



Serving the villages of Ormesby St Margaret, Scratby and California and our neighbours

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Email: osccommunitynews@gmail.com Tel 07876681954

EDITION No 3 FREE MONTHLY SEPTEMBER 2018

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- ♦ Career Interview and much more



The WW1 Commemoration culminating at the Menin Gate Memorial at Ypres, Belgium on 8th August 2018

with our local representatives,
Roger and Debbie Micklethwaite
bearing the Great Ormesby
Royal British Legion
Branch Standard
and laying a wreath on behalf of
the community.

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the circulation list.**

LETTERS TO THE EDITOR

DEAR READERS

A warm welcome to all new readers, and a special mention of those who have joined us from Spain, Missouri and Michigan!

It is good to have you along and I hope you enjoy this snapshot of life in Norfolk villages.

Any wine buffs out there - we are looking for a wine correspondent. See Page 12.

The Editor

Front Cover : Combining in East Anglia, Summer 2018

Photo by James Peck, PX Farms



Eco Church does Litter Pick

Eleven members of Light of Life Baptist Church in Ormesby St Margaret searched for litter on six routes in the village on Sunday 29th July, in place of the usual Sunday morning service. Despite the rain, four large sacks were filled in just 45 minutes. Thanks are due to Great Yarmouth Borough Council for the loan of litter grabbers and special litter picking sacks and for collecting the bags after the event.

The grass verges along the roads in and out of the village were the most littered but it was pleasing to see that many of the roads around the chapel were mostly litter free. Light of Life Church has recently achieved Silver Eco Church accreditation and a formal plaque, marking the achievement, is now on display in the Chapel Coffee House. Helping the local community to be Eco-friendly was one of the criteria for the award and the church members are keen to arrange further litter picking sessions in the near future.



One hundred years ago this month... September 1918

Sept 1st	Australians take Peronne.
Sept 6th	German retreat from the Somme line.
Sept 12th	American success on the St Mihiel salient. British success on Cambrai Front.
Sept 15th	Austrian Peace Note.--Germany makes offer to Belgium
Sept 19th	British advance in Palestine.
Sept 25th	Bulgarians ask for Armistice.
Sept 27th	President Wilson adds his "five conditions" to the 14 points.
Sept 29th	Passchendaele and Messines Ridges retaken.
Sept 30th	Bulgaria surrenders unconditionally.

Do you have a passion that is of interest to the Community?

Send your contribution for the space above to

osccommunitynews@gmail.com marked "Community Interest"

SEE REPORT IN NEXT MONTH'S NEWSLETTER

**GREAT ORMESBY
VILLAGE
SHOW
2018**

**SATURDAY
1st SEPTEMBER**

**BRACECAMP
PARISH HALL**

2.00pm

Prizes Presented 3.15pm
Followed by the Auction and Raffle
Find us on Facebook



SMILES MATTER

Using a fluoride toothpaste twice daily helps to minimise the risk of decay.

You should spit, not rinse, so that the fluoride paste remains on the teeth for longer.

A fluoride mouthwash is beneficial between brushing



USEFUL INFORMATION

PARISH COUNCIL			PARISH HALLS	
Chair	Adrian Peck	07768216402	Bracecamp, Ormesby	730365 & 730599
Clerk	Lisa Callow	07825266117	Village Centre, Ormesby	730907
			All Saints Parish Hall, Scratby	384475
SCHOOLS			COUNCILS	
Caister High School	720452		Great Yarmouth Borough	856100
Flegg High School	740349		Norfolk County	01603 222 222
Ormesby Infant School	730298		DOCTORS / DENTISTS	
Ormesby Junior School	730944		Ormesby Medical Centre:	
			Doctor	730205
			Dentist	730384
			Pharmacy	384000
			Hemsby Medical Centre:	
			Doctor	731132 / 730449
			Dentist	732433
			Pharmacy	732429
			James Paget Hospital	452452
CHURCHES			POST OFFICES	
Light Of Life Baptist Church:			Ormesby	730322
Administrator (Hannah)	733706	email: info@lightoflife.org.uk	Scratby	730658
Methodist Church (Hemsby)			TRANSPORT	
Secretary: Maureen Turner	: 01692 670716		Bus Times/Information	0845 602 0121
email: jaybjay08@tiscali.co.uk			National Rail Enquiries	0871 200 4950
St Ignatius Catholic Church Caister:			RECREATION AND SPORT	
Parish Priests: Father Anthony Nwanko and Father Alex Ibe			Bowls Club	730112
emails: anthonyezichukwu@gmail.com and ibealexander650@gmail.com			Recreation Ground	
Green Pastures Christian Fellowship Ormesby:				
	John Ellero	721503		
	Derek Gidney	751312		
POLICE				
Emergency	999			
		Non emergency	101	

SEPTEMBER REFUSE COLLECTIONS

GREEN BINS	WEEKS BEGINNING	10 AND 24	BLACK BINS	WEEKS BEGINNING	3 AND 17
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MOBILE LIBRARY TIMETABLE

DATES OF NEXT VISITS

Village	Arrival	Departure	Stop name	24 September, 22 October, 19 November, 17 December 2018
Ormesby	1005	1045	Royal Oak	14 January, 11 February 2019
Ormesby	1050	1105	Firs Avenue	Choose items or reserve via the online catalogue for collection from a mobile library. You can return them to any branch library or mobile library in Norfolk. Items include: Fiction books for adults and children (book request 60p); Non-fiction books for adults and children (subject requests are free); Large print books (book request 60p); DVDs (a small charge); Audio books on CD and tape (a small charge) We do not charge for overdue books, although a repeat loan charge may apply for hired items (eg DVDs, games, CDs, and spoken word formats) not returned on the due date. A replacement charge may apply if items are lost or stolen.
Ormesby	1110	1125	Beck Avenue	
Scratby	1435	1450	Beach Road	
Scratby	1455	1530	Beach Drive	
Scratby	1535	1550	Beach Rd Pages Stores	
California	1555	1610	Rottenstone Lane Bus stop	



CHURCH SERVICES

Green Pastures Christian Fellowship	Sundays at Bracecamp Hall at 1030
Hemsby Methodist Church	Sundays at 1100
	First Mondays 1000 Prayers for Healing
	1015 Vineries Service
	Wednesdays 10.00 Coffee Morning
St Ignatius Catholic Church Caister	Vigil Mass Sunday at 1700
	Weekday Mass Tuesday at 1000



LIGHT OF LIFE BAPTIST CHURCH

You are welcome at our family friendly church

We meet every Sunday at 10:30am at All Saints Parish Hall, Scratby

- 1st Sundays: All-age family morning
- 2nd Sundays: Teaching and Sunday school
- 3rd Sundays: Café church
- 4th Sundays: Worship and Sunday school
- 5th Sundays: Something different

Contact us: 01493 733706; info@lightoflife.org.uk (Hannah, Administrator)

www.lightoflife.org.uk

REPORT FROM THE AUGUST COUNCIL MEETING

**Summary of Minutes of a meeting of Ormesby St Margaret with Scratby Parish Council
Held on Monday 13 August 2018 at the Village Centre, Ormesby St Margaret at 7pm**

Access to the beach at Scratby

A list of businesses within the Ormesby St Margaret and Scratby area had been obtained. It is proposed that a selection from this list be approached by letter from the Borough Council highlighting the need for funding to replace Scratby steps.

Highways

Cllr. Hanton with parish councillors, had spent some time in the previous week visiting problem areas in the village regarding several highways issues. Cllr. Hanton undertook to meet with Streetscene Inspector Meryl Sherry in the near future to ascertain the procedure to get these works carried out and the expected timeframe. Cllr. Hanton stated that the road at the end of Pippin Close where the tarmac was broken up was not part of the highway but an unadopted stretch of road still owned by the developers. It was confirmed that the footpath was a permissive path and not a public right of way.

In answer to a question, Cllr. Hanton confirmed that he had a £6k annual budget to spend on small highways concerns and undertook to consider the need to use this following his meeting with the Streetscene Inspector. Suggestions from Council were the need for the bus stop to be marked out on the road by the school, the white road arrows outside the petrol station and the 'no left turn' sign by the Memorial Green.

Litter Bin

It was noted that the application for a new litter bin at the entrance of Jubilee Woods required the exact location of the bin to be identified. Council agreed that it should go in front of the footpath signpost.

Bouncy Castles

It was confirmed that a number of bouncy castle providers had been reviewed and three firms that met the requirements needed (including full public liability insurance, and appropriate association membership) had been selected. Following this bouncy castles have been permitted inside Parish Council premises. As agreed at the July Parish Council meeting formal guidance on the matter for All Saints Parish Hall, the Village Centre, and the Bracecamp Parish Hall is to be drafted.

Planning

A number of planning applications were approved. With regard to a proposed front extension and material changes to an existing residential dwelling on The Promenade at Scratby, Council agreed to ask whether development is allowed within this area due to stipulations set out by the Borough Council regarding development within coastal erosion areas.

The next Parish Council meeting will be held on Monday 10 September 2018 at All Saints Parish Hall, Scratby, starting at 7pm.

To view a full version of the Parish Council minutes please visit www.ormesby.org

PARISH COUNCILLORS

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Further information at www.ormesby.org

PROBLEMS SOLVED & HELP GIVEN.....

Each month we will tackle here common problems and what to do about them. If you would like to send us a problem, please email

osccommunitynews@gmail.com. All questions will be anonymous and we cannot give individual advice.

This month.....



Citizens Advice Coordinator, Steve Scott-Greenard on Debt and Money

Dealing with money issues can sometimes be off-putting, but if you don't understand how things like credit or mortgages work, you could end up losing out financially or getting yourself deep in debt. There are many reasons why your finances can change and many people have times of financial difficulty. Income can change due to relationship breakdown, loss of employment, bereavement or ill health.

There's no debt problem that can't be solved, if you make a plan and stick to it.

You can follow these 5 steps to find the best way to deal with your debts, depending on your situation. Some debts are important to deal with before others - even if you're getting letters and calls from lots of companies you owe money to.

You can [get free advice from a debt adviser at your nearest Citizens Advice](#) if you're finding it difficult to complete these steps. A specialist can talk through your options and help you to find the debt solution that's best for you. It's a good idea to gather as much information about your debts as you can before you speak to an adviser.

You should get help from Citizens Advice as soon as you've received court papers, are about to be evicted or are expecting bailiffs - you don't need to follow these steps first.

Step 1 – Gather Information for each debt

Find any letters and emails you've had about your debts, along with the credit agreements you've signed.

For each debt, you need to find:

- the name of the creditor or lender - a 'creditor' is any person or company you owe money to
- your account or reference number
- a copy of the loan agreement you signed (sometimes called a 'credit agreement' in your paperwork)
- details of how much the debt is now

If you don't have an up-to-date statement from a creditor, you can ask them for one. This will tell you all the payments you've made and what's left to pay.

Step 2 – Check which ones are 'priority' debts

When you have more than one debt, you must make sure you're dealing with the most important ones first.

These are your 'priority debts' and they have the most serious consequences - like being evicted, losing your house or getting a court fine.

Priority debts include: Council Tax, Gas & Electricity, Hire purchase, Mortgages/Secured loans, Rent, Income tax, TV licence, Court fines and Final penalty or penalty charge notices from the police.

Non-Priority debts can include: Benefits overpayments, Catalogue or mail order, Credit cards, Mobile phone bills, water rates.

Step 3 – Work out what you can afford to pay

Before you offer an amount to your creditors, you need to know how much money you can afford to pay them. It's important you leave enough money to pay your essential bills and living costs.

It's better to be realistic with your creditors and offer a small amount of money, rather than offering too much and struggling with your living costs.

Step 4 – Negotiate with your credits for priority debts

- To negotiate with a creditor, you'll need to know:
- whether the debt is a 'priority' or 'non-priority'
- exactly what you owe
- how much money you have left after your essential living costs
- what you're going to offer to pay and over how long

Step 5 – Negotiate with your creditors for non-priority debts

The same applies as with priority debts above. The money you have left after paying any priority debts must be shared fairly between all your non-priority creditors.

You can work out how much to offer each creditor by dividing your available income by how much you owe each one. This is known as a 'pro rata' offer.

If you are unable to negotiate with creditors you should consider alternative methods to clear your debt. For this you should contact Citizens Advice who can offer one-to-one advice on debt issues and help you find the most appropriate solution.

If you require any assistance with this, or any other enquiries, then please come to our office at 2 Stonecutters Way,

Great Yarmouth, NR30 1HF. We are open from 9.15 a.m. Mondays to Thursdays.

We also run community sessions at Ormesby St. Margaret and Scratby.

Please call 01493 738345 for more information.

Clubs and Cafes

THE ROYAL BRITISH
LEGION



Royal British Legion

Prize Bingo Saturday 15 September

At Bracecamp Hall Ormesby

Doors Open 1.30pm

Eyes Down 2.00pm

Raffle

Tombola Table

Free Refreshments—Non Members most welcome

SUNSHINE CLUB

SEPTEMBER 2018

CLUB DAYS:

Monday 3rd and 17th

CARD GAMES, WHIST, BINGO

All meetings are held from 2pm—4pm at
Bracecamp Hall

NEW MEMBERS WELCOME

Contacts: Audrey 730429 / Josie 720087



Scratby & California Club

The Scratby and California Residents Club meets on Thursday from 2 pm to 4 pm on a weekly basis.

We have a varied programme of activities, from film shows, quizzes, speakers and some outings, and we sometimes simply enjoy a good chat over refreshments.

New members are always welcome, so if you are aged 50 or over from Scratby or California or from local villages come along and see us.

For more information contact Sylvia on 01493 732403 or Colin 01493 732407



Welcome-In Group

meets every Thursday at All Saints Parish Hall from 10:30 - 12:30.

The Welcome in Group are pleased to be included in the new Community News magazine.

We are a friendly group with many activities such as Talks, Quizzes, Chair Exercises, and we do many Crafts.

All are welcome, this month we have: 6th Sept Quiz and chair exercises

13th Sept Stone Painting

20th & 27th tba.....meeting as normal 10.30-12.30

FISH & CHIP QUIZ NIGHT 7th Sept Friday evening 7.00pm - 9.30pm £7.50 a ticket

6 members per team. Please let me know before 1st September as we have to order the Fish and Chips

contact Marie on 01493 717794 "the last one was great fun, we look forward to seeing you all"

If you would like to join please ring Marie on 01493 717794



Ormesby Bowls Club

Ormesby Bowls Club is a successful and friendly club.

We welcome bowlers of all abilities and will in time integrate all of our bowlers into one or more of the six competitions we play in.

As well as the leagues we run several in-house competitions and welcome visiting clubs for friendly games.

We enjoy social events which are very popular with our members. Roll ups take place on Thursdays and Saturdays at 2pm. For further club information contact:

Nick telephone 01493 271864 or e-mail nacheevers@hotmail.com



Ormesby Lads FC, Youth Football Club based in Ormesby ...



Ormesby Lads Football Club, in the Great Yarmouth area, was founded in 1991. For the 2017/18 season we have teams for Under 7's, Under 8's, Under 9's, Under 10's, Under 11's and Under 12's.

www.ormesbyladsfc.org.uk

See also report on Page 13

Clubs and Cafes

GREAT ORMESBY WI—PROGRAMME FOR 2018

July 11th: Magistrates in England

Sept 12th: A talk on local policing

Nov 14th Annual Meeting

August 8th: A visit, with afternoon tea, at How Hill, Ludham

Oct 10th: Birthday Meeting

Dec 12th: Christmas Celebrations.

All meetings at the Bracecamp Hall Ormesby, 2-4pm unless stated above

Secretary Rita Grehan 01493 731490



Great Yarmouth and Gorleston Memory Club

meets every Monday morning at 10am at All Saints Parish Hall in Scratby.

The club is for those in the early stages of dementia and those who due to bereavement or other circumstances find themselves socially isolated. Referrals are accepted from Doctors, Social Services, Housing Associations or relatives. Volunteers and members would be most welcome.

Each week there are different themes for reminiscing and from time to time supervised outings are organised. Perhaps you would like to arrange a 'Come and Try' visit?

For further information RING Sandra Edmonds on 01493 494217 or Kerry Hunt 07887984341



*"Great atmosphere, great staff, great food.
We are so lucky to have this in the village"*

Thursdays and Fridays 10:30-14:00;

Saturdays 10:00-13:00

A welcoming place where people of all ages can pop in on their own or meet friends. Try our delicious homemade cakes, light lunches and fresh coffee, reasonable prices. A bright and vibrant space with free WiFi, kiddies corner, Pre-loved and Fairtrade shop.

Drop in and Lunch Club:

Drop in and Lunch Club is held every Tuesday from 10:00, with lunch served at 12:00.

Coffee, chat and board games followed by two-course hot lunch.

The Chapel Coffee House, North Road, Ormesby St Margaret, NR29 3RS

Find us on Facebook or www.chapelcoffeehouse.org.uk

Would you like to advertise here?

Only £125 for this whole space
from now to end 2019

(£70 for half)

Ring

07810814860

Or email

osccommunitynews@gmail.com

The Friday Forget-Me-Not Café

All Saints Parish Hall, Scratby

For light refreshments and lunches

Every Friday 10am-2pm

All Welcome—sit and chat, good food, good conversation, free wifi

CAR BOOTS: Fridays 7, 14, 21 & 28 September

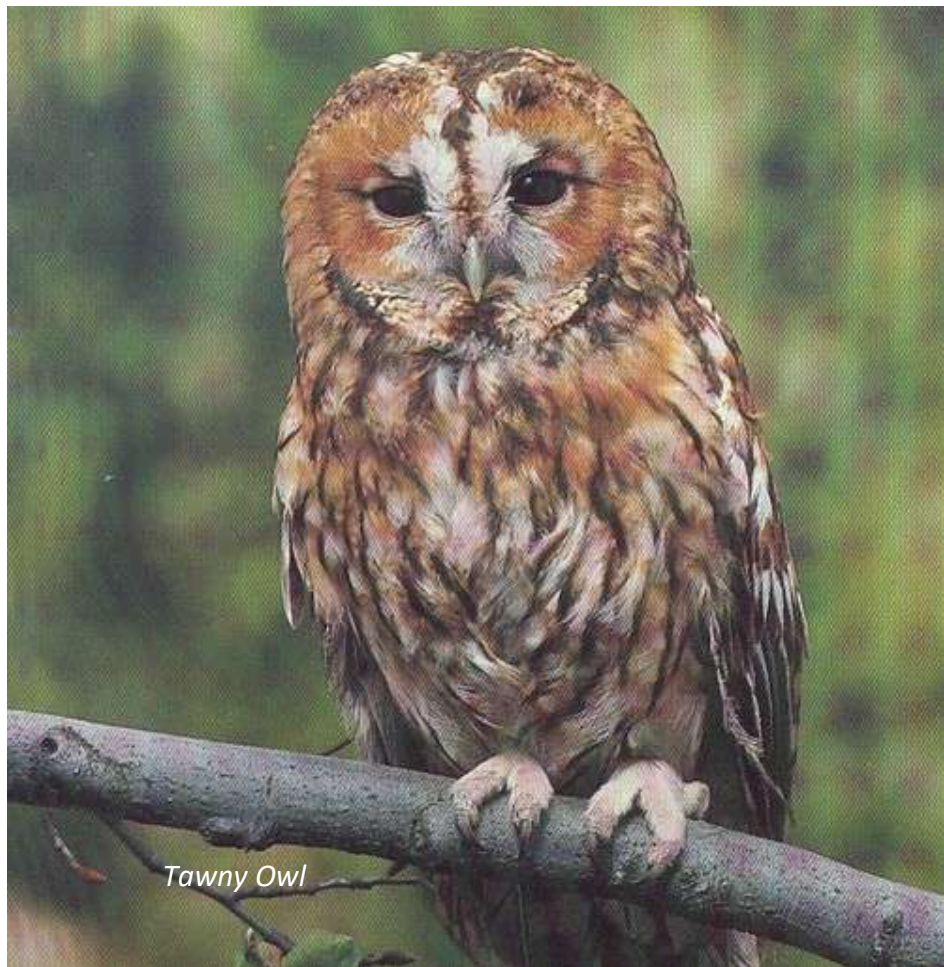
Don't forget to book your Christmas Lunch; Friday 30 November or Saturday 1 December

Contact Adrian on 07768216402 to book the Christmas Lunch

Sylvia on 07538463509 to volunteer at the Café

and Tina on 01493 730587 for CAR BOOT booking forms





VILLAGE WILDLIFE— OWLS

Judging from the frequent hootings heard in the very centre of Ormesby these summer evenings, something about our recent extreme weather events seems to have suited the owls. While the pipistrelle bat population seems to have taken a dive (more on them another month) there were at least three owls calling to each other near the village green last night.

Possibly an owl population rise and a bat population fall are linked?

I had recourse to the trusty internet for more information, and discovered straight away that the first question was “What sort of owl?”

I had innocently assumed that as the owls seemed to be coming from a nearby barn, they were probably barn owls. WRONG!

According to the Barn Owls Trust, Barn Owls make eerie screeching and hissing noises. Young owlets (and females prior to nesting) will make food begging calls.

But if you regularly hear an owl hooting, it is likely to be a Tawny Owl.

I have never seen any of the owls that so frequently entertain me as I doze off to sleep, but hooting better fits their sounds than screeching.

According to the Young People’s Trust for the Environment, **the Tawny Owl** is nocturnal and therefore not often seen during daylight. Its familiar hooting 'hoo hoo - hoo hoo' call is usually heard at night; a loud 'kee - wick' call may be heard mainly in the autumn. In Britain it is found mainly in woodland (deciduous and mixed) and farmland. As we have both near our village, that seems to fit too.

Daily Life: the tawny owl is a resident bird and stays in its breeding area throughout the year. Hunting takes place at night and the owl is perfectly adapted for this. It has extremely sensitive eyes and ears which enable it to locate its prey in very dim light. The tawny owl's hearing is so good that it can pinpoint prey even when it is too dark for its sharp eyes to see. The soft plumage and comb-like leading edge to the wing-tip enable it to fly silently. The owl waits quietly on a perch, then glides down and pounces on its unsuspecting victim, killing it with its talons or with a quick bite after capture.

The tawny owl's diet often depends on the habitat it is living in. In woodland, mice and voles are mainly eaten with some birds, shrews, worms and beetles. In urban areas, small birds may form the main part of the diet such as sparrows and starlings. They have been known to take goldfish from garden ponds. It says nothing about bats!

A tawny owl spends the day roosting on the branch of a tree and is often mobbed noisily by small birds such as chaffinches, house sparrows, blue tits and blackbirds, though they seldom manage to disturb the dozing owl!

Breeding: tawny owls pair up and choose nest sites in the autumn. A hole in a mature deciduous tree is a favoured spot, but nest boxes may be used if there are too few hollow trees. A clutch of 2 - 5 white eggs is laid from about March onwards at intervals of up to a week apart. The female incubates the eggs, starting with the first egg, which means that the young hatch at different times and so vary greatly in size. She sits on the chicks while her mate brings food. The incubation period is 28 - 30 days. The young are fed by both parents until they are two or three months old although they can fly at about 5 weeks of age. Eventually they are evicted from the nest and find territories of their own. Only one brood a year is produced.

Extracted from the Young Peoples Trust for the Environment.



1st Ormesby Brownies

The age group for Brownies is 7 to 11 years old. They meet on Mondays: 5.30pm to 7.00pm at Bracecamp Hall. Anyone interested in joining should contact: Brown Owl on 01493 732288

BRAMBLE AND BRACKEN: THE BIG FRIGHT



Once upon a time, in a county called Norfolk, in a village called Ormesby, on a farm called White Cows, a spaniel named Scratchy Patch had 4 puppies. Two of the puppies were girls and Farmer Fred named them Bramble and Bracken. Now they live in their forever home with Matilda and Harry.

One day in September Bramble and Bracken went for their normal evening walk with Matilda and Harry as usual. As this was a school day, the walk had to happen when the children got home from school. Both Bramble and Bracken had been waiting by the backdoor for what felt like ages, before they heard the children’s footsteps coming up the path. Both were chattering about their day at school. Harry was talking about his football practice that afternoon, and Matilda was waving a big sheet of paper that seemed to be covered in paint. They said hello to the two dogs of course, but it seemed to Bramble to be ages before everyone had stopped admiring the paint and had picked up the leads for the walk.

They all crossed the village green and went into the paths across the fields. In the little strip of woodland Bramble picked up the most exciting scent. Fox! And quite near by. She put her nose to the ground and followed the scent to its strongest point ; and there was the Fox. It leapt to its paws and ran away very fast. Bramble followed so quickly she was only a pace or two behind. She heard some noise behind her, but she was so close to catching the Fox she took no notice. She followed him across a field, and then another. Then they crossed a road and with the Fox getting further and further ahead, they were into another wood near a big lake. Down by the water the scent suddenly stopped, and after hunting around a while Bramble stopped too.

As she looked up, her little panting heart suddenly went very cold. She could not see Bracken anywhere. She couldn’t see Matilda or Harry. And she didn’t know where she was. She was lost. She sniffed. She couldn’t smell them either, or hear their voices. She was all alone in a strange place and no one knew where she was.

She ran round in circles for a bit, getting more and more distressed. Then she sat down for a think. “Perhaps I could follow my own scent home?” she thought,

“But I’ve muddled it up now by running round and round. I’m lost and I’m never going to see Matilda again or sit by the fire or have a game in the garden.” She couldn’t cry tears because she was a dog, but her ears sagged as low as they will go and her tail curled under her tummy with misery.

Back in the wood, Matilda, Harry and Bracken were still calling and whistling. They had watched with horror as Bramble disappeared. Bracken had nearly followed but at the last minute she had heard Harry calling and had gone back to him. Now she was feeling just a tiny bit smug that she had been a good dog, but mostly she was stiff with fright that they had lost Bramble.

Matilda was weeping and calling and running up and down the path. Everyone she saw she asked if they had seen Bramble, but no one had. Then she turned to Bracken. “Find Bramble!” she instructed Bracken. “Find!”



Bramble looked up and wagged her tail. Then ran round a bit. But she didn’t really understand what was being asked of her . She wanted to help, but she didn’t know how.

Harry got out the mobile phone his Mum always said they should take with them on walks and rang home.

“We’ve lost Bramble!” He said to his father dismally. “Oh Dad, we’ve lost Bramble.”

“Stay where you are, I’m on my way” said his father.

“Ring the dog warden” he said to the children’s mother, “and report her missing. Say she has a microchip and give them the number. I am going to join the children.”

To be continued in October.
Copyright: H L Peck 2018

LITTLE MRS THRIFTY TIPS

New potatoes for Christmas dinner..



Harvest your new potatoes, wipe clean and put into a biscuit tin with dried peat.
Seal the tin and place in a hole in the garden about 2' deep and cover with soil.
Leave, then dig them up a couple of days before needed.....and enjoy.....



VOLUNTEER SEAL WARDENS

Can you spare some time November to January assisting with the protection of the Seal Colony at Horsey and Winterton during pupping season, and help educate members of the public?

Then we need you!
Full training is given and is scheduled for September
Interested? Please email recruitment@friendsofhorseyseals.co.uk

TEST YOURSELF.....

A HARVEST QUIZ



- Which of these are grasses: rye, oats, maize, barley, wheat?
- Triticale is a hybrid of wheat and which other crop?
- Which member of the cabbage family covers fields in yellow flowers?
- A new modern combine harvester costs £35,000, £350,000 or £3,500,000?
- Flour can be explosive. True or false?
- What is the minimum number of ingredients needed to make bread?
- Hops for beer are harvested when?
- The tayberry is a hybrid of which two other fruit?
- Seed potatoes grown in Scotland are healthier than those grown elsewhere. True or false?
- Where did carrots originate?

Sudoku

			9			8		
1	2	8			6	4		
	7		8				6	
8			4	3				7
5								9
6				7	9			8
	9				4		1	
		3	6			2	8	4
		1			7			

The rules of the game are simple: each of the nine blocks has to contain all the numbers 1-9 within its squares. Each number can only appear once in a row, column or box.

The difficulty lies in that each vertical nine-square column, or horizontal nine-square line across, within the larger square, must also contain the numbers 1-9, without repetition or omission.

Every puzzle has just one correct solution.

Quintagram

Solve all five clues using each letter underneath once only.

This month, all of the following are makes of car, past and present.....

Aaabcddeeeffgghiiilmmnnnooorrrsstu

Who Said This?

Insanity: doing the same thing over and over again and expecting different results.

GARDENING NOTES FOR SEPTEMBER

Welcome to September in the Garden

September! The days are getting shorter and everyone is getting poetic about the different type of light. To me it means less daylight in which to do all the work, but you must give yourself time to make the most of your garden before winter sets in. Just keep the fleece handy.

We have finally had some rain and the garden has responded brilliantly. There should be plenty to see and enjoy. Asters, Gaura, Heleniums, Echinacea, a few late Phlox and of course the Dahlias and Roses. Keep dead-heading. Penstemons, Salvias and Rudbeckia should now be joined by Japanese Anemones, Verbena, Bonariensis, Sedum, Chrysanthemums and of course Grasses.



Lots of Jobs though. Start planting your bulbs. Crocus (important as they flower early) Narcissus, Iris, Camassia and Eremurus, the Foxtail Lily. These should be planted with their crowns just below the surface in a sunny well drained spot. And carry on taking lots of cuttings, shrubs as well as perennials. They have 2 chances, they grow or they don't.

Seeds can be harvested in the dry weather and can be sown together with hardy annuals such as Calendulas, Nigella, Poppy and Larkspur, which can be sprinkled onto trays and left in a corner to their own devices. Sweet peas, however, need to be sown in deep pots, root trainers, or toilet rolls and overwintered in the greenhouse.

You can also divide perennials that have finished flowering. If you do it now they will have time for their roots to settle in the warm earth. Perennials such as Foxgloves, Sweet Williams and Wallflowers can be planted where you want them to flower. Start replacing bedding and perhaps layer a pot with different bulbs and top with some Pansies.

The Lawn. Try and rake off the thatch (Dry grass, moss and weeds) Open up air pockets by forking it over, raise the blades on your mower and weed and feed.

In the Veg patch finish harvesting potatoes, and pick sweetcorn and tomatoes, not forgetting to remove the lower leaves to allow the fruit to ripen. There will be early apples and pears to pick, also blackberries and late raspberries. Now you can plant onion sets, although not in the same place as last time. Winter salad and spring cabbage seeds can be sown. Also place pots of compost under your strawberry runners to get new plants for next year.

Finally, make the most of any decent weather, brittle brightness or translucent light that comes your way this month. Enjoy your garden.

HAZEL

GREAT ORMESBY AND DISTRICT GARDEN CLUB

VACANT PLOT AVAILABLE AT ORMESBY ST MARGARET ALLOTMENTS.

Ideal opportunity to grow some veg/fruit/flowers. If you are interested

Ring Kathryn Wendt 07815 132808 or contact Parish Clerk Lisa Callow on clerk@ormesby.org

Great Ormesby & District Garden Club



Monday 24th September 2018
7.30pm at Bracecamp Hall, Ormesby

Our speaker this month is
Mrs Robin McDonald
on
Modern Orchids



New Members Welcome

For any further information please contact:-
Gillian Saker 01493 733801
Hazel Stenning 01493 731570
www.greatormesbygardenclub.co.uk

MEMORIAL TREES



The Parish Council has agreed to plant some trees on the Ormesby village green to commemorate the 100th anniversary of the end of the Great War 1914-1918

If you would like to sponsor a tree, please register your interest with the Parish Council by emailing clerk@ormesby.org

Or ringing 07825266117

So far 3 trees have sponsors. If you want to sponsor one of the remaining 3 then please let the Parish Clerk know as soon as possible as they will be allotted on a first come, first served basis.

Final details of costs are not yet available but are expected to be around £300 per tree.



BLACKBERRY AND APPLE CHARLOTTE

Both Bramleys and Blackberries are normally available in September, although this year the blackberries have suffered from drought. This is a version of Apple Charlotte that is very popular with family and guests and it is good with apples alone if you can't find any good blackberries.

I hope you enjoy it.

Ingredients

8oz blackberries
3 large Bramley cooking apples
2oz butter
1/4 teaspoon cinnamon
4oz soft white breadcrumbs
4oz sugar (caster or Demerara - whichever you have to hand.)

Method

Peel, core and slice the apples thinly. Wash the blackberries. Place a layer of mixed blackberries and apple in the bottom of a lightly buttered 1 and 1/2 pint pie dish.

Melt the butter in a saucepan until sizzling hot but NOT burning. Mix the breadcrumbs with the cinnamon and sugar and fry in the hot butter, stirring well.

Spread the crumbs in a layer over the fruit and bake at 325 F, 170 C, Gas mark 3 until the top is golden brown.

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QUICK-FIRE CAREER INTERVIEW

People in our villages have many different jobs and many different careers. Each month we will interview one person with a "quick-fire" five questions.

This month, Tracey Wrightson, Fishmonger at Dabs and Crabs, Scratby.

1. What is the best thing about your job?

The social aspects of meeting and serving lots of customers in a community shop.

2. What is the worst thing?

Working for yourself. This can sometimes be very good – you have control and the opportunity to make changes. But sometimes it is bad, because you are tied to the job. Oh, and cold fingers!

3. How did you get into this job?

Well my Dad is a fisherman, so that is an obvious link. I grew up in the world of fishermen and fishing, and the family had a small fishmonger business.

When I had the opportunity I took it on and made it bigger.

4. What qualifications did you need?

I took a course in Business Studies, and obviously you need to know about fish, how to buy a quality product and how to buy what people will like. Most importantly you need to enjoy getting on with people.

5. What on the job training do you get?

Some training has been around food hygiene, and practical skills like filleting. But when I think about it, a lot of knowledge has been passed down to me within the family.

Parish Halls and Recreation Ground

All Saints Parish Hall

September

DAY	FUNCTION ROOM	MAIN HALL
Every Sunday		Church 9am-1pm
Every Monday	Memory Club 10am-2pm Pilates 6.30-7.30pm	Broadland Gymnastics 4.30-7.30
Every Tuesday		Pilates 9.30am-10.30pm Boxercise 6.30-7.30pm
Every Wednesday	Weightwatchers 8.30-9.30am Carers Trust Norfolk 10-2pm Camera Club 8-10pm	Art Group 9.30-12.30 Bowls Group 1.30-4.30 Slimming World 6-10pm
Alternate Wednesdays	Citizens Advice see P 18 for details 2.45-5.15pm	
Every Thursday	Welcome In Group 10.30-12.30 Scratchy Club 1.30-4.30 Events Team Use 4.30-5pm	Seated Yoga 9.30-10.15am Yoga 10.30-11.30am Events Team Use 3-4pm Body Highlights 6.30-7.30pm
Every Friday	Forgetmenot Café 10-2pm	Car Boot Outside

Bracecamp Hall, Ormesby St Margaret

Events in September

DAY	ORGANISATION	TIME	CONTACT
EVERY MONDAY	W.I Bridge Bobbin Lacemaking Brownies	2.00-4.00 pm 7.30-9.30 pm 6.30-7.00 pm	01483730884 01483730688 01483732255
MONDAY FORTNIGHTLY	Sunshine Club	2.00-4.00 pm	01483730428
MONDAY MONTHLY	Garden Club Line Dancing	7.30-10.00pm 7.30-10.00	01483732301 01483889682
EVERY TUESDAY	Bobbin Lacemaking Short Mat Bowls	2.00-4.00 pm 1.30-4.00 pm	01483730688 01483730884
EVERY WEDNESDAY	Yoga	6.30-7.00 pm 7.30-10.30pm	01483732717 07778304852
WEDNESDAY MONTHLY	Badminton Women's Institute	2.00-4.00 pm	01483731480
EVERY THURSDAY	Keep Fit Quilting & Craft Group Line Dancing Young at Art	10.00-11.00 2.00-4.00 pm 7.30-10.00pm 7.00-8.00pm	01483730884 01483730688 Private 07988286155
EVERY FRIDAY	Yoga Short Mat Bowls Bridge Club	10.00-12.00 1.30-4.00 pm 7.00-10.00pm	01483732717 01483730884 01483731871
SATURDAY FORTNIGHTLY	Dances Mike & Jackie Bobbin	7.00-10.00pm	01283502215
SATURDAY MONTHLY	Lacemaking British Legion BINGO	11.00-5.00pm 1.30-4.00pm	01483730688 01483731015
SUNDAY WEEKLY	Green Pastures Christian Fellowship	10.00-1.00pm	01483751312

VILLAGE CENTRE

SEPTEMBER EVENTS

Activity	Contact
Tuesday afternoon - Dancing (during term time).	Paula Hacon 07745827274
Tuesday evening (fourth Tuesday in the month) Nightingales Womens Institute	Alison Hagger 07789632434
Wednesday morning Tigger club (during term time)	
Wednesday afternoon - Art club	Jill Mole 01493 731024
Wednesday evening - Dog training	Christine 07810772349
Thursday evening - Flamenco dancing	Angela 07597189083

The charge for regular bookings is £6 per hour.

Casual bookings are charged at £10 per hour with a minimum charge for parties of £40.

ORMESBY LADS F.C.

is the local youth football club and is based at the Edgar Tennant recreation ground in Ormesby. We currently have around 100 children on our books from age 4 to 13.

Training sessions are held on Saturday mornings and matches take place on Sundays between September and April.

We are always looking for new players who can contact the Club through our website www.ormesbyladsfc.org.uk or by calling

Phil Myhill, Club Secretary on 07733 030064.



SCHOOLS NEWS

COMMUNITY NEWS HOPES YOU ALL HAD A LOVELY SUMMER HOLIDAY

DATES FOR THE AUTUMN TERM 2018

- Thursday 6 September - Wednesday 17 October 2018
- Half-term holiday: Thursday 18 - Friday 26 October 2018
- Monday 29 October - Tuesday 18 December 2018
- Christmas holiday: Wednesday 19 December 2018 - Wednesday 2nd January 2019



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HEALTH NOTES—TICK BITES

There have been a lot of stories in the press this year about the risk of catching Lyme disease from tick bites.

Here is what to do if you get one.

First of all—don't panic! Take the following steps to remove it safely as soon as you can.

Using fine tweezers, get a grip on the tick holding it as close to your skin as you can. Pull up with a steady pull and without twisting. The aim is to remove the whole tick including all its head and mouthparts.

Once the tick is removed, wipe the area with an antiseptic wipe. If you develop a rash at the bite site, headache, vomiting, muscle soreness, and fever within a few days to a month after being bitten, visit your doctor immediately.

NEVER APPLY A MATCH, NAIL VARNISH, OR WASHING UP LIQUID TO THE TICK OR USE ANY OTHER SUCH OLD TRICKS. THEY DON'T WORK AND WILL MAKE THE TICK REGURGITATE STOMACH CONTENTS, CAUSING AN INFECTION.



ANSWERS TO QUIZZES AND PUZZLES

ANSWERS TO HARVEST QUIZ

- | | |
|---|--|
| 1. All of them. | 7. The UK harvest usually starts in early September and may go on to early October |
| 2. Rye | 8. Raspberry and Blackberry |
| 3. Oilseed Rape (known as Canola in N America) | 9. True—Scotland has a special designation for seed potatoes free of disease |
| 4. Around £350,000 | 10. Iran and Afghanistan |
| 5. True—mills have to take great care to keep dust levels down and avoid sparks | |
| 6. For leavened bread: 3—flour, yeast and water | |

ANSWERS TO QUINTAGRAM

MERCEDES, LAMBORGHINI, MORGAN, AUSTIN, FORD

ANSWER TO WHO SAID THIS?

ALBERT EINSTEIN

MALVINDER'S ROLL – PART 1

During my 20 plus years living and working on the Arabian Peninsula, I engaged in several leisure activities, one of which was leading groups of Off-roaders through some of the wild sandy desert areas.

One Friday while leading five 4X4's through the desert south of Dubai, a distressing screaming noise came over my radio from Brigitte (my wife) who was driving her 4X4 at the back of the convoy.

'Oh dear!' or rather a more expressive expletive passed my lips and I immediately turned back to find out what all the commotion was about.



There was Malvinder's Jeep Wrangler standing on its roof. His habit of drinking excessive cans of Red Bull had given him an air of brashness that had affected the quality of his driving and caused him to roll his car down a small dune.

Jumping out of my car, I saw Malvinder hanging upside down being held in place by his seat belt.

One of our group had switched off the car's ignition. Brigitte told Malvinder that she would release his seat belt and he should be ready to fall on his head. After dropping down, he slowly crawled through the Wrangler's open window.



During his exit through the window I advised him that he'd broken his left arm.

"How do you know? ", he queried.

I replied that it shouldn't have the shape of a crankshaft. A female member of our group was a nurse who carried out a great first aid job on his arm that included an ice pack from our cool box to keep him comfortable. Brigitte then drove him to a hospital in Dubai.

Using a heavy duty strap, I winched the car back on to its wheels. We didn't manage to get the car started because the engine oil had flooded the top of the engine. As the day was closing in, I was concerned about the rest of our group who would struggle to negotiate the dunes in the dark. Therefore, I gave up trying to start the Wrangler and led everyone out.

Dave Lees

(continued next month)

'Much Ado About Nothing'

On Friday August 17th The Rain or Shine Theatre Company presented "Much Ado about Nothing" in the garden of the Village Centre in Ormesby St Margaret.

As we have come to expect from Rain or Shine, this was an excellent ensemble performance presented with energy, originality and musicality. Set at the end of the Great War this could have descended into the Bard of Avon, by Dad's Army, out of 'Allo Allo'. (Wrong war I know, but you get my drift!) In fact it didn't, and it was truly startling how well the words written between 1598 and 1599 fitted the return of British military forces to their homes in 1918. This brought a whole new dimension to the dialogue.

When the whole is so good I worry about picking out individuals, but some deserve special mention.

Pippa Meekings and Peter M Smith gave intelligent and convincing performances as the witty and feisty lovers who come to love against their better judgment. The usual hazards of outdoor performances were exemplified by the participation of the dog next door in a duet of 'Sigh no more Ladies' with Anthony Young. Peter Smith deftly incorporated its contribution into the show with a very timely off the cuff adaptation of Shakespeare's lines.

Pippa made good use of one of those speeches which seems to be stuffed with famous lines "all mirth and no matter", which together with many others "When the age is in, the wit is out", "You were born in a merry hour" gives one to wonder whether Shakespeare was capable of writing an unmemorable line.

Anthony Young provided the varied and finely tuned performances in different roles that we always enjoy, and his rendition of the song at Hero's tomb raised the hairs on the back of my neck.

I particularly enjoyed the inspired transformation of The Watch into Morris Men. Rob Keeves clearly enjoyed his role as Dogberry and Jamie Littlewood not only turned in a fine performance as Claudio but found time to subject the audience to what Terry Pratchett would undoubtedly have termed "aggravated morrissment" when transformed into a Watchman.



The Editor

If you missed this outing, make a note in your diaries for 24 November when Rain or Shine will return with "Sherlock Holmes and the Curious Case of Dr Jekyll and Mistress Hyde".

We are delighted to have recently celebrated our 14th year and would like to say a huge thank you to all the staff and clients for their support over the years.

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PET CORNER: SPOTLIGHT ON CATS

In a recent survey for the British Veterinary Association (BVA) 86% of the vets had treated conformation-related health problems in flat-faced cats.

BVA and International Cat Care are urging cat-lovers to avoid choosing pedigree breeds of cat designed to have extreme or unusual features, such as flat faces or folded ears. This is because of problems associated with these features which may not be immediately obvious, but cause suffering for the cats. For example, the Scottish Fold, thought of as 'cute' because its folded down ears give it a round, baby-like face, suffers from joint pain. The gene which affects the cartilage to allow the ears to fold forward also affects cartilage in the joints, causing problems such as arthritis in these cats, even from an early age.

Vets also said that only a quarter of flat-faced cat owners were already aware of the potential health issues and just one in twenty were aware of the additional costs associated with the breeds before choosing their pet.



HOW TO MAKE OUR CAT'S LIVES BETTER?

Whether our cats roam outside or stay in the house, there are ways to make their lives better by making our houses more cat friendly. The secret is to make the house more like their natural environment, providing places where they can hide or retreat, and by providing them with choices.

TOP TIPS

Cats like high resting places. These could be a tall scratching post with a built in platform, or just the top of a cupboard or wardrobe. If the latter, place something nearby to provide a halfway platform for ease of access. It is easier to go up than down!

Cats like a private hideaway—easily supplied by space under a bed or cupboard or behind a sofa. If warm as well, all the better. Never disturb a cat in its private space unless you think it is unwell.

Cats naturally forage for food and water separately, so we are getting it wrong when we put food and water bowls side by side. Make sure the water bowl is big enough for the cat to drink without its whiskers touching the sides. Cats like the bowl filled to the brim so they don't have to lean in. Put the water in a different location than the food—one bowl per cat in the household plus one.

Cats would normally spend up to 6 hours per day hunting for their food. The predictability of two bowls full per day, in the same place, is just plain boring. Try scattering food around the house for your cat to forage after.



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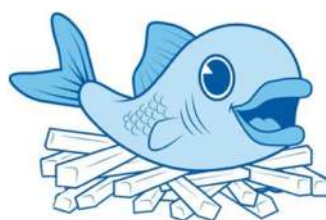
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Do you have something to say about health and social care services
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As the independent consumer champion for all health and social care in our region, Healthwatch Norfolk is keen to hear about your experiences of using local services.

Whether you are a patient, family member, carer, or work within the sector, anyone can share their views. **Simply visit www.healthwatchnorfolk.co.uk and find the service you'd like to review on the 'share your experience' page.**

You can leave feedback on all local hospitals, GPs, dentists, pharmacies and opticians, as well as child and adult mental health services, community health, care homes and social care.

Using its statutory powers Healthwatch use your comments to inform health commissioners about services which can be improved and also letting them know where services are working well, passing your praise directly to the teams providing the care.

Look out for regular roadshows held across the region or call 01953 856 029. Healthwatch will be happy to speak to you directly or arrange a visit to your community group to capture feedback from your members.

Alex Stewart, Healthwatch Norfolk's chief executive said: "Health and social care in Norfolk is undergoing huge transformation, with greater focus on delivering more services in the community. Your voice really can make a difference".

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