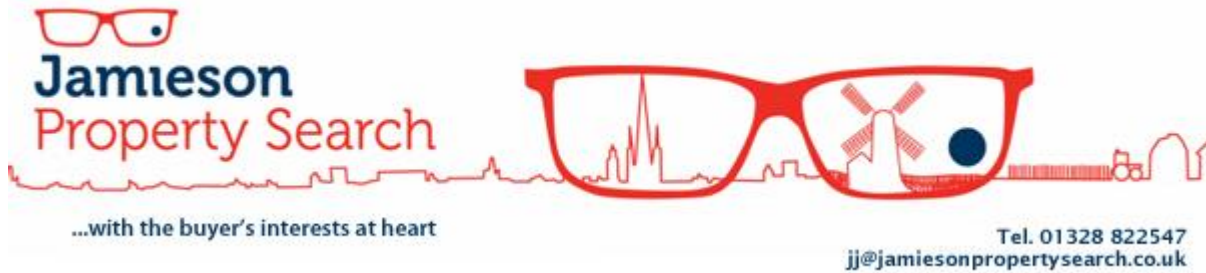


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NEWSLETTER

MARCH 2015

"So Lent is nearly over. I am glad about this, as I always endeavour to give something up (next year I might give up making such resolutions!), as much an exercise in self-discipline as a nod to my religious beliefs, and this year I have given up snacking between meals. This may not sound too daunting a task, but considering the amount of time I spend in my car, driving from village to village, quite often running out of the door in the morning with just a flask of coffee as sustenance, it has been pretty difficult! I sold an old rectory near Norwich to a couple last year and the wife was a nutritionist – and I always remember her saying that it is bad to snack between meals – that a hundred years ago our bodies were used to regular fasting and not to be frightened of feeling hungry. The problem is, like a lot of us I'm sure – if we forbid ourselves something, we just want it all the more... bright red sports car, bottle of Chateau Neuf de Pape, Mars Bars, Cameron Diaz movies... So I have to confess that all sorts of fast foods and garage snacks have been sorely tempting me these past few weeks. My wonderful wife has occasionally provided me with a healthy packed lunch to flag my plummeting energy levels and on a breakfast-free day I have inhaled my BLT and flapjack at approximately 11.50am (very *nearly* lunch time). Of course, I could just invent a medical reason that necessitates *five* proper meals a day, and simply re-name the other two 'large snacks' as imperatively important and vitally nourishing 'meals', but I think that would be cheating, which is not the point of Lent. On Easter Monday I may well drive myself to the nearest petrol station and spend a tenner on sweets and crisps and gorge myself silly, but in fact I will probably have eaten sufficient amounts of chocolate over the weekend to satisfy those childish cravings!"



Jamie Jamieson
Jamie Jamieson

MARKET UPDATE

This edition we look at a listed property in North-West Norfolk and a new development in Norwich.

The Old Rectory, Burnham Market - Bedfords

The Old Rectory is a classic Georgian Grade II listed former rectory with stunning, part-walled gardens amounting to around an acre, with views to the south across farmland.

The house, built by the Holkham Estate in 1808, is beautifully preserved with well-proportioned rooms, shuttered sash windows, high ceilings and original fireplaces. There are four reception rooms, an AGA kitchen, six bedrooms, three bathrooms and a separate coach house and stable.



The Penthouse Collection, NR1 - Taylor Wimpey



You normally find one penthouse at the top of a development, but Taylor Wimpey are creating eight in the last phase of its ultra sleek, award winning NR1 development on Norwich's riverside. As anticipated, each penthouse boasts spacious, contemporary accommodation with superior fixtures and fittings - think Karndean flooring, Porcelanosa tiles and chrome light switches lit by LED recessed lighting. All have south facing balconies over the river, with some enjoying really magnificent panoramic views across the Wensum. NR1 benefits from all the leisure facilities and nightlife of the bustling Riverside quarter and is within easy walking distance of Norwich city centre and railway station. This is high-end city living at its best. Prices are from £344,995. For more information see www.taylorwimpey.co.uk

THE JAMIESON FILES

Top of my list of indulgences once Lent is over has to be afternoon tea. That marvellous and very British ritual that owes its origins to Anna, the 7th Duchess of Bedford. As a young woman in the early 1800s she lived during a time when it was common to eat only two main meals a day, with breakfast scheduled early in the morning and dinner occurring late in the evening. Weakened and irritated by hunger pangs each day, she decided to schedule time to take tea and snack each afternoon. This private ceremony was firstly done furtively in her bedroom, but over time well-heeled acquaintances joined her and the practice was perpetuated. Nowadays tearooms and hotels throughout the country offer permutations of this centuries-old tradition. So how does Norfolk stack up against London on the afternoon tea front?



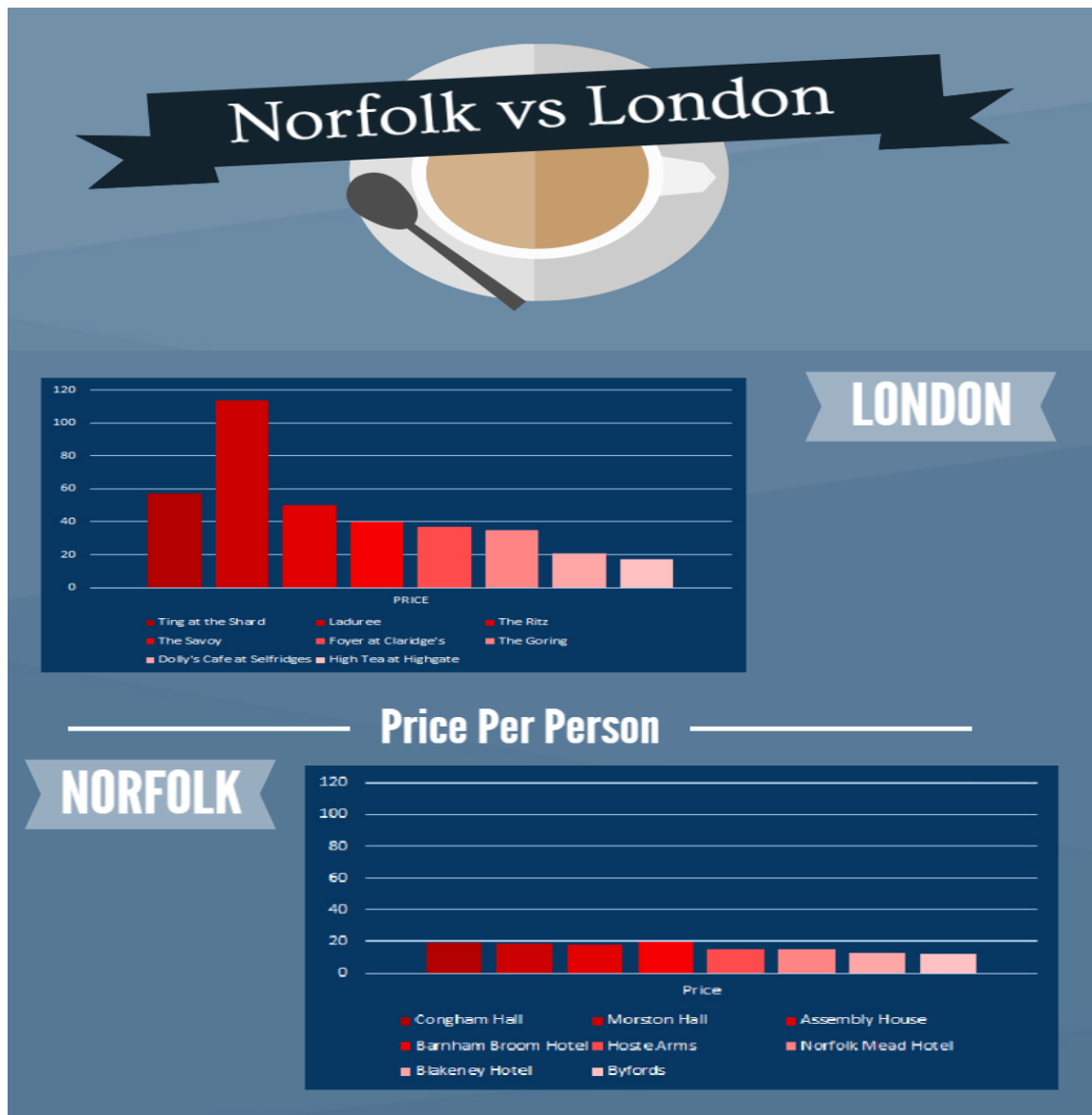
Norfolk

- **Congham Hall**, King's Lynn – (from) £19.50pp
- **Morston Hall**, Blakeney - £18.50pp or £27pp for Champagne Afternoon Tea
- **Assembly House**, Norwich - £17.50pp or £25pp for Champagne Afternoon Tea
- **Barnham Broom Hotel** – Chocolate Afternoon Tea £15.95pp. Easter's nearly here!
- **Hoste Arms**, Burnham Market - £15pp or £24pp for Champagne Afternoon Tea
- **Norfolk Mead Hotel**, Coltishall - £15pp or £28.50 for Champagne Afternoon Tea

- [Blakeney Hotel](#) - £12.50pp
- [Byfords](#), Holt - £11.95pp

London

- [Ting at The Shard](#) - £57pp with a glass of champagne
- [Ladurée](#), Covent Garden - £114 for two
- [The Ritz](#) – starts from £50pp. A quintessential British experience!
- [The Savoy](#) - £40pp
- [Foyer At Claridge's](#) - £37pp
- [The Goring Hotel](#) - £35pp
- [Dolly's Cafe at Selfridges](#) - £20.95pp
- [High Tea of Highgate](#) - £17pp



AN EGG-CELLENT IDEA...

For those of you who overdo the chocolate eggs this Easter, we thought we'd finish with a snapshot of three of Norfolk's finest fitness instructors. No excuses here, as these personable instructors will exercise with you at home or at a venue of your choosing. And it's not necessarily an egg-stravagance either (sorry!). I wonder what this sort of personal, one-on-one service would cost in London...

Ross Allison



Ross is a European Institute of Fitness Master Trainer and Motivation Coach. He offers exclusive mobile personal training at clients' homes or at a chosen location in North Norfolk. Delivering specific programmes designed to achieve his clients' health and fitness goals, Ross is always on hand to offer continuous motivational support and guidance, seven days a week. He offers solo, partner and small group personal training packages.

- www.rossallisonfitness.com
- info@rossallisonfitness.com

- 07818 612931

Dave Green

Dave works with a broad cross section of people, from coaching school age athletes, those in world championship level elite sport, all the way through to those in their 90's trying to get the best out of every day. He has an athlete centred approach and uses a broad spectrum of modalities to help people reach their goals, whilst working around any limitations, including injuries. There is one common theme - he works together with his clients to achieve the required results. His style of training is not about fads or trends - but more about intelligent programming to support your hard work.

- www.drqfitness.co.uk
- dave@drqfitness.co.uk
- 07958 320014



Rachel Symington



Rachel Symington is a gym instructor and advanced personal trainer, who works all over Norfolk seeing personal clients at their homes or teaching groups at various locations around the county. She is also trained in Padwork boxing, kettlebells, cardio tennis, Nordic walking, power walking and Insanity live training.

Rachel currently has regular classes for circuit training in Ringstead, East Rudham and Fakenham and is looking for keen people to start an Insanity class, which is a fun high intensity class to upbeat music. She also works three times a week for Blakeney Fitness on Saxlingham road, where there are daily classes for power working or Nordic walking starting at 9.00am and wellness walking for the elderly and disabled starting at 10.00am on a Wednesday and Saturday. Also coming in April Rachel is running power walking and wellness walking classes from The Gallows Sports Centre in Fakenham.

- rachelsymington@btinternet.com
- 07919 354698



About Jamieson Property Search

as a leading independent property search consultant, Jamieson Property Search sets the standards for the acquisition of exceptional property in Norfolk. Combining Jamie Jamieson's expert knowledge of the market with his unrivalled personal contact book, Jamieson Property Search is able to offer a discreet and very personal property finding service.

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