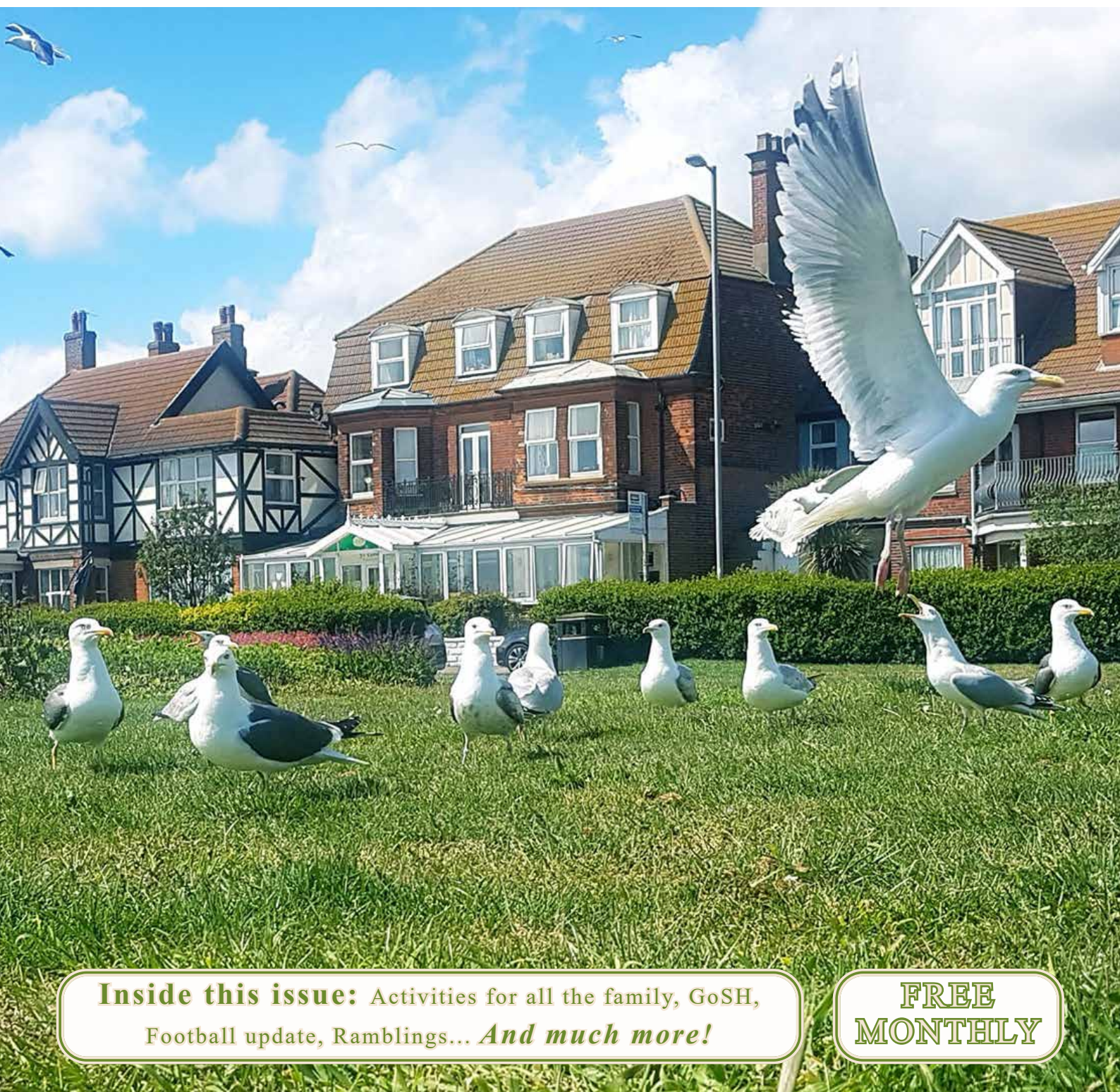


St Andrew's Church

ISSUE 25, June 2020

# GORLESTON Community Magazine



**Inside this issue:** Activities for all the family, GoSH,  
Football update, Ramblings... *And much more!*

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# Hello Gorleston!



Welcome to Issue 25 of YOUR free community magazine.

Another online-only issue for you this month, with plenty of reading, puzzles and activities to help keep you occupied!

Well, with some lockdown restrictions being eased, there is finally light at the end of the tunnel! Unfortunately, for many unable to see that light, daily life will continue to be a struggle, with the future still difficult to foresee or plan for. However, **there is light to be found** around us with some incredible stories of community spirit, action and support, and fundraising and donating. And **help is out there** - we have included some useful information and contacts in pages 43-46.

One of my current favourite TV programmes is a hospital drama called "New Amsterdam" and I am reminded of the main character's frequent question - "How can I help?". Maybe, if you are fortunate enough to see the light but know of those who can't, perhaps that's a question you could ask. After all, as Saint Francis put it, "it is in giving that we receive", and spreading light, whatever form that takes, in a time of darkness, is a blessing to all concerned.

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



Ed.....

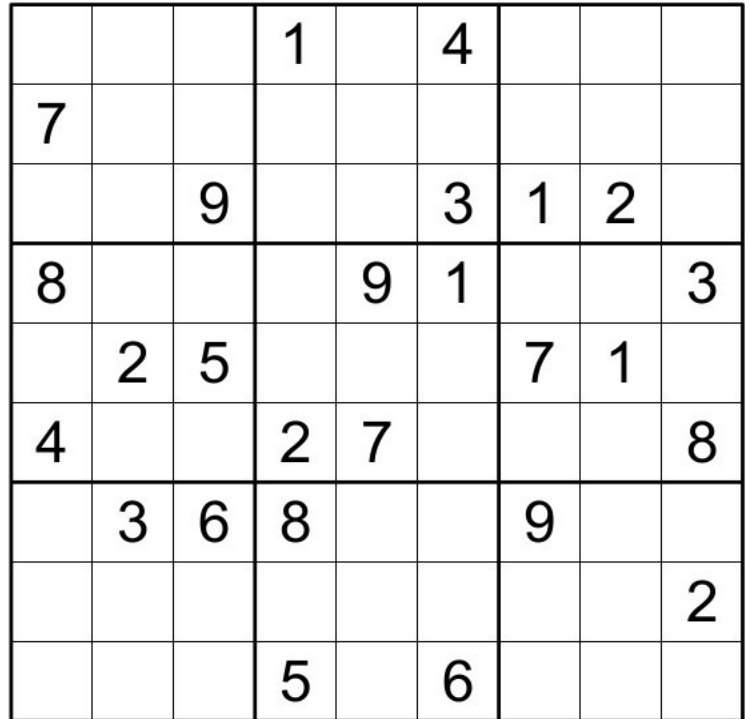
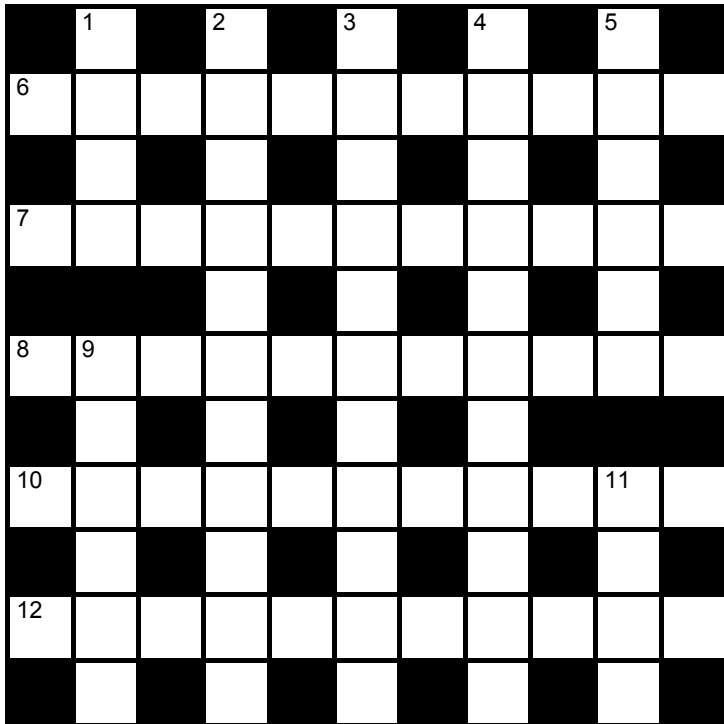
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Deadline for the July Issue is  
Monday 22nd June

Thanks to **Olga Rakauskiene** for this  
month's front page picture

# Coffee Time 1



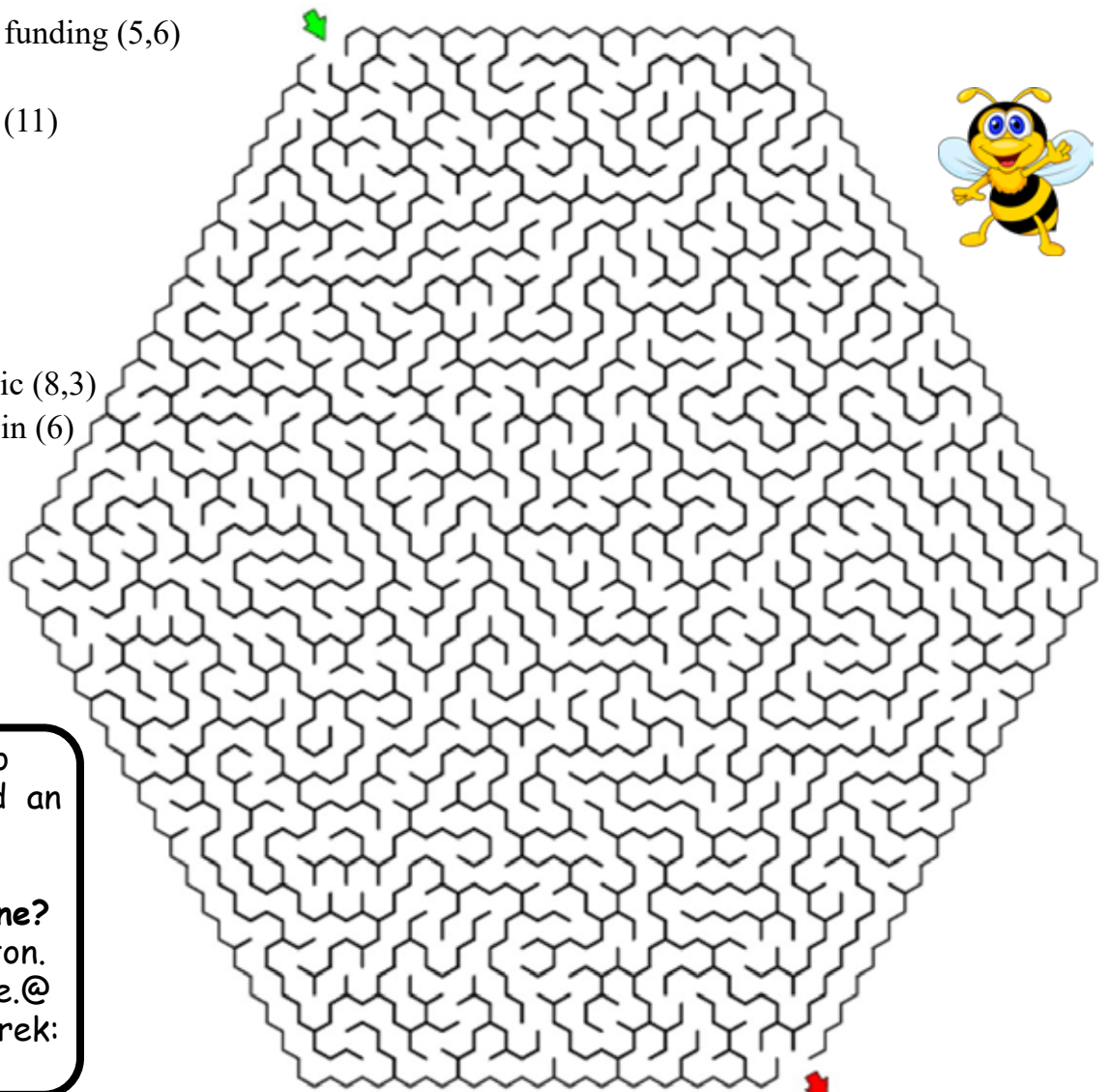
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## Across

- 6 Manages (11)
- 7 Types of government funding (5,6)
- 8 Cooking vessel (8,3)
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- 2 Dialogue (11)
- 3 Holy treks (11)
- 4 What Ernie was to Eric (8,3)
- 5 Soul singer --- Franklin (6)
- 9 Level (2,1,3)
- 11 Immoral habit (4)



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# The Rockin' Rev

## Thank you Captain Tom

Born between 1910 and 1924 they are defined as "Britain's Greatest Generation" They are the generation who fought and lived through the Second World War. Among the distinguishing marks of this particular generation are things like personal responsibility, integrity, humility, financial prudence and faithful commitment along with the ability to know how to survive, make do and solve problems

Compare "Britain's Greatest Generation" to those born between 1995 and 2012, young people today between the age of 8 and 25, sometimes referred to as "Generation Z". This generation are likely to be entrepreneurial, competitive and independent. They enjoy diversity, embrace change and if they want information they know it's easily accessible via the internet. But sad to say, they are often regarded as the most lonely and hopeless generation, with the highest rate of suicide and drug misuse than any generation before it.

In general, every generation has its distinguishing marks and its particular qualities. I was born in 1959 and belong to what's called the "Baby Boomer Generation – those born between 1946 and 1965. This was the generation that rejected and redefined traditional values.

During the corona-virus pandemic the distinguishing marks or some might say the spirit of "Britain's Greatest Generation" has been perhaps best exemplified by Captain Tom Moore.

The inspirational veteran eventually raised a staggering £32 million pounds for the National Health Service - £32,795,065 – to be exact.

Captain Tom, who turned 100 on the 30th April 2020, set himself a challenge to walk 100 laps of his garden. He received donations from around the world, including an undisclosed sum from the Duke and Duchess of



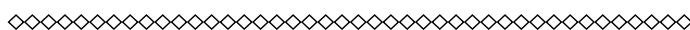
Cambridge. During an interview with the BBC Prince William said of Captain Tom, "He's been around a long time, knows everything and it's wonderful that everyone has been inspired by his story and his determination." In response, Captain Tom said: "It's absolutely amazing that my super prince can say something like that."

Amazingly Captain Tom also collaborated with singer Michael Ball and the NHS Voices of Care Choir on a cover version of the song "You'll Never Walk Alone." It went straight to No.1 in the weekly "Official" UK Singles Chart.

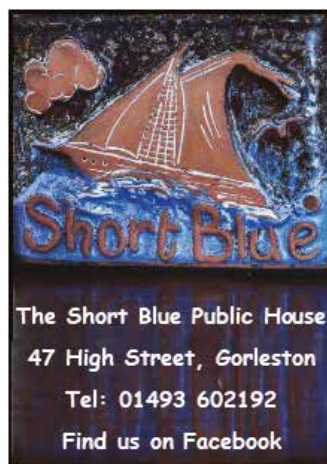
Among other things, the corona-virus pandemic has highlighted that no one in life is immune from adversity. But as a Christian I believe that whatever the circumstances I never walk alone.

Any Christian would tell you that it's something of wonder that Almighty God, who threw the stars in space, and created the universe and everything in it, has promised always to be with us, and to never leave or desert us.

Thank you, Captain Tom, for your amazing determination and for reminding me of a vital truth.



"Yes" cried the stranger, "I am the Greek you forgot as soon as you left college!"



Rev Brian Hall  
Vicar of St Andrew's Church







# GoSH

## Gorleston-on-Sea Heritage Group

### Jack Godfrey Gorleston Railwayman

On the 2nd May 1970 the final passenger train, a humble Diesel multiple unit, ran on the old Yarmouth South Town to Lowestoft Central route. Now, 50 years on from the closure of the line, GoSH member Paul Godfrey tells us about his Grandfather who was a porter at Gorleston North Station until 1942 and asks for the help of readers in identifying some of the people in a couple of old photographs.

My Grandfather Barry John Godfrey 1900-1959 was a railwayman all his working life, as was his father William John Godfrey 1874-1948 and his younger brother Kenneth David Godfrey 1908-1991. Barry John, who was also known as Jack, married Edith Alice Harbord at St Peter's Church, Kirkley in 1921.



They lived in Lowestoft in the 1920s but by the 1930s they had moved home to the School House in Bradwell. The family (Jack, Edith and their four children) are recorded on the 1939 Register and Jack's occupation is that of a "Railway Porter." It is known amongst the family that he was a porter at Gorleston North Station.

The family moved to number 12 Church Road in Gorleston in the early 1940s. This house stood in front of EE Green's yard and stables. It seems possible this move was undertaken so that Jack could be nearer his place of work. However, in 1942 Gorleston North Station was severely damaged

by enemy bombing and was subsequently, permanently closed. After this it is believed that Jack continued working for the LNER as a lorry driver doing local deliveries.

Jack did not make retirement age and died of a heart condition at the age of 59, while still in the service of British Railways during 1959. At this time he was working on Lowestoft's notorious road swing bridge. He was a committed Socialist and a Labour Party supporter, he only shopped at the Co-op and was at one time an elected member of the board of the Great Yarmouth Cooperative Society. Like all Railwaymen Jack did not just go to work, he went "on duty."

There are two photographs in the family collection showing Jack at Gorleston North Station. One of them is a group of three showing him with two of his LNER colleagues and the other shows him with a young boy that Paul's surviving family cannot identify. If any reader of this magazine has any ideas who the small boy is or who Jack's work colleagues were, please do get in touch via the contact us page of the GoSH website <https://gorleston-on-sea-heritage-group.webnode.com/>



*Gorleston-on-Sea Heritage Group is not currently meeting because of the COVID19 outbreak. Please visit our website for further updates.*

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



## Olive Garden



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# Hair We Are



Last month I gave some advice to apprentices on how to proceed with applying for a position in a salon. This month I would like to give some advice to salons that are contemplating taking on an apprentice, and where to send them to train.

We at Fusion strongly believe that Hairdressing & Barbering education is best served in as practical a manner as possible and in-salon training offers great opportunities to learn, and there is a very good reason to use an academy for learning, particularly one that creates a realistic working environment and knows how to bring out the best from 'millennials'.

Very often, in the eyes of an apprentice, the salon or barbershop is a difficult place for learning those initial cutting, setting and colouring techniques with other team members watching and ready to pounce! However when you add the other parts of an apprenticeship programme including Functional Skills in English and Maths, Safeguarding, British values and so on, it's the training provider that is better placed to provide the off-the-job training. In our experience it also provides a reward for the apprentice, in our case the majority of apprentices join us for a whole day once a week where they can immerse themselves in all things hair without the daily pressures of salon life.

Employers participating in apprenticeship programmes continually state the value gained by the business and the apprentice as they work together, regardless of age, apprentices show they have made a decision to invest in their future. The right apprentices are motivated, hardworking and willing to commit to the opportunity to gain knowledge, skills and experience, knowing that by the time they take their end-point assessment, they will have achieved both a valued qualification and the requisite knowledge and skills to enter the profession of hairdressing or barbering.

Learning in a salon or academy environment, I would say, benefits the student greatly in all aspects of their training. When a student learns in a salon environment, it gives them a real insight into salon life and a true to life education, as opposed to sitting behind a desk. When we educate within the Fusion Academy, the students are involved in every aspect of Academy and salon life.

From real life consultations to customer service (answering the phone and booking in models), also making teas and coffees is included in their core training, and learning on real life clients – it is all vital experience that they may not receive out of this setting.

I also feel that when learning in a salon environment, it allows the student to take inspiration from those around them and learn from stylists who have worked in the industry for many years. This is how our industry evolves, by sharing our skills and experience with one another and educating the younger generation. It's an incredibly creative environment to be in and when students are learning in a salon or within our Academy the creativity and passion is so evident and it creates a much higher standard of apprentice, this means the apprenticeships are not only extremely beneficial for the apprentices themselves but also for the salon businesses that recruited them.

A good apprentice adds to the salon and is a valuable help on busy days, aiding the team while also building on their learning and broadening their own skill set.

When looking for the right apprentice you need to look for someone who has passion, drive and a willingness to work and learn. They also have to be capable of completing a modern apprenticeship.

Here are some tips for salons and how to create a successful apprentice:

- Show interest in them
- Keep up to date with their training program
- Liaise with the assessors
- Introduce them to your clients
- Praise good work
- Constantly give them constructive feedback
- Treat them as a valuable member of the team

The modern apprentices are also taught many life skills, including equality, diversity, mental health awareness, alcohol and drug awareness, and they are even taught how to spot signs of domestic abuse, Hairdressing is no longer just about being able to cut and colour hair. Apprentices need to be developed in their training which means when they come on to the shop floor for the salon they work in, they need to know how to build a column and quickly become an asset to that salon. Clients have to have confidence in their stylist and be able to build up a relationship with them, one they trust and will last for years to come.

Getting the right apprentice for salons is not just about waiting for the right apprentice to apply for a position, Salons and the industry have to make the effort to build relationships with schools, we need to attend career days in schools and colleges, to promote what a fantastic a career option hairdressing is. Have open days in your salon or training facility. Hairdressing is a fantastic career for any young person and remember, you will never be able to buy a haircut on the internet, so it is a career for life and every salon can play a part in this fantastic career moving forward..

We need to be available to speak to schools and parents, and explain how much money can be made and how many opportunities there are. We ensure we send the right members of our team to these events and make sure a male representative is at every one, so that it entices the male students too. We have an obligation to our industry to excite and inspire this younger generation to become part of our amazing industry!

We are living through very strange times at the moment, the like of which have never been seen before, however we at Fusion are proud of the fact that through modern technology over the past 7 weeks training from our academy has not yet missed one day of training.

Which means our apprentices and those who are sent to us from other salons are being kept on track for attending their End Point Assessment when allowed.

Good luck if you're recruiting and Fusion Academy is open for any salon that needs further advice, 01493603336.



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Richard Routledge





# Richard Routledge



After leaving the Co-op I was having two weeks off before starting my new retail life in a proper fashion shop or in those days, boutique.

I was really excited, because after two years I didn't have to wear a suit and could even wear jeans for work.

Thomas Traddles was situated in the historic Broad Row Great Yarmouth. The shop had formerly been a tobacconist and many of you may remember because of the large statue outside of a Scotsman.

From being in charge of a department I was now the shop junior but with more money hahaha.

I was working with people I already knew such as little Mick, Griz, Mick Smith, and the eldest Saturday boy in town, Reecey and of course my new boss Mick Davidson. Unfortunately Reecey passed away recently but he was

one of the funniest and genuine people I have ever worked with. His technique of selling was to tell you very bluntly that something didn't suit you in words I cannot put on here. But saying that people loved to come to the shop to be abused by him.

When I first joined Traddles, that was to be part of a team to be shared with Mick's new shop called Kipling, on White Lion Street Norwich. We probably had the most fun at Kipling, it was brilliant and as the most junior person I took the brunt of the jokes and pranks.

One of their favourite tricks was to lock me in the cupboard underneath the shirt shelves and all you could hear was effing and jeffing.

On my third time working at Kipling, Mick and Griz were playing football in a quiet moment. Griz took an air shot and his clog flew off through the first floor window into the cafe opposite. It landed on someone's plate and he to go and retrieve it.

Back in Yarmouth, I was getting in training to put the weight on by the daily run to Barry's Bacon stall on Yarmouth market or Henry's Cafe for dripping on toast. I had found my dream job!

Find Richard and What Is Hip on Facebook at:

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

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# Monthly Recipe

from Fleetwoods Butchers

## Herb Lemon Spring Leg Lamb

Preparation time - 25mins

Serves 6/8 people



### Ingredients

- 6 garlic cloves
- 1/4 cup chopped fresh parsley
- 2 tbsp fresh thyme
- 2 tbsp olive oil
- 1 anchovy fillet
- zest of 1 lemon
- 1 tbsp kosher salt
- 2.25 kg leg of lamb

### Method

1. Preheat oven to 450F. Combine garlic, parsley, thyme, olive oil, anchovy, zest and salt in a food processor (or with mortar and pestle) and mix until it forms a paste. Scrape down sides of bowl as needed.
- Slice 12 to 18 deep slits all over the leg meat using a sharp paring knife. Then use a chopstick or fingers to gently press the herb paste into the slits. Try to use all the paste. Rub any remaining paste over lamb. Season outside of lamb with pepper. Place on a rack in a roasting pan and roast 10 min.
- Reduce oven temperature to 350F and roast lamb another 1 hour and 20 min for medium, or 1 hour 40 min for well done.
- Remove from oven, transfer to cutting board, cover loosely with foil and let rest for 20 min before carving.



# Re-open

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# Coffee Time 2

## Anagrams

Solve the anagrams below to find countries of the world:

1. My Range
2. Lizards Newt
3. Near Giant
4. Angler End

## Where in Gorleston?



## ZOOM

What is this familiar item?



## SNIP

Which advert in the magazine  
is this snip taken from?



## Quiz

1. Can you name England's only ever pope?
2. What is the nearest planet to earth, mars or venus?

## Bee Hunt



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

## Quotes

Who said.....?

“It is better to remain silent at the risk of being thought a fool, than to talk and remove all doubt of it.”

# 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.





# Lockdown has given us lots of time to think!

Sometimes that can be a really helpful thing, but sometimes it can leave us asking some big questions. Who am I?... Where did I come from?... Where am I going?... Does my life have meaning?... Perhaps you've been pondering questions like that in this lockdown period?

Well, if you have, then can I encourage you that you are not alone! As we have been brought face to face with our own frailties by the dangers of the COVID-19 virus, many people have been pondering the big questions of life. A recent survey reported that one in 20 people have turned to prayer during lockdown and one in four have watched or listened to a religious service.

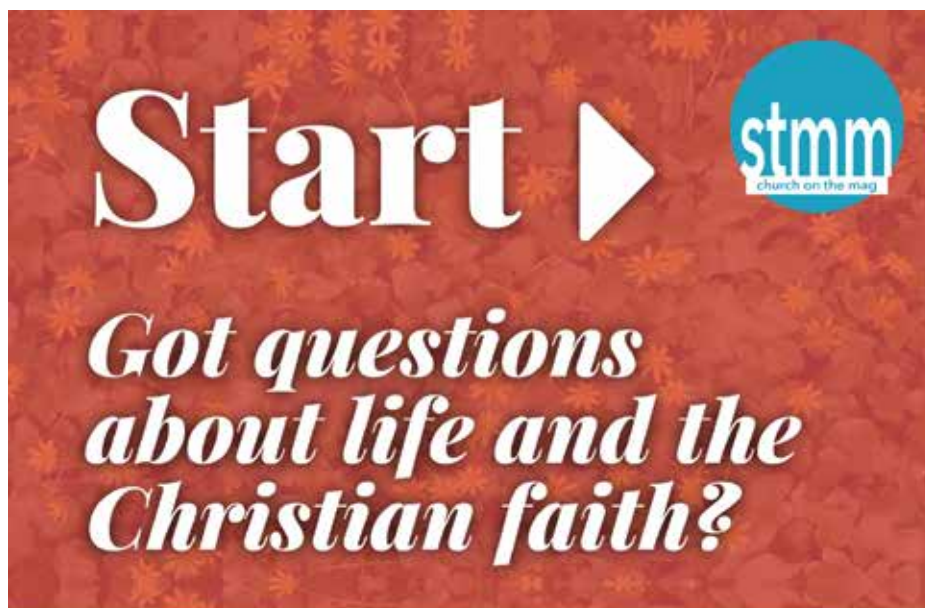
But it seems to me that, having asked ourselves these big questions, the danger is that, as lockdown eases and some kind of normality returns, we will simply push those questions to the back of our minds and carry on as before. With that in mind, at St Mary Magdalene Church, we are launching a new online group for those who would like to

explore the big questions a little together.

Based around a course called Start!, the group will meet initially for six weeks on Thursday evenings, beginning on 11th June, and in a very informal way we will explore together. There will be film clips to watch and space for discussion with every viewpoint listened to and respected. No question or thought will be banned and no prior knowledge will be needed or assumed. The course will take place on the online platform Zoom and will be led by the Vicar of St Mary Magdalene, Rev Matthew Price.

If you would like to join the group, then do drop Matthew an email at [revmatthewprice@gmail.com](mailto:revmatthewprice@gmail.com) or give him a call on 01493 494248. All the details of the course can be found in this flier and you can watch a taster of the course here: <https://www.youtube.com/watch?v=v6tzErLZbxQ>

Perhaps it could be one of the legacies of lockdown for us that we give some time to the big questions of life which we so often either overlook or push to the back of our minds.



**Who am I? Where did I come from?  
Where am I going?  
Does my life have meaning  
Is there a God? Can I know Him?**

**An informal group to explore some of the big questions of life,  
hosted by Matthew, Vicar of St Mary Magdalene Church**

**Thursdays, 7.30pm - 8.30pm, beginning 11th June  
on Zoom (Meeting ID: 896 5359 4055)**

**For further details contact Matthew on 191218**



# Kids' Corner

# Colouring Fun for Father's Day



## Bible thought:

June the 21st is Father's Day. Jesus taught that, when his followers speak to God, they can call him Father, actually translated from the word Abba as 'daddy'.

## Matthew 6:6,8 and 7:11

Then pray to your Father. He is there in that private place. He can see what is done in private, and he will reward you.

Your Father knows what you need before you ask him.

Surely, your heavenly Father will give good gifts to those who ask Him.



# Kids' Corner

June is the month with the longest daylight hours of the year in the Northern Hemisphere and June the 20th is the day with the most hours of daylight in 2020.

June has the shortest daylight hours of the year in the Southern Hemisphere and is the start of their winter.

June's birthstones are the Pearl, the Moonstone and the Alexandrite and the June birth flowers are the Rose and the Honeysuckle.

In 2009 'June' was the 662 most popular name for girls in the USA. Anglo-Saxons gave June the name 'sera monath' which means dry month.

In both common and leap years, no other month begins on the same day of the week as June.

Father's Day is on June 21st.

Now find the words underlined and in bold in the word search.



# Gorleston Then & Now

by John McBride



The shape of the harbour has not changed greatly since about 1567. Prior to that the position of the harbour mouth had changed from various points as far as from Corton, to the south gate of the old town wall in Great Yarmouth. Above is the old Gorleston pier with a paddle steamer departing as shown on a postcard sent in 1925. Here below, is a modern ship and the pier, with the industry that has built up around the outer harbour on the Yarmouth side of the river Yare.







# Opening THE Book

with  
Reverend  
John Kinchin-Smith

Last month we looked at a short book tucked away in the middle of the Old Testament: The Book of Ruth and its message 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.

This month, writing six weeks into the coronavirus pandemic, we will reflect upon God's passionate love for his children and his will "that they might have abundant life in all its fullness" (John's Gospel chapter 10 verse 10). As we have learned over past months, the Bible teaches that this has been God's will from the very beginning; but human beings, through their free will, have chosen a different course which has resulted in the ills and misery and suffering of history.

One part of "fullness of life" is in human relationships and the Bible teaches that, within human relationships, one relationship is unique and special – that between a man and a woman. Part of that unique and special relationship is the joyful expression and fulfilment of our sexuality. The Christian Church has had a rather poor reputation when it comes to "sex". But any careful reading of the Bible makes it clear that our sexuality is God-given and something to rejoice in and to be enjoyed.

Tucked away in the middle of the Old Testament is a very short book called The Song of Songs (sometimes known as The Song of Solomon because the book is attributed to King Solomon). This book is a collection of love poems, mostly addressed by a man and a woman to each other. These songs have often been interpreted by Jews as a picture of the relationship between God and his people, and by Christians as a picture of the relationship between Jesus and the Church.

However, this book is first and foremost an expression of the joy of love between a man and a woman and in many places is explicitly erotic. But the sexual passion is expressed wholly within a loving relationship of complete faithfulness. Some of the metaphors ("breasts like gazelles" and "thighs like columns of alabaster") will make you smile! But at this very difficult time in the affairs of people and nations – read and enjoy!



## MOVIE MOMENTS

Nick and Carol Pollard from EthosMedia.org share thought-provoking reflections on the latest films.

*Viceroy's House* dramatically illustrates the human stories beneath the political events of 1947, when Lord Mountbatten (Hugh Bonneville) faced the unenviable task of overseeing the partition of India, into (mainly Muslim) Pakistan and (mainly Hindu) India. As the politicians and officials argue about the position of new border lines on a map, like a 'bloody axe cleaving right through people's lives', Mahatma Gandhi (Neeraj Kabi) reflects 'we are brothers with one soul, to divide us on religious grounds is against the will of God.'

Gurinder Chadha, the film's director, is acutely aware of the personal impact of religious divisions, because her own family were amongst the 14 million refugees who found that their homes were suddenly on the 'wrong' side of the border. She says that it was her 'sense of a common humanity, spanning the religious divide' which motivated her to create this film.



*Viceroy's House* dramatises the inter-religious conflicts which led to the fighting in which a million people died from violence, starvation or disease. And it does so,



particularly powerfully, through the eyes of two of Mountbatten's staff who are passionately in love, but experience their own personal partition. Secretary Aalia (Huma Qureshi) is a Muslim, whereas valet Jeet (Manish

Dayal) is a Hindu. In a deeply symbolic scene at an engagement party, they are pulled apart and told to 'dance with your own kind'. Mirroring the reflections of Gandhi, Jeet later says 'we belong together.'

At a time when, as Gurinder Chadha has commented, 'we have a world in which division of people is very much to the fore' this dramatic and insightful film can cause us to stop and think about the common humanity that unites us all.



*Viceroy's House* is released on Blu-ray™ and DVD on 7<sup>th</sup> August 2017





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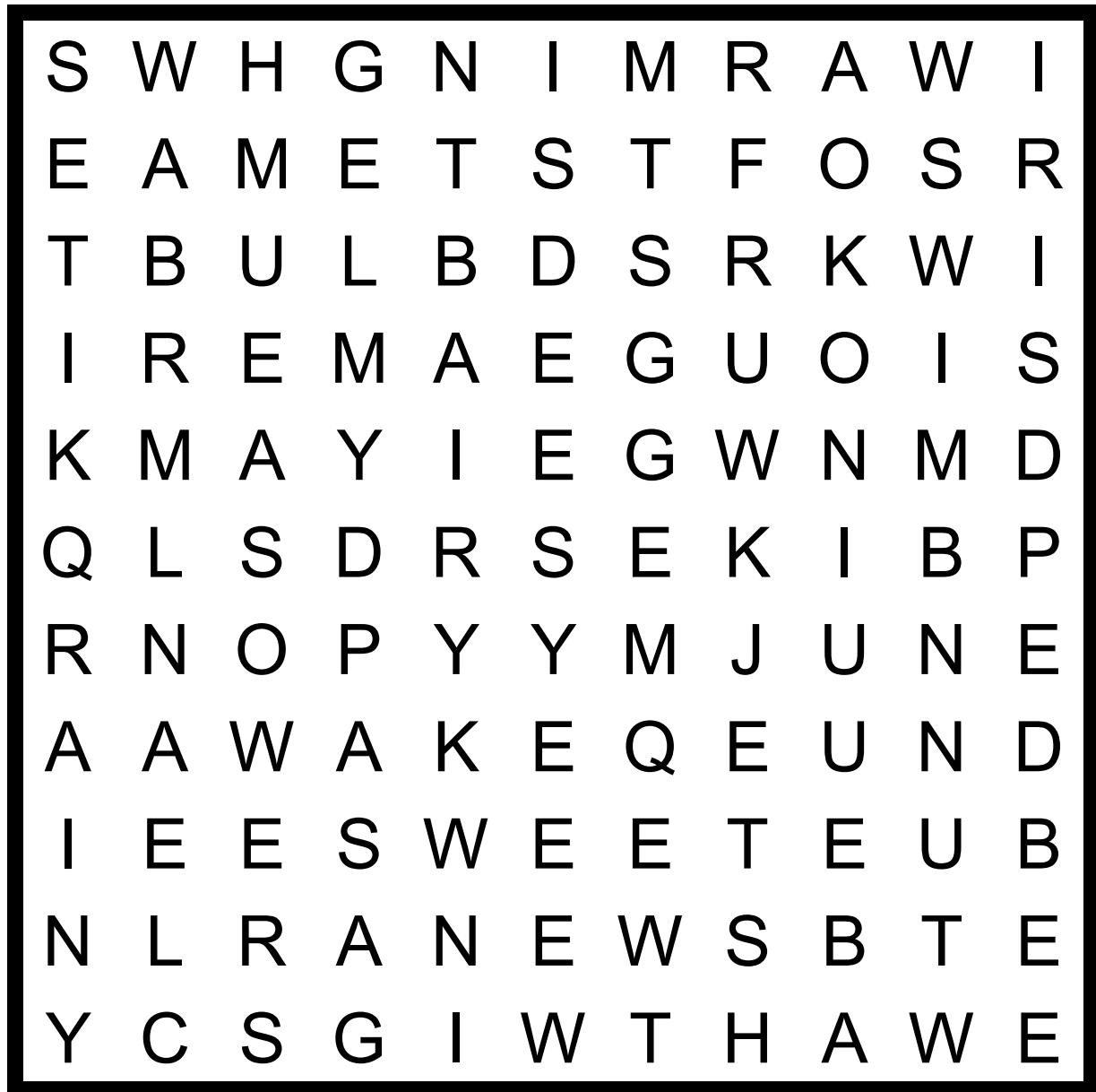
FOR MORE INFORMATION CONTACT THE VICARAGE ON 01493 494248



# More Coffee Time!

## Wordsearch

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



## Spring

Airy	Bulb	Iris	Melt	Soft	Teem
Anew	Clean	June	Nest	Sower	Thaw
Awake	Dart	Kid	Rainy	Stem	Twigs
Bee	Eggs	Kites	Romp	Sun	Warming
Bikes	Grow	Lamb	Seeds	Sweet	Wet
Bud	Hat	May	Sky	Swim	Wind



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# Letter from ‘Uncle Eustace’

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

## On the hazards of baptisms

The Rectory  
St James the Least

My dear Nephew Darren

Your new thermostatically controlled, underwater illuminated baptismal tank with wave simulation, for total immersions, sounds rather intimidating. I am slightly surprised you don't have computer-generated doves flying overhead, in order to add that final touch of authenticity. I would imagine that to perform baptisms in your tank, you need a degree in electrical engineering as much as one in theology.

I do, however, agree with your Vicar's decision to stop the practice of you performing these rituals in the river Mersey. It is one thing for your newly baptised to emerge from the waters filled with the Holy Spirit, and quite another to emerge filled with typhoid. Better to give them a baptismal certificate, rather than a free ride to the hospital for a stomach pump. The river Jordan may have been all very well for John the Baptist, but I expect that even he would hesitate at the river Mersey.

Had I baptised dear Miss Pemberton in the Mersey last month – at 93 years, taking the decision a little late in life (I did not attempt to hold her in one arm) – being a lady of such proportions, I suspect she would have constituted a shipping hazard.

I appreciate your suggestion that such procedures would look charming on the banks of our local Cotswold stream, but irrespective of our differing theologies, I would not want to be seen by parishioners in my bathing costume. Such apparel may be all very well when I am on holiday somewhere where I am totally unknown, but it hardly seems fitting for an honorary Canon in his parish.

I do concede that baptisms in medieval fonts can have their own particular problems. The plug in our own has never fitted properly, and so after filling it, I know I have precisely 16 minutes and 45 seconds to come to the actual baptism, otherwise the water has disappeared entirely. As I have discovered over the years, it is impossible to look dignified disappearing into the vestry half way through the Service in order to fetch a second bucket. For baptisms in winter, the presentation from Admiral Barnaby of the small silver hammer has been a great help in order to break the ice that slowly forms across the surface as the service proceeds.

In future, as you and your own candidates luxuriate in this heated baptismal spa, do spare a thought for those of us who maintain the true faith.

Your loving uncle,

Eustace



*Grab a tea or coffee  
and join us for a chat*

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have a chat via the Zoom App with the  
MESH Connectors and other Residents



# Ramblings of a Displaced Cockney



## **We *do* like to be beside the seaside.**

There was an interesting piece in my daily paper this week entitled “We *do* like to be beside the seaside”.

This was all about the benefits to mental and physical health and wellbeing which comes from living near or visiting “blue space” – the sea and coastline, but also rivers, lakes, canals, waterfalls, even fountains. Being in marine and coastal margins, apparently scores best in people’s sense of wellbeing, in surveys by Dr Matthew White at the University of Exeter.

The less polluted air and more sunshine must help, but so too the fact that those of us who live near the sea may be more physically active, including just walking along the prom and the beach. Add to this the psychologically restorative effect of just spending time in coastal environments and apparently that is better for inducing a positive mood and reducing stress than even green surroundings.

I am not surprised. When we lived near the coast in East Sussex, I would always try to catch a glimpse of the lovely southern aspect out over the beach as often as I could. Then when we moved to Gorleston and bought a house in Buxton Avenue, one house from the beach, it became a daily ritual. I could never go into the College to face

another gruelling day, without first looking East out to sea whilst on my way. Every day was different: the light on the sea, the colour of the water, the backdrop of the sky. No two days were ever quite alike, what a treat! It always set me up for the day ahead!

I still love to look at the sea, to walk along the beach to the Pier or along to Hopton and just marvel at the daily differences. I love the rhythmic therapeutic sound of the waves on the beach when the sea is up.

Of course our grandchildren just love coming to “Granddad’s house”, by which they of course mean the beach and the sea!

The other day I was setting off for a meeting in Stalham and I drove along Marine Parade. The air was heavy and damp, the sky was dark, the horizon was black . . . when suddenly the light from the sun, low in the West, broke through the clouds and lit up the wind-farm masts, and nothing else, where they were standing waiting in the Outer Harbour for their future to begin.

They shone brightly, glowed even, in this moment of illumination, taking on a life of their own against the dark sky beyond. It was almost as if they were impatient to be away and to head out to sea. It was a momentary vision of otherworldliness in a uniformly grey day. A moment to lift the spirit and genuinely say: “I *do* like to be beside the seaside”.

(Written before COVID-19 and the lockdown.)



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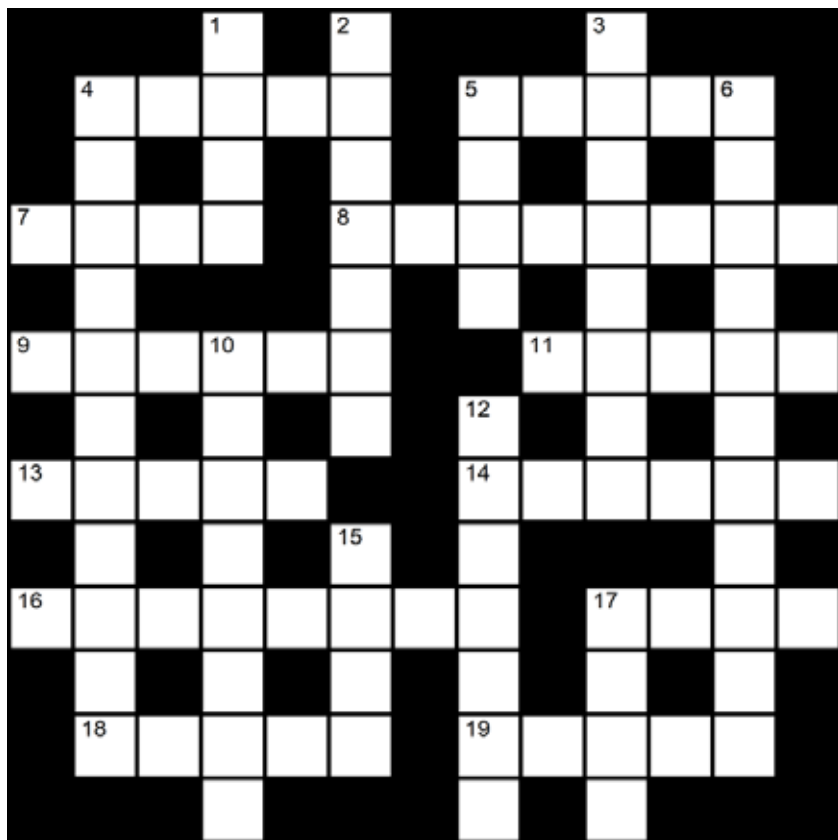


# Even More Coffee Time!!

## Anagram Crossword

Every answer is an anagram of its clue.

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



### Across

- 4 Riled (5)
- 5 Grate (5)
- 7 Acer (4)
- 8 Demister (8)
- 9 Ratios (6)
- 11 Chain (5)
- 13 Loafs (5)
- 14 Gone in (6)
- 16 Cup of tea (4,2,2)
- 17 Rene (4)
- 18 Seven (5)
- 19 Abyss (5)

### Down

- 1 Dole (4)
- 2 Dare not (5,2)
- 3 Cashmere (6,2)
- 4 Procreation (11)
- 5 Mega (4)
- 6 Tentatively (11)
- 10 Delivers (8)
- 12 Bound to (2,5)
- 15 Peso (1,1,1,1)
- 17 Hans (4)



## Codebreaker

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

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

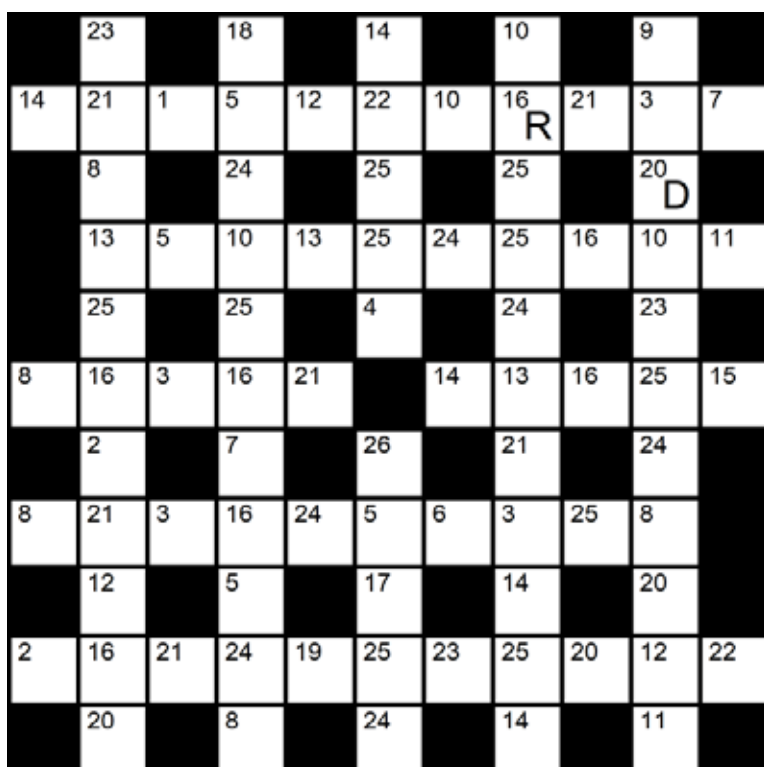
7	8	9	10	11
---	---	---	----	----

12	13	14	15	16 <b>R</b>
----	----	----	----	-------------

17	18	19	20 <b>D</b>	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**



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Modern methods - Traditional values - Caring - Patient -  
Understanding

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# Gorleston Links Bowls Club



Another month on - and a lot of us are still self  
isolating.

I have been bowling for over thirty years and this is the  
strangest year yet. However Bowls England has given  
some guidelines as to how people can start bowling  
again if your club is willing to open. Gorleston Links  
will have to wait to see what the Council decides to do  
before we can make any plans.

Only during such times do you realise what a social  
and friendly game bowls is. We all miss our friends,  
laughter, competitions and much, much more. The  
shame of it is that we are enjoying the best weather  
ever at the start of the season. I have even bowled  
in the snow in May and the weather we are having is  
idyllic.

We had hoped that this month we would be able to  
report on Gorleston Links plans for the future but  
the Council is running behind on their committee  
meetings. Perhaps next month we will have something  
to tell you.

At the start of 2020 big plans were made

Until Covid 19 visited and stayed

We all locked down - and tried to stay safe,

Washing our hands and covering our face.

Most of us have been lucky, it's tragic for the few

That due to this virus didn't pull through

They will be remembered by their family and friends

And by most in this country, when it all comes to an  
end

Thanks to the NHS, Care Staff and Policemen

Charities, Shop workers, Drivers and Firemen

They are caring for people wherever they are

And Thursday at eight we all know where we are.

We spoke to people remotely, both near and far

But soon we will be able to go out in the car.

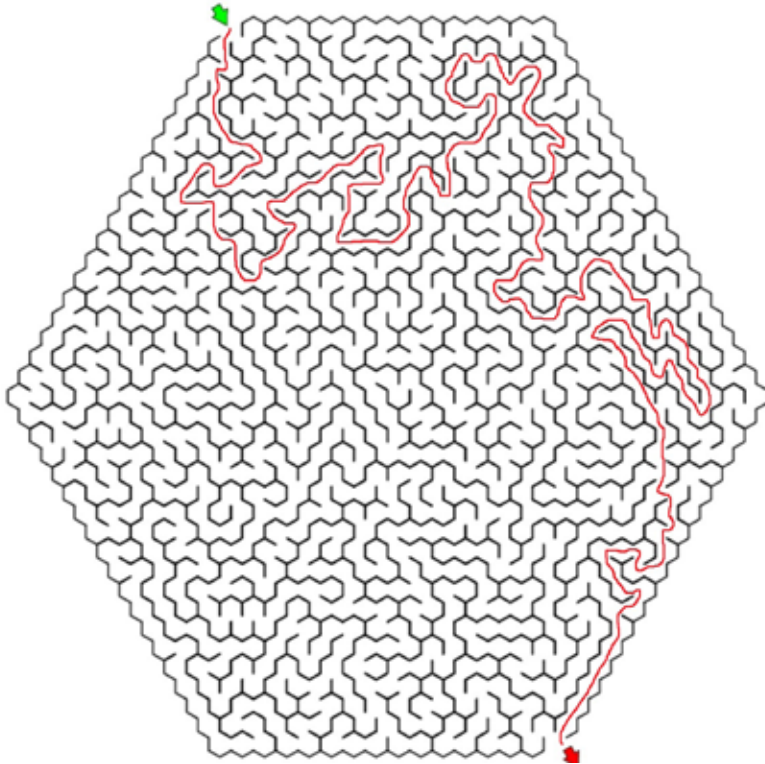
To places we long for and people to see

Without the restrictions, and a nice cup of tea!

Web site: [gorlestonlinksbc@league.republic.com](mailto:gorlestonlinksbc@league.republic.com)

Facebook: Gorleston Links Bowls Club

# Coffee Time Answers



(Normal Crossword)

	<sup>1</sup> I		<sup>2</sup> D		<sup>3</sup> P		<sup>4</sup> S		<sup>5</sup> A	
<sup>6</sup> A	D	M	I	N	I	S	T	E	R	S
	O		S		L		R		E	
<sup>7</sup> B	L	O	C	K	G	R	A	N	T	S
			U		R		I		H	
<sup>8</sup> R	<sup>9</sup> O	A	S	T	I	N	G	P	A	N
	N		S		M		H			
<sup>10</sup> R	A	D	I	O	A	C	T	I	<sup>11</sup> V	E
	P		O		G		M		I	
<sup>12</sup> M	A	I	N	T	E	N	A	N	C	E
	R		S		S		N		E	

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



## Where in Gorleston?





## Talented photographers' success in prestigious competition

A trio of talented photography students at East Norfolk Sixth Form College, shortlisted for a prestigious creative arts prize have learnt their fate.

The Norwich University of the Arts (NUA) 'Beyond the Frame' competition has a theme of 'Through My Eyes' and entrants were free to interpret this in any way.

Hannah Hayward, Harvey Hubbard and Lewis Crickmore all saw their entries make it through to the final judging panel.

Due to the current Coronavirus lockdown, the planned exhibition of the finalist's work was unable to take place so the winners were announced via the NUA Instagram and YouTube channels.

Hannah Haywards work was selected as for the Judges Choice Award.

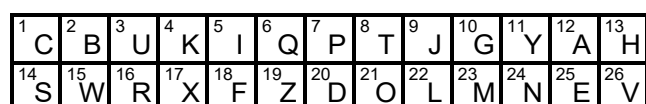
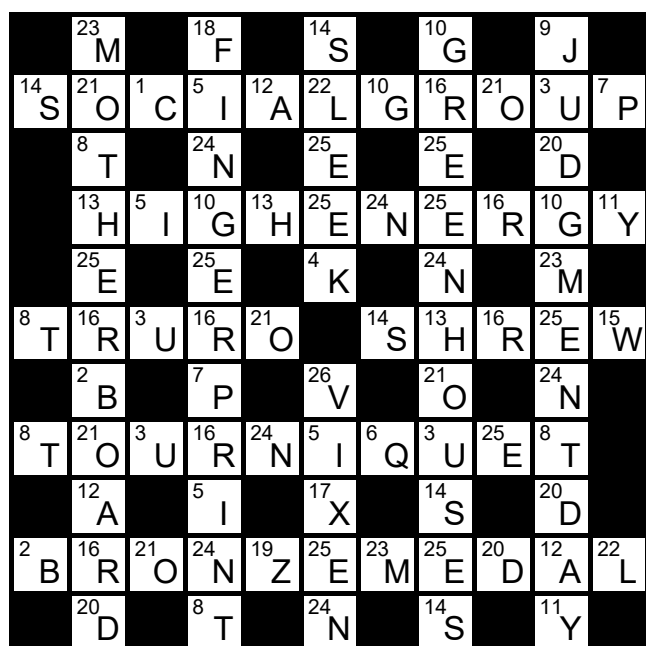
Photography Tutor at EN, Erin Patel, said: "All of us in East Norfolk Creative Arts Department are as excited as we are proud to see our learners' talents being recognised by Norwich University of the Arts. Competitions like these help learners experience a taste of the creative industries as well as being a brilliant reward for all their hard work.

'The standard of submitted images this year was incredibly high and I couldn't be happier for Hannah and to see her image-making move from strength to strength. I am excited to help her refine her skills even further when she is studying the Level 4 Foundation Diploma in Art and Design with us next year.'

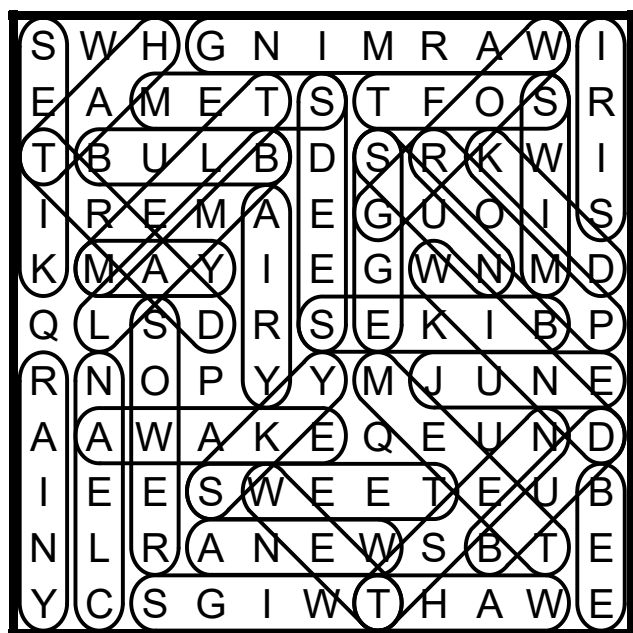


# Coffee Time Answers 2

(Codebreaker)



(Anagram Crossword)



Quotes:  
Maurice Switzer

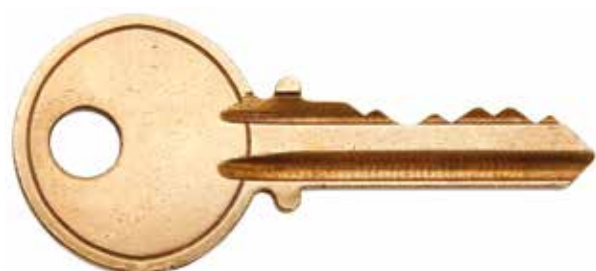
SNIP:  
Bycroft

Anagrams:  
1. Germany  
2. Switzerland  
3. Argentina  
4. Greenland

Bee Hunt:  
12

Quiz  
1. Pope Adrian IV  
(born Nicholas Breakspear).  
2. Venus

ZOOM





# Thrigby Hall Wildlife

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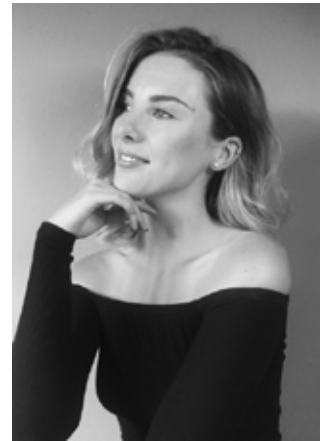
[www.nightingale.care](http://www.nightingale.care)





# Megan's Dance School

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



## Paso Doble - Week 1

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

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

### Suitable Paso Doble songs

Eye Of The Tiger - Survivor

Espana Cani - Various Artists

Bad Romance - Lady Gaga

El Pico - Orquestra Torress Avila

A Spanish Gypsy Dance - Orquestra Carrasco

### Getting into the character of the dance

One of the most well known steps of the Paso is called the 'Sur Place' - a series of marching style steps taken in place on each beat of the music. Although a very basic step, the Sur Place will allow you to get into the rhythm of the Paso music allowing you to begin to feel the strong beats to the music and the styling of the the dance.

1. Start with your feet together and your weight on your left foot.
2. Rock your weight forward onto the balls of your feet, rising slightly up onto your toes.
3. Starting with your right foot, tap your right toe - pressing it hard into the floor.
4. Repeat the same motion with your left foot.
5. Continue to tap alternative feet into the floor for 8 whole counts.



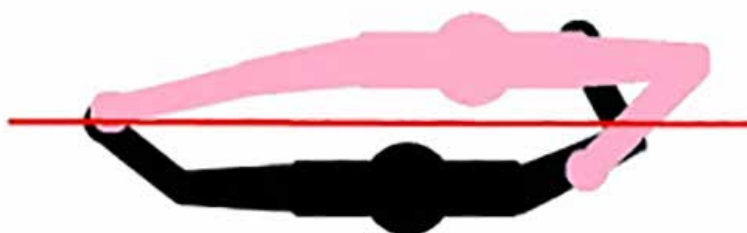
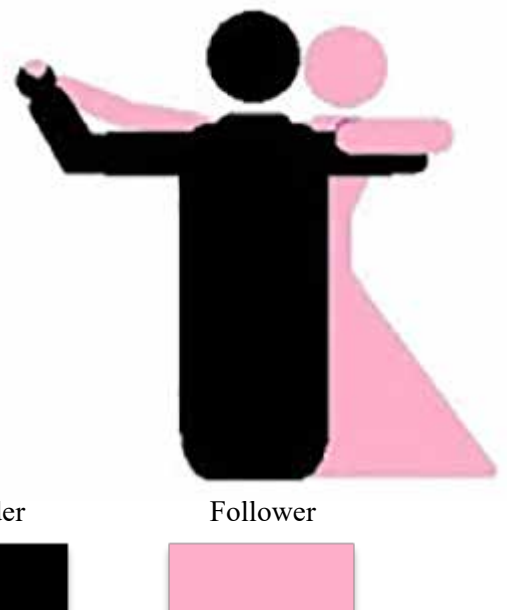
\*Tip\* Try to only move the leg from the knee down in small sharp movements.

### Dancing with a partner

If dancing with a partner, you should dance this in 'closed position'. Which means that you start standing directly opposite each other in Ballroom hold.

The leader (usually the man), should start their Sur Place on their right foot.

The Follower (usually the lady), should start their Sur Place on their left foot.



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

# Ormiston Venture Academy

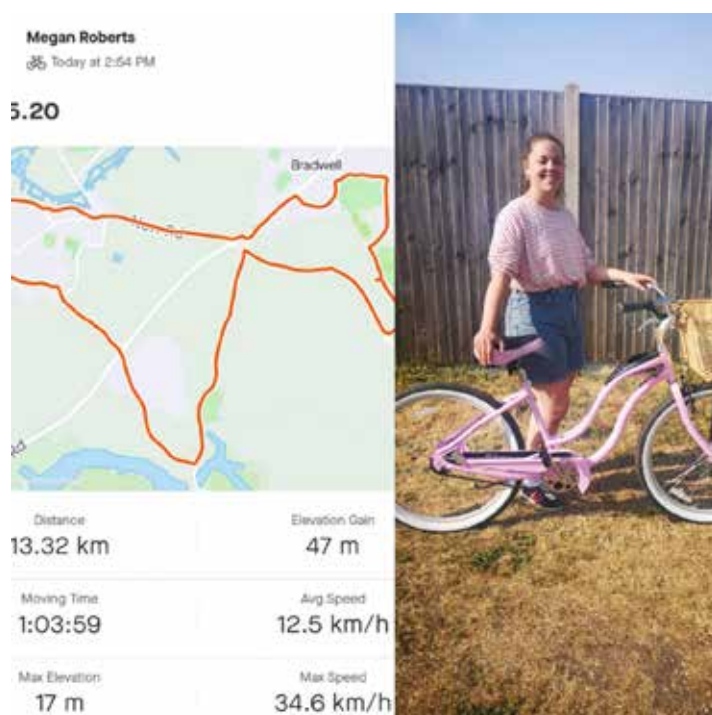
## Venture Raising Students Sprits for Learning with College Clash & Rewards #theventureway!

During lockdown the Union of Venture students has been raising spirits of the students via home College Clash challenges. These have been as follows, "Show us how your pet can help you study", "Show us how you have been keeping fit at home", and in line with Mr Gilbert Barnham's nomination for Principal of the Year Award, "What three words best describe Mr Gilbert-Barnham?".

We have had lots of great pictures and videos sent in from staff and students which shows how everyone is still enjoying being part of the Venture family even if it is from further away than we would like. The College Clash tables are being updated every week, and it is extremely tight at the top between Innovate and Achieve College. The winning college will get an awesome reward chosen by the UVS co-operative in consultation with the students.

Venture will be entering the OAT Virtual Sports Competition commencing 1st June. Watch out on Twitter for all the updates. This is your chance to win an amazing £900 for our brilliant PE department, and the student who does the most amount of exercise and challenges over four weeks will win £100 of Amazon vouchers. Let the games begin!

At Venture, we have also been keen to continue to reward our amazing students for their online learning during the lockdown period. Texts have been sent home each and every week to remind students and parents about a weekly quiz and prize draw we have been running. Following



the first week, newly designed postcards were posted for every student that completed the first weekly quiz that tested their learning and each student also received 10 visas points. From the second week onwards, rewards were ramped up further, with every student completing their online learning receiving visa points, but also being placed in a draw for online vouchers. Each college had their own 'wheel of fortune', that was



randomly spun live on Twitter, with the four weekly winners being congratulated live before being sent their prize via email.

Given these challenging times for our communities, it's been wonderful to see so many

students taking it all in their stride and adapting to work online with help from their teachers and their parents and carers. They have stepped up for weekly challenges, been truly engaged in their learning and have received the rewards and plaudits they deserve.





# Gorleston FC



Gorleston Football Club had their season declared null and void by the FA in the face of the Coronavirus crisis.

The Greens were bottom of the table at the time but had just gained their biggest win of the season, beating Walsham le Willows 6-0, and, with injuries clearing up, were confident of climbing the table.

Connor Ingram scored a hat trick in the win over the Willows so Gorleston are delighted to announce he has committed to the club for the next two seasons. The prolific goal scorer has managed to find the net 77 times in 151 appearances for the club, since breaking into the first team at 17 years old.

"In light of a difficult season, changes were necessary through different parts of the club and we feel that we have started to achieve those already in the close season," said joint first team manager, Ricci Butler. "To get a proven goal scorer at any level of football is extremely difficult so to get a player of Connor's ability and still with more potential to show, to commit to the club for 2 years is a fantastic piece of business for the future of the club.

"On speaking to Connor and going through our future plans, expectations and changes we have made, and are making, he was very excited to stay and commit to the club.

"Connor Ingram is a name that goalkeepers fear and the lad is a natural born goal scorer and we can only see him going from strength to strength with the club. To fight off interest from several other clubs and capture the signature of a striker like this early on is only the beginning of us moving the club forward and our intent. We are absolutely delighted with this signing!"

The club's other joint first team manager, Scott Butler, said he was delighted Connor has committed to the club for the next two seasons.

"Connor is a great example of how a player can progress through the levels at the club. He is now one of the top strikers within the Thurlow Nunn league, a prolific goal scorer and boasts a fantastic record especially for someone of his age. He is hungry for success and has plenty more to give and achieve at Gorleston and it's great for the club to be able to announce this.

"I feel tying down this deal is a huge positive and shows the intent of where we are looking to take the football club. There's been a lot of work going on behind the scenes to get the management and coaching staff in place ahead of the new season when it finally returns. We are very happy with the staff we have assembled and feel we have people in place to move the club forward."

Upon agreeing to the terms, Ingram said "There are many different reasons that I committed for 2 years to the club but the main one is that I see the club going in the right direction and helping me grow as a football player in the next few seasons.

"I do not see why we can't go on and win trophies in the upcoming season. I don't normally set any personal targets for myself before the season starts, I like to take each game as it comes and try to help the team win as many games as we

can by scoring goals.

"I'm most looking forward to just getting back at it. The plans being put in place by the management are really exciting, having had this long break away from football due to the circumstances. It will be good to get around my teammates again and start putting in the hard graft to have a good season" Jamie Humphries, Club Chairman, said "Signing Connor to a contract is part of our plan as a club to commit to our local talent as a football club. Having played for Gorleston as a youth player, this shows to all our footballers within the club that a clear pathway for progression is available. This signing shows the intent of the club to drive forward and establish ourselves within the Thurlow Premier Division."

Along with this key signing there have been a number of changes to the Football Management Team at Emerald Park. UEFA B Coach, Lewis Plowman, has been brought in as 1st Team Coach to increase the knowledge and skill base within the senior setup.

Changes within the U18's were also necessary after Paul Casey and Russell Barnes stepped down. Paul is staying on as a club coach. The Club has moved quickly to bring in Craig Lewis as joint manager to work alongside Darren Cockrill and no doubt their experiences and knowledge will be a key development area for our young greens.

Gorleston have also appointed an U18's coach in Keehlan Panayiotou. Keehlan serves in the British Army and has moved close to the area and is currently finishing his Level 2 in football coaching, his previous role was with Swindon Town Women.

The club see adding depth and personnel with specialities is a key area to develop. Ryan Carter, owner of 1st Sports Clinic, has been appointed as the Clubs Head Physio and he will be supported by Ross Langmead in our sports injury and rehab set up. With fitness playing a key role in modern day football, the Club have also added Leighton Crux of CruxBox as our strength and conditioning coach. All the current players at the club are working hard on fitness levels in this unprecedented time to be as ready as possible for when football returns and they are all confident of giving the fans and everyone involved in the club an enjoyable 2020/21 season.

On a community front, the club has been working really hard behind the scenes, whilst also supporting the local community and recognising the amazing work of our NHS through a Just Giving campaign which raised over £2,000. Reserve's Assistant Manager Arren Howarth should take enormous credit for being the driving force behind this initiative for the club.

The Greens are also offering free admission next season to all public service workers.

The GoLD monthly prize draw is continuing throughout the summer so, if fans wish to support the club through this difficult period and have a chance of winning some money, visit the website for more details.



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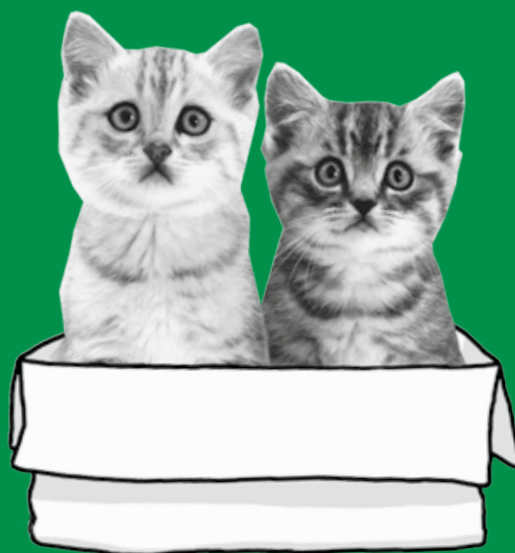


SSTC



# "I asked for a pair of mittens"

## Need a hearing check?



Book one free at [specsavers.co.uk/hearing](https://www.specsavers.co.uk/hearing) or contact your local store

**Gorleston** 4 Lowestoft Road. Tel 01493 650591

**Great Yarmouth** 18 Market Place. Tel 01493 332 255

**Specsavers**  
Audiologists

## OUR PRICE LIST

### Hair

Cut & Finish from	£20
Blowdry from	£10
Hair Up from	£25
Children from	£10
Gents Cuts from	£16
Beard Shaping from	£12.50
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Waxing from	£6.00
Spray tan from	£10.00



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[www.fusion-hair.com](http://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](mailto:info@greatyarmouthfoodbank.co.uk)
- Referral Agencies, please contact Maresli by email on [gyfoodbankms@btinternet.com](mailto: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](mailto: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](mailto: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](mailto:adviceandsupport@leewaynwa.org.uk)

***At Home Shouldn't Mean At Risk.***

 0300 561 0077

 @fundraising.leeway

 @leewaynorfolkandsuffolk

 [leewayssupport.org](http://leewayssupport.org)

 [referrals@leewaynwa.org.uk](mailto:referrals@leewaynwa.org.uk)

 @LeewayDV



Children & Young People's Health Services NORFOLK

**NHS**

[JustoneNorfolk.nhs.uk](http://JustoneNorfolk.nhs.uk)

Just one number  
0300 300 0123

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

**Parentline**  
07520 631590

**wellbeing**  
Helping you live your life

**POINT 1**

**Mental health support**

[JustoneNorfolk.nhs.uk/MentalHealth](http://JustoneNorfolk.nhs.uk/MentalHealth)



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or picking up  
prescriptions

**Friendly Chat**  
On the  
telephone

**Prayer**  
Please get in  
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particular you  
would like us to  
pray about.

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MAGDALENE  
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[stmmgorleston.org.uk](http://stmmgorleston.org.uk)  
THE CHURCH  
OF ENGLAND

FOR MORE INFORMATION CONTACT THE VICARAGE ON 01493 494248

