



# THE ELDER



July 2025

**70th Birthday**

**Good Neighbours**

**Digital Switchover**

**Ghosts of Norwich Prison**



## Ann Keable's 70th Birthday Celebrations

Friends, family and neighbours from near and far gathered at two events in Norwich. It was a wonderful celebration of kinship, diversity and friendship. The heritage of guests which included Barbados, Jamaica, Uganda, Portugal, Wales and Belize. The guests enjoyed the 'classic' hospitality of The Assembly House and a Caribbean themed party in the St Barnabas Court social room.

Ann Arita Alleyne, was born on March 17th 1955 in the parish of St Michael on the beautiful Caribbean island of Barbados.

Within a few years of Ann's birth her parents decided to join 'The Windrush' generation and departed Barbados to go to England. Ann stayed on the island with her beloved Grandmother while her parents were setting up home with siblings in London. Eventually Ann left the island at the age of 6 years. She was put on the plane 'in care of the air hostess' and off she went on the 8-hour journey to London. There were a few guests in the social room who made exactly the same journey. On arrival she was picked up by her parents, given a warm coat and they made their way on to her new home in Harlesden. Definitely a change of scenery.

Ann's parents Olga and Clayton were hard working and talented people. Olga was a seamstress; Clayton was a tailor and they both worked at Selfridges in central London. After saving for a while they purchased a family home. Ann attended the Keble School in Harlesden (a name to return to her life some 50 years later!). Mum had five siblings who shared the family home during the 50s and 60s.

When Ann left school, she studied Catering at a local College. Her qualifications led to a career as a cook and her places of work included the Metropolitan Police, the NHS and eventually, she created her own catering business. Anyone who hasn't tasted Ann's Caribbean food is missing out.

Some years later Ann married and along came Nicole and Ashleigh. She then began fostering children which was a vocation lasting 20 years. Anyone who becomes a foster parent genuinely has a kind heart and the kindness brought two more siblings into our life; Charlene and Earl fitted perfectly into the family.



The years went on and the kids all grew older, during this time Ann got divorced and after a while of being single, her daughter decided to take matters into her own hands and set Ann up on an online dating website! Ann deserved to find love again. After some 'iffy' dates, she eventually met the lovely Gordon. They started stepping out by meeting every week at Victoria station and walking through the streets of London. After 6 months they began planning for a life together. After a time, it was decided that they would set up home in Norwich. Ann loved the city and lifestyle....it was a big and life changing decision for all of the family.

Ann and Gordon are both retired now, and they have spent time volunteering to support and feed the homeless and vulnerable in the local area and help fundraising for local charities as well as enjoying holidays including trips to Barbados.

They enjoy nothing more than regular visits to the theatre, cinema, organising quizzes - Gordon's speciality, and being part of their community groups and the city centre café culture. They still love to hold hands as they did during those walks around London when they first met.



If you require any assistance or need to report anything on your scheme, please telephone your Scheme Manager directly.

**Here's a reminder of their numbers.**

Susie Alexander      **07917 384835**

David Ball      **07443 967383**

Karen Northfield      **07887 476540**

Alison Hill      **07787 259135**

## Board Members Bid Farewell

Staff and Board Members gathered for Afternoon Tea at the Assembly House in May to show their appreciation and send best wishes to two Board members that have served the Society well in their time volunteering at the Society and will be missed.

Chair of the Board, David Driscoll, stood up on behalf of the Society in thanking both Board Members. First to thank was retired Financial Director David Clarke. David is relocating to Cambridgeshire after spending his working life in Suffolk. David has acted as Financial Director /Treasurer/Trustee for a number of Charities including The Suffolk Punch Trust Ltd, The Suffolk Philharmonic Orchestra and has continued to provide financial consultancy services to a few local business clients. David joined the Society in 2023 and has ensured the Society have maintained excellent accounts and has helped us improve the way they are presented and the timeliness of their issue.

As a token of appreciation, David was presented with a voucher for The Ivy Restaurant.

After just over 7 years it was time to say goodbye to the currently longest serving member of the Board, Gavin Sargent. Gavin's working history is media, manufacturing and logistics, with much of that time spent in the textile industry. Gavin has been a champion of our tenants and our staff, most recently successfully chairing the Operations Sub-Committee. He has added an intelligent questioning yet supportive voice to the Society's Board. Technically, Gavin's retirement was due last year, however, he couldn't keep away! He has helped to induct our new Operations Sub-Committee Chair, Anna Knight into the role.

As a token of our thanks, Gavin was presented with a handmade limited edition canary ornament. They were produced to celebrate Norwich City being promoted back to the Premier League back in 2019.

We wish you both, David and Gavin, all the best for the future.





## Another Defibrillator Installed

Old School Court joins Lanchester Court, Eleanor Road and St Barnabas Court by having a defibrillator installed at their scheme. Tenants made personal donations and the Society assisted by "topping up" the funds and purchased the defibrillator to install at the scheme. Tenants then attended a training course which they found very informative, useful and well delivered.



## Broadland, bringing local digital radio back to Norfolk and North Suffolk

There is a new radio station broadcasting on the airwaves, Broadland Radio was launched early June 2025 and plays Norfolk and North Suffolk's Best Mix on DAB Digital Radio, Radioplayer App, and by asking Alexa to 'Launch Broadland Radio'.

A familiar start to the day, Broadland is the home of **The Rob Chandler Breakfast Show** with local news, travel, sport, and information, along with the best mix of upbeat contemporary hits from the last 40 years.

Broadland Afternoons are in the capable hands of **Stephen Bumfrey**, bringing the iconic **One Foot In The Groove** back to the Norfolk airwaves.

Brought to you by the team behind the original Radio Broadland with a new sound for 2025, bringing this legendary brand to a new generation of local listeners. The Society has supported the station by having an advert played.

Go on have a listen!



## Art by Mr Rae

It's been a while since we featured a piece of art from the very talented Mr Rae. This is a pencil and ink portrait of "Queen Elizabeth II". Mr Rae has been drawing in pencil and ink all his artistic career. In the past, he has had many successful exhibitions in various cities.

From exhibiting his artwork he then started illustrating in national magazines, illustrating all different subjects for many years. Now that he is semi-retired from magazine illustrating, he now specialises in portrait drawing.

Over the years he has drawn very well-known celebrities from all walks of life. Now that he is specialising in portrait drawing, he finds it's a lovely relaxing way to keep busy in his retirement.



If you have made an appointment with a contractor to carry out a repair or a boiler service, please ensure you are available on the agreed date and time. If you are unable to make the appointment, please ensure you advise the contractor. If you fail to do so, you will be recharged for the missed appointment.





# My Good Neighbour Recipe

## Ingredients:

a sprinkling of happiness  
 a pinch of kindness  
 a teaspoonful of understanding  
 2 spoonfuls of sharing  
 50g of smiles  
 1 handful of helpfulness  
 3 heaped tablespoons of love  
 1 litre of cheerfulness  
 100g of respect  
 a dusting of good listening

## Method:

Mix all of the ingredients together  
 and you will have a good neighbour.



# Good neighbour at Westwood House

Mr Howard from Westwood House visited us at the office a few weeks ago. He wanted to tell us how blown away he had been about one of his neighbours. Mr Howard had lost his watch. He didn't know where it could be or when he lost it.

He was resigned to the fact it was lost forever. Then out of the blue, a neighbour clutching a watch approached him and asked if the watch belonged to him. Mr Howard could not believe his eyes. The watch was indeed his. The watch that had been presumed lost forever, was right there in the neighbour's hand – reunited with Mr Howard.

The watch had been found in the car park at Westwood House, so it hadn't gone far at all. Mr Howard could not believe the courtesy shown by his neighbour knowing that anyone could easily have kept the watch. Mr Howard offered his neighbour some money to show his gratitude, but this was politely refused.

Mr Howard wanted everyone to know that there are still decent people in the world.

Tell me. You think there are still good people in the world? Oh, yes, he said. Billions. It's just that the bad ones make so much more noise.

Lauren Groff

GoodStory

## What happens if I don't make a will?

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If you die without making a will, you're said to have died 'intestate'. In this situation, your estate is divided up according to the statutory rules of intestacy which might not reflect your wishes about who does and doesn't benefit from your estate, and who deals with your possessions. Your assets are distributed after all debts, funeral and administration expenses, and any taxes have been paid.

You probably have opinions about how you'd like your estate and possessions to be distributed among your loved ones, so it's important to set these out in a Will to avoid intestacy rules.

When a tenant passes away with no Will or Next of Kin, the Society must register the death with the Public Trustee at a cost of £40.00. This advises the Trustee that the person has passed away. The Society cannot terminate the tenancy or enter the property without the Public Trustee accepting the application to end the tenancy. This is a lengthy process and can delay any works that are required in the property. The sorting and emptying of the property falls to the Society. This is a major and costly task. The items are stored away until such a time when they can be disposed of.

Age UK have partnered with Free Wills Month to give their supporters the opportunity to have a simple Will written or updated for free. Free Wills Month takes place in March and October every year. Visit [freewillsmoth.org.uk](https://freewillsmoth.org.uk) and type in your postcode or give them a call on **0333 022 0396** to find out which solicitors are taking part in your local area.

## LifeBook

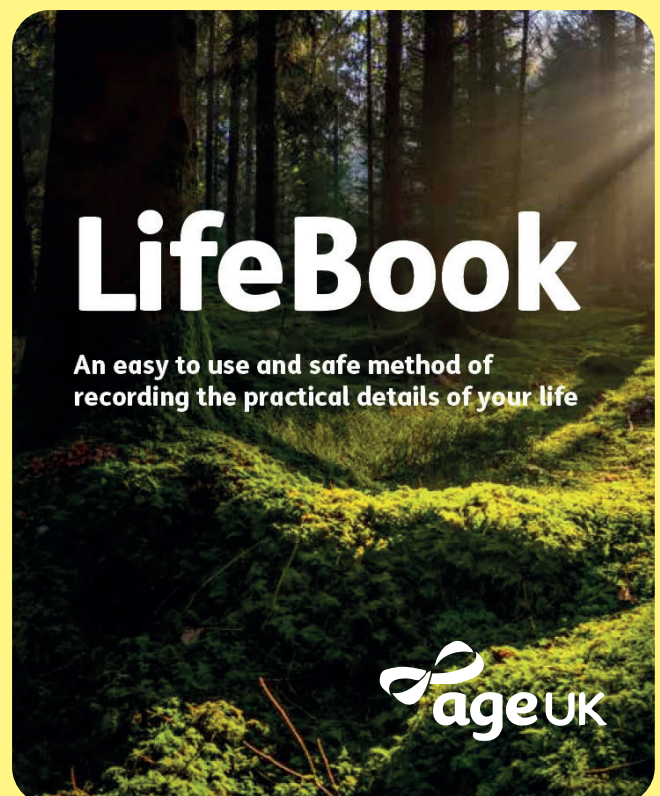
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The LifeBook is a free booklet where you can write important and useful information about your life, from who insures your car to where you put the TV licence.

Sometimes it's easy to mislay important documents and information, so Age UK developed the LifeBook to help you find exactly what you need without searching.

Follow the step-by-step instructions to fill in the various sections with your details, contacts and locations of important documents. There is also a section where you can record your thoughts and wishes for the end of your life. You don't have to fill it all out at once – complete it at your own pace.

We have a supply of these booklets, if you would like one, please contact your Scheme Manager or the office.





# Landline Telephone Digital Switchover

## What is the landline telephone digital switchover?

The UK's telephone network is changing. Between now and January 2027 the old analogue telephone landlines will be upgraded to landline services using digital technology.

This means that in the future, landline calls will be delivered over digital technology called Voice over Internet Protocol (VoIP), which uses a broadband connection.

## Why is it happening?

The UK is upgrading its telephone network from the old analogue system to a new digital system. This means that by January 2027, landline calls will be made using the internet instead of traditional phone lines. This is happening because the old system is becoming outdated and expensive to maintain.

## What do I need to do?

In most cases you don't need to do anything until your provider tells you that your telephone service is changing. When the switchover finally happens for you, and if you already have an internet connection, the change may be as simple as plugging your phone into your broadband router rather than the socket on the wall. If this is not the case, your telecoms provider will be able to help you.



## Do I have to have broadband?

Once the old telephone connection is switched off, customers that wish to continue having a landline phone, and do not already have broadband may choose to purchase a broadband service. However, we expect that providers will have a range of options for people in this situation, so customers should not be forced to take out a high-speed broadband package if they do not want to.

## Will VoIP phones work in a power cut?

Unlike traditional phones, a phone connected to a broadband router will not work in a power cut, as the router gets its power from the mains.

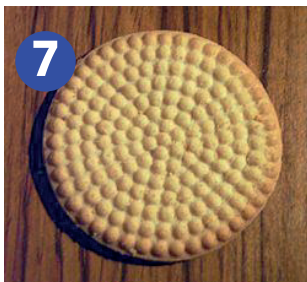
If you rely on your landline, for example, you don't have a mobile phone, you're unable to use a mobile phone or you don't have mobile signal inside your home, your provider must make sure you are able to contact the emergency services during a power cut. This could be in the form of battery back-up so your landline will continue to work, or by giving you a basic mobile phone to use in this situation.

With regards to your pull cords and pendants, there is nothing for you to worry about as the Society will take care of the switching to digital.

## Biscuit Quiz

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This is for all you tea drinking biscuit dunkers! Can you name these biscuits? Please send in your entries by Sunday 14th August 2025. Good luck and keep dunking!





# The Ghosts of Norwich Prison

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## Graham Light, Fiddys Yard

In my younger years I was employed as a Special Constable. When I heard of a vacancy at Norwich Prison for the night patrol, I applied and was successful and got the job.

I enjoyed my job, however, after 2 years I was transferred to High Point and Littlehey Prison which meant I saw little of my family. So, a few months later I applied to join the Police force and was successful in passing all the tests. However, it did mean that I had to resign from the Prison service whilst I waited for a vacancy.

Unfortunately, at the time, there were no vacancies in the Police force, and I had to find alternative employment.

My marriage had come to an end by this time, and I moved to Great Yarmouth. However, I contacted Norwich Prison and there was a vacancy for an Officer which included shift work.

I was lucky to get the job, and I completed the required training. My fellow officers were good to work with; we were a close network and covered each other's backs – we called ourselves The Old Timers.

I didn't believe in ghosts at the time, although there were lots of stories shared amongst inmates and officers about sightings of a woman and weird happenings and sounds around the Prison.

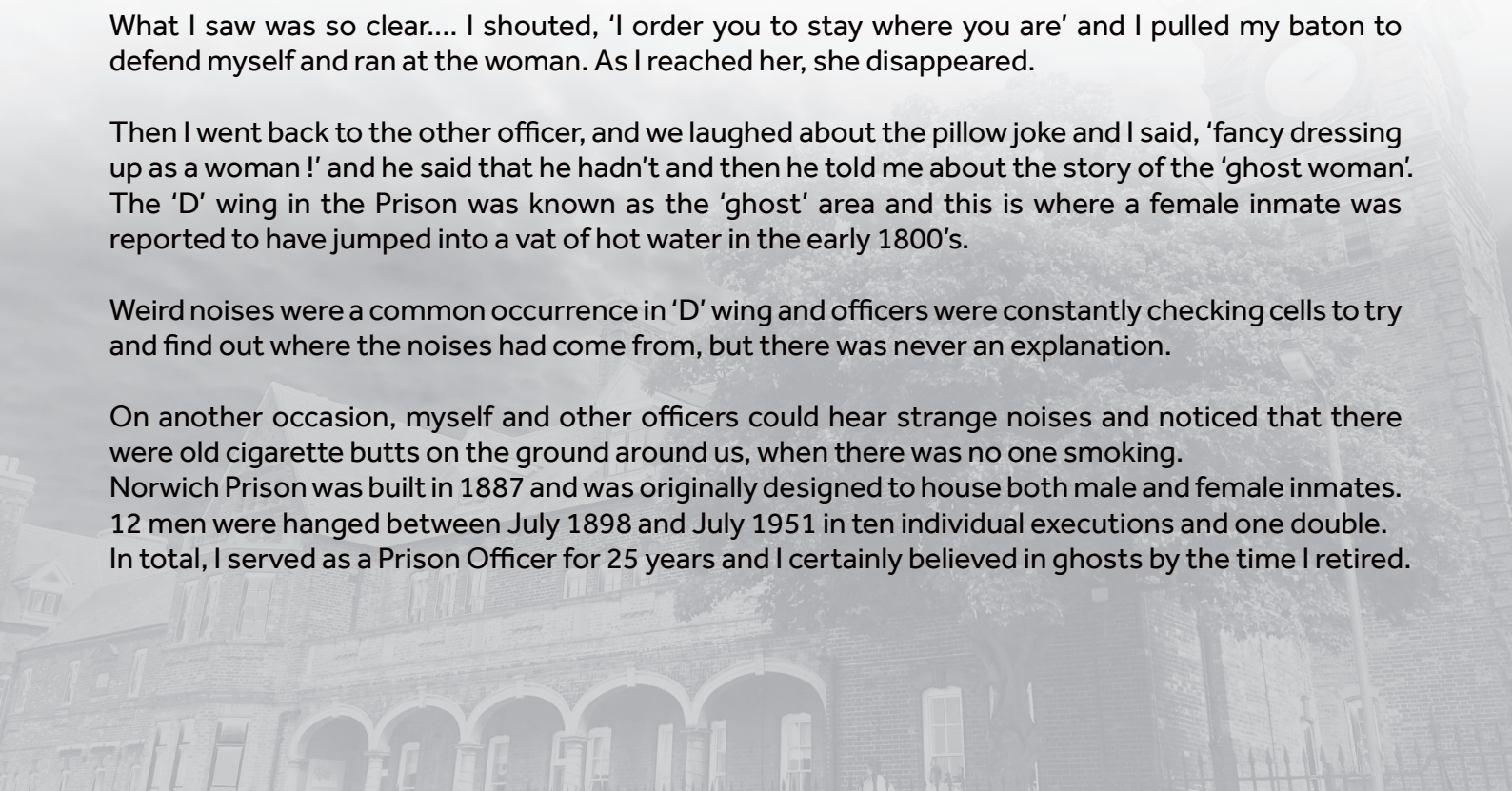
One night in the late 90s whilst I was on duty, I was carrying out a patrol which covered the reception area. I had to press a button to confirm I had checked the area. As I opened the door there was a big bang and pillows fell off the shelves, which turned out to be a joke played by the other officers. Then I saw a figure of a woman with white hair wearing a long nightgown.

What I saw was so clear.... I shouted, 'I order you to stay where you are' and I pulled my baton to defend myself and ran at the woman. As I reached her, she disappeared.

Then I went back to the other officer, and we laughed about the pillow joke and I said, 'fancy dressing up as a woman!' and he said that he hadn't and then he told me about the story of the 'ghost woman'. The 'D' wing in the Prison was known as the 'ghost' area and this is where a female inmate was reported to have jumped into a vat of hot water in the early 1800's.

Weird noises were a common occurrence in 'D' wing and officers were constantly checking cells to try and find out where the noises had come from, but there was never an explanation.

On another occasion, myself and other officers could hear strange noises and noticed that there were old cigarette butts on the ground around us, when there was no one smoking. Norwich Prison was built in 1887 and was originally designed to house both male and female inmates. 12 men were hanged between July 1898 and July 1951 in ten individual executions and one double. In total, I served as a Prison Officer for 25 years and I certainly believed in ghosts by the time I retired.



## Sweet Quiz Answers

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- |                       |                      |
|-----------------------|----------------------|
| 1. Dolly Mixtures     | 7. Aniseed Twists    |
| 2. Everton Mints      | 8. Rhubarb & Custard |
| 3. Fizzy Cola Bottles | 9. Rosey Apples      |
| 4. Flying Saucers     | 10. Sherbet Pips     |
| 5. Cola/Kola Cubes    | 11. Lemon Bon Bons   |
| 6. Pear Drops         | 12. Clove Balls      |
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**Well done  
to Angie Roberts  
from Lanchester Court.  
Angie was so shocked to  
hear the news.  
Remember, you've  
got to be in it to  
win it!**

We would really love to hear from you. This is your newsletter so we would love to know what you would like to read about. Please send us photos from gatherings and events you have on your schemes. We'd like to hear about special birthdays and anniversaries. Or you could tell us what it's like to be a Norwich Housing Society tenant!

**You can follow us on Facebook, Instagram and LinkedIn.**

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