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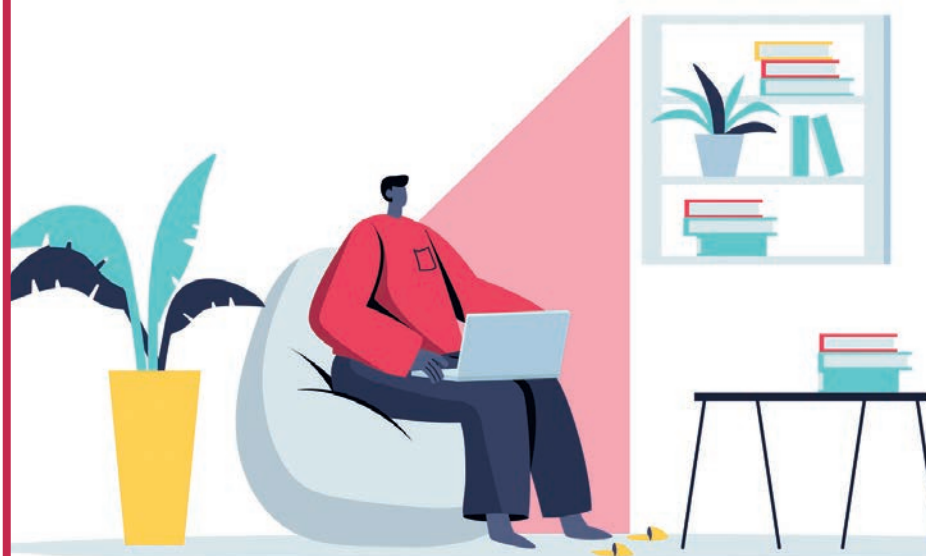
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February / March 2022

What's in this edition...

Catalyst Matchmaking.....	4
Sweettastic Churros.....	4
Luke Wright.....	8
My Yoga Journey.....	10
Nile.....	10
Norwich Puppet Theatre.....	13
Allotment Flavours in Winter...	14
Monty Shaft.....	14
Grumpy Corner.....	17
Human Library.....	18
Corton House.....	21
Grapes Hill.....	26
Richard Penguin.....	28

Welcome

We are back to A5 this month! After feedback from you, our lovely readers and the prominent places we leave them in, it seems everyone prefers the smaller, handier sized A5 format...so here it is!

Valentines and Mothers Day are on the horizon....do you have any plans?

In this issue we have not one but two delicious recipes from Zena (page 11 & 19).... talking of delicious... the new 'Sweettastic Churros' has opened up in Castle Quarter and they look AMAZING....even better, they are organic and they use locally sourced ingredients where possible... can't wait to try these! (page 4)

Norwich Puppet Theatre have some great entertainment on again this half term (see page 13) We have our usual inclusions from Brigit, this time on the winter flavours of her allotment, Grapes Hill Community Gardens, Monty Shaft, Richard Penguin and the return of Grumpy Corner!

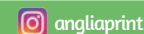
Happy Valentines to you all...i am expecting a big delivery of Churros to the office!!
Until next time, take care!

Kellie xx



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Catalyst Matchmaking



Meeting a great partner is life-changing, it affects every part of your life and future, not only for you but for your friends and family. When I was single I was a confident social butterfly, but I was shocked at how online dating got me down and was so time-consuming! I was distracted by work and as time drifted by, I avoided dating. I would have loved some support and safe introductions.

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www.catalystmatchmaking.com



Image Credits:
Sweettastic Churros

Anyone with a sweet tooth and a taste for delicious organic ingredients will be able to tuck into scrumptious handcrafted, organic churros as Sweettastic Churros opened in Castle Quarter on 12th January. Making high quality churros using a traditional family recipe passed down the generations, the latest store to open at Castle Quarter shopping centre is owned by husband-and-wife team Paulo and Sandra Gamboa.

Former restaurateurs from Lisbon, the couple now live in Norwich and are excited to be launching their first Sweettastic Churros in the heart of the city centre.

Paulo Gamboa says; *"Our niche is offering what we haven't been able to find anywhere else; affordable, sweet churros made with organic, high-quality ingredients such as the Montezuma Chocolate Drizzler with dark chocolate and toppings. Our flour from Doves Farm is organic, and we are using organic, local ingredients wherever we can. We chose to launch in Castle Quarter in Norwich because it has a familiar, friendly feel to our roots in Lisbon; Norwich has a similar vibe which we love. It's the perfect location for us, with lots of visitors, easy parking, and we can't wait to start tempting new customers with our delicious churros menu."*



To start with Paulo and Sandra will run the store seven days a week from 10.30am until 5.30pm, using the traditional recipes handed down from Paulo's grandmother Josephine.

The plan is for Sweettastic Churros to create new jobs and employ staff to work at the Castle Quarter store once the business is established. Paulo is looking forward to being so busy that he needs to train new recruits and pass on the family recipe for making handcrafted churros with a special twist.

Castle Quarter visitors will also be able to buy hot drinks made with organic ingredients from the store. And the owners are determined to make their high-quality, organic sweet treats affordable.



Paulo adds; *"We will offer an affordable high-quality organic sweet churro treat, as that's what we haven't been able to find anywhere else"*

locally" added Paulo "We're very passionate about our traditional family recipe and the high-quality, organic ingredients we use and believe Sweettastic Churros adds a new and welcome dimension to the food already available in Castle Quarter. My grandmother would be so proud if she could see me now."

Find Sweettastic Churros between Shaake and Taz's Beauty on Level One at Castle Quarter, near the White Lion Street entrance. For opening times check

www.castlequaternorwich.co.uk

The 'Untold story of Christine Bott'

The 'Untold story of Christine Bott' is the result of a promise made by Kate Hayes to her friend Christine, as she realised her life was coming to an untimely end. In Norwich we have the extraordinary



Rosie's Plaques initiative, celebrating radical women. Christine was a contemporary radical woman. She risked and lost her freedom in 1977 in her efforts to try and 'wake the world up' to the climate emergency we are experiencing now. It was an act of desperation and a pharmacological version of 'direct action', through the manufacturing and distribution of 'peak experience' LSD as developed by her partner Richard Kemp. Whilst on trial for conspiracy to flood the world with LSD, the judge characterized Chris as an 'unrepentant woman'. The prosecutor and press vilified her, which haunted her throughout her life. In a statement he was discouraged to read out at the trial, her partner, Richard, stated: 'if the Earth's raw material was to be conserved and pollution reduced to a tolerable level, there would have to be a revolution in people's attitudes, LSD could spark changes in people's outlook and put us on the road to survival.' Christine shared the urgency of this vision up to her dying day. The book is her own account of what happened between the early 60's and the day of their arrest in 1977. If you wish to order a copy of the book go to:

www.theuntoldstoryofchristinebott.uk

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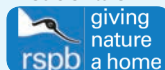


Photo Credit: Emily Foe

Luke Wright

Whether he's playing master of ceremonies at a Libertines show in front of 5,000 screaming rock fans or reciting Georgian ballads down your local, Luke Wright is adept at taking poetry to places it doesn't normally go. His poems can be tender, riotous, caustic and romantic and he delivers them with the ferocity and panache of a raconteur at the top of his game.

For 20 years the internationally renowned poet has been touring the world to perform his flamboyant, political and riotously funny poetry. In March 2020 that all came to an enforced halt but now he is ready to fully emerge from this temporary retirement with an infectious thirst for life.

His new show is an all new collection of verse featuring a cast of murderous swans, sozzled devils, and the people we most want to protect. It is currently touring the length and breadth of the country and comes to The Marina Theatre, Lowestoft on Thursday 31 March

Suffolk resident Luke told us 'usually I spend much of the year touring around the world so the pandemic lockdown's gave me time to reflect more and think about how the pandemic has affected people from all walks of life'.

Luke is one of the UK's most riveting spoken word performers, delivering his keenly personal yet irreverently funny poems with intensity and charisma. The Guardian said 'His performances rumble with rage, passion and humour' and no less a personage than Patti Smith praised his 'cool poems'.

In 2020, while mostly confined to his home in Suffolk he was 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
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My Yoga Journey

Hi, my name is Ania.

My yoga journey started in 2009. Back then I was thinking that the best way for me would be to practice yoga with a teacher who is Polish. (my first language). I was very lucky, I found one in Norwich... Anya is a Iyengar influenced yoga teacher. Within this practice, body alignment and stillness is very important, I have gained a strong foundation.

Over several years of practice I was discovering that working with asana (structured poses) brings a lot of awareness to my day-to-day life. Helping to live in the present moment. Yoga is a very important aspect of my life.

After few years I decided to become a yoga teacher. I strongly felt that Yoga is the path I've been searching for. During lockdown I managed to complete my training with BSY and backing of my first yoga teacher Anya.

I am very happy to share this new beautiful slow-paced mindful Hatha Yoga movement class using comfortable props and support of the Earth to get connected (to yourself).

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– September with our visitors staying from one week to one month. However, we also have longer term students attending the UEA, staying from one month to a full academic year.

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Chilli Ketchup

2 tins plum tomatoes
1 tin water
equivalent/15fl oz / 3/4 pint

2 chopped white onions (1 med onion = approx 2&1/2oz / 70g each)

2 cloves crushed/chopped garlic

2 sliced red chillies and seeds

2 sticks chopped celery (de-stringed)

3oz/75g dark brown sugar or Demerara

3 fl oz red wine vinegar

1 tsp paprika

1/2 tsp g ginger or 1/2 inch fresh grated ginger (5g/1/4oz)

1/2 tsp g cumin

- Add all ingredients to a big pot, bring to the boil and then simmer for 30-40 minutes till thickened, reduced and darkened.

- Liquidise/whiz up – stir in 2-3tbs-tomato puree, season –stir –taste – pour in to sterilized jars or bottles.

- If your going to keep for a long time- fill to the top, gently tap out any air, cover with a wax disk and drizzle on a thin layer of olive oil, seal with a lid and store in a dark cool cupboard.

- Once opened keep in the fridge for a week or un-opened for several months.

Recipes by Zena Leech-Calton ©

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Heart-warming Shows at Norwich Puppet Theatre this February

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Embrace the frost this February half term, with Half a String's *Under the Frozen Moon* at Norwich Puppet Theatre. It's a heart-warming story set in a beautiful frozen world, as we

follow Amka on an adventure to find the gobble-greedy dragon and thaw the frozen moon. Enjoy atmospheric live music and beautiful puppets.

Favourite local company Garlic Theatre are also returning this half term, with their two shows *Oldilocks and the 3 Bears* (back by popular demand!) and *The Bag That Went Boo!* Both shows contain Garlic Theatre's usual mix of quirky characters, delightful humour and joyful puppetry.

All three shows are recommended for ages 3+ and tickets are just £9 or £32 for a family of four.

Family workshops are back as well. Get creative with Bunch of Bears puppet making for ages 4+. Each family member makes a bear puppet to take away with them. You can also explore shadow puppetry with the Shadow Lab, a family workshop celebrating *Love Light Norwich* for ages 5+. We suggest you book fast for these workshops as the Christmas events sold out.

The Theatre is still operating at reduced capacity, with extra COVID safety measures in place. For more information about all these events, including dates and ticket booking, visit www.puppettheatre.co.uk



Allotment flavours in winter

It was with great pleasure that I defrosted tonight's homemade ready meal and discovered that it contained peas and mangetout. That'll have been in the freezer since about July then! I loved the reminder of things to come, naturally, but fresh is best. So what, apart from the ubiquitous sprouts and parsnips, might there be to pick now?

I hedged my bets last season and planted various vegetables around October which means I'm optimistically cheering on ten varieties that have survived so far. Alas, hope is fading for the red cabbage, kohlrabi and lettuce. The Kale is very tasty but the successive sowings look like the vegetable equivalent of a very small Russian doll.

The most successful late plantings have been fennel, which has big bellies and is full of aniseed, purple sprouting broccoli, which is miraculously recovered from the cabbage white annihilation attempts, and winter purslane. This spindly, cut and come again, green stalk with a heart shaped end full of vitamins A and C is lovely in salads. I planted one long row and the little tufts have romped away. I've got more than I need for a few months worth of garnish and have stated experimenting with cooking it.

It's been wonderful with other greens, adding a slightly different flavour and texture, and I've really enjoyed it as a last minute addition to soups.

So make the best of what you have got and listen to Charles Dowding who recommends waiting until March before attempting to germinate tomatoes!

Now that's radical!



Monty Shaft's Did You Know... ... that we've somehow managed to reach 2022.

I won't say Happy New Year as by now you're probably sick of hearing it, and, so far, it doesn't look like being any happier than 2020 or 2021. Indeed, someone pointed out that this could be 2022: The Sequel (that works better spoken than written!)

I am writing this a week into the New Year and we've had the first PMQ's where Bojo the Clown has lied through his teeth and refused to correct the record when it was pointed out to him. Indeed, he tried to run out of the room, before being called back as he hadn't finished yet. Expect a fridge to be installed in the House soon. More lockdown parties at No 10 have come to light, this time an allegation by Dominic "Don't forget me" Cummings. Beginning to wonder whether they're adding another one every other week to ensure that the enquiry never ends – not that anyone expects it to be anything other than a whitewash!

Speaking of which, surprise, surprise, the man appointed by Bojo to investigate whether he broke the ministerial code has decided that he didn't. This despite the discovery of a number of Whatsapp messages between Bojo and Tory donor, Lord Brownlow, clearly suggesting that Brownlow would pay for the redecoration of the flat at No 10 in return for Bojo setting up a meeting with the Culture Secretary regarding a Great Exhibition at the Albert Hall, where Brownlow is a trustee. These messages were not passed on to the man carrying out the investigation by Bojo

as he had changed his phone (presumably Brownlow had changed his, too), which is becoming a recurring excuse in enquiries into Tory sleaze!!

That was just the PM's first week. In addition, Tory peer, Michelle Mone, and her husband referred a PPE company, in which they were 'secretly' involved, to the government's VIP lane, 5 days before the company was registered. It received a £203M contract. The 'Colston 4' acquittal has shown that the Attorney General and many colleagues have problems with the concept of 'precedent,' and the right wing papers have problems with juries deciding the outcome of trials – the 'people' have become the 'enemy of the people'!

Elsewhere, anti-vaxers and Brexiters (a one circle Venn diagram) didn't know which way to turn when Australia's much heralded control of their Border led them to cancel Novak Djokovic's visa. On the subject of Brexit, two alcohol-related big wins were announced by the Government: we can now sell champagne in pint bottles (spoiler, we can't – if it's in a pint bottle, it can't be real champagne), and we can now put crowns on pint glasses (spoiler, we could have done this at any time before Brexit), so that's going well.

To misquote The Who, "Meet the New Year, same as the Old Year"

Monty Shaft

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Wed 6th July – Sun 18th September

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Grumpy Corner



Well were back! Not much has changed a beleaguered prime minister, a beleaguered prince and his nephew who wanted anonymity once again seeking the limelight propelled by his missus....so as I said not much has changed.

Party Time at No.10, when all the other No 10s in the land were bunkered down the drinks just kept flowing as the Downing kept downing in Downing street!! I didn't get an invite to the garden for the business as usual meeting, I wasn't sent to the office with a suitcase to stock up with wine and I didn't even get a look at the cheeseboard or a go on Wilfrid's swing!! What it must be to be one of the chosen few and be part of the "No Rules For Us" set.....red or white anyone?



The party appears to be over for no sweat Andy but his ex wife and house mate still thinks he's remarkable chap even though his mum thinks otherwise and has banned him from the dressing up box. News from tinseltown is that the happy couple might not come back for Granny's platinum jamboree, what a shame.....perhaps a whip round for police protection is the Ginger lad's next move or maybe Mrs Ginge will set up a poor me charity to foot the bill.

World Cup Year and hopefully the BBC (if it is still going) will get us in the mood with a desert season featuring Lawrence of

Arabia, Rommel Desert Fox and Ice Cold In Alex....worth waiting for!!

Will England play three at the back Wilson, Kepple and Betty or will Gareth surprise us all by putting John Mills, Harry Andrews and Sylvia Sims in the starting line-up. I expect we will cross the desert following the star to Qatar only to meet James Mason's Afrika Corps in the quarter finals. Hopefully we'll have Jack Hawkins on the bench...in case Harry "where's the net" Kane has a poor start to the tournament. 32 Teams and home by Christmas unless we are struck down with yet another variant...Greek alphabet at the ready!

Christmas came and went in the Anchor household without much upset or squabbling as we didn't have the clash between Strictly and Ice Cold in Alex as we did the previous year and we were also rewarded over the festive season with a rare screening of the legendary The Ship That Died of Shame!!

And finally talking of legends and death it was sad to see Mike taking the Last Train To Clarksville and Ronnie taking a last Walk in The Rain.

Mike Nesmith and Ronnie Spector R.I.P.



Now where did I put that Easter Egg?

Mr. W.Anchor



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This is an interesting project designed to challenge prejudice and stereotypical thinking. It began in Copenhagen, Denmark in 2000. It's a simple idea but like many simple ideas it has a great potential.

This is the description offered by the creator of the Norfolk Human Book Facebook page.

'The idea is to discover the people behind the 'cover' by having a conversation with a person

HUMAN LIBRARY

(the 'book') which challenges prejudice by hearing their human story.'

People are recruited to be 'Books'. They are then offered to be on loan to a 'Reader'. The Book talks about the aspect of their life they have agreed to share and the reader can ask questions. The Book can choose not to answer a question, can also ask questions of the reader, and can also end their story when they want. It was odd, when visiting an event in Attleborough Library in 2011, to see people described with labels. The aim is for the label to become meaningless as the person becomes visible to the reader.

The original idea was to encourage people to be 'Books' who had experienced prejudice, social exclusion or stigma.

I'd encourage a look if you see an event near you, it's so important in these challenging times that we find different ways of understanding each other. The first permanent 'human library' was established in 2006, in Lismore Australia.

Norwich Art Centre hosted a Human Library Book café in 2021.

For more information: <https://mhumanlibrary.org>



Fruit chutney

2lb/1kilo prepared chopper fruit i.e.- apples, pears, plums, greengage, cherries, tomatoes, plantain etc or dried fruits like apricots, figs, prunes, tropical fruit mix etc either mixed or individually.



3 - 4 chopped white onions

3 cloves garlic chopped

8oz / 200g any sugar

1/4 pint any vinegar

- Add an assortment of your favourite spices- i.e. - 1tsp each g ginger, cinnamon and cumin plus 4-6 whole cloves. (but you could experiment)

- Add to a big pot - boil - simmer 50-60 minutes till "chutney-fied" = thickened, reduced, darker.

- For the last 10 minutes add 2oz/50g sultanas.

- Store in sterilized jars- follow the instructions above.

Recipes by Zena Leech-Calton ©

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Supporting Wellbeing in Your Later Years

The pandemic has proven a particularly challenging time for older people, compounding feelings of isolation and limiting opportunities for socializing.

Maria Widdrington is Activities and Wellbeing Coordinator at Corton House, a residential care home for the elderly situated just off Norwich's City Road. Celebrating its 70th anniversary this year, the home is one of the oldest not-for-profit care homes in the UK, founded upon Christian values of community and kinship and welcoming people from all faiths or none. We chatted to Maria who shares some simple tips to improve your overall wellbeing in your later years.

Don't Lose Sight of Yourself

Hugely important for self-esteem is continuing with the interests that make you who you are. If previous hobbies are proving a challenge, there may be ways to adapt them, for example keen former footballers could try a gentler alternative like 'walking football' or join a football reminiscence group.

In the home, we ask residents to tell us as much as possible about their favourite pastimes when they move in, so that we continue to support their interests in this new chapter of their lives. For example, we are currently working with London's Wallace Collection on a remote gallery project, 'Out of the Frame', which will allow the art fans among our residents access to works they may not otherwise be able to see.

Connect with Nature

Plenty of studies have shown the positive impact of being connected with nature. At

Corton House we are lucky to have beautiful and quite extensive grounds, and this year we plant to introduce more sensory planting, encourage wildlife and even grow produce to support our wellbeing programme.

Simply sitting on a bench listening to the birds singing, taking a short walk, or enjoying some light gardening are all great ways to lower blood pressure, reduce stress and improve mood. If you can't get outside, ask a friend or relative to 'bring the outdoors in' – in the home we ensure our residents who cannot leave their beds can enjoy nature too, with hand massages using lavender oil and bunches of bright cut flowers in their rooms.

Find a Friend

Friendship is key to everyone's wellbeing, young and old. Corton House works with a wonderful local charity, Friend In Deed, which matches older and younger people as pen pals. Charities such as Age UK will often have directories of local venues and groups that are a great place to form new friendships, such as our adjoining Independent Living site, Brakendon Close, which hopes to offer community lunches and coffee mornings in the near future.

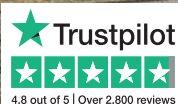




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Rosie the Riveter
 raises funds for
 Sue Lambert Trust

Rosie's Plaques, the Norwich based guerilla art project, is raising funds to support Norfolk's main charity offering support to survivors of sexual violence and domestic abuse. Sue Lambert Trust has been chosen to benefit from the group's latest fundraising campaign, selling badges based on the alternative blue plaque: 'For our sisters who were Just Walking Home.'

Rosie's Plaques is the brainchild of The Common Lot theatre group from Norfolk. Women from The Common Lot produced a play in 2018 called 'All Mouth No Trousers' which focused on the unsung heroic women of Norfolk. During the research for the show, they discovered how few women have been honored by blue plaques.

A blue plaque is a permanent sign installed in a public place to commemorate a link between that location and a famous person, event or former building on the site, serving as a historical marker. When the women of The Common Lot realised that of Norwich's 300 blue plaques, only 25 are dedicated to women, they decided to do something about it. The Rosie's Plaques project began in Norwich in May 2019 with eight 'alternative' blue plaques being erected, under cover of darkness.

The most recent plaque, situated near St Giles' Street, was created in response to the brutal killing of Sarah Everard in March 21, which sparked widespread debate about

women's safety in the UK. All the members of Rosie's Plaques had a hand, quite literally, in creating this alternative blue plaque which bears the message: 'For our sisters who were Just Walking Home.' Badges bearing the same inscription as this latest plaque are being sold online so people can remember Sarah Everard and all the women 'who were Just Walking Home'.

Maggie Wheeler from Rosie's Plaques said they chose Sue Lambert Trust as the beneficiary of their badge fundraising because it is Norfolk's main charity offering free, specialist, clinical support to survivors of sexual violence and domestic abuse. Plus, like the women involved in Rosie's Plaques, all the qualified and experienced counsellors providing support are volunteers.

The Common Lot describe their guerrilla art as 'Craftivism'; they put the plaques on buildings around Norwich under cover of darkness, dressed as 1940's feminist icon 'Rosie the Riveter'. They raised over £5000 through a successful crowdfunder and using their research toolkit, have reached out to women across the country to see their vision of alternative blue plaques appearing all over the country become a reality.

For more information about Sue Lambert Trust visit www.suelambertrust.org

To find out more about Rosie's Plaques and purchase badges visit www.rosiesplaques.com



NOT FOR PROFIT LAW

Community Interest Company

Not for Profit Law is a social enterprise founded by two local solicitors, Laura van Ree and Trina Worden, who have more than 30 years' experience between them. Prompted by their experiences of the Covid-19 pandemic, Laura and Trina have resolved to 'do law differently'. Through Not for Profit Law they offer expert legal advice at lower rates than traditional law firms, partnering with Norfolk Community Foundation to feed the profits they make back into the local community.

FREE WILL REVIEW

Changes in the law and tax system can mean that a will made just a few years ago might not perform as you expect. Laura and Trina will happily look at your will and make suggestions about potential changes that might benefit you. It may be that you don't need to do anything, but it is certainly worth checking!

FREE PROBATE ADVICE

There can be a lot to think about when someone dies, at what is almost certainly an emotional time. For that reason, Laura and Trina offer a free initial probate advice service to anyone who has lost a loved one or is dealing with an estate.

Also advising on Powers of Attorney, Court of Protection and Trusts.

We aim to be flexible, offering meetings online, in offices in Norwich or at your home. Evening and weekend appointments are available on request.



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Legal matters when someone dies

There can be a lot to think about when someone dies, at what is almost certainly a very emotional time. Usually, it is the Executors appointed under a will who are responsible for dealing with legal matters. If there isn't a will in place it falls to the ultimate beneficiaries of the estate (who take on the role as Administrators). Executors must perform their duties in accordance with the terms of the will and various legal statutes. Executors (and Administrators) can face personal financial liability for any omissions or mistakes they make. Perhaps harshly, such liability can arise even if they are unaware of a particular duty or action that needs to be taken.

Some of the main duties of an Executor/Administrator include:

- Paying all the deceased's debts and liabilities where the estate is solvent. An Executor/Administrator can be held personally liable for any unpaid debts, including those of which they are unaware. This ongoing personal liability can be removed if certain legal procedural steps are taken.

- Completing and submitting Inheritance Tax paperwork to HMRC and making payment of any Inheritance Tax due. They can face personal penalties imposed by HMRC if they do not do this thoroughly or within certain time limits.

- Identifying and dealing with any claims against the estate, for example from creditors or disappointed family members. They should delay distributing the estate until all the relevant time limits have expired or they can again face personal liability.

- Executors are often also appointed as Trustees, for example where a Will dictates that money should be held for a beneficiary until they reach a certain age. Trustees have various responsibilities and obligations so it is always sensible to take advice about what you can and cannot do if you find yourself in this role.

Not for Profit Law offer a bespoke service in which we can help with as much or as little of the estate administration as you would like. Unlike some solicitors, we do not charge a percentage of the value of an estate and our hourly rates are low.

If you would like to have an idea of what might be involved for you then do get in touch on 01603 555440 or

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The Waveney Centre

(A room with a view)

Is situated in New Market, Beccles down the alley next to Hughes. It is a meeting place for the over 55's. Wheelchair access is available. This leads into a large communal room with tables, chairs, and a magnificent view over the Waveney Valley. A conservatory is to the rear. Storage is available for shopping trolleys or walking aids. Tea/coffee and other refreshments can be obtained.

The centre is open Monday - Saturday (times vary) with activities on each day. A news bulletin is published monthly.

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So we started 2022 with the warmest New Year's day, in the UK, on record, at over 16C! This was followed by another unsettling record on Jan 4th, with our highest UK figure for Covid cases at almost 200,000 new cases in one day. Not a great way to start the year, but we must remain hopeful & find ways to tackle the pandemic & climate change & our own personal challenges. There are lifestyle changes we can all make to help create a healthier future.. Growing our own food is one of them.

At Grapes Hill Community Garden we have nine raised beds, which we let out each year to local people with little or no growing space of their own. We have just allotted these beds to the new raised bed tenants for 2022, allowing them to grow their own fruit, veg and herbs, with support throughout the year. If you have missed out on the chance to take up one of our beds this year, but would like to be involved in planting, nurturing and harvesting at the garden, you may like to join the Volunteer Group Sessions I shall be leading from Spring onwards (Times & dates to follow).



'Winter Pruning Workshop (Dec 2021)'

If you have your own growing space and are keen to plant something special asap, this is a perfect time to plant a fruit tree or fruitbushes (Jan/Feb), ensuring the ground is not frozen hard.

Choisya ternata
'Sundance'



'Join our happy team of volunteers at Grapes Hill Gdn'



Also think about the potential eventual size of your tree/bush when positioning.

For updates on events & activities at the garden, follow us on Facebook, Instagram or Twitter or see noticeboard at the garden.

The Grapes Hill Gdn team would like to wish you all a happy and fruitful 2022



Norwich Art Centre Listings

Sat 26 Feb - 8pm

Cut Capers

Categories: Jazz

Price From: £13



Wed 2 Mar - 8pm

Triffids!

Categories: Theatre

Price From: £12

Thu 3 Mar - 8pm

Morganway

Categories: Rock/
Pop

Price From: £15.50



Sat 5 Mar - 8pm

PRB presents Bob Log III

Categories: Blues

Price From: £14.50

Sat 12 Mar - 8pm

**Psychedelic
Porn Crumpets**

Categories: Rock/
Pop

Price From: £15



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Musical Triangle

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As I am still yet to return to gigs here are a few new and recent releases.

THE MCGUILTY BROTHERS- Redemption and Rust. Still largely consisting of former Farmers Boys band members the follow up to their debut album 'Songs to leave home to' sees them travelling further down the road marked Americana. This is most evident on opening song 'Cigarettes and Gasoline' which while they are based at either end of the A 146 in Norwich and Bungay this journey in song namecheck's Kerouac, sees them stopping off for Gasoline, and possibly on Route 66 seeking a motel to lay their collective head's down for the night. The incredibly catchy and upbeat pop country single 'Getting Somewhere Now' follows owing more to The Byrds and Burrito's than The Beatles or The Bunnymen. Love and broken hearts abound with 'Better Apart' being the tale of a couple patently not right for one another, and a hint of The Stones when they went country in the early 70s, the heartbreak of 'Last to know' with its piano swoops and pedal steel flourishes, the ballad 'Ghost of you' with the protagonist haunted by the memory of a former love, and the yearning and searching for love in the Hammond organ enhanced 'Everlasting'. All songs so far written by bass man Mark Kingston, but there are 2 exceptions on the album. Band members Vocalist Barry 'Baz' Mcguilty and keyboard man Justin Fisher penned the album mid point song 'World on Fire' with, once again, some delightful Hammond, and a chunky guitar riff in a Duane Eddy style from either Mark's son Laurence or Stan, while the old Bee Gee's song 'To Love Somebody' receives a Mcguilty's makeover yet its essence remains intact. The album concludes with the epic, slightly downbeat 'Path Of Least Resistance, and a return, only slightly revamped, visit to 'Better Apart'. The Stateside influences are clear to hear, but the songs and story telling are strong, and would stand up played stripped down on an acoustic or enhanced and orchestrated. Fans of Americana in particular will love this album.

Meanwhile band members STAN AND JUSTIN MCGUILTY are due to release an unusual mini album entitled 'Lockdown Musings Volume One' on February 11th with 12 mostly improvised tunes on the album, some under 20 seconds long. My own personal favourites on this somewhat oddball project are the jaunty 'New Lives' with its delightfully naive Ukulele and possibly toy piano melodies, 'Good Evening Mr Frith' with its experimental guitar lines being an homage to one time Henry Cow man Fred Frith, and album conclusion 'And So To Bed' with strings, bass and electric piano underpinning a sampled voice informing us that she had decided to take a small vacation just like they have on an album that may well appeal to fans of leftfield exponents of the experimental and avant garde.

THE MEADOWS- Dreamless Days- Taking the decision to release a second album of, all bar one song, entirely self penned songs and tunes, was a very wise one indeed by Welsh sibling band The Meadows. Multi talented and multi instrumentalists all 3 sisters Titania, Fantasia, and Melody, and brother Harvey all sing with the former 2 writing the songs and tunes. Classically taught and folk inspired the haunting ballad 'Lullaby' opens the album leading into the dramatic and dreamlike 'Elusive Dreams'. The album is largely piano led with beautifully arranged violin, and flute embellishments creating an almost otherworldly atmosphere. On 'Merlin's Oak' a number of mythological tales are encompassed in one song including a reference to a devilish dog with blazing eyes that can strike you dead upon sight being the West version of the East Coast Black Shuck for sure. Fantasia emerges as the main songwriter with self penned melancholic song of lost love 'Dead White Rose' and

true love 'There's you' with its plaintive piano and subtle violins and harmonies sitting neatly alongside Titania's atmospheric piano led title track like raindrops descending slowly on a window pane. The albums 2 instrumentals have a joyful feel to them on 'Castell Dryslwyn' and a Celtic air to 'Gelli Aur' while it concludes with Fantasia's flute led and subtle 'Spin me a dream' and warning that the power of the sea should never be underestimated on 'The Tide'. It is no surprise that it has been listed in many album of the year lists as well as winning some as it has an otherworldly and ethereal quality and feel unlike almost anything that I heard in 2021. Beautiful.

A quick note about another astonishing and favourite album from 2021 namely FREEDOM TO ROAM- The Rhythm's Of Migration. 8 incredibly talented world, classical and folk musicians got together to create this cinematic masterpiece like a soundtrack set to tales of animal and human stories of migration. Brought together by flautist Eliza Marshall due to covid hitting the world and a lack of freedom to roam the musicians initially collaborated through the internet. From the opening atmospheric 'Awakenings' to the livelier title track emphasising the free flowing feeling of flight through the eerie 'Arctic Lament' with its haunting harp playing, to the subtle and atmospheric 'Turning Tides', 'A Quiet Place' and 'Cherish' to the upbeat and cheery 'Run Wild' and 'Seekers' through the discordant and harsh 'Brutal' and thought provoking and Middle Eastern 'Leaving My Homeland' to the awaiting an inclusion in a David Atteborough documentary feel to 'Rain Coming' and 'Green shoots and Galaxies' to the joyful finale of 'Coming Home' this is an album almost waiting for a film to be devised around it, rather than vice versa. A work of genius, patience, ingenuity, and joy.

SOME GIGS IN FEBRUARY AND MARCH- B2- February 12th- War child festival- 2-11 pm- fundraising event with 12 acts including Truthteller, Kid Hyena + DJGT, THE BRICKMAKERS- March 2nd- Frank Carducci band, 17th Harvey Bainbridge, EPIC- March 9th- Curved Air, March 12th Wolfgang Flur (ex Kraftwerk), NORWICH ARTS CENTRE- February- 5th Jane Weaver March- 6th Beans On Toast, 13th- Gong, 31st Sam Carter. (April 1st- Urban Voodoo Machine). UEA- February- 1st- The Stranglers, 11th- Echo and the Bunnymen, 21st- Doves, March- 18th Soul 2 Soul, 27th- Paul Weller, 28th- Jake Bugg, VOODOO DADDY'S- February 2nd The Goon Sax (including the son of Robert Forster of The Go Betweens), WATERFRONT- February- 3rd Tygers of Pan Tang, March- 1st The Mission, 2nd The Crips, 5th- Tilting Sky- The Last Hurrah- Final gig after 20 years with Sam Coe, Coronation Kings and Rory Hill, 8th- Paul Draper, 12th Villagers, 17th- The Alarm, 22nd- Stiff Little Fingers. FESTIVAL- HRH Prog X11- March 17-20th- Camp HRH, Great Yarmouth- Tangerine Dream, The Earth Band, Pendragon, Solstice, Galahad, Magenta and many more. Check websites for more gigs + websites and facebook pages for Gringo's, Last Pub Standing, Louis Marchesi, and Walnut Tree Shades.

ECLECTIC SELECTION- I have recently broadcast shows of lost and forgotten albums of the 80s, and on Sunday's February 6th and 20th and March 6th and 20th 6-8 pm I hope to broadcast similar shows from the 90s and 2000s. Listen again- <https://futureradio.co.uk/show/richard-penguins-eclectic-selection/>

RICHARD PENGUIN

mail@richardpenguin.co.uk





LightHaus to debut at Norwich Love Light Festival

KlangHaus partners The Neutrinos and Sal Pittman are embarking on a new collaboration with lighting designer Tom Clutterbuck to present the world premiere of their new sound and light experience LightHaus for February's Love Light Festival.

LightHaus takes an intense journey through saturated colour, pitch darkness and blinding light blended with sound and song for any kind of weather. The sea's constant force, ever changing hues and capacity to render all elemental are at the heart of the shows oblique narrative and, at its centre, a beacon of hope

Karen Reilly of The Neutrinos explained 'LightHaus will be a drop in an ocean full of surprises, an offering to the sea and its power to shape our world. The sea's constant force, ever changing hues and its capacity to render all elemental are at the heart of the shows oblique narrative and, at its centre, a beacon of hope.'

Audiences should expect evocative sounds from mournful fog horns to tidal bells, all reminders of the power of nature and our insignificance and vulnerability.

There will be several shows each day with a relaxed show each day at 16.30, family shows from 17.00 to 18.50 and adult (12+) performances from 19.10 – 18.50. Free tickets are bookable via www.lovelightnorwich.co.uk

Art rock mavericks The Neutrinos have been at the cutting edge of music making for 20 years. Their KlangHaus show deconstructs the way a rock gig works. It was a smash hit at the Edinburgh Festival sold out over 100 performances at London's Royal Festival Hall. The Times described them as 'A blast of aural and visual magic' in a 5 star review. In 2021 they created their revolutionary Darkroom installation at UEA's Tyndall Centre for Climate Change Research which they took to Glasgow's COP26 UN Climate Conference.

Sal Pittman is an artist whose work lurks somewhere in the shadows; rich with tactile, off-kilter, unapologetic personality - working with light, supergraphics, typography and montage in a seamless line between analogue and digital.

LightHaus

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