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NEWS

Late duty chemists

Open until 6pm: Boots the Chemist, Bowthorpe Main Centre, Dereham Road Pharmacy, 562a Dereham Road. Natural Health Pharmacy, St Johns Close, Hall Road. Natural Health Pharmacy, 117f Ipswich Road. Hamblins Pharmacy, Noble Close, Heartsease Estate. Lloyds Pharmacy, 143 Colman Road. Lloyds Pharmacy 22 West End Street. Lloyds Pharmacy, 25a Earlham Road. Lloyds Pharmacy, 2 Mandela Close, Oak Street. Lloyds Pharmacy, 42 Earlham West Centre. Lloyds Pharmacy, 81 Middletons Lane, Hellesdon. National Co-operative Chemists, Suffolk Square, Vauxhall Street. Numark Pharmacy, 140 Thunder Lane. Superdrug, St Stephens Street. Beechcroft Pharmacy, 23 Beechcroft, New Costessey. Alliance Pharmacy, 78 Hall Road. Costessey Pharmacy, 192 Norwich Road, Norwich.

Open until 6.15pm: Thorpe Pharmacy, 202 Thorpe Road.

Open until 6.30pm: Hurn Chemists, 143 Unthank Road. Alliance Pharmacy, Magdalen Medical Practice, Lawson Road. Moss Pharmacy, Boots, Willow Wood Surgery, Aslake Close, Sprowston. Alliance Pharmacy, 92 Colman Road. Alliance Pharmacy, The Health Centre, Lawson Road.

Open until 8pm: Boots the Chemists, Castle Mall Shopping Centre. Alliance Pharmacy, Waitrose, Church Lane, Eaton. Tesco's Pharmacy, Blue Boar Lane, Sprowston.

Open until 9pm: Sainsbury Superstore, Queen's Road. Morrisons, Albion Way, Riverside.

Open until 10pm: Sainsbury Pharmacy, Pound Lane. Boots, St Stephengate Medical Practice, 55 Wessex Street.

Open until 10.30pm: Woodside Pharmacy, 140 Woodside Road, adjoining Thorpewood Medical Centre.

Open until 11pm: Drayton Pharmacy, Manor Farm Close, Drayton. Roundwell Pharmacy, 25-27 Doctor Torrens Way, Norwich.

Norwich

■ Rosebery Road Methodist Church in Norwich is holding its annual crib festival on Friday, Saturday, Sunday and also December 13 and 14, from 10.30am-4.30pm with donations to the Norfolk & Norwich Association for the Blind.

■ The centenary of the rood screen at St Mark's Church, Hall Road, Norwich, will provide the backdrop to a colourful display of Christmas trees from tomorrow to Sunday, 10am-5pm (11am-4.30pm on Sunday). There will be a continental flavour tomorrow and on Saturday there is a children's activity at 3pm. Entry to the festival is free and donations will be shared between EACH and St Mark's Church. On Saturday, at 7.30pm, there will be a concert by the Sine Nomine choir.

■ The Benjamin Foundation has launched its Christmas appeal which aims to help homeless young people.

Photo: SUBMITTED



Can you help youngsters in need this Christmas?

A Norfolk charity is asking for people to help spread goodwill this festive season by extending their Christmas gift list to include a child or young person in need.

The Benjamin Foundation is appealing for donations of either a stocking filler or a shoe box of small treats, which they will then give to a child or young person in Norfolk.

Diana Clarke, chairman of the charity's board of trustees, said: "Christmas should be a joyous occasion, but for many children, young people and families things are very different.

"We work with a range of people who are facing either a tough time or a crisis. From parents dealing with the harsh reality of having to choose whether to buy food or heat their home, through to young people who sadly don't have a safe place to live.

"Christmas can be a lonely and desperate time of year for many people. Many of the people we work with have difficult family relation-

Norfolk

David Bale
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ships. It means that on Christmas Day they may receive few, if any, presents. Our annual shoe box appeal sets out to ensure that every person we support has at least one gift to unwrap on Christmas morning."

The Benjamin Foundation has three target age groups for presents and has put together a list of gift ideas for people who would like to help. Boys and girls – age 6-10: games, puzzles, crayons, notebooks, stickers, small books and sweets. Boys and girls – 11-15: gift vouchers, chocolates, sweets, books. Young men – 16-25: toiletries, gift vouchers, chocolates, gloves, scarves, socks, books. Young women – 16-25: toiletries, gift vouchers, chocolates, gloves, scarves, socks, books, face packs, cosmetics, nail polish.

Boxes should total no more than £15 in value. Gifts and shoe boxes should be unwrapped so the charity can ensure each recipient gets an equal amount. No sharp items or alcohol should be included. People should put their contact name, email address and phone number with the gift.

→ **Donations can be dropped off until Friday, December 13 at: Dereham, The Benjamin Foundation Restore furniture store at 1a/b Rashes Green industrial estate, NR19 1JG (open Mon-Sat, 10am-4pm); Holt, Restore furniture store at Unit 4B, Glaven Road, Hempstead Road industrial estate, NR25 6ES (Mon-Sat 10am-4pm); Norwich, Restore furniture store at 103 Oak St, NR3 3BP (Mon-Sat 10am-4pm); Norwich, Virgin Money Lounge, 10 Castle Street, NR2 1PD (Monday, Wednesday-Saturday 9am-5.30pm, Tues 9.30am-5.30pm, Sunday 10am-4pm); North Walsham, office at King's Arms Loke, NR28 9FE.**

Fundraising day at supermarket to support the Matthew Project

The Matthew Project, which provides counselling, advice, information and support services for those with problems relating to drug misuse or alcohol abuse, held an awareness and fundraising day at Sainsbury's in Pound Lane in Thorpe St Andrew.

The store donated a luxury hamper and the charity raffled it during the day.

Altogether £250 was collected and the team from the Matthew Project chatted with many people about drug and alcohol-related issues offering their advice and

Thorpe St Andrew

services. Sainsbury's Pound Lane is partnered with the Matthew Project for one year and since June has raised more than £2,300 for it.

Staff at the store were also pleased to donate Christmas decorations to the charity for its new premises in Norwich.

→ **For information regarding the Matthew Project, visit <http://www.matthewproject.co.uk/>**



■ Sharon Hulbert, of the Matthew Project, at the Sainsbury's store.

IN BRIEF

Special award for care home kitchen assistant Lauren

DRAYTON: Brooklands care home in Drayton, part of Carebase's group of private care homes specialising in nursing, residential and dementia care in the South East and East Anglia, presented its kitchen assistant with a Heart of Gold Award. Lauren Saunders has been a carer at Brooklands since 2010 and received many nominations for the award. The Heart of Gold Awards, which were launched by Carebase in 2009, are nominated by residents, relatives, co-workers and suppliers and seek to thank employees for their continued care and compassion. Last year's winners were great ambassadors who have inspired colleagues to promote the highest levels of care and dedication to their residents and the home. Lauren was presented with an etched glass plaque to commemorate her success and also received a Tiffany necklace. Julia Chapman-Wright, Brooklands care home manager, said: "All of our carers, nurses and ancillary staff have a heart of gold and perform an exceptional job of making the lives of all the residents more comfortable and enjoyable on a daily basis. Lauren is a fantastic kitchen assistant and fully deserves this recognition. "We send her our heart-felt congratulations and thanks for everything she brings to Brooklands."

Special Festive Soup and Dessert event

TROWSE: The Festival of St Andrew and Advent Eucharist was celebrated on Sunday at 10.45 by the Rev Canon Janice Scott. Rosemary Braby delivered the sermon with a St Andrew's theme. Readings were by James Braby, Phyllis Mills and Bill Chubb with Intercessions led by Stuart Nottingham. Meryl Howe was the organist. The day was preceded by the annual Patronal Festive Soup and Dessert on Saturday which was thoroughly enjoyed by all who participated. A well-attended Evensong was held at 6.30pm, led by the Rev Rosemary Braby. On Sunday, the St Andrew's Net children's group will meet at 10.15am with the Village Eucharist starting at 10.45.