

THORPE ST ANDREW TOWN COUNCIL NEWS

WINTER 2007



The

BEACON

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over 6000 copies distributed throughout the Town

ISSUE NUMBER 41

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LOCAL GOVERNMENT REORGANISATION

Thorpe St Andrew residents will be aware that Norwich City Council are trying to become a Unitary Authority. This means that they wish to be responsible for all services within their area, some of which, like education and social services are currently provided by The County Council. The City Council's bid for Unitary Status, based upon their existing boundaries was rejected by the Government but they indicated that a Unitary Structure might be viable on extended boundaries. This would mean services to Thorpe St Andrew would be provided by a new City Unitary Council.

In this event Broadland District Council would cease to operate. The Town Council should not be affected. The Government has instructed the Boundary Committee to undertake the review and report back by October 2008. If the Boundary Committee recommends Unitary Status for Norwich City Council the extended city boundaries will affect Broadland and South Norfolk and thus the whole local government structure throughout Norfolk will have to be considered for reorganisation.

The Boundary Committee cannot officially begin work until the 'Local Government and Public Health Bill' passes through Government (is enacted) which was programmed for October 2007.

The sequence of events is that the Boundary Committee had a preliminary visit to Norfolk on 17th October. They will have a 12 month period to make further visits and gain information then report back to the Secretary of State before October 2008.

If they recommend a change to Local Government Structure the order will be made December 2008 - January 2009. Transitional arrangements will begin from January 2009, with the new councils elected 2010.

The Committee should canvass public opinion but a referendum is unlikely. As your Town Council we would like to know the opinions of our residents and would therefore appreciate it if you could return the questionnaire below to the Council office. Then if we are involved with the consultation we will represent the view of the majority of our residents.

Please indicate your preference of the options below or make your comments and return to the Town Council Office, Dussindale Centre, Pound Lane, Thorpe St Andrew, Norwich, NR7 0SR. (or fax 701048). Email: office@thorpeandrew-tc.org.uk

- a) The current two tier system in Norfolk works well and should not be changed
- b) The current two tier system in Norfolk could be improved but not changed to Unitary
- c) I would welcome being part of a Unitary Council but not part of Norwich
- d) I would welcome being part of a Unitary Council as part of a greater Norwich

If Unitary Councils are implemented across Norfolk the Town and Parish Councils should be given more responsibility on local issues. Y / N

URGENT SEASONAL REQUEST!

The Thorpe St Andrew Town Council Events Committee is currently organising our fun community events for Christmas, one of them being an evening of family enjoyment at the River Green for the turning on of the Christmas lights.

However we require a 20ft Christmas tree for the lights to adorn. We have had quotes for a tree that averaged £300 which is then money that can't be spent on the sweets and entertainment for the children. Therefore we are sending out this S.O.S. to see if any of our readers have a tree in their garden that was perhaps planted when it was small and has just outgrown it's welcome now.

If so we would like to take it off your hands providing it is deemed suitable. If you have such a tree we would be very grateful, please contact our office on 701048.



Christmas in Thorpe St Andrew

What a better way to start the Christmas feeling? In celebration of Thorpe St Andrew becoming a town in 2006 the town council are making Christmas 2007 a special family and community occasion. The festivities begin at River Green between 6pm and 8pm on 1st December with the switching on of the Christmas lights. This year they have been provided by donations from local businesses and substantial sponsorship by The Oaklands Hotel

Father Christmas accompanied by Helen McDermott from Radio Norwich 99.9fm, based in Thorpe St Andrew, will start the evening by switching on the lights that now include trees on River Green as well as the column mounted display alongside the road.

There will be hot food, mince pies, drinks and entertainment provided on the Green. A torchlight procession from Oakland s Hotel of local children led by members of the Salvation Army Band will end with carol singing around the Christmas tree. A Christmas market will be held at The Buck car park and a few more stall spaces are still available. Please telephone 01603 701408 for bookings or more information.

The evening culminates at 8pm with a firework display. It all promises to be a fun way to kick start the Christmas celebrations and admission is free. Yarmouth Road will be closed to through traffic from 6pm until 8pm; traffic will be diverted via Harvey Lane, St Williams Way through to the mini-roundabout near Sainsbury's.

The annual town Christmas concert takes place on Wednesday 5th December at 7.30pm at the Dussindale Centre, Pound Lane. Entertainment includes the Parish Church Junior Choir and Dussindale School Choir. Jefferson's Mandolins band from Sheringham are coming for the first time. Honingham Bell Folk hand bell team return after a year's break. Mich Andrews, didgeridoo player, will entertain during the interval and Jeff Granger will once more provide musical accompaniment on his electronic organ.

Tickets priced at £3.00 include a mince pie, hot drink and entry into a free draw for a mini stereo system. They are available from the Town Council office, Dussindale Centre, Pound Lane - Tel: (01603) 701048.

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EXOTIC PEST ALERT!

We at the Town Council are very worried for the health of our large Horse Chestnut Tree on the River Green. Apart from the fact that the tree is decaying it now has Horse Chestnut leaf miner. Please see the picture to see the damage this is doing.

The cause of this is the Leaf mining moth, as the name suggests, the larvae of this moth produce mines within the leaves, feeding between the upper and lower surfaces. The resulting serpentine mines, which are at first translucent, may reach 4cm in length.

On heavily infested trees with multiple attacks on the same leaf, the mines often merge together. This leads to browning and drying of the leaves, which eventually curl upwards and inwards at the edges and fall prematurely. Early leaf fall can affect 70 – 100% of the leaves on a single tree. By August, the whole tree can appear autumnal.

This pest has spread rapidly across mainland Europe. The limits of its potential distribution and climatic tolerance are not yet known. Here in the U.K. it appears likely that the moth would be able to complete two or three generations in a warm dry summer. However, neither rapid spread across Europe nor the damage done in temperate parks were anticipated.

This pest seems to be showing more climatic tolerance than would be predicted on the basis of current knowledge. Such climatic tolerance, combined with any increase in frequency of hot dry summers, means that the moth may pose a greater threat than was originally foreseen.

We have had the tree climbed by an expert to examine previous damage caused by a tree surgeon and X-Rayed. Examinations are ongoing as we do not wish for the tree to pose a danger to the public who use the green. However everything possible is being done to save the tree as it is such a feature at River Green.



BELMORE PLANTATION

Returning home from a cycle ride on a very hot day, what a wonderful sense of coolness and peace I found in the upper reaches of Pound Lane. The trees overhang the road making a green leafy tunnel, while tall trees in one section give the sense of being in a cathedral.

The piece of woodland known as Belmore Plantation, bordered by Pound Lane, Plumstead Road, South Hill Road and Booty Road, is also a gem for walking in, lifting one's spirits as well as being a haven for wildlife. I took my grandchildren in there – they don't have woods like this where they live in Cambridge. We met a few dog walkers but there were others, those out for a restorative stroll, or a voyage of exploration like us?

These woods are a local asset which should be used and appreciated fully. They must never be allowed to fall into the hands of developers.

Phyll Hardie.



One local resident has made a real feature of their front hedge! Let us know if you have seen any other good examples of topiary skill.

FUTURE EVENTS

St Georges Day Festival April 2008

If you would be interested in participating in the celebrations we at Thorpe St Andrew Town Council intend organising, then please contact the Town Council Offices.

We would like to hear from any organisations who feel they could contribute to the celebrations.

Thorpe St Andrew Carnival July 2008

The Town Council has plans to organise a town carnival in celebration of Thorpe St Andrew becoming a Town.

We would like to include all communities in Thorpe St Andrew and intend to communicate with them in the near future.

If you as an individual or part of an organisation would like to be involved in the planning of this event from the offset, please contact the Town Council Offices.

Date and times for both will be confirmed in the next Beacon.

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NEWS FROM THE TOWN COUNCIL



Town Council

On Wednesday 22nd August there was the first meeting of the Safer Neighbourhood Action Panel (SNAP). The Council was represented on the panel with councillors being elected Chairman and Vice-Chairman.

The panel was set up to gain information on areas where there were particular problems and the nature of those problems. The members of the public who were present raised a number of issues that concerned them, principally anti-social behaviour and the irresponsible use of vehicles on roads in residential areas. After the public had left the Panel analysed the information they had been given and decided that there were three problems that needed to be addressed:

1. Anti-social behaviour in the Spinney Road/Booty Road/Laundry Lane/Pound Lane area.
2. Trespass, anti-social behaviour and criminal damage at Thorpe St Andrew High School.
3. Motor cycles speeding on the roundabouts and link roads on the Business Park.

There will be an increased police presence in all these areas. The school will arrange for all gates to be closed whenever possible and the police will apply zero tolerance to all trespassers on the premises.

At the Council meeting on 3rd September it was reported that an application for a grant towards the cost of a new community hall had been refused. There were over 2000 applications, totalling more than £588 million from a fund of £50 million. We now have to reconsider the situation and any ideas or suggestions will be welcome. Where do we go from here?

The Speed Awareness Message (SAM) is a County Council initiative. Speed awareness signs are set up to show a 'smiley' face and the speed of any vehicle at less than 30mph. Drivers in excess of that will be shown just the speed at which they are travelling but there will be a limit to the speed shown to prevent racing. SAM has been invited to Thorpe St Andrew.

There is an annual programme of events arranged by the Council and any offers of help before, or on the day of, an event will be gratefully received. If you can help in any way please contact Sue Lawn on 300412.

SAFER NEIGHBOURHOODS

You may be aware that the Government initiative to provide neighbourhoods with dedicated teams from police, council, housing, HomeWatch and other agencies is now operating in Thorpe St Andrew. The Thorpe St Andrew neighbourhood includes the parishes of Postwick and Witton and is now served by a dedicated police team of the following people.

Pc Sue McArdle
Pc Sam Stolworthy
PCSO Jason Hackett
PCSO Kate Sooley
PCSO Mike Seaman
PCSO Vicky Mace

The team will operate between the hours of 8am-12 midnight and are contactable on **0845 456 4567**

There is a Safer Neighbourhood Action Panel (SNAP) which is made up of police, council members from town, district and county level, local schools, faith groups, elderly and Housing. This panel meets quarterly and, taking information from the local community, sets priorities to be worked on by all agencies. The SNAP meetings are open to the public and prior to the meetings there are 'surgeries' where you can meet with and speak to representatives of the teams and street briefings where the team members will hold a meeting out in the open for community members to have their say.

SNAP meetings are now booked for November 28th, February 27th and May 21st.

You can find also out more about what the teams are doing by logging into www.safernorfolk.co.uk

Diana Remembered



Town Mayor Russell James and Broadland District Council Chairman Mike Snowling with members of the Town Council & Broadland District Council at the memorial ceremony for Princess Diana.

On Friday 31st August, the Town Mayor, Russell James, and other members of the Town Council joined the Chairman of Broadland District Council, Cllr Mike Snowling, to commemorate the tenth anniversary of the tragic and untimely death of Diana, Princess of Wales.

Flowers were laid on behalf of the Town Council and Broadland District Council at the special commemorative tree on River Green. The Town Mayor, stressed that the ceremony was one of thanksgiving for the dedication and compassion Diana had shown others in her lifetime, also remembering that Diana was born and raised in Norfolk.

A reading was also given using text by the former Archbishop of Canterbury, George Carey, hoping that we may all be inspired to serve as she served.

SUDDEN LOSS OF MUCH VALUED COUNCILLOR

It is with great sadness that we have to write about the sudden death of our councillor Brooks Simpson.

Brooks died from a dissected thoracic aortic aneurysm the day after his 36th birthday. Brooks was elected in May this year and although he had only been a councillor for a short while, his work was very much appreciated.

We at the Town Council send our deepest sympathies to his wife, family and all who knew him. A £100 donation in Brooks' memory has been made to The British Heart Foundation.

FLY TIPPING

We think you will agree that Thorpe St Andrew is a pleasant environment to live in and we wish to keep it this way. Unfortunately some of our parks are being used for Fly tipping, such as garden rubbish and grass cuttings. These areas include the Recreation Ground, Dussindale Park, Gargle Hill Woods, the allotment sites and the tree plantation.

There have been a few instances of Fly tipping which do go to spoil our town. The following are just some facts from Broadland District Council:

What is the law to Fly tipping?

Fly tipping is the unauthorised dumping of waste and is a criminal offence.

What are the penalties for Fly tipping?

The penalty for Fly tipping is a fine of up to £50000.00 or imprisonment for up to 5 years.

Advice

- If you use a builder or other people to carry out work, or ask someone to get rid of your waste, make sure they are going to dispose of it properly.
- Only use reputable companies.
- Ask to see a Waste Carriers Licence and where the waste is to be disposed of.
- Be aware of anyone who offers to get rid of your waste on the cheap – they may be going to Fly tip.
- Please report any Fly tipping to Street Scene Team, Broadland District Council, Thorpe Lodge, 1 Yarmouth Road, Thorpe St Andrew, Norwich, NR7 0DU.
- Thorpe St Andrew Town Council arrange for a monthly Parish skip which is rotated round some key areas.
- Please look out on the notice boards for information regarding where and when the next one will be.

Thank you for reading this article and helping to keep Thorpe St Andrew tidy.

THORPE ST ANDREW TOWN COUNCIL SERVICES

Here at the Town Council office within the Dussindale Community Centre we deal with the following:

BUS PASSES – gives free travel in Norfolk between 8.30 am and 11.00 pm for the over 60's or those with a disability. If you require a bus pass, live in the Broadland area and are over 60 you will need to bring in a passport sized photograph and proof of age, we can supply the necessary application form and it will only take a few minutes to complete. If however, your bus pass needs to be renewed we do not require a new photograph just pop in with your old pass, complete a renewal form whilst we issue you with a new permit.

RAIL CARDS – give a third off most standard and first class rail fares for the over 60's excluding morning peak period times. If you renew at our office you receive a £5 discount off the normal £20 cost. We will need proof of age and a completed application form, which can be obtained from the office.

STREET LIGHT FAULTS – If you notice any street lights that are out, dim, flickering or on during the day please contact us either by telephone 01603 701048, email office@thorpestandrew-pc.org.uk or put a note in our letterbox so that we can rectify the fault. It is very helpful if you can give us as much information as possible i.e. which house the light is outside and the specific light number. We will then report the fault to the relevant body. We are not responsible for all the lights in Thorpe St Andrew as those with a number on at Dussindale come under Norfolk County Council and the remaining lights are still under the ownership of the developer and need to be reported to them.

OFFICE OPENING TIMES – MONDAY – THURSDAY 9.30 am – 4.30 pm and FRIDAY 9.30 AM – 1 PM

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Thorpe and District Gardening Club

The Club meets at the Windmill Public House on Plumstead Road on the last Tuesday of each month at 7.30pm. Like most clubs we have membership ups and downs, at the moment we seem to be on 'an up' with several new members joining during the past year.

The meetings usually have a talk with slides on a variety of subjects, not at all connected with gardening. The following is a brief look at some of the ones we have had during the past year.

The November subject was 'Flower arranging for Christmas' by Joan Baker, this gave members some useful tips for the festive season.

There was no meeting in December and in January the club met at mid-day with a buffet lunch provided by the Windmill. The time change in January saved coming out on a wintry evening. It was an interesting afternoon with Tony Howes talking and showing slides of the 'Farne Islands'. The tour started at Seahouses in Northumberland and continued round the islands. There were shots of numerous sea birds and also two Lighthouses one of which was the home of Grace Darling. Grace and her father went to many ships in distress in the 1800's.

February's meeting was at the Cottage Public House on Thunder Lane and was again mid-day. This was followed by the club's annual sponsored lunch. We welcomed Bill Webster who is ambassador for Norwich in Bloom and Terry Bane of Norwich in Bloom and Anglia in Bloom as our guests. This was an excellent lunch enjoyed by all. Two of our members Joan and David Payne with their son Ben entertained us after lunch with music and songs. Phyll Hardie a member of the club gave a talk with slides in March on her visit to Lithuania. Phyll visited various Art galleries and museums and it was interesting to note that fifteen years ago traffic was so light on the motorway there that bicycles, horse and carts and cows were allowed to use the hard shoulder. Also March was the last meeting to be hosted by Kim and John at the Windmill. The club presented them with an engraved silver salver in appreciation of their hospitality over a number of years and wished them well on their move to live in France.

Rosemary Thompson from the Plantation Garden Trust gave a very interesting talk with slides on the history and progress of the Plantation Gardens with Nancy doing the projections. These originated as a Victorian Town Garden on Earlham Road and the gardens were created within the bowl of a chalk quarry. Several of the members visited

the gardens on a Sunday afternoon in August and had a pleasant time looking round and also enjoyed a cream tea in the lovely surroundings of a quiet peaceful oasis within the city. Peter Battle one of our members was quite involved after the second world war in helping to clear the gardens which had been quite neglected, his memories of those days were quite interesting.

Jim Wilson gave a talk in May on bedding and patio plants and it was interesting to hear that much of the plant breeding is done in Israel, Portugal and North America with Japan being the originator of the trailing Petunia. Jim is involved in lots of plant trials and brought some quite new specimens that won't be on the market for a year or so.

Members were entertained in June by George Debbage who has retired this year after forty years at the Fairhaven Woodland and Water Gardens. George started as an under gardener in a team of seven and gradually worked his way up to manager. He told us the history of the Fairhaven ancestors and we saw lots of slides of the 130 acres of the Woodland and Water gardens including a private broad. These gardens have been a setting for several films including Swallows and Amazons and Back to the land.

David Paull, who has connections with the Norfolk Wildlife Trust gave the talk with slides on his tour of North America in July. David visited twenty one states and six Canadian provinces from the Grand Canyon to the Yellow Stone National Park. The Bryce Canyon was very spectacular with rock formations that had been carved by water. There are frosts for two hundred nights per year and as the sun melts the ice so the shapes are formed. The Arches National Park has two thousand arches and it is the world's largest collection. There was also a slide of a Totem Pole which in winter has a thirty five mile shadow.

Various outings are arranged during the year among others was a visit to the Cromer Pier show and the Thursday Christmas Concert.

Some members exhibit in the Royal Norfolk Show and other shows during the year and have been quite successful.

We run a raffle at each meeting, this helps with speakers fees.

In May a very popular and profitable yearly plant sale is held at 37 Eastern Avenue, Thorpe St Andrew.

Club details available from Maureen on 01603 438370.

Norfolk Mental Health Alliance

Who are we?

'We' are a partnership of mental health service users, carers, staff and other interested organisation and individuals.

Aims of the Alliance

Our purpose is to increase peoples awareness and understanding of mental health matters, and to reduce the stigma and discrimination experienced by those with mental health problems.

The Alliance emphasises that everyone needs to look after their mental health.

What do we do?

We organise activities and events around the region to promote positive mental health. These include:

- * Fair at the Forum
- * Workshops and conferences
- * Art exhibitions
- * Competitions
- * Media publicity

Members include

- * Age concern
- * ISU - Involving Service Users
- * Julian Housing
- * Meridian East
- * Norfolk and Waveney Mental Health Partnership NHS Trust
- * Norfolk Mind organisations
- * Norfolk Primary Care Trust
- * Norfolk Social Services
- * Rethink Group
- * Individual mental health service users and carers
- * Other interested individuals

How to contact us

Norfolk Mental Health Alliance
C/O ISU - Involving Service Users,
1b Oak Street,
Norwich,
NR3 3AE
E-Mail: info@isu-norfolk.org
Visit our website: - nmhct.nhs.uk/pharmacy/nmha.html

A walk through Pilling Park, Lion Wood & the Rosary Cemetery, about 2 miles.

Park in Pilling Park car park off Harvey Lane (yellow AA signpost). Go up the stone steps into the park and straight ahead past the basketball court. At the end of the court go diagonally left to the corner and into Lion Wood Nature Reserve (info board on left). Follow the main path ahead and slightly right continuing under the broken tree to some steps on the right. Descend the steps with care. At the bottom turn left and follow the path right up the slope past the roots of a fallen tree. Follow the path to the left ignoring the steps. Down the steep grass slope and up the path on the other side. At the fork bear left and follow the path parallel to the house back gardens. At the top of the hill turn left out onto the road.

Turn left and after a few yards cross the road and enter the Rosary Cemetery by the gate. Follow the track to the left and bear left at the roadway. Right at the T junction then left on the track between trees. Go down and through the gateway into the old part of the cemetery. Continue straight ahead on a mossy track. Just past the steps is the grave of *Sir George White*, died 1912, a partner in Howlett & White Shoe Manufacturers of Colegate, City Councillor, Sheriff of Norwich and Liberal M.P. for North Norfolk. 3000 mourners attended his funeral. Continue ahead, past the steps, to the junction and turn left and you will see on the right the grave of *John Barker*, died 1897, Steam Circus Proprietor, accidentally killed at the Old Cattle Market, trapped between two wagons whilst setting up his steam roundabout.

Retrace your steps down this path and turn left on the grassy path to the Mausoleum. This is the tomb of *Emanuel Cooper*, died 1878, a prominent eye surgeon. His daughter Ada married John Galsworthy whose novel *The Forsyte Saga* is largely their story. Retrace your steps to the path you were on and turn left past *Gertude Alice's* angel. After 20 yards turn left to the grave between two decorative urns, this is the grave of *Reverend Thomas Drummond*, died 1852, a Presbyterian minister, he founded the Rosary Cemetery in 1819 and his wife Ann was the first person buried here in 1821.

Retrace your steps to the path and turn left. Now turn right towards the chapel and on your left is the grave of *Isaac Wiseman*, died 1863 aged 64, a wine merchant, he had two wives and eight children who all predeceased him. Retrace your steps to the last junction. Turn right and just before the T junction, right to the grave of *Corporal George Wilde*, died 1867 aged 67. He served as a soldier for 23 years in the Crimean and Maori Wars, wounded at Balaclava in 1854 whilst taking part in the Charge of the Light Brigade.

Go onto the roadway and turn right towards the chapel. Bear right at the chapel, past Isaac Wiseman and left at the junction. Where the main path bears right go straight ahead and with steps on your right you will see on the left the grave of *Ralph Hale Mottram*, died 1871 aged 88, Novelist (*The Spanish Farm Trilogy*), Banker and Lord Mayor of Norwich. With your back to the Mottram plaque go straight ahead to the plot of *Jeremiah Colman*, died 1851. He founded Colmans Mustard in Stoke Holy Cross in 1814.

From here return to the Mottram plaque and with it on your right go straight ahead. After 15 yards turn left to the grave of *Edward Boardman*, died 1910, the founder of the architects Boardman & Son in 1860. His work included the refurbishment of the old N & N Hospital, the conversion of Norwich Castle to a Museum, the Royal Hotel and the Chapel in this cemetery. With your back to this plaque, turn left and after 20 yards you reach the Hines Family Memorial. The only iron memorial in this cemetery. *Edward Hines* founded an Iron Works in Norwich in 1820.

Go up the pathway by the wall and turn left. At the corner turn right towards the fallen tree and the graves of *John Prior* (engine driver) and *James Light* (fireman) who both died on 10th September 1874 in the Thorpe Railway Disaster which claimed 25 lives. 5 yards away is the grave of *Frederick Ringer*, died 1907. He formed the trading company of Holme, Ringer & Co in 1868 in Nagasaki, Japan. He dealt in tea, coal and tobacco and later in banking and insurance. He also established an English language newspaper. Retrace your steps to the main path. Turn left and follow the path to the gap in the wall and left up through the newer cemetery. Right at the junction then left and ahead on the track to the gate.

Turn left up the hill, crossing and going into Lion Wood by the wooden fencing. Bear left and keep close to the perimeter fence. Follow this path by the fence on your left past Anglian Water property and then the school playing field. When the playing field ends continue ahead and follow the path down to another entrance. Do not go through but cross the larger path and go ahead and up a small path bearing right and back into the wood. Continue on this path past garages and flats on your left. You will shortly see a view on your left of Mousehold House which was built by the Harvey family in the late 1700's. Continue on this path past more flats and between the cut section of a giant beech tree which fell in the gales a few years ago. Follow the right fork of the path to a seat with a view and some steps. Descend the steps and continue ahead and left to more steps. Climb these steps and turn left at the top and follow path to the park entrance. Go back across the park to your start point.

The wise choice



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St John Ambulance run these courses and they are held at their centres in Norwich, Great Yarmouth and Kings Lynn.

However if there are a group of people they can come to you. Courses can be held in the evenings or on Saturday mornings. The cost for a group of up to 12 people is £238 + VAT, which includes a certificate valid for three years, all training materials and a book.

If you require further information about these or any other of their courses please contact Sue Skoyles, the County Training Officer on 01603 431639.

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Working in Partnership - Town Council Business Sponsorship Group

Earlier this year the Town Council resolved to approach local businesses to seek support for a variety of projects to enhance Thorpe St Andrew. A small group was organised, Chaired by Councillor Ian Mackie, working in partnership with the Recreation and Amenities Committee and the Events Committee.

The aim is to generate local support for projects in three main categories. These three main categories include 'celebrating Christmas in Thorpe St Andrew', improving local amenities and adding to the visual wealth of the area. The Town Council recently sent letters to the majority of local businesses in the area and so far there has been a fantastic response.

In return for support from the business community, the Council will provide advertising on our forthcoming website and via a variety of other means. So far the Town Council has received financial and other offers of support from Gowiseprint, Kall Kwik, Computer Service Centre, Eyre Electrical, Lucas Fettes accountants, Wherry Housing, Radio Norwich, the RHP Partnership and the Oaklands Hotel.

To all these companies, and others which we are in negotiations with, we are very grateful for their generosity. Our principle thanks go to our first sponsor, Shalom Residential Care, who will be sponsoring the planting of our first roundabout project on Yarmouth Road near St Andrews Park. Future projects include further planting of roundabouts, some new Thorpe St Andrew Street signs with flower planters, contributions to the improvement plans for River Green including a Town flagpole, new bins and cycle racks, new notice boards, new bus shelters, contributions to key events and new Christmas lighting on River Green. Sponsored by the Oaklands Hotel. These are going to be exciting projects to enhance the local area.

If you can think of a project which could use the help of the Sponsorship Working Group or would like to know more about sponsoring projects in Thorpe St Andrew, please contact the Town Council on 01603 701048.

Kall Kwik

Introduction

In May 2006, husband-and-wife team Mark and Pippa Redmond set up a Kall Kwik franchise in central Norwich. The couple started from scratch, bringing the Kall Kwik UK proposition to the local business market.

As a Kall Kwik franchisee, the Redmonds provide a complete design-to-delivery service of high quality design, direct mail, print and large format printing, offering all types of business everything from creative concepts and mailing services to artwork creation and finished print.

Since start up, the Redmonds' franchise has achieved the highest first year turnover attained by a greenfield Kall Kwik franchise for eight years. Their 102 live clients include SMEs and larger organisations such as Norwich Union, Clydesdale Bank, Norfolk Constabulary and Intercontinental Hotels.

Their success testifies not just to their print expertise, but also to their gritty determination, powerful work ethic and unfailing entrepreneurial spirit.

Starting up

The Redmonds' story exemplifies how calculated risks can be critical to success. Having worked in the print and reprographics industry for a combined 46 years, both Mark's and Pippa's employment ended unexpectedly in early 2006. Disillusioned but determined, they resolved to pool their knowledge and start afresh but this time for themselves. After exploring the franchise opportunities offered by Kall Kwik UK, the London-based couple opted for a new franchise in Norwich.

They boldly opted for the challenging but clean-slate approach, acquiring a new outlet without the advantage of inherited goodwill and relocating themselves and their two young children to Norwich. Based on their first year figures, the move has undoubtedly paid off.

The business

The Redmonds have a strong customer-first ethos based on the principle that the customer is always right and that the answer is always 'yes'. This is backed by a resolute belief in confronting tough decisions, treating suppliers as they would clients and never making assumptions or letting preconceptions hinder business.

Knowing customers

On start-up, the Redmonds performed a 'marketing walkabout', hand-delivering literature to and asking for contact names at 450 local businesses. After following up each contact with a mailshot and telephone call, the initiative secured 36 clients, all of these first-time contacts remain regular clients. The strategy continues, with the Redmonds visiting premises they spot on pick-ups and deliveries and leaving behind Kall Kwik-branded sweets, pens and notepads.

Knowing clients means listening to them. "Virtually every business is a potential Kall Kwik customer," explains Pippa. "So we don't target particular sectors. Clients come from a wide range of industries, so we build our knowledge by listening and developing a close understanding of their individual needs."

Measuring satisfaction

Client retention rates are a healthy 90%, with 90 of their 102 customers doing repeat business. But when it comes to measuring satisfaction, they don't believe in questionnaires or surveys. Mark explains, "We make it policy to speak to clients after every project to gauge their response. It allows us to resolve any queries or problems there might be right there and then, and more importantly, it demonstrates that we really care about the client."

New initiatives

The Redmonds have introduced several new awareness and loyalty-building initiatives:

- Production of 'The Sinister World of Knowledge' a 36pp client guide demystifying complicated print terminology.

- A tree for every £500 spent – in this new eco-minded campaign, Kall Kwik Norwich funds the planting of one tree by the Woodland Trust for every £500 of client spend.

- Mailing 1st Anniversary 'thank you' cards to clients to mark their first year in business.

Adding value

The Redmonds deliver a commitment that employed managers and larger companies couldn't emulate. During evenings and weekends, telephone calls are diverted to Mark's mobile, allowing him to answer urgent requests and push through rush projects. Only recently, Mark spent one Sunday completing a project that resulted in the client promising to tell everyone they knew about the "amazing service" they'd received.

"As franchisees, we're motivated and flexible enough to go the extra mile," he says. "We can respond instantly and pull out the stops when necessary – and we know that really pays off with word-of-mouth referrals."

Overcoming challenges

Urgent deadlines are routine in the print business, and the Redmonds frequently dig deep to resolve unforeseeable, last minute problems. Two challenges in particular highlight how far they'll go to deliver.

Royal standards

Tasked by a client one Friday to print a brochure by the following Tuesday, the Redmonds agreed. After receiving copy and designing and producing signed-off artwork on the Monday, they dropped the brochures in to Business Post for Tuesday delivery. The next day at 12.30pm, Business Post informed them the brochures had arrived in Sheffield rather than the client's Suffolk headquarters. Pippa informed the client immediately and offered to reprint the brochures, but they reiterated they were needed before 3pm. Determined not to fail, Pippa started the reprint. Rather than using a cab, Mark then drove the reprints the 80 miles to Suffolk, arriving just before the deadline. At the last minute, the client revealed who the brochures were for – the Queen herself.

Dubai or bust!

In November, the Redmonds won a digital print project for a London-based client. A 44pp A4 brochure with a matt laminate cover, they were given seven weekdays and a weekend to turn supplied artwork into printed brochures and deliver them in time for a London flight to Dubai. After sending the cover for lamination, it came back with the laminate peeling, which, knowing it would be unacceptable to the client, the Redmonds went ahead and reprinted. Meanwhile, Mark realised that the client's grey text on the inside pages would not work. When he advised the client to change its colour, Mark received a stony response, but stood his ground, eventually getting him to agree to red text. Working around the clock, the Redmonds finally delivered the brochures in time for the flight and to a suitably delighted client.



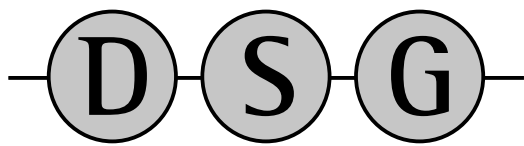
New Company - DSG Electrical Contractor & Building Services

We have another new business starting in Thorpe St Andrew. David George who lives on Beechwood Drive has decided to go it alone after 20 years in the trade working for local businesses and start up his own business trading as D.S.G. Electrical Contractor and Building Services.

David joined EAGIT on leaving school where he learnt engineering skills before moving to Start-rite Shoes Ltd, where he established himself as a trained electrician. A period of employment with a local building services company carried his work into local authority maintained premises, such as schools, libraries, care homes etc. and also included work for the licensed trade and other commercial and domestic premises.

David is a fully qualified approved electrician and over the years has gained considerable experience in all trades, which enables him to offer a complete electrical and building services package. To underline his diversity he has in the last month rewired a house, electrically inspected and tested commercial premises, installed thermostatic radiator valves to a heating system, carried out emergency electrical repairs to a home for the elderly, built a front step and laid a patio.

David can be contacted on 01603 300598 or 07758 331816 for all enquiries and requests for estimates. No job too small.



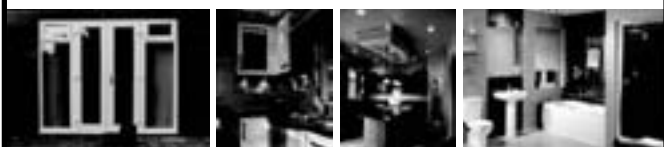
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Local news For Norwich, 24 Hours a day

The Radio Norwich news team provide a local News bulletin every hour, with 2 specially extended news programmes, Norwich Today at 1pm and Norwich Tonight a 6pm, bringing you all the latest news from our city. If you have a story, call the News Desk on 0845 365 8999



Jen Dale

Jen is our News Editor, and brings you the latest stories from the city and across the world. She loves getting involved in the local community and currently performs with the Taverham Singers. You can hear Jen read the morning bulletins during Tom Kay In The Morning, and be sure to join Jen for Norwich Today, Every Weekday at 1pm.



Laura Hampton

Laura is out and about everyday as our reporter. If there is a story happening in Norwich she'll be there getting the scoop on the story. She's really into fitness and recently completed a triathlon.

Lou Chapman



Lou is our Deputy News Editor and is passionate about our fine city. You'll regularly see her heading to the local cinemas or restaurants for a night out. Equally Lou is a bit of a home lover and will often spend a cosy night in with her husband and 2 cats. Catch Lou reading live bulletins throughout the afternoon including our flagship programme Norwich Tonight at 6pm.



The Radio Norwich Families First Charity Launched In September 2007 aims to:

"Improve the lives of individuals and groups living in Norwich and the surrounding area by providing donations to drive education, health, welfare, ability and opportunity".



Through fundraising activity, we aim to make donations to a wide variety of charities. Not just the larger well known organisations but the smaller causes too. Our Grants Panel will meet on a regular basis and assess every request, aiming to ensure we cater for all groups in the Norwich area.

If you are holding an event and would like to contribute to the 'Radio Norwich Families First' appeal, or would like more details about holding your own fundraising event, visit our website. www.999radionorwich.com, or call 0845 3656 999

'Radio Norwich Families First is a registered charity, number 1120317'

Call the Studio on 01603 705 999, or visit our website at www.999radionorwich.com

radio norwich



Lately Open at the Truckers

Meet Our

Tom Kay ON-AIR : Week



Tom wakes you up weekdays from Dawn Chorus, and has tickets up to date with the latest news.

Helen has lived in Norwich for the region. Hosting the Helen is out and about du

Simon Jupp ON-AIR :



Simon's a keen drama fan and w appearance in a Jim Broadbent in our city and beyond and asks

Steve lives in the Norwich City Season Ticker, with chances to win big money too. Steve aims to get yo

Rob Shepperson ON



Rob is here weekday's from 6pm dance lesson or a gig at the Wat 'Unsigned' feature at 7:30pm. W studio on a Friday night, because

Tina Started at Radio Norwich day, she recorded a demo tape. day at work with some chille

Emma Philpotts ON



Emma's lived in Norfolk for mos always catch her at gigs and mo be keeping you up to date with a Saturday night make sure you jo

The Healthy Life ShapeMaximiser Personal wellness & weight loss mentors

Personalized solutions using scientifically sound optimum nutrition, healthy eating and personal one to one support. Donna Newby & Marc Ward business owners of The Healthy Life, have been helping people in the uk to improve their health and lifestyles using The ShapeMaximiser Program from their home based business in Norwich.

Donna found the program on the internet whilst looking for some way of earning a living from home around her 2 young sons, the youngest now 2 and the oldest age 4, at the time Donna's youngest son was only 6 months old and she didn't want to go back to being a restaurant supervisor working silly shifts and not spending enough time with her boys, and this is how it started.

When I was told that I would be helping people change their lives for the better it sounded to good to be true, then I was told that before I could do that, first I had to do it for myself, I had to get on the program, get a result (in my case I needed to lose some weight and I wanted to change my shape, I didn't like my big bottom!) I thought well that makes sense and if this amazing program can

work for me and get rid of my big bottom that I have been trying to get rid of for years and keep it off then it could work for anyone. With the help and support from my mentor, I signed up as an Independent Herbalife Distributor, ordered my optimum nutrition products, my mentor put my product plan together with easy step by step instructions and also kept in regular contact with me to make sure I was using the program correctly and getting the results I desired. And the results where amazing I lost 21lbs and over 40cms in body fat, I lost my big wobbly bottom and totally reshaped my body in just 12 weeks and have kept it off for well over a year now, but the thing that got me hooked was that within just 7 days of being on the program I had never felt so healthy and full of life, you see I was still doing night feeds, heating bottles in the middle of the night with my youngest son and trying to get both of the boys to have a nap in the afternoon so I could

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- or visit www.shapeitup.co.uk for your free online profile

join them as I was exhausted from the night feeding and not feeding myself properly as I was putting the boys first as that is what us mums do. And within those first seven days of being on the program the optimum nutrition kicked in I started to naturally make healthier food choices, I started to sleep more soundly and I no longer needed to nap in the afternoon, in fact I found myself going from 7am till midnight and I felt like enjoying life again. I also got Marc (my partner) on the program and he lost over 2 stone and the picture says the rest!

And that is why I decided that helping others feel how I felt and still feel today by becoming and Independent Herbalife distributor and personal wellness and weight management mentor would be a wonderful opportunity. The training was on the job with ongoing support from my personal business mentor and sponsor. So I went out to find people that needed my help and over the last 18 months I have met and helped some truly wonderful people achieve their weight loss and wellness goals who never thought they would achieve their goals after trying and failing so many times in the past. Now that the business has really taken off we have started to take on distributors of our own to help us help more people achieve their goals with our fantastic program and offer other people the same business opportunity from home so they are also their for their families or in some cases just help some people earn and extra income around their full time job. And that is what we do at The Healthy Life.

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"Donna & Marc were tired, overweight working parents, then they found Herbalife. Donna lost 21lbs and Marc 28lbs. Now they feel like having fun & playing with the kids. Donna says "My vitality levels have gone through the roof" & Marc says "I have never felt healthier in my life"."

Donna	Then 147lbs	Now 126lbs	Marc	Then 177lbs	Now 149lbs
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Radio Norwich in the community...



Our Radio Norwich Roadrunner team are out and about attending local events, raising money and having fun!

Keep an eye out for the team in their bright T-shirts, and if you see them in the city, make sure you ask them for your free Radio Norwich car sticker.

...they've been, at the Carrow Road Day, in the Lord Mayors Procession, at the Royal Norfolk Show, in the East Coast Sports Convoy and at the Police Gala Day!



Presenters..

Days From 6am

...from 6am on 'Tom Kay in the Morning'. He'll put your music knowledge to the test in the cinema up for grabs on the 5 Second Flick. Tom and the News team will bring you and guide you into work around our city's busy roads.

ON-AIR : Weekdays From 9am With Simon Jupp

Helen McDermott

...nearly 30 years, and during her two decade stint at Anglia TV she was a favourite across the evening news and also trying to control 'BC Bear' whilst reading kiddies birthday cards. ...ing Simons show, be it helping dustmen, or delivering flowers to a variety of Norwich folk.



Weekdays From 9am, Saturday Afternoon at 2pm

...has previously part of a drama group that toured around the country. He even makes an film out this year as an extra. On the show Simon will discuss the issues of the day, both for your opinions too.

ON-AIR : Weekdays From 2pm and Saturday at Midday

Steve Bradley

...city and spends way too much time indulging in retail therapy! He is also very proud of his and loves heading off to Carrow Road. Steve is here every weekday afternoon from 2pm on the £1000 minute, all the latest showbiz gossip, your calls and texts, plus great music home with a smile by letting you pick the songs every day in the Five o'clock Feel good.



ON-AIR : Weekdays From 6pm, Saturday Morning at 6am

...with plenty of ideas on how to spend your evening in Norwich, be it a comedy club, a performance, Rob has the details. Every Monday Rob catches up with a local band in our studio with the weekday show finishing at 10pm, Rob says he has been tempted to sleep in the studio he's here at 6am on Saturday!

ON-AIR : Sunday to Thursday from 10pm

Tina James

...th as one of our road runner team, and after being left to play in the studio by herself one day. We Liked it so much that we gave her a show. Tina is his here to relax you after a hectic day and d tunes through into the early hours, and just to keep her busy, you'll still find her out and about with our mascot 'Norry the Radio Norwich Dog' in the Roadrunner.



ON-AIR : Weekdays From 2am and Saturday's from 6pm

...t of her life and has worked at radio stations around the area for a few years. You can enjoy live premieres around the city. She's with you in the small hours of the morning and will bring you all the latest showbiz news during Tom Kay in the morning. If you love partying on a Saturday night Emma for the Saturday night party from 6pm.

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- ❑ Developing language with action songs and rhymes.
- ❑ Trained staff and specially designed Tumble Tots equipment.
- ❑ Great fun, with more than 60,000 Tumble Tots members and 450 centres in the UK.



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100th year of scouting

On Wednesday 1st August the Recreation Ground saw a gathering of just over 350 scouts, cubs and beavers from all over the district as they reaffirmed their scouting pledge in a 'sunrise' ceremony to mark the 100th year of scouting. This was topped off with an 'a la carte' breakfast served outside the Morse Pavilion. The ceremony was presided by the District Commissioner Mr Riseborough.



LONGFIELDS ROAD LUNCH CLUB

This club which was begun in the 1980's with the purpose of providing a lunch and a social gathering for elderly and housebound people was reluctantly forced to close in July this year. When the club was first started there was a regular rota of cooks and helpers with four teams so that each team was required every fourth week but as time went on age and health problems meant that gradually the cooks had to give up. It became increasingly difficult to find replacements willing to take over and towards the end of the time the club was reduced to meeting fortnightly with only one cook available. That cook performed wonders with meals which the members appreciated but because of her personal commitments she was not available for the summer months. Club members were provided with free transport door to door by volunteer drivers and again age and health problems forced some to give up but there were enough to make sure that everyone had transport even if it meant, as it frequently did, that some drivers had to make two runs. The organisation of matching drivers to members was the responsibility of the club secretary and I pay tribute to her for ensuring that in spite of varying numbers of drivers in any one week no member was missed.

The club was sponsored by Social Services who gave an annual grant in return for the club undertaking to accept any person they nominated, that all members must be Thorpe residents and the total number of members should not exceed 30. Club funds were carefully controlled by the club Treasurer who also acted as a general factotum, dealing with all the practical problems such as a gas oven being reluctant to light, negotiating with Environmental Health officers and Health and Safety officials and coping with administrative changes at the centre. His contribution was invaluable.

The members miss the social aspect of the club as much as the meal and for some it was their only outing, but circumstances have forced closure. If any club, society or individuals would like to revive this club I know it would be very much welcomed. If you are interested Miss B Rivett, the former secretary (411346) and Mr W Balls, the former treasurer (434164) will be happy to give any advice or information you may need as they would be very happy to see that the club to which they have given up so much time and effort, will continue. **R S James (Former chairman)**

ANGLIAN BUS NEW SERVICE TO HOSPITAL 123

The Anglian Bus Company has a new route which goes from Dussindale, via the Train Station, through the city centre and out to the hospital, this runs approximately every 30 minutes.

To contact them please either ring 01502 711109 or visit their website at www.AnglianBus.co.uk.

Anglian Buses also have another route which travels from Thorpe St Andrew to the hospital via Gordon Avenue 124 which operates on a hail and ride basis along Gordon Avenue due to lack of bus stops. A request to Norfolk County Council for designated bus stops has been made.

I would also like to mention the fact that we in the Town Council Office have heard nothing but praise for the friendly and helpful service provided by Anglian Bus & Coach Ltd drivers.

Kidz Klub presents:



uniting the young people of the community

What is Kidz Klub?

We describe Kidz Klub as Saturday Morning TV meets traditional Sunday School. Lasting 90 minutes, the Klub consists of fast moving segments of 2/3 minutes making it totally relevant to a high-speed generation in a fun, friendly, safe and caring environment for children of 5 - 10 years old.

We aim to educate the children about how to make the right choices in their lives. This includes teaching about staying off drugs, keeping out of crime and staying in school, telling the truth and how God helps us in times of trouble. Family relationships and friendships are encouraged. Building a child's self-esteem and confidence, helping them to be the best they can be and encouraging their skills and gifts are important. Positive incentives are given to reward good behaviour.

The club is run by The Salvation Army and the leader is an experienced children's worker. Leaders and team leaders are all checked through the Criminal Records Bureau and are trained in Child Protection Matters through the Safe and Sound Policy of The Salvation Army.

Details:

Saturdays as advertised (Usually fortnightly)
Please phone the mobile number below for our next date

Times: 2.30pm - 4.00pm

Venue: The Sports Hall, Dussindale Centre

Entrance charge £1 - Free for first attendance

For further information please phone:

Kerry Giles 07900 904128

P & G

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CHURCH NEWS

This has been another busy year for us all. Some highlights come to mind:-

On May 1st Mike Waters and Olga Bradshaw were sworn in as our new Church Wardens at the Archdeacons Visitation at St. Catherine's, Mile Cross.

May 13th was a special day for the Rector Fr Barry Oake as he was made an Honorary Canon of Norwich Cathedral. As Fr Barry said in his article in the June edition of Parish Life, "Honorary Canons are the principal link with the monastic roots of the Cathedral whereby a group of clergy comes together under the Dean. I have therefore become a member of a community which meets at the Cathedral and works in the Diocese. It is simply a title, imposing few if any extra duties, but it is a great joy that I am now formally linked with the Cathedral and Diocese which I have come to know and love over 16 years." Also in May a Prayer Chain was established in the Parish. A Prayer Chain is a group of people who exercise a powerful ministry.....that of prayer and intercession. On receiving a request for prayer each member of the chain is contacted to complete the circle. There is no discussion and every request is dealt with in confidence. It can be a request for prayers in time of need or thanksgiving. Once a prayer has gone right round the chain it is repeated for seven days. If you have a request for prayer be it a petition or a thanksgiving just phone Meg Muggridge on 431668 or Fr Barry on 439754.

On June 7th our choir, both junior and adults took part in the Royal School of Church Music Diocesan Choir Festival at the Cathedral along with 400 others. That was a busy afternoon for after rehearsing for 2 hours they enjoyed a picnic in the cloisters and then everyone sang a full Choral Evensong.

June 9th saw nine candidates from Thorpe St Andrew taking part in the Confirmation Service at the Cathedral. Due to Fr John Hawkins illness a few changes have had to be made to Services held at both the Good Shepherd, Thunder Lane, and the Parish Church on Yarmouth Road.

The Sam Eucharist will now be held on alternate Sundays at the Good Shepherd and the Parish Church, and there will be no regular Evensong at either church except for some special services.

The 9.30am Sung Eucharist will be held at the Parish Church as usual and at 10am. A Service of Morning Praise will be held at the Good Shepherd every week. At 11am A Sung Eucharist will be held at the Good Shepherd on the 2nd and 4th Sunday of each month.

On October 6th 2006 we enjoyed Harvest Supper at St. Andrews Centre the evening before Harvest Festival at the Parish Church. A service of Harvest Praise was also held at 11am at the Good Shepherd.

November 15th 2006 was the day of the Autumn Fayre an annual fundraising exercise for the Church. Christmas means that the pressure for all of us will increase.

On December 22nd there will be Christingle at the Church of the Good Shepherd starting at 4pm.

On December 23rd there will be the usual services at both churches in the morning. In addition a Carole Service will be held at the Parish Church at 6.30pm. On Christmas Eve we shall hold our popular Crib Service at 4pm at the Parish Church. Now is the moment when the young people can come dressed as shepherds, wisemen, angels, Mary or even Joseph. At 8pm the First Mass of Christmas will be held at the Good Shepherd and you will be able to enjoy a glass of wine, mincepie and shortbread after the service. Come and join us and start your Christmas celebrations early. Alternatively, you could make your way to the Parish Church for Midnight Mass which starts at 11.30pm.

Whatever you decide to do you will be warmly welcomed at any of our Services. Our good wishes to you all. May Peace and Joy be yours this Christmastide. **Meg Muggridge.**

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 Wordsearch compiled by Councillor Olive Campbell

Hilton Court, 117 Yarmouth Road,
 Thorpe St. Andrew.



It was with much excitement that we learned of this site coming to the market last year, as this is the first development we have carried out in Thorpe St. Andrew. Considering that the Balmforth family used to live in Hillside Close just around the corner, this site always held a particular interest.

117 Yarmouth Road was originally quite an imposing building, Victorian in style and used latterly as a nursing home. A few years ago it was forced to close and then fell into disrepair. With current stringent building regulations and the need for high levels of acoustic and thermal insulation, it would have been uneconomic for the building to be restored, the alternative being to demolish it and effectively replicate it in the original style with a building that would complement the adjoining properties.

After a number of meetings with the planners, the design was finalised for a property incorporating eight individual apartments, and works commenced almost a year ago. The building is now fully completed and has attracted a lot of interest, the majority of apartments being sold off plan to local people.

We are particularly pleased with the finished result, the facade of the dwelling now featuring many period details of the original, including dutch gables, canted bay windows, creasing-tile detailing over windows, parapets and a substantial pin-tiled roof.

Naming the development also posed a minor problem for us, in which the local town council came to our rescue. Living in the immediate vicinity was a very popular and well known general practitioner Dr. Hilton who is also understood to have been the local coroner for the area. We welcomed this suggestion as a means of recognising the contribution made by Dr. Hilton to the local community, despite one or two people questioning whether we were linked with a well known hotel chain!

A number of local residents have commented on the finish of the building, saying that it looks as if it has been there for many years. That is particularly pleasing, as that had always been our intention.

Richard Balmforth (MD) of Balmforth Homes.

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Above all **exercise is fun**. And no matter what your age, size, physical abilities, or any other reason you can find, it's never too late to start! All you need is the motivation to come and have a go! Exercise helps you to feel better about yourself, improves self confidence, and provides an opportunity to meet other people.

Medical research is continuing to find more and more health benefits of exercise. These include protecting against and improving conditions such as heart disease, high blood pressure, high cholesterol levels, and osteoporosis. Exercise can help to promote a healthy immune system to ward off coughs, colds, and infections. Exercise plays an important part in managing conditions such as arthritis, diabetes, and back pain. It's a major consideration if you want to loose weight. As well as all of this, exercise can help you to sleep better, reduce anxiety and depression, helping you to lead a happier life.

Sally teaches a variety of classes involving exercise, movement, and dance, offering classes to people with a wide range of abilities. She loves to encourage people to move because of the many potential benefits from something so enjoyable.

Sally is well-known for her friendly classes and encourages you to work at your own pace. At The Village Hall, Yarmouth Road in Thorpe St. Andrew there is **Active 50+** on Tuesday 9.00-10.00, and **Stretch and Tone** on Thursday 1.45-2.45. Come and try a free first class. Contact **Sally on 01603 432487** for details of these and other classes, including Gentle Exercise 60+, The ABC group (for ladies after breast cancer), and classes for people with special considerations such as physical disabilities and learning difficulties. All are welcome.



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NEWS FROM LOCAL CLUBS AND ORGANISATIONS



Dussindale Community Centre in Pound Lane, Thorpe St Andrew is home to a number of sequence dancing groups who regard the beautifully maintained sprung Canadian maple dance floor as one of the finest in the area.

The 12m x 25m hall was built in 1990 and given to the community as a planning gain when Sainsbury's first opened their supermarket in Thorpe St Andrew. Trustees of the charity that was established to run the community centre soon set up a management team to run the centre that has been a great success right from the start.

Sequence dancing has been one of the most enduring activities at the centre and it has been taking place four times a week. One of the organisers of the Saturday evening dances has recently had to pull out and this has provided an opportunity for other dance groups to enjoy an evening in pleasant surroundings with excellent facilities.

"We would be pleased to hear from any groups that might be interested in using our hall especially ballroom dancers and perhaps line dancing groups who would really appreciate our wonderful dance floor" said Dennis Eley, chairman of the Management Committee.

It's not just dancing the centre is noted for; since the closure of other centres there has been a big influx of people wishing to play badminton and for this the hall can be hired with nets and excellent changing facilities for just £8.50 per hour.

With activities at the centre ranging from lace making to martial arts and aerobics Dussindale Community Centre offers a full range of activities to suit all ages – there's even a baby clinic held there every other weeks.

For more information contact the Dussindale Community Centre on (01603)701048 or to make a booking contact Jean Palotai on (01603) 461310.

Bowling at the County Arts Club - FREE BOWLS TUITION

Learn to play bowls at the County Arts Club, which is situated between Plumstead Road East and St Williams Way. Flat green bowls is great for relaxing after a days work, or what better way to keep active following your retirement. Ideal for couples, but equally suitable for singles, with six indoor rinks and an outdoor green for the summer the facilities at the County Arts Club are second to none for both bowling and socialising. This members club also has a varied and active social calendar complimented by a comfortable lounge area and licensed bar, with a superb function room. FREE bowls tuition for beginners takes place most Saturdays on the indoor green between 12.00 and 14.00, so please come along and make use of this local facility, or for more information contact the club secretary on 01603 434529.

Hillside Rovers Football Club



We are Hillside Rovers Football Club a purely voluntary organisation offering football to almost 90 children of all abilities in the Thorpe area between the ages of 6 and 10.

We train every Saturday morning at Hillside Avenue Primary School during School term times. The older age groups U'8s, U'9s and U10's play in regular matches in a youth league.

We are a registered charity (no.1114621) and also a FA Chartered Club. All our coaches are CRB checked for working with children and have attended FA courses to ensure that all train in a safe & fun way.

We pride ourselves on offering football to anyone, no matter of ability, each child is encouraged to find success at their level, it is not just football for the best!

We have an annual fun day where the children can participate in much loved events such as bouncy castles and soak the coach and then relax for the big event of the year, the coaches versus parents

football match. This gives all a chance to show the dazzling footwork and skills taught to the children all season.

We also hold a Christmas party each year which is also open to the players siblings.

Last season saw a big push to raise funds for a new hut to replace the aged relic that has been our home for many a year. We are pleased to announce that after a successful campaign we now have our new hut which shall facilitate both storage of equipment and changing / classroom facilities.

The fund raising shall continue to ensure we can fit it out with everything we need. Any form of sponsorship or commitment to the club will be welcome and all proceeds put to good use.

So if you have a child who wishes to play football in a friendly, fun environment please contact Duncan Crouch, Club Secretary, Telephone (01603)434565 or email duncan.crouch@hillsiderovers.co.uk

ACORN PLAYGROUP HAS MOVED

After 30 years Acorn said goodbye to their premises at the Adult Education Centre and moved to pastures new at Dussindale Primary School. Acorn is now able to offer an independent setting with modern facilities. Here the children can enjoy playing in a secure outside play area and also have great fun creating and exploring in the large indoor play area. There is also a fully equipped kitchen for budding young chefs and a lot of new equipment to support children's learning through play.

If you have children aged between 2years 6months and 4years 11months and you would like them to join a warm friendly inclusive environment, offering sessional day care please contact 436934.

Casuals Badminton Club (Intermediate standard)

We are a small group of people who meet up to play badminton on the court at the Dussindale Centre from 8.30 -10.30 pm. We play doubles and play well, but don't take the game too seriously. If you would like to know more and might be interested in joining us, contact Stuart on (01603) 469041

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CLUBS AND ORGANISATIONS IN THORPE ST ANDREW

SCHOOLS & PLAYGROUPOs etc.

Acorn Playgroup, Mrs. Emma Gaskin, Tel 436934
 Dussindale Primary School, Jane Worsdale, Head teacher, Vane Close Tel: 436180
 Hillside Avenue Primary School, Mrs. J Richardson, Head Teacher, Hillside Avenue, Thorpe St Andrew, NR7 0QW Tel 433453
 Just Learning Nursery, (behind Bannatynes), North side, Broadland Business Park, Yarmouth Road, NR7 OHT Tel 300531
 Kids Klub, Kerry Giles Tel 07900 904128
 Langley Preparatory School and Nursery, Mr. S. Marfleet, Headmaster, 11 Yarmouth Road, Thorpe St Andrew, NR7 0EA Tel 433861
 Pavilion Playgroup, Mrs S Whitney, 108 Furze Road, Thorpe St. Andrew Tel: 432065 or 462353
 St Williams Way Primary School, Mr. N. Wood, Head Teacher, St Williams Way, Thorpe St Andrew, NR7 0AJ Tel 434128
 St. Andrews Centre Parent, Baby & Toddler Group, (Monday 9.30 - 11.30 term time)
 Thorpe Toddlers, Wendy Reynolds, Village Hall, Tel: 300908
 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 Community Under 3's, (Wednesday 9.30 - 11.00 term time) Lorraine Tel: 700789
 Thorpe House School, Mr. A. Todd, BSc (Hons), Headmaster, 7 Yarmouth Road, NR7 0EA Tel 433055
 Thorpe St Andrew School, Mr. I. Clayton, Principal, Laundry Lane, Thorpe St Andrew, NR7 0XQ Tel 497711
 Vineyard Tot Stop, Adult and Toddler (Dussindale Centre) Gillian Smith Tel: (01603) 300055

RELIGIOUS GROUPS

Baptist, Witard Road, Heartsease Estate Rev. D. Adams Tel 432647
 Adat Yeshua Messianic Synagogue, Rabbi Andrew Shel Drake, Email: adat-yeshua@ntlworld.com Tel: 464367
 Church of England, Rev Barry Oake, 56a Thunder Lane, Thorpe St Andrew, NR7 0JW Tel 439754
 Methodist Church, Heartsease Lane, Rev. Alan Wakeman Tel: 433936
 Norwich Vineyard Thorpe 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
 Thorpe St. Andrew Spiritualist Church
 Mr. Smith Tel: 720362

SCOUTS, GUIDES etc.

15th Norwich Beavers, Mrs. Nichols Tel 449611
 15th Norwich Cubs, Mrs. A Reed Tel 722287
 15th Norwich Explorers, Mr. D Butcher Tel 432522
 Brownies & Guides, Mrs. M. Myers, 6 Nursery Gardens, Blofield, NR13 4JE Tel 715883
 1st Thorpe St Andrew Rangers, Mrs. C Cutting, 9 Eastern Close, Thorpe St Andrew, NR7 0UG Tel 432274
 1st Thorpe St Andrew 24th Scout Group, Terry Buck, 12 Greenacre Close, Brundall NR13 5QF Tel 716466

LEISURE / SPORT

Badminton - intermediate standard - Wednesday nights at Dussindale Centre 8.30 - 10.30 p.m, Casuals Badminton Club - Tel: Stuart French (Day) 222391, (Eves) 469041
 Ballet Classes for Children, Julie Seeley Tel: 412470
 County Arts Club, The Secretary, Plumstead Road East, Thorpe St Andrew, NR7 9ND Tel 434529, Bowls instruction 12-2pm Saturdays
 Frostbite Sailing Club, Secretary: Mrs. S. E. Yapp, 96 Christchurch Road, Norwich NR2 3NG Tel 454567
 Han Yung Hap-Ki-Do Association, Michael Rowles, 9 Piper Road, Thorpe St. Andrew Tel 01603 436837
 Thorpe Leisure Bowls Club, (Sen. Citizens) Secretary: Mrs. R. Powell, 78 Gordon Avenue, Thorpe St. Andrew, NR7 0DP Tel: 434742
 Hillside Old Boys F.C. Secretary - Brian Smith, 25 Bracknell Avenue, Sprowston, Norwich NR& 8XN Tel: 499092
 Hillside Rovers F.C. Secretary - Duncan Crouch Tel: 434565
 Ladies Keep Fit - Thursday 2 p.m. - 3 p.m. - Thorpe Community Learning Centre, Longfields Road Contact: Ann Bullen Tel: 434107
 Exercise with Sally, Active 50 plus all welcome. Roxley Village Hall, Yarmouth Road, Tuesday 9 -10am. Sally Harrison Tel: 432487
 Norwich Petanque Club - Meets Cottage P.H. Wednesday nights. Secretary - Norman Guest Tel: 419897
 St Andrews F.C. Mr. M. Fish, 88 St. Williams Way, Thorpe St. Andrew, NR7 0AP Tel 461535
 St. Andrews Cricket Club, Gary Knights, Tel 01508 528961
 St. Andrews Youth Under 11's The Clubhouse, Recreation Ground, Laundry Lane, T.S.A
 Stanmore Tennis Club, Secretary: Mr Greg Tyler, 7 Cintra Road, Thorpe Hamlet, NR1 4AE Tel462264

Starlight Express Majorettes, Maggie Brown 487161
 Thorpe Bridge Club - Mrs. J. Fisher Tel: Norwich 436856
 Thorpe Dolphins - Children 4-10 years - Kim Burrows Tel: 439690
 Thorpe Kite Flyers, Mr. J. Arnott, 210 St. Faiths Road, Old Catton, Norwich, NR6 7AG Tel/Fax 429512
 Thorpe Leisure Bowls Club, Mrs. J. Baker, 11a Hillside Avenue, Thorpe St Andrew, NR7 0QN
 Thorpe Recreation Bowls Club, Mr. P. W. Allen, 2 Rowton Heath, Thorpe St. Andrew, NR7 0NT Tel 435235
 Thorpe Rovers F.C. Mr. D Wiseman, 4 Acacia Road, Thorpe St Andrew, NR7 0PP Tel 437601
 Thorpe Tennis Club, Mrs. S Murrell, Kingston, 8 Lawn Crescent, Thorpe End, NR13 5BP Tel 432070
 Thorpe Village F.C. Secretary - Mr. A. Meek, 8 Birchwood, Thorpe St. Andrew, NR7 0RL
 Yare Boat Club, 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 Townswomen's Guild, Mrs. D Batson, Chairman, Tel 434930
 Thorpe Afternoon WI, Mrs. S Nunn, 16 Hillside Avenue, Thorpe St Andrew, NR7 0QW Tel 433052
 Thorpe End WI, Secretary: Mrs. S. Aspinall Tel: 435412 (meet 7.15 p.m. third Thursday - Thorpe End Village Hall)

HEALTH ORGANISATIONS

Broadland Homewatch and Commercialwatch, Mrs C. Robson, Administrator: Tel 01603 411013
 Arthritis & Rheumatism Council, Thorpe Branch Mrs. P. J. Parker, 27 South Hill Road, Thorpe St Andrew, NR7 0PQ Tel 435863
 Cheeky Monkeys - Family Support Group for children with A.D.H.D. and special needs - Sheena 472899, Amanda 700664, Yvonne 486863
 Coeliac Society, Mr. Hickling 720564
 Local Volunteer Co-coordinator, Mrs. S. Ingram, Thorpe Health Centre, Williams Loke, Thorpe St. Andrew, NR7 0AJ Tel 439411
 Lupus Society, Mrs. Winstanley 01263 822396
 St. John Ambulance Adults, Trevor and Helen Daniels Tel: 471044
 St. John Ambulance Cadets, Tracy Coxon Tel 01362 858182
 St. John Ambulance Badgers, Muriel Davie Tel: 433528

SOCIAL ORGANISATIONS

Citizens Advice Bureau, No appointment necessary, Wednesday mornings 9.30 - 12.30, Dussindale Surgery, Sainsbury's Complex, Tel 660857
 Da Englisca Gesioas, (The English Companions) North Folk Branch. For all those interested in the history and culture of the period AD400 - 1100. John Chatwin Tel: 700028
 Drama - St. Andrews Players, Mrs. S. Allen, 89 St. Williams Way, Thorpe St. Andrew Tel 436568
 Drama - Thorpe Players, Mrs. I Munday, 2 Gunner Close, Thorpe St. Andrew, NR7 0YR Tel: 702777
 Flower Club (Thorpe), Tel: 431732 (2nd Thursday at 7.30 p.m. except May - Heartsease Lane Methodist Hall)
 Horticultural Society, Mr. M. Waters, 24 St Williams Way, NR7 0AW Tel: 435378
 Library, St Williams Way Branch, Thorpe St Andrew, NR7 0AJ Tel 434123
 Personal Development Group Mrs. C. Mannering Tel 439138
 Rotary Club of Norwich Thorpe St. Andrew Contact: T. Sexty, 24 Stanley Avenue, Norwich, NR7 0BE Tel: 434246
 Royal British Legion, Thorpe Branch, Mr. Ray Page, 64d Orchard Close, Norwich, NR7 9NZ Tel: (01603) 460964
 Royal British Legion, Thorpe Branch, Women's Section, Mrs. D Batson, 7 Finch Close, Norwich, NR7 9DX Tel: 434930
 Sequence Dance, Dussindale Centre, Pound Lane, Mondays 8.15 - 10.30pm and 1st Saturday in month 8 - 11pm. Details from Tom / Hazel 01263 514497
 Thorpe & District Gardening Club, Secretary: Mrs. M. Street, 37 Eastern Avenue, Thorpe St. Andrew, NR7 0UQ Tel 438370 (Meet Windmill P.H., Plumstead Rd., Norwich last Tuesday of month 7.30pm)
 Vintage Club, (Senior Citizens) Mr. E. Orford, 227 Thunder Lane, Thorpe St. Andrew, NR7 0JA Tel 435734
 Yare Probus Club, Secretary Mr Stanley Deeks
 21 The Street Rockland St Mary NR14 7ER Tel 01508 538329

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 - 9.30 am to 1 pm and 2 pm to 4 pm, Friday - 9 am to 1 pm.

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