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Apr / May '22

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April / May 2022

What's in this edition...

Beccles Antique Market.....	4
Arc of the Sky.....	4
Norwich Theatre Cafe Royal.....	7
Could you Foster?.....	9
Norfolk Wildlife Trust Appeal.....	11
Care Home Fees & your Will.....	13
Norwich Puppet Theatre.....	15
Pirates Return - Hippodrome.....	16
Loddon Antique Fair.....	17
Grapes Hill Gardens.....	21
The Birds and the Bees.....	23
Redwings Horse Sanctuary.....	25
Grumpy Corner.....	27
Musical Triangle.....	28

Welcome

Well here we are already... April / May edition! Spring and Easter are well on the way and I can't wait, I think it may be my favourite season! I always feel so much better when the sun is shining! I stayed at the George Hotel Norwich last week and had a fabulous time... We had The King George room which is situated in the eves of the hotel, beautifully designed to include the original oak beams and victorian features along with a free standing roll top bath.. it was gorgeous! The food from The Arlington Bar & Bistro is delicious.... I definitely recommend checking it out if you haven't already - www.georgehotel.co.uk

Events that are not to missed this edition are the Antique & Collector Fairs in Beccles & Loddon (page 5&17) The Pirate Circus at the Hippodrome (page 16) Easter holiday shows at Norwich Puppet Theatre 'Red Riding Hood' & 'The Elves and the Shoemaker' (pages 15&16) and Norwich Theatre showcases their first ever Co-production 'The Birds and the Bees' at Norwich Theatre Playhouse (page 23)

Happy Easter!

Kellie xx



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KC
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Arc of the Sky: Norfolk's Voice Project Choir return to live singing



Photo Credit: JMA Photography

Norwich's renowned, multi award-winning **Voice Project Choir** is at last returning to live singing after the pandemic forced them to move online. They are now inviting people to join their open-access choir to sing in **Arc of the Sky**, a site-responsive performance at the Cathedral of the Marshes - Holy Trinity Church, Blythburgh, Suffolk on 2 July 2022.

Rehearsals begin on 19 April in Norwich. The first session is a free taster for anyone who wants to find out more before committing to the whole project. No experience is necessary and absolutely everyone is welcome to join, whether they have ever sung before or not – in fact inexperienced first timers are positively encouraged! All music is taught by ear, and the choir has a great sense of community and conviviality.

There will also be online sessions for anyone who would like to join in but is unable to attend in-person rehearsals, and further afield there's a Sussex version of Arc of the Sky with rehearsals in Brighton and a performance at St Andrew's Church, Alfriston on 11 June.

Arc of the Sky is inspired by the idea of a bird's-eye view of the Cathedral of the Marshes, the surrounding landscape, the

Blyth estuary and the coastline. The project began two years ago, but lockdown meant cancellation of all live rehearsals and performances. Voice Project co-directors Jonathan Baker and Sian Croose moved everything online and created an acclaimed film instead of a live performance. They are now revisiting the project afresh to create these new live choral-performances.

Voice Project Co-director Sian Croose said, 'We're looking forward to welcoming both familiar and new faces. There's nothing quite like singing together with other people to make you feel good and we can't wait to get started – with Covid-safety measures in place of course'.

'We don't have a permanent choir' she added 'some people sign up for every project and some join for one, or more. I think that flexibility helps keep everything fresh – over the years we have had hundreds of different members'.

Full details for Arc of the Sky taster session and rehearsals are at

www.voiceproject.co.uk

Arc of the Sky performances from 6pm
 Saturday 2 July, Blythburgh.
 Times and prices to be announced.

Beccles Antiques Market
1st May / 21st August 2022
The Quay, Beccles NR34 9BB



The Beccles Antiques Market will be back for at the Beccles Quay for its first market of the year on **Sunday 1st May** (the second market being on 21st August).

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 market 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

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Warm and Welcoming Experience at Norwich Theatre Café Royal

At Norwich Theatre our buildings are open throughout the day, offering the opportunity for customers to come in and soak up the atmosphere outside of a performance.

Café Royal is open every day of the week with indoor and outdoor seating. The café provides a welcoming space to all and aims to become a destination venue for theatre-goers and local people who may not have visited the theatre before. So whether you are just popping in for a light bite, meeting friends in the city or looking for a place to host a local club meeting, the Café allows you to be part of the theatre experience in Norwich.

While in the Café, why not pick up a loyalty card? Customers who gather nine stamps on their card will receive the tenth drink free!

In addition, anyone attending our workshops, such as Norwich Theatre's Music and Movement for toddlers, can receive a bonus stamp when buying a drink. The Café supports Norwich Theatre commercially. Norwich Theatre is governed by an independent charitable trust and receives no regular public subsidy, generating all of its own income

through tickets sales, commercial activities and fundraising. Any surplus funds generated each year are reinvested into Norwich Theatre's artistic and creative programmes and support its work with the community to keep inspiring future generations.

The support enables Norwich Theatre to create focussed programmes of creative work, such as its creative engagement opportunities which provide creative experiences, inspirational learning programmes and these opportunities bring communities together regardless of age or experience.

In this season we have a variety of creative opportunities to get involved in from Writing through Motherhood, Jazz and Musical Theatre Dance Workshops to Music & Movement for Babies and Toddlers. Head to Norwich Theatre's website to find out about the creative opportunities at Norwich Theatre.



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**Norwich
Theatre**

Norwich Theatre and The Book Hive are teaming up with a discount for ticket holders on purchasing the books on the top stage adaptation coming to Norwich Theatre Royal.

From **12 to 16 April**, **Wuthering Heights** will be at Norwich Theatre Royal in a unique adaptation that will appeal to fans of period dramas and adaptations, such as *Bridgerton* and *Downton Abbey*, as well as the book's own loyal fan base. It promises to be a

fantastic musical flowing with dance, comedy and storytelling that will take audiences right to the heart of the windswept Yorkshire Moors. Audience members with a ticket to *Wuthering Heights* can receive a **20% discount** at The Book Hive on hardback or paperback copies of this classic novel.

Henry Layte of The Book Hive said: "Having started my career working in the theatre, and in fact having an old acting buddy appearing in *Wuthering Heights*, it's a real pleasure to be working in partnership with Norwich Theatre on these shows. I am sure the beautiful editions of the books we have will enhance the experience of any theatre-goers seeing these fantastic productions."

Stephen Crocker, CEO and Creative Director at Norwich Theatre, said: "There are many ways to enjoy great stories, whether cosily alone with a book or collectively with an audience watching it on stage. We are delighted, therefore, to be partnering with The Book Hive to celebrate storytelling with a discount on these two classic titles for our audiences. Norwich is the City of Stories, England's first UNESCO City of Literature and a place which celebrates creativity. We are proud to be hosting fantastic adaptations this year and also encouraging individual storytelling with creative writing projects and partnerships."

As well as this adaptation, Norwich Theatre has several other shows this year with an appeal to book lovers.

Could you foster?

nexus
fostering

Would you like to find out how you can provide a family home to children in your area? Nexus Fostering is a well-established and highly regarded fostering agency, based in Norwich, who are urgently seeking full-time foster carers willing to foster older children and siblings. The agency is rated Ofsted 'Outstanding' in all areas and place a high premium on the quality of support and care that they provide to every one of the foster carers and, in turn, the children and young people placed with them.

To find out more about becoming a foster carer in Norfolk call **01603 951405** or email foster@nexusfostering.co.uk.

St Barnabas Counselling Centre Post Qualification Counsellor Vacancies April 2022



**St
B**

St Barnabas Counselling Centre (St B's) is an Accredited BACP service providing a professional low-cost counselling service for adults within Norfolk. We pride ourselves on having a history of almost 50 years and are staffed by a team of volunteer counsellors offering counselling to clients in a short or long-term capacity. From April 2022 we will have two vacancies for counsellors who have come to the end of their training and are looking to expand their clinical and organisational experience. This is an ideal opportunity for a qualified Therapist who may be looking to work towards building their private practice in the future or for those who want to make a contribution to their local community in a meaningful way.

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NWT launch appeal for flagship nature reserve for Norwich



Photo Credit: Terry Whittaker



Photo Credit: Mark Harbin



Photo Credit: Amy Lewis



Norfolk Wildlife Trust has announced its ambition to create a brand new nature reserve for Norwich, located on Sweet Briar Marshes, and are seeking to raise £600,000, in partnership with Aviva.

Patrick Barkham, NWT President, said:
"Imagine stepping into a secret wild marsh in the heart of Norwich. A place where kingfishers whistle, water voles swim and orchids bloom. A place of tranquillity for people too, where city children – and adults – can connect with nature. This is not a dream – Sweet Briar Marshes is a miraculous treasure – but we need your help to save it."

The 90 acre site, found running along the River Wensum, provides a haven of wildness and peace. The site is home to rare and scarce species of plant and animal, including water vole, water shrew, common toad and frog, orchids, reed bunting and

willow warbler. However, increasingly surrounded by urban development, this special wild place could be lost as a vital home for wildlife.

Eliot Lyne, NWT CEO, said: *"A nature reserve of this scale will act as a vital stepping stone for wildlife in an otherwise urban landscape, giving wildlife in Norwich a better chance to survive and thrive. It will also provide local communities with a valuable connection to the natural world."*

Photo Credit: Mike Dawson

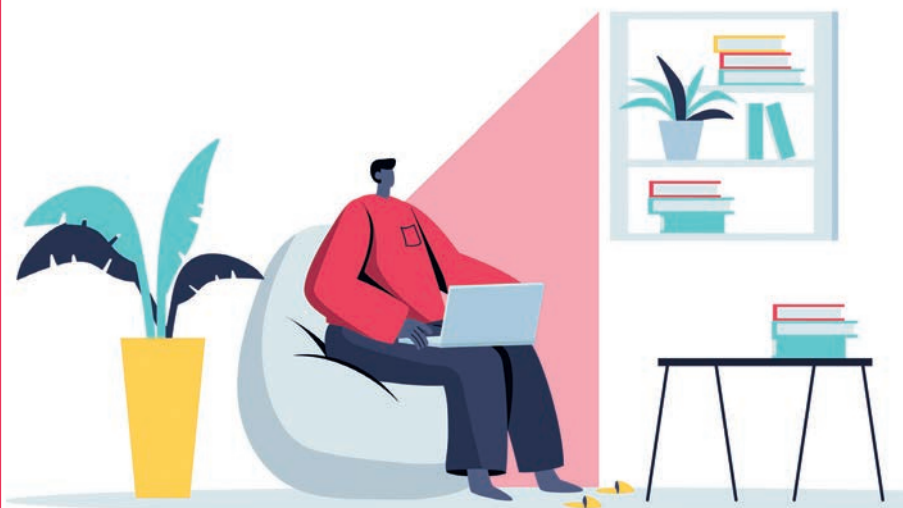


Photo Credit: Ben Hall



To find out more, and give to the appeal, visit:
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Aviva have generously pledged up to £300,000 in match funding, so that every penny given to the appeal will work twice as hard.





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If your stay in care becomes permanent, the value of your house is taken into account in your financial assessment unless it is occupied by your spouse or 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 discretion is rarely used.

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 sold during your lifetime or on your death.
- You may have seen advertisements which promote putting your house in trust to protect against care home fees. These are sometimes called Family Protection or Asset Protection Trusts. There are tax and other considerations which often mean these trusts are inadvisable. For example, they are expensive to set up (often thousands of pounds) and under new rules they will soon need to be registered with HMRC. Putting your home in trust in this way could also 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 provided 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. As solicitors who specialise in this area of law, Laura and Trina of Not For Profit Law advise their clients on these topics regularly. If you would like to discuss your options, you can contact Laura and Trina by phone on **01603 555440** or by emailing **enquiries@notforprofitlaw.co.uk**





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www.emotionalskills.uk

Not all Easter treats are made of chocolate!



Norwich Puppet Theatre have got two magical retellings of classic tales to enjoy this Easter holiday.

Join the adventures of a not-so-little heroine, as she journeys into the forest in *Red Riding Hood* (2-10 April, ages 4+). It's a show full of witty dialogue, music and song. There will be Relaxed performances on Tue 5 April and a captioned show on Fri 8 April.

Families can then experience Theatre of Widdershins' marvellous mix of intricate design, charming puppetry and joyous humour with *The Elves and the Shoemaker* (16 April, ages 3+). Will the cobbler, Elvis Schumacher, be able to get the better of evil businessman Bunyan Sole-less?

The Theatre is also offering a range of activities this holiday. Children aged 7-11 can join a four-day *Puppet Club* and ages 6+ can take part in a two-hour *Mythical Mates* workshop to make their own puppet characters. There's also chance for the grown-ups to get creative too, with the Theatre's *What Comes Out of an Egg?* family workshop for ages 4+.

There will be a Relaxed workshop on Good Friday for those who would benefit from a smaller group size and simpler make.

Show tickets £9 or £32 for a family of four. Workshop tickets £9.50.

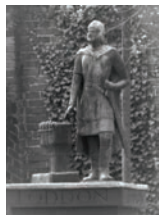
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LODDON

Antiques & Collectors Fair 2022

Jubilee Hall, George Lane, Loddon NR14 6NB



Sunday 22nd May

Sunday 10th July

Sunday 23rd October

Sunday 11th December

9am - 4pm

Entrance £2 adults, children free

Over 40 stalls, hot and cold refreshments



Contact K.C. Fairs & Events
01502 711174 / 715771 for more details.



Now's the time to secure your seats for the return of The Hippodromes award winning show 'Pirates Live!', and truly give you and your family an exciting treat to look forward to this Easter break from 2nd April to 2nd May.

Pirates Live is an amazing unique experience now in its 8th blockbuster year. A cast of swashbuckling pirates led by comedy favourites JACK JAY and JOHNNY MAC lead you on a live All New action-adventure show

like no other. With a combination of heart stopping circus stunts, hilarious pirate comedy scenes and spellbinding aerial artistry, this show has gained national acclaim, described as 'Trailblazing' by the Daily Mail.

This year the Hippodrome have ensembled the largest cast of circus performers, actors, and dancers in Pirates Live history to create the most spectacular version of the show to date. To create a truly immersive experience where half of the legendary Hippodrome Arena is used for a life size pirate galleon and movie style set, including the use of the Hippodrome's iconic water spectacular, as part of the lagoon and pirate port.

This means that there is only half the usual amount of seating available, and tickets are selling fast!

Due to the overwhelming demand of tickets for Pirates Live each year, we've made this our biggest season to date with a full month of performances from April 2nd to May 2nd.

But shows are selling out quickly and the very best seats are in very high demand. There has never been a better time to book your seats and join the cast of Pirates Live on the ultimate live action water show adventure.

PIRATES LIVE 2nd April - 2nd May

Adults: £19 - £26 Concessions: £18 - £22
Child: £12 - £16

Web: bookings.yarmouthhippodrome.co.uk
Box Office: 01493 738877

Loddon Antiques and Collectors Fair

Sunday 22nd May 2022

After a long enforced break the Loddon Antiques and Collectors Fair will be returning to the Jubilee Hall in Loddon on **Sunday 22nd May**. Over forty general and specialist dealers selling a wide range of good quality antiques and collectables including furniture, silver, china, linen, jewellery, books, clocks, retro and vintage design and decorative items.

After being relaunched by KC Fairs & Events (who also run the Beccles Antiques Street Market twice a year, 2022 dates are 1st May and 21st August) the Loddon Fair has gone from strength to strength.

"When we first took over the event we were looking to establish an interesting and enjoyable Antiques & Collectables Fair, aimed at both the dealer and collector with plenty of variety and bargains and that is something we believe we have achieved". Covid obviously put to a stop to antique fairs but the Loddon traders are eager to get going again at this lovely venue. Hot and cold refreshments on offer, including bacon rolls and home made cakes. £2 entrance for adults, accompanied children are free. Parking on site as well as two large car parks in Loddon which are just a few minutes walk away.

For further details please contact Kate Lee on **01502 711174**.

Follow them on facebook
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www.puppettheatre.co.uk | Box Office: 01603 629921

Facebook and Instagram icons followed by @norwichpuppettheatre | Norwich Puppet Theatre, NR3 1TN | Reg. Charity 271041
Relaxed performances Tue 5 April, Captioned performance Fri 8 April at 2.30pm



Monty Shaft's... Wine Cellar A slight return...



As those of you with long memories will recall I began my ramblings in this august publication as a wine critic. I still like to keep my hand in, mainly by drinking lots of wine, but to justify doing so I also keep a record of what wines I've had and my opinions on them. I thought I'd share some of these with you.

Ambridgeworth 2018, Pinot Noir £24.99

We start with an English red wine. When I started out as a wine critic, the thought of an English red being favourably compared to a wine from, well, just about anywhere else really, would have been unheard of. They

have, however, come on in leaps and bounds and the best English red wines are now as good as any New World, or even European, offerings. This one is chunky, chewy, inky, briary, tender and elegant. But blinking flip they're expensive! This one was a gift, so I didn't shell out anything, but for the cost of a couple of bottles of this, you could get a case of comparable quality Italian wine and, let's face it, they both get you to the same place. The question is 'do you want an expensive hangover, or a cheaper one?' Plummy and pocket-emptying. Four stars.



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Caspi Opec 2020, Saperavi £6.49

Another white, although this one is a slightly darker shade. It's an interesting wine, interesting in the same way that a verruca is interesting – you're quite curious to see what it's like, but when you do you don't want to go anywhere near it. It looks, smells and tastes like petrol (something I learnt from an unfortunate syphoning incident during the last fuel shortage), so much so that I had to check I hadn't got the bottles mixed up in the garage. Suffice to say that it's an acquired taste. It's redeeming feature, though, is its high alcohol content, so it's not a total waste of time or money. Just don't smoke while drinking it. Fiery and dangerous. Two stars (unleaded).

Castillo Bacanda 2009, Merlot £7.99

This is more like it. A wonderful full-bodied red. It's got everything going for it. Lashings of morello cherry, plum, and blackcurrant fruity notes, with further underlying notes of earthy herbs and spices. Whatever it is that you want from a wine, you'll find it here. I cannot overstress how fantastic this is to drink with all kinds of foods, at lunchtime, dinner, supper, even breakfast. You really will need to buy it a case at a time. Great value for money, but you'd pay anything to get your hands on a bottle. Delicious and classy. Five stars at least.

(In the interests of transparency I should disclose that the only 'notes' involved here were the bundle of 50's that the producer gave me when he heard that I might be reviewing one of his wines!)

Iyengar Yoga at Inner Space

Hi, my name is Graham Rice and I started training as an Iyengar teacher in 1975, attending the renowned BKS Iyengar's one month training in India and later gaining my teaching certificate in 2001.

Iyengar Yoga (a form of Hatha yoga) is methodical and progressive, emphasising alignment, balance and awareness. It revitalises the joints, spine and inner organs, eliminating toxins. Students notice their backs, joints and general health improve tremendously with regular practice.

Beginners start with basic postures, using props for support as they progress at their own pace. Yoga eases stress, calms the mind and stimulates vital energy.

My own path to yoga started, when on a meditation retreat, I found I was stiff, uncomfortable and full of thoughts. Frustrated, I tried the Iyengar yoga class as a last resort! It was demanding, I felt really stretched! As the class continued, I felt myself gradually becoming more awake, alive and present. In the final relaxation I felt energy flowing through my whole body, but I also felt more relaxed and calm than I had ever felt before.

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Grapes Hill Community Gardens

With Spring approaching fast, Grapes Hill Community Garden continues to offer a peaceful place of sanctuary during these troubled times.



The garden is open every day and is looking beautiful, with the bulbs we planted last year popping open all around, along with those

planted in previous years. Even on the duller of days the daffodils, crocuses & irises glow like jewels, and the early bees are loving the primroses, pulmonaria & apricot blossom.

We always welcome any new volunteers.

Times & Dates of our April/May sessions below:

Wednesdays (2-4pm)

April - 6th, 13th, 20th, 27th

May - 4th, 11th, 18th, 25th

Alternate Sundays (1-3pm)

+ Family Group (3-5pm)

April- 10th, 24th

May- 8th, 22nd

We are also delighted to announce our first event of the year.



Wild in the Garden on May 1st (11-3pm), with several of our wonderful regular guests, including The Norfolk Wild Encounters group, who bring their mesmerising

- owls and other birds of prey, which you can hold for a small donation.
- There will be fabulous Filigree face painting, food & several other super stalls & displays.



Following this event we have three exciting Workshops to entice you:

May 21st - Creative Writing (Local History)
with Donna-Louise Bishop
(Donna-Louise.Bishop@archant.co.uk)

May 28th - Lino Printing with Haychley
(stellabox@hotmail.co.uk)

June 4th - Yoga with Sue Tideswell
(sue.tideswell@hotmail.co.uk)

There are limited spaces for these workshops, so need to be booked beforehand via the contact details given.

We look forward to welcoming friends, old and new, to the garden this year.



Words & Pictures
by Jo Rice.

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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.

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Norwich Theatre's
First-Ever
Co-production

At Norwich Theatre, we are very proud of the wide-ranging portfolio of work that regularly Norwich Theatre's venues each year. To add to Norwich Theatre's programming, we have begun growing our portfolio of producing and co-producing work to fill the gap in our county's cultural ecology. This includes our first-ever touring production, On Before, directed and performed by legendary Cuban dancer Carlos Acosta CBE. This year, Norwich Theatre has embarked on its first-ever co-production, The Birds and the Bees, a brand new show set in East Anglia. The show is being co-produced with two other local theatres, The New Wolsey Theatre in Ipswich and Theatre Royal Bury St Edmunds and John Stalker Productions.

James McDermott's new version of the 2016 Canadian play relocates from modern-day Canada to North Norfolk. The show is an hilarious comedy romp set on Sarah's East Anglian turkey farm where the honey bees are dropping like flies, just like her love life. The show tackles sex, love,

science, family and what happens when you commit to those closest to you. Speaking about the Birds and the Bees, Stephen Crocker, Chief Executive & Creative Director of Norwich Theatre, said: "We are so excited about this first-ever co-production with New Wolsey Theatre and Theatre Royal Bury St Edmunds of Birds and the Bees, allowing us to pool the expertise and creativity of three of the East of England's best-loved theatres. It forms another important step in our aspiration to produce and co-produce more original work, re-affirming Norwich Theatre's commitment to giving a platform for new, different and local voices to be heard. "The spirit of determination and love for theatre unites all three venues, and The Birds and the Bees will offer audiences good light-hearted fun, which is just what is needed right now."

The Birds and the Bees is at the Norwich Theatre Playhouse between 20 April – 30 April. For more information, call the Norwich Theatre Box Office on 01603 630000 or visit norwichtheatre.org.





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Ponies doing well in Redwings' care after tragic road accident



Two ponies who were rescued from the scene of an accident that resulted in the death of a third pony on the A11 in Suffolk are doing well in the care of Redwings Horse Sanctuary.

Mariah and Carey, as they've been named, came into the charity on the 11th January 2022 but very sadly, another pony - thought to be Carey's mum - was killed after getting onto the road and being hit by a vehicle.

Mariah and Carey were secured in a neighbouring field by police who signed them over to Redwings when their owners could not be identified.

Mariah, a mini-Shetland, is aged around two years old, and Carey, a cob cross filly, is around six months old.

Julie Harding, Redwings Senior Field Officer, said: "These poor ponies were quite distressed, in particular the youngster who lost her mother in the accident.

"Naturally, after such an ordeal, she didn't want to leave her friend's side.

"They were both underweight and had lice and quite



Carey



Mariah

scabby skin which they're now being treated for.

"However, they are doing really well and are very sweet."

"We named them after the lead police officer at the scene, who is called Mariah," said Julie. "We are very grateful to them for getting them off the road and to safety."

As a charity 100% funded by donations, it is thanks to the generosity of our supporters that Redwings was able to rescue these ponies.

If you'd like to make a donation please call **01508 505246** or visit www.redwings.org.uk/donate.

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Grumpy Corner

Here we are again with Covid being overtaken by Armageddon as the most popular way to depart this earth. That said it is always pleasing to know the tank traps are still in place at the entrance to Waitrose and no doubt The Cringleford Light Horse are waiting in the car park...

It's taken everyone's minds off Christmas Parties and Secret Santas at No.10 especially the jet set international diplomat man around town Boris. One minute he's under the mistletoe and pulling a cracker with Carrie the next he is in Saudi trying to organise his very own pay at pump (or refinery) petrol supply. No doubt Carrie will be getting her own E10 at No.10...and a place in the fall out shelter wherever that may be... the rest of us will make do with an old Protect and

Survive leaflet and a re-run of "Threads"...

While I am waiting for the balloon to go up I wonder if Prince Charming would like to hand over £12 million as on the face of it I pass the first and only test to qualify for it, in that he has never met me either. Funny lad or the most expensive pizza ever extra topping anyone? Meanwhile they think it's all over....it isn't now!! Happy go lucky Boris has declared the pandemic is over (his bacon is saved) and we can all party at last (he's had a bit of practice behind the scenes of course) and watch the cases and hospitalisations rise just in time for Liz's jubilee (that is Her Majesty rather than Truss). Liz (Truss this time) is enjoying the world stage at the moment and basking in the limelight of prisoners being released and waving her stick at the odd oligarch and Russian leader.....whatever next.....Prime Minister?

Still World Cup Year and if we can dodge the Russians being put in our Group we should be ready to draw our line in the sand and carry on regardless of Harry Kane's form. Who will Gareth take, will there be any fuel to get him and the lads there in the first place? He probably needs a word in Boris of Arabia's ear to get a tanker organised to follow the lads around the Gulf, escorted by no other than Jack Hawkins...or Richard Todd.....

The sands of time will tell (unless they have run out by then) speaking of which when I told the gang at work that instead of going to Qatar the desert was coming to us the other day no one believed me.....

A Prophet in his own land or whatever the Bible says....Here endeth my lesson (thank god I hear you say) Easter Sunday Soon (and my birthday, all donations welcome)

W. Anchor

The Finance of Gardening

As the cost of living increase is beginning to sink its teeth into household budgets, I find myself thinking about whether I can justify gardening in a no dig and organic manner. I can never make enough compost because I just don't have enough material, and this year I have only one heap that's ready to use on the allotment. Most of my compost has to be transported by wheelbarrow from home. Luckily, that is weight bearing exercise and has a noticeably positive effect on glutes, abs, legs and upper body strength. I'm sure there is a name for the gym exercise that I perform when shaking bought compost lose in the bag before emptying it.

I also do several repetitions of lunges and squats, yogic mountain poses and backstretches in the normal course of retrieving tools, reaching for weeds, sowing seeds and stretching for high up branches. Doing these tasks alternately leading with the left and right leg is positively Pilates! The hand movements involved in snipping things remind me of the exercises prescribed for arthritic hands and catching chickens that don't want to be caught is a form of Zumba to birdsong instead of loud music. The physical exercise involved is undeniable, as is the mindful Zen aspect of nurturing plants.

Gardening is my hobby and I sometimes feel extravagant in my estimated average monthly spend of £25. However, this compares well with the guilt free £24 I pay for 4 hours of singing with a choir... and that doesn't put food on my table.

Birgit Griem

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www.avenuejuniorschool.org



Courgette Fritters (v)

300 g courgettes
(approx. 2 medium ones)

Fritter Covering -

100 g plain flour or gram flour (*gluten free option*)

1/4 fresh lemon juice

1 heaped teaspoon cumin seeds

1/2 teaspoon baking powder

1/2 teaspoon turmeric powder

1 tablespoon flat parsley – finely chopped

approx. 150 ml milk or try coconut milk seasoning

- Cut the courgettes in to thick 1 cm slices but cut at an angle.
- Whisk all the ingredients for the batter together with enough of the milk to make a thick coat-able batter.
- Heat a deep fat fryer to 180°C with caution.
- Dip the courgettes in the batter, coating generously and then gently drop in to the hot oil.
- Fry until golden on both sides.
- This mix can also be shallow fried in a generous amount of vegetable oil.

Serve with a dip and some spring / summer leaves.

Tip – this also works well for celery or try mixed veggies.

Recipe by Zena Leech-Calton

www.lovenorwichfood.co.uk

Richard Penguin's

Musical Triangle

It is often a joy when you discover that a band you liked from the past have reformed, but confusing if they return with a new name. One of my favourite obscure bands of the early 90s was a Bristol based band called ME so when I recently discovered that they had returned under the new name of OTHERISH and had released a self titled album I couldn't wait to find out if it continued in the same psychedelic pop style of their previous outfit. Thankfully I wasn't disappointed. Musically strewn with a plethora of great psychedelic pop songs and an assortment of oddities this real grower is a gem of an album. While mostly psych pop based highlights include the acoustic tinged 'Pyramids of Tir Chonaill', country tinged 'Ghosts', nostalgic 'For Everyone', fitting in nicely alongside 'The Morning Sun' and 'Catch a Grip' that the Super Furry's would be proud to have written. Then there's the delightfully odd bod pop of 'Bollards' and as you would expect a personal favourite 'Penguins' all either side of 'Who Knows' with its upbeat slightly off kilter disco pop feel, a song that in the olden days would have screamed huge hit single from the moment you first heard it. Frankly, it's all great. Put quite simply welcome back Francis Kane, George Claridge, Paul and Mark Bradley and new band members this was just what I needed to hear to put a smile back on the face in the midst of dismal times. Just glorious I can't wait to hear more soon. otherish1.bandcamp.com

And thinking of which THE ISLAND GIRLS-BEACH DAZE collectively Shetland based

Accordianist Karen Tweed, and Orkney born Margaret Robertson on Piano and Fiddle have just released a glorious album of original compositions largely of an upbeat and jaunty disposition but also encompassing emotive air's and reflective tunes. Having first met 38 years ago and had illustrious careers in music it has taken until now for them to be able to record together. Karen tends to write the more upbeat tunes with offbeat stories notably about celebratory cake baking and odd recipes for porridge, a couple getting married in a lighthouse, and a Swedish couple whose kitchen became her second home, while Margaret's compositions dwell more on the personal with an air for a friend leaving Shetland to start a new life, the concerns of being a mother, and a love of writing tunes for people's weddings. For any devotees of Irish and Scottish sessions looking for new tunes this is a must obtain album for if its more lively moments don't end up as standard session tunes in the next decade there is no justice. An album that brings a smile to the face, and a spring in the step made by 2 forces of nature inspired by the nature around them. One for folk fans far and wide. Just lovely. www.karentweed.com Meanwhile acclaimed guitarist and songwriter KATIE SPENCER releases her second album 'THE EDGE OF THE LAND' in early May with a tour to coincide with its release. A languid album inspired largely by the landscapes of her native East Yorkshire there is a gentle introspectiveness about the album both musically and lyrically. The songs are largely subtle and hypnotic drawing you

in to an album co produced with former John Martyn pianist Spencer Cozens who plays on the album. Drums are brushed and hushed, flugelhorns and double bass add atmosphere and guitars roll and are gently fingerpicked as Katie herself says like ships drifting by on the horizon. An album that owes far more to the 20th century than the 21st, and I am all for that. Delightful. www.katiespencer.net SOME GIGS IN APRIL AND MAY- BRICKMAKERS- April- 6th (+ May 11th)- Boombox, April 13th- Hawklords, EPIC April- 14th- Carl Palmer's ELP Legacy, 26th- The Nightingales, 28th- China Crisis, May- 22nd The Christians. HEARTSEASE PUB- April 8th and 22nd- Pulse Presents, NORWICH ARTS CENTRE April- 28th Solana, May- 12th Tom Robinson band, UEA- April 9th- Peter Hook, May- 15th- Gary Numan, VODOO DADDY'S- APRIL - 6TH (+ May 11th) Jazz and improv, May 7th Coach Party, WATERFRONT- April- 8th Hugh Cornwell, 10th Mystery Jets, 13th Teenage Fan Club, 22nd- Ride. Folk on the Pier- Cromer Pier- 6-8th May- including- Fairport Convention, Feast of Fiddles, Gerry Colvin, Wizz Jones, Ashley Hutchings, Kevin Dempsey, Alden Patterson and Dashwood, + The Shackleton Trio. www.folkonthepier.co.uk RADIO- Eclectic Selection- Sunday's April 3rd + 17th, May 1st, 15th + 29th 6-8 pm Future radio 107.8 fm + www.futureradio.co.uk

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