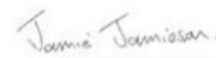




Jamie's opener

What is that expression... 'New Year, New You'? We build up through the month of December to a frenzy of gluttony over the three days of Christmas and then endeavour to shake off the pounds gained in a desperate start to the year - vowing (once again) to get fit and lean. A moment on the lips = A lifetime on the hips is another 'helpful' saying that we chant like a mantra as we embark on over-eager Nordic walking with poles in hand, games of squash (having not played - with our wooden racquet - since we were nineteen) or even the odd Zumba class in the local village hall (not actually sure what Zumba is... a type of ballroom dance perhaps?).

Although I have always been lucky enough to be tall and slim, this obviously does not necessarily mean I am fit; and one of my Christmas presents this year was a matt black Fit Bit. To those not initiated with the somewhat sci-fi looking device worn around the wrist, they monitor your heart rate and the number of steps you take in a day. They can also monitor your sleep patterns, but I haven't yet worked out which buttons to press in which order and for how long to set that facility up (and anyway, it is usually fairly obvious if I am either TIRED or NOT TIRED each day!). The Fit Bit encourages you to achieve ever increasing targets (thousands of steps) and before long you find yourself walking on the spot while waiting for the kettle to boil or while brushing your teeth. I have to confess that one of my indulgences when we moved house a few years ago was to buy myself a sit on mower. Imagine my surprise when I realised one afternoon that the Fit Bit misread the vibrations through my wrist from steering the mower, and after an hour of cutting the grass it thought I had actually been walking for an hour and subsequently smashed my daily target by a good few thousand steps! Was I going to confess to the tiny gremlin inside the device that I had inadvertently cheated, or was I going to bask in the glory of the golden trophy and fireworks graphics that I was presented with for my achievement... too right I was!



 Jamie Jamieson 

Agents' comment

Mike Rix of [Savills](#) Norwich residential team comments:

“Expect the unexpected is now the norm, not the exception, on the world stage but, despite this, property remains a fundamentally safe asset class.

“We’ve seen values increase in Norwich and its suburbs over the past couple of years. Demand is strongest for family homes up to £1 million in a market which is heavily driven by good schools.

“The city has long been popular, with the Golden Triangle and other hot spots such as Thorpe Hamlet and Trowse performing well, and the pull of the UEA, Norwich Research Park and the hospital as well as improved communications is undoubtedly contributing to its growing success. Norwich’s rising reputation as a cultural and retail destination is also an important factor which promotes the city as a pleasant and vibrant place in which to live.



“As with Norwich, education is an important feature for sales along and near the ever-popular north Norfolk coast. The wonderful landscape is a huge draw too, and the area continues to attract buyers in search of a family home as well as those looking for a bolt-hole in fabulous surroundings.



“Taking a broader view, Savills analysis predicts average house price growth will be low over the next two years, but an extension of the low interest rate environment will prevent a price correction. Mainstream house price growth is likely to rise 13% by 2021, with the East of England the top performer at 19%.

“The EU referendum vote has compounded the stamp duty effect on prime residential property, signalling two flat years before a return to trend growth in 2019. Prime markets are likely to outperform the mainstream over the next five years to the end of 2021.”

Currently in Norwich Savills have [1B Telegraph Lane](#) on the market (see picture above). It was constructed in 1894 of brick under a slate roof and was divided into two dwellings around the 1930s, with 1B being the southwest part. The accommodation is spread over three floors with four bedrooms, three reception rooms, a cellar, an annexe and mature gardens.

The property has far reaching views to Trowse and Whitlingham Broad, particularly from the first and second floors. 1B Telegraph Lane East also has fine original features including good ceiling heights and decorative corning. Plans were passed on 4th November 2016 to enlarge and re-model the property, particularly the ground floor accommodation. Plans are available upon request.

Norfolk Views



There are so many wonderful and varied views on offer in Norfolk, so this year we thought we'd feature some of them. We start with an iconic view of Norwich, from St James Hill on Mousehold Heath...

From here you can see the centre of Norwich laid out in front of you with all of the major landmarks visible; the cathedrals, the castle, city hall... The hill is an excellent place to watch the city fireworks on Bonfire night or to go sledging on in the event of snow. It is also a popular spot for artists and is one of the top views during plein air painting festival Paint Out Norwich. St James Hill is a 40 minute walk into the city centre but should you fancy exploring the area adjacent to the view, there are several places worth a visit.

Mousehold Heath - An 88 hectare area containing woodland, heath and recreational spaces with various trails to explore. It is a sanctuary for many different wildlife species including rare butterflies and reptiles. The heath has been managed on behalf of the citizens of Norwich since 1880 and is the largest nature reserve managed by Norwich City Council.

Cafe Britannia - A cafe located in the former Britannia Barracks staffed by category D low risk offenders who are keen to gain new skills before their release back into the community. All profits and tips go towards rehabilitating prisoners and charitable causes. It serves traditional British homemade cafe and food and recently beat stiff competition to win the Best Family Dining category in the prestigious EDP Norfolk Food and Drink Awards 2016.





Zaks - One of several in the county, the Zaks on Mousehold Heath is a diner serving American classics; burgers, hotdogs, steak, and milkshakes. It celebrated its 40th anniversary last year by holding a celebration which saw customers able to buy items at the original 1976 prices. Anyone for a 50p burger?

Jamie's fact file

Dessert Data


(in honour of Norwich's one and only dessert restaurant, Figbar)



 <p>#1</p> <p>The Great Fire of London started on Pudding Lane.</p>	 <p>#2</p> <p>The proverb 'The proof of the pudding is in the eating' is thought to date back to the 14th century.</p>	 <p>#3</p> <p>The current World Record for apple pie eating went to Joey Chestnut who ate 4.3 3lb pies in 8 minutes.</p>	 <p>#4</p> <p>Norfolk Plough Pudding is a traditional, savory, steamed pudding served on the first Monday after epiphany.</p>
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Random

One in three dogs in the UK is overweight.



The record for the world's largest snowman is from Bethel in Maine, USA. It stood at 37.2m tall.

San Francisco airport has a therapy pig to comfort stressed passengers. She's called Lilou.



iphones currently cost £80,000 in Venezuela.

Humans favour holding babies on the left side - irrespective of right or left handedness.

The coldest temperature ever recorded in the UK was -27.2 C, recorded in Braemar, Scotland in 1982.

Norfolk eats...

This month it is Figbar in Norwich

Cuisine:
Puddings

Open:
10am-6/10pm

Price range:
Variable!

Norwich really is a foodie's delight. The number, variation and quality of food and drink establishments has soared over the past few years with a plethora of cafes, restaurants and bars ready to satiate even the most discerning of palates.

For the sweet toothed among you there is a unique new offering in the heart of the city - Figbar. Run by husband-and-wife team Stephanie and Jaime Garbutt, Figbar is a bar/restaurant focusing solely on desserts. Executive pastry chef Jaime has an exemplary pastry background, having held positions with Marcus Wareing and Gordon Ramsay at multi-Michelin-starred Petrus and with Galton Blackiston and Richard Bainbridge at Michelin-starred Morston Hall. He was also Head Pastry Chef involved in the re-launch of the iconic Playboy Club in Mayfair.

What I love about this concept is the array of opportunities it presents to diners. From breakfast pastries to individual sweet treats, you can sit down to a plated dessert from noon - anyone for 'Raisin D'Etre (star anise poached pear, rice pudding, Pedro Ximenez and raisin ice cream, arlettes, maple pecan granola, pear caramel)? Figbar's location and convivial ambience renders it ideal for a pre-theatre pick-me up or for indulging in a decadent afternoon tea. It is open in the evenings from Thursdays to Saturdays, offering the sort of top-notch desserts you'd expect from a Michelin chef, along with fine wines, champagne and craft beers. I can just imagine a leisurely stroll along to Figbar to indulge in desserts at the end of a meal with friends - what fun!

I love the fact that Jaime hails originally from Norwich (in fact his first culinary position was working at the legendary Waffle House) and that he and Stephanie met when the latter was completing her MA at the University of East Anglia.

I do urge you to pop in when you are next in Norwich. Figbar can be found at No 23 St John Maddermarket - just a stone's throw from Gosling & Guzman, a coffee shop so good that it was recently

included in the Sunday Times' Top 25 best places to visit for coffee.



Visit Jamie's website Offices in Norwich and Fakenham t: 01328 822547

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