

Spring 2026

Holistic Health

Wellbeing events and information in Norfolk and Suffolk

The earth
is awakening

**EMILIA
OLIVEIRA**

Using Emotional
Intelligence

**KATE
STAPLETON**

Resilience That
Just Keeps Coming

**CHRISTINE
BLUME**

Is Spring Fatigue
Real?

**NADIA &
PHIL**

Barge Life in
Norfolk Part 2

*Every step taken in mindfulness brings us one
step closer to healing ourselves and the planet.*

Thich Nhat Hanh



Hi there!

Welcome to the spring edition of Holistic Health, wellbeing events and information in Norfolk and Suffolk.

As I'm writing this the sun has made an appearance for the first time this year. The front cover has beautiful daffodils which are so welcome after the cold weather. Sunny spring days do seem to make the world brighter and people come out of their winter hibernation as well as animals!

There are lots of events for you to go to in this edition and they cater for every interest. Most have clickable links to their websites etc. If you haven't been to a mind, body, spirit event before they are a great way to meet like-minded people and try something new. I like adding to my crystal collection at these events - you can never have enough.

I do hope these magazines help you to explore new paths of wellbeing. There are a growing number of articles that people send me and I'm truly grateful for them giving their time to write such interesting and heart-centred stories.



Carole Reeve
Holistic Therapist, Editor
and Cat Lover xx

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The magazine will be produced online four times a year, January - March, April - June, July - September and October - December. All information was correct at time of publication.

Please check with the event organisers for any cancellation or change of date etc. if you are travelling a long distance.

To be included in the next edition, please email
info@coolmoondesign.co.uk

What's on

To advertise your event email info@coolmoondesign.co.uk



The Festival of Wellness

Mind Body Spirit & Art Craft Event



Sat 29th Aug & Sun 30th Aug 2026 10am-4pm

Over 80+ Exhibitors - Art - Crafts - Mind Body Spirit - Gifts

Therapists - Readers - Refreshments

Wellbeing Demonstrations & Talks

At The Halls Norwich NR3 1AU

Free Entry

Spiritual Joy Events

Contact email: spiritual-joy@hotmail.com

The Energy Alchemist

[Visit their Facebook page](#)

SHAKTI KUNDALINI ACTIVATION

Kundalini activation is facilitating a movement of kundalini energy from the base of the spine.

This energy is also known as Shakti and is the life force of the Divine feminine revered in Hinduism.

It's the path of surrender, where we allow our energy to rise bringing with it profound changes in aspects of your lives, removal of energy blockages, increasing intuition, releases trauma you may feel bliss, inner peace, receive clarity, be more at home to yourself and connected to All. You may shift your perception and have awareness of higher states of mind.

The difference between Kundalini activation and practices such as kundalini yoga, tantra or chi gong - where you are generating your own energy to rise - is that a facilitator can gently guide and coax this beautiful shakti energy throughout your body. KA is a gentle awakening

It's a very natural process, the energy will build gradually for each session and has an intelligence that will do exactly what your system needs in the moment.

In Kundalini Activation the energy comes in from the top of the crown, down towards the root chakra, it gradually builds and eventually starts flowing both ways.

Kundalini allows emotional release

During a kundalini activation it is very common for people to experience an emotional release. The body keeps the score and our bodies hold on to emotion that we haven't processed and it gets stored in our cells. When the energy is moving through your system it can unstick these trapped emotions and they can then be released. This can happen in the form of tears, laughter, screaming or any other way the body feels like releasing. Participants often later say they felt a good release and they feel lighter.

We are literally carrying around all this unprocessed baggage or trauma in our bodies and it's making us physically, mentally and emotionally unwell. Energy work can help you move this unwanted baggage from your system, helping you feel lighter and ultimately being able to tap into more joy, love and bliss states. It helps you return to the truth of who you really are.

Is Kundalini activation suitable for me?

Please contact me if you feel drawn to exploring KA

Visit and follow my [Kundalini Activation with The Energy Alchemist page](#)



**See The Energy
Alchemist's
Facebook
events**



*"Within you, there is a stillness and a sanctuary
to which you can retreat at any time and be yourself."
Hermann Hesse*



Blossom! Using Emotional Intelligence to handle anger

By Emilia Oliveira, Mentor and Teacher of EI

No one in the history of the world has ever calmed down because they were told to “calm down”! What calms us down is feeling heard, seen and understood.

“Anyone can become angry — that is easy. But to be angry with the right person, to the right degree, at the right time, for the right purpose, and in the right way — that is not within everyone’s power and is not easy.” - said Daniel Goleman, author of *“Emotional Intelligence (EI) - why it can matter more than IQ”*.

Here is why EQ might be more important than IQ: emotions are so important, they are linked to our very own survival, but they can easily go wrong if unmanaged.

All emotions are valid - yes, even anger. There are no bad emotions. All emotions are information, impulses to act. The danger can come from dwelling in an emotion; emotions can save lives and they can cost lives.

Redford Williams from Duque University looked at the power of anger in damaging the heart and found a link between anger and heart attacks. The study discovered that anger was a stronger predictor of dying younger than smoking! A Harvard study of 1500 people published that an angry emotional state more than doubled the risk of cardiac arrest in people with heart disease.

I can relate to this because my father was very easy to anger, understandably so after a very difficult childhood, and he did indeed die young.

The problem is not the emotions, it’s when we drown in them and are controlled by them instead of the other way around, or in other words, lack of Emotional Intelligence (EI).

Everyone can feel angry, anger is not a character flaw, it’s a messenger. It shows up to inform you that you have been hurt or wronged or disrespected in any way. That your sense of fairness has been violated or boundaries have been crossed.

The power of emotions over human actions can not be denied. Intelligence is very valued, but it can come to nothing when overpowered by emotions.

So how can we bring intelligence to our emotions, civility to our streets and caring to our communities?

Approaching our feelings as an emotion detective or scientist is a good first step to better understanding them.

Let’s concentrate on the emotion of anger to illustrate the importance of this.

Here are some things that happen to our body when we become angry:

- The heart senses your anger first, then alerts the brain, which activates the body’s stress response. Did you know that the heart has its own “tiny brain”, an intrinsic nervous system of about 40,000 neurons? It often perceives an aggressor first, changing its beat to beat rhythm, before the brain has even consciously processed the situation. This is why it’s so important to “listen to your heart”.
- The brain triggers the broader nervous system. A rush of hormones flood your body. This causes the air passages to

widen, to provide your muscles with more oxygen as the body thinks you are in danger and may need to “fight or flight”. Blood vessels do the opposite, they narrow, to redirect blood flow to major muscle groups, including the heart and lungs, again to “fight or flight”.

- Heart rate increases so that more oxygen and nutrients are delivered to the muscles and body tissues, to fight or escape the threat.
- The liver releases blood sugar to provide those muscles with energy, this is why you feel a pulse of energy.
- The pupils dilate so you see more clearly in the dark.
- Perception of pain is reduced (known as stress induced analgesia), so that you can continue fighting or running away, even if injured.
- You feel very alert and your brain helps you to form a vivid memory, if it's a really emotional event.
- Digestion and other non-essential body functions slow down to prioritise the blood flow to the muscles.

In summary, anger triggers your emergency broadcast system, think of it as your brain's red alert triggering a hormonal storm that transforms you into a temporary super-human. All, because you had a feeling. Isn't it fascinating?

The thinking mind (rational pre-frontal cortex) is like our brain's CEO. The feeling mind (the limbic system) is impulse driven. They operate in harmony, most of the time, however, emotions like anger can overpower the rational mind, it's what we call neural hijacking.

This can be great if you are in danger, to escape or defend yourself, or if you are an athlete or competing on a physical event, but if you are at home or at the office, it can lead to emotional explosions, “loosing it”, because once the limbic brain proclaims an emergency, the CEO loses its power and the whole brain and body is recruited to the limbic brain's agenda.

Please note that research shows a correlation with neural hijacking and suicide and “crimes of passion”. Indeed, emotions can lead us to become violent to ourselves or others, even our loved ones.

Here are several factors involved in neural hijacking (NH):

- Past trauma experiences or chronic stress may cause a hyperactive amygdala making them prone to emotional hijacks. This is particularly evident in individuals with PTSD who may react intensely to minor triggers.
- High fatigue and stress - when tired or under constant stress, or suffering from sleep deprivation, the brain's ability to regulate emotions can become compromised.
- Low EI.
- Unresolved emotional baggage.

Suppressing rather than processing can bottle up the emotion, like a pressure cooker effect.

The consequences of NH are conflicts, damage to relationships and careers, poor decision making, impulse reaction, addictions, violence to self or others, poor physical and mental health.

So can EI help prevent NH? Yes, it can be one of the tools and a very important one.

Practicing the 5 pillars of EI, not only helps to manage anger and prevent NH, but improves wellbeing.

The five corners of EI are:

Self-awareness
Managing emotions
Motivate oneself
Recognise emotions in others
Handling relationships.



*Continued
overleaf >>*

A helpful framework to understand and process your feelings is RULER. This is great because when angry people tend to focus on the people who made them angry, instead, RULER encourages them to focus inwards.

- Recognise emotions in self and others, ie, "I am feeling angry, why?"
- Understand causes and consequences, ie "I am angry because my boss was unfair with me. But I have to cool down before talking through this, to get my thinking brain back in charge".
- Labeling emotions. There are various degrees of anger, it helps to be specific ie, "I am irritated, or annoyed, or livid, or furious, or irate"... this helps you to better understand yourself and what to do next .
- Express emotions in accordance with social norms and social context.
- Regulate emotions using helpful coping strategies, which only you can develop and tailor to your needs.

So, name anger instead of suppressing it. Naming your anger, not only validates your feeling, but starts an inner dialogue, before an outer dialogue. This helps to take the edge off and to calm the limbic system of the brain.

Activists of EI, like me, do not support the approach of acting out the anger, like insults, door slams, yelling or hitting pillows, because this further inflames your feelings and gets you closer to NH.

Choosing EI is about using anger as an instrument (like athletes do), instead of a weapon.

If anger was off limits, or showed up in scary ways, staying silent can feel safer than speaking up, but it's vital to take responsibility for your feelings, including your anger. Whilst other people or situations may have triggered it - it is your responsibility to own it and manage it. No one can do it for you. This is done by assessing what is within your control and what is out of your control.

Small steps can make a difference if you are not being heard or understood, like:

- Remove yourself from the situation in a socially acceptable way, for example by saying: "I can see that we are not able to resolve this right now and I am feeling cross so let's take some time to think this over and meet again at a later date, when we all have had time to consider both angles."
- What prevents NH may be unique to you and the circumstance you find yourself: some people count back deep breaths from 20 to zero, some people go jogging in nature, some people take their shoes off and feel the grass, some people do mindfulness, some have a good cry, some people talk to a friend, others splash water on their face, others have a cup of tea, others pet their pets, others listen to calming music or sing a song. All these help lower adrenaline and cortisol in your body. Focusing on what you can do, can help you feel safer and empowered.
- Turn anger into advocacy. Anger is not a foe. Historically, it fueled societal change for the better. It can motivate positive changes in self, but also inspire others with advocacy, volunteering and activism or even a career.
- It takes practice, but do let anger inspire you, instead of destroy or sabotage your life. Recognise that anger is your teacher. For example by questioning your feelings, you may discover that someone crossed your boundaries, this may be a great opportunity to become better at setting boundaries.

When you become an emotion detective and discover the true message of anger, you can advocate for yourself and make decisions that help you, like quitting a job that makes you sick, ending a toxic relationship or even beginning therapy to heal old wounds.

EI can be applied to all emotions. Why should you? Aside from all the above, the

thing about emotions is that you are not just feeling them. You are broadcasting them. In fact, your heart generates the body's strongest electromagnetic field, 60 times stronger than the brain's and it can be measured several feet away... so, by managing your emotions, you don't just feel better, you contribute to a better environment around you.

In summary, it's OK to experience anger, we all do and it would be a missed opportunity for growth, to shift out of the feeling without understanding its reasons. It's not OK and never OK to attack someone verbally or physically in anger, although we have probably all done it. Who has never shouted at their kids, slammed a door on someone or pushed a mate in the playground? But we can do better.

Mark Twain said "Anger is an acid that can do more harm to the vessel in which it is stored than to anything on which it is poured." - While angry outbursts or aggressive behaviour can harm those around an individual, a consistently angry outlook or demeanor may be more likely to erode that person's health and wellbeing.



Helpful links:

<https://medicine.yale.edu/childstudy/services/community-and-schools-programs/center-for-emotional-intelligence/>

<https://www.heartmath.org/research/science-of-the-heart/>

About Emilia

I have a first degree in nursing, a Higher Education Certificate in Substance Misuse and a post-grad on Acute and Critical Care. All at UEA.

In addition I attended many other courses including Cognitive Behavioural Therapy, Motivation Interviewing, Solution focused therapy, mini-courses from HeartMath Institute and most recently "Managing emotions in times of uncertainty and stress" - Yale Center for Emotional Intelligence.

I have worked for 30 years in a range of professions as diverse as journalism, factory worker, nurse, staff engagement and wellbeing manager and now mentor and teacher of EI.

Contact me on



emiliashurmur@yahoo.co.uk



Emilia won the EDP Gold 'Patient's Choice' Award at the James Paget Trust Awards 2017. Picture: Jas Tisdale.

Paget News

JAMES PAGET ADVANCES PLANS FOR ITS NEW HOSPITAL

[Read the full story here](#)



James Paget University Hospitals NHS Foundation Trust has received approval of its Strategic Outline Case (SOC), a significant milestone in planning for its new hospital as part of the Government's New Hospital Programme.

The Department of Health and Social Care (DHSC) Joint Investment Committee has given conditional approval to the James Paget SOC, the first stage business case that establishes the importance of the new hospital, and how the scheme will be delivered.

James Paget Hospital is one of the hospitals constructed using Reinforced Autoclaved Aerated Concrete (RAAC) being prioritised for rebuilding by the Government, alongside The Queen Elizabeth Hospital King's Lynn.

Both schemes for the new hospitals have recently been brought together in a single, unified programme for Norfolk and Waveney University Hospital's

Group. The QEH had the SOC for its new hospital plans approved in October 2025.

Jonathan Gardner, Executive Managing Director of the James Paget Hospital, said: "This is a vital step forward for our ambitious plans for a new hospital, and recognises the significant amount of work that has gone into planning so far.

"Thanks to all of our colleagues and partners that have helped develop our vision for 'Future Paget', and for their support as we continue to develop and refine our plans."

Minister of State for Health and Social Care, Karin Smyth said: "Today marks a major step forward for patients and staff across Norfolk. Reinforced Autoclaved Aerated Concrete has no place in NHS hospitals, which is why facilities like James Paget have been prioritised for rebuilding.

"We inherited a New Hospital Programme that was unfunded and undeliverable, but this government is now providing the modern facilities communities deserve. This new site will be one of the most technologically advanced hospitals in the country, helping staff deliver world-class care for decades to come.

"This is part of our 10 Year Health Plan to build an NHS fit for the future - with cutting-edge facilities that will transform patient care across Norfolk."

PYROGRAPHY COURSE OFFERS PATIENTS AND CARERS NEW OPPORTUNITIES

[Read the full story here](#)



Our Louise Hamilton Centre is currently hosting a Pyrography course, giving patients and those who use the Centre an opportunity to learn new skills and make new friends.

Pyrography, or wood burning, is the use of a heated metal tool to burn designs onto natural materials like wood or cork, creating simple or intricate artworks.



The beginners course is being run by Steve Manning from Pyrovision, who provides workshops at a number of local venues, working with organisations such as GY UP (Great Yarmouth Unity Project).

On Friday the group were hard at work on their artworks using templates provided by Steve to create a host of designs, including animal images, sports team logos and superhero motifs.

Some of Steve's creations are on sale at the Louise Hamilton Centre, with each piece of artwork purchased for £20, £5 will be donated back to towards supportive services at the Centre.

For more information about Steve's work and courses please visit <https://gyup.org/index.php/who-we-are/pyrovision> or <https://www.facebook.com/PyroYark>



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e info@divinetime.me.uk
 f [divinetimeholistichealth](http://divinetimeholistichealth.com)
 w www.divinetime.me.uk

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BARGE PRESERVATION COMMUNITY PROJECT & WELLBEING PROGRAMMES

We are a Lowestoft Community Organisation dedicated to restoring Barge No.9, transforming it into a vibrant Floating Event Venue, Cafe & Restaurant. Our Community Wellbeing Initiative will be funded by profits from Barge No.9.



Our mission is to restore Barge No. 9 into a vibrant event space & cafe that fosters social connections, and celebrates our rich nautical history. Through our well-being initiative at Anchor Point House, we aim to support mental health and wellness in the community, providing resources and programs that contribute to overall well-being.

www.bargeno9.co.uk

**HELP TO
RAISE FUNDS
FOR OUR
PROJECT
[CLICK HERE](#)**

Louise Hamilton Centre

Providing services for people with life limiting and progressive illness, their family and carers

We work closely with the voluntary sector, community groups and partners to put the right help in place to meet each individual's needs.

Our priority is to support you and your loved ones going through a difficult time.

A safe haven where people can get information, advice and support when they need it most. We have a team of staff on hand to give you a warm welcome.

CONTACT US

Louise Hamilton Centre
James Paget University Hospital
Lowestoft Road, Gorleston
Great Yarmouth, Norfolk NR31 6LA
Telephone 01493 453100

We are open
Monday to Friday 08.30-17.00
Answering service weekends
and out of office hours
Closed Bank Holidays

Louise Hamilton Centre



Lymphoedema Patient Support Group

Our group meets at the Louise Hamilton Centre, on the James Paget Hospital site - 11.30am-1.30pm
Come and join the team for a coffee and information throughout 2026 on:

- Friday 23rd January
- **Thursday 5th March World Lymphoedema Day 10.30am-1.30pm**
- Friday 15th May
- Friday 17th July
- Friday 18th September
- Friday 20th November

Contact the Lymphoedema Secretaries on

01493 452804



Colorectal Nurse Led Support Group

in the Louise Hamilton Centre (on JPUH site)
Thursdays 2pm-3pm on the following dates

- 22 January • 26 February • 26 March
- 23 April • 28 May • 25 June • 23 July
- 27 August • 24 September
- 22 October • 26 November

For more info please call 01493 452783
or email cancersupport@jpaget.nhs.uk

 JPUH Cancer Care Navigators

 @jpuhccn

FREE REFRESHMENTS

MACMILLAN.
CANCER SUPPORT



NHS
James Paget
University Hospitals
NHS Foundation Trust

COFFEE,

CAKE +
NATTER

2026
dates

With the
Cancer Care Navigators
in the Louise Hamilton Centre (on JPUH site)
Thursdays 10-12noon on the following dates

8th January • 12th February • 12th March
9th April • 14th May • 11th June • 9th July
13th August • 10th September • 8th October
12th November • 10th December

For more info please call 01493 452783
or email cancersupport@jpaget.nhs.uk



JPUH Cancer
Care Navigators



@jpuhccn

FREE REFRESHMENTS • ALL WELCOME

The Louise Hamilton Centre has self-help groups for many health conditions. Here is their [web page](#).

Louise Hamilton Centre

The Robins group – a support group for anyone who has lost a loved one – meets regularly in the Louise Hamilton Centre, 1pm to 2pm on the James Paget hospital site.

If you have been bereaved and would like some support, the group offers a space for you to talk and remember a loved one.

The meeting is organised by our Cancer Care Navigators but you do not have to have lost someone to cancer – anyone who has lost a close loved one is welcome to come along.

Refreshments are provided.

If you might like to go along in the new year dates for 2026 meetings are on the poster here.

Skin Cancer Nurse-Led Support Group meetings are held on the first Friday of each month, and give you the opportunity to speak to, and get information and advice from, our Dermatology Support Nurses, as well as talking to others with a similar diagnosis.

Anyone with a skin cancer diagnosis is welcome to come to the meeting.

We now also have confirmed dates for the first half of 2026 – please see the poster here for more details.

For more information about these groups, or any of our other cancer support groups, contact our Cancer Care Navigators by calling 01493 452783 or emailing CancerSupport@jpaget.nhs.uk



The Robins

NHS James Paget University Hospitals NHS Foundation Trust

"Robins appear when loved ones are near"

A support group for those who have lost a loved one

The Robins will meet at the Louise Hamilton Centre, on the James Paget University Hospital site, on the following Mondays in 2026:

Monday 19th January	Monday 20th July
Monday 16th February	Monday 17th August
Monday 16th March	Monday 21st September
Monday 20th April	Monday 19th October
Monday 18th May	Monday 16th November
Monday 15th June	Monday 21st December

1pm to 2pm on all dates

Refreshments provided



MACMILLAN CANCER SUPPORT

NHS James Paget University Hospitals NHS Foundation Trust

Skin cancer nurse-led support group

Meets on the first Friday of each month
2.15pm to 3.30pm
in the Louise Hamilton Centre
on the James Paget hospital site

Friday 2nd January
Friday 6th February
Friday 6th March
Friday 3rd April
Friday 1st May
Friday 5th June

Dates for 2026

For more information please contact our Cancer Care Navigators on 01493 452783 or email CancerSupport@jpaget.nhs.uk

**"Proudly Supporting
Our Armed Forces"**

NHS
James Paget
University Hospitals
NHS Foundation Trust



Veterans Coffee Mornings 2026



The James Paget University Hospital invites Armed Service Veterans to join our coffee and information mornings at the Louise Hamilton Centre 1100 -1400 on;

Wednesday 21 January
Wednesday 18 March
Wednesday 20 May
Wednesday 24 June
Wednesday 16 September
Wednesday 18 November

Hosted by our Armed Forces Service
Free food and refreshments



THRIVE TOGETHER

Empowering Veterans and Families:
Creating Connections, Building Futures

**THE ARMED FORCES
COVENANT FUND TRUST**



Resilience

that just keeps coming...

By Kate Stapleton - Resilience Coach, Mentor and Keynote Speaker

I am nothing if not resilient. Regular readers of my column will remember that in December I shared my story of chaos, trauma, recovery and disability from MS, detailing how my Higher Power restored my mobility through a kundalini awakening – I naively thought that was the end of the story as far as my disability was concerned.

I had around two years of being able to walk my dog on the sand, nip to the shops without lugging my wheelchair in the car and have the energy to get through a full day without too much fatigue. They were, looking back, blissful years, and as the saying goes, I didn't know what I had until it had gone.

Just over two months ago, I had a savage MS relapse start, one that is still delivering in droves to this day. As I write, I am propped up in bed, fatigued upon waking, my skin burning with the painful sensation of fabric brushing against it as my poor fried nervous system struggles to interpret the touch of clothing. I cannot do much more than shuffle a few steps before my legs seize up entirely, forcing me to use a wheelchair - again.

All in all, a pretty sorry state of affairs. HOWEVER.... This is not a pity party for one!

I have a special brand of resilience, one that has kept me going throughout childhood trauma, domestic abuse, addiction and more. This resilience has been characterised throughout my life as a "rubber backside" – when I land on it, I bounce straight back up.

I accepted my situation, and instead of thinking "why me", I thought "what now?".

I assessed what I COULD do, not what I couldn't. I looked at the resources

I have, the constraints placed upon me, essentially a SWOT analysis blended with a Johari window, and the question came to me – can my own resilience be identified and disseminated to others? Can other people adopt the strategies and mindset that I have? Is resilience innate or is it possible to acquire it?

The answer? Resilience can indeed be learned.

This life changing relapse has given birth to the most significant project of my life – a resilience framework I termed ERA – Executive Resilience Architecture. This framework consists of four pillars, and each one lends itself to self examination, introspection and a complete paradigm shift in self perception to uncover your own resilience.

It encompasses everything I could identify that has kept me alive, and more so, I am finding out that my own theories are grounded in pre-existing research. For instance, Viktor Frankl, the unbelievably inspirational concentration camp survivor, attested that we can withstand any amount of trauma if we have a purpose – a reason to live, a viewpoint echoed by psychologists over time.

From a young age, my purpose was always to step into the version of me that I knew I could be. The version of me that was clean and sober, emotionally regulated, and moving towards leaving my mark on the world through my work. I knew deep down I was worth more than the life I was living, and this sheer force of will, or survival instinct, became a flame that burst into life, illuminating my path ahead. This flame gave birth to the pillar of ERA that supports all the rest and inspires great things within us.

We all have our inner Flame, or The Flame Within as I term it. The Flame is the reason you would still get out of bed in the morning if the world around you collapsed – no job, status or external markers as to your worth as a human being, just you as your core self. It is your purpose and your worth, your self esteem and your self belief. I refused to accept the life of an addict as I believed in myself, and that belief kept me alive. It meant I sought out ways to beat addiction rather than sit back and light up another crack pipe, resigned to a life of torment. It meant I found my way to the Twelve Steps and threw myself into recovery with everything I had. It means I am writing this having celebrated four years clean and sober in February – a literal miracle embodied in one exhausted disabled woman with fire in her soul.

I am now developing the framework and offering resilience coaching and mentoring to anyone who needs it. I can't walk but I can help others, and I intend to do that with the passion that people have for their true calling. ERA is not just for executives, it is universal as we are all human, with challenges and insecurities despite our roles at work or in the home. The four pillars of ERA, when adopted, will result in the ability to manage life on life's terms and enable you to think "what now?" instead of "why me?" – just as I have done – a truly transformative experience.



If you would like to experience ERA coaching and mentoring for yourself, get in touch with me at

info@stapletoncoaching.com

*and I will be honoured to walk
with you on your journey*

About Kate

At the heart of my coaching is a simple but powerful belief: every person has the inner resources to change their life.

My role as a coach is not to give you the answers, but to help you uncover your own, with clarity, courage, and a toolkit that meets you where you are.

My coaching is built on loyalty, trust, and honesty. I create a space of unconditional positive regard — a place where you are fully seen, heard, and never judged. But that doesn't mean I let you stay in your comfort zone. With your permission, I'll challenge you constructively, with kindness and candour, to help you move forward with purpose.

What makes my approach different is that I bring more than qualifications, I bring real-world experience. My journey through both personal adversity and professional leadership means I understand change from the inside out.

I don't just talk about transformation — I've lived it.



womenswalkandtalkgy@gmail.com

WOMEN'S



We are a group of women who welcome you to join us for a chat, friendly, non judgemental, all welcome

Women's Walk and Talk



For more information, please visit our Facebook page [Women's Walk & Talk GY](#)

Divine Time Holistic Health

www.divinetime.me.uk

Room 6, The Vicarage Hub
24 Church Plain, Great Yarmouth
Norfolk NR30 1NE
Telephone: 07979 777727
Email: info@divinetime.me.uk

SCAN ME



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20th June, 11-5pm

Gibraltar Gardens,
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Bespoke Handicrafts

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the Winter
edition?

Contact

info@coolmoondesign.co.uk





Beautiful Soles
REFLEXOLOGY

Contact Caroline Hardy
07399 038453

info@beautifulsoles.co.uk
www.beautifulsoles.co.uk

Supporting Women with Reflexology

RELAXING AND PROFESSIONAL REFLEXOLOGY AND
HOLISTIC TREATMENTS FOR WOMEN OF ALL AGES

Gift Vouchers now available! [Click here to purchase.](#)

Through Reflexology,
Caroline can help you with the
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- Stress and Anxiety
- Energy levels and Relaxation
- Tension and Aches
- Menopause
- Cancer treatment side effects



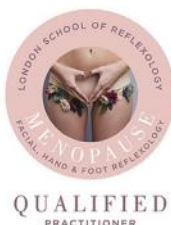
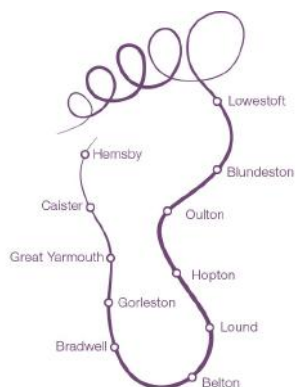
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*Feel the
Glow!*

Reflexology can support female health
specifically in the following areas.

- Menstrual pain
- Better sleep
- Promotes better energy levels
- Reduces anxiety
- Improves mood and sense of wellbeing
- Ease the passage of waste products
- Reduces brain fog
- Eases shoulder tension.

My mobile service covers
the following areas:





From Bach to Bartok
 A piano recital by
Chris Green-Armytage
 award-winning pianist, teacher and composer.



Sunday 26th April at 2.30 pm
 St. Edmund's Church, Acle, NR13 3BU

Tickets £12.50 online at ticketsource.co.uk/access4acle
 Or £15 on the door

Ticket includes refreshments to be served during the interval

For more information, contact Diane on 07969 341943

BAKEHOUSE

A COMMUNITY SPACE FOR GREAT YARMOUTH

**Bakehouse is a social enterprise.
 A not-for-profit organisation
 incorporated for the benefit of
 the community of
 Great Yarmouth.**

Bakehouse is a cultural third place and venue for mutual aid that stands for diversity and against bigotry, with the aim of supporting a better future for the town and the people who live here.

We will also host a programme of arts and culture events, workshops, and other related activities.



We are currently open on
 Thursdays and Fridays,
 11am to 4pm, for
 community kitchen and
 pay-what-you-can cafe service.

**Bakehouse, 1 Whitefriars Court
 Stonecutters Way
 Great Yarmouth NR30 1HF**

www.bakehouse.space

www.facebook.com/bakehousegy



Arthritis Self-Help Network (London)

Be positive with ASNet - connecting and informing with our weekly newsletter.

Visit our website

www.arthritis-selfhelp.org

Local Self-Help Group for arthritis

First Thursday of the month - 2 to 4pm

St. Edmund's Hall, Norwich Road, Acle NR13 3BU

For more information contact David on 07969 335994

Charity No. 1138058

For more information and to receive future newsletters [click here](#)

ACLE MARKET Every first Saturday of the month

• St. Edmund's Church Hall, Acle,
NR13 3BU

9 till 12 noon - loads of stalls



Split Gutter Studio

Split Gutter Studio is a small independent studio and art gallery. We offer private tuition, group classes in painting and drawing. Wall and gallery hire is available. Commissions undertaken.

22 - 23 Northgate Street, Great Yarmouth,
Norfolk NR30 1BA

07787 763920

soniacleford@gmail.com



WATCH THE SUNRISE

Teaching Meditation
& Mindfulness

Meditation Classes

Mondays 11am-12:30pm

(includes a hot drink)

**Pavilion Theatre, Gorleston
Wellbeing Hub**

Tuesdays 7:30-8:30pm

Block of 4 weeks (with
various themes/experience
levels – see website for
upcoming blocks)

**Riverside Pilates & Wellness
Centre, Gorleston**

Visit my website to see
the full class details and
instructions for booking your
place. I hope to see you at a
class soon!

Emma

**Watch the Sunrise –
Teaching Meditation &
Mindfulness**

watchthesunrise.co.uk

watchthesunrise@outlook.com

Genuine Craft Fair

Sunday, May 3rd

*at Cushion Cottage
The Old Railway Station, Reepham*

FREE ENTRY

*- Local Crafts - Handmade Gifts - Artisan Stalls -
All Welcome*



Shrublands Craft Group



*Meets Tuesday 10 am to 12 noon
in the Community Cafe*

*Bring your craft and enjoy some company
All ages and abilities welcome*



Circuits

with Caron

Get fit using our super exercise equipment!
-rowing machine -exercise ball
-bench press and much more!



Whether you're a beginner or if you have tried circuits before, there will be something suitable for you. Timed rotations in a fun and friendly environment with fab music tastes.

£3 **COME AND JOIN IN!**
Every Tuesday
in the gym at 11am

SHRUBLANDS YOUTH AND ADULT CENTRE
CONTACT US AT 01493 441488




SHRUBLANDS COMMUNITY FOODCLUB

Located in the car park of the Shrublands Youth & Adult Centre

Please contact us to find out more information
☎01493 441488 📧foodclub@shrublandstrust.org.uk



OPENING TIMES

Mon	10 am - 12 pm
Tues	10 am - 1 pm
Wed	CLOSED
Thurs	5:30 pm - 7:30 pm
Fri	10 am - 12 pm
Sat	10 am - 12 pm

The Shrublands Community Food Club provides good quality, affordable food to residents within Gorleston. Our members can buy a range of fresh, dried and canned food, alongside toiletries and personal care items.

The Foodclub has a friendly corner shop feel, and with a proof of address and an annual fee of £4.00 per household you are eligible to become a member.





www.shrublandstrust.org.uk

Gardening Club

Want to get back to nature and try a spot of Gardening



Join us for Free Gardening sessions

All levels of experience welcome, from the budding to fully green fingered

Every Monday 10 am - 12 noon
Includes a Free Cuppa



Reserve a space via email or telephone
Phone or WhatsApp: 07544 551670
Email: info@shrublandstrust.org.uk
*Booking Recommended



Watch our Facebook Page for updates
f Shrublands Community Trust



SHRUBLANDS LINE DANCING



Every Tuesday
in the Gym 9.45-10.45 am
Beginner's line dancing

£3.00



SCRABY Fun Day

All Saints Parish Hall &
Field NR29 3AJ
Saturday 20th June
11am - 4pm

FREE ENTRY **FREE PARKING**

ROYAL FREE CHARITY Raising money for Amyloidosis

Stallholder enquiries: askniksevents@gmail.com



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PLUS ACCESS TO THE
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SCAN ME

procommunity Connecting Communities

Supported by Norfolk Community Foundation



OLD SCHOOL YARNERS

Knitting, Crochet & Needlecraft.
Bring your own project or make
something for the community!

Every Tuesday 10am-12pm

The Cottage Room
The Old School Village Centre
2 Green Lane, Bradwell, NR31 8QH
(Carpark entrance on Lords Lane)

Welcome to all
Free to attend
Refreshments available

For more details contact:
old.school.yarners@outlook.com

procommunity Connecting Communities

Supported by Norfolk Community Foundation



Nelson's Journey

Volunteer with Us!

Volunteers play a massive role in the work Nelson's Journey does. Join our passionate & dedicated team. Check out our website for more details!

Facebook icon



Gorleston Menopause Mayhem

Lifes better when we talk

Come and join us

**Gorleston Pavilion
in the bar**

7pm - 8:30pm

Future Meetings & Guest Speakers:

Thursday 29th January - Andrea Symons - Yoga & Hypnotherapy

Thursday 26th February - Debbie Spencer - Skincare & Hair

Thursday 26th March - Heather Symonds - Menopause Nurse

Thursday 30th April - Kate & Paige - Happy Smiles Dental

Thursday 28th May - Claire The Uncluttered Mind (Stress & Anxiety Management)

Thursday 25th June - Emma - Meditation & Menopause

Thursday 30th July - Diane Danzebrink - Menopause Support

Thursday 27th August - Sarah Mann - Migraine Nurse

Thursday 24th September - Jo Mary - Memory Nurse

**Reduced price tea & coffee but you can also
purchase soft drinks and alcohol**

THE GROUP IS FREE

Come and get together with other ladies who are
struggling with Perimenopause, Menopause and
Post Menopause.

Share what works for you or just come and have a listen
to our guest speakers.

Life's better when we talk.

Scan to check us
out on Facebook



www.gorlestonmenopausemayhem.co.uk

For more details call: Tina on 07704318231



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an article or
advertise in
the Winter
edition?**



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Futures**

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women to enable them to
create a brighter future**

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Women Together
in
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- Simple lifestyle tools
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- A safe place to talk, share, and feel understood

Fortnightly Sessions
Thursdays | 1-3pm



**Kirkley Centre,
Lowestoft**

Is 'Spring Fatigue' Real?

Christine Blume, Albrecht Vorster, Journal of Sleep Research

As days grow longer and the first buds appear outdoors, many people complain each year of a recurring state of exhaustion: spring fatigue. Are they imagining it?

Its existence cannot be scientifically proven, Swiss researchers reported in the *Journal of Sleep Research*.

According to a study of 418 participants, spring fatigue is more of a cultural than a biologically measurable phenomenon, write Christine Blume of the Center for Chronobiology at the University of Basel, Basel, Switzerland, and Albrecht Vorster, head of the Swiss Sleep House Bern, Department of Neurology, University Hospital Inselspital Bern, Bern, Switzerland. Their work was supported by the Swiss National Science Foundation and the German Society for Sleep Research and Sleep Medicine - a professional body for sleep researchers and clinicians in Germany. The authors, both of whom grew up in Germany, say this is the first study ever to address spring fatigue explicitly. Blume and Vorster wrote, in a representative survey from 2022, 22% of men and 39% of women reported being affected by it.

Perception Over Biology

To investigate this apparently widespread phenomenon scientifically and determine whether people are really more tired and more easily exhausted in spring than in other seasons, the two sleep researchers recruited 418 adults starting in April 2024 for an online survey; 80% of participants were women.

Through September 2025, Blume and Vorster contacted participants every 6 weeks, a total of nine times. Each time, respondents were asked to report how tired and exhausted they had felt during

the previous 4 weeks. They were also asked about daytime sleepiness, any symptoms of insomnia, and their sleep quality. At the start of the study, almost 47% of participants said they suffered from spring fatigue.

However, an analysis of the data collected in the survey did not confirm that. "Repeated assessments over the course of a year showed no evidence of seasonal or monthly fluctuations in fatigue, sleepiness, insomnia symptoms, or sleep quality," Blume and Vorster reported. Only fatigue during daily activities decreased as day length increased. That decrease was independent of the rate of change in day length.

Cultural Labeling Effect

"In spring, the days lengthen rapidly. If spring fatigue were a genuine biological phenomenon, it should be particularly noticeable during this transitional phase, perhaps because the body needs to adapt," Blume said in a statement from the University of Basel. The speed with which day length changes, however, did not appear to affect participants' fatigue and exhaustion.

"Overall, the results suggest that spring fatigue is not a true seasonal phenomenon," the researchers wrote. The discrepancy between self-reports of this phenomenon and the stable longitudinal patterns suggests that spring fatigue is more of a cultural label and the result of cognitive perceptual biases than a genuine seasonal syndrome.

Because a well-established term exists, many people pay more attention to how tired they feel in spring and blame the season when they are exhausted. The phenomenon thus becomes a self-



reinforcing explanation.

Fatigue that occurs in spring is likely experienced more intensely and remembered better than fatigue in other seasons, simply because there is a label for it, the researchers wrote.

Clock Change Fatigue

“We may also feel in spring that we should be more active and make the most of the good weather. If we then don’t manage to get going, expectations and subjective energy levels diverge,” Blume added. Attributing this to spring fatigue — or using it as an excuse — comes in handy: “It’s an explanation that’s completely accepted in society.”

However, the results cannot rule out that certain subgroups — such as people with hay fever or those with low vitamin D levels — may be more tired than usual at the end of winter or the start of spring.

The switch to summertime, which takes place in Europe on the last weekend in March, can also disrupt sleep and lead to increased fatigue (daylight saving time). But none of that explains the large number of people who reportedly suffer from spring fatigue.

Light, Exercise, and Sleep

In general, many people feel more tired and sleep somewhat more during the dark months. This is supported by earlier chronobiological research, and it also appears in the Swiss study participants’ responses. One reason may be that the biological night, which is governed by the internal clock, is somewhat longer in the winter months. “That also means we should actually feel more energetic when days get longer again,” Blume said.

The effect is especially notable in summer. “Many people generally sleep less in summer: Days are long, and you may meet friends in the evening and enjoy summer nights,” Blume said. Despite sleeping less, reported exhaustion did not increase — a finding confirmed in their study.

For those who lack energy in spring, Blume advises getting as much daylight as possible, exercising regularly, and getting sufficient sleep.

<https://onlinelibrary.wiley.com/authorized-by/Blume/Christine>

SUNRISE FILM FESTIVAL

Needs Your Support





Sunrise Film Festival is a film festival that makes film accessible and proudly showcases independent films to audiences across overlooked communities in the UK.

20 to 23 August 2026 in Lowestoft, Suffolk

Mind Body Spirit Show

Saturday 25th April '26

NEW 10:00 untill 4:00

Acle Recreation Centre

NR13 3RA

- Readings Mediums & Tarot
- Healing Therapies
- Spiritual Goods & Crystals
- Refreshments Available

Healing Possibilities



Norwich Spiritualist Church

All Day Workshops

- April 18th Mandy Smith -Mediumship
- May 9th Emily Major - Mediumship
- June 6th Rachel Casson - Trance
- July 4th David Bruton - Mediumship & Philosophy
- Aug 15th Melinda Bassett - The Aura & Mediumship
- Sept 25th John Randall - Psychic Art
- Oct 10th Karen Wood - Mediumship

All workshops are £25.00 / £20.00 for Church Members
Refreshments provided, bring your own lunch



Bookings & enquiries
Contact
Melinda 07920 742238

2026

AYLSHAM

WELLBEING AND SPIRITUAL

FAYRES

Saturdays on

11th April
2nd May
6th June
4th July
1st August
5th September
10th October
12th December

10AM TILL 4PM
FREE ENTRY

AYLSHAM TOWN HALL,
MARKETPLACE, AYLSHAM,
NR11 6EL

Most Powerful You

**Inspirational poems
by Ally Willowood**

Starts a whisper, shouts, then heard
Words unspoken creeps ahead
Tormenting emotions, cruel and absurd
False lies burn, blend instead

Leaving one lost, quietly floored
Neglecting, effecting light balance
No reprieve, no back up stored
Good times? uh.... transience

The battle we face
Inside our own being
Fierce and unbending
Twisting our seeing

Cruel words to yourself
An imprisoning blue
Preventing the becoming of
The most powerful you



*In the throes of
unspeakable despair, a
place where a parents
suffering is unimaginable.
Bringing one to the brink
of their very core.*

*Two little beings forced me
to get up every morning,
staying in bed and shutting
myself away was not an
option, my little dogs
Frodo and Benji kept me
moving. They created a
sanctuary of comfort and
warmth amongst a world
I no longer wanted to be a
part of.*

*Whilst sitting in my living
room with Frodo by my
side and Benji snoring
on my lap, quiet stillness
created space for words to
flow into poems.*

*I began to realise these
poems have come to
me from a higher place,
reading them resonates
with the soul. I felt they
should be shared with
others who they may also
resonate with.*

Ally Willowood

**Follow Ally Willowood's Poems - Willowoods Murmur
[Facebook page](#)**



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We want to help you keep busy and enjoy your spare time and find new interests.

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- Art for All
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Contact Us Phone Number 07787 431985 Website <https://lowestoft.u3a.suffolk.uk/>




POPPYLANDS 2026 EVENTS

MARCH 7 CLASSIC CAR & VINTAGE VEHICLE SHOW AND TELL

MAY 2 & 3 VICTORY 40S WEEKEND (FEAT. EVIE IVORY & MISS GEORGIE BLOOM)

JUNE 13 'ALLO 'ALLO DINING EXPERIENCE

JULY 4 & 5 DAPPER DAY WEEKEND (FEAT. BOMBSHELL RHEANNE, MISS GEORGIE BLOOM & SARAH MAO)

AUGUST 21 PIE & MASH NIGHT (FEAT. COCKNEY SINGALONG TOM CARRADINE)

SEPTEMBER 12 MURDER MYSTERY EVENING

NOVEMBER 7 FISH 'N' CHIP NIGHT FOR REMEMBRANCE (FEAT. THE FAG ASH LILS)

DECEMBER 5 VINTAGE CHRISTMAS MARKET & CAROL SERVICE

MORE DATES TO BE ANNOUNCED!

FOLLOW US ON FACEBOOK: **POPPYLANDS**



RUFFS

Hydrotherapy and Grooming

10 Year Anniversary Dog Show & Fete

Scratby All Saints Parish Hall & Field

Saturday 25th April

11am - 4pm

Show Categories

- Waggiest Tail
- Best Fancy dress
- Best Hair Do
- Golden Oldie 10yrs+
- Puppy up to 1yr
- Best Pairing
- Prettiest Eyes
- Judge Would Take Home
- Fastest Fetch
- Best Treat Catcher
- Best Trick
- Best Foreign Rescue
- Best English Rescue
- Owners event - Fastest (fake) Poo Pick Up
- Fantastic Family
- Best in Show

Raising money for the Charity

Pet Food Donations Welcome

Event Organised by NIKS Events: askniksevents@gmail.com



TOP BANANA PRESENTS...

A GOOD MOVE

GETTING NORFOLK ACTIVE

yoga beach walks learn to ride led rides multi sports

Marina Centre Studio 1 Great Yarmouth NR30 2ER

Every Wednesday 6-7pm Starts: 23rd July 2025

The activity is suitable for beginners & improvers. No booking required, just sign in on the day. These sessions are free to attend.

A Good Move is a Sport England funded community project led by Top Banana Communities Ltd. Find out more about this & other projects @ FB: Top Banana Great Yarmouth.

SPORT ENGLAND

TOP BANANA



Kitchener's

LOWESTOFT

**Please
click here
to save our
holiday
centre**

The Lord Kitchener Memorial Holiday Centre was set up in a Grade II listed building at Kirkley Cliff, Lowestoft, Suffolk in memory of one of the nation's war heroes more than a century ago.

It has offered discounted accommodation to veterans and their families for decades but the building, which is now 180 years old, is in desperate need of repair - with the re-wiring of the electrical system and new windows a priority.

An appeal has been launched to try to raise £1m to allow the charity to continue helping veterans and secure the building's future.



itv NEWS

**Lord Kitchener centre's £1m appeal to
continue helping veterans holiday in
Lowestoft | ITV News Anglia**



Visit our website www.kitchenerslowestoft.co.uk



Norfolk Barge Life **Part 2**

Nadia and Phil's journey on their barge Hoogtij with their cat

We are just over a third of the way up the coast towards Great Yarmouth and about to cross a busy shipping lane at Harwich.

What I thought was a town in the distance turned out to be a huge container ship! Just ahead we spy Sealand, a micronation on an off shore platform built by the British during World War II. The decommissioned Roughs Tower was used as a pirate radio station base before being seized by Roy Bates in 1967 and declared a sovereign state in its own right.

Before we moved onto the boat I was beginning to feel frustrated by our casual use of resources in normal life. I felt as a society we had lost the fundamental skills of self-sufficiency and our relationship with nature. Living on a boat has given us much more respect for fresh water, fuel, waste, electricity and a closer understanding of nature.

It is midday now, having just survived two large bow waves from the container ships we passed. We hold on tight as Hoogtij rolls dramatically. The cat is now sea-sick, has thrown up and hidden under the sofa in the hope that his world will feel more normal under there.

With the aid of a skipper we got Hoogtij through the Netherlands, Belgium and across the channel to our residential berth at Essex Marina on the River Crouch. We were so naive to what we had let ourselves in for! Phil was left in the Netherlands for several weeks preparing the ship for the sea crossing whilst I returned homeless to the U.K after a weeks annual leave (The time I thought it would take to bring back our ship!) I didn't want to miss the sea passage so I took the Eurostar to Belgium to rejoin Phil and skipper for 16 hours of sea and sky.

The first 4 hours we had thick fog (we had no horn) and a Beaufort scale of 4 which meant we rocked and rolled, pounding up and down on the waves! It was an experience like no other yet we made it home in one piece! Hoogtij handled it beautifully with her Kromhout 6 cylinder heart beating steadily away! (Today's journey is much more peaceful).

There followed 8 years of work on her many ageing and failing systems. We were both working full-time in our jobs and looking after family. It takes focused determination to make a dream come true. There were many times when everything was going wrong at once and the enormity of the work involved threatened to break us.

We didn't buy Hoogtij only to live on, we chose her for the dimensions and ability to cruise the canals of France. The final part of the dream was to cruise with her. Working full-time I felt disjointed from my life on our little ship. It felt wrong to keep her tied up in a marina growing seaweed on her bottom. There was constant maintenance and, little by little, improvements. At times the work needed was overwhelming, exhausting, always expensive. Many people just don't make it this far, but we were both passionate and



devoted to Hoogtij. We know intimately every inch of her hull, having sanded, ground and painted her ourselves, even sandblasting in 2020.

For now we head for new adventures on the beautiful Norfolk Broads. Slowly all the obstacles and responsibilities that held us back from cruising with our little ship fell away. Finally we realised that it was time to take the plunge, Phil, Zee, Hoogtij and me. It is 2.20pm and we are passing Southwold. Hoogtij is touching 10 knots, the tide running with us. It really is a glorious day for going to sea... We are on the approach to Great Yarmouth. We have been trying since passing Lowestoft to ring the Harbourmaster and inform him of our arrival. No answer, for the tenth time. The VHF radio is on but no sound is coming out of it. There could be big ships entering or leaving the harbour and there is Yarmouth Haven Bridge and Breydon Bridge to get under if the tide isn't too high already. Skipper Johan isn't at all disturbed, he's just enjoying himself. Phil and I are just a little tense. Suddenly as we sight the entrance and the port traffic lights, the radio comes to life.. I try to call Yarmouth Radio, the reply with a Norfolk accent over VHF isn't easy to decipher! Skipper sees we have green for go, so in we go! We are passing some big ships now, thankfully all berthed and not on the move. Ahead we just have two bridges to pass.

The final cruise inland through Great Yarmouth to our new home mooring and on to Breydon Water!

A wide expanse of water is ahead with tall markers denoting the channel. A cruiser waves and toots at us in welcome, I hoot our loud horn in return. We've made it, we're in Norfolk! We are only one hour away from our destination! Cows on the bank and a growing background of reeds swishing in the breeze. St Olaves comes into sight and our home mooring approaches!

We've made it!

About us

Nadia and Phil have lived on their small ship Hoogtij for 12 years alongside their Maine Coon cat Zeeshan Khan.

Phil is a retired gardener with over four decades of experience and a huge passion for nature. He is now a sound and energy healer, providing sound baths and guided meditations in Norfolk and Suffolk known by the name Earth Frequencies.

email philip.varney@yahoo.co.uk

Nadia was a Mould Room Technician in Radiotherapy in the NHS for 19 years and now provides Clinical Aromatherapy by the name River Scent, from their floating home. She has been an Egyptian Bellydance teacher and performer for 25 years, teaching locally now in Norfolk and Suffolk.

email nadiamrqueen@yahoo.co.uk

Nadia has always been creative, positive and driven and started writing about their life to inspire others to follow their dreams...

Visit our website riverscent.com



RIVER SCENT

Thursday class in Beccles
Fortnightly on Sundays in
St. Olaves

Egyptian Bellydance for beginners.
1 hour of gentle flowing movement for body
connection and confidence.
Come along and find your inner goddess.

Contact Nadia to book your place.
Email: nadiamrqueen@yahoo.co.uk



Gorleston Bandstand

Pier Gardens NR31 6PP

Craft & Gift Fair

Sunday 21st June
11am - 4pm

Entertainment **Free Entry** **Refreshments**

Free Parking **Craft Stalls** **Live Music**






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and Bandstand
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THEATRE BAR OPEN
11AM - 10PM
(PLUS LIVE ACT FROM 7PM)

11AM - 4PM
FREE!

GORLESTON BANDSTAND
PIER GARDENS, GORLESTON, NR31 6PP



The Pavilion Theatre Wellbeing Hub in Gorleston now offers a variety of regular sessions including: singing for lung health, groove & glow dance, shanty choir, creative writing, art for fun, script reading, knit, stitch & natter, owlets corner, and bereavement café. Find out more online:

www.gorlestonpavilion.co.uk/whats-on



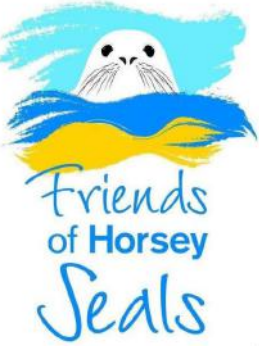
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Friend's contributions help us to pay for running our volunteer warden scheme and our seal rescue team.

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Fortnightly Stitch and fix Cafe

As we welcome you into 2026 please join us at out
Stitch and Fix cafe 9.30am to 11.30am at
St Nicholas Church, Bradwell, NR31 8QQ
Free tea/coffee and a safe space to meet others




🌿 Earth Spirit Events Est 2018 🌿

The Original
**Suffolk Witchcraft & Pagan
 Willow & Wands Gathering**

The Flying Horse Café & Public House,
 Ipswich, Suffolk IP1 5NW

Saturday 30th May
 11am – 4pm

Morrigan's Path - Drumming - Magikal Market -
 Mystic Tent - BBQ - Workshops

Entry £3



**Mind Body
 & Spirit Fair**

18th April
 11am till 3pm

OMG
 FAYRES
 MAKE IT THE BEST PART OF YOUR DAY

Hatfield Hotel on Lowestoft seafront
FREE ENTRY

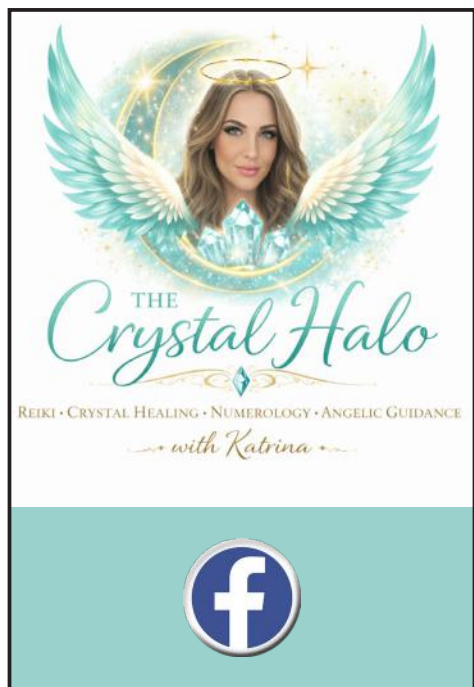
**Organiser of fayres and
 related events in the
 Lowestoft area. Like
 our Facebook page to
 find out first about my
 upcoming events.**




**THE
 Crystal Halo**

REIKI • CRYSTAL HEALING • NUMEROLOGY • ANGELIC GUIDANCE

with Katrina




Lonely Llama Presents:

**Pause, Breathe
 & Connect**

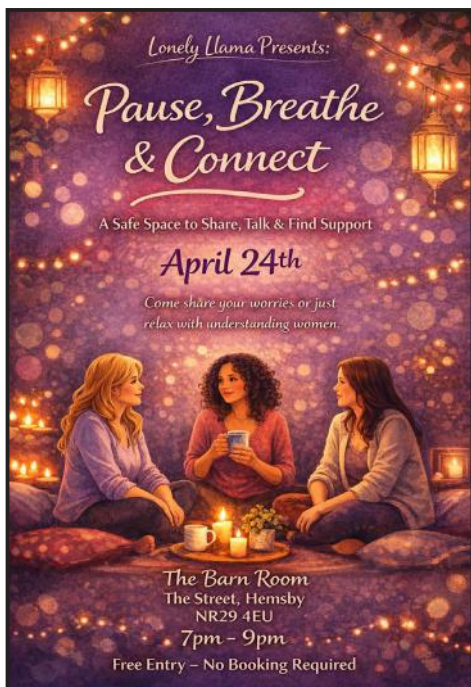
A Safe Space to Share, Talk & Find Support

April 24th

*Come share your worries or just
 relax with understanding women.*

The Barn Room
 The Street, Hemsby
 NR29 4EU
 7pm – 9pm

Free Entry – No Booking Required



EVENING OF MEDIUMSHIP
at Smiths Priory Maze Café

With
Jenny Hicks & Julie Payne
Spiritual Mediums

Join us for a special evening of mediumship, great food, and a warm atmosphere at our very first night event!

 **Friday 24th April** |  **From 6pm**

✦ Includes a delicious 2-course meal:

- ✦ Lasagne with side salad & garlic bread (vegetarian option available)
- ✦ Chicken Rogan Josh with garlic Naan and mango chutney (Vegetarian option available)
- ✦ Dessert (choice of):
 - ✦ Chocolate brownie with ice cream
 - ✦ Eton Mess

 **Ticket Price: £35 per person** (includes meal & mediumship)

 **£10 non-refundable deposit** required to secure your ticket

 Tickets available to purchase from the café from Wednesday 25th March

 **Limited to just 40 tickets** – early booking is recommended!

We can't wait to welcome you for what promises to be a truly memorable evening



GRAND OPENING!
FRIDAY 3RD APRIL 2026

CLASSIC ELEGANT
HORATIO'S
TEA ROOM & RESTAURANT
RESTAURANT

Join us for our Grand Opening at
Sailors Home,
25 Marine Parade, Great Yarmouth, NR30 2EN

Open 7 days a week from 8:30am
Breakfasts, Lunch, Afternoon Tea's,
Home made cakes and chocolates

A warm welcome awaits

CRAFT EVENT

Saturday 20th June
10AM - 2PM

Hosted by *Purple Heart Events*

- Uplands Community Centre
- Ashburham Way
- Lowestoft
- NR33 8LJ

- ♥ Free Entry
- ♥ Loads of Off Street Parking
- ♥ Wheelchair Accessible
- ♥ Refreshments & light snacks available, all proceeds go to Brainwave Independence

REFRESHMENTS

Come along, grab a bargain and support a great cause!




YOGA & QIGONG CLASSES

Monday

9:30am Morning Yoga Basics

10:30am Qigong & Tai Chi
@waterlane leisure centre
Lowestoft

Tuesday

6:00pm Yoga Total Beginners
@stradbroke primary academy
Gorleston

Thursday

9:30am Seasonal Yin Yoga

10:45am Qigong & Tai Chi
@top body gym
Gorleston

Friday

9:30am Yoga & Qigong
@top body gym
Gorleston

Contact Zoe
07845 280833



BACK BY
POPULAR
DEMAND

Moveable Feast

2026

Tuesday 16th June
6.45pm till 12.00am
meeting at the
Assembly Rooms,
Masonic Lodge,
Great Yarmouth



Tickets
£48
per person

Kindly supported by

TESCO
Extra
Great Yarmouth

TESCO
Caister & Lowestoft

Three course dinner at three different eateries. Sample some of the fine restaurants we have in Great Yarmouth.

We will return to one of our locations to conclude the evening with entertainment and the raffle will be drawn.

The event will finish at Midnight.

LIMITED SPACES SO BOOK EARLY TO AVOID DISAPPOINTMENT

To book contact Maxine Taylor
James Paget Hospital Charity Manager
01493 453348 / 07717 618545
maxine.taylor@jpaget.nhs.uk
www.jpaget-charity.org.uk

Proceeds to

James Paget
Hospital Charity

Registered Charity No: 1050406



Look out for the Summer edition of Holistic Health.

If you would like a copy sent to your inbox, please email

info@coolmoondesign.co.uk