

Yours Sincerely

Edition 32 - December 2024



How to get in touch:

Broadland District Council residents: 01603 430431

South Norfolk residents: 01508 533933

Email: Helphub@southnorfolkandbroadland.gov.uk



Accessibility

Large print Yours Sincerely

If you would like a larger print version of Yours Sincerely, please let us know. Give us a call using the number below and we'll make sure all future editions you receive are in a larger font.

Coloured Overlay

If you would like your edition of Yours Sincerely printed on coloured paper, please let us know by calling the number below and let us know what colour paper you need for your future editions.



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Yours Sincerely

Welcome to the Christmas (32nd) Edition of Yours Sincerely!

It's nearly Christmas now, which means it's time to decorate and bake lots of sweet treats, like gingerbread houses, Christmas puddings, Yule logs, and much more! Or even trying making something new, using the recipes in this edition!



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Community spotlight – Diss Rotary Club



The club is one of approximately 90 in East Anglia and it celebrates its 77th birthday in October 2024. The 39 members raise around £20,000 each year to support a range of good works. Some of the money raised goes to support charities like the End Polio Now campaign, Shelter Box, Aqua Box and Lend with Care, which are supported by Rotary globally. The club also supports the international community by, for example, providing bicycles for midwives and playgrounds for hospitals in Moldova. They also support the local community – both individuals and local charities.

The Rotary Club raise money through a number of annual events such as: garden parties, Christmas Sleigh collections, Easter chocolate egg raffles, concerts and collections.

As the name suggests, the club is based in Diss. This is on the Norfolk/Suffolk border and they broadly operate within a 15-mile radius, to include such places as Debenham, Eye, Stradbroke to the south, and Thetford.

The club is always looking for new members and encourages people to visit the Rotary Club of Diss and District website. Alternatively, you can call in at the Scole Inn on the first or the third Tuesday of the month at 6-30pm. Here they can arrange for you to join them at a future meeting. Their secretary is the prime contact. They also need people to help out on occasions such as the Christmas Sleigh Collection, where volunteers follow the sleigh from street to street, collecting donations from homes.



The club's bimonthly meetings, usually involve a meal, an interesting speaker and a short "business" session; where they discuss potential fundraising opportunities. They occasionally have sessions elsewhere, at places of interest in the region. The group welcome members from a variety of backgrounds and professions including civil servants, business owners and the recently retired who want to do a bit of good for their local community.

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Help Hub - Handyperson+ Service

If you have a job that needs doing and are struggling to find someone to help, look no further than our Handyperson+ Service.

Residents 65 and over or those at higher risk can benefit from this service to help with small repairs and changes that make homes safer and secure.

Our team is fully trained and insured and can help with jobs such as fitting key safes and locks, minor plumbing, putting up or replacing smoke alarms, fitting grabrails and putting up shelving.



As well as small works, our handyperson can chat to residents during a visit to see if they may be able to receive any additional help. They have an in-depth knowledge of available grants, allowances, and services a resident may be eligible for.

Services differ between the two districts, but we are working to align these in the future to give everyone the best service. Please be aware there could be a charge for the services offered to you, but we try to make these as minimal as possible.

If you feel the Handyperson + Service is something you could benefit from, please get in touch:



South Norfolk Residents

Phone: 01508 505284

Email: handyperson.snc@southnorfolkandbroadland.gov.uk

Broadland Residents

Phone: 01603 430518

Email: handyperson.bdc@southnorfolkandbroadland.gov.uk

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**Who's your
community hero?**

Broadland Community at Heart Awards 2024

On Thursday 24 October, we celebrated the amazing achievements of those who go above and beyond to support others or complete incredible achievements at our 2024 Community at Heart awards. The awards, sponsored by Clarion Housing took place at the Royal Norwich Golf Club in Lenwade, where our amazing winners were announced.

The winners were as follows:

Pride in Place Award (sponsored by Clarion Housing): Horstead Community Activity Days



The Horstead Centre and local Parish Council in Horstead with Stanninghall are working together to run successful community activity days throughout the year. These events bring the whole community together as well as creating environmental awareness, increasing the understanding of local history and encouraging physical activity. Activities have included art, bushcraft, canoeing and archery, and research sessions looking into local history archives.

Business in the Community (sponsored by Citrus Shredding): Red Panda Crafts

Red Panda Crafts produces homemade luxury gifts, as well as hosting creative workshops to promote wellbeing. The business hosts entertainment for deaf groups and educates the community about deafness.



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Young Achiever Award (sponsored by The Royal Norwich):

Adam Farrow

Adam has volunteered as a St. John Ambulance cadet for over five years, giving up many hours of his spare time. Recently, while volunteering on a match day at Norwich Football Club, Adam played a vital role in ensuring a fan who had taken ill, received the support and treatment needed.

Green at Heart Awards (sponsored by McKibbin Management Consultants Ltd):

Scrapbox Norfolk

Scrapbox is a reuse store based in Reepham. The team has saved thousands of tonnes of perfectly reusable waste from landfills, reclaiming much of it from local businesses, processing them and offering to the local community to be used for arts, crafts, and other creative purposes.



Healthy and Active Award (sponsored by Loads4Less):

No Limits Norfolk



No Limits Norfolk is an inclusive dance and accessible arts company for people of all ages with additional needs. Lauren allows young people and adults with additional needs to dance and perform. Lauren also teaches a British Sign Language (BSL) signing choir and brings them all together to perform for the wider community. The group is supportive of each individual and always supports the needs and disabilities of the group.

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Connecting Communities Award (sponsored by HSBC):

East Coast Truckers Charity

The East Coast Truckers' annual children's convoy, which celebrated its 37th year, brings visitors from across the country to witness the 80-plus trucks along the route from Norwich to Great Yarmouth. The money raised by this event enables the team of volunteers to organise free day trips and holidays for disabled and disadvantaged children.



Volunteer of the Year Award (sponsored by Richard Wills Training Associates Ltd): Claire Whitehouse

Claire played a crucial role in saving the life of her neighbour, administering CPR, and using a nearby external defibrillator. Since then, Claire has fundraised and campaigned to have more defibrillators fitted outside community buildings in her local town of Thorpe St Andrew, as well as supporting over 1,000 people to receive CPR training.

Community Organisation of the Year Award (sponsored by Veolia): Joe Dix Foundation

Emma and Phil Dix and their daughters' lives changed in January 2022 when their son was stabbed and unfortunately died, in Norwich. The Foundation creates awareness around the dangers, signs, and consequences of Child Criminal and Sexual Exploitation (CCE/CSE) and the increasingly serious problem of youth violence, gang and knife crime, together with cuckooing and modern-day slavery. Presentations and First Aid training are offered, together with the distribution of Bleed Kits to go in with defibrillators, and information on how to stem a catastrophic bleed with or without a kit.



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**Lifetime Achievement Award (sponsored by Clarion Futures):
Elizabeth Cameron**

Elizabeth has been volunteering her time to support residents in Strumpshaw for 50 years. She has organised and hosted village parties in her garden, as well as hosting children's parties for many years. She has also undertaken several community roles including Clerk at Strumpshaw Parish Council and Council Chair. She has also been involved in

countless fundraising efforts and is always on call whenever someone in her community needs support.

Community Engagement Van

We now have a Community Engagement Van (CEVan) which we will use to visit towns and parishes across South Norfolk and Broadland, to support and advise our residents. No appointment is necessary and anything you need support with can be discussed with our members of staff on board. These may include, but are not limited to:



- Money and debt worries
- Benefits
- Parenting, relationships, and domestic abuse
- Health and wellbeing
- Bereavement support
- Employment
- Housing and home problems

The van is initially visiting areas of need with lower levels of engagement with the Help Hub services, hoping to remove barriers for residents accessing support. Dates and locations for this are as follows:

Broadland	Dates (Tuesdays)	South Norfolk	Dates (Thursdays)
Buxton Village Hall	17 th December 2024 to 18 th February 2025 (excluding 24 th and 31 st December)	Bunwell Village Hall	19 th December 2024 to 20 th February 2025 (excluding 26 th December and 2 nd January)

The van will also be visiting other locations as part of other projects delivered by other services, so don't worry if there is nowhere on the list near you. If you would like any more information about the Community Engagement Van, please contact the Communities Team on 01603 430611, or email Communities@southnorfolkandbroadland.gov.uk.

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Fact Finder

Christmas Traditions Around the World

Ethiopian Christmas

Customarily, in Ethiopia, Christmas is celebrated on the 7th January because they follow the Julian calendar. It is believed that at least one of the Three Wise Men was Ethiopian, therefore people dress in white, most wearing the traditional *Netela* (a thin white cotton scarf with brightly coloured stripes across the ends).

Flores de Noche Buena (Taxco del Alarcon, Mexico)

A story is told of a girl who had nothing to offer Baby Jesus at a Christmas Eve service other than a bunch of weeds. However, when she knelt to place the weeds by the nativity, the bunch of weeds burst into a bunch of bright red flowers, known as the *Flores de Noche Buena* (*Flowers of the Holy Night*), which have become heavily associated with Christmas.



The Yule Goat, Sweden

The Yule Goat dates back to ancient pagan festivals in Sweden; however the tradition was reimagined when, in 1966, someone came up with the idea to make a giant straw goat. This is also known as the *Gävle Goat*. It is over 42ft high and 23ft wide.

Irish Christmas

In Ireland, people leave a tall red candle in a front window overnight as a welcoming symbol of warmth and shelter. They also have roast goose, vegetables, cranberries and potatoes.

Oplatek (Poland)

In Poland on Christmas Eve, *oplatek* is shared among many families, which is an unleavened religious wafer. Each person breaks a piece off as they wish each other a Merry Christmas. Dinner cannot begin until the first star appears in the sky and an additional place is set at the table in case someone shows up uninvited.



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Book Club

Our next book review has been written by another employee at South Norfolk and Broadland District Council, Brian.

The book Brian chose to review for the 32nd Edition of Yours Sincerely is:

The House of the Spirits by Isabelle Allende:

'Barrabas came to us by sea....', and with this intriguing news, we enter the strange world of the women of the Trueba family. Set in an unnamed country that might just be the author's native Chile (she is related to Salvador Allende, president of Chile in the early 1970s) this novel tells of the lives of several generations over much of the 20th century. Under the fearsome, proud but loving patriarchy of Esteban Trueba, it is the women; first Clara then her daughter Blanca and finally her granddaughter Alba who hold the family together and determine their fortunes, as the familiar world around them disintegrates into chaos, civil war and political dictatorship.

This book is one of the finest examples of the 'magical realism' genre which was popularised by her and other South American writers such as Gabriel Garcia Marquez. Miracles happen on a daily basis but go unremarked by any of the characters and are treated by them as entirely normal. And so, we meet the tragic Rosa the Beautiful who has the green hair of a mermaid. We witness the triumphant return of Uncle Marcos, inventor of a flying machine in which he recently ascended into the skies, crashed to the ground and was buried with great ceremony. We hear the family piano in the next room playing Chopin and Mozart of its own accord with the lid closed, and the cutlery and crockery dance around the dinner table at will.

If you should fancy reading some 'magical realism' then do please start here and not with the more famous One Hundred Years of Solitude by Marquez, a book made almost unreadable in my opinion by the fact that most of the many characters in it are named either Jose Arcadio, or Aureliano, which makes it impossible to follow the plot, or know who is who at any given time. Isabel Allende follows up her gem of a novel with others in the same genre which are equally good, Eva Luna for example, though she ceases to employ any magical realism in her later novels, to their detriment as far as I am concerned.

Many female writers are able to pen their women characters brilliantly but are not so adept at accurate portrayals of men. Isabel Allende is the best female writer of male characters I have ever read, capturing their emotional frailties with exquisite perfection. That is just my opinion of course, why not judge for yourself? The book is readily available in both hard and paperback versions, is still in print and would make an excellent birthday or Christmas gift for a discerning friend.

Now let us find out who Barrabas is, and why he comes to us by sea?



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Main Meal of the Month

Roast Pork Chop

Ingredients:

- 1 boneless pork chop
- ½ tbsp olive oil
- ¼ tsp salt
- ¼ tsp smoked paprika
- ¼ tsp garlic powder
- ¼ tsp ground black pepper
- 6 small new potatoes
- 1 carrot
- 1 small onion
- 3 florets of broccoli



Instructions:

1. Preheat the oven to 200°C. Lightly grease a small baking tray lined with foil.
2. Rub olive oil over the pork chop
3. In a bowl, mix together the salt, smoked paprika, garlic powder, and black pepper, then sprinkle it over both sides of the pork chop.
4. Cut the potatoes, carrot, onion and broccoli up and place them in the baking tray with the pork chop.
5. Cook for 15-20 minutes or until the pork chop is 75°C inside and the vegetables are all tender.
6. Enjoy your meal!

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Ginger Cake with White Chocolate Sauce (Christmas Pudding alternative)

Ingredients:

For the cake mixture:

- 100g butter
- 120g dark muscovado sugar
- 1 tbsp black treacle
- 1 tbsp ginger syrup
- 2 eggs
- 120g plain flour
- 1stg ground cinnamon
- 1 tsp ground ginger
- 1½ tsp bicarbonate of soda

For the sauce:

- 100g white chocolate, chopped
- 100ml double cream



Instructions:

1. Heat the oven to 170°C/150°C Fan/ Gas Mark 3.
2. Grease a medium (16cm, 1L) pudding basin with butter and place a disc of greaseproof paper at the bottom
3. Place the butter into a large bowl and beat well until soft.
4. Add the sugar, treacle and ginger syrup, then mix again until light and fluffy.
5. Add the eggs, flour, cinnamon, ginger and bicarbonate of soda.
6. Beat for 2-3 minutes, then spoon the mixture into your greased pudding basin.
7. Bake for 1 hour and 10 minutes to 1 hour and 20 minutes, or until a skewer comes out clean.
8. Leave to stand for 5 minutes before turning out onto a plate.
9. For the sauce, combine the white chocolate and double cream in a small saucepan and heat gently, stirring continuously.
10. Pour some of the sauce over the pudding and put the rest in a jug to serve with the pudding.
11. Enjoy!

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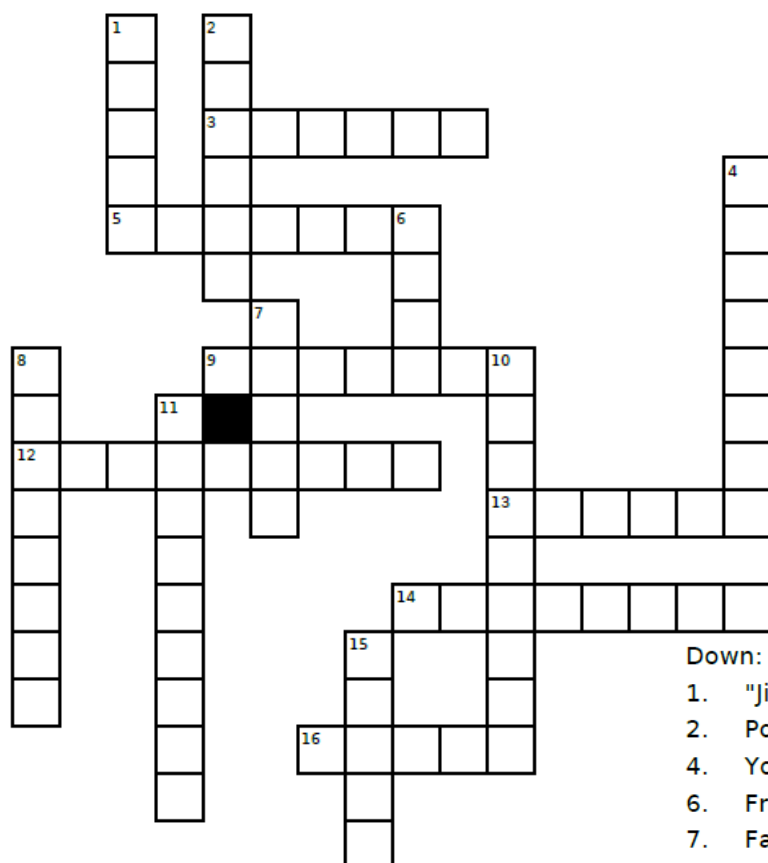


Brain Teasers

(Answers are on the bottom of the colouring page)

- 1) No matter how little or how much you use me; you change me every month. What am I?
- 2) What kind of band doesn't play music?
- 3) A man dies of old age on his 25th birthday. How is this possible?
- 4) Which tire doesn't move when a car turns right?

Christmas Crossword



Across:

3. Green Christmas Thief
5. Figure made of snow
9. Christmas decorations
12. "Lit up like a _____ tree!"
13. Christmas songs
14. These animals pull Santa's sleigh
16. Santa's helpers

Down:

1. "Jingle _____"
2. Popular Christmas drink
4. You will find these under the Christmas tree
6. French word for Christmas
7. Father Christmas
8. Christmas month
10. Hung over the fireplace.
11. A plant with white berries, traditionally a Christmas decoration
15. A plant with red berries

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Christmas Jokes Page



What did the snowman say to the aggressive carrot?
"Get out of my face!"

Why did the scarecrow get a big Christmas bonus?
Because he was outstanding in his field.

What is one of the of the best Christmas presents that you can give and receive, and why?
A broken drum because you can't beat it!

My friend just won the Tallest Christmas Tree Competition.
I thought to myself, "How can you top that?"

Why did the snowman get a saxophone?
He wanted to play cool jazz.

What's green, covered in tinsel and goes "ribbet, ribbet?"
A mistle-toad.

Why do birds fly south for Christmas?
It's too far to walk.

How to sheep greet each other around the holidays?
Merry Christmas to ewe!

What did one bauble say to the other?
"Let's hang out!"



Who do Santa's helpers call when they're ill?
The National Elf Service

What is a Christmas Tree's favourite singer?
Spruce Springsteen

What do you call a Christmas rom-com about bread?
Loaf Actually

What did the stamp say to the Christmas card?
"Stick with me and we'll go places!"

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Colouring page



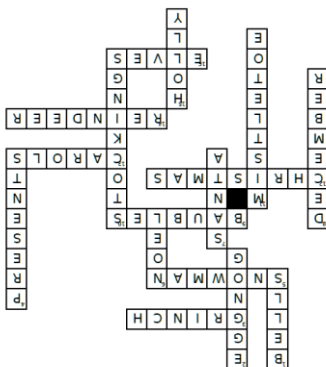
4. A spare tire

3. He was born on the 29th February

2. A rubber band

1. A calendar

Answers:



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Christmas Crafts

String Star Baubles

What You Will Need:

- String/twine/yarn
- Cling film
- Pins
- Star template
- Glue
- Cork board

Instructions:

- 1) Place your template on top of your corkboard and wrap it in cling film.
- 2) Pin your template to your cork board on all of the points of the star.
- 3) Mix four parts glue to one part water.
- 4) Cut about 2m of twine/string/yarn, then soak it in the glue mixture.
- 5) Wrap the string around the pins in the shape of the template and leave it to dry.
- 6) Once it is dry, add another layer and leave to dry.
- 7) Once that layer is dry, cut your desired length of string and soak it in the glue mixture, then wrap it around the frame.
- 8) You can add more layers if you want to.
- 9) Once you have completed this, leave it to dry.



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Yours Sincerely

We've come to the end of this month's Yours Sincerely.

Thank you for reading and until next time, have an amazing Christmas and New Year!

If you have any questions regarding this edition, would like to send in some feedback, or would like to complain about the jokes, please do not hesitate to do so using the contact details listed at the bottom of this page.

Yours Sincerely,
Emily



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