



Thorpe St Andrew
Town Council

NEWS

www.thorpestandrew-tc.gov.uk

Winter 2011

Tel 01603 701048

Christmas Lights Switch On 2011 Sunday 27th November

Sponsored by The Oaklands Hotel



Thorpe St Andrew Town Council Annual Christmas event will this year take place at River Green, Yarmouth Road on Sunday 27th November. As usual there will be the local family entertainment along with the ever growing Christmas Market.

Father Christmas will again visit us with his beautiful reindeers in tow and this year he will have his own specially made grotto and hopefully a small gift for all the little children who visit him in his grotto.

The Christmas Market will inspire you for your Christmas shopping. The market this year will be bigger and better than before, with new additions to the stalls.

The children's Christmas fun fair will be there to brighten up the evening. We will have Ronaldo's hot roast chestnuts and many more interesting attractions.

The evening will begin with the Christmas Market opening the event at 4.00pm on The Buck car park followed with Father Christmas's parade from the Oaklands Hotel at approximately 5.00pm, and then when Father Christmas reaches the River Green he and his little helpers will switch on the wonderful Christmas lights.

We will carry on the evening with Community Carol Singing lead by Vineyard Church. Pastor Geoff Lawton and his members will perform a nativity play with the help of some of the pupils from local schools. The finale of the event will be the usual fireworks display.

The conclusion to the evening will be the Church Service which will commence at 6.30pm in Thorpe St Andrew Church this will be lead by our Rector Father Barry Oake.

Once again Yarmouth Road will be closed from 3.00pm - 8.00pm, and as usual residents will have restricted access through to South Avenue from Thunder Lane and residents who require access to Chapel Lane will need to approach from the Harvey Lane direction. Any residents who know they will need to get their cars in or out of Chapel Lane, South Avenue, Stanmore Road and Western Avenue between 3.00pm and 8.00pm should call the Town Council on (01603) 701048 to set in place the necessary arrangements to ensure that it will be possible to get through the crowds.

Salvation Army News

Tuesday 20th December 6.30pm

You are invited to wrap up warm and come and sing Christmas Carols with us!

The Salvation Army band will be at the Fitzmaurice Pavilion to play Christmas Carols and we invite you to come along and enjoy singing with us. We are aiming to create a traditional way to share the joy of Christmas and inviting our community to share in this festive celebration. Drinks and festive refreshments will be available. Every one welcome and Christmas hats etc encouraged.

The Salvation Army also ran a Community Cafe at the Morse Pavilion from May to the end of September this year, where people could pop in and have a chat with people and purchase drinks and snacks at very affordable prices. The Town Council were very supportive of the project and we are hoping to run the cafe again next year. We made a profit of £275.06 which was donated to the Thorpe Youth Cafe in Dussindale, a club for 10-14 year olds.

Christmas Concert

The annual Town Council Christmas concert is being held at the Dussindale Community Centre on Wednesday 7 December at 7.30pm. It promises a very full line up of performers. Dussindale School will open the concert with a performance by its choir and later in the concert the school's steel band will also be performing. Bellfolk hand bell ringing team are returning by popular request and the Sine Nomine choir are taking part for the first time.

Pam Clarke Music and Dance Academy have been a backbone of the concert for some years and return once more to take part in a packed programme of performances. The parish church junior choir have kindly agreed to take part once more and in the second half of the concert members of the Vineyard Church will stage another of their very popular and lively sketches with musical accompaniment.

Tickets for the concert are available from the Town Council office priced at £3.50 and include a hot drink and a mince pie in the interval.



The Oaklands Hotel, 89 Yarmouth Road, Norwich, NR7 0HF
Telephone : 01603 434471 • Email : reception@oaklands-hotel.co.uk

We are proud to sponsor the Thorpe St Andrew Christmas Lights Event and play an active part in supporting our local community. Please do come and visit us at the Oaklands Hotel this Christmas and enjoy traditional dinner dancers, tribute and party nights and of course, are famous Christmas lunches and dinners. We look forward to seeing you on the 27th November for mulled wine, beer, burgers, sausages and much more.

SCARECROW FESTIVAL

The 2011 Dussindale Scarecrow Festival was another big success with more than £800 raised for two local charities - Guide Dogs and the Nancy Oldfield Trust.

While the numbers of scarecrows on display were down year on year, organisers Norwich Centenary Rotary Club said that they are keen to keep the event in the calendar. The club, which meets at the Oasis Leisure Club in Pound Lane, already has a number of ideas to make the event bigger and better. One suggestion is to hold it on a July weekend and to add some new activities.

The club is looking for residents from Dussindale to get involved and become part of the organising committee. Anyone interested should contact Tony Marsh. Email: tonymarsh2001@aol.com or telephone 07765 243629

You can see photographs of all this year's entries on the Rotary Club's website - <http://www.norwichcentenaryrotaryclub.co.uk/>

Main event sponsor were Signs Express. Prizes were provided by Hughes, Chapelfield, Zaks Family Restaurant, the North Norfolk Railway, Banham Zoo, Thrigby Hall, Thursford, Dragon Hall, Fairhaven Gardens, Amazonia Zoo, Fritton Lake and the Oasis Sports & Leisure Club.



Prize winners were 1st Dellboy (the Coulson family); 2nd Fireman Sam (Pallants) and 3rd Hillybillies (Annette Blake). Most scarecrow sponsorship was raised by the Coulson family.



Vineyard Church

Most people like to celebrate at Christmas time. Many of us hide behind the statement, 'Christmas is for the children', but deep down there is a wonder that is stirred as we see the lights on the Christmas tree and along the streets.

At our own 'turning on of the Christmas lights' we anticipate the moment when darkness is turned into light. There is a sense of light being triumphant and a hope of a better future comes to the fore.

My favourite Christmas story is of the boy who was asked by his teacher to produce a banner for the Christmas nativity. On it, it would read, 'Glory to God in the Highest'. When the time came for him to show his finished work the teacher exclaimed, "Oh no, you have missed out the 'e' in 'Highest' ". It now read, 'Glory to God in the High St'. In one sense that is precisely what Christmas is all about. The God who is in the highest heavens has come down and is with men and women in the everyday life of the High Street!

For the shepherds, out in the fields, the light of heaven certainly broke in. They had a glimpse of the realities of the unseen world as angels pointed out to them the wonders of God clothed in flesh and blood, born as a baby. They would find him in a feeding trough in a stable. This is how they would know that he was the one who had come to be Immanuel, meaning 'God now truly with us', bringing peace and joy for everybody.

Jesus, the light of the world has been born and become one of us. Maybe this year as we go about our Christmas business, we will discover that God has come to our community, to our streets, to our homes and into our lives bringing light instead of darkness and hope for our world.

Geoff Lawton

Pastor, Norwich Vineyard Church

The Norwich Vineyard will meet at 4.30pm on Sunday 18th December for Carols by Christmaslight. We meet again on Sunday 1st January at 10.30am., St Andrews School, Laundry Lane, NR7 0XS. For more information call 01603 701750 or visit www.norwichvineyard.co.uk

We have a Mums, Carers and Toddlers group - 'TOTSTOP' which meets on Tuesdays at Dussindale Community Centre at 9.45am.



Thorpe St Andrew Town Council special edition Christmas cards available from the Town Council office in the Dussindale Centre, £6.00 for a pack of 10.

I'm a LION



***I have helped a child to see, I have built a school,
I have brought people nourishment, where hunger was the rule.***

***I have helped a youngster hear, and brought a mother Joy,
I have helped at Christmas time to bring a child a toy.***

***I have helped raise Guide Dogs and watched with pride,
As a blind man walks to work each day with my dog by his side,***

***I have battled drug abuse and conquered river blindness,
I have helped the old and lonely with simple acts of kindness.***

***I have sold more raffle tickets than anyone can count,
And even packed shoe boxes in staggering amounts.
I am helping now in Turkey, the orphans in despair,
They need our love and kindness, be sure that we'll be there.***

If I could see in every face, a pair of eyes that shine, it would be quite enough for me, you see friend, "I'm a LION".

***And if that friend should ask me why I give up so much time,
I will not have an answer; I'll just say, "I'm a LION".***

***And when my life is over, and I can do no more,
I'll leave behind some younger cubs, I've taught to mind the store.***

And as I stand before my maker, accounting for my time,

I'll say, "I have no Balance Sheet, you see, I'm just a LION"

(an anonymous LION)

Your local LIONS clubs are:

City of Norwich: 0845 8332753

Norwich North Alpha : 0845 8335109



Thorpe St Andrew, along with the rest of Broadland is one of the safest places to live, even so we must not be complacent, HomeWatch (sometimes called Neighbourhood Watch) is the largest voluntary organisation in the U K.

It works by neighbours getting together to keep an eye on each other's property, it is not difficult to start up and run a scheme and plenty of help is available, plus you will be kept up to date with crime and crime trends in your area.

If you would like information on regenerating your scheme or starting up a new scheme in your area please contact Norfolk Constabulary on 0845 456 4567 and ask for your Safer Neighbourhood Team to contact you, alternatively contact the Town Council Office and they will arrange for someone to contact you.

Now that Winter is upon us a few tips to keep your home and property secure.

On cold mornings do not leave your car running on your drive to warm up. Many vehicles are stolen every year because of this.

Ensure any security lights you may have are working correctly.

When out Christmas shopping, park, wherever possible in a secure, well lit car park, do not leave purchases on display.

On returning home do not leave door or boot open when taking purchases inside.

Do not leave presents on open view so that they can be seen through windows.

If you are going away for Christmas or New Year, let a neighbour know so that they can keep an eye on your property.

If you see anything suspicious, please do not hesitate to contact the Police on 0845 456 4567 or the new non-emergency number 101. but do not forget if you see a crime in progress **DIAL 999**

Be careful and have a Happy and secure Christmas

THE ROYAL BRITISH LEGION

Sadly, the Branch recently lost member Rodrick Brooks to cancer and our sympathies go to Freda and her family.

This year's Poppy Appeal Campaign is well under way and Thorpe Branch is very involved, albeit with a reduced number of helpers and further assistance with the collection would be very much appreciated. Anybody wishing to help and can spare an hour or two as a collector can contact the organiser by tel. 01603 701245 or e-mail mitzie32@tiscali.co.uk for further information.

The Remembrance Service is on Sunday 13th, with a Parade commencing at 2.15pm from Broadland District Council's car park to the Parish Church via the Memorial, where wreaths will be laid and crosses placed.

Thorpe Branch's Annual Dinner was attended by 27 members together with wives, partners and branch friends besides members of the Women's Section. The dinner was enjoyed by all and the evening raised £127.00 towards the Branch current total of £1,870 for The Legion's 90th Anniversary Fund.

Further, the Branch is very pleased to have welcomed six new members in recent weeks taking the current Membership to 104.

Local history archive update

The Chairman of the Thorpe History Group has handed over to the Council all the archives which have been collected over many years and which represent the hard work and dedication of Miss Janet Smith, a true magnum opus.

They cover every aspect of life in Thorpe St Andrew and reflect the many changes which have taken place. One feature is how the private houses of previous wealthy and influential residents have been taken for other purposes - Thorpe House is now a school and Thorpe Lodge is the offices of Broadland District Council.

The Thorpe Narrows have been widened much to everyone's relief. Do you know where Mac's Cafe was? Where can you see a 'crinkle crinkle' wall and a gazebo alleged to have been used by smugglers? Who lived in High House? Which public house avoided being re-named as the 'Gunga Din'?

One day, sometime in the future, when all the archives have been catalogued and indexed it is intended to stage exhibitions and you will be able to find the answers to the questions. The process is for each file to be examined, given a number, and a list made of the contents which are then placed at the beginning of the file.

The file numbers and lists of contents are being saved on a computer with the purpose of eventually publishing them on the Web with the contents cross referenced where appropriate. At the time of writing 33 files have been completely processed but there is an unknown number still to be dealt with.

Russell James

NWT Thorpe Marshes Update

A note from Jerry Kinsley:

I have recently been appointed as Thorpe Marshes Community officer and will be running a number of free wildlife workshops as well as volunteer work parties at Thorpe Marshes over the coming months. If you would like details of coming events just email me at the address below.

I have been involved with wildlife management and environmental education for nearly thirty years and relish the opportunity of working closely with the local community on this wonderful site.

We have been delighted with the initial response from people from within the Thorpe community wishing to volunteer on the marshes. We anticipate that local volunteers will be the 'eyes and ears' for the NWT on site and as my contract is for two days a week, the more help we have in averting any problems or issues on site the better.

I hope that many of you who already walk at Thorpe Marshes will like to be involved to a greater or lesser extent. Even if you do not wish to be formerly involved then it would be useful to hear of any interesting wildlife sightings you have made on or any management issues on site. If you are interested in helping or would simply like more details of what's planned then please contact me by emailing jerryk@norfolkwildlifetrust.org.uk or by phoning on 01603 625540 and leaving your contact details.



Involving local schools:

Thorpe Marshes will become a wonderful local resource for schools in Thorpe St Andrew. Norfolk Wildlife Trust is already working with teachers from Hillside Avenue and Dussindale Primary schools to develop education resources for pupils and teachers for use when they visit the Marshes. David North, Norfolk Wildlife Trust's education manager commented, 'Children today have few and fewer opportunities to learn about local wildlife and we are excited with the potential to link schools in Thorpe St Andrew with this wonderful wildlife-rich wetland on their doorsteps. We are hoping to create a safe area for dyke-dipping for local schools to use and to involve the children in monitoring the wildlife that lives here.'

Plans for enhancing Thorpe Marshes for wildlife:

Over the winter we hope with support from local volunteers to put up some bat boxes and bird nesting boxes. You may spot these when you walk around the Thorpe Marshes. Other plans under consideration include creating a tern nesting raft and an artificial kingfisher bank. It will be necessary to keep the shingle on the edge of the 'Broad' clear of vegetation to encourage nesting waders – another task that we hope local volunteers will support.

We will be putting on a workshop for local volunteers on tool use and safe working practices in preparation for carrying out practical habitat management.



Have you seen?

Recording the wildlife living at Thorpe Marshes is one enjoyable task that we hope lots of local people will help us with. We hope are aiming to produce an annual report on the species recorded and a summary will be published in Thorpe News. In order to achieve this we are putting on a number of specialist, free workshops on a range of topics ranging from digital wildlife photography, bat and bird identification, bat ecology and identification, fungi and invertebrates of ponds and dykes. These workshops will be free for local people.

To help us now we would like you to look for four species: otter, kingfisher, Chinese water deer, and water vole.

Please let Jerry know if you see any of these species, where on Thorpe Marshes you saw them, the number you saw, and the date. Good luck – to date we have no records of otter or Chinese Water Deer so your record might be the first for the reserve.

Email records to:

jerryk@norfolkwildlifetrust.org.uk
or tel: 01603 625540

Thanks for your help and support and please do contact me if you have any issues, queries, or suggestions about Thorpe Marshes that you would like to discuss.

Jerry Kinsley

Thorpe Marshes, Community Officer

Awards for service to the community

The annual civic award ceremony took place this week at Thorpe St Andrew Town Mayor's reception. Awards were presented to Miss Janet Smith for her work over many years in amassing a vast amount of archive material on the history of Thorpe St Andrew which she recently passed to Thorpe St Andrew Town Council who plan to make the collection available to the public once it has been fully indexed.

The second recipient was Mr William Bradley of Furze Road who has collected over £160,000 for cystic fibrosis charities. Mr Bradley is a familiar face to residents who see him outside local supermarkets most weekends with his collecting bucket and the attractive train he has made out of scrap items. The award was collected on his behalf by his grandson Carl Bradley as Mr Bradley was unable to attend the event.

The final recipient was Mr Russell James for his many years of voluntary service to numerous organisations in Thorpe St Andrew. The latest task that Mr James has taken on is indexing the historical archives that Janet Smith has passed onto the Town Council.



Pictured (left to right) Town Mayor John Ward, Carl Bradley, Janet Smith and Russell James.

Complementary Therapies for health and wellbeing

Good health is something many of us take for granted. But when things go wrong the effects can be far reaching.

It will come as good news then to learn that aside from seeing your GP there are other highly effective ways to protect your health and well being very close at hand.

You may not be aware that a whole range of complementary therapies are available locally within easy reach and with the added benefit of free parking.

These therapies can prove invaluable for a wide variety of complaints. Both young and old, no matter what your state of health, can benefit from the versatile range on offer, either as a single treatment or as ongoing combinations of treatments.

Complementary therapies are safe, gentle, non invasive and free from any harmful side effects.

Many of us now have hectic lifestyles and just need to recharge. Taking a short time out to have your energies rebalanced can pay long term dividends in terms of preventing stress or overwhelm and keeping you on an even keel. A regular massage or chakra balance can do absolute wonders for both physical and emotional functioning.

Amongst the many benefits massage can provide are improved circulation; digestion; sleep; it helps detoxify; reduces cellulite; lowers blood pressure; alleviates stress and anxiety; helps aches and pains; back problems; it energises and releases endorphins and other beneficial hormones which contribute to our overall feeling of happiness and wellbeing.

Other therapies available draw upon traditional Chinese wisdom, using the body's energy meridians and advanced energy balancing techniques. Keeping the body in balance is key to good health. Detecting and correcting energy imbalances in the body can help many problems and also prevent potential problems from ever developing. Kinesiology and Bio Energetic balancing techniques are invaluable tools in this process.

EFT, or Emotional Freedom Technique, can be helpful in a number of issues including fears, phobias, anxieties, weight loss, cravings etc. It has

also been successfully used in treating severe post traumatic stress. It can be likened to acupuncture, again using energy meridians but without the use of needles.

Our bodies have amazing innate healing abilities and recuperative powers, which given the correct conditions should spontaneously heal most complaints. However sometimes healing may not occur as it should and there could be a number of reasons for this. It is then that a professional therapist can do much to identify and remove any blocks that are hindering improvements and to facilitate or even accelerate the healing process.

Each individual is different so an initial consultation enables the therapist to understand any issues and design the most effective treatment possible.

A good therapist will always go to great lengths to ensure you are happy and relaxed and enjoying your treatment. Not only do you benefit from the therapeutic value of the techniques but there is the added enjoyment of feeling completely pampered and bathed in restful calm for the time of your visit.

If you would like more information on any of these treatments call Sara Palmer, qualified therapist Thorpe End, on 01603 439400.

Drama classes in local schools

Carl Bradley of Thorpe St Andrew is part of the team who bring drama classes to schools in the Norwich area. The Drama Active Academy classes are aimed at those who like or love drama, performing, dance or just making new friends.

The classes cover a wide range such as drama, poetry, singing, dance and musical theatre. One to one lessons are also available.

The classes cover a wide age range from age 4 to seniors. The Academy also offer a full LAMDA(*) examination programme and centre in Norwich. For more details contact Jane Ashdown on 07768 830668 or email her at jane@dramactive.co.uk

Norwich North MP Chloe Smith attends Broadland Boat Club's launch of its new coaching and safety boat at the club's Thorpe St Andrew base.

Water sports enthusiasts were joined by Norwich North MP Chloe Smith for the launch of a vital new coaching and safety boat for their club which is based in the former Norwich Union Rowing Club building in Girlings Lane..

Members of Broadland Boat Club gathered at their Thorpe St Andrew base at the end of October for the launch event of the new boat, which has been bought with a £10,000 grant from Sport England.

Miss Smith was on hand to unveil the new motorised craft, named Harnser, and share a glass of champagne with the club members. The boat club, based on Girlings Lane, provides facilities for rowing and canoeing for people of all ages and abilities.



Diamond Jubilee Celebrations

HM Queen's Diamond Jubilee takes place in 2012, marking 60 years of The Queen's reign. The Queen came to the throne on 6th February 1952 (her Coronation took place on 2nd June 1953). The central weekend to celebrate The Queen's Diamond Jubilee takes place from Saturday 2nd June to Tuesday 5th June, with celebratory activities throughout the United Kingdom and across the Commonwealth. The Jubilee Weekend features an extra Bank Holiday, with the late May Bank Holiday moved one week later, thereby making a 4-day long weekend. Buckingham Palace will be coordinating a range of spectacular events and in Thorpe St Andrew we are encouraging residents to celebrate.

The Town Council is continuing to work on a programme of events, the principle event being Monday 4th June - lighting of a Jubilee Beacon at the Recreation Ground, Laundry Lane. There will be a range of entertainment and a spectacular firework display for residents to enjoy. News of more events and ideas will follow as they are confirmed. It's not too late to let the Town Council have your ideas. Suggestions that have been put forward include 60 years of famous faces - a Scarecrow Competition.

How about another Water Frolic like the one that was held in July 1987? On that occasion the day started with a parade of boats at 10.30am followed by a programme of boat races that included sculling boats, canoes and dinghy jousting. If you feel that is something you would like to get involved with please contact the Town Council office on (01603) 701048 or email info@thorpeandrew-tc.gov.uk However for any of these events to take place we need your help. If you or a club or organisation that you belong to could get involved and help to make these ideas happen please contact the Town Council office to discuss your ideas and proposals to see how we can work together to make the Diamond Jubilee Weekend in Thorpe St Andrew a really memorable occasion.

How Can You Be Involved?

Open Gardens and 'Best Dressed House' Competition! - If you would like to open your garden to the public over the Jubilee Weekend please let the Town Council know.

Best Dressed House Competition! Get into the patriotic spirit and bring out the bunting for the Jubilee. The Town Mayor has three prizes to give away. All you need to do is register your house with the Town Council and be included on our 'patriotic map' of Thorpe St Andrew which, along with open gardens, will be included in a future edition of Thorpe St Andrew NEWS. Judging will take place on the afternoon of Saturday 2nd June.

Several churches, who are part of the Thorpe & Heartsease Christian Forum, are planning a multi church Flower Festival for September 2012, possibly to include the end of August bank holiday as part of the Diamond Jubilee celebrations. Details in the Spring Newsletter.

Are you a carer?

If you provide unpaid help or support to a relative, friend, neighbour, partner or child because of their physical disability or mental illness or learning difficulty, old age and frailty or a drug and alcohol problem.

Then YOU are a CARER.

Norfolk Carers Helpline is a free, friendly, personal and confidential service provided by experienced well-trained staff that will listen and discuss your caring situation. Support you emotionally and give information that is relevant to you. We can provide information on where to get help with finances, such as benefits and personal budgets. How to obtain a carers assessment and care assessments. Support and listen if you wish to discuss a difficult decision you have to make about continuing to care. We can discuss respite, relief breaks and if eligible our Short Breaks at Short Notice service enabling you to have time for yourself. We will listen during or after a crisis. We cover the whole of Norfolk and can refer to other services if needed. Who cares for carers? **WE DO!**

Norfolk Carers Helpline operates from 9am - 8pm Monday to Friday.
Freephone 0800 808 9876

We are managed by Crossroads Care, a national network of charities providing support for unpaid carers and the people they care for. The helpline is funded by Norfolk Social Services. Set up as part of Norfolk Social Services response to carers (Recognition & Services) Act 1995, The helpline initially operated a 24hr service for 11 years however, the service was restructured in 2006 to a 12hr service Monday to Friday.

To find out more we welcome visitors to our website www.norfolkcarershelpline.org.uk. We can also be contacted by email - norfolkcarershelpline@crossroadscare.org.uk or write to us at Norfolk Carers Helpline, PO Box 154, Norwich, NR3 4EZ.

Another good year for Car Boot Sales

The Thorpe St Andrew Car Boot Sales have had another excellent year with none of the sales being hit by rain and the later sales benefiting from the superb weather at the end of the summer. Jonathan Emsell the Councillor responsible for starting and organising the sales has said that he is now looking to promote the sales more. The sales have many people that visit each month and a good following has grown up, although we still have many residents that are unaware of the sales. Jonathan said "When we started the Car Boot Sales we were just looking to make a little extra money for our events. Then we realised that with regular sellers and buyers each month, mainly all from the Thorpe St Andrew area, it started to have a community event feel." With a new role as Broadland District Council's Community Engagement Champion Councillor Emsell is interested in any ideas that will help bring further engagement with the community. As an active member of the Thorpe St Andrew Events team that work on our wonderful events, which are the main way that the local councillors can engage with the residents and hear about issues they have. Anyone that wishes to be involved with any of the local events or would like more information on the car boot sales can contact the town council office or contact Councillor Emsell on 07717 362842.



SCHOOLS & PLAYGROUPS etc.

Acorn Playgroup Mrs. Emma Gaskin, Dussindale Primary School, Vane Close, Thorpe St Andrew, Tel 436934

Dussindale Primary School <http://www.dussindaleprimary.com> Jane Worsdale, Head teacher, Vane Close, Tel: 436180

First Class Learning www.firstclasslearning.co.uk/centres/norwich-taverham Charles Nevick Tel: 423405

Hillbillies Breakfast and After School Club St Williams Way Primary School, Julie King Tel: 07969 681947

Hillside Avenue Primary & Nursery School www.hillsideavenue.org, Hillside Avenue, Thorpe St Andrew, NR7 0QW Tel 433453

Just Learning Nursery www.justlearning.co.uk, (behind Bannatynes), North side, Broadland Business Park (and Meridian Way Tel 709077), Yarmouth Road, NR7 OHT Tel 300531

Kidz Klub Kerry Giles 705029 / 07900 904128

St Williams Way Primary School www.st-williams.norfolk.sch.uk Mr N Wood, Head teacher, St Williams Way, Thorpe St Andrew, NR7 0AJ Tel 434128

Thorpe Community Learning Centre Longfields Road, Thorpe St Andrew, NR7 0NB Tel for bookings: 434249 Adult Education tel. no. for details of classes: 435857

Thorpe House Langley Preparatory School and Nursery, www.thlps.co.uk Mr. S. Marfleet, Headmaster, 7 Yarmouth Road, Thorpe St Andrew, NR7 0EA Tel 433055

Thorpe Pavilion Nursery Mrs S Whitney, 108 Furze Road, Thorpe St. Andrew Tel: 701680 & 462353

Thorpe Toddlers (Wednesday & Thursday 9.30 – 11.00 term time) Lorraine Tel: 700789

Thorpe St Andrew School www.thorpe-st-andrewhigh.co.uk Mr. I. Clayton, Principal, Laundry Lane, Thorpe St Andrew, NR7 0XQ Tel 497711

Vineyard Tot Stop Adult and Toddler (Dussindale Centre) Kerry Giles Tel: (01603) 705029

RELIGIOUS GROUPS

Baptist Witard Road, Heartsease Estate Rev. D. Adams Tel 432647

Adat Yeshua Messianic Synagogue Rabbi Andrew Sheldrake, Email: adat-yeshua@ntlworld.com Tel: 464367

Church of England fr-barry@tiscali.co.uk Rev Barry Oake, 21a South Avenue, Thorpe St Andrew, NR7 0EW Tel 439754

Methodist Church, Heartsease Lane Rev. Nick Collison Tel: 433936

Norwich Vineyard Thorpe www.norwichvineyard.co.uk Church Meets Thorpe High School, Laundry Lane 10.30am Sundays For information Geoff Lawton Tel: 701750

Redeemed Christian Church of God Meets Dussindale Centre, Pound Lane, Thorpe St. Andrew Tel: 300044

Roman Catholic St George's Presbytery, 223 Sprowston Road, Norwich (for Church at St Williams Way, Thorpe St. Andrew) Tel 426971

Salvation Army Church, Dussindale Tel: 07900 904128

Thorpe St. Andrew Spiritualist Church Mr. Smith Tel: 720362

United Reformed Church Mr J Ward Tel: 431146

SCOUTS, GUIDES etc.

1st Thorpe St Andrew Beavers, Cubs, Scouts 1stthorpe@live.co.uk

15th Norwich Air Scouts, Beavers, Cubs, Explorers 01603 431295, 07786 524661

Brownies & Guides & Rangers Mrs. C Cutting, 9 Eastern Close, Thorpe St Andrew, NR7 0UG Tel 432274

1st Thorpe St Andrew 24TH Norwich Scout Group

St John Ambulance Adults, Cadets & enquiries – County HQ 01603 431639 www.sja.org.uk

St John Ambulance Badgers – Muriel Davie 01603 433528

LEISURE/SPORT

Badminton – intermediate standard – Wednesday nights at Dussindale Centre 8.30 – 10.30 p.m., Casuals Badminton Club – Tel: Miss S Eastman 784514

Ballet Classes for Children and Tap classes for adults Julie Seeley Tel: 412470

Modern, Ballet, Tap Dance Classes – Pam Clarke Tel: 01603 431657

Bridge Club – Mr. R. Fisher Tel: Norwich 436856

Broadland Boat Club – www.broadlandboatclub.org.uk Contact Lynn Powley Tel 07780 331875

County Arts Club The Secretary, Plumstead Road East, Thorpe St Andrew, NR7 9ND Tel 434529, Bowls instruction 10.30-12.30pm Saturdays

Frostbite Sailing Club Secretary: Mrs. S. E. Yapp, 96 Christchurch Road, Norwich NR2 3NG Tel 454567

Hillside Old Boys F.C. Secretary – Brian Smith, 25 Bracknell Avenue, Sprowston, Norwich, Tel: 499092

Hillside Rovers F.C. www.hillsiderovers.co.uk Secretary – Chris Durdin Tel: 300552

Ladies Keep Fit - Thursday 2 p.m. - 3 p.m. - Thorpe Community Learning Centre, Longfields Road Contact: Ann Bullen Tel: 434107

Exercise with Sally 01603 432487. Active 50+ Tuesday 9.00-10.00am, Fitness Pilates Thursday 1.45-2.45pm. Intermediate 3-4 thursday Village Hall, Yarmouth Road. All welcome.

Norwich Petanque Club <http://norwichpetanque.moonfruit.com/> – Meets Cottage P.H. Wednesday nights. Secretary – Richard Green 01603 484626

Short Mat Bowls- Oct - April Dussindale Community Centre Mon and Thurs pm. 07770 643943

St Andrews F.C. & St Andrews Youth Under 11's– Tel 300316

St. Andrews Cricket Club www.standrewsccricketclub.co.uk Gary Knights, Tel 01508 528961

Stanmore Tennis Club www.tennis-today.net/stanmore Secretary: Mr Greg Tyler, 7 Cintra Road, Thorpe Hamlet, NR1 4AE Tel 462264

Starlight Express Majorettes Maggie Brown Tel 487161

Thorpe Dolphins – Swimming lessons for children 4-10 years – Kim Burrows Tel: 439690

Thorpe Kite Flyers www.thorpekiteflyers.btinternet.co.uk Mr. J. Arnott, 210 St. Faiths Road, Old Catton, Norwich, NR6 7AG Tel/Fax 429512

Thorpe Leisure Bowls Club (Sen. Citizens) Secretary: Mrs. R. Powell, 78 Gordon Avenue, Thorpe St. Andrew, NR7 ODP Tel: 434742

Thorpe Recreation Bowls Club Mr A Slatter, 12 South Hill Road, Thorpe St. Andrew, NR7 0PG Tel: 07799258715

Thorpe Rovers F.C. www.thorpe-rovers.co.uk Adam Watkinson, Chairman 01603 438730

Thorpe Tennis Club Mrs. S Murrell, Kingston, 8 Lawn Crescent, Thorpe End, NR13 5BP Tel 432070

Thorpe Village F.C. Tel 435985

Yare Boat Club www.yareboatclub.org Mr. A. Roper, 1 Nutfield Close, Norwich Tel: 502390

WOMENS' ORGANISATIONS

East Thorpe WI - Mrs. J Palotai, 83 Beechwood Drive, Thorpe St. Andrew, NR7 0LN Tel: 461310

Mothers Union Mrs. Ann Cook, 3a Hillside Avenue Thorpe St Andrew Tel: 433783

Thorpe Afternoon WI Mrs. S Nunn, 16 Hillside Avenue, Thorpe St Andrew, NR7 0QW Tel 433052

Thorpe End WI www.thorpeendwi@yahoo.co.uk Secretary: Sue Harrison Tel: 700872 (meet 7.15 p.m. third Thursday - Thorpe End Village Hall)

The Royal British Legion Women's Section Thorpe Chairman/Hon Secretary Miss M Hawes, 48 Scott Road, Thorpe Park, Norwich NR1 1YR Tel: 622953

HEALTH ORGANISATIONS

Arthritis & Rheumatism Council Thorpe Branch Mrs. P.J. Parker, 27 South Hill Road, Thorpe St Andrew, NR7 0PQ Tel 435863

Central Tremour Self Help Group Meets 2nd Tuesday in the month, 19.30 at St Andrews Centre.- Mrs Lack Tel. 423877

Cheeky Monkeys – Family Support Group for children with A.D.H.D. and special needs – Sheena 472899, Amanda 700664, Yvonne 486863

Local Volunteer Co-ordinator Mrs. S. Turner, Thorpe Health Centre, Williams Loke, Thorpe St. Andrew, NR7 0AJ Tel 439411

Lupus Society Mrs. Winstanley 01263 822396

SOCIAL ORGANISATIONS

Broadland Homewatch www.broadlandhomewatch.co.uk Mr R. Robson, Administrator: Tel 01603 411013

Citizens Advice Bureau No appointment necessary, Wednesday mornings 9.30 – 12.30, Dussindale Surgery, Sainsbury's Complex, Tel 660857

Community Speed Watch Mr S Freeman-Pannett, Tel: 300027

Drama - Thorpe Players www.thorpe-players.co.uk Mrs. I Munday, 2 Gunner Close, Thorpe St. Andrew, NR7 OYR Tel: 702777

Flower Club (Thorpe) Tel: 431732 (2nd Thursday at 7.30 p.m. except August – Heartsease Lane Methodist Hall)

Horticultural Society Mrs. W. Cogman, 34 Longfields Road, NR7 0NB Tel: 431712

Library St Williams Way Branch, Thorpe St Andrew, NR7 0AJ Tel 434123

Norwich Centenary Rotary Club – Wednesdays 6.30pm at the Oasis Sports and Leisure Club, Pound Lane. Tel 462462 or visit www.norwichcentenaryrotaryclub.co.uk

Personal Development Group Mrs. C. Mannerling Tel 439138

Probud – Yare Club Secretary Mr Stanley Deeks 22 The Street, Rockland St Mary NR14 7ER Tel 01508 538329. Meet at the Oaklands Hotel on the second Thursday of each month.

Rotary Club of Thorpe St Andrew www.thorperotary.org Contact: Mr Whitworth, 5 Stanmore Road, T.S.A., NR7 0HB Tel: 700356

Royal British Legion, Thorpe Branch, Mrs M Tarring, Tel: (01603) 701245

Sequence Dance Dussindale Centre, Pound Lane, Mondays 8.15 – 10.30pm and 1st Saturday in month 8 – 11pm. Details from Mrs Dickerson 01603 742372

Thorpe & District Gardening Club Secretary: Mrs. M. Street, 37 Eastern Avenue, Thorpe St. Andrew, NR7 0UQ Tel 438370 (Meet St Francis Church Hall, Rider Haggard Road, Heartsease, Norwich last Tuesday of month 7.30pm) maureen.street@ntlworld.com

Thorpe Lacemakers Dussindale Centre Pound Lane, Mondays 1.30 – 3.30. Contact Mrs V Broad 01603 270251

Vintage Club (Senior Citizens) Tel 432553

To include your club or organisation in this list please contact the Town Council Clerk, Mr. S. Ford, Thorpe St Andrew Town Council, Dussindale Centre, Pound Lane, Thorpe St. Andrew, Norwich, NR7 0SR or telephone 701048 (out of hours answer phone) Office Hours - Monday to Thursday - 9.30a.m. to 1 p.m. and 2 p.m. to 4 p.m., Friday - 9 am to 1 p.m.

Please do let us know if any details are incorrect!

Social events for career people in their 20s and 30s in the Norwich and Norfolk area.

Join Norwich and Norfolk IVC and meet like-minded people for walks, meals, sports, parties, theatre, cinema, concerts, holidays..... we hold more than 200 social events every year.

We have over 120 members
Membership is just £30 per year

First 2 months' membership is free so come and see us

To find out more contact our new member reps (Kelly, Suzette or Chris)

Tel: 01603 905482 or email via link below.

info@norwichivc.org.uk

We are a non-profit making group and have no links with any political or religious organisations.

NEW MONDAY & THURSDAY EVENING FITNESS CLASSES IN THORPE ST ANDREW (FIRST SESSION FREE)

ATP Health and Fitness Norwich are now running both kettlebell Fitness and Circuit Training classes at the Thorpe House Langley Prep School, we are offering all readers their first session FREE.

Circuit Training which is suited for all ages and levels of fitness will run between 7 - 8pm on a Monday and 6:30 - 7:30pm on a Thursday.

Kettlebell Fitness (For fat burning) which is slightly more advanced will run between 8:15 - 9:15pm on a Monday

Both classes are a fun way to get fit, lose weight and tone up. Meet like minded people in a fun and friendly atmosphere, classes cost £5 per session or you can do a block of four for £16

Contact Matt Philpot for more details or to book your FREE trial session

E-Mail: matt@atphealthandfitness.co.uk Phone: 07785105381

Hillside Rovers FC

Hillside Rovers FC has been awarded this year's Norfolk FA's Respect award. For this we received a plaque and a cheque for £200, presented by the chairman of Norfolk FA, Richard King, and James Shelton from Norfolk FA HQ, at our training session a Hillside Avenue School on Saturday, 24 September.

Cricket at Dussindale

St Andrews Cricket Club had a very enjoyable season in 2011, despite the league side being relegated and the vagaries of the English weather!

With 3 of the last 4 scheduled fixtures in August being rained off, the club were unable to play the sides directly around them in the league table and thus finished an agonising 0.02 points from safety. The club will be looking to immediately bounce back to Norfolk League Division 2 next summer and will do so in good heart, having picked up a number of excellent new players during the course of 2011 who fitted in seamlessly.

Away from league cricket the Sunday side enjoyed a varied and interesting programme of friendly fixtures from April to September. This team offers the opportunity for those who purely wish to play the game socially and also allowed an increasing number of Thorpe youngsters to improve their skills in a competitive, yet friendly environment.

Having to endure an unseasonal heatwave in April and rain in August, Darrin Sayer and his ground staff are to be thanked for producing some excellent wickets at Dussindale Park and it was fitting that the last game of the season there, the annual encounter with a Monty Montague XI, was not decided until the final over of a game in which all three results were possible right up to the end.

Off the field the club continue to run a series of social events and with plans already being made for 2012 anyone who is interested in playing, scoring or even umpiring for one of Norfolk's oldest cricket clubs would be assured of a warm welcome. Contact details can be obtained from the club's website: www.standrewsnorfolk.play-cricket.com