

# Therapy is serious – and also fun

At first glance it looked like a room full of children messing about on space hoppers. But in reality, a group of highly-trained health professionals were learning the techniques of a "radical" therapy which helps to develop voice and posture. The unusual session was held in Beccles at the weekend, when 13 cranial osteopaths were introduced to the idea of a voice gym. Former professional singer Angela Caine said that it can not only improve voice and posture, but can also treat seemingly unrelated problems such as asthma, ear infections and dyslexia. She said: "They are doing exercises with a physio ball in order to get the posture and voice connected – you have to work them together. "The gym includes simple exercises such as singing, reading, reciting poems to music, body stretching and balancing." She admits that her therapy is radical, but a lot of medical professionals such as dentists, chiropractors and physiotherapists are interested in it. Practice principal of Stowmarket Osteopaths Tim Oxbrow has been working with Ms Caine for 10 years. He said: "Cranial osteopaths are interested in quite a lot of conditions in infants and children but we realise that we are limited for treatments. "Voice gym techniques can help with symptoms such as glue ear, asthma and chronic mouth breathing and after using them with children for a while you can see immense benefits."



Picture: BILL DARNELL

'RADICAL': Karen Farrant reads a book as other cranial osteopaths use physio balls.

# Viking raiders back in old town

Swords clashed against wooden shields and men fell to the ground in pain – but not a drop of blood was shed. The fearsome scene was a re-creation of a Viking battle and nearly 2000 people gathered in Lowestoft yesterday to watch. The four-hour display provided a glimpse of what life was like more than 1000 years ago and was staged by the Lowestoft Dark Ages Society, which has been performing re-enactments since 1986. The arena included a small encampment and when the battles were not taking place the crowds could get a closer look at the weapons and equipment. The show was part of a 16-day festival celebrating the history of Lowestoft, organised by East Coast Festivals. Peter Dyer, festival officer, said: "It was a well attended event which recreated the Viking raiding parties that were off the coast of Lowestoft in the 9th and 10th centuries. "I think the children like to come along and see the battles and the adults like to come and find out about the history." Other events at the weekend included tours on old Lowestoft Corporation Buses and a nostalgic evening at the Marina Theatre where slides and music were shown. The Historic Lowestoft festival is an annual event and runs until Sunday.

# Samaritans in need of help

A lifeline charity in Yarmouth faces temporary closure unless it can raise £30,000 for repairs. The Samaritans' North Quay centre, Angel Villa, has problems which need to be corrected – and members are concerned the centre will have to shut unless the money is raised quickly. The group is launching an appeal for the cash on October 11. A spokesman for the Samaritans said: "The roof is leaking badly right over the room where we take calls – in one particular booth, we have to answer the phone with an umbrella if it is raining. "The windows and door frames are rotting, the paint is peeling off the walls, and there is also some subsidence."

# EFFECTIVE: Dispersal order keeps violence off the streets

# Crime lowered in Lowestoft

Police powers to break up groups causing trouble in Lowestoft are continuing to reduce crime. A dispersal order aimed at reducing violent offences in the Kirkley area was put in place in July. It is being used to target criminal damage, violent crime and nuisance offences and allows uniformed officers to break up groups of two or more people. Results for the second month of the six-month order show that these types of offences are down from 93 in 2003 to 72 this year. The number of violent crimes has fallen from 37 in 2003 to 20 this year.

By BEN KENDALL

Insp Paul Sharp said: "Since the order was brought in, we have seen a decrease in the number of violent offences. We are aware that there still are some problems in the area and we are continuing to tackle these. "Additional patrols are being made and police are working closely with other agencies including Waveney District Council's CCTV team, local schools, the Youth Offending Service and Positive Futures to help improve the area and, where applicable, divert young people away from the streets and towards

more positive activities." Figures running up to September 11 show the police have executed their powers under the order 11 times, dispersing a total of 34 people and excluding 18 individuals from the area for up to 24 hours. If offenders refuse to disperse when asked, they can be punished with up to six months in prison or a fine of up to £5000. So far nobody has been arrested for refusing to move on. The police also have the discretion to take people under the age of 16 home, or to a safe place, after 9pm if not under the control of an adult.

# New patient system

A new system of emergency medical cover for people living in Waveney was introduced at the weekend. Anglian Medical Care (AMC), which is run by the East Anglian Ambulance Trust, took over the responsibility of patient care from GPs outside normal surgery hours. Lyn Reynolds, primary care development manager for AMC, said: "It went really well. Beccles was quite busy with 63 patients seen between 7am and 2pm on Saturday, but we pitched staffing levels quite well and didn't have to call in extra doctors."

# Police face-to-face with their public

Suffolk's top policeman was told at a meeting in Beccles that anti-social behaviour was the number one crime. More than 60 people turned up to the public policing forum to voice their concerns and chat to officers. The event was organised by the Suffolk Police Authority and was open to people in the Beccles sector, which also covers Bungay, Halesworth and Southwold.

Six out of eight discussion groups chose anti-social behaviour as their topic. Chief Constable Alastair McWhirter said the policing in Suffolk was "first class" but added that a positive attitude to young people was important. "I think young people are getting a bad press, they are talked about as if being a young person in a public place is an offence.

"Not everything is about performance, policing is about people and the way we develop a personal service," he said. Sector commander Insp Tim Powell and area Superintendent John Everett came along to listen and give updates on the sector. Insp Powell revealed that two weapons amnesties had brought in 100 items including a mortar bomb and that, as part of the Pub Watch

scheme, 13 people had been banned from pubs. The force's cycling campaign was also successful, with 150 children being stopped for not having lights on their bikes and 60 letters were written to parents. Tony Andrews, of the Police Authority, said: "I think there is a great atmosphere here and it gives people a chance to speak face to face with senior officers."

**Reader Travel** Extra in Daily Press  
Your world covered, explore it today  
For more holidays, visit our website  
www.edp24.com/travel

**CITY BREAKS**  
Direct from Norwich International

Barcelona From £299	Rome From £329	Prague From £299

Travel with the EDP, get your holiday now, call  
**01603 614416**  
EXCLUSIVE TO EDP READERS  
Dedicated direct line, desk and pre-bookable seats at no charge