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**APRIL / MAY 2021**

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**Welcome**

Hello my lovely positive people!

To celebrate being in publication for a whopping 15 years (hooray!) we have decided to move up to A4 format! It is the same fantastically environmentally friendly production, 100% recycled paper, the same distribution, the same positive local news & regular contributors, the same fabulous advertisers (and some new ones) *just bigger*.....! We hope you love it as much as we do!

Since we began all those years ago 'Richard Penguins Music Round Up' has been a permanent column in the magazine. Lockdown hasn't been easy on anyone, but the music and entertainment industry has been particularly hard hit, so thank you Richard for all your marvellous music inclusions!



Richard Penguin

We have a new feature this month *Ron Neveitt's: Poems of Norwich*. Edited by his friend Dr Jeremy Noel-Tod at the University of East Anglia, saying "There's something really fun about the poems. They're light-hearted and poke a bit of fun at the city, but in a very affectionate way." We will be publishing a different poem each edition. You can pick up a copy at local bookshops including *The Book Hive*, *Book Bugs* and *Dragon Tales*. All profits will go to Norwich New Routes charity.

Spring is on its way and I for one cannot wait for the warmer weather! Here at Anglia Print our wildlife garden has grown rather a lot during lockdown, so we will soon be out there tending to our bee and insect friendly plants... keep a look out on our social media pages for updates and pictures.

Until next time stay safe & best wishes.....

*Kellie xx*

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## Bluebird Care Norwich and North Norfolk

It's safe to say that the past year has been far from normal; we've experienced a sudden change in our everyday lives and activities, as a community we've learnt the importance of supporting one another, spending time with loved ones, and feeling safe and secure. However, despite this, some of us still find it hard to ask for extra help when needed.

### So, what can we do?

If, you feel that your loved one needs additional care and support but would prefer to maintain their independence in the comfort and safety of their own home, then home care may be the perfect solution.

We understand that it can be difficult broaching initial conversations about care. To help, we asked local home care company, Bluebird Care Norwich and North Norfolk for their top 3 tips:

- 1) Approach the subject sensitively, with empathy. Focus on the positives of choosing home care, for example, they would receive support on their terms and remain independent in the comfort of their home. Care packages are fully flexible, to suit their needs, from 30-minute calls to 24/7 Live-in care.
- 2) Listen to their concerns. Involve your loved one in the care conversations and process throughout and listen to their opinions. Where appropriate, make decisions with them, not for them.
- 3) Ask the experts. Home care providers like Bluebird Care have professionally trained teams on hand to discuss your options and answer any questions you have. For professional care you can trust call **01603 735999**



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Norwich and North Norfolk

### Are Will Writers Legal?

The simple answer to the question 'Are Will Writers Legal?' is **YES**.

Wills and legal documents produced by professional will writers are legal but the question you should ask yourself:

**Is the will writer I am using experienced and qualified to give me expert advice about Wills, Trusts, Inheritance Tax Planning, Lasting Powers of Attorney, Business Continuation Planning and all other areas of Estate Planning?**



Owner of The WillMaker Group, James Walker, answers this question below:

*'I personally have now been involved in the Will Writing and Legal industry for over 6 years and have been successfully running my own professional Norwich & Norfolk Will Writing and Estate Planning Business for over 3 years. We are full members of the Society of Will Writers, the largest self-regulatory body within the industry and I am an affiliate member of STEP (having passed my certificate in Financial Services – Trusts and Estate Planning).*

*We have a wealth of knowledge in writing wills, inheritance tax mitigation, protection of assets, trusts, business planning and powers of attorney.*

*Our ethos, which is at the forefront of our company, is that we require all our Clients to be treated the same way as if they were part of our families and for our expert knowledge and experience to enable us to provide professional solutions and MAKE SURE that what a client wants to happen actually will!*

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**For more information Call 01603 927273**  
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### Norwich Puppet Theatre at Home

Although we can't open our doors this Easter, we're continuing to bring the family theatre fun to you at home. This holiday enjoy not one, but two fantastic online shows - Garlic Theatre's Eggs on Legs and our very own Beastly Belle.



#### Eggs on Legs

A wonderfully zany tale from Garlic Theatre starring a family Eggs on Legs! When a huge egg appears in their lost pocket of the globe, the Egg family are excited to play with it - But what happens if it hatches, and can they protect it from the slithery snake?

It's a cracking family show for ages 3+, full of eggcentric puppets and music that will make you roll around with laughter.  
**Streaming Sat 27 March - Sun 4 April**

#### Beastly Belle

Our charming production has been specially adapted for the screen, in this hour-long show for ages 4+.

Our young heroine Belle is plucked from a life of poverty into fame and fortune in the movies. Caught up in the glitz and glamour, Belle forgets her roots and is ensnared by a world obsessed with good looks - but looks aren't everything, right?  
**Streaming Sat 3 - Sun 11 April**



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**Q:** We have confidential information that is all mixed up with other documents and will be a challenge to our little shredder, so what could Citrus offer me?

**A:** Citrus has two solutions!

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**Q:** I always look to minimise the impact on the environment of what I do. What happens to the shredded paper?

**A:** We totally understand. Your confidential paperwork will be shredded within 48 hours of collection and once shredded documents are then baled and collected for transportation to a local paper mill for complete processing and recycling.

**Q:** How do I pay?

**A:** We will invoice you once papers have been destroyed & you can use BACS, a cheque or online via our website

<https://www.citrussecurityshredding.co.uk>

## Walker Chess Consultancy

Norfolk has been my home since the age of 3, although I have also lived elsewhere.

My late father taught me chess when I was 7. When I went to Norwich School, there was a chess club, so I took up chess.

Despite 2 short breaks, I have played chess continuously ever since – the game and its challenge fascinate me.

I first taught chess to a young man from Great Yarmouth in 1995. Just before studying with me, he lost all his games in a competition. After a few months studying with me, he ended near the top and won a prize in another competition.

I teach students of all ages and levels, as individuals or in groups. My only insistence is that students know how the pieces move, since they can read that on the internet. My lessons have a structure, but I adapt this to students' needs and wishes.

I started running my own business teaching chess in 2019. One of my students has achieved success in both local and national competitions since he started studying with me.



## Who needs Therapy?

**P** psychological tension is everywhere in today's demanding, forever fluctuating world.

People come to us at emotional skills for stress, anxiety, low mood, low esteem, frustration and anger. Some people can't find a rewarding way to be and feel life is OK, but fairly empty. These are everyday normal people. Modern day pressures get on top of ordinary people all of the time. Emotional issues effect all ages and all types of individuals. If you think about it you probably know someone who has been troubled in this way or you may have been unsettled yourself.

Obviously large experiences such as relationship breakups, serious

illness, losing a livelihood and a loved one's death usually bring about psychological disruption. Most of us will experience these types of events in our lifetime, but many people have an on-going unhappiness that they cannot fathom out and to which there seems to be no solution.

Almost 50% of adults consider that, they have had a mental health problem sometime in their lifetime and psychological difficulties in the young are growing alarmingly.

Around a third of all people with a psychological health difficulty have sought no professional help at all. Most people with emotional issues take ten years to seek help. This reluctance might be because of the stigma accompanying mental ill health or it may be that people just don't know where to look for help.

My suggestion is to be bold and talk to a qualified counsellor or psychotherapist. Individuals can change and the quicker the first step is taken the sooner positive change can begin, the better chance there is to realise a life where one is at ease with oneself and life in general.

My experience as a psychotherapist is that the great majority of people who seek appropriate help move towards being more relaxed, more balanced and generally contented with their lives.

**By Shane Lutkin, Lead Psychotherapist, EmotionalSkills.uk**

In light of Covid 19, we are offering online therapy via Skype, Zoom, FaceTime, or WhatsApp, so that you can access the help you need, wherever you are. When and where regulations permit, we can see clients face to face.

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## The Locks Inn Community Pub Share Offer Success

A staggering 1400 people have bought shares in an iconic pub on the River Waveney. The Locks Inn Community Pub share offer closed on Monday after a two-month share issue and the target share amount of £600,000 was achieved with just minutes to spare. This ensures the community group can pay off its loans and prepare to make some major investments in the pub. Essential works include an entirely new sewage treatment system and an "energy solution" that provides reliable and clean energy to the pub. With these in place, the pub will have a secure future as the social and community hub for the entire Waveney Valley.



The Locks Inn now has perhaps the broadest membership of any Community Pub in the country and this huge level of public support demonstrates the importance of the pub as a social and community hub for the entire Waveney Valley.

Graham Elliott who is spearheading the community group that has taken on the pub said, "this is an overwhelming endorsement of our vision for the future of the pub. We took a gamble based on enthusiasm and pledges from hundreds of people and this gamble has massively paid off. We have built an amazing team to get the project to this stage and are now refurbishing the pub in readiness for a spring opening."

For more details contact:- **Graham Elliott**  
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f i t



## Ron Nevett's Market Lunch: Poems of Norwich

I was reading an article in the Eastern Daily Press about when The Beatles played their only gig in Norwich, just as they were becoming famous, in 1963. Their first UK album, *Please Please Me*, had reached number one, and they were about to go on tour with Roy Orbison. So it was an exciting moment in their career -- and an exciting night for Norwich!

The Fab Four went to the ABC Cinema in the afternoon, played a sell-out gig, and visited Valori's chip shop on Rose Lane before heading home.

Then I remembered a later Norwich Beatles connection. 'Being for the Benefit of Mr Kite!', on *Sergeant Pepper's Lonely Hearts Club Band* (1967), famously mentions 'Pablo Fanque's fair'. As the blue plaque now on John Lewis in the city will tell you, 'Pablo Fanque' was actually William Darby (1810--1871), Britain's first black circus owner, who was born in St Andrew's workhouse.

And then I started wondering if the band who sang 'All You Need is Love' had ever heard of Julian of Norwich, the first woman to write a book in English, called *Revelations of Divine Love*...

All a bit fanciful, maybe, but it seemed fitting to put it into a sonnet: the fourteen-line poetic form that Shakespeare used to say 'love me do'!

### On the Beatles in Norwich

One night in May in 1963  
The Beatles wooed the Prince of Wales Road  
The crowd to see them reached the ABC  
As though the month of love had overflowed  
And turned the Wensum's banks into the Mersey  
And John Paul George and Ringo into stories  
About a boy you met last night on Ber Street  
Who paid for cod and chips twice in Valori's...

And was it there they heard of Fanque's fair  
And William Darby, late of Andrew's workhouse?  
Or did they see a vision in the air  
Of Mr Kite on real fire at his circus

And Julian in diamonds up above  
With tidings to the world that all is love

Ron Nevett's Market Lunch: Poems of Norwich,  
edited by Jeremy Noel-Tod,  
is now available from local bookshops.  
All profits will go to Norwich New Routes charity.

## Beccles Antiques Market

2nd May 2021 @ The Quay Beccles, NR34 9BB

The Beccles Antiques Market will be back this year at its temporary new location at The Quay site.

There will be the usual amount of great professional dealers, approx 100 in total selling a good selection of antiques, retro and collectables, including furniture, glass, silver, postcards, pictures, clothing, jewellery etc, plus a food village, serving hot and cold food, with plenty of open space to sit and eat.

It is free entry and as well as the pay and display car park there will be some additional parking available at the Quay site for a small charge of £1 as well as all the car parks in Beccles town centre just a short walk away. Sat Nav NR34 9BB.

All enquiries Tel 01502 711174 Follow the market on facebook



@antiquesmarketbeccles for all updates and information.



Alison Sefton moved to Norwich, in Summer 2020 to take up the headship at Norwich High School for Girls. She loves being outdoors and is a keen runner, cyclist and swimmer who looks forward to the opening of more challenge events later in the year.



### Tell us about your career path and what inspired you to go into education?

As I often tell the students at Norwich High, career paths do not have to be straight and mine certainly has not been. After a degree in chemistry, I moved to London and trained as an accountant. Looking for a different challenge, away from the office, I decided to join the Territorial Army. After a few years of training and commissioning, I took the opportunity

to work on and subsequently lead my unit's recruit training programme. It was through this work that I realised I wanted to get into teaching. I enjoyed seeing the moment when someone goes from thinking that they can't do something to being proud of their achievements. So I left my City investment banking role and went back to university to do a PGCE in secondary science and I haven't looked back. I started my teaching career at Felsted School in Essex and most recently was Deputy Head Academic at Oswestry School in Shropshire.

### You're obviously passionate about education - what are you most excited about at Norwich High?

The opportunity to help shape the future of education for girls. As part of the Girls' Day School Trust, a family of pioneering schools where girls learn without limits, we certainly have an impressive platform to do this. I am excited to showcase the enormous contribution of women across the UK and beyond, with the mission to inspire our girls to be confident and aspirational with the resilience to reach their goals.

### Norwich is a great city, how are you finding it?

I always love a City that you can explore on foot and Norwich is definitely one of those. I love the diversity of independent shops and the mixture of old and new architecture.



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## Anya's classes are back at Inner Space

Yoga stretches are my favourite way to relax. I am inviting you to try it out for yourself on my Monday evening classes at Inner Space at 6pm. There is nothing nicer after a working day than to reconnect to the body in a delicious and relaxing yoga stretch. Evening classes last for 1h which is long enough to let go of the day but not too long to get bored. And you still have the rest of the evening to yourself.

After hunching up over the desk at the computer - we open the chest again and loosen the shoulders.

After focusing the brain all day on our work tasks - we allow the mind to find freedom.

In a very safe and slow way we are balancing and harmonizing energy flow of the mind.

Class is beginner friendly and open to all students looking for restoration of energy, relaxation and refreshing gentle movement.

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[kontestacja@yahoo.com](mailto:kontestacja@yahoo.com)

Visit [www.innerspacenorwich.co.uk](http://www.innerspacenorwich.co.uk) to discover more.

## NAC Homecoming 2021 Spring Weekenders

Norwich Arts Centre has been hibernating for long enough now and with new government guidance on COVID we can't wait to get some intimate live gigs back on this May and June!



We're kicking off with some local band favourites from Thursday 20 May - Saturday 22 May.

### Thursday 20 May

Gladboy + Floral Image + Hex Friends | 8pm | £6

### Friday 21 May

Birds of Hell + Pin Ups + Aphra | 8pm | £6

### Saturday 22 May

Sink Ya Teeth + Vanity Fairy + Bug Teeth | 8pm | £6

The following weekend Altered Feast, one of Norwich's favourite comedy cabaret nights returns, bigger and better than ever from Thursday 27 May - Saturday 29 May. Curated by veteran comedian Tom Clutterbuck, expect the witty, the weird and the wonderful.

### Thursday 27 May

Altered Feast Comedy: Open Mic | 8pm | £6

### Friday 28 May

Altered Feast Comedy: Line up TBA | 8pm | £6

### Saturday 29 May

Altered Feast Comedy: Line up TBA | 8pm | £6

And lastly we host Norwich drag superstar Liv who will be presenting Cabaret Liberté, two nights of some of the best queer and drag acts from Norwich on Friday 4 June and Saturday 5 June.

### Friday 4 June

Liv presents Cabaret Liberté: Brat + Isla White + Moth + Kenya Knott + Glitzy Trender with Google | 8pm | £6

### Saturday 5 June

Liv presents Cabaret Liberté: Bishy Barnabee + Devil Child + Dandy + Morag Equinox + Billy Bass | 8pm | £6





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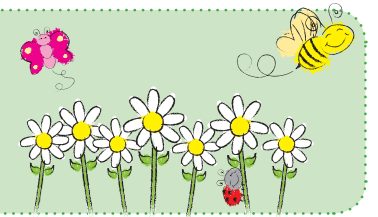


## Heathfield Student Community Home

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## Gardening Gossip



### News from the Allotment

I am writing this during refugee week, which happens annually. I have been attending various events organised by the University of Sanctuary that is UEA and I would love to say that I garden on an Allotment of Sanctuary. Unfortunately, this accreditation does not exist but I know that Norwich, as a City of Sanctuary, does have an allotment project for refugees and asylum seekers.

I really like Arabic food and have attempted to grow all the ingredients for Shakshouka in the past. I remember I wasn't very successful the first time: the tomatoes had finished by the time the aubergines had set their first flowers. The garlic and the onions got some sort of rot and couldn't be used, and the peppers were minute and their skin was tough.

I had more success with the ingredients for tabouleh. This dish includes a lot of parsley which likes my plot and some people have described as a weed that I should do something about. But as one woman's weed is another woman's gourmet ingredient, I love that I have so much of it.

This week I learnt to make a Sudanese dish called Aswad Salad. Its main ingredients were aubergines, tomatoes, peppers, onions and garlic again. It came with a sauce flavoured with peanut butter, coriander seeds, lemon and dill. I'll make it again but next time I want homegrown ingredients. I won't attempt the peanuts or the lemon but everything else is possible.



Wish me luck!

Birgit Griem

We have great news after a long, wet and windy lockdown winter - our volunteer and family group sessions are back!



We are so thrilled to be able to provide these sessions for the local community, not just to learn about gardening but also for volunteers to get some fresh air and meet people with all guidelines in place. The family groups will meet on Wednesday afternoons and other volunteering sessions will also run on Wednesdays and Sundays with dates on the Grapes Hill Community Garden website and events tab on the Facebook page.



Keep your eyes on updates in case there are any changes. Everyone is welcome, no gardening experience is necessary.

Jo, our lottery funded part time gardener will be at the garden to guide volunteers on tasks needed to keep the garden looking great.

### Grapes Hill Community Gardens

The business sponsorship scheme is still running and if you are a Norfolk business and would like to sponsor the garden, we would love to hear from you! Please contact us at [ellen@grapeshillcommunitygarden.org](mailto:ellen@grapeshillcommunitygarden.org) for further information.

Remember the gates are always open from morning until the sun goes down and you are very welcome to pop in, take a seat and enjoy the city wildlife. There is always something to pick from herbs to fruit.

The raised beds are private and not to be picked from, but if you come to the garden throughout the year you will see just what can grow in a small raised beds.



For further information about the garden please visit our website: [www.grapeshillcommunitygarden.org](http://www.grapeshillcommunitygarden.org) and follow us on social media.

 @GrapesHillCommunityGarden



## Imagination

We can underestimate the value of our imagination. We can also assume that it's just for 'arty types.' This isn't true. Imagination is one of the most powerful things that we have in dealing with our lives.

All of our plans for the future rely upon it. We first have to imagine something before we can bring it into being, whether that's something as mundane as deciding what to have for dinner, or, more profoundly, moving to another location to start a new life.

Our imagination carries messages from our wider consciousness to help us when we're stuck or looking for direction. This is in the form of dreams, not just night-dreams, but daydreams, flashes of intuition and meditative experiences too.

As we develop our imagination and give it more attention, it can become more vivid. It doesn't have to just be about visual images and can involve all of our senses. It can revitalise us when our energies are flagging. We can come to enjoy it for itself.

Leigh Osborne is an alternative therapist, based in Norwich.

To find out more about his work visit his website [www.discoveryourdepth.com](http://www.discoveryourdepth.com). You can contact him on 07738380731 or by email [leigh\\_osborne@btinternet.com](mailto:leigh_osborne@btinternet.com)

## Simnel Cake

### For the cake batter -

- 110g Butter - softened
- 110g soft brown sugar
- 3 whole beaten eggs
- 150g Plain flour
- ½ teaspoon mixed spice
- 400g mixed dried fruits (or dried fruits of choice - chopped)
- ½ lemon rind

### Toppings -

- Apricot jam to glaze -
- Marzipan sheet to cover -
- Egg wash to glaze -



- Pre heat the oven to 160°C
- Grease a 8inch round cake tin, or equivalent (2lb tin / 8 inch)
- Cream the butter and sugar together until smooth and pale in colour.
- Slowly mix in the beaten eggs, making sure the mixture remains smooth as you do it.
- Fold in the flour, mixed spice - followed by the dried fruit and rind.
- Pour in to a greased cake tin.
- Bake in a pre heated oven gas 4 / 160°C / 300°F for 1 to 1 ¼ hours until cooked - until a knife comes out of the middle clean.
- Cool before releasing from the tin - turn out when cooled but still warm.
- Glaze with melted apricot jam - top and sides.
- Cover the top with rolled marzipan and place 11 balls around the sides to signify the 11 apostles.
- Brush with beaten egg and then glaze in an oven - keeping an eye on it until it just turns golden brown but doesn't catch and burn.

Zena Leech-Calton ©  
[www.lovenorwichfood.co.uk](http://www.lovenorwichfood.co.uk)  
Secret Menu Norwich coming to the city in June



# Making a difference to a family in your community!

Home-Start in Suffolk has been dedicated to supporting Suffolk families struggling to cope with mental health, social isolation, poverty, illness, bereavement, family breakdowns and domestic abuse since 1999. Tara Spence, Home-Start in Suffolk's CEO explains more about the organisation and their ethos.

"Supporting children to become healthy and happy adults is crucial to developing thriving communities and ultimately to making society fairer and more prosperous." Says Tara. "Parents and family dynamics clearly play a fundamental and critical role in any child's life, having a huge impact on a child's health, social interaction and educational attainment. As families break down, there is greater involvement of costly state interventions such as child protection, children in care, educational support and mental health support."

"We believe the best opportunity to break cycles of adversity, reduce the likelihood of children passing on their negative experiences to their children and improve the health and wellbeing of our society occurs in the early years of being a child and those first few years of being a parent and a family. Our vision is to empower parents and guardians with the skills, knowledge and emotional resilience to raise children to flourish." Says Tara. "We are lucky to have an amazing network of over 270 fully trained volunteers offering regular confidential support and practical help to vulnerable families in their own homes and via the telephone and video calls."

"Our volunteers are what make our organisation special and without their dedication, valued experience and support we would not be able to provide the families with this vital service."

With the demand for support from Home-Start growing year on year, and the impact that COVID-19 has had on everyone, it is paramount that the organisation continues to grow and recruit new volunteers so even more families can benefit from the Home-Start support service. The number of families in need of support in the Waveney area particularly is even greater than ever before and the referral numbers currently outweigh the number of active volunteers available.

Sue, one of the first ever volunteers to have been trained to support families in the Waveney area said of her experience of volunteering with Home-Start, "I really enjoy volunteering. I found out about Home-Start while flicking through a volunteering folder at the library and went on to attend the training course. I really like working with and supporting families and children, hopefully making their life a little easier, sharing my knowledge and experience of being a single mother of three".

We asked volunteer Michelle who lives in the Waveney area to share what she loves about being a volunteer. "I love being a volunteer for Home-Start. Many of us have experienced challenges in our home lives and know how hard, overwhelming, and isolating this can feel."

Home-Start is a selfless charity that really cares about the families it supports alongside its staff and volunteers."

Supported dad Martin, who lives in Beccles said "My sincere and heartfelt thanks for all of the commitment and hard work that Home-Start have shown over these last months. I truly feel that the kindness, caring and guidance that they have given us has helped our family through the darkest time of our lives, teaching us that it's not all hopeless and things can only get better."

The children of Suffolk are our future. Can you help to give Suffolk a brighter future? Then Home-Start in Suffolk would be delighted to talk to you!



To find out more about becoming a volunteer call 01473 621104 or visit [www.homestartinsuffolk.org](http://www.homestartinsuffolk.org)

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## Suffolk County Council launches new website to support sustainable travel

The Way To Go Suffolk website provides information and advice on walking, cycling, public transport, car sharing and electric vehicles.

Created by merging the existing content on Suffolk Spokes and the Local Links websites, the new website features up to date information on how people can travel more sustainably across the county.

The website also includes support and guidance on how to write a Travel Plan for a Business, School or a New Housing Development. Councillor Andrew Reid, Suffolk County Council's Cabinet Member responsible for Highways, Transport and Rural Affairs, said:

"Over the last 12 months as a result of the pandemic we have seen big shifts in travel behaviour with more people choosing active travel such as walking and cycling."

"Now as we move through the country's roadmap to recovery, we must do all that we can to support people, communities and businesses to keep making positive choices regarding travel that are not just related to social distancing. The climate crisis, physical inactivity, air pollution, road danger and congestion can all be addressed with more of us making active and sustainable journeys."

The new website [www.thewaytosuffolk.org.uk](http://www.thewaytosuffolk.org.uk) will be supported by social media. Members of the public can keep up to date with the latest sustainable travel information for Suffolk and share their own success stories by following @TWITGSuffolk on Twitter.

The Way To Go Suffolk team is also asking for feedback on their new website. To share any comments, please email [thewaytosuffolk@suffolk.gov.uk](mailto:thewaytosuffolk@suffolk.gov.uk)



## Lord Mayor's Celebration cancelled for 2021

One of the city's best-loved events will sadly not take place this year.

The Lord Mayor's Celebration is a popular highlight of the city's events calendar each year, bringing a range of free performances and activities to the city centre over three days.

Following the decision to cancel the 2020 event due to the Covid-19 pandemic, the ongoing uncertainty regarding the virus means it will not be returning to the city this year.

While the planned government roadmap out of lockdown indicates the country may be free from restrictions from June, this event relies on significant planning, partnership work and community participation several months in advance of the event itself - activities which have not been possible throughout the current UK-wide lockdown.

The free to attend, citywide nature of the event also meant it would have been impossible to put any kind of limit on the number of people attending - something which also factored strongly into the decision to cancel the event this year.

Councillor Alan Waters, leader of Norwich City Council, said: "Although the situation regarding Covid is fortunately much improved, it is still not possible to plan an event relying on such high levels of physical community engagement from the planning stage onwards."

"The safety of artists, participants, staff and attendees is always central to the preparation and delivery of our events, and we sadly could not guarantee this at the present time."

"Creating cultural opportunities for the city is a key theme of our Covid recovery plan, and so we eagerly look forward to bringing this event back in 2022."

For the latest information on other events in 2021, visit [www.norwich.gov.uk/events](http://www.norwich.gov.uk/events)



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Michelle - Waveney Volunteer



Michelle

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# Grumpy Corner



Well, we're back and looking out over the parapet of the Anchor bunker, viewing Boris and Hancock's brave new world! What a vision with everyone jockeying for position for the great unlocking, madness awaits as the mad rush to barbers begins... something for the weekend?

Still somethings haven't changed as Gareth "Penalty" Southgate picks his squad for the belated Euro Championship. How can he pick Eric Dire when Jack Hawkins and Richard Todd are waiting in the wings? It all seems a far cry from a World Cup semi-final.... and even further from Nobby and 1966.

Panto season has arrived early this year (*oh yes it has*) probably to make up for a poor 2020. Yes, Baron Hardup of Stoneybroke Hall is back with his shy retiring bride! They are still on their quest for financial self sufficiency but apparently they are still both short of a bit of cash. Crowd funding needed now! Or rent out a few rooms in MeAgain Towers! Their attempt to re-locate to a quiet life in the Hollywood Hills has failed miserably. Cameras everywhere, especially the TV ones brought by Oprah (I just dropped in for a chat) Winfrey.. I wonder if MeAgain and Prince Charming drew lots to see who could spill the beans first....funnily enough MeAgain won!!

So with Britain trashed on air by an aspiring actress/princess (bit of a blur there) we have said goodbye to everybody's coiffured maniac and bad loser. Yes Donald has left the building to plot anarchy and bouffons from his sandy bunker on the golf course. Hopefully unlike Arnie he won't be back.

I interrupt these ramblings with the sad news of the death of another footballing great and hero from my youth. Peter Lorimer R.I.P. he'll no doubt be up there putting in the crosses, making holes in the nets and having a reunion with Billy, Norman and Big Jack. An era coming to an end for Revie's old boys and not many of the 66 lads left too.

So what next for blighty all back to normal in the middle of June....alien strain by the middle of July, lockdown by the middle of August, lifted again just in time for a bit of carol singing and that was 2021 thank you very much

Angels One Five on later....Hawker Hurricanes on loan from Portugal...Jack Hawkins on loan from Gareth's England squad!

Blue section Tally Ho!

Over and out

*W.Anchor*

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# Monty Shaft's did you know.....

..... that it's not easy being a contrarian

One of the positives about having to work from home is the fact that I can listen to music while I'm working. Given that I've been working from home for more than a year now, I have been through most of my own music collection, so at the end of the year I gave in and joined Spotify, so that I could listen to albums in various people's end of year lists. There weren't many that I hadn't already formed an opinion on, so that didn't take long. Prompted by a listen to 'Forever Changes' by Love, which I hadn't previously heard, on a Tim's Twitter Listening Party, I thought that there must be other 'classic' albums that I also hadn't heard. Taking to Google, I found a number of lists of greatest albums of all time. They were, unsurprisingly, composed of more or less the same albums, just in different orders, and I realised that I either owned them, or knew enough about them to know I wouldn't want to own them.

It did, however, occur to me that, while I obviously knew lots of the songs, I had never actually listened to a Beatles album from start to finish - no particular reason, it just hadn't happened - so I decided to listen to all of them in chronological order. The first few were full of the classic, almost throwaway, pop songs that most people know off by heart, and those I didn't know were pretty forgettable, to be honest. Then I reached 'Rubber Soul' and there was a noticeable step up in quality of song-writing and production. 'Revolver' was then a further step up (and my favourite), so, with it being in the Top 3 of most of the lists I read,

and its reputation being what it is, I was really looking forward to 'Sgt Pepper'.

Wow, what a shock! I have rarely been so disappointed by an album. I knew the well-known songs - unfortunately, two of them are my least favourite of the Beatles songs I know - but found the less well-known ones really uninspiring. The famous pioneering production techniques heard for the first time now just sound a bit lame, old-hat and pedestrian. It did occur to me that it might be that I simply wasn't into this new direction, so I listened to the next one, 'Magical Mystery Tour', but I really liked that, it sounded fresher in comparison.

The other possibility, of course, is that listening to the album now for the first time doesn't have the same impact as listening to it when it first came out. Maybe, but I really liked the two albums before, and the one after, even though I hadn't heard them until now. Also, many of the people I know who have this as one of their Top 3 albums are the same age as, or younger than me, so probably wouldn't have heard it at the time either. The only conclusion I can come to is that you should never believe the hype.

*Monty*



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### The Smilebikes story

#### The BMX Years

Our Founder Tim Gregory started his cycling love affair in 1982 aged 13 by introducing the sport of BMX to Norwich. After years of living and loving cycling in all its forms, 10 years ago Tim's life suddenly changed when he became ill with a debilitating lung disease. With permanently damaged lungs Tim's cycling life became a frustrating and suffocating struggle. Then he discovered E bikes and now he's able to live and love cycling again. At the age of 13 I introduced BMX racing to Norfolk and formed the Norwich Flyers BMX Club. With the help of fellow members and parents, we built Norfolk's first BMX track in

Costessey that stood for another 20 years. Although BMX racing was always my first love and where my competitive goals lay, I also found a love of other cycling disciplines such as Mountain biking and road racing. In the early 2000's we had to close our much-loved track. Over the next three years, I spearheaded the creation of Norwich's current National Standard BMX track; a free to use public amenity situated in Sloughbottom Park. Two years later I completed the legendary Lands End to John o' Groats ride and in doing so fell in love with road cycling. After a year of training, I was beginning to think about competing again when life dealt me a cruel blow.

#### A Rare Lung Disease

Out of the blue I was struck down with a rare lung disease. At my diagnosis I was given two years to live at most. Thanks to the amazing staff at the Royal Brompton Hospital my life was saved but at the cost of extremely scarred lungs which have left me with only around 30% usage to this day. Determined that I would not live my life without cycling I battled on. It's no exaggeration to say that every pedal stroke felt like I was drowning. After two years of hard-won improvement, I went to France and climbed most of the Tour de France mountains over a three-year period, albeit a lot slower than the Tour! A feat that won me Norwich City Councils Inspirational Sportsperson award.

#### Struggling On

Heartbreakingly the combination of 1000's of hours of suffering on the bike to achieve my goals and the mental stress that the illness had put me through all proved to be too much for both my body and my mind. For the first time in over 30 years, I put the bike away. Six months later cycling started calling again. I decided that I had achieved most of my post-illness goals and any cycling I was going to do from then on should be based on fun. I decided to go back to mountain bikes. After all, what could be better than riding amongst beautiful woodland scenery with your friends? How wrong was I? My lungs could not take the erratic changes required of them over such hugely variable terrain. On my 50th birthday, I sat with my bike in a heap on the ground gasping for air, watching my friends having fun on slopes that I was unable to ride. For the first time, I felt utterly defeated by my illness

#### The Ebike Revelation!

Somebody rode past me on an electric mountain bike! Within weeks I had bought one for myself. My first thought was it's like having the wind at your back the whole time. Within days I was back in the woods. Now I was able to ride with my friends at their pace and breathe at the same time! I had never thought that this could ever be a possibility. So I started to think that if an electric bicycle had done this for me, why couldn't it do the same for others? The answer of course is that it can! I was so convinced of the advantages that ebikes can bring us all that I started Smilebikes two years ago and we have already enriched the lives of hundreds of people through it. Please come and pay us a visit and try an ebike for yourself. There's every possibility that it will change your life too!

Tim Gregory  
Smilebikes Founder



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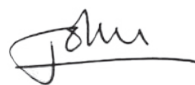
REA



# Richard Penguin's Music Round Up

Richard Penguin is a fine fellow who has listened and danced his way through music for most of his life, certainly for as long as I've known him and has been writing for our magazine for 15 years! I first got to know Richard when I played in a band called The Midfield Generals back in the 80's/early 90's and along with his band Penguins Go Pop, he has danced and pranced its way through my life and brought a smile to my face. His dedication to the music industry is second to none and I would like to thank him for opening my eyes to all the musical opportunities that his column and his enthusiasm for life have brought me.

Cheers



It is amazing to think that Triangle is 15 years old and that I have written for every single issue. So with that in mind I thought that I would look back at some musical high points over the years.

2006 was an incredibly significant year for me for sure as in the same month (May) that Triangle was launched I also broadcast my first radio show for Future radio, and am still there with my Eclectic Selection show every other Sunday at 6pm. It was also the year in which I launched my Press and Promotions agency mostly working with artists and bands promoting their albums, singles, downloads and tours which I am still doing to this day. It was also the first, and possibly best ever Latitude festival, even if it only had about a third of the audience that it would build up to. I went to every one up until 2018, and have lots of good memories of seeing many great artists over the years there including at that first year the 3 M's namely Mojave 3, Mercury Rev, and Mogwai. 2006 was quite a year for me for sure. 2007 saw Future radio gain a full broadcasting licence and I spent the first year as the music correspondent for the arts based Platform show, and it was probably my favourite year in the 21st century for gigs getting to see among others The Bees and Van Der Graaf Generator in Cambridge, a rare gig by the Lilac Time in London, as well as great gigs in Norwich by The Waterboys at UEA, Alabama 3 and Robyn Hitchcock with Peter Buck (R E M) in his band at The Waterfront, Julian Cope, Misty's Big Adventure, and Duke Special at the Arts centre, as well as a talk by the late and much missed politician Tony Benn at Saint Andrews Hall.

2008 too was a great year with musical highlights including gigs by The Demon Barbers, and Fairport Convention at the Assembly House, American Music club and Jah Wobble at the Arts Centre, and Fleet Foxes at The Waterfront. I also got to interview Steve Hackett for the first time with more than a thousand people listening to the podcast. I would go on to interview him another 4 times and have got to see him playing live 5 or 6 times since that first interview. 2008 was also the year that I began broadcasting my weekly 1 hour Acoustic and Eclectic show which would run until 2019 when I decided to switch to my now fortnightly 2 hour Eclectic Selection show. In the January of 2009 I set up a live music night to run alongside the radio show of the same name. It ran for 3 years and I was not only able to bring some fantastic musicians to Norwich but the local scene at the time was truly fantastic and we had some wonderful nights. Every one would be in my highlights. Very nostalgic. That year also saw great gigs in Norwich by Le Vent Du Nord, Bellowhead, Mabon, Steve Hackett, and A Hawk and a Hacksaw and was the first year that I went to Folk On The Pier, which I have done ever since then, and I went on to run an event on the fringe festival for 6 years.

2010's highlight was seeing The Bees again but a very special homecoming gig for them in an old 1930's ballroom in Ventnor on the Isle of Wight the day after my birthday. Moisha's Bagel at the Arts centre was another notable gig. So without repeating artists and events what have been my other highlights. The High Llamas and Coco's Lovers at the Arts centre in 2011, and in 2012 The Leisure Society, a reformed Bible in Cambridge, Gong at the Arts centre after I played a DJ set and got to interview Daavid Allen, Neil Halstead at the Bicycle shop and the first year of the Folk East festival which I have been to every year since then. 2013 seeing Tir Na Nog, The Zombies and Public Service Broadcasting, a stunning gig in 2014 by Polyphonic Spree, a solo Boo Hewerdine gig covering his whole career, and my own band Penguins Go Pop reforming and playing our first gig in 20 years. We would go on to play another 50 in the next 6 years. It was all the C's in 2015 going back into the past with Caravan, Camel and The Chameleons, as well as great gigs by Michael Chapman, Bridget St John, The Rutles, and Paul Armfield. Afro Celt Sound System, Andy Cutting and Merry Hell were 2016's high points, while in 2017 a 25th anniversary gig by Magoo and a band who go back even further The Blue Aeroplanes were amazing. In 2018 we Penguins held an album launch and had a big turn out of people as did The Trials of Cato who would go on to win album of the year at the Radio 2 folk awards. Seeing the wonderful Focus again in 2019 was a highlight with Guarenfoe supporting them as well, and then in 2020 covid struck. Right now who knows what the future for gigs will be and many will be looking forward to the day when they can go to or can play one again, hopefully in the way that we were able to in the past. Stay well one and all, and patient. We will be back in those venues that have survived again soon. Meanwhile to paraphrase the words of Jethro Tull I am going back to living in the past for just a little bit longer. Nostalgia's not what it used to be however.

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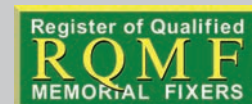
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