

Helping Hands  
Est. 1989



Our Holt care team have been providing award winning quality homecare since 1989.

We offer a one to one live in care service which enables you or your loved one to remain at home with compassion and dignity as an alternative to residential care.

**At home with care**

Call 0808 180 1033 or visit [www.helpinghands.co.uk](http://www.helpinghands.co.uk) for further information

## FIT TOGETHER ACTIVITIES

**Tuesdays: Tea Dance**, 2.00pm - 4.00pm at The Copeman Centre, Briston NR24 2LG. £2.00 including tea/coffee/biscuits/cake. No booking necessary.

**Wednesdays: Norfolk and Western Line Dance**, 1.30pm - 4.00pm at St Andrews Church Hall, Holt. For more information ring 01263 715533.

**Wednesdays: Circuit Training for Older Adults**, 2.30pm - 3.30pm at Sheringham Community Centre, Holway Road, Sheringham NR26 8NP. Booking essential 07766 259999

**Walks: Please arrive 20 minutes early if you are new to Fit Together. For more info contact Melanie Brown on 07766 259999.**

**Tuesday 14th April** - 10.30am, Salthouse Heath, 3.75 miles. Meet at the green outside The Dun Cow at Salthouse.

**Tuesday 14th April** - 1.30pm, Salthouse Coast, 2.5 miles. Meet at the green outside The Dun Cow at Salthouse.

**Friday 17th April** - 10.30am, Kelling/Telegraph Hill, 3 miles. Meet and park at the Old Reading Rooms Tea Room, The Street, Kelling, NR25 7EL.

**Friday 17th April** - 1.30pm, Kelling Heath, 1 mile. Meet at Kelling Heath Caravan Park main Car park. Please book for this walk on 07766 259999 by 3.00pm Thursday 16th April.

**Monday 20th April** - 10.30am, Cley Marshes, 4.5 miles. Meet at Cley Village Hall Car Park. Sorry no dogs as nature reserve!

**Wednesday 22nd April** - 10.30am, Briston, 3 miles. Meet at Briston Playing field Car Park, Stone Beck Lane, off Hall Street.

**Wednesday 29th April** - 1.30pm, Kelling Hospital, 1 mile. Meet at High Kelling Post Office. Please book for this walk on 07766 259999 by 3.00pm Tuesday 28th April.

**Thursday 30th April** - 10.30am, Edgefield, 2.5 miles. Meet at Edgefield Village Hall Car Park.

*The local pick up point for the full Fit Together programme is Holt Library*

## GRESHAM'S AWARDS SCHOLARSHIP TO ORMISTON SCHOLAR



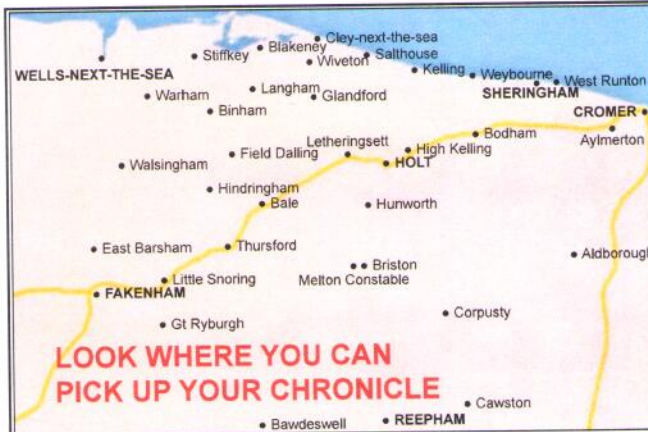
A pupil from Ormiston Venture Academy has been awarded a full scholarship to study A Levels at Gresham's School in Holt, where she hopes to fulfil her dream of becoming a Forensic Psychologist. Brittany Purl, a fifteen year old from Belton near Gorleston will join the Sixth Form at Gresham's in September 2015. When asked what she was looking forward to about joining the School she said, "Getting the opportunity to study and mix with pupils from different backgrounds."

Douglas Robb, Headmaster at Gresham's said, "Gresham's is delighted to have identified our sixth Ormiston scholar to study here. Brittany Purl will join our Sixth Form and we are looking forward to helping her pursue her ambitions whilst at the same time developing her wide range of extra-curricular interests."

Simon Gilbert-Barnham, Principal at Ormiston Venture Academy said, "The scholarship process has highlighted the remarkable skills, strengths and qualities our students have in abundance. We are extremely proud of all the candidates and particularly for Brittany. This unique opportunity through our partnership is a life changing opportunity, as proven by previous scholars, and I am certain that Brittany has a bright future ahead. Our partnership with Gresham's stretches far beyond this scholarship and it is fantastic to see another successful outcome for the children."



Gresham's has previously awarded five scholarships to students at Ormiston Venture Academy who have gone on to study for a range of exciting careers. Callum Cooke, went to the University of Oxford to study Fine Art, Luba Ndini is studying Medicine at the University of Cape Town in South Africa, Ashley Scarlett hopes to study Chemistry with a year in industry at Queen's University Belfast and current Upper Sixth scholar, Jade Munro, has five university offers to study Pharmacology.



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