



-SINCE-
1923

Working in or retired from the public sector or civil service?

It's time for fun and new experiences.

Find out more today at boundless.co.uk

For details of the Norwich Group, email norwichgroup@boundlesscommunity.co.uk

Terms and conditions apply. Visit boundless.co.uk for more information.

boundless
BY CSMA

boundless
BY CSMA

Since
-1969

boundless
BY CSMA
Norwich Group

April 2024 Newsletter

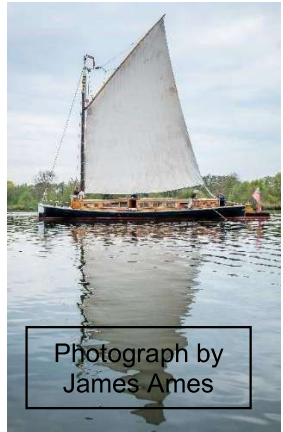
Norfolk Wherry Trust Talk

Thursday 11th April 2pm to 4pm,

Our speaker for this afternoon is Ivor Stamp who will tell us of the work of the "Norfolk Wherry Trust".

You probably know that the traditional wherry was the equivalent of the shipping container, carrying all sorts of loads around the Broads. The Trust was set up to preserve the history and knowledge of these vessels, including preserving examples in working order.

A reminder that food and refreshments are available before and after the talk, but you will have to pay for them yourself.



Photograph by James Ames

All welcome!

Along China's Silk Road

Thursday 9th May

For our May Talk, we have invited Chris Parfitt, to give us one of his profusely illustrated talks on his travels worldwide. He is an excellent photographer, and his talks give us a good picture of the places he has visited. For this time, we have selected his topic "Along China's Silk Road", which will give us the story of this historic route through the desert to the mountains.

All welcome!

The opinions and recommendations in this newsletter are those of the individual contributors and not necessarily those of Boundless by CSMA, the editor or the Norwich Group.

Medical Detection Dogs




For our February Clubnight our speaker was Norma Howell, who gave us a talk on the work of Medical Detection Dogs, a charity which promotes the use of dogs in the detection of diseases in people. It all began when a clinical psychologist Dr Claire Guest looked into the science behind the stories that dogs seemed to

be able to spot when their owners were going down with various medical conditions. Working with medics from Milton Keynes hospital she was able to demonstrate that indeed dogs could be trained to detect certain diseases, and reliably, with over 90% success rate.

The science is that dogs noses are phenomenally sensitive; they have some 200 to 300 million sense receptors compared with 5 million in a person so they are much better equipped than us to respond to scents. That is then coupled with the fact that cancer cells produce volatile substances which are released from our body surface in breath, sweat etc, and these can be spotted by a dog.

Realising this effect could be used clinically, Dr Guest set up the charity in 2008 and began training dogs to detect specific diseases such as cancers. The charity supports two different types of work – one is bio detection where samples from hospital are sent to the charity centre where dogs literally sniff them, and react in a particular way when the spot a sample containing the disease. In this respect they are working just as the pathology lab in the hospital, and never come into contact with patients. The other strand is where a person may be in danger of being affected by a life-threatening condition without being aware of it – the example used was a person who went into a diabetic coma while asleep, which could be fatal. Here, an assistance dog could be trained to look out for the condition and wake up the victim; in this case the dog would be with the person all the time, much like a guide dog for a blind person.

The charity is expanding the range of diseases for which the dogs are trained, eg Parkinson's disease, as well as general screening

And coming to Ipswich in April
Ipswich Group  **Wednesday 10th April**

+ One Man's Meat by Mike Wabe

Kesgrave Community Centre, Kesgrave, Ipswich, Suffolk IP5 1JF

Formalities commence at 7.30pm.

This is your chance to attend the most important meeting of the year



Following the formal proceedings of the evening Mike Wabe will wonder if you and your partner been discussing insurance recently?

Has your partner added some new plants in your garden? Does your tea taste funny?

You know the old saying - one man's meat is another man's poison. Well, that is what this presentation is all about - POISON!

Coming to Peterborough in April
Ramsey Museum Talk

Wednesday 3rd April

Join us at The Club Room of The Peterborough Milton Golf Club, Milton Ferry, Milton, PE6 7AG for 7.30pm

Where, tonight we welcome Nick Nixon, from Ramsey Rural Museum, who will talk about the



journey through rural life that is the Museum with reference to local traditions and crafts many of which have exhibits at the museum.

After the talk there will be a chance to chat with fellow group members over a coffee or tea.

All welcome!

April Missing Links

Each clue consists of three words which have the fourth word in common. You must find the missing link. e.g.: Bald - Eyed - Golden, are all linked by word Eagle as in Bald Eagle - Eagle Eyed - Golden Eagle.



1. Theatre - Public - Tour
2. Purpose - Control - Carriageway
3. Television - Sports - Roving
4. Mineral - Onion - B0ard
5. Hardened - Record - Law
6. Golden - Spread - Eyed
7. Hopping - Traffic - Desert
8. Managing - Company - Film
9. Weather - Betting - Sales
10. Marching - Last - Holy



Answers to March Missing Links

Each clue consists of three words which have the fourth word in common. You must find the missing link. e.g.: Bald - Eyed - Golden, are all linked by word Eagle as in Bald Eagle - Eagle Eyed - Golden Eagle.

1. **Running** Commentary - **Running** Water - Gun **Running**
2. **Grand** Slam - **Grand** Master - **Grand** Piano
3. Building **Site** - Picnic **Site** - Web **Site**
4. Screw **Driver** - Train **Driver** - Slave **Driver**
5. Jacket **Potato** - **Potato** Cake - **Potato** Crisp
6. Family **Tree** - **Tree** House - **Tree** Top
7. **Honey** Moon - **Honey** Comb - **Honey** Trap
8. Weight **Watcher** - Clock **Watcher** - Care **Watcher**
9. **After** Shave - Here **After** - **After** Care
10. Land **Lord** - War **Lord** - **Lord** Ship

Joke corner: - The secret of enjoying a good wine,

1. Open the bottle to allow the wine the breath.
2. If it does not look like it's breathing give it mouth to mouth.



dogs for Covid (much like drug detection dogs) which can be used to check a lot of people quickly.

Norma gave us all this and more in a wide-ranging talk, but emphasised that it is a charity, and relies on public donations (and Peoples Postcode Lottery funds) and virtually no Government funds. To this end, she gives the speaker fee from the club straight to the charity, as well as the additional £51 donated by the audience at our meeting, for which I pass on her thanks.

For more information on the charity, their website is

<https://www.medicaldetectiondogs.org.uk/>

* * * * *

Working with the elderly

Residents couldn't wait to tell me that old Harry had gone continental. So, here's me wondering if he'd got a new duvet when I realized they meant incontinent.

Two of my resident ladies said they were off to Holland and Barrett to get some of those new pills that work wonders. Maybe I should get them to get some for me I thought. "What do they call them?" I asked. "Euthanasia", I was told. "NO, NO" I told them, "I think you should ask for Echinacea tablets".

Make your own clothes

Just after the war, I'm told, many people made their own clothes and British women who married Polish and Eastern European men, who had settled here, were surprised to find these men were the ones that did the knitting for the family.

British girls were taught how to sew and knit by their mum or grandma and even myself, born in the 1950's, remember having needlework lessons at school. My mum was an excellent knitter and my uncle married a girl from the Shetland Isles and I used to sit and watch her producing the most fantastic Fair-Isle jumpers, working faster than any machine. It was fantastic.

Do you remember what you made at school? I still do some crocheting but sadly never really mastered the art of knitting.

Marion

Reserve your Tickets NOW!



The award-winning Cromer Pier Show returns in the summer of 2024! When you visit the Pavilion Theatre, you can expect powerhouse vocals, thrilling speciality acts, spellbinding choreography and laughs by the bucket load. The Cromer Pier Show delivers a variety show like no other, worthy of the only full-season end-of-pier show in the world!

If you are interested in going, please reserve your places by contacting Mike Holmes on 01508 558312

Or by email mike.holmes377@outlook.com



We need your HELP!

Our events are proving popular and we are out growing the capacity of our meeting room at the Sugarbeet.

We are looking for new suitable room in or near Norwich and welcome any suggestions you may have. Please send your suggestion/s to Mike Holmes, details above.



Thankyou

Norwich Group Communications

For up-to-date information on forthcoming Norwich Group events, see: -**The latest edition of your newsletter.**

Our home page at - boundless.co.uk/norwich

Call Leader Mike Holmes on 01508 558312

email mike.holmes377@outlook.com



If you already have a Facebook account then log in, otherwise you will need to register. Then request to be a friend and wait

for the confirmation (should be done the same day).

<http://www.facebook.com/groups/EastAngliaGroups/>

Please send change of address details & articles for inclusion in the next edition to Mike Holmes by Monday 15th April 2024.



We respect your privacy and if you no longer wish to receive this newsletter, please let us know by email to norwichgroup@boundlesscommunity.co.uk

unless stated otherwise Club events begin at 2pm in our new venue, the meeting room at

“The Sugar Beat” bar and restaurant, Norwich Rd Swainsthorpe Norwich NR14 8PU.

You can have lunch in the restaurant before our event.