

# New support for servicemen who have difficulties

An "innovative" idea to help servicemen and veterans across Norfolk who suffer from alcohol and drug misuse will be rolled out from a Cromer support hub.

The Outside the Wire scheme has been launched by the Norwich-based Matthew Project and will be led from the Junction on Garden Street – part of the Matthew Project.

Two ex-forces personnel – Andy Wicks and Toby Lipton – will be at the helm.

Mr Wicks, who served 22 years in the RAF police, said: "We want to catch people who fall through the loop. We at the Matthew Project are seeing more and more people from the ex-service community coming forward and it is not just blokes."

He added the project would not duplicate the work of Help for Heroes and Combat Stress and would work with Soldiers, Sailors, Airmen and Families Association (SSAFA) Forces Help.

It would be tailored to individuals and would include one-to-one support,

**Sophie Wyllie**  
sophie.wyllie@archant.co.uk

family support, free treatment services, relapse prevention and alternative therapies.

Rosaline Weetman, chief executive of the Matthew Project which focuses on drug and alcohol support, said: "We are very excited about it. It feels as though it is a niche area that has not been covered previously."

"There has not been a great deal of research into substance misuse in the armed forces."

Mr Wicks added some current serving personnel and veterans were concerned they would not be listened to by people from a non-military background but would respond better to people who have "got the T-Shirt".

He said one of the reasons why veterans drink was because of the current economic climate.

Sue Pilcher, Norfolk branch secretary of SSAFA, said she was



■ Andy Wicks, who is behind the Outside the Wire project, with a member of the armed forces. Picture: SUBMITTED

concerned there would be increased problems with alcohol and drug misuse because of redundancies in the armed forces.

Rod Eldridge, from Norwich Mind who was a clinical nurse specialist for the army for 27 years, said the rate of alcohol misuse in the veteran community and current serving

members of the armed forces was higher than the non-military community.

He added: "If we spent more time dealing with alcohol misuse rather than post traumatic stress disorder, we would have a better outcome."

■ Call 01263 510900 for information.

# Flood warden David steps down from role

North Norfolk District Council (NNDC) senior flood warden David Russell has stepped down after seven years in the role.

Mr Russell, who was NNDC chairman from 1997-1998, was presented with a certificate of thanks by NNDC at a ceremony in his home village of Sea Palling yesterday. He was made vice-chairman of the senior flood warden liaison group in 2011.

John Lee, NNDC's cabinet



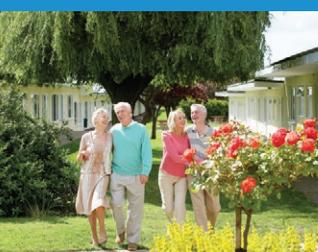
■ David Russell, who has given up his role as senior flood warden with North Norfolk District Council.

member for environmental services, said agencies could not work effectively in the event of a flood without the invaluable help of volunteer flood wardens. "David has been an active member of a highly-valued team of flood wardens, and his advice, guidance and local knowledge will be sorely missed," he added.

Mr Russell is also involved with Norfolk NHS Ambulance Trust and until recently was a parish councillor for Sea Palling.

## 7 NIGHTS FULL BOARD FROM £149\*!!

# READER TRAVEL




**Pontins Select**  
at Pakefield Holiday Park

## New for 2013!

**Pontins Select – Exclusively Adult at Pontins Pakefield**

**7 Nights - Full Board Breaks from £149\*!! per adult**  
INCLUDING A FREE BOTTLE OF WINE AND A DAILY NEWSPAPER ^

Welcome to Pakefield-Lowestoft Holiday Park, the perfect place to relax and unwind.

All Pontins Select Breaks are full board, so there's no need to cook. You'll enjoy three hearty meals a day, with a full cooked breakfast, light lunch and a delicious three-course evening menu all included in the price you pay. Pontins Select breaks offer you round the clock activities from dance lessons, to archery or bowling. Take a leisurely stroll round the pitch & putt golf course, or a swim in the heated indoor pool. You really can do as little or as much as you want!

In the evenings enjoy a wide variety of entertainment including comedy duo Tim & Tony Strange, world class magic & illusion act Amethyst plus one of the most sought after comedy ventriloquists in the world Jimmy Tamley, plus tributes to the amazing talents of the late Pavarotti and Katherine Jenkins to name but a few.... There'll be big cash bingo every night, dancing, plus fantastic all new LIVE shows from our famous Bluecoats.

WHAT'S NEW – The new Pontins is committed to continual investment, with millions of pounds already invested, bringing new and refurbished accommodation, new facilities and new activities for 2013. Pontins also has a new bedlinen procedure, please ask for details when making your booking or visit [www.pontins.com/new-linen/](http://www.pontins.com/new-linen/)

Month	Date - Mon to Mon	Price from £149*
August	5th	£209 per adult
September	2nd, 16th	£149 per adult
November	18th, 22nd	£149 per adult

**FOR FURTHER INFORMATION OR TO BOOK**  
**CALL PONTINS ON 0844 576 5944 AND QUOTE QZ34**

Terms and Conditions All places are subject to availability at time of booking. New bedlinen procedure – Option 1 – purchase brand new linen packs at time of booking, at only £5 per single bed, £8 per double bed (price includes pillow case(s), single/double duvet cover, single/double bedsheet. Option 2 - you may bring your own bedding and make your apartment home from home, for full details please visit <http://www.pontins.com/new-linen/>. Offer is on new bookings only. \*Price is per adult, full board, based on minimum 2 persons sharing a one bedroom or 3 sharing a 2 bedroom. Classic apartment on dates/durations as stated. For Full Terms & Conditions please visit [www.pontins.com/mediaterms/](http://www.pontins.com/mediaterms/)

Norfolk's oldest & largest chain of pet & garden stores

# MYHILLS PET & GARDEN

Established 1937

**GARDENING OFFERS**



500g Miracle Gro Plant Food **£3.49**



16l Faithfull Knapsack Sprayer **Now only £29.99**



Glyphosate Weedkiller Concentrate 11lt **Now Only £11.99**



Murphy Multi Purpose Compost 50lt **3 for £10**



Levington Chipped Bark 75lt **4 for £20**



Joseph Bentley Carbon Steel Fork Or Spade  
RRP £16.99 **£9.99**



Sankey 135lt Water Butt **Now Only £30.00**



Sankey 250lt Slim Water Butt **Now Only £40.00**



Fort Cosmo Wheelbarrow Pink or Green **Now Only £49.99**

**LOCAL DELIVERY AVAILABLE**  
Call your local shop for details

Visit our branches at:

**Attleborough**  
01953 453104

**Dereham**  
01362 692975

**Diss**  
01379 642465

**Swaffham**  
01760 721272

**Watton**  
01953 881552

**Wymondham**  
01953 602272

MY PET...MY GARDEN... **MYHILLS**

[www.myhillspetandgarden.co.uk](http://www.myhillspetandgarden.co.uk)