

Volume Volunteering Music & Events

Sennen - Destroy Us EP

Already making ripples in America, leading undoubtedly to a splash, Sennen are one of the success stories of Norwich. Their unique breed of spacey post-rock influenced guitar pop has seen their last albums hit national critical acclaim and landed them big name supports with dEus and iLiKETRAiNS (obviously popular with the funny letters brigade). New short-player Destroy Us acts as a lead up to an apparently startling new record from the band due next year on Norwich-based Hungry Audio records.

The EP flows as a stream of consciousness from a band finding their pop sensibilities on the back of their dreamy instrumental experimentation. Opening with a keyboard inflected and charismatic run, the layers finally blend into the title track- a harmonised pulsating beat that is at the same time forlorn and hopeful. "I have never seen a life that didn't make me question mine," they sing, before breaking with typically epic staggered break. The song builds to a scale that would make U2 producer Jackknife Lee feel envious. The track is the key to a hypnotic and kinetic record that's best listened to in one fell swoop.

"Bizarre Love Triangle" is a fantastic cover of the New Order song that keeps the dancey pop atmosphere of the original whilst making it their own guitar-orchestra sound and "Figurine" is an emotive and delicate ballad that sounds like Explosions in the Sky meets Blur. An EP this good should make you very excited about the new album.

myspace.com/sennenwidows

Sam Hill

Trouble with these double-issue things is I don't know whether to look back over the last year or look forward to the new one! So in our Happy Christmas, Happy New Year and Happy Birthday (2 years of Introducing) VoluME we've done both.

The Lost Levels are back, Nathan Fake kicks off a new electronica event and there are some great volunteering opportunities to regenerate your very fibre. What? Not seen our new interviews and sessions online? Some fabby stuff - myspace.com/bbcnorfolkintroducing - including King Laconic - more of him inside here too.

Have fun in 2010 - and keep listening to **BBC Norfolk Introducing!**



Le Tetsuo -
Your Elbow



The Neutrinos - Build
Him 'til He Breaks



The Brownies -
Dance Romance

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Training a Robot

February will see the release of The Lost Levels' new single, Training - with b-side uncertain but possibly a track called Robot. The Levels are known for their multi-layered sound, and this track is no exception: voice, synth, drums... all melded together perfectly. The beat is measured at first - holding you back until the full force of The Lost Levels machine comes to life, drawing you along faster and faster, yet restraining you at the same time.

Training is the embodiment of an idea. "Training," said frontman Chris, came from, "a musical idea, a little hook I played. The lyrics came a lot later. First verse came when I was at a bank. Second when I was in court (querying a driving fine)...I waited for hours, then came in and said 'I hadn't known anything about it', and they said 'Ok, you don't have to pay anything'. The system...all those tired lawyers in grey."

Not only do we have the single to look forward to, but The Lost Levels are playing a gig - the first in a long time: 17th December at the Norwich Arts Centre. In support are Vanilla Kick, Arcadia Lake and Next Big Thing finalists Epichunt. They chose bands which, said Levels' Iain Lowery, "are in a similar ballpark to us". "Nights need to have a context and continuity. They need to have an identity," said Chris.

Ever-optimistic that I might be able to subtly influence the world of music, I then asked a final question: If you had to cover either Depeche Mode, Just Can't Get Enough, Leona Lewis' Bleeding Love, or The Beatles' Why Don't We Do It in the Road, which would you choose and why?

The responses were, from Iain: "Depeche Mode I reckon. I'm not interested in Leona. Although we could do something very different with that." Chris said, "We can't sing like Leona. Enough people have covered The Beatles. We were thinking of opening with a cover. Maybe Under Pressure. It'd be absurd. It's a funny thing doing covers," Iain then added, "I've always wanted to do a cover of an entire album of The Beatles." and there followed a discussion about The Beatles....

Listen to new single Training www.myspace.com/thelostlevels

Jax Burgoyne

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Volunteering Music & Events

Hospital Radio is a unique and fun way to help the community and it's a valuable service. It requires presenters, administrators, fundraisers, communications and electronics people. We spoke to Lauren Coates, a volunteer at Hospital Radio Yare.

"I decided to volunteer with my local hospital radio station as I had previously completed a Media Production degree at University and had a radio show there which I absolutely loved! At the hospital station I gained technical skills, such as how to operate the mixing desk, presenter skills and was taught how to construct a show to make it individual to me. I chose a rock'n'roll theme for my show as the station was missing that genre at the time and it was something I could talk about enthusiastically."

"Depending upon your experience, it's initially a 12 week training period and you can volunteer once a week or more. If you're looking for a career in radio it's an excellent platform to practice from and acquire material to make a demo CD in an unpressured environment."

However, you don't have to be a presenter. If you're a naturally caring person, you can visit the patients in the hospitals to collect their song requests for the shows. You can really see the appreciation from patients who don't get many visitors, or get none at all. Someone taking the time to chat and listen to them for five minutes can help distract them from their worries and listening out for their song will give them something to look forward to as it may hold many a dear memory.

Hospital Radio Yare covers Great Yarmouth, Gorleston and Lowestoft hospitals, to find out more visit:
www.hospitalradioyare.com
For others in the county visit
www.hospitalradionorwich.co.uk
hospitalradiolynn.org.uk
Hannah Johnson



Lauren Coates

Toys and Tins Appeal

When Christmas draws near, BBC Radio Norfolk, The Salvation Army and various other agencies across Norfolk get together and join their voices in the call for DONATIONS! Not money, but 'toys and tins' - gifts aimed at children and teenagers such as toys, tins or other non-perishable food, and bath stuff.

Ian Forster of BBC Radio Norfolk, said, "For many people Christmas time is doom and gloom. People may be alone and families may be in need. The Toys and Tins Appeal provides a little cheer to disadvantaged individuals and families." Over 3000 people and 1000 households in Norfolk have been helped by Toys and Tins so far.

Members of the public have been coming into the BBC Reception at The Forum and leaving donations in the sleigh. At the moment it seems to be emptied and filled daily, and that is only one of the drop-off points.

A team of volunteers collect and sort all the gifts, and pack them into parcels and hampers. These are then distributed across Norfolk to families that the Salvation Army has found - through working closely with Social Services and other local agencies - would benefit most from a Christmas treat.

If you would like to drop off a donation the BBC reception is open Monday to Friday 9am to 6pm and Saturday 10am to 5pm.

Jax Burgoyne

A 'Blueprint' for Success

Ruby O Callaghan, 25, is the Creative Project Facilitator for the Blueprint Project which is running at the Garage from December to January. The project will culminate in a Slam event in January.

Ruby said: "I got a Facebook notification about the opportunity and thought it sounded really interesting. I got an interview a few days later and started almost immediately. I'm a singer and have found that volunteering in the arts sector gives me the opportunity to meet people in the same area. I work a lot of nights so have my days free and it means I can do something really worthwhile."

"Volunteers are helping to organise the whole thing. We're trying to put together an event that will benefit their communities, and we're looking to bring in charities to help in various areas. The Slam event itself will probably be charity led. It's a work in progress at the minute so we're still throwing around ideas."

The volunteers will produce, manage and co-ordinate the Slam event which will hopefully highlight issues young people want to address, using artistic mediums.

Young people can sometimes get a bad reputation but Ruby has found that the volunteers really want to make a difference in their communities, and, she said, "They are all so enthusiastic. I think it's amazing and I've been really impressed with all of them."

All of the volunteers, including Ruby, will be working towards an Arts Award (similar to the Duke of Edinburgh). The younger volunteers will be gaining a bronze award and Ruby is working towards the silver.

Ruby added: "You get a feeling of satisfaction watching the project grow. This is a really great group of people."

Chris Murray



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The Barlights at Hot City Sounds 09, photo by David R. Gray.

Name: The Barlights
EP Title: "Recommended Songs Lovingly Picked by The Barlights EP (We don't do catchy names too well...)"
Tracks:
 The Brownies -
 Cry Yourself To Sleep
 Tin Man - Illusion
 The Vegas Fame Index -
 Shot of You
 Cross Country Driver - Hey Red



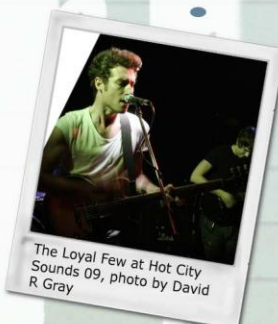
Sophie Little

Name: Sophie Little, BBC Norfolk
 Introducing Presenter
EP Title: "Let's Make Babies"
Tracks:
 The Barlights - Good Night's Sleep
 Uh Ohs - I Can't Wait
 Glory Glory - Love for Love
 Fever Fever - Stage Shoes



Katherine Nash

Name: Katherine Nash, BBC Norfolk
 Introducing Presenter
EP Title: "Sounds of the City..."
Tracks:
 The Loyal Few - Adventures
 Brooke Sharkey - Happy Song
 The Barlights - Ticking
 (Great video, shown at the Norfolk Video Festival!)
 Rory Mcvicar - No more do I care
 (The live version that he played when we hosted a Hot City gig in The Curve)



The Loyal Few at Hot City Sounds 09, photo by David R. Gray

Name: The Loyal Few
EP Title: "The EP For You And Me"
Tracks:
 Dumbfoundus - Call For Love
 The Kabeedies - King Canute
 Men - Calculators
 The Lost Levels - Five

As it's Christmas, and a whole year has passed, we thought we'd review the songs of the year.

We asked our four presenters, and a couple of bands, for their favourite local tracks of 09, and what'd they'd call this special EP.



Adrian Cooke

Name: Adrian Cooke, BBC Norfolk
 Introducing Presenter
EP Title: "This is Norfolk, mother****ers" or as my LA friends kept saying last week "Oh My Gaad, This Is Frickin Awesome!"
Tracks:
 Fever Fever - Keys In The Bowl
 The Brownies - Cry Yourself To Sleep
 Sennen - Destroy Us
 Blighters - The Exam

Name: Harriet Howard, BBC Norfolk
 Introducing Presenter
EP Title: "Youth Novels" or "Tales Of The Jackalopes"
Tracks:
 Blighters - The Exam
 Maths - Solace
 Atlas&i - Raise Your Glass To Burn
 The Past
 Mushnocandy - Greedy Greedy



Harriet Howard

Volume Volunteering Music



Caroline Eaglen,
Community Volunteer

Community Volunteers

Attleborough Voluntary Norfolk covers the Attleborough and Wymondham area and is looking for people to help with befriending/visiting... outings...work in various organisations...relief sitting to give carers a break - and much more.

Caroline Eaglen, 23, became a volunteer for them because, she said, "I am starting a Diploma in Adult Health Nursing in February 2010 and wanted to gain some experience in this area."

She now visits a woman of similar age to herself, who has several disabilities. Voluntary Norfolk provided her with some training on managing a wheelchair to help her in the role.

Caroline has now been visiting for 8 months. "Sometimes we just have a chat, or we watch films together, go to Norwich, or go out for a drink or lunch together at her local pub."

"When I visit it gives her a chance to be with someone her own age who isn't a carer or a parent. I enjoy giving her my time and it's a very rewarding role - and we can arrange visits around my shift-work too."

"My best moment so far was going to Norwich together. We went shopping and had lunch and she told me she really enjoyed her day out with me because she was able to do the usual things girls like to do."

If you want to get involved as a Community Volunteer, go to www.do-it.org. Jax Burgoyne



Volunteering:
My Experience

Jock Downie, 30, currently works as a course advisor at City College Norwich and for seVA (the Sexual Violence Alliance). "When I was 16 a girl I was into was volunteering for HIV awareness and I thought it would be an opportunity to spend time with her. I found I loved it though, it was really rewarding."

Jock couldn't find the time to continue his volunteering work around his studying, but a few years later he felt there was something missing from his life.

"I was 21 when I felt I needed something more fulfilling. I started at the Norwich AIDS Helpline. I developed a thing where we went into nightclubs handing out condoms. We built a six foot penis out of papier mache and took it to clubs with us. The problem with AIDS and HIV is it's quite a scary subject so you need some humour around it to make it a bit more approachable."

"I've got so much out of volunteering, like transferable skills. It's been a really social thing for me. I met my wife, lots of friends and got the job at the college due to my counselling skills. There are very few jobs that can give you the same satisfaction as volunteering. It's the sense of selflessness, to work really hard as a group and do something that feels community based."

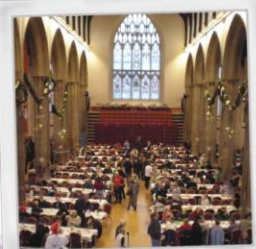
Jock believes volunteering is the ideal way to make contacts and get valuable work experience.

He said, "More promotion is needed in schools and colleges to get young adults involved in volunteering. I work with kids here who are trying to decide what they want to do for a course. One of the first things I say to them is go out and do some volunteering. It gives you hands-on experience and it's a really good way to test the water."

Chris Murray



Tea, coffee and soft drinks are served all day.



St. Andrews Hall starts to fill with guests after 11am.

Norwich Open Christmas 09

For 18 years volunteers have been getting together to provide Christmas Dinner and tea, entertainment, food parcels, clothing and a warm welcome free of charge for people who are homeless, have a low income/a small pension, or have recently been discharged from hospital or prison and might be alone on Christmas Day.

There are several locations in Norfolk, including St. Andrews Hall in Norwich. The doors open there from 11am till 5pm, and last year over 400 people came by. A sister event at the Marina Centre in Yarmouth now has over 300 guests: "Many lonely people now look forward to these events each year."

An organising committee and core of about 50 volunteers help with the preparation, and on the day roughly 130 volunteers get together to run the event.

Norwich Open Christmas is not just a testament to the generosity of volunteers - Norwich City Council provides St. Andrew's Hall free of charge, Cambridge Catering Company donate crockery and cutlery, Norwich City College lend their kitchens and a senior lecturer from the Catering School, and Norwich CAB provide staff and leaflets for the Information desk. Donations (money, food, and clothing) help the event to happen, and local businesses donate food parcels.

Dave Massey has been organising the entertainment for the day. He's been, "the entertainments co-ordinator/manager/organiser/guru for longer than I care to remember." This year guests can look forward to entertainment such as Tony Bailey from Norwich on the piano, carol singing, a trivia quiz, Dave Tom, a medieval story teller from Norwich, a bingo session and Heather Enid Wells, a Norwich singer/songwriter...

"In general, I try to arrange as varied a programme as possible," said Dave. "In the past we've had an Irish dancer...a brass band...and more. But larger groups tend to have some members with family commitments so most of our acts tend to be solo."

One of the greatest things about Christmas is seeing the charity it inspires in everyone. Here's to a wonderful Open Christmas 09, and many more.

Jax Burgoyne



During lunch, guests are treated to a variety of entertainment.

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King Laconic

Laconic: using or involving the use of a minimum of words / concise to the point of seeming rude or mysterious. King Laconic is Brendan Bennett: the new king in town. A softly spoken UEA student and nothing to do with Elvis, he is easily one of the best acoustic acts in Norwich. "When I came to Norwich, I knew nothing about the music scene. My friends challenged me to write these songs and gave me this deadline, which I took on as self-imposed. It went from there - starting in open mic nights."

Brendan's tactile and rounded guitar work chimes with the melody of 70's folk, 80's post-punk and 90's alternative all at the same time, switching between Radiohead and Bowie in an instant, whilst his androgynous vocals leap with consistently clever and engaging lyrics. When asked about his influences, Brendan simply states, "guitar music from the last two decades".

However, Brendan said that his falsetto voice took some growing into, helped by the re-emergence of other artists with a similar approach. "There's a few records that come out in the last few years that gave me the bravery to sing in a 'girl's' voice. Bon Iver for example, and The Wild Beasts."

Watch out though, as there are changes going on in the King Laconic camp. "I'm working on distancing myself from the songs I play at the moment and collaborating with a lot more people in Norwich." It will be interesting to see where the King seats himself.

www.myspace.com/kinglaconic

Sam Hill



King Laconic

Console Wars

It's no small feat to win The Next Big Thing battle of the bands. Previous winners include The Kabeedies, Ed Sheeran and Le Tetsuo - all of whom have gone on to bigger and better things. It's no great surprise then for me to say that this year's winners, Console Wars, are one of the best new bands in Norwich. Blending dancehall synth, jagged guitars with catchy gloom-rock choruses, Console Wars are like New Order beating The Cure with an Interpol-shaped stick. Not bad for a band who have only been playing about six months and about eight gigs. Nevertheless, they're off to a good start.

"It's nice to have that confidence boost when you're starting out as a band," said keyboard/guitarist Stephen. "When you're new most of the people coming to your shows are close friends. To get some wider acclaim is nice," agreed guitarist Craig before their stormer of a session in our studio. (Even acoustic, the band claims a sound that fills any space.) We had an exclusive play of new single "Asthma" on BBC Norfolk introducing recently. If you didn't catch it then, it's heading straight for your ears next year and should set faces to 'stunned'. With an ever-increasing profile and a support to the Lost Levels coming up in Feb, catch them while you can.

www.myspace.com/consolewarsband

Watch Console Wars in the BBC Voices studio for an interview and session
www.myspace.com/bbcnorfolkintroducing

Sam Hill

Friday 29th January sees a new star in the gig-sky of the Norwich music scene. Spectro is a new initiative at the Norwich Arts Centre showcasing the best electronica music.

Nathan Fake

In the depths of Fakenham a sound was heard, awakening a new craze in Norfolk. A major contributor was Nathan Fake with his, "electronic rural life-techno". He's spread his musical wings over international waters to the likes of Spain, Australia, Japan, and recently had his talents recognised by the infamous Thom Yorke - keep an eye out for Nathan's current favourites, Fentiger and a remix of Clark.

* Who would you say has mainly influenced and inspired you?
I spent most of my teenage years listening to Orbital so I guess they've been a big influence. These days it's mainly my friends who make music, sending each other tunes all the time.

* Best gig moment?
Playing an outdoor festival in the mountains in Japan was a particularly good one.

* Present and future projects?
I am working on another album at the moment but I can't really say when that'll be finished and released yet. I have recently done remixes of Clark for Warp Records and Grasscut for Ninja Tune, which will hopefully be out early next year.

* Where do you hope to see yourself in 5 years time?
In photographs looking reasonably happy.

* Where can we go to see/hear more?
myspace.com/nathanfake [Yes, it is cake, Ed.] - where I occasionally put up random new tunes, also you can look at my website for live dates - nathanfake.co.uk. I am playing at Norwich Arts Centre on January 29th 2010. Wow, it's nearly 2010. I like to call it "twenty-ten" rather than "two thousand and ten" because it sounds more sci-fi.

Hannah Johnson

Volunteering Music & Events



Nathan Fake



Photos by Dan Tombs

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All Sorted - Tea Time Shuffle

All Sorted have been putting on gigs in Norwich since 2006, but recently hit upon a concept new to the city. The idea arose when one of the team suffered a head injury which left him frustrated, unable to do his day job and struggling to cope with late night events. All Sorted joined forces with Piggy Bank Promotions and the Tea Time Shuffle was born - free entry, early evening gigs that people can head to straight after work, and still catch the last bus home. Five nights have been planned, although if the idea proves to be a success, chances are they'll continue into the New Year. Launch night in November went down well, with a packed audience in an intimate venue. Acts and audiences both agreed it was a 'fantastic and unique idea for Norwich'.

I popped along for VoluME on the second night and agreed. There was a very warm and welcoming atmosphere, with the combination of live acts and complimentary snacks making for an ideal relaxing end to a long week's work.

VoluME was keen to find out how the 'free entry' concept worked for the promoters. All Sorted explained that they have received a lot of support from the venue, the Karma Kafe, who are providing drinks for the acts and helping with the hire of the PA and soundman.

All Sorted are interested in a wide variety of music styles from the indie, electro, funk, acoustic and alternative genres. If anyone is interested in performing at one of the Tea Time Shuffle nights, join the All Sorted Facebook group (Tea Time Shuffle Norwich) and send them a message.

Nicola Green



Screaming



All Sorted
Calum Duncan



All Sorted
Apollo 101



SCREAMING
GROUND

Screaming Ground. In his own words.

New kid on the block, Screaming Ground Promotions is the gig-organising name of Norwich based artist NDX. And this is his Manifesto.

"Screaming Ground isn't just a name for the promotions outfit I run, it's there to make a difference. There are so many plain, boring, dull bands around that all get pushed by the 'people who matter'. Many of them are undeserving of it.

"Screaming Ground is all about the bands that DO deserve to be heard, that DO deserve to be loved and that DO make interesting and exciting music.

"I like to think I help fill a hole left in the Norwich music scene from other promoters leaving the City, and venues closing. People are crying out for something other than bland NME indie bands and ...*shudder* Twee.

"Norwich has a mass of talent, which I expose whenever I can, but it is also about bringing touring bands who otherwise may not come to Norwich, and especially not to intimate venues. I want to provide people with these awesome bands to watch and listen to and love as much as I do. I like to think I've made a difference since I've been doing this...

Great venture for music fans in West Norfolk

The FREE music Hangout is hosted at Grange Farm Studio in Emneth on the last Thursday of every month from 7.30pm. It's a great networking opportunity, joining up talented individuals and companies. Like-minded people are brought together, increasing opportunities to play and enjoy music locally.

Isi Clarke, resident engineer and producer said, "First and foremost this is a fun evening of music chat and info swapping." She added, "We also have a spotlight slot at the end of every Hangout for a member to perform or talk about their 'thing'." The Hangout is open to anyone, regardless of age, style of music or experience so if you're interested, come along or drop them a mail: thehangout@grangefarmstudio.com.

Visiting speakers have included representatives from Musicians Union and BPI. This has given local musicians the chance to raise their concerns and join in national debate on issues such as live music, lack of venues, and understanding royalties.

For further information contact: Lucy Ryan, Grange Farm Studio Manager, 01945 430281 or visit www.grangefarmstudio.com.



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The Lucky Last – New Single

The Lucky Last are in the BBC Norfolk Introducing Studio on Friday 18th December, just ahead of their single launch at the B2 in Norwich on Sunday 20th.

The band is made up of Ben Taylor – vocals and rhythm, Sam Brown – bass and backing vocals, Leon Frere-Smith – drums and Sam Taylor – lead guitar and backing vocals.

The band has been together for about a year. Ben and Sam initially played together for a few years, but finally met Leon through a music forum. They started playing together, but decided they needed a second guitarist and so they asked Sam to join and that's the current line-up.

"We sound like slightly punk tinged garage rock with balls," Sam told us, "echoing the likes of The Subways, Stereophonics, Placebo and Foo Fighters." Highlights so far include a great gig at The Marquee, Ben doing a live session on Future Radio, the KunK E.P. launch they played at – "and getting played on BBC Norfolk Introducing."

The new single will be available on their EP 'Outspoken Apologies.' It includes Getaway and No Hope for Heroes. Other Lucky Last tracks to look out for include Lullabye and Magazine Lies – "Come see us live and you'll see why," said Sam.

Copies of the E.P. will be available at the B2 launch and then on download in the New Year. Following that the band hopes to do as many shows in Norwich and beyond, including a small UK tour in the summer.

"Come and see a show and you'll get what we are all about," said Sam. "And tell your friends."

With a KLFM session too – there seemed only two more things to ask. Savoury or Sweet and Blancmange or Custard? "Savoury all the way! And custard, definitely custard."



The Lucky Last Single Launch



www.myspace.com/theluckylast

Mister-Pink has been taking his music on a trip around the county for many a year now. Enthusiasm undimmed, he's just launched his new album, "All Pink On the Inside."

"It's an album made by three professional musicians that," said frontman Si, "features rock, blues, funk, soul and jazz on it, so something for all." Their myspace says, "If you like Hendrix, Led Zep or even the Scissor Sisters, you'll love Mister-Pink" – and you can hear these influences in the new release. The album is a mix of Mister-Pink originals and covers, with tracks including 'Pink Panther' and 'Lick my Bits' which has that familiar, powerful, funk-rock riff, so much a trademark of the band.

To download the album go to <http://www.mister-pink.co.uk> or their myspace, www.myspace.com/misterpinkuk.

Jax Burgoyne



Mister-Pink



All Pink on the Inside



Music Journalism

An Introduction to Music Journalism

Neil Mason, is a music journalist who was Melody Maker Reviews Editor and the inaugural Features Editor on NME.com. He also launched warchildmusic.com, the groundbreaking music download site that raised over £500,000 for War Child, and his work has appeared in Rolling Stone, Muzik Mixmag and Zoo. Today you can find his writing on his sites mynewfavouriteband.com and rippingvinyl.co.uk.

Not only does he have a pedigree, he's now willing to pass on all he's learnt to you! Neil starts a music journalism course at the Norwich Arts Centre early in the New Year.

"Creatively, the music press needs freshening up. When it comes to pushing boundaries online, little offers itself more readily than music, yet the current music press – both online and offline – has become less about discovery and more about selection. Gone are the days when journalists scoured venues in search of the next big thing."

Neil aims to train new music journalists to reinvigorate the industry. "This course is aimed at those who are interested in learning not only how to be an effective music journalist, but also discovering how the role has changed in the 21st Century. It will introduce you to the full range of skills required to be an engaging, entertaining and knowledgeable music critic."

The course involves discussion, writing, interviewing, developing critical opinions, discovering new bands, reviewing albums, singles and with the Arts Centre venue on your doorstep – a chance to try out your new found skills reviewing live bands.

If you are interested in music journalism, check it out.

Starts Monday 18 January. For details and costs www.norwichartscentre.co.uk

Jax Burgoyne

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You can even get full training and work towards an NVQ!

Assist Trust - Support Worker for young people with learning difficulties

There are lots of ways to get involved with the Assist Trust as a volunteer. In particular they are seeking volunteers for 3 particular services - 1. Assist Trust Horticulture Project - a wide range of gardening and conservation tasks at a beautiful 2 1/2 acre site on Sprowston Road, Norwich; 2. Independence - enabling adults with learning difficulties to access local amenities in Norwich City Centre; 3. Group support - various groups including Art and Craft, Life Skills, Confidence building, Preparation for Work and Job Coaching. Full training is given and NVQ leading to paid work.

Happy to get creative and support others?

Snappy Name Drama group - Support volunteer

To assist in supporting "Snappy Name Drama Group", which runs approximately once a fortnight in term time, for one group of children aged 7 - 14 and one group aged 15 - mid 20's. We use professional workshop leaders and we also have a paid worker from the Youth and Community Service, but need additional volunteers particularly with the younger age group to ensure the children are safe.

The activities are both active and varied. Volunteers are needed to support and encourage members to participate and understand instructions. The ideal volunteer would be prepared to let their hair down and have fun, but to be firm and patient with youngsters with Down's Syndrome. The sessions will be run from Norwich Arts Centre, St Benedict's Street, Norwich.

Want to teach or work with children?

Magic Gardens project - School Garden Helper

We are looking for anyone over the age of 18 who has an enthusiasm for helping primary and sure start children to learn about gardening and the environment in the Norwich area. We welcome those who may have their own experience of gardening and growing their own vegetables and people who have some free time and would like to learn new skills in the garden.

You will assist our staff to carry out their gardening and environmental lessons. This will range from demonstrating how a wormery composting system works to helping the children understand the cycles of nature to practical help in the garden (digging and weeding, etc). This work may also include simple office or craft work, i.e. making a poster, laminating a leaf or typing a lesson plan. You will be required to have an enhanced Criminal Records Bureau (CRB) check and two references before you can start working with children.



"Call me if you'd like to volunteer."

If you're interested in any of these opportunities, contact our Youth Volunteer Adviser, Will. He'll be happy to give you all the info and contact details you need to get started!

There are hundreds of opportunities all around Norfolk. Have a browse on www.do-it.org.uk and let Will know if you'd like to find out more.
Call 01603 614474 or e-mail william.mills@voluntarynorfolk.org.uk.

From the vinolved team x

Do you want to promote global awareness to young people?
British Red Cross - Peer Humanitarian Educator

This is an opportunity to work with young people to develop their understanding of important humanitarian issues through interactive talks and workshops. Topics that are covered may include: sustainable development, children's rights, conflict, food and water security and HIV/AIDS. Volunteers will be trained in giving presentations and running workshops and will be delivering talks in pairs. This is a peer education programme so we would like volunteers to be aged 17-25.

Volunteering Music & Events

Looking for admin experience?

Citizens Advice Bureau - Admin support volunteer

A volunteer is required to provide administration support to the Casework Assistant. General administration duties include: photocopying, creating files, answering the telephone, data inputting and dealing with the incoming post. Additional work may occur.

Have you ever wanted to see the Police behind the scenes? - a call for actors

Norfolk Constabulary - Role Player

Volunteering as a role player for Norfolk Constabulary you will assist the Learning & Development Department in a number of ways.

You will work as part of a team, and interpret a brief given by the trainer (this might see you acting as a victim of crime reporting the incident, or a criminal, etc.) You will help to make training scenarios as realistic as possible by playing the *designated role*, and then provide *constructive feedback* to the delegates.

**VOLUNTARY
NORFOLK**

vinolved team
national youth volunteering programme

V inspiring
a million
more young
volunteers

BBC NORFOLK

introducing...

**Agents
4
Change**

CSV
make a difference

The fly-post

ALL SORTS OF PRESENTS AT NORWICH ARTS CENTRE BY WENDY STREET NORWICH

SATURDAY 12TH DECEMBER, 2009

THE PADDINGTONS

THE INTERPRETERS

DEAD DELTA & HEMINGWAY

DOORS AT 7.30PM / TICKETS: £8 IN ADVANCE / £10 ON THE DOOR
TICKETS: 01603 660552 / WWW.NORWICHARTSCENTRE.CO.UK / WWW.TEATICKETBOOKINGS.CO.UK

Screaming Ground Presents

Christmas Fun with

Mistakes.In.Animals

MC iPAD

Darwin and the Dinosaur

And **Ndx**

SATURDAY 12TH DECEMBER

The Marquee Norwich

9pm £3 On The Door

GIFT VOUCHER'S JUST IN TIME FOR CHRISTMAS

CHOOSE FROM THESE PERFECT GIFTS, OR TREAT YOURSELF!!

Mini recording session £49

Professional recording session in a state-of-the-art studio. Record a song under the supervision of our Head Engineer and get the mix CD to take home with you! This is the perfect gift for the popsters in your household or a great gift for the budding musician in your family.

Standard recording session £99

Professional recording session in state-of-the-art studio. Record 2-3 songs under the supervision of our Head Engineer and get the mix CD to take home with you! This is the perfect gift for the budding musician in your household or a great gift for the budding musician in your family.

Deluxe recording session £200

Professional recording and production session in state-of-the-art studio. Record a number of songs under the supervision of our Head Engineer and get the mix CD to take home with you! This is the perfect gift for the budding musician in your household or a great gift for the budding musician in your family.

Call: 01603 660552
www.screamingground.co.uk

NORWICH XMAS PARTY!

WITH:

THE KABEEDIES

VIOLET VIOLET

THE BROWNIES

THE BARLIGHTS

SATURDAY 12TH DECEMBER

8:00pm - 12:00am

THE BACKROOM XMAS PARTY 2009

THE DIRTY TRICKS

SWEET ARLITA

STARSEXplode

HEMINGWAY

COLLIDER

MORE TBA

THE MARQUEE NORWICH

SAT 19TH DEC 2009

6PM TILL 11PM

£3

FREE ENTRY

fantastic! It was extremely well organised and my and I were great with the kids" (Netmums reviewer)

Ultimate pop star party experience

A brand new party concept - your child could be the first pop princess in her class!

An amazing opportunity to have fun & experience a professional recording studio

Choose from High School Musical or Grease theme, or simply request your favourite song

From just £200 our party package includes 10 children, food, cake a CD of your singing to take home!

Call now to reserve your party date!

www.grangefarmstudio.com

contact: **isi@grangefarmstudio.com**
01945 430265

JUGS OUT PRESENTS

THE NY HILL STILETTES, THE BROWNIES, THE BARLIGHTS, THE KABEEDIES, VIOLET VIOLET, THE DIRTY TRICKS, STARSEXplode, HEMINGWAY, COLLIDER, MORE TBA

WEDNESDAY 16TH DECEMBER

7:30 PM

£3 ENTRY

NORWICH ROCKS

THE RIVER GARDEN

NEW YEARS EVE SPECIAL

Thursday 31st December

Live Music 7pm-2am

Hemingway, Dumbfoundead, Killamonojumbo, The Delaney, Four Days In May, Ame Just Sing, The Acoustic, Slightly Offensive Steve, & DJ sets from the Norwich Rocks DJ's

Entry: £10 In Advance (see website) £12 On The Door

WEEK 1, LETS GO

NOX

WHAT HAPPENED TO ROBBIE?

ARCADIA LAKE

Friday 9th January

The Marquee Norwich

8 till Late

£2

AT THE JUNCTION

something good

THURSDAY 10TH DECEMBER

TAKE 5 CRYSTAL

SCHWEVEN!

original portuguese of new york anti-pop R. Budder with Jeff Lewis, Kings, Bawden...

PROVINCE

local golden boy

ALTO 45

local boss mixers Rock the fucking Rats!

ATOMIC SOFA

on guitar answer to carole roadman. Ric Wade haphazardly plays his heart out

takeda

adelade's cape

with support

january 6th 7:30pm

b2 norwich £3