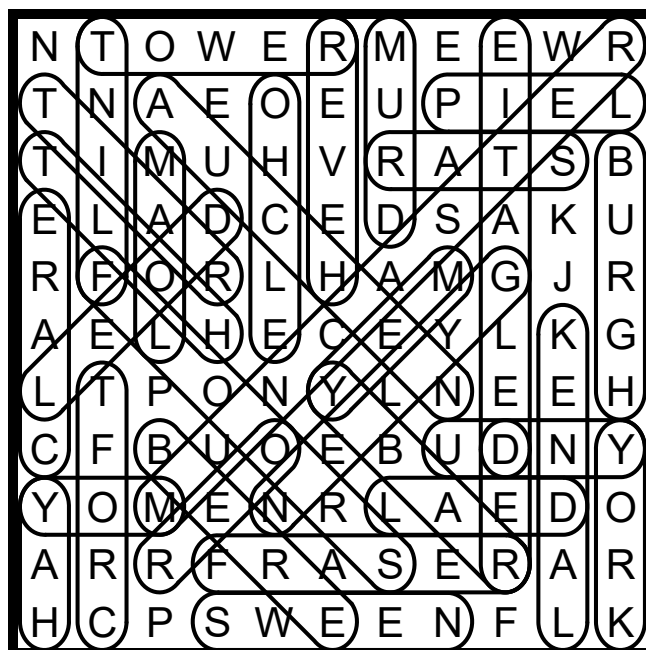
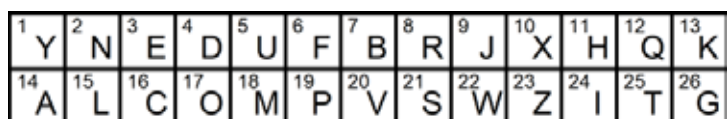
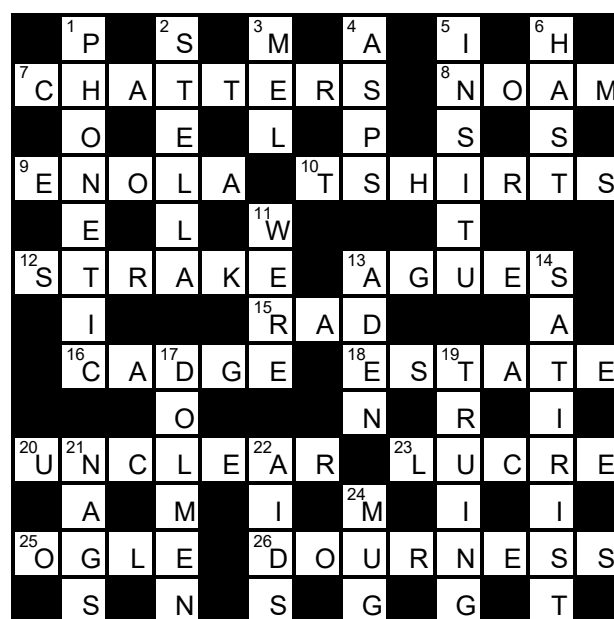


Coffee Time Answers 2

(Codebreaker)



(Anagram Crossword)



Famous Quotes:
Marjorie Pay Hinckley

SNIP:
St Mary Magdalene Community Help

Anagrams:
1. Glasgow
2. Bristol
3. Belfast
4. Newcastle

Duck Hunt:
13
Quiz
1. 54
2. a decimal point - 3.7

ZOOM



Richard Routledge



After about a year learning about retail in the Great Yarmouth Co-op store, the management decided to send me to college in Norwich once a week. In the beginning it was great, I loved it, I was being shown how to do window displays, projections and how to deal with the public and staff. After a few months, the boredom set in, the lectures were boring and all sounded the same, I felt I was already doing a lot in my job that they were trying to teach me. I also found lecturers did not always turn up, so you were left to own devices. In the end I was skipping classes and was treating it more like a extra day off. After a while the management twigged what was going on. One Wednesday morning I was summoned to the manager's office, the big wigs from Norwich were sitting there with my manager in the middle all looking very serious.

This is it I thought they are going to sack me. My manager Joe Ellis, stood up, looked at me and said "What the hell are you playing at" I tried to explain it wasn't teaching me anything and it was really boring and sometimes we were left on our own. That went down like a lead balloon with the Norwich high-ups. I tried to say how sorry I was and promised I would do better, but it was too late, I had let them down. I was told to go outside and wait. After about 15 minutes they got me back in. We are taking you away from college and would have fired you, but for some reason your manager Mr Ellis wants you to stay. I left the room stunned, the assistant manager followed me to the lift "Look laddy, I am watching you, I don't want you here, keep out of my way in future". I had a funny feeling he didn't like me.

After having the Thursday off, I went back to work on the Friday, not really looking forward to it. Joe Ellis was at the front door. "Richard!" he bellowed, "today is a new day, just do what we pay you for". I took that on board and

began to love my job again. Believe it or not a few months later, he asked me to run the menswear department, he just knew how to get the best out of me. Unfortunately, the wages of the department manager were not great, I think I was only on £22 a week (1976). Then at last came the break into fashion I was craving for. At that time, there were 3 big fashion stores in Great Yarmouth and they were Thomas Traddles, Claxtons, and Barnaby Rudge. The lads from Barnaby Rudge and Traddles I knew from going out and football. One afternoon the owner of Traddles, Mick Davidson, came into the Co-op store and asked if he could have a 5 minute chat with me. "Do you like it here?" he asked. I replied "I did, but was desperate to get into fashion". "How much are you getting paid?" he asked. He laughed, and said he would give me £6 a week more (a lot then) plus a monthly clothing allowance. I thought about it for a minute and said yes straight away. That night I had a long chat with Joe Ellis in his office. He was fantastic and understood what I wanted to do and accepted my week's notice.

2 weeks later I was standing behind the counter at Thomas Traddles. The fashion love affair had begun.

Find Richard and What Is Hip on Facebook at:

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

WHAT IS HIP

RETRO & VINTAGE

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Richard Routledge

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within Wrights Art Shop
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Monthly Recipe

from Fleetwoods Butchers

Smoky Braised Brisket

This is good for pulled beef and BBQs

Cooking 3 hours 45 mins - serves 4



Ingredients

- 800g-1kg brisket, boneless
- 1tbsp light muscovado sugar
- star anise
- lemon zest
- flour

For the spice mix

- 1tsp smoked paprika
- pinch chilli flakes
- ½ tsp garlic granules
- ½ tsp ground cumin

For the spicy gravy

- 1dried chipotle chilli
- 1tbsp beef dripping or neutral oil
- 1onion
- 1carrot
- 1garlic clove, finely chopped
- 1thyme sprig
- 1bay leaf
- 1tbsp butter
- 1tbsp honey
- 800mls beef stock

Method

1. Rub the brisket with the sugar and 1 tbsp sea salt and let sit for 5 mins. Mix the spices and 1 tbsp pepper, then rub all over the brisket. Leave to marinate in the fridge for at least 1 hr, or preferably more.
2. Take the meat out of the fridge 30 mins before cooking. Rehydrate the chipotle in hot water. Heat oven to 140C/120C fan/gas 1. Heat a heavy-bottomed flameproof casserole over a medium-high heat and add the dripping or oil. Brown the meat on all sides, then transfer to a plate.
3. Add the onion, carrot, garlic, thyme and bay leaf to the casserole and fry over a medium-high heat for 6-8 mins until aromatic, softened and starting to char and colour. Drain and chop the chipotle and add to the pot along with the brisket, star anise, lemon zest and stock. Bring the stock to a gentle simmer, then cover with a lid and put in the oven for 3 hrs or until tender.
4. Remove the brisket from the casserole and wrap in foil to keep warm while you finish making the spicy gravy. Put the casserole on the hob over a high heat and reduce for about 20 mins until beginning to thicken. Stir the flour and butter into a paste and add to the casserole. Stir until the paste has dissolved and the sauce is smooth and pourable. Season with salt and honey until you're happy with the flavour.



SSTC



SSTC



SSTC



SSTC



SSTC



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"I asked for a pair of mittens"

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Children from	£10
Gents Cuts from	£16
Beard Shaping from	£12.50
Wet Shaves from	£20

Colour (48hr skin test required)

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

Beauty

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



Call 01493 603336 to book an appointment

www.fusion-hair.com



Fusion Hair and Beauty Consultants Ltd

Help and Support Pages

GYBC help for vulnerable people

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

Great Yarmouth Food Bank

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

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

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



**Great Yarmouth Foodbank
Emergency Delivery Service**

**Are you self isolating?
Unable to get food in any other way?
(no friends or family able to help)**

Great Yarmouth Foodbank can help!

**Call 07907 616566 for assistance
or email GYFBEmergencyDelivery@outlook.com**



First Response

Call: 0808 196 3494
(Freephone)

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

Samaritans - 116 123 free from any phone



ARE YOU...

Isolated at home with someone who you are afraid of?

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

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

COVID-19

COVID-19 is having an impact on the most vulnerable in our communities, including those experiencing domestic abuse. Self and household- isolation could make it more difficult for women to access support and safety.

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

Where can you go if you need help?

HERE TO HELP


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


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

Leeway Helpline - 0300 561 0077


Leeway Email Support - adviceandsupport@leewaynwa.org.uk

At Home Shouldn't Mean At Risk.

 0300 561 0077

 @fundraising.leeway

 @leewaynorfolkandsuffolk

 leewayssupport.org

 referrals@leewaynwa.org.uk

 @LeewayDV

Children & Young People's Health Services NORFOLK

NHS

JustoneNorfolk.nhs.uk

Just one number
0300 300 0123

ChatHealth Norfolk
CONTRACEPTION
MENTAL BULLYING SELF
HARM ALCOHOL DRUG
HEALTHY EATING
DRUGS SEX SMOKING

Parentline
07520 631590

wellbeing
Helping you live your life

POINT 1

Mental health support

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THE CHURCH
OF ENGLAND

FOR MORE INFORMATION CONTACT THE VICARAGE ON 01493 494248

