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AUG / SEP '21

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AUGUST / SEPTEMBER 2021

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Welcome

We aren't ones to brag.. (ok....well maybe a little...) we could not be prouder of our latest accreditation from B-Corp, not only were we the first commercial B Corp printing company in the UK, but they have now recognised Anglia Print Ltd as one of the 'Best for the World' businesses in terms of environmental impact!

Every year, B Lab recognizes the top-performing B Corps creating the greatest impact through their businesses. These B Corps are named Best for the World as their verified scores in the five impact areas evaluated on the B Impact Assessment (BIA)—community, customers, environment, governance, and workers—are amongst the global top 5% in their corresponding size group. **Best For The World: Environment** These companies are leading the way towards a more sustainable and regenerative planet by putting their impact on the air, climate, water, land, and biodiversity first in their business practices. These B Corps excel in environmental performance by offering products or services designed to solve an environmental issue or through their facilities, materials, emissions, and resource and energy use, as well as transportation/distribution channels and the environmental impact of their supply chain. Their focus on the planet as a vital stakeholder hasn't gone unnoticed. Thank you to all our customers, friends and staff for supporting us.

Keep an eye out for the upcoming events this summer: **Beccles Antique's Market** on 22nd August (see page 4) **Mr Stink comes to Redwings Horse Sanctuary** 18th August (see page 8 for more details) **David Fitzgerald's new Saxophone Ensembles for Norfolk** (page 4) and **Norwich Ghost Walks** are back!! (page 12)

We have a few new advertisers this edition too **Fashion from Vintage** (page 5) Cat Nash invites you to her studio where she up cycles beautiful vintage clothing. **Happily Held** a small independent Norfolk based business who design simple products to help you playfully nurture emotional intelligence, resilience and self belief in the children you care about (page 13) **Sweet Treats** - i've personally placed a few orders from Emily the past couple of weeks and i can't tell you how delicious her baking is! and the lovely ladies at **Not for Profit Law** introduce themselves (page 20) Until next time stay safe, happy & positive.....



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COPY DATE DEADLINE FOR NEXT ISSUE: 17TH SEPTEMBER



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Beccles Antiques Market

The Beccles Antiques Market held in May was one of the first large outdoors antiques market to be held in East Anglia region once restrictions were lifted and proved to be a huge success with all pitches filled and good attendance, even the sun made a welcome appearance!

It will be back for the second time this year on **Sunday 22nd August** at it's new location at **The Beccles Quay** by the River Waveney.

There will be a great selection of approx 100 professional dealers 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 there will be some additional parking available at the Quay site for a small charge of £2 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.



Pickled Vegetables

We all have a glut of veggies this time of year and the perfect way to preserve them through winter is to pickle them.

Lighter veggies like radish will taste good after a couple of days of pickling, while harder tougher veggies like squash will take a month or so *

- Veggies
- Blanch hard veggies in water, seasoned with a touch of vinegar – herbs and spices – 2-3 minutes just to soften a tad.
- Soft veggies = no blanching.
- Place veggies in sterilised jars.
- Add some flavours – like herbs / garlic / ginger / chilli / dry spices / seeds like fennel and dill / mustard seeds / bay leaves / cloves / etc.
- Pour over brine
- Make up by bringing to the boil, simmer for 3 minutes & use
- 3 cups water or equal parts of vinegar
- 3 cups white wine / cider vinegar
- plenty salt (1- 2 teaspoons) and sugar (1 – 2 tablespoons
- Pour the brine over the vegetables - - lid – leave – serve 2 weeks later or so *

Recipe by Zena Leech-Calton

Food writer and blogger at www.lovenorfolkfood.co.uk



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David Fitzgerald's SaxWorld Exciting NEW Saxophone

Almost 20 years ago I arrived at Norwich School to join the teaching team at their excellent Music Department. In addition to my Private tuition and work at Norwich School I am beginning to assemble a new initiative I call this **SaxWorld**. I believe that there is a significant need here in Norfolk, for aspiring Musicians (*of all ages and abilities*) to find opportunity to make music with others.

My initial plan is to offer a safe, creative environment where Saxophonists can make music together, at varying levels or standards of playing. These would offer a progressive course or route, varying in dimension from Junior Saxophone ensemble, to more Advanced (*mixed age group*) and Virtuoso (*Quartet or small ensemble*). I am pleased that St Anne's Church (*part of the Earlham Parish/ Mitre Benefice*) have agreed to host **SaxWorld**. Starting on **Saturday 11th September 2021** there will be weekly Saxophone Ensemble Rehearsals.

These will be under the banner of David Fitzgerald's 'SaxWorld' incorporating three Ensembles:

- 9.00 am (60 mins) Junior Saxology** – Young Players (**Grade 1-4 level**)
- 10.15 am (60 mins) Saxology (Grade 5-8 level) all ages**
- 11.30 am (60 mins) Quartz** – Advanced (**Gr 8 + level**) all ages



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For full details please contact
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www.SaxWorld.co.uk



Id Ensembles for Norfolk!

Eventually, I would like to establish at least one additional event per term. This would be an afternoon of rehearsals & workshops (with a visiting friend/ associate - saxophonist/performer/ composer/specialist tutor/music publisher joining us for a day). Concerts would be for family, friends and open to members of the public to attend. Having established **SaxWorld**, as a concept and new initiative, we have now now found the perfect home. *It is time to spread the good news!* St Anne's is well located, on the edge of the City of Norwich, close to the UEA and there is ample free parking. Already I have a number of pupils committed to become a part of **SaxWorld**, spaces will be limited and so I am sure that we shall reach capacity before too long.



David Fitzgerald

David Fitzgerald BA(Hons) Music, DipABRSM, FISM
Woodwind/Reeds/Piano/Music Theory
davidmcleanfitzgerald@yahoo.co.uk

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If you're looking for new garments individually up cycled from vintage textiles, I can help. I handcraft clothing for a range of occasions and body shapes, featuring a free-flowing fit that is comfortable yet flattering and fun. I am a local fashion designer specialising in recycling vintage textiles. I design my own patterns and make my clothing in a free size especially enjoying the curved figure. Every item of clothing has been designed and made by myself. Up-cycled clothing from vintage textiles, usually machine washable, and at competitive prices. You can see more about how I champion inclusivity and eco-conscious fashion by visiting me in my studio at St Marys House, Duke street, via appointment only. **Tel Cat Nash: 07730454782 Email: thespoonlady@mail.com Website: www.thespoonlady.co.uk**

Dialectical Behaviour Therapy (DBT)

We are increasingly receiving enquires about DBT (Dialectical Behaviour Therapy) - a type of psychotherapy treatment that combines behavioural science with concepts like acceptance and mindfulness. It's hard to access DBT on the NHS and often there is a long waiting list, so we're pleased to be able to provide this much needed service. If you are looking to build skills like mindfulness and be better at managing your emotions, DBT could be a good option for you. Especially, if you are overwhelmed and feeling that factors outside of your control are negatively impacting your quality of life, health, or relationships.

If you are struggling and would like to have a chat, please call **07394 983328**, email info@counsellinginaction.co.uk or visit www.counsellinginaction.co.uk



MBACP registered and a fully qualified counsellor, I've been a therapist for over 9 years. In that time, I've helped clients work through numerous concerns, from addiction, depression, anxiety, post-traumatic stress disorder (PTSD), to attachment issues and relationships problems.

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10:30am	ZUMBA GOLD	@ Narthex, St John's Cathedral, Unthank Road
6:30pm	ZUMBA	@ Narthex, St John's Cathedral, Unthank Road

Wednesday

9:30am	ZUMBA	@ St Peter's, Cringleford
6:00pm	ZUMBA	@ Narthex, St John's Cathedral, Unthank Road

Thursday

9:30am	ZUMBA	@ Narthex, St John's Cathedral, Unthank Road
1:30pm	ZUMBA GOLD	@ St Peter's, Cringleford
6:30pm	ZUMBA	@ St Peter's, Cringleford

Friday

9:30am	ZUMBA	@ Narthex, St John's Cathedral, Unthank Road
10:30am	ZUMBA GOLD	@ Narthex, St John's Cathedral, Unthank Road

Saturday

10:15am	ZUMBA	@ St Peter's, Cringleford
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Mr Stink comes to Redwings Sanctuary

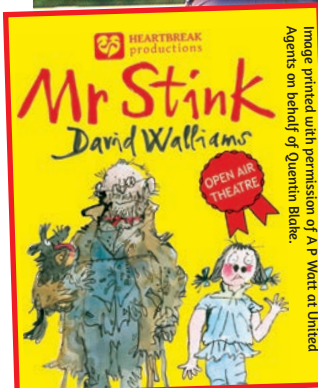


Image printed with permission of A P Watt Ltd on behalf of Quentin Blake.

There's much excitement at Redwings Caldecott near Great Yarmouth as they will play host to a theatrical adaptation of David Walliams' popular children's book, Mr Stink this summer.

The outdoor theatre show aimed at families will take place in the gardens next to Caldecott Hall at the Norfolk centre on **Wednesday 18th August, from 4pm.**

Redwings Horse Sanctuary

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Mr Stink, which will be performed by Heartbreak Productions, is the fun and heart-warming tale of young Chloe who befriends a tramp and tries to help him when it looks like he may be heartlessly driven out of town.

Ticket holders are welcome to arrive from 3pm and enjoy a walk around the centre, where they can meet some of Redwings' rescued horses and donkeys before the show.

Hot food and refreshments will also be available from Oliver's Café and the gift shop will remain open so you can purchase a souvenir from your time at Redwings.

Debbie Scott, Head of Fundraising at Redwings, said: *"We're really thrilled to be hosting our first theatrical production at Redwings Caldecott! We have a beautiful outdoor space next to our newly refurbished Caldecott Hall which will provide plenty of room for families to enjoy the show in a Covid-safe environment."*



Tickets are on sale now from www.wegotickets.com and cost **£13 per adult** or **£10 per concession**, while a family of four can buy a ticket for **£40**.



Luke Wright in Lowestoft

For 20 years internationally renowned poet Luke Wright has been used to touring the world to perform his flamboyant, political and riotously funny poetry. In March 2020 all that came to a halt. He is now emerging from his temporary enforced retirement with an infectious thirst for life. But what kind of life? And does it bear any resemblance to the one he had before?

His new show *Come! Come On! Meet Me!* addresses that very topic and comes to The Marina Theatre, Lowestoft on Saturday 4 September for his biggest headlining show to date.

Against the backdrop of pandemic politics, ageing parents, and an endless droning culture war, Wright throws a squat party in his 'poor old heart', featuring a cast of murderous swans, sozzled devils, and the people we most want to protect.

Luke told us *'usually I spend much of the year touring around the world so in the last 18 months has given me time to reflect on this and how the pandemic has affected people from all walks of life. It's going to be a thrill to take this new collection of poems on tour and especially to Lowestoft where I've always enjoyed performing'*.

A professional poet for over 20 years, Luke Wright is one of the UK's most riveting spoken word performers, delivering his verse with intensity and charisma. Keenly personal but always inflected with irreverent humour, his poetry is always based on his life - as a poet, a father and a son. He is acknowledged as one of Britain's top poets and one of the principle architects of the now thriving UK spoken word scene.

The Guardian said *'His performances rumble with rage, passion and humour' and no less a personage than Patti Smith praised his 'cool poems'*

In the past year, while mostly confined to his home in Suffolk he has been dubbed 'the bard of lockdown' by The Daily Telegraph after his marathon stint of 100 consecutive nights of online shows.



www.lukewright.co.uk

Luke Wright: Come! Come On! Meet Me | Saturday 4 Sept | 7.30pm | Lowestoft Marina Theatre, Marina NR32 1HH | £15 01502 533200 | www.marinatheatre.co.uk

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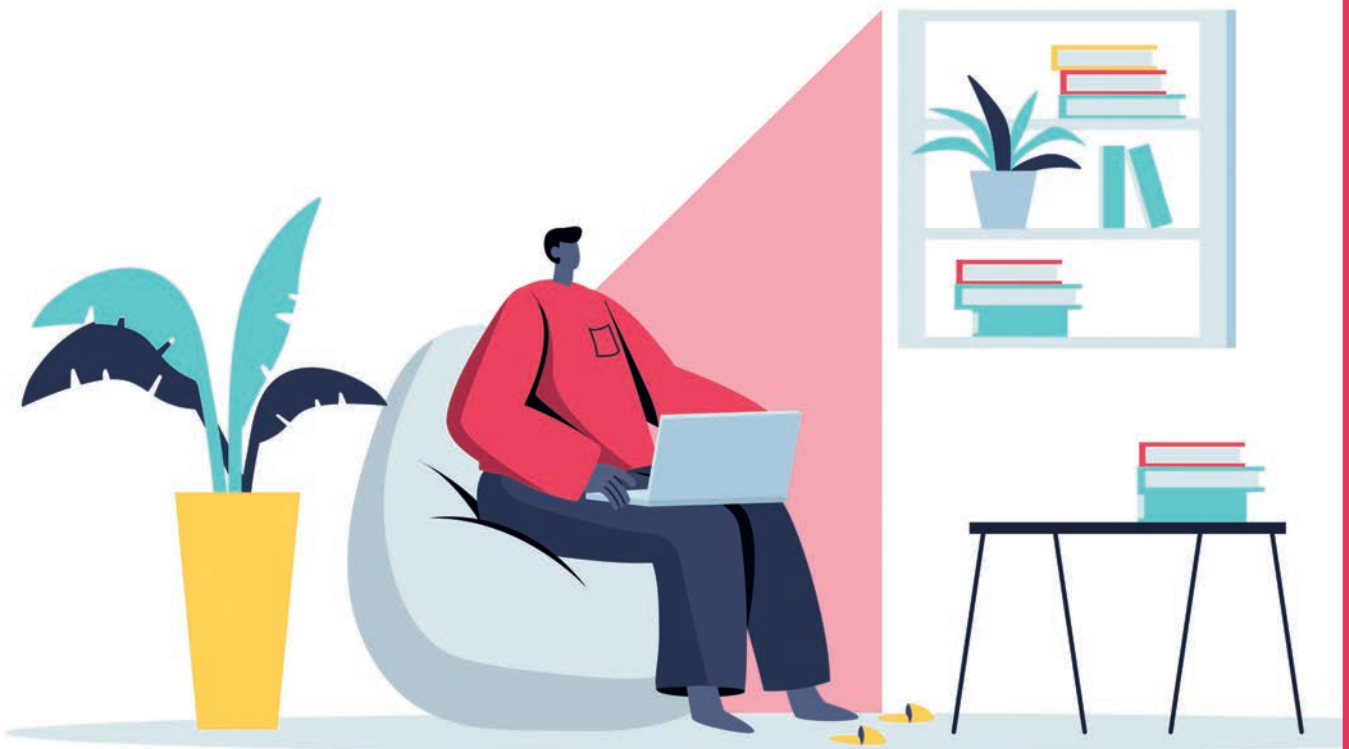
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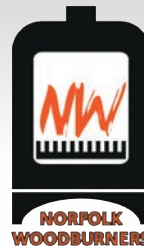
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Norwich High School for Girls have won the wellbeing initiative of the year in prestigious national awards amid the extra challenges students have faced during the pandemic.

The school's wellbeing programme which prioritised students' mental health during a challenging year has been recognised at the Tes Independent School Awards 2021.

Among the initiatives that impressed judges was its 'Big Sister' peer support programme that involves a group of Sixth Formers who offer significant support to younger pupils, and 'Headucate' mental health ambassadors who raise awareness on core issues currently affecting other students. In addition, the school's LGBTQ+ Alliance group and 'buddy' system for younger students were praised for offering additional layers of peer-to-peer support.

In addition to these initiatives, staff were celebrated for their hard work, including the school nurse, school counsellor and Deputy Head Pastoral, who have all worked tirelessly to develop the wellbeing and PSHE offer for the whole school community, moving many of the above initiatives online.

Head Alison Sefton said: *"We're very excited - it's just fantastic. Mental health and wellbeing support is a core part of the pastoral programme at Norwich High and I am so proud of the broad ranging and far reaching support that is available to all girls. What I am even prouder of is the fact that this programme adapted and went online during the lockdown. This award is testament to the commitment of the pastoral staff to adapt and refine our programme and to support the girls in finding new ways of engaging with their wellbeing."*

Norwich Art Centre Listings

Thu 19 Aug 2021 @ 8:00 PM | Price From: £20
 Benjamin Zephaniah and The Revolutionary Minds

Fri 27 Aug 2021 @ 8:00 PM | Price From: £20
 The Wendy James Band

Sat 28 Aug 2021 @ 8:00 PM | Price From: £8
 SOLARIS: a summer dragstravaganza

Wed 1 Sep 2021 @ 8:00 PM | Price From: £11.50
 Shazia Mirza – Coconut

Sat 4 Sep 2021 @ 10:00 PM | Price From: £28
 Soul Stew 5th Birthday with DJ Floating Points

www.norwichartscentre.co.uk

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When you start with an idea of how things 'should' be or how you want your body to move, you instantly lose this connection.

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Lead judge Durell Barnes said: "We were very impressed by the way in which peer support was embedded in and central to the pastoral life of the school, providing growth opportunities both for those seeking support and those reaching out to them."

You can find out more about Norwich High School for Girls at www.norwichhigh.gdst.net

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The Locks Inn Community Pub

It has been an amazing first two months at The Locks Inn Community pub on the banks of the River Waveney between Beccles and Bungay. The opening hours have been extended again in readiness for the relaxation of Covid restrictions. The pub is now open from 11am to 10pm from Wednesday to Saturday and from 11am to 8pm on Sunday, Monday and Tuesday.

The pub kitchen has been fully refurbished and is now open for business! The menu will be expanded over the coming weeks as the kitchen team find their feet. The kitchen hours will also extend in due course but for now they are noon to 2:30pm every day with an extension to 5pm on Sundays and additional 5pm to 8pm sessions from Wednesday to Saturday. Cold food is generally available from the bar outside the kitchen hours. Bookings are only taken for large groups.

As a community owned pub the paid staff will occasionally be supplemented by volunteers to cope with the huge spikes in demand that can occur at this iconic pub. Volunteers are also welcomed for some of the work on the building. There is a volunteering group on Facebook that is used to communicate with potential volunteers. Search for "The Locks Inn Volunteer Group" if you want to get involved!

The Locks Inn has a long history of live music and this has already re-started. It is scheduled every Sunday afternoon from around 2pm and will be in the pub garden when the weather allows. There are also regular Thursday evening "sessions" starting at 8pm as follows:-

1st Thursday of the month – Open acoustic session

2nd Thursday of the month – Irish session

3rd Thursday of the month – Tales'n'Ales – story telling

4th Thursday of the month – Traditional music & song

For details of all events at the pub check out their website or social media accounts.

For all enquiries about the pub:
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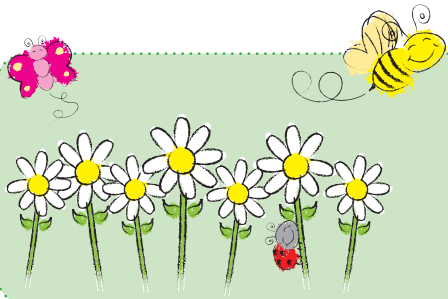
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Gardening Gossip

What nature did next ...

The allotment site that includes my plot, sits on the edge of 'five small parcels of land' which were allocated to 'the poor of the village' following the Enclosure Act of 1801.

These 'small parcels' were huge by modern standards, so most of it was sold off a long time ago. The whole site is now no larger than one of the original pieces. Luckily nobody has to survive on what they grow any more but being largely self-managed, we have always tried to accommodate all requests for plots. Consequently, we have ended up with a higgledy piggeldy arrangement of different shapes and sizes.

My allocation starts with a path just wide enough for a lawnmower (but not wide enough to turn a corner with it) which is bordered by a thin plot that runs along the complete six metre width of mine.

In April a new allotment holder arrived, who brought her boyfriend and made him dig and weed. The plot was immaculate when they left but we haven't seen her, or him, since. There are four kinds of poppies that have flourished as a result! Borage, comfrey, flowering parsley and wildflowers offer some light relief.

Marigold and tagetes twinkle in the undergrowth and sunflowers have seeded around the edges, adding promise of beauty to come.

The whole patch is alive with the buzzing of bees that fly from two hives tended by another neighbour. It is breathtakingly beautiful and amazing.

Birgit Griem



Grapes Hill Community Gardens

As the head gardener at Grapes Hill Community Garden I consider myself very lucky indeed. Having been part of this project since the early days, it has been a pleasure to have taken part in the initial planting up of the garden, and to see it evolve over the years.

The gates are open every day, and we stay open later over the Summer months. Each season has something new and special to offer. At the moment the Hollyhocks are looking glorious, attracting many bees and other pollinating insects, as are the Hebe bushes, the Honeysuckle, Echiums and Ox-eye Daisies.

We welcome visitors and volunteers old and new throughout the year. The volunteer sessions happen every Wednesday 1-3pm, with

Family sessions from 3.30- 5.30pm.

I also lead a volunteer session alternate Sundays from 2-4pm (Aug. 1st, 15th, 29th Sept. 12th, 26th Oct. 10th) No gardening experience is necessary. Come and pick up gardening tips, weed ID and herbal info for free at any of these sessions. There is no obligation to come regularly, but every little bit of extra help, helps us to keep the garden looking at its best.

From the side beds you are welcome to take herbs, and fruit from the

bushes and trees, when they are ripe, but please leave some for others too.

On August 8th we shall be holding an event to celebrate the 10th Anniversary of the garden opening, with music and lots more.

For further information Please visit our website:

www.grapeshillcommunitygarden.org

or follow us on social media: Facebook, Twitter & Instagram.



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Grumpy Corner



So it came and it went and yet again the sunlit uplands of the Euros 2020 proved to be so near yet so far.... World Cup disappointment next. Qatar 2022 knocked out just before Xmas to put everyone in a truly festive mood. What a great idea having a football tournament in a desert, will Rommel be making a welcome return to the German midfield and will John Mills be on hand with an ambulance and a crate of Carlsberg in case an Italian breaks a finger nail trying to rip the shirt off someone's back!!

Nice to see royalty at the match presumably George got to wear a tie as a special treat rather than his England kit. Uncle Harry and Auntie Meagain nowhere to be seen, unusual as it would have been a great photo opportunity and she could have tried explaining the rules and the offside trap to Boris "I'll just put an England shirt over my suit and get down with the people" Johnson. On that side of things we have seen a tearful (of joy) departure off Mr Matt "careless hands" Hancock yet another case of fine social distancing. What have we got instead.....The Hood from Thunderbirds as Health Secretary!!! Come in Scott, Virgil, Alan, Gordon and John and Lady Penelope you're needed.....F.A.B.

Nice to see all these restrictions being lifted so we can all go about a daily lives catching Covid safe in the knowledge that it's all our fault....just ask Boris and his socially (or rather mentally) distanced mates. Green List, Amber List, Shopping List, Mask On, Mask Off.....I just can't keep up! What we need is a good old fashioned lockdown and a season of Jack Hawkins films!

Soon be Xmas!

W.Anchor

Monty Shaft's did you know...

...that this column has changed many times over the last few days

I began writing it on the day of the Euro 2020 Final, with a preamble about the tournament to date. About how wonderful it had been, with crowds slowly coming back and the boos being drowned out by the cheers and applause. Then the pictures started coming in from Leicester Square and elsewhere in London. Then the film of the "fans" storming security and breaking into the stadium. Then, after the game, the film of the "fans", still in the stadium, beating the Italian fans, or anyone who appeared different to them.

It was starting to become clear that the notes I had made during the game were becoming redundant in the greater scheme of things. And then, of course, the stories of abuse of the three black players who had missed penalties emerged and writing about the match itself seemed a bit pointless. Anyone with any interest in reading such a thing would have seen it all anyway and have their own take on it. The match had been left behind and lost significance.

It is now Wednesday and the story has become entirely about racism and abuse on social media and the response to it. The three young men in question: Marcus Rashford, Jadon Sancho and Bukayo Saka, continue to carry themselves with dignity, integrity and decorum in the face of the media and political storm raging around them. The politicians who, once we got to the Final

suddenly became die hard England football fans in their England shirts (worn over shirt and tie and under a jacket), helped by having a handy 3-word slogan that they're so keen on (It's Coming Home), instead of basking in the reflected glory of a victory found themselves squirming in defeat, and backtracking on their earlier failure to condemn the boo boys and support the players taking the knee. It has emerged today that the cancelled players reception at No 10, said to be down to the PM's pressure of work (Ha!) was actually due to a refusal by the players to attend.

What does this all mean? I'm not sure, but we seem to have reached a point where a group of young footballers, so often a much maligned group, are holding the high moral ground over those who should be governing us. Their manager, an eloquent, intelligent, intensely caring man, is showing the holder of the highest office in this country how a leader should behave and get the best out of his team. I have no doubt that by the time you read this the tabloid/Murdoch machine will have sprung into action and smeared Southgate and his boys with all sorts of nonsense, but at the moment they can do no wrong and seem incapable of doing so. Oh, and, of course, they are the second best performing male football team this country has ever seen, which would be enough for most of us anyway.

Monty



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Laura van Ree

The Coronavirus pandemic has given many of us cause to reflect upon the way we work and do business, as well as how we connect with our wider community. Laura van Ree and Trina Worden are two local solicitors who have been doing just that.

CARE HOME FEES AND YOUR WILL

Should you need to go into a care home, current rules mean that you would need to pay all the fees yourself if you have assets in excess of £23,250. Once your assets dip below £23,250 the Local Authority may start to contribute towards your care costs. You will be expected to continue to make contributions from your capital and also your income (provided this leaves you with a certain amount which you are allowed to retain) until your capital reaches £14,250. Thereafter you may only be required to make contributions from your income.

For permanent stays in care, the value of your house is taken into account in your financial assessment unless it is occupied by a partner, a dependent child or a relative who is over 60, disabled or incapacitated. The Local Authority have discretion to disregard the value of your house in other circumstances, but this is rare.

Rather than sell your house to fund your care, provided you meet the eligibility criteria, you can take out a Deferred Payment Agreement with the Local Authority. This is essentially a loan (with interest) that is repayable if the house is ever sold or when you die.

You may have seen advertisements which promote putting your house in trust to protect against care home fees. These trusts are sometimes called Family Protection or Asset Protection Trusts. There are however tax and other considerations which often mean these trusts are inadvisable. They are expensive to set up (often thousands of pounds) and they will soon need to be registered with HMRC. Putting your home in trust in this way could fall foul of rules about Deliberate Deprivation of Assets, under which the Local Authority can treat you as owning an asset even if you have given it away if they can show that one of your motives was to avoid the need to pay care home fees.

If you co-own your home with another person, there are steps you can take within your Will to protect some of its value. This something we advise on regularly. We currently offer a free Will Review Service and would be more than happy to have a chat with you about your individual circumstances.

Laura van Ree and Trina Worden are two local solicitors who set up Not For Profit Law in order to 'do law differently'. They advise on Wills, Tax Planning, Trusts, Probate, Powers of Attorney and the Court of Protection. Their fees are lower than traditional law firms and they feed their profits back into the local community via Norfolk Community Foundation.

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Trina Worden

Having risen through the ranks at local law firms, with over 30 years' experience between them, Laura and

Trina have both long reflected on a more philanthropic legal model. The pandemic has prompted them to put these musings into action. The end result: Not for Profit Law.

Through Not for Profit Law Laura and Trina offer their legal expertise at lower rates than traditional law firms, feeding the profits they make back into the local community. To do this they partner with Norfolk Community Foundation, a charitable organisation which has been pivotal in providing support to charities and community groups across Norfolk throughout the Covid-19 pandemic.

Claire Cullens, CEO of Norfolk Community Foundation, says *"Many of the problems we need to tackle in the post-pandemic world have been here for a long time: coping and growing back stronger needs out of the box thinking. Laura and Trina are leading the way with their new business venture"*.

Laura and Trina advise on Wills, Powers of Attorney, Court of Protection, Probate, Estate Administration and Trusts. They currently offer a Free Probate Advice service for anyone who has lost a loved one, as well as a Free Will Review service. They can offer appointments from offices in Norwich, in your home or online. They both work flexibly, offering evening and weekend appointments where required.

For more information contact Laura and Trina or take a look at their website.



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So, with venues opening up, festivals taking place, and with all restrictions being lifted, and covid not being defeated, we face some challenging times ahead.

Many people will be looking forward to going to, and playing gigs and festivals again. However, with the Government leaving us to make our own decisions as to whether we wish to wear face masks in public, and to carry on socially distancing, and venues and festivals being advised that they should check to see if people have been vaccinated, but not making it a legal requirement, the responsibility has been shifted from the politicians to the people. This isn't really democratisation, much more abdication. The British Medical Association went as far as to describe the Government's actions as 'irresponsible and frankly perilous' in their relaxing of all restrictions so soon, and it's difficult to disagree with them. Owners of pubs, businesses, venues and the organisers of events and festivals will understandably be keen to open up and be able to put concerts on again after a difficult 16 months. They will of course be concerned to make sure that you are in a safe environment, but we have to remember that covid is still present and prevalent. We are now in a situation that the Government seemingly wanted from the start of the pandemic, namely Herd immunity. Stay well and safe one and all, and should you be ready to get out and about to concerts and festivals, here are a wide cross section of things to go to in August & September.

SOME CONCERTS IN NORWICH - ARTS CENTRE- AUGUST- 8th- Sefo Kanuteh, 11-13th- Psych fest- 11th- The Wytches, Eat your Own Head, Red Mar, Ryan Jordan, 12th- Sunda Arc, Kyanos, Galli, Green Isle, 13th- Psychic Lemon, The Wolf Number, Floral Image, Bug Teeth, 19th- Benjamin Zephaniah, 20th- George Riley, 27th- Wendy James band, SEPTEMBER- 3rd Mammal Hands, 7th Les Filles De Illighadad, 10th Nathan Fake, 17th Blancmange, 24th Handsome Family, 25th Nubian Twist, 27th Flyte, 28th John Grant, 30th Richard Dawson. BOWLING HOUSE -AUGUST 1st- 1.30 pm- Stromm, Rory Hill, Flat White. BRICKMAKERS- 3rd Boombox, 12th Retro Reunion, 13th Dirty Havana. EPIC- SEPTEMBER- 10th The Christians, 25th Chris Helme, 26th Showhawk Duo. SPACE STUDIOS- SEPTEMBER 3rd Space Is Big, Eluders, Foreign Bier. UEA- AUGUST- 22nd- Nothing But Thieves, 27th- Royal Blood. VOOODOO DADDY'S- AUGUST- 7th Gladboy + Aphra, 8th Ohhms, Kulk, Nervewrecker, 27th Mengelmoes, Sukko, After Party, SEPTEMBER- 3rd Blood Like Honey, Couples Therapy, Hello Pedro, 12th Fever, 13th Dream Nails, 16th Sleemo, Sad Face, 18th Regressive Left, 23rd Paul Wassif, Tommy Jonson, Billy Lubach. WATERFRONT (Both upstairs and downstairs)- AUGUST- 18th Twin Atlantic, 19th Circa Waves, SEPTEMBER- 6th Maximo Park, 8th Spear Of Destiny, 10th Wild Hearts, 14th Primitives, 17th Vincent Knight, Mama Oh No, Yolk, 21st Scritti Politti, (Check websites as there are many more concerts and venues to choose from).

FESTIVALS IN AUGUST AND SEPTEMBER IN NORFOLK AND SUFFOLK AUGUST

HARLEQUIN- 5th-8th August- West Norfolk- Check website for details of line up, location, artists and tickets www.harlequinfayre.co.uk

STRUMPSHAW TREE FAIR- 14th-15th August Strumpshaw Steam Museum- Arts, woodcrafts, East Anglian traditions, music and workshops. <https://strumpshawtreefair.co.uk>

FOLK EAST- 20th – 22nd August- Glemham Hall, Suffolk- Afro Celt Sound system, Elephant Sessions, Topette, Catrin Finch and Seckou Keita, The Shee, The Trials of Cato, The Moulettes, Daoiri Farrell, The Young Un's, Hut People, John Ward Band, Alden and Patterson + more. A wonderful festival, some alterations this year due to covid, only 2 stages instead of 4 or 5 (Sunset and Moot Hall) and both open air. For more information- <https://folkeast.co.uk> and info@folkeast.co.uk

VW WHITE NOISE- 19th-22nd August- Norfolk showground- Mark Morris, Smoove and Turrell, Judge Jules + more <https://www.whitenoise.com>

MAUI WAUI – 27th-29th August- Hill farm, Gressenhall, Norfolk- Goldie Lookin' Chain, Dub Pistols, Banco De Gaia, The Baghdaddies, Peatbog Faeries + more. www.mauywaui.co.uk

RED ROOSTER- 27th-29th August- Euston hall, Suffolk- Richard Hawley, Songhoy Blues, Little Barrie, Kitty, Daisy and Lewis, The Hanging Stars, Urban Voodoo Machine + more <http://www.redrooster.org.uk>

SEPTEMBER

MAVERICK- 3rd-5th September Easton Farm park, Suffolk- Rich Hall, Rod Picott, Dana Immanuel, Hank Wangford, Dan Walsh, Peter Bruntnell, The Folly Brothers, + more. <https://maverickfestival.co.uk> Americana festival.

OUT OUT IN THE PARK- 18th-19th September, Earlham park, Norwich- N trance, Black Box, Ultra Beat + more www.outoutinthepark.co.uk A.I.R FEST- B2 + Gringos- 24th-26th September- see facebook page for line up's and venues.

DEPDAL FESTIVAL- 23rd-26th September- Burnham Deepdale, Norfolk- Little Red Kings, Goat Roper Rodeo Band, Katherine Priddy, Martin Simpson, Alden Patterson and Dashwood, The Shackleton Trio, Man The Lifeboats + more <https://www.deepdalebackpackers.co.uk>

LETS ROCK NORWICH, Retro festival 25th September Earlham park- Wet Wet Wet, Boomtown Rats, ABC, Howard Jones, Sister sledge, Kim Wilde, Altered Images, Tony Hadley + more <https://letsrocknorwich.com>

Have fun if you are venturing out to a concert or festival and have a good time. However, while the Government have seemingly given up and adopted an it's up to you what you want to do approach stay safe and remember that covid is still out there and just as virulent and dangerous as when it first arrived.

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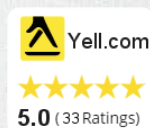
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