



**Herbie's**

*... a friendly place to meet*

**CALENDAR 2013**

We hope you enjoy this calendar. As you will see the British Red Cross have provided first aid tips for some of the months. It doesn't matter how young or old, or how able you think you are everyone can do something to help an ill or injured person. Please find below additional information from the British Red Cross on calling 999, everyday items that can be used for first aid, along with some reminders.

## Are you ready to act?

Here are a few important things to remember if you come across someone needing first aid help:

### Calling 999

Call 999 in an emergency, stay calm, and answer the operator's questions as best as you can. When calling 999, remember you don't have to give your name if you'd prefer not to. Just stay calm, give some basic information about the injured person's condition and clearly explain their location.

### Stand out from the crowd

Many people think that someone else will help or know what to do. In fact, the more people there are at the scene of an accident, the less likely the person is to get the help they need.

### Stop and check

It might not be immediately obvious that the person needs first aid. If you're unsure, always go and check.

### Opposites attract

People are more likely to help if the person in need appears to have a lot in common with them. But even if a casualty seems very different to you, you may be the only person who can help them. Imagine if a member of your family was in need and no one stepped in to help.

### Take action

Don't be afraid to step forward and help. If someone is in trouble, your intervention is unlikely to make the situation any worse but it could definitely make things better. No one has ever been successfully sued for giving first aid.

### Pass it on

Tell your family and friends how easy it is to learn first aid, and how important it is. And remember: you're more likely to give first aid to a member of your family or a friend than a stranger.

**LET'S MAKE FIRST AID SECOND NATURE**  
[redcross.org.uk/everydayfirstaid](http://redcross.org.uk/everydayfirstaid)

## Everyday items you can use for first aid



**Beer** – you may not always have access to cold running water when treating a burn or scald. In this case, use some other cold liquid like a cold beer, soft drink or milk. The aim is to cool the burnt area as quickly as possible using whatever cold liquid is available. Beer can be used to cool the area while waiting for water or walking to the supply of cold running water. Remember the area should be cooled for at least ten minutes for the treatment to be effective.

**Chair** – can be used to help someone who has a nosebleed. Sit the person down and ask them to pinch the soft part of their nose tilting their head forward.



**Cling film** – can be used to cover a burn or a scald once it has been cooled. It is an ideal covering

as it does not stick to the burn. It also keeps the burnt area clean and because it's transparent, you can continue to monitor the burn without removing the covering.



**Credit card** – when an insect sting is visible on the skin, a credit card can

be used to scrape it away. Using the edge of the credit card, drag it across the skin. This will remove the sting. Using a credit card or your fingernail to scrape away the sting is preferable to using a pair of tweezers. Some stings contain a sac of poison and if the sting is grasped with tweezers you may inject the poison into the skin.



**Frozen peas** – frozen peas or other small frozen fruit and vegetables can be used to treat a sprain or a strain. Wrap the

peas in a tea towel or something similar and place them onto the injury. This will help to reduce the pain and swelling. Peas are ideal as they can be moulded around the injury easily.



**Tea towel** – if someone is bleeding heavily from a wound apply pressure with a tea towel to stop or

slow down the flow of blood. Wrap around ice or frozen veg to create a cold compress for use when treating a head injury.



feed back



Psalm 119:105 (NIV)

'Your (God's) word is a lamp to my feet and a light for my path'.



The home of fresh baking®

Greggs kindly donates bread and cakes for Herbie's three times a week. Want to know more about Greggs? You can discover our 70 year history, find out what it's like to be a Greggs baker, read about our community work, check out the latest Greggs news and get your questions answered. Then visit [www.greggs.co.uk](http://www.greggs.co.uk)

182 King Street, Town Centre, Great Yarmouth, Norfolk, NR30 1LS. Tel: 01493 855 521

**GET INVOLVED**  
IN YOUR NEIGHBOURHOOD

Pop into the Comeunity Neighbourhood Centre to find out more.  
Open Monday to Thursday 9.30am-4.30pm  
Fridays 10am-4pm

143 King Street  
Great Yarmouth  
NR30 2PQ  
Phone 01493 845929

WEB: [WWW.COMEUNITY.INFO](http://WWW.COMEUNITY.INFO) | TWITTER: @COMEUNITY\_GY | FACEBOOK: COMEUNITY SOUTH YARMOUTH

## January

### Cottage pie

- 1 onion, finely chopped
- 500g mince
- 400g tin chopped tomatoes
- 1 tbs tomato puree
- 1 tsp dried mixed herbs
- 1 stock cube, mixed with 250ml boiling water
- 350g carrots, peeled and grated
- 1 medium leek, finely sliced
- 600g potatoes, peeled and chopped into chunks

- Pre heat the oven to 200c / gas 6
- Place the onions and mince in a saucepan and cook until the meat has browned
- Add the tomatoes, puree, herbs and stock
- Add the remaining ingredients and cook for 15 mins
- Meanwhile, cook the potatoes until tender and mash with a little milk
- Place the mince into a large oven proof dish, top with the potatoes and bake until the potato starts to brown

### Chefs tip

Why not add some grated cheese on top before you bake it for the special touch

## Helping someone who has hypothermia

In partnership with

BritishRedCross



- 1 Give them a warm drink and high energy food (eg chocolate) and provide extra layers of clothing including a hat if possible
- 2 Call 999 or ask someone else to do it



## january

su	m	tu	w	th	f	sa
	new years day holiday	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		



### John 3:16 (NIV)

'For God so loved the world. That he gave his one and only son, that whoever believes in him shall not perish but have eternal life'.



Here is the Salvation Army's crest with two Herbie's banners explaining the help and support we aim to provide

**Feedback**, Aspire Centre, Yarmouth Road, Lowestoft, NR324AH  
Tel: 01502-533529 | [www.feedbackaspire.co.uk](http://www.feedbackaspire.co.uk)  
Email: [info@feedbackaspire.co.uk](mailto:info@feedbackaspire.co.uk)



We are a Mental Health Service Users Forum covering the Great Yarmouth and Waveney areas. We offer support and an opportunity to voice your needs, views and experiences on your mental health services. Whether you are a local support group, a family or an individual who needs to discuss or requires help over a mental health issue... then we are here to help you!

## February

### Chocolate brownies

- 225g margarine
- 110g plain chocolate
- 170g plain flour
- 400g caster sugar
- 4 eggs
- Pinch salt
- 1 tsp vanilla essence
- 2 tsp baking powder
- 100g chocolate chips

- Melt the margarine and chocolate together over a pan of boiling water
- Remove from the heat and add the sugar, mixing well
- Add the vanilla, eggs and chocolate chips
- Fold in the baking powder, flour and salt and mix gently until evenly combined
- Pour into a lightly greased and lined 23cm square or circular cake pan
- Bake at 160c / gas 4 for 50 mins
- Leave to cool completely before removing from the pan

### Chefs tip

Why not serve warm with cream or ice cream



## Helping someone who is dehydrated

In partnership with

**BritishRedCross**



- 1 They may have a dry mouth and cracked lips, have a headache and feel dizzy. Reassure them
- 2 Give them small amounts of water regularly
- 3 If they don't improve call 999 or get someone else to do it



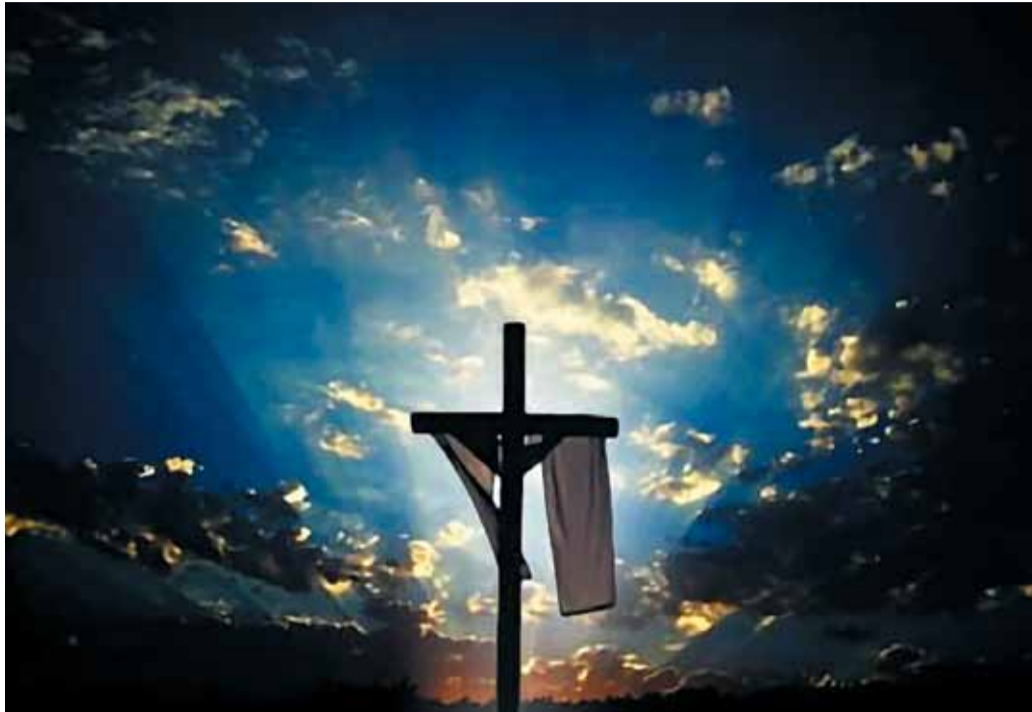
## february

su	m	tu	w	th	f	sa
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28		



### Psalm 46:1 (NIV)

'God is our refuge and strength, an ever present help in trouble'.



The empty cross and the empty tomb. The real story of Easter. Christ the Lord, the Saviour of the World is Risen.



Providing a full range of settlement & integration services for local migrant communities  
www.gyros.org.uk/ 01494 745260 or see us in the Books & Beans café in Great Yarmouth Library

Formed in 1998 GYROS supports newcomers and migrant communities in the Great Yarmouth area. Where possible we provide free services. Our services currently include; Initial information, Follow on advice, guidance and advocacy, Job Clubs - for all employment related issues; Volunteering opportunities; Immigration Advice

### To find out more or book an appointment please;

**Drop in at the Cafe**  
in Great Yarmouth Library  
between 10am - 3pm, Monday - Friday  
**Call** 01493 745260 or 07833 111013  
**SMS** to 07833 111013  
**Email:** admin@gyros.org.uk

**Please be ready to give / leave your:**  
name, language, contact telephone number and subject of your enquiry.

**you can also get in touch with us through;**  
**Facebook (Gyros)**  
**Twitter (@gyrosorg)**

## March

### Spicy oriental chicken and coconut soup

- 1x 300g pack Amoy cooked noodles
- 2 chicken breast, cut into small cubes
- 1 red chilli, finely chopped
- 1 stock cube
- ½ small green cabbage, finely sliced
- 150ml coconut milk

- Place the noodles in a pan and add 2 pints water
- Add the chicken, chilli and stock cube
- Bring to the boil and simmer for 7 mins
- Add the cabbage and coconut milk and simmer for a few mins
- Serve immediately

### Chefs tip

For a true oriental experience, add some chopped coriander before serving



## Helping an unconscious person who is not breathing

In partnership with

**BritishRedCross**



- 1 Check breathing by tipping their head back and looking and feeling for breaths
- 2 As soon as possible call 999 or get someone else to do it
- 3 Push firmly in the middle of the chest so it goes inwards and then release. Push at a regular rate



## march

su	m	tu	w	th	f	sa
31					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29 good friday	30



### Philippians 4:6-9 (NIV)

'Do not be anxious about anything, but in everything by prayer.... With thanksgiving present your requests to God..... And the peace of God will be with you'.



In April 2012, the Community Alcohol Partnership launched here at the Salvation Army during a Herbie's session where Baroness Newlove came and met some of our regulars. Above left is a picture of one of our regulars, Thomas Murphy, with Baroness Newlove. Above right is some information about the CAP

# VOLUNTARY NORFOLK

Supporting volunteers and voluntary organisations

Target Opportunities is a free, one-to-one support service for Great Yarmouth, that helps local residents make the most of the employment, volunteering and training opportunities available to them.

Target Opportunities is available to all residents living in the borough of Great Yarmouth. It has been designed to give people the skills and confidence to make a move back into or towards work, volunteering or training. The one-to-one support service is tailored to the needs of each individual and offers people the chance to explore their options, then offers advice and support on how they can achieve their goals.

## April

### Cookies

- 250g/10 oz plain flour
- ½ tsp bicarbonate of soda
- ½ tsp salt
- 170g/7oz butter, melted
- 200g/8oz dark brown sugar
- 100g/4oz caster sugar
- 1 tbs vanilla extract
- 1 egg
- 1 egg yolk
- 325g chocolate chips

- Preheat the oven to 170 C / Gas mark 3.
- Grease baking trays or line with parchment.
- Mix together the melted butter, brown sugar and caster sugar until well blended.
- Beat in the vanilla, egg and egg yolk until light and creamy.
- Mix in the dry ingredients until just blended.
- Stir in the chocolate chips by hand using a wooden spoon.
- Drop tablespoons of cookie dough onto the prepared baking trays, with each cookie around 4 tablespoons of dough (for smaller cookies, drop 1 rounded tablespoonful and adjust baking time as necessary). Do not flatten the dough. Space cookies about 8cm apart.
- Bake for 15 to 17 minutes in the preheated oven, or until the edges are lightly toasted.
- Cool on baking trays

### Chefs tip

Why not leave out the chocolate chips and put smarties on top instead

## Helping an unconscious person who is breathing

In partnership with

**BritishRedCross**



- 1 Check breathing by tilting their head back and looking and feeling for breaths
  - 2 Move them onto their side and tilt their head back
  - 3 As soon as possible call 999 or get someone else to do it
- There is no risk of contracting a blood-borne virus from vomit, faeces or urine that does not contain blood



## april

su	m	tu	w	th	f	sa
	easter monday 1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				



feed back



Luke 1:37 (NIV)  
'For nothing is impossible with God'.



We went on a Boat trip at Wroxham in May 2012. We all had a great time and made one of our members last wish come true. This month is dedicated to the memory of Sam, who is sadly missed. R.I.P. Sam Saggars.

Great Yarmouth Community Library, Tolhouse Street, Great Yarmouth, NR30 2SH  
Tel: 01493-844551 | [www.norfolk.gov.uk/libraries](http://www.norfolk.gov.uk/libraries)

### Great Yarmouth Community Library

#### Come along!

We offer free internet access, newspapers, magazines and books. We also host a drop-in friendship group Monday mornings and free drop in craft group on Wednesday mornings.

#### Interested in gardening?

Come and help out at our community garden



#### Opening Times

Monday	9.00am-5.00pm
Tuesday	9.00am-5.00pm
Wednesday	9.00am-7.30pm
Thursday	9.00am-5.00pm
Friday	9.00am-5.00pm
Saturday	9.00am-4.30pm
Sunday	Closed

## May

### Herby lentil fish

- 1 tbs oil
- 1 large leek, finely sliced
- 1 sticks celery, sliced
- 100g split lentils
- 400g chopped tomatoes
- 1 tsp dried herbs
- 600g fish, 4x150g pieces

- Heat the oil in a large saucepan and cook the leek and celery for 5 mins
- Add the lentils, tomatoes and 150ml water
- Bring to the boil and simmer for 25 mins and season
- Pre heat the oven 190c / gas 5
- Divide the lentil mix between 4 large pieces of greaseproof and place a piece of fish on top.
- Fold to make 4 loose parcels - seal edges, leaving room for air to breathe - and place on a baking tray
- Bake for 15 mins

### Chefs tip

Serve with green beans and new potatoes

## Helping someone who has a head injury

In partnership with

**BritishRedCross**



- 1 Ask them to rest and apply a cold compress
- 2 If they become drowsy, vomit or their condition deteriorates, call 999 or get someone else to do it



## may

su	m	tu	w	th	f	sa
			1	2	3	4
5	may day	6	7	8	9	10
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	spring bank holiday	27	28	29	30	31



**John 14:6 (NIV)**

‘Jesus said. I am the way, the truth and the life. No one comes to the Father except through me’.



Here are some of the partners that make up the Herbie's steering group that meet once a month to discuss the day to day running and strategic oversight of Herbie's.

**DIAL** 12a George Street, Great Yarmouth, Norfolk, NR30 1HR

Tel: 01493-856900 | [www.dial-greatyarmouth.org.uk](http://www.dial-greatyarmouth.org.uk) | Registered Charity No. 299909

**DIAL** can help assist you with any of these problems: benefits advice, finances and debt advice, welfare rights, blue badge enquiries, disability discrimination act, local holiday information, local leisure activities, local support groups, radar keys and disability access advisory stickers. They can also see people without disabilities as well.



**Their drop in times is**  
Monday to Friday  
10am to 4pm  
**Booked Appointments are**  
Monday to Friday  
9am to 4pm  
**Telephone advice is**  
Monday to Friday  
8.30am to 4pm

## June

### Caramel squares

**Base**  
150g/6oz plain flour  
50g/2oz sugar  
100g/4oz margarine

**Caramel**  
Sml tin condensed milk  
75g/3oz sugar  
1tbs golden syrup  
100g/4oz margarine

**Topping**  
200g chocolate, melted

- Grease and line a tin and preheat the oven to 180c/gas 4
- Cream the base margarine and sugar til soft and add the flour
- Press in a thin layer on the base of a tin and bake for 15-20 mins until golden
- Place all the caramel ingredients in a heavy based saucepan and heat gently until sugar melts and the mixture boils, stirring all the time
- Continue cooking over a low heat until mixture turns a golden brown, making sure you stir all the time, paying attention to the edges where it may catch
- Remove from the heat and beat until smooth
- Pour over the base and leave to set
- When it's set, pour over the chocolate and leave until set before cutting

### Chefs tip

Add a handful of chopped nuts to the caramel for extra crunch

## Helping someone who is bleeding heavily from a wound

In partnership with

**BritishRedCross**



- 1 Put pressure on the wound with whatever is available to stop or slow down the flow of blood
  - 2 As soon as possible call 999 or get someone else to do it. Keep pressure on the wound until help arrives
- **By using a plastic bag or non-absorbant material, you are greatly minimising the chance of contracting a blood-borne virus**



## june

su	m	tu	w	th	f	sa
30						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29





feed i back



### EPH 2:8 (Amplified Bible Living Bible)

'It is by grace (God's kindness) that you are saved through faith (trusting Christ), and this is not from yourselves (our own good works). It is the gift of God'.



The picture above is all of our friendly, current volunteers with Lieutenant Rob Symons and Community Manager Alan Smith

MIND Great Yarmouth and Waveney

Telephone: (01493) 842129 | [www.gywmind.org.uk](http://www.gywmind.org.uk) | Email: Reception@gywmind.org.uk

Great Yarmouth and Waveney Mind is a forward thinking community based organisation which encourages and supports mental well-being. We offer a range of individually tailored services for young people and adults that will enable people living with mental ill health to develop and achieve their defined goals and to maintain independence and self-determination. For more information please phone us or take a look at our website.



## July

### Italian style chicken

- 8 chicken thighs and/or drumsticks
- Juice of 1/2 a lemon
- 2 tbs oil
- 2 onions/ 1 large onion chopped
- 3 cloves garlic, finely chopped
- 200ml chicken stock
- 400g can chopped tomatoes
- 1 tsp dried tarragon

- Preheat the oven to 160c/gas 3
- Squeeze the lemon juice over the chicken and season
- Heat the oil in a pan and brown all the chicken on both sides, cooking in batches if needed
- Remove and put in a casserole dish
- Add the onion to the pan fry, stirring occasionally, until soft
- Add the garlic and cook for 1 min
- Add the tomatoes, stock and tarragon and heat until simmering, then pour over the chicken
- Cook uncovered in the oven for 45 mins

### Chefs tip

Serve with fresh greens and rice for a tasty meal

## Helping someone who is having a heart attack

In partnership with

**BritishRedCross**



1 Ensure they're sitting and call 999 immediately

2 Give constant reassurance to the person whilst waiting for the ambulance

**Person may have persistent vice-like chest pain. This may spread to their arms, neck, jaw, back or stomach**



## july

su	m	tu	w	th	f	sa
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			



### Matthew 11:28 (NIV)

'Come to me, all you who are weary and burdened, and I (Jesus) will give you rest'.



In August 2012, a few of us donated tins for medals that Team GB won at the London Olympics 2012

Great Yarmouth College, Suffolk Road, Southtown, Great Yarmouth, Norfolk, NR31 0ED,  
Tel: 01493-655261 | Email: info@gyc.ac.uk | www.gyc.ac.uk

We first opened our doors to students nearly 60 years ago and much has changed since then. However our dedication to students and the pursuit of educational excellence remains the same. We aim to make a difference to the community and economy of the Great Yarmouth area by developing individuals aged 14+ to contribute, achieve and succeed.

We are a specialist vocational college with a proven record and reputation locally and regionally of offering the right skills and training for today's - and tomorrow's - workforce, on programmes delivered in and out of College.



#### Great Yarmouth College can offer you:

- The widest range of vocational programmes in the area
- High quality apprenticeships with employers investing in your future
- New purpose-built buildings fitted out to the highest standard with industry-quality equipment
- Inspirational and dedicated staff - many of whom still work outside of teaching in their specialist areas - committed to fulfilling your potential
- Outstanding results

#### Work Club

is helping to Get Great Yarmouth Working!

Mondays 1- 4pm - Shrublands Community Centre Gorleston | Wednesdays 10 - 4pm - Great Yarmouth College  
Fridays 9.30 - 11.30 - Salvation Army Centre Gt Yarmouth

Want help finding a job, creating a CV, interview techniques, mock interviews? Then Great Yarmouth College can help.

## Helping someone who is having a seizure (epileptic fit)

In partnership with

**BritishRedCross**



- 1 Use a blanket or clothing to protect their head from injury. Do not restrain the person
- 2 After the seizure, help the person to rest on their side with their head tilted back and call 999 if necessary



## august

su	m	tu	w	th	f	sa
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25 summer bank holiday	26	27	28	29	30	31

## August

### Lemon drizzle cake

175g/7oz butter softened  
275g/11oz caster sugar  
Finely grated zest of 2 lemons  
3 large eggs  
225g/9oz self raising flour  
100ml lemon juice

- Preheat the oven to 180c/gas4
- Line a 2lb loaf tin with greaseproof paper
- Put the butter, 175g/7oz sugar and the lemon zest in a bowl and beat until light and fluffy
- Add the eggs, one at a time, beating well after each egg, and add a tbs of flour with the last one to prevent curdling
- Fold in the flour and put into the tin
- Bake for 45 mins until a knife inserted into the middle comes out clean
- While the cake cooks, put the lemon juice and sugar in a bowl and leave in a warm place, stirring occasionally
- When the cake is cooked, pierce with a skewer or small knife several times and pour over the juice mix
- Leave to cool in the tin

#### Chefs tip

If you can't wait, serve slightly warm, maybe with a dollop of cream



**Matthew 28:20 (NIV)**

‘Jesus said. I am with you always, to the very end of the age’.



**Victoria Carvery in Victoria Arcade, Great Yarmouth, pictured here inside and outside, kindly supplies fresh home made soup to Herbie's each week.**

**Victoria Carvery**, Unit 53-56, Victoria Arcade, Great Yarmouth, Norfolk, NR30 2NU  
Tel: 07947 604813 | Email smithg156@gmail.com | Ask for **David or Gina**

Vegetarian and Gluten Free Diets all catered for  
Wheel Chair Friendly and also Baby Changing Facilities available too.

Special Offer - Charity Bookings - 3 Course Meal  
with Unlimited Drinks - Only £10 per head

At the end of your meal, get 50% of the cost back for your Charity  
Party Bookings also accepted

**Open**  
**8.00am - 4.00pm**  
**7 Days a Week**  
**including Christmas Day**

**All Day Breakfast**  
**available and Carvery**  
**from 12.00pm - 4.00pm**

**Independent Living Centre Norfolk**, Woodfarm Lane, Beacon Park, Gorleston, Great Yarmouth, Norfolk, NR31 9AQ.  
Tel: 0845 054 7181 | **Open:** Monday-Friday 9am-5pm.

# September

## Cheese Scones

200g/8oz self raising flour  
50g/2oz margarine  
125ml milk  
1-2 handfuls grated cheese,  
depending on taste

- Pre heat the oven to 220c/gas 7
- Rub the margarine into the flour until it resembles breadcrumbs
- Mix in the cheese
- Make a well in the middle and add 100ml of the milk and mix in with a flat bladed knife, adding more milk if it seems a bit dry
- Squeeze to make a soft dough
- On a floured surface roll out to 3cm thick
- Cut to whatever size you like
- Place on a lightly greased baking sheet and chill for 10 mins
- Brush the tops with a little milk or beaten egg and bake for 10-20 mins until golden

## Chefs tip

Why not add a tsp of mustard powder when adding the cheese for a kick of flavour



# Medical Equipment

In partnership with

**BritishRedCross**



**Our volunteer-led medical equipment service provides wheelchair hire and short-term loans of equipment at almost 1,000 outlets in the UK, helping tens of thousands of people every year.**



# september

su	m	tu	w	th	f	sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					



**Philippians 4:13 (NIV)**

'I can do everything through him (Jesus Christ) who gives me strength'.



For more information about The Salvation Army in the UK and around the world visit; [www.salvationarmy.org.uk](http://www.salvationarmy.org.uk) and [www.salvationarmy.org](http://www.salvationarmy.org)

Why not visit our You Tube Channel; [www.youtube.com/salvationarmyvideo](http://www.youtube.com/salvationarmyvideo)

or follow us on Twitter; <http://twitter.com/salvationarmyuk>

or Facebook; <https://www.facebook.com/salvationarmyuk>

**Great Yarmouth Salvation Army**  
- Stop Loan Sharks Awards 2012 -  
**Regional Winner - East of England**

# October

## Lamb provencal

- 2 tbs oil
- Leg of lamb
- 2 onions/1 large onions, sliced
- 2 garlic cloves, chopped
- 3 carrots, peeled and chopped
- 400g can chopped tomatoes
- 300ml stock
- 1 bay leaf
- 2 cans mixed beans/pulses, drained

- Pre heat the oven to 180c/gas 4
- Heat the oil in a pan and brown the lamb on all sides
- Place it in a casserole dish
- Place the onions, garlic and carrots in the pan and cook gently until softened
- Stir in the tomatoes, stock, bay leaf and pulses and bring to the boil
- Add to the lamb in the casserole dish, cover and cook in the oven for 1 and ¼ hrs

### Chefs tip

Serve with creamy mash and greens



## DON'T GET IN WITH A LOAN SHARK...IT WILL COST YOU AN ARM AND A LEG

Have you or anyone you know:

- Been offered a cash loan without paperwork?
- Been threatened when you couldn't pay?
- Had your benefit or bank card taken from you?
- Had a loan which keeps growing even though you are making payments?

If you can answer yes to the above you may have been bitten by a Loan Shark.

For confidential help and advice contact the Illegal Money Lending Team

**0300 555 2222**

(local call rate, including inclusive minutes from mobiles)

Email: [reportaloanshark@stoploansharks.gov.uk](mailto:reportaloanshark@stoploansharks.gov.uk)

Text: loan (space) shark (space) + your message to 60003.

Web: [www.direct.gov.uk/stoploansharks](http://www.direct.gov.uk/stoploansharks)



# Care in the Home

In partnership with

**BritishRedCross**



The Red Cross helps thousands of people following a short stay in hospital and prevents unnecessary hospital admissions by providing extra support and care at home.



## october

su	m	tu	w	th	f	sa
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		



**Philippians 4:11 (NIV)**

'... I have learned to be content whatever the circumstances'.



Here, in the picture above are some of our Herbie's regulars that come in to use our facilities

# November

## Toffee Apple Muffins

- 275g/11 oz plain flour
- 100g/4oz caster sugar
- 1 tbs baking powder
- 75g/3oz margarine
- 2 medium eggs
- 125ml milk
- 280g jar apple sauce
- 100g/4oz fudge

- Preheat the oven to 200c/gas 6
- Line a 12 hole muffin tray with muffin cases
- Beat the margarine and eggs in a large bowl
- Add the milk and apple sauce and beat again
- Stir this mixture into the flour along with the fudge, don't over stir, its fine if the mixture is a bit lumpy
- Put into the muffin cases and bake for 20-25 mins

### Chefs tip

Why not swap the fudge for chocolate chunks for a chocolatey twist



**NORFOLK**  
CONSTABULARY  
*Our Priority is You*

### 101 is now the number to call your local police.

In an emergency, always call 999

#### When should I call 101?

To report less urgent crime or disorder and for general police enquiries. For example;

- if your car has been stolen;
- if your property has been damaged;
- when you suspect drug use or dealing; or
- to give the police information about crime in your area.

Calls from landlines and mobile networks cost 15 pence per call.

If you are deaf or hard of hearing you can telephone 18001 101

Crown Copyright June 2011 www.police.uk/101

# Transport Service

In partnership with

**BritishRedCross**



The transport service offers freedom and independence for people who cannot get about easily or use public transport. We help people to get to medical appointments, to do everyday essentials like shopping, or even just to get out of the house and socialise.



# november

su	m	tu	w	th	f	sa
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30



Matthew 1:23 (NIV)

'They will call him Immanuel, which means God with us'.



The two pictures above are related to Christmas, the one on the left is from our Herbie's Christmas party 2011 where you can see everyone enjoying the Christmas spirit and the one on your right is of the Salvation Army's 'Toys and Tins Appeal' in Great Yarmouth and throughout Norfolk where we help people in need at Christmas. Asda kindly provided the food for the 2010 and 2011 parties along with other supporters too. The Toys and Tins appeal is a joint venture between The Salvation Army and BBC Radio Norfolk. Each year, the appeal has helped over 4,000 people across Norfolk by providing food and gift hampers for Christmas. Asda also kindly supported our Toys and Tins Appeal in 2012

Asda Great Yarmouth Superstore

Acle New Road, Runham Vauxhall, Great Yarmouth, Norfolk, NR30 1SF

Tel: 01493 330272

George, Home Shopping, Opticians, Petrol Station, Pharmacy, Photo Department, In Store Collection, Trade In Games. Grocery Click and Collect and much much more in store.



Opening Times

Monday	Open at 7.30am
Tuesday	24 Hours
Wednesday	24 Hours
Thursday	24 Hours
Friday	24 Hours
Saturday	Closes at 10.00pm
Sunday	10.00am - 4.00pm

BBC RADIO NORFOLK

95.1 FM | 104.0 FM | DAB  
bbc.co.uk/norfolk



www.salvationarmy.org.uk/anglia

December

Christmas Pudding

- 225g/9oz white breadcrumbs
- 175g/7oz golden caster sugar
- 100g/4oz suet
- 50g/2oz plain flour
- 25g/1oz chopped nuts
- 425g/1lb 1oz dried mixed fruit
- ½ tsp each of mixed spice, ground ginger and ground nutmeg
- 1tsp bicarbonate of soda
- 1 egg
- 1 tbs treacle
- Zest and juice of ½ orange and ½ lemon

- Place all the ingredients, except the eggs, treacle and lemon and orange juice, into a large bowl with 1 tsp salt, then mix. Add the remaining ingredients along with 700ml water, then mix to a consistency that drops off your spoon
- Cover and leave in a cool place overnight. The mixture will become firm. The next day, add enough water to bring the mix back to a dropping consistency, then spoon into greased 1 and 1/2l pudding basin. Cover with pleated greaseproof paper and foil, and secure with string. Lower the puddings into a saucepan with upturned saucers or scrunched-up bits of foil in the bottom (so the puds don't touch the bottom), then fill with boiling water from the kettle until it comes halfway up the sides of the bowl. Simmer the pudding for 2-2½ hrs and the larger one for 3-3½ hrs. Cool, wrap well in foil and chill

Chefs tip

Why not add a few glace cherries to the mix

Therapeutic Care

In partnership with

BritishRedCross



The therapeutic care service helps individuals in stressful situations and times of personal crisis by promoting a sense of well-being and relaxation through gentle massage. The therapy of hand, neck and shoulder massage, given through clothing, can also assist in pain and stress relief.



december

su	m	tu	w	th	f	sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	christmas day	25	boxing day	26
27	28	29	30	31		



### **A History of HERBIE'S - a drop-in centre for vulnerable people in Great Yarmouth**

Early 2010 saw the launch of Herbie's, a "wrap-around" support service for vulnerable people in South Yarmouth, hosted by the Salvation Army, and supported by a range of Third and Public Sector Organisations and Private Sector Companies. Herbie's was born through discussion between Comeunity (Great Yarmouth Borough Council's Neighbourhood Management Programme for South and Central Yarmouth), Norfolk Constabulary and the Salvation Army in Great Yarmouth about setting up a joint project aimed at a more holistic model of support for vulnerable people in their area. The Salvation Army, as part of their Social Care agenda, were already running a drop-in service distributing food parcels, offering showering and clothes washing facilities and access to clothing, sleeping bags, blankets and other basic life essentials to vulnerable people, but it was run in isolation with no additional access to support services connected to the drop-in. So, to fill that void Comeunity worked to find other partners who could provide extra support in different areas, such as information around jobs and training. Partners signed up as a referral route, and in many cases now provide staff who commit to outreach work at Herbie's drop-in sessions. As part of a Police Community Support Officer Attachment Project with the Great Yarmouth Safer Neighbourhood Team, Comeunity provides operational and project coordination support for this venture.

At Herbie's advice on housing, benefits, alcohol, drug and gambling addictions, training and job search can all be given at the drop-in alongside offering food, and refreshments and a safe place to meet. Games can be played, people can watch television on the big screen or simply sit and read the paper, and more importantly make

new friends. Through this approach, hundreds of vulnerable people have been reached. Sessions are steadily growing in popularity and regularly between 40-60 people meet in The Salvation Army Hall. There is even now a Thursday Night Social, with events such as Games Nights, Film Nights, Quiz Nights, Karaoke and even a Murder Mystery being held during 2012.

What makes this project unique is that it is run on a purely 'partnership basis'. It was set up to address a local issue highlighted within the community in one of the most deprived areas of the UK, and has achieved this goal without any formal funding, instead through partnership working. In the last year however, it's only right to acknowledge Great Yarmouth Borough Council's contribution to assist in funding part of our running costs. This is a really interesting aspect to the project, meaning that it is a resource and funding-smart initiative, helping to ensure its sustainability, especially during economically uncertain times such as the present. The Salvation Army were able to provide the building for the drop in, and the local agencies who are part of the partnership provide the staff who can give advice and guidance to the clients who attend. It has also created an opportunity for people to gain experience through volunteering on the project, and a number of people from the local community have been involved in helping. Under the former Future Jobs Fund, The Salvation Army were even able to create 5 Community Support Assistant posts that offered paid employment for 6 months.

Herbie's runs on Mondays (09:30-11:30), Thursdays (12:00-14:00) and Fridays (09:30-11:30) from the Salvation Army Citadel on Tolhouse Street in Great Yarmouth and was named after a well-known local street drinker who passed away on the streets of South Yarmouth during Autumn 2008.

Organisations involved in the project include Comeunity, The Salvation Army Great Yarmouth and The Salvation Army's Employment Plus UK, Great Yarmouth Borough Council, NORCAS, Norfolk Constabulary, GYROS, Voluntary Norfolk, Great Yarmouth and Waveney MIND, Eastern Recovery Team (Northgate Hospital), Great Yarmouth Citizens Advice Bureau, Stonham Housing, NHS Great Yarmouth and Waveney, DIAL, Job Centre Plus including Families First, Feedback, Barclay's, Victoria Carvery, Greggs, Greyfriars Surgery, Great Yarmouth College, local Churches, Schools and Nurseries throughout Great Yarmouth Borough and British Red Cross.

For any enquiries related to the project, please contact Lieutenants Rob & Georgina Symons or Alan Smith (Community Manager) via [great.yarmouth@salvationarmy.org.uk](mailto:great.yarmouth@salvationarmy.org.uk) or by calling 01493 858 069.

***The Salvation Army would like to thank all the agencies featured in this calendar for their continued help and support and particularly British Red Cross, Feedback, MIND, Comeunity and Voluntary Norfolk for their kind sponsorship along with Great Yarmouth Salvation Army in paying for this calendar to be produced. A big thank you also to Blackwell Print for being so helpful and accommodating in producing and designing the calendar and to Tara Galsworthy (Volunteer and Member) who helped collate and co-ordinate the content.***

British Red Cross is a neutral humanitarian organisation, providing impartial assistance solely on the basis of need, and welcomes volunteers and supporters of all faiths and of none.



## A FRIENDLY DROP-IN FOR EVERYONE

Feeling low, isolated, or worried?



Homeless? Need a shower, a sleeping bag or help with clothes washing?



Need a hot drink or just a friendly ear?



Looking for support with alcohol, drug or other dependence?



Need help with training, employment, CV writing or volunteering?



Want to know how to manage your finances better or need help with benefits?



Looking for support with your housing needs?



Need some health advice?



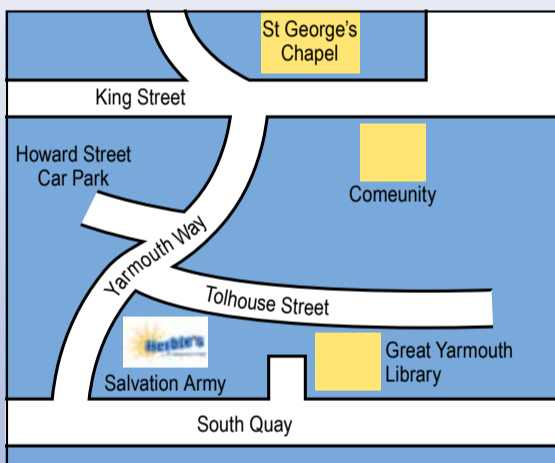
Are you experiencing, or have you experienced domestic abuse, and need advice and support?

### What is Herbie's?

Herbie's is a partnership approach to providing vulnerable people in Great Yarmouth with a more wide-ranging support service.

### Where do I find it?

Herbie's is located at The Salvation Army, Tolhouse Street, Great Yarmouth.



The Salvation Army Citadel

### What are the opening times?

Mondays: 9:30 - 11:30

Thursdays: 12:00 - 14:00

Fridays: 9:30 - 11:30

### Any enquiries?

If you need any further information or have any questions, please contact:

#### The Commanding Officer

(The Salvation Army)

01493 858 069 / 07771 207 187

great.yarmouth@salvationarmy.org.uk

www.salvationarmy.org.uk/greatyarmouth

► click the link to 'Herbie's'

OR

#### The Neighbourhood Manager

(Comeunity)

01493 845 922 / 07917 056 147

emarcham@great-yarmouth.gov.uk

OR

visit our Facebook group 'Herbie's Great Yarmouth'

### Want this leaflet in another language or large print?

Contact Comeunity or The Salvation Army using the details above

Help us to help others...

## Care & Share Shop



167 King Street, Great Yarmouth, NR30 2PA

**01493 858 117**

We are always pleased to receive donations. Clothing, Shoes, Books, DVDs, Videos, CDs, Electrical Goods, Bric-a-Brac and Furniture. Tinned and Packet Foods, Toiletries and Bedding are also gratefully received.

Collections and deliveries can be organised on request. Please call for more information.

A family friendly church where everyone is always welcome...

## Great Yarmouth Citadel

Tolhouse Street, NR30 2SQ

**01493 858 069**

www.salvationarmy.org.uk/greatyarmouth

or find us on Facebook -

Great Yarmouth Salvation Army

or Herbie's Great Yarmouth



The Salvation Army is a Christian Church and a Registered Charity No. 214779, and in Scotland SC009359.

### The Salvation Army is a worldwide Christian church and registered charity

Demonstrating Christian principles through practical support; offering unconditional friendship, and very practical help to people of all ages, backgrounds and needs, The Salvation Army is an international Christian church worshipping and working in 126 countries and has more than 800 local churches in the UK and Ireland.

The Salvation Army extends a helping hand to those who are homeless, friendless and in need. We passionately believe that no one is beyond hope, however great their problems. That disadvantaged people are given respect and access to the practical, social and spiritual support they need to realise their God-given potential and recover their personal dignity.

We believe in openly sharing our faith and the good news of God's love for everyone, helping individuals to develop and grow in their own personal relationship with God, demonstrating a practical concern for all and speaking out against social injustice.

**Thank you to the Editor/Herbie's Photographer Tara Galsworthy**

**Thank you to blackwellprint&marketing for producing Herbie's Calendar 2013**