August
2026

The Holt Chronicle



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THE HOLT CHRONICLE

The deadline for the September Issue is noon MONDAY 31st AUGUST
The next issue will be published on 11th September 2026

Your local Editor for Holt Chronicle is Jo 01263 821463
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The Holt Society

Our plans for the autumn

The Holt Society is currently having its summer break, but we are already looking towards our autumn programme, and it's never too early to be thinking about our next event.

This will be on Friday 18th September in the Venue, when local author and historian Helen Murray will be paying us a return visit to talk about Howard Higgins and the Caernarvon Shipwreck. There will be more information about this in the next edition of the Holt Chronicle.

For our meeting on Friday 23rd October, also in the Venue, there will be a talk entitled "Nigel at the Tower". It will tell how a couple converted the 1943 Control Tower of former RAF South Creake into a successful vegan B&B. Again, there will be further details in the next edition of the Chronicle.

As usual, for both events, doors will open at 6.30 pm for a 7.00 pm start. Admission will be £4 if paid up to two days in advance or £5 "on the door". Advance bookings can be made using one of the methods given below.

1. Bank transfer Account name: Holt Society, Sort Code: 203081: Account Number: 90492655, Reference: Event.

2. Card payment. To pay by card scan the QR code. Enter the amount, your name and "event".

Holt WI

The July meeting was a very popular one, lots of visitors and three new members joining. The speaker was a return visit from Mary Newton, a retired forensic detective. Her talk was titled Hidden in Plain Sight and showed how scientific knowledge could help solve crimes. Some of her talk was not for the faint hearted!



A cream tea was held at the Presidents home to raise funds for Holt WI. The weather was just right, the scones with jam and cream were delicious and everyone had a good time and importantly a nice sum of money was raised.

Next month is our Annual Garden Party and this year will be held at Baconsthorpe Village Hall. The meeting in September will be back at the Community Centre. Why don't you pay us a visit, we meet the third Wednesday of the month, 2pm-4pm. You will be made very welcome.

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A Note from the Editor

I hope you are having a good summer and looking forward to the holidays. School holidays always bring the problem of keeping the kids occupied without it costing a fortune. There are lots of free activities on offer, check out the National Trust sites for something near you at: https://www.nationaltrust.org.uk/visit/norfolk/family-friendly

There is also Sheringham BeachLife 24th – 27th August, details can be found at: sheringhambeachlife.co.uk and follow BeachLife on Facebook.

Of course, we have a wealth of seaside places to visit, a dip in the sea and a picnic makes a cheap and fun day out but do check out the RNLI article about keeping safe near the water.

Whatever you are up to, have fun and stay safe, and enjoy your magazine.

Jo – editor.

Here are the deadline dates and publishing dates for the next 3 magazines:

Month	Copy deadline	Publishing date
September	Monday 31st August	Friday 11th September
October	Monday 28th September	Friday 9th October
November	Monday 26th October	Friday 6th November

FOUND

Pretty Corner. Silver disc with personal message to a parent, written on it. Want to return it to its rightful owner, so please only genuine calls to 07879 266018.

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www.holtcommunitycentre.org

Holt Community Centre is a registered charity no 1046613

WHAT'S ON

AUGUST

Sunday 9
Malcolm's Tea Dance
2pm - 4pm | £5 including refreshments
Sequence, ballroom, latin and line

Wednesday 12
Cash Prize Bingo
Doors 6:30pm | Eyes down 7:30pm

Saturday 15
Soul Alliance Band
Doors 7:30pm | Starts 8pm
Tickets £5 on the door

SEPTEMBER

Saturday 5
Skatopia Band
Doors 7pm | Starts 8pm
Tickets £10 | Door | Online

Monday 7
Vintage Quest
Free jewellery evaluation
10am - 2pm

Wednesday 9
Cash Prize Bingo
Doors 6:30pm | Eyes down 7:30pm

Tuesday 15
John Jarvis' Memory Swap
2pm - 4pm | Free entry
Donations greatly appreciated

Friday 18
Holt Society Talk
Doors 6:30pm | Starts 7pm
Tickets £4 if booked in advance

Friday 25
An Autumnal Encore
Variety show by John and Mike
Doors 6pm | Starts 7pm
Free entry | Donations welcome

Saturday 26
Dynamite and Dinosaurs Band
Times TBC
Tickets £5 | Support act too!

See website for up-to-date details

Welcome from the Chair

As we move further into the summer, Holt Community Centre continues to be a busy and welcoming space at the heart of our community. It is very encouraging to see so many people making use of the Centre, whether attending one of our music events, taking part in a class, or simply meeting friends at the Cozy Café.

Our programme of events and activities continues to grow, and there is something for everyone to enjoy over the coming weeks. From live music and tribute acts to our regular clubs, classes and community groups, we remain committed to providing opportunities for people of all ages to come together in a friendly and inclusive environment.

Thanks to the hard work of our Centre Manager, Sam, the versatile and affordable spaces within the Centre are being hired out more than ever before. She has done an excellent job of establishing HCC as Holt's go-to venue for parties, meetings, conferences and many other occasions.

The continued success of the Centre would not be possible without the dedication of our volunteers, committee members and staff. Their commitment, enthusiasm and tireless work ensure that HCC remains a valuable asset for the people of Holt and the surrounding area. On behalf of the committee, I would like to give my sincere thanks to every one of them, as well as to everyone who supports us by attending our events and activities.

Jim Ramshaw, Chairman

HCC Projector Replacement Appeal Update

We would like to record our massive and sincere gratitude to everyone who has made such generous donations towards the new projector for the Community Centre. The sum raised has been beyond what we could have hoped for, and has enabled us to immediately go ahead with the purchase and installation of the new equipment, and to include some further modifications to the system. These will make the equipment even easier to use and more user friendly, not least for the non-technically minded.

We are therefore delighted to report that Holt now has an audio-visual system that will make us the envy of the area. And, what is more, it is up and running in plenty of time for the third season of the World Cinema Club.

WCC Season Tickets, priced £25 for the six films, are available to purchase in person from Holt Community Centre (payment by cash or card), or via the website holtcommunitycentre.org Once the season has begun, walk-in tickets can be bought for £6.50, depending upon the space available. Check the website, call Holt Community Centre on 01263 713427, or email holtcommunitycentre@gmail.com for the most up-to-date information. We look forward to welcoming you along!

Rockstars take Holt by Storm

If I told you Freddie Mercury was coming to Holt, you probably wouldn't believe me. And you would be right not to! But if I told you East Anglia's favourite Queen tribute was coming to Holt, you had better believe it.

Yes, that's right! After their smash-hit performance in April 2025, Hammer to Fall will be returning to Holt Community Centre this October. They were so popular, and so downright fantastic, that inviting them back was a complete no-brainer. Expect Freddie's powerhouse vocals, Brian May's iconic guitar solos, and all your favourite Queen anthems.

The last time they performed, tickets completely sold out more than a month before the show, so I would highly recommend booking yours as soon as possible. At just £10, they're well worth the price, and available now via our website or from the HCC office.

And if anyone fancies singing the low part of Bohemian Rhapsody while I attempt the high notes, do let me know.

But we are not done yet! Next June, the UK's leading Electric Light Orchestra tribute, ELO Encounter, will be joining us, and... wait for it... in January we will be welcoming a fantastic four-piece ABBA tribute to Holt Community Centre!

Just one word of warning: if you do not leave Alex and me plenty of room on the dance floor that night, we cannot be held responsible for any dance related injury that comes your way!

Freddy, HCC Socials

Beach safety

The beach is a fantastic place to be – but there can be hidden dangers too. If you're heading to the seaside, discover our top five tips to help you and your family stay safe.

1. CHOOSE A LIFEGUARDED BEACH
2. CALL 999 OR 112 IN AN EMERGENCY
3. FLOAT TO LIVE
4. KNOW THE RISKS AND WHAT TO DO
5. KNOW YOUR SIGNS AND FLAGS



Beach Flags and Signs

When you visit a beach, you'll see signs with important safety information. If it's a lifeguarded beach, you'll also see flags to show you where it's safe to enter the water. Here you can find out what they mean.

Signs: When you visit a beach, most landowners provide safety signage with important information. This includes important safety information about hazards specific to the area. They generally use two types of warning symbols - hazard and prohibition signs.



Beach signs: This **yellow triangle** is used to warn you of hazards or dangers in the area that may cause harm. The triangle will have different symbols inside it depending on what the hazard is.



A **prohibition sign** is used to tell you that an activity is forbidden, for your safety. There may be different symbols inside it depending on what activity is forbidden – for example, swimming, surfing or fishing.



A **lifeguard off duty** sign means that there is currently no lifeguard service at this beach. You should exercise caution and follow all safety advice to protect you and your family.

For more information on beach and inland water safety, including Float to Live and how to spot a rip tide, go to **RNLI.org/safety**

All information and photos courtesy of RNLI.







Diary of a Wildlife Garden

Another heat-wave and now a hosepipe ban, means everything is suffering in the garden.

The grass has withered to a crispy brown (pictured) and the pond level is as low as it has ever been (pictured). However, there is good news! Last year the pond was plagued with blanket weed, a sure sign the nutrient balance was not right and I feared the same would happen this year, but having cleared the weed early in the spring it has disappeared and the water is now gin clear. I'm taking this to mean that the pond plants are maturing using up the nutrients in the pond.



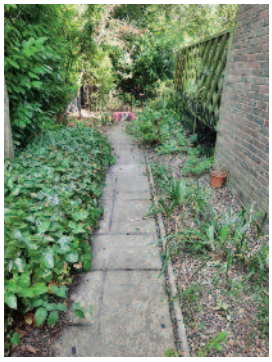
The meadow patch is looking a bit worse for wear, but is sporting a good crop of wild carrot, which seems to be standing up to the weather (pictured).



I had a rather romantic idea that there would be a sea of different flowers coming through at once on the patch, but it seems to have been more of a succession of different flowers, plenty of variety but only one or two together. The insects have still enjoyed it with lots of bees, hoverflies and various beetles on the flowers.



I have started to plan what to do in the garden next year and an area I want to tackle is a long, narrow area on the north side of the house (pictured). I thought it would make an ideal place to sow a foxglove walk. It doesn't get much sun, and the soil is quite poor, but foxgloves have self-sown there and done quite well there this year. I already have some foxglove seedlings coming on in the greenhouse (pictured), which will hopefully flower next year, and I have collected seed to scatter about for a succession of flowers the year after.



Other plants which will suit the conditions are hellebores, lungwort and vinca along with the wild plants which grow here such as wood avens and plenty of nettles, all good larval food plants and nectar sources for bees.



Given the increasingly hot summers we can expect, I am looking at increasing the amount of rainwater I can harvest. I already have seven water butts, but I can add more and will be installing a dipping tank fed by the greenhouse roof. However, I think the way forward is to think hard about what I plant next year and keep in mind how resilient my planting will have to be.

Jo – Editor.



Pensthorpe offers a beautifully relaxed day out, where nature and wildlife take centre stage. Wander through gardens, enjoy close-up encounters with flamingos and cranes, and unwind in peaceful bird hides across the reserve. For those visiting with family, our award winning indoor and outdoor play is also available to explore.

Plus, our newly refurbished café and carefully curated gift shop are open to all (no admission required) with free parking to make your visit effortless. **Plan your visit at pensthorpe.com**

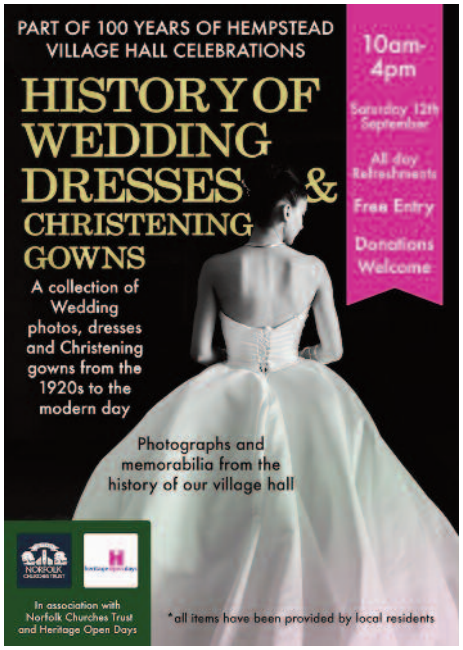
Pensthorpe

History of Wedding Dresses and Christening Gowns

Hempstead Village Hall are hosting an exhibition of wedding dresses and christening gowns as part of their celebration of '100 years of Hempstead Village Hall.

The exhibition will take place on Saturday 12th September from 10am – 4pm.

There will be all day refreshments being served and entry is free, although donations are welcome.



There will be a collection of wedding photos, dresses and christening gowns from the 1920s to the modern day.

Photographs and memorabilia from the history of the village hall will also be on display, all items have been provided by local residents.

Do come along and see this wonderful collection of items celebrating the history of our lovely village hall.

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Forthcoming Events

Friday 21st August

Holt Methodist Church are holding their Afternoon Tea from 2-4pm at Holt Community Centre (The Venue). There will still be a wonderful selection of homemade cakes. PLEASE NOTE CHANGE OF VENUE.

Friday 28th – Monday 31st August

Ryburgh Arts Festival XX at St. Andrew's Church, Great Ryburgh Paintings, sculpture and music. Details from 01328 829413

Saturday 12th September

Heritage Open Day will be celebrated at Little Massingham Church from 10am - 4pm. Village Life and Work Through the Ages.
There will be plenty to see including old photos of Little Massingham and the original bound copies of the old parish magazines, dating from 1908 to 1933! Do come along as there will be lots to discover. Heritage Open Days are free events!



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John Hurst Watercolours - Norfolk Big Skies and Distance

The Annual Salthouse Exhibition and Fifty-Year Celebration 1976 - 2026



Cattle Grazing by Tonnage Bridge, Dilham Canal

The acclaimed, professional local artist, John Hurst is holding a special 50-year celebratory watercolour exhibition in The British Columbia Hall, Salthouse on the 4th – 6th September with an intriguing glimpse into the changing topography of this iconic area. John has been associated with the Norfolk coast since his first visit in 1972 as an art student and birdwatcher, composing very early coastal watercolours for his first solo show of 1976.

John invites you to his 2026 exhibition and will be in attendance throughout the weekend to share his stories and techniques. As the titles imply, The Artist's original, evocative watercolours and prints represent the essence of the Norfolk coast. Visitors to John's exhibitions enjoy his statement of 'distance', created by subtle horizon tints and strong foreground brushstrokes into raw pigments.



Summer Meadow Colours Burnham Mill

Although collected by patrons from all walks of life, including Royal Families and those acknowledged as the best in their field of sport, theatre, film and commerce, John's focus for many years has been to support charities close to his heart, with a particular emphasis on nature conservation, Norfolk historical buildings and wellbeing. This has been entailed by annual exhibitions at Cley Marshes Visitor Centre, in significant places of worship in aid of their fabric funds and specific support for young people via the Norfolk Foundation.

A new collection of original watercolours and fine prints will feature in the exhibition, along with the last remaining copies of John's memoir, Watercolour Words. Fifty Years and a selection of environmental lino prints by his wife, Jacqui.

The exhibition is open from 10.00am to 5.00pm daily and a warm welcome is assured.
For further information about John's work – www.marshlandarts.co.uk

NORFOLK BIG SKIES AND DISTANCE



JOHN HURST'S WATERCOLOURS

A 50 YEAR CELEBRATION

SALTHOUSE VILLAGE HALL

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10-5 DAILY

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British Democracy in Turmoil with John Greenaway
5 weeks starting on September 22nd. Fee £45 - Course code AAU26C0001

Norfolk Uncovered: From Prehistoric Landscape to 20th Century Industry with Adrian O'Dell
5 weeks starting on November 3rd. Fee £45 - Course code AAU226C0002

Book via the website www.norwichlifelonglearning.co.uk Phone 01603 629557

More details about these courses and those in Norwich can be found on the website or pick up a brochure in libraries

Call Out to All Crafters

We are looking for some new crafts to refresh our Fabulous Craft Fayre taking place on 21st November at Whissonsett Village Hall 10am until 1pm

Tables are £15 each - we are super helpful and will have delicious refreshments on offer and lots of visitors.

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heritage open days

Church of St Andrew
Little Massingham

Village life and work through the ages



Saturday 12th September
10.00am - 4.00pm

Free entry - everyone welcome

On display: village research, old parish magazines and old photographs of Little Massingham

www.heritageopendays.org.uk

What's on at Bodham & Beckham Village Hall

BOOKING REQUIRED

17th August & 7th September 10am - 12 noon
North Norfolk U3A Computer & Associated Technologies.
For more information, please go to:
www.northnorfolku3a.org.uk

27th August 2pm - 4pm
NNU3A Music Appreciation Group.
For more information visit
ww.northnorfolku3a.org.uk

11th September 10am - 1pm
Sewing Group

13th September 9.30am – 11am
No Meeting 7.30pm – 9pm
Nikki's yoga classes are a mix of styles and can vary each time. She has a theme for each one which will concentrate on a particular subject or part of the body. You can keep up to date on Facebook http://www.facebook.com/doingyogawithnikki. Nikkibalding @gmail.com. Call 07935 250114

10th, 17th, 24th & 31st August & 7th September 5pm – 7pm
NGMA—Lil Nippers (4-7yrs) 5pm – 6pm.
Karate Kids (8-12) 6pm – 7pm.
www.ngmamartialarts.com or just send us a message on Facebook @ NGMA Nate Gregory Martial Arts.

4th September 4.00pm – 6.00pm
Sound Bath—Help you relax and unwind.
Contact Annette for information and bookings 07872 328109

NO BOOKING REQUIRED

15th, 22nd & 29th September 3pm - 5pm
Toasty Tuesdays—Toasties & Games
Yr 7-11 (Ages 11yrs - 17yrs).
Email: leonard@weybourne.church

19th August & 2nd September 7.30pm - 9.30pm
North Norfolk Photographic society.
Visit www.nnps.uk for more information.

12th & 26th August 2nd September 2pm - 4pm
Craft and Chatting.
If you enjoy knitting, crochet, artwork or other crafts why not join us. £3 per meeting includes refreshments.
For info contact Carolyn on 07748 933250

23rd August & 13th September 4pm - 5pm
Bodham Church.
Come and join us for our lovely, welcoming Church Service.

29th August 10am - 12pm
Community Café.
Join us for a cuppa and cake with a good natter.

22nd August & 12th September
10.30am - 12 noon
Iceni Drumming.
The sessions are sensitively guided by a local drum maker, musician and artist, in a way that is inclusive and fun! Beginners welcome. Free drum hire. You are invited to bring a drum if you already have one. Free child with fee paying adult.

20th August & 3rd September 10am – 12 noon
Natter Shack. Every two weeks.
Caffeine and Kindness. Toddler Play Space.
Free Refreshments, Cakes and Friendly Faces.
Come and join us, everybody welcome.

11th, 18th & 25th August, 1st, & 8th September 1.00pm – 3pm
Exercise for Older Adults
– Part of the NHS referral scheme.
Fall prevention, Fitness, Flexibility,
Fun & Friendship.
Call 07493 624851 for more information

15th & 16th August 10am – 4pm
Showcasing Local Artists.
Browse and buy. Meet the makers.
Refreshments. Free Entry.

30th August 2pm – 8pm
Bodham Motor Festival - Stalls in the Hall
Pop in and browse a variety of Crafts.
Refreshments available. Free Entry

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NATIVE2NORFOLK

Weybourne Fayre

August 23rd 2026
10:00AM - 16:00PM

Address:
The George Weston Community Field, Sheringham Rd, Weybourne, Holt NR25 7EY
(Opposite The Windmill)

Entertainment and Events at Weybourne Village Hall

Weybourne Village Hall is an ideal venue for family functions and parties. Visit our website for more information: www.weybournevillagehall.org.uk

Film Night Friday 18th September 2026: Please see our website or posters for the film title. Doors open 7pm for a 7.30 start. No booking necessary. You are welcome to bring drinks and nibbles with you, and please bring your own glass. Ice creams available to buy. Proceeds to Village Hall. Next film Friday 16th October.

Tea and Tech Wednesday 26th August 2026: Hollie, Community Tech Coach from NCC will be available between 2 and 4 pm to help you with online shopping, banking, NHS services and more. Bring your device and charger with you, or if you don't have a device NCC may be able to help you. Tea and coffee provided; the session is free, but donations are welcome. For more information email secretary@weybournevillagehall.org.uk

The next Bingo session will be on Friday 2nd October 2026. Doors open at 7pm, eyes down 7.30pm No booking necessary. £1 entry with tea and coffee provided Please bring other drinks and nibbles if required and your own glasses. Proceeds to Village Hall.

The Weybourne Village Hall will be closed for maintenance work from Wednesday 5th August to Thursday 20th August. After that, we'll be back open as usual!

Please see our website for the regular schedule.

For bookings contact:
bookings@weybournevillagehall.org.uk
General enquiries: secretary@weybournevillagehall.org.uk

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Whatever your age or dancing experience, come along and have some fun!
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Coastal Health & Wellbeing,
Wells Next The Sea

Katie Oliver TCFCPdip MCFH
07920 038019
www.footcarenorthnorfolk.co.uk

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The Coastal Art Group Summer Exhibition

Friday 28th, Saturday 29th & Sunday 30th August 10am to 4pm daily

The Coastal Art Group will be holding its Annual Summer Exhibition at the Weybourne Village Hall, Beach Lane, NR25 7AH over the August Bank Holiday weekend.



We are quite a large group of local amateur and profession artists who meet weekly and produce an exceptional variety of work, including a large piece which hangs at CT Baker's Budgen's Store in Holt, which many group members contributed to.

Last year, we successfully donated £1000 to Nelson's Journey, a Norfolk Charity for bereaved young people, raised from the sale of Bette Hodgson's (our Founder who died in 2021) original watercolours, a raffle for one of her framed paintings and the profits from selling delicious homemade cakes, scones, quiches and light lunches. This year we hope to be able to raise a similar amount for the Anthony Nolan Trust in memory of Megan Brown a talented member who sadly died this year. Her work will be on display and available for sale.

The Exhibition opens its doors at 10am – 4pm over the Friday, Saturday and Sunday weekend. Entrance is FREE but all donations are welcome.

Please try to find time to visit the Weybourne Village Hall sometime over the Bank Holiday weekend, to view the wonderful work on display, enjoy a cup of tea or have lunch, and maybe purchase a Raffle ticket or two!

You will receive a warm greeting from all members of the Coastal Art Group; many of whom will be there to help serve you and talk with you. A children's drawing space will be available and well-behaved dogs on leads are welcome. Light refreshment available. We look forward to seeing you.

For more information regarding the Summer Exhibition of Coastal Art Group at Weybourne, please contact Susan on coastalartgroup1@gmail.co.uk

Talented Teenager Dazzles Residents with Amazing Violin Performance



Zoe Burton, a teenager from Kings Lynn travelled all the way to Kings Court Nursing Home in Holt to wow residents with an outstanding Violin performance.

New to entertaining care home residents, talented teenager Zoe aged just 17 years of age performed in front of residents who were "amazed by her talent"

Zoe currently attends the Purcell School of music in Hertfordshire and selflessly gives up her time to entertain residents at the Nursing Home located in Hempstead Road, with her incredible talent, playing tunes to encourage reminiscence such as Edelweiss, What a Wonderful World & Moon River to more operatic pieces such as Melodie – Dance of the Blessed Spirits by German composer Christoph Willibald Gluck.

Having performed previously at another Kingsley Healthcare home, Zoe described then how it was really special to play and see how much the residents enjoyed listening to her music, expressing how she much she loved "how music can bring people together and touch their hearts" Zoe's journey started with the violin at aged just 4, following a family friend who played the violin, and then later inspired for her energy and positivity by 21-year-old Alma Deutscher, British Composer/Violinist and Pianist, Zoe also aspires to teach professionally in the future Residents heard how Zoe was proud to attend as a Junior at the prestigious Royal Academy of music in Westminster, London but attending the Purcell School of Music is a dream come true.

Laura Bakauskaite Hospitality Manager at Kings Court spoke about how the performance had evoked memories for residents describing the performance as "simply beautiful".

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or visit our website: **www.bandbchurches.co.uk**



St Mary's Church, Kelling

Services are based on the Book of Common Prayer

1st and 3rd Sunday of every month

Holy Communion – 11am

2nd and 4th Sunday of every month

Matins– 11am

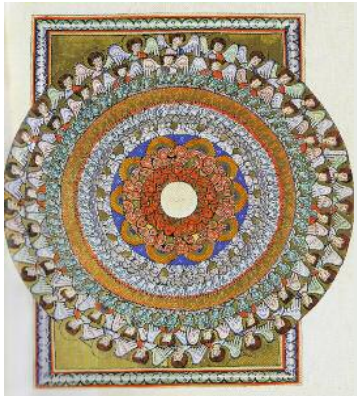
Fifth Sunday in a month Holy Communion 11 am.

ALL WELCOME. PARKING IN THE CHURCHYARD.

For further details please see Weybourne Group Website or call Revd Ian Dyble: 01263 741235 or Revd Angela Dugdale: 01263 588389

Roman Catholic Churches Mass Times

The Church of The Annunciation, **Walsingham.**
Sunday 11am, Monday-Saturday 9.30am.
*Our Lady Star of the Sea, **Wells.***
Saturday 6pm, Sunday 9.00am, Thursday 9.30am.
St Henry Walpole, **Burnham Market.** Sunday 9.30am, Friday 9.30am.
*St Andrew's Church, **Holt** at 9:30am on Thursdays.*
The Catholic Parish of Our Lady & St. Joseph, **Sheringham and Cromer**
Saturday: 6pm at Our Lady of Refuge, Cromer
Sunday: 9am at Our Lady of Refuge, Cromer
11am at St. Joseph's, Sheringham
For more information visit: www.ourladyandstjoseph.info



St Mary's Church, Kelling

MUSIC AND MEDITATION

Every Wednesday 3-3.30pm

ALL WELCOME

Please book a place with Revd Angela: 01263 588389

✝ Church News ✝

LETHERINGSETT CHURCH OF ST. ANDREW

There are currently two services a month at St Andrew's,

- First Sunday of the month: Holy Communion (Book of Common Prayer) at 11.15am
- Third Sunday of the month: Morning Prayer (Common Worship) at 9.30am



HOLT METHODIST CHURCH NOTICE BOARD



Holt Methodist Church will be closing for refurbishment from Monday 27th July 2026.

Services will be held at The Holt Youth Project, Old Station Way, Holt NR25 6DH at 11.00 am. As always you will be assured of a warm welcome.

Our Afternoon Teas will continue at Holt Community Centre (The Venue) on the 3rd Friday of the month, from 2 - 4 pm, starting on 21st August.

These arrangements will apply until further notice.

Senior Steward - Mrs J. Bunting - 01263 712068

Mass times for St. Peter's RC Church, Blakeney

These are: Sundays 11am
Wednesday's 9.30am
For more information go to catholicparishofwalsingham.org





SAINT ANDREW'S & ALL SAINTS NEWS

The Parish of Holt with High Kelling
Rector: Fr. Howard Stoker SSC, The Rectory, Church Street, Holt NR25 6BB Tel: 01263 712048
email:holtrectory@tiscali.co.uk
Churchwarden: Tim Bennett Tel:01263 713039, Licensed Lay Minister John Allen Tel: 07771363176
Parish Office Tel: 01263 713479 E: standrewsholt@btinternet.com website at www.holtchurch.org



HOLT TOWN TREASURE HUNT
Saturday 15th August 10am – 4.00pm

Wrist bands & clue sheets from the Parish Church Hall, Church Street.



£5 per entry.
Fun for all families and individuals.
Refreshments and Lunches available.
In aid of Church Funds.

Dear friends,

Wandering through Holt Churchyard you may well have noticed three large head stones, gleaming in the summer sun. No, this is not, as some have thought, a modern art installation! This triptych of white stone is a memorial to which will be added the names of the departed, whose cremated remains are interred close by.

The Parochial Church Council have made a decision that the future interment of ashes will be interred in unmarked plots and be recorded on a central memorial rather than permitting the introduction of individual memorial plaques in the ground. This decision was made to maximise the very limited space we have left for burials and to prevent the churchyard from becoming carpeted in granite plaques, some of which after a number of years are left unattended.



The memorial stones were made and gifted to the parish by master stonemason James Elliott in memory of his late parents, the Revd Dr Bill and Mrs Angela Elliott. Bill and Angela lived in the parish during retirement and contributed greatly to the life of the Parish Church and the wider community.

We are very grateful to James for his very generous gift and for his skill, his expertise and his superb craftmanship. James' work is in huge demand, and it is to be found in cathedrals, churches and private homes in the UK and around the world. If you have visited Leicester cathedral you will have seen work, as James was commissioned to make the tomb for Richard III's burial. (www.jameselliott.co.uk)

Working with a local stone mason who engraved the memorial, James was on site to install the head stones. Each headstone will take a number of individual plaques which will be engraved with up to two names and the dates of departed loved ones.



Churchyards are sensitive places, governed by strict regulations and sometimes they can be hard to manage. Here at the Parish Church, we have a wonderful team of volunteers who care for God's Acre, as an open churchyard and to encourage a diversity of flora and fauna. It is fine balance, one that I think we achieve well. Our volunteers work hard to look after the churchyard on behalf of the parish. I am immensely grateful for their commitment and dedication; they would always welcome more volunteers to join them.

The churchyard provides a wonderful resting place for both the living and the departed and it is always good to see people taking time to sit and enjoy this oasis of peace and quiet amidst the hustle and bustle of the town.

Warmest regards, Fr. Howard

TIMES OF WORSHIP:

Sunday Services
8am Book of Common Prayer Eucharist
9.15am Said Eucharist at All Saints, High Kelling
10.30am Parish Sung Eucharist.
5.00pm Choral Evensong (2nd Sunday of the month)

Week day services Mon – Sat
Morning Prayer 9am. Evening Prayer 5.30pm
Daily Eucharist 9.30am / Wed 12noon.
Thurs 10am at All Saints

LIVE STREAMING: The Sunday Parish Eucharist continues to be live streamed on YouTube at 10.30am.
YOUTUBE: St Andrew the Apostle, Holt
Please see our website or facebook page for more details.
www.holtchurch.org

LITTLE LAMB'S PARENT & TODDLER GROUP meets every Wednesday during term time 9.15am – 11.00am in the Parish Church Hall in Street Hall. All parents/carers are welcome to come along and meet with friends and make new ones.

FAMILIES AT ST ANDREWS: Young families are always welcome at Church. Families are also encouraged to approach us to have their children christened.



WEDNESDAY COFFEE MORNING: Providing a warm space every week from 10am -12noon in the meeting room at the Parish Church. Always someone to talk to and all are welcome.

MEN'S GROUP AT ST ANDREW'S: meets on Wednesdays 1.30pm-3.00pm in the meeting room at the Parish Church.

FAITH AND FELLOWSHIP GROUPS: Groups meet once a month in the parish for bible study, prayer and fellowship. For more details www.holtchurch.org

North Norfolk Foodbank
Together with Trussell

LOCAL FOOD BANK COLLECTION: A collection point for donations of non-perishable food goods is now available in the Parish Church.

PARISH CHURCH HALL & MEETING ROOM FOR HIRE. Ideal for family/children's parties, AGM's, meetings, fund raising, exercise classes and much more. For more information contact the bookings secretary: 01263 713479 Email: standrewsholt@btinternet.com[FHS1.1]



CAN YOU HELP CARE FOR HOLT CHURCHYARD? Help is needed to manage the churchyard. No faith necessary! Contact Tel: 713479

PASTORAL CARE: Our pastoral team is available to make home visits and/or visits to the care homes in the parish.

PARISH CHURCH HALL & MEETING ROOM FOR HIRE. Ideal for family/children's parties, AGM's, meetings, fund raising, exercise classes and much more. For more information contact the bookings secretary: 01263 713479 email: standrewsholt@btinternet.com

HOLT & COMMUNITY DISTRICT SUPPORT FUND (Energy). Local support for local people. FUNDS ARE NOW AVAILABLE to help those struggling to pay their energy bills, require a winter fuel allowance and/or purchase white goods and winter **PLEASE DO NOT STRUGGLE IN SILENCE.** Contact the North Norfolk Food Bank (Energy) (07826 376343). Or the Rector 01263 712048

More than just a day centre: A place to belong

Sheringham Day Services
SUPPORTING OLDER PEOPLE



As we get older staying connected with others can become more important than ever. Many older people may experience loneliness after retirement, bereavement or find getting out becomes more difficult.

At our day centre nobody should feel alone, and we are proud to offer a welcoming place where friendships grow and happy memories are made.

Our day centre is more than somewhere to spend the day. It is a happy friendly community where everyone is greeted with a smile and made to feel valued. Whether enjoying a cup of tea and a chat, joining in with games, crafts, music, gentle exercise or sharing a delicious lunch together, there is always something to look forward to.



Join our lunch club - a 2-course home cooked lunch prepared with care and served in a warm, friendly atmosphere. It is the perfect opportunity to meet people, form new friendships and enjoy good food and great company.

Companionship has a powerful impact on well-being. Time spent with others can lift spirits, build confidence and reduce feelings of isolation.

Our caring staff and volunteers are dedicated in creating a safe supportive and inclusive environment where every person is treated with dignity and respect.

If you or someone you know would benefit from friendship, fun and a warm welcome we would love to meet you!

For more information contact Alison on 01263 821188

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HOLT METHODIST CHURCH

Light and Life for All

CLOSED

OUR CHURCH BUILDING WILL BE CLOSED FOR THE NEXT TWELVE MONTHS

made possible with Heritage Fund

Thanks to the support of The National Lottery Heritage Fund and National Lottery players
We have started work on our building project!

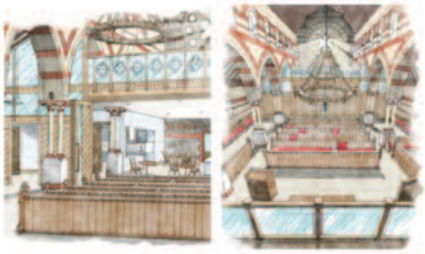
We will continue to meet for worship
SUNDAYS AT 11AM
Holt Youth Project
Old Station Way, Holt, NR25 6DH





Our Afternoon Cream Teas will continue
3RD FRIDAY OF EACH MONTH
2 - 4PM
Holt Community Centre,
Kerridge Way, Holt, NR25 6DN

For information and updates visit our website or facebook page
www.holt-methodist.org.uk



REOPENING SUMMER 2027

National Garden Scheme Open Gardens August 2026

Vulgar is a word that was commonly used in times gone by to describe the big blowsy arrival of dahlias and their colourful companions in the height of summer.

Now, thanks to legendary gardener and writer Christopher Lloyd who championed a bold and unapologetic approach to gardening, and many who continue to share his ethos, it is pure joy to walk and admire a garden full of strong vibrant colour, exotic blooms and hypnotic foliage in August.

Many gardens incorporate sculpture and follies but with careful curation and a strong emphasis on structure, gardeners have learned how to weave this strong palette of colour through their borders, and some fine examples will be opening their gates for you this month.

Whether you are a fan of such drama or prefer the carefree feel of a classic country garden with grasses at their best threaded through the mixed beds of calm colour, there is sure to be many an enticing garden to visit this month.

84 FAKENHAM ROAD, Great Witchingham. Sun 9 August 10-4.
This is a garden for keen plant enthusiasts, especially if you are interested in exotics. Boundaries disappear behind dense planting and narrow paths lead you around the garden. Space is at a premium and you will also see exotic pigeons, pheasants and parakeets among the plants. The owner is a firm believer in reuse and recycle and many of the garden structures reflect this ethos. Adm £5, chd free. Booking Essential.

SEVERALS GRANGE, Wood Norton. Sun 9 August 1-5.
The garden surrounding Severals Grange are a perfect example of how colour, shape and form can be created by the use of foliage plants, from large shrubs to small alpines. Movement and lightness are achieved by interspersing these plants with a wide range of ornamental grasses. Splashes of additional colour are provided by a variety of herbaceous plants. Adm £6, chd free. Wheelchair access. Dogs welcome.

33 WALDEMAR LANE, Hellesdon. Sun 9 & Sun 23 August 10-4.
This garden is all about big leaves and foliage textures and colours. A surprising and large suburban garden of many parts with an exciting mix of exotic and tropical plants combined with unusual perennials. A quirky palm thatched Tiki hut is an eye-catching feature and there is a wonderful treehouse draped in plants as well as a pond. A large collection of succulents will be on show and there will be plants to buy. Adm £5, chd free. Prebooking essential. Wheelchair access.

ACRE MEADOW, Bradwell. Sun 16 & Mon 17 August 10-3.
A dramatic, intensely planted hidden garden with a lawn free, richly colourful mix of exotic and other late season plants, this garden includes many cannas, large grasses, brugmansia, late season perennials, several unusual and uncommon plants and is alive with insects on sunny days. Separate areas include the tea garden, traditional conservatory and wildlife pond. Adm £5, chd free. Prebooking essential. Wheelchair access. Dogs welcome.

COBWEB COTTAGE, Shingham. Sun 23 August 11-4.
A cottage garden on the edge of the village with mixed borders, a sunken greenhouse pergola and a wildlife pond. There is also a large productive ornamental kitchen garden with bees, chickens, treehouse, prairie planting and fruit cage. This is a very wildlife friendly garden. Adm £5, chd free. Dogs welcome. Limited parking. Also open by arrangement until 30 August.

Before visiting a garden, it is advisable to check the website for up-to-date information at **www.ngs.org.uk**

HOLT METHODIST CHURCH

EXCITING NEWS FOR HOLT METHODIST CHURCH AND OUR COMMUNITY

Holt Methodist Church is very pleased to announce that we have been successful with our grant application to The National Lottery Heritage Fund.

As a result of this our Light and Life for All project is made possible with The National Lottery Heritage Fund. Thanks to National Lottery players we have received £475,826 which is 42% of the total project cost and we are now able to start the building phase.

Holt Methodist Church is a Grade II listed building and central to the heritage of the town. It was built in 1862 by Thomas Jekyll of Norwich. It is constructed in yellow brick and flint with red brick dressings. It is a very striking building and quite unusual in appearance for a Methodist Church.

Unfortunately, almost none of the interior can be seen by the public today, because in the 1980s the interior was partitioned off hiding from view Jekyll's architecture which was designed to lift the eye and give an impression of a towering space.Sadly your gaze today is blanked by an acreage of polystyrene ceiling tiles, defeating the vision of Jekyii's design.

Our Light and Life for All project is threefold.

Firstly due to the age of the building substantial repairs to the roof are required and access involves removing the false ceiling.

Secondly, the removal of the 1980s false ceiling will restore the building, matching the interior architecture to the exterior. We are able to do this and heat the building effectively due to modern heating equipment compatible to the buildings heritage.

Thirdly, and most importantly, the other various improvements will make the building a more flexible and accessible space for use by the wider community. This will enable the church as a whole to engage with a number of local projects and be a significant contributor to all the people in the Holt community.

We look forward to the next stage of our project confident that we will have a valuable part to play in the future of our town.

For information and updates visit our website or facebook page
www.holt-methodist.org.uk

Editor's Recipes

With the recent heatwaves and more to come, I really hate having to cook, but ordinary salads can get a bit mundane and leave me struggling for ideas. If you are the same, try this first recipe. Simple to make with seasonal ingredients and very refreshing when the mercury is rising.

The second recipe is another simple one but packs quite a punch. If like a ginger nut biscuit to dunk in your tea, try these home-made ones, chunky, spicy and delicious.



Italian Tricolour Salad

Serves 1

Ingredients

1 ripe avocado
1 beefsteak tomato
1 ball mozzarella
Juice of ½ lime
Olive oil
Balsamic vinegar
Fresh basil leaves

Method

Start by peeling you avocado and removing the stone. Slice into wedges and arrange in a circle on a large plate. Pour over the lime juice to stop it browning.

Slice the tomato into rounds and arrange on top of the avocado, then slice the mozzarella into rounds and put on top of the tomato.

Drizzle with olive oil and balsamic vinegar. Scatter with the basil leaves.

Season to taste. Delicious served with ciabatta bread.

Ginger Biscuits



Makes 12

Ingredients

110g plain flour
50g butter, melted
40g caster sugar
1½ tsp baking powder
1tsp baking soda
1½ tsp ground ginger
2 tbs golden syrup

Method

Preheat oven to 190C/180fan/G5

Line 2 baking sheets with baking parchment.

Mix all the dry ingredients together in a medium mixing bowl.

Add the melted butter and golden syrup and bring together with a spoon or spatula.

Go in with your hands and gather everything into a ball.

Break off a small amount of dough and roll into walnut-sized balls, place on the baking sheets, well-spaced apart and flatten with your hand or the back of a spoon.

Place the oven and bake for 9-10 minutes until golden brown.

Remove from the oven and leave to cool on the trays (the biscuits will be too soft to handle until cooled).

Great with a cup of tea.

Enjoy – Jo.

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neillmurray@ymail.com

The Write Stuff

The Write Stuff creative writing group met at Holt Community Centre on 17th July including seven keen writers from the North Norfolk University of the 3rd Age.

In June we set two optional prompts for this meeting: "Owl" and "Busy Lizzie" which generated the usual plethora of approaches and lots of lovely pieces - and then plenty of other readings as follows:

Monica Tobias: "Otto the Owl" and "The House that Wound Down to the Sea"

Sue Bayliss: "Owl" (see below) and "Star Child"

Janet Barlow: "Locking Eyes" and "Busy Lizzie"

Marilyn Roberts: "Owls" and "Busy Lizzie"

Joy Hodge: "Busy Lizzie" and "Alvin from the Bronx"

Steve Lee: "Owls need Larks" (which we agreed to send to the U3A Newsletter), "Platform Ticket" and "Bittersweet"

We agreed two optional prompts for the next Write Stuff meeting on 21.08.2026: "Hot" and "Water". Who knows what that'll generate!

If you love writing and would like to be a part of the Write Stuff contact the group co-ordinator: steveleeresources@gmail.com

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Holt and District Probus Club

Holt and District Probus Club met at The Feathers in Holt on the 1st July and after lunch were introduced to Mike Urry from the Whitwell and Reepham railway.

Describing itself as Norfolk's hidden Railway gem, the Whitwell and Reepham railway is a station and surrounding attractions close to Reepham and not far from Lenwade. Steam trains are run every first Sunday in the month, and on gala days and suchlike, and diesels on other days; they are open throughout the year.

There is a museum, a restaurant and bar, a Function room and a caravan site to cater for all comers. One regular feature that appeals to large numbers of cyclists is Bikers Night – every Friday evening. Swing & Lindy Hop Lessons are provided each Wednesday evening, and a number of clubs and societies have regular meetings there.



Mike Urry

The site is basically a former British Rail station plus a length of track which Mike Urry arranged to purchase at auction – largely repaired/ renewed etc., by volunteers. Opened in 2009, since when it has greatly developed to become the attractive location it is today.

Holt Probus Club meets for lunch followed by a talk on the first Wednesday each month at The Feathers Hotel in Holt.

Always on the lookout for new members, any interested gentlemen should contact Dave Wyeth at dave.wyeth@icloud.com or find the club on the web at holtprobusclub.com.

James Willshire Appointed Music Director of Fakenham Choral Society

Fakenham Choral Society is delighted to welcome James Willshire as its new music director.



James's musical training is as a pianist, and he works as both a performer and teacher.

He has performed at the BBC Proms, on BBC radio, and at concert halls around the country. His award-winning recordings have been reviewed internationally, and feature works by under-represented composers. His future concerts include debut recitals at Wigmore Hall with the Hebrides Ensemble.

James has previously worked as a conductor in the Cirencester area with both the Cirencester and Cotswold Male Voice choirs, conducted concerts at Hereford and Truro Cathedrals, and is Director of Music at St Peter's in Winchcombe.

James comments: 'Fakenham Choral Society has a reputation as one of Norfolk's foremost choirs and I am delighted to have been selected. I look forward to starting work in September on the Christmas concert.'

Chair of the Society, Rosemary Dear, said: 'We carried out a thorough selection process involving the whole choir, who all had an anonymous vote indicating which candidate they preferred. James was the most popular choice both with the interviewing panel and choir members. We're all looking forward to starting rehearsals with him in September and working on our Christmas concert, which will be held on Saturday 12 December in Fakenham Parish Church at 5.30pm.'



Is it too hot to work? - Your rights in a heatwave



Many employees struggle during periods of extreme heat and often ask whether it can ever be legally "too hot to work." As the article explains, "there is no legal maximum temperature for workplaces in the UK." However, employers still have a duty to safeguard the health, safety and wellbeing of their staff and ensure that workplace temperatures remain reasonable.

A legal maximum temperature is not enforced because different industries operate in very different environments. While offices can be kept relatively cool, other workplaces—such as kitchens, factories or glass manufacturing sites—naturally run at higher temperatures. As the article notes, "the law cannot impose a threshold that prevents working in certain temperatures." Instead, employers must take reasonable steps to keep staff safe and comfortable when temperatures rise.

Employer Responsibilities in Hot Weather

Employers should assess risks associated with high temperatures and take practical measures to reduce them. These may include providing fans or air conditioning, improving ventilation, allowing cooler or looser clothing, increasing break frequency, offering cool-down areas, supplying temperature control equipment, enabling flexible hours, providing chilled drinking water, or permitting home working where appropriate. The correct steps will depend on the workplace and the level of risk involved.

Working from Home During a Heatwave

Employees do not have an automatic right to work from home during hot weather. Remote working may be allowed if it is practical and suitable for the role, but this depends on workplace policies and job requirements.

Health Conditions and Disabilities

Employees with disabilities or health conditions that make attending the workplace unsafe during extreme heat should inform their employer promptly. Employers may need to consider reasonable adjustments such as additional breaks, altered working hours or home working where appropriate.

Who Is Most Vulnerable?

Heatwaves affect everyone, but certain groups face higher risks. These include pregnant employees, older workers, those with disabilities or health conditions, outdoor workers and individuals required to wear PPE. Employers should consider whether additional support or precautions are needed for vulnerable staff.

If Your Workplace Is Too Hot

Employees should raise any concerns about temperature or safety with their employer as soon as possible. Employers may not realise that conditions are causing discomfort or posing a health risk. Explaining how the heat affects you and suggesting practical improvements can help resolve issues quickly.

If Concerns Are Not Addressed

If an employer fails to act after concerns are raised, employees may wish to seek legal advice. The appropriate course of action will depend on the circumstances, the level of risk and any steps already taken by the employer.

Need Advice?

If you're experiencing difficulties at work during a heatwave, our employment law specialists can help you understand your rights and explore the options available to you.
We advise both employees and employers on workplace rights, health and safety concerns, discrimination issues and reasonable adjustments.

Norwich - 01603 693500,
Sheringham - 01263 823398,
North Walsham - 01692 660230,
Email: enquiries@clapham-collinge.co.uk

This article is provided for general information purposes only and does not constitute legal advice or professional advice.





What's on at the Library?

The Reading Agency's Summer Reading Challenge 2026

The Summer Reading Challenge is a free activity for children aged 4 - 11 delivered by The Reading Agency in partnership with public libraries and powered by Universal Music UK. It's all about reading for fun, aiming to improve their skills and confidence over the summer holiday. Children can read anything they like and collect reward stickers for their reading. For under 5s there is a mini challenge, so they don't miss out.

This year's theme is Read to the Beat, giving everyone the opportunity to discover diverse musical genres and cultural influences through specially curated reading lists and engaging activities that celebrate the connection between storytelling and sound. There will be lots of free children's activities in our libraries including professional music and dance artists.

To sign up, just pop into your local library. Children will need to be library members - you can do this in a library or online. It's free of charge and children will receive their own library card for which there are no overdue fees.

Nationally, the Summer Reading Challenge has engaged over half a million children annually for more than 25 years.

It started on Saturday 4 July and finishes Saturday 12th September.

HOLT LIBRARY

Friday 14th August 2.30pm - Read to the Beat Junk Modelling session

Come along and get creative junk modelling with a musical theme! No need to book. Free event. Ideal for ages 4+ but younger siblings welcome. Children must be accompanied by an adult.

Monday 24th August 10.30am - Musical Keys

Inclusive, SEND-Friendly music making with Musical Keys. Come and join Musical Keys for an hour of FREE interactive, accessible and fun music activities. No experience necessary and all abilities welcome. Suitable for ages 5 – 12 (but younger siblings welcome). Children must be accompanied by an adult. Booking is essential as spaces are limited. To book contact the library on 01263 712202. This event has kindly been funded by Holt Library Friends.

Mini Summer Reading Challenge!

Did you know there is also a mini challenge for Under 5s! Collect stickers for the library books you share with your little ones, and there's a certificate at the end!

FAKENHAM LIBRARY

Thursday 13th August 10.30am - Get Crafty!

Drop in for some Read to the Beat themed crafts at the library! No need to book. Ideal for ages 4+. Children must be accompanied by an adult. Free event.

Thursday 20th August 10.30am - Sponge Art Session

For Fakenham Arts Festival come along and get creative with sponge art, with local tutor Di Griffiths. Ideal for ages 4+. No need to book, just drop in. Free event. Children must be accompanied by an adult. This session will involve paint.

Wednesday 26th August 10.30am and 2pm - Billy Goats Gruff

We're pleased to be welcoming back Garlic Theatre with a puppet story of three hungry goats and a grumpy old troll! Ideal for 3- to 6-year-olds. Booking essential. Tickets pay what you can, a ticket is required by every person attending. Children must be accompanied by an adult. Running time approx. 40 minutes. For booking details contact 01328 862715.

Saturday 12th September 10.30am - Read to the Beat Presentation Ceremony

When you have completed the reading challenge, book in to collect your certificate and medal from our special guest! Booking essential. Free event. Children must be accompanied by an adult. To book call 01328 862715

WELLS LIBRARY

Wednesday 21st August 2.30pm - Read to the Beat Junk Modelling session

Come along and get creative junk modelling with a musical theme! No need to book. Free event. Ideal for ages 4+ but younger siblings welcome. Children must be accompanied by an adult.

Presentation Ceremony Friday 11th September 3.30pm

When you have completed the reading challenge, book in to collect your certificate and medal from our special guest! Booking essential. Free event. Children must be accompanied by an adult. To book call 01328 710467

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Active Fakenham's Arts Festival



Active Fakenham's Arts Festival returns with four weeks of art, film, workshops and family activities. Three hundred free art packs will help children explore artwork displayed across the town

Fakenham Arts Festival 2026 will take place from Saturday 1 August to Friday 28 August, bringing almost four weeks of art, creativity, film and community activity to locations across the town. Organised by Active Fakenham, FAF26 will involve more than 45 artists and around 60 venues, including shops, cafés, businesses, community buildings and cultural organisations. Most festival exhibitions and activities will be free or low-cost.

Art across Fakenham

Throughout August, artwork will be displayed in participating venues across the town centre. Visitors will be encouraged to use the festival map to explore the different locations and discover artists whose work they may not have seen before.

The displays will give established and emerging artists opportunities to reach new audiences while encouraging people to visit Fakenham's independent shops, cafés, businesses and community venues.

A special outdoor exhibition will also transform the passageway between Upper Market Place and Fakenham Parish Church. Large-format artworks will be installed along the passageway, which will be illuminated during the evenings.

Three hundred free children's art packs

Three hundred free art packs will be available to encourage children and families to explore the artwork displayed around the town. The packs will support the free Community Arts Trail, which takes approximately one hour to complete and includes 11 stops at venues across Fakenham.

At each stop, participants will find a picture, questions to answer and a QR code linking to an audio description narrated by local actor, radio presenter, vocalist and re-enactor Richard Tree.

Two works by local artists will be hidden among pictures by famous artists, creating an additional picture hunt for participants. The free packs will include a map, activity sheet, coloured pencils, badges and stickers. They will be available while stocks last from:

- Fakenham Library
- Stephenson Smart
- Fakenham Central Cinema

Completed entries can be returned to Fakenham Library or the Central Cinema to enter a prize draw.

Creative workshops

FAF26 will include a programme of workshops giving people of different ages opportunities to try something creative themselves.

Norfolk artist Megan Rose will lead practical, river-themed family art workshops during the festival. Writer Heather De Lyon will lead creative-writing workshops at the Wensum Lodge Hotel.

Free family activities and drop-in children's workshops will take place at festival stalls in Fakenham Market Place on Thursday 6 and Thursday 13 August.

Films and screenings

Art will also be celebrated on screen through a series of special film events at Fakenham Central Cinema. The programme will include films exploring the lives and work of major artists, including Frida Kahlo, Caravaggio, Turner and Constable.

There will also be opportunities to see locally made films and footage connected with Fakenham's festivals and community activities.

Meet the artists

Active Fakenham will hold festival stalls in the Market Place on 6 and 13 August.

Visitors will be able to collect festival information, find out more about the participating artists and venues, and take part in creative activities. Some of the artists involved in FAF26 will also attend, giving members of the public an opportunity to meet them and learn more about their work.

Supporting the town

FAF26 is one of five festivals organised by Active Fakenham this year.

It aims to support local artists, promote town-centre venues and businesses, encourage people to explore Fakenham and provide affordable cultural activities for residents and visitors.

Festival brochures containing details of the programme, participating artists, venues and events are available throughout Fakenham. Further information and updates will be published on the Active Fakenham website and social-media pages.

www.activefakenham.org.uk



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From Holt Consulting Rooms

Your Pain Holds the Answer

Now is the time to start understanding your body's point of view.

What is the first thing that your body does when you experience pain? It tells you. Then what do we tend to do next? Seek help in a crisis, yet in less so cases we often cover it up, mask or ignore it with a smorgasbord of external coping mechanisms.

This is said without criticism or judgement and with plenty of self-lived experiences. My question is, how has it become okay that often, without realising, we take actions that ignore ourselves over the messages our body is kindly letting us know to help us. Regularly interpreting our body's messages of pain and discomfort as nothing but an inconvenience from our daily lives?

I'm Elaine Spencer and as an Internationally Licensed Heal Your Life Coach, I help you ease your pain from your insight out.

Here are some easy daily edits to help get you started:
PAIN: Pause Ask Intuit Nurture

First. Take a moment to sit quietly, relax your body and breathe. Even if right now the only time you feel you can do this is in the bathroom! (Pause)

Second. Intuitively ask which part of your body you need to have a conversation with. E.g. If you are currently feeling discomfort from an illness, talk to this part of your body. (Ask)

Third. Listen to yourself, as you would expect from all good customer service. Including complaints as well as praise. Acknowledge and trust your inner wisdom and thank yourself for taking the time to hear you. (Intuit & Nurture)

Let me know how this feels.

To discover more contact me for your first intuitive appointment today:
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Churchyards Are Special Places

Not only do churchyards frame a church, providing an historical record and a reminder of loved ones departed, but they can be a haven for wildlife. One way in which the Church of England promotes its 'caring for the earth' mission is through the EcoChurch programme which encourages parishes to appreciate and nurture their natural environment as well as supporting sustainable living.



Yellow Corydalis. St Andrew's Holt

In connection with this, a small group has enjoyed recording the plants growing in the churchyard at St Andrew's so much that we have offered our services to other churches in the area. So, in early summer we visited the churchyards at Baconsthorpe, Brinton, Hempstead, Hunworth, Letheringsett and Thornage.

Mown areas, rough areas, gravel paths, walls and hedgerows provide habitats which different plants exploit. Despite making only single visits, and in a year where even the Stinging Nettles have wilted, we recorded a total of 202 species with from between 55 and 99 in each churchyard. Just 10 species were found in all six churchyards and 82 species were found in only one.

We ignore species that have obviously been planted but include those that have hopped over from nearby gardens, as well as the truly wild.



Plant recording in Hempstead churchyard

Why do we do it? There is the excitement of the hunt; every churchyard provided at least one surprise – Bee Orchids at Thornage and Wall-rue (a fern) at Brinton. And we enjoy the company as we remind each other of names and botanical characteristics. Our efforts may even inform churchyard management and are passed on to the Norfolk Wildlife Trust as well as churchwardens.

Tony Leech

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The Royal Naval Association Cromer Branch

Dear Editor, I would be grateful if you would pass on our heartfelt thanks to CT Baker Budgens for allowing us to hold our annual collection for the Royal Navy Veterans at Budgens, Holt. We had a most excellent day and found those donating to be very generous and supportive. So, a huge thank you to Holt people and those visiting, especially those on holiday as well. Many who donated had links to the Royal or Merchant Navy, especially from parents' war time service and other conflicts and we had some excellent conversations.

The total raised was £595 which will go a long way to help us to maintain our values of Unity, Loyalty, Patriotism, Comradeship and the ongoing welfare and well-being of our Veterans. The money will also go towards fulfilling our 7 Comradeship components of Companionship, Connection, Commemoration, Compassion, Care, Celebration and Community involvement for Veterans.

The Royal Naval Association Cromer Branch covers an area of some 350 square miles. We meet on the 2nd Friday of the month at 1215 at Cromer Tennis Club and all former and serving Navy personnel are welcome. We also administrate the Armed Forces and Veterans' Breakfast Club, Cromer and North Walsham and meet every third Saturday of the month, details on application. There are some 42,000 veterans in Norfolk so we know we are not reaching as many as we would like and would want to hear from more. If anyone would like to know more information about becoming a member or supporter of the Royal Naval Association or the Armed Forces and Veterans Breakfast Club, please contact me on cromer.rna@talktalk.net or afvbccromer@talktalk.net

Every blessing, Yours aye, Reverend Dr John Mills RN Chairman and Chaplain. Please reply to: The Chairman RNA Cromer. 35 Hendrie Road. Holt. NR25 6RR. Tel: 01263 711760.

Honorary Secretary Needed

The Holt Branch of the Royal British Legion is looking for a secretary to support the work of the Branch. You do not have to be a serving or retired member of the Armed Forces to take on this role. Our Branch plays a key role in ensuring that the local Armed Forces community in the Holt District is supported, as well as upholding the importance of Remembrance for those who have made the ultimate sacrifice.

The role of the secretary includes setting and distributing the meeting dates, booking meeting accommodation, creating agendas and taking minutes for the meetings held eight times a year, distributing information to our members via email and/or post, dealing with correspondence, phone calls and organising a few social and fundraising events throughout the year. If you are interested and would like to discuss further, please contact Lauren on 07850 649160 or via email: Holt.Secretary@RBL.community

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Summer Physiotherapy at Holt Holistic Centre

Samantha Rodwell is one of the physiotherapists based at The Holt Holistic Centre. She is dedicated to helping patients improve their movement, reduce pain, and achieve their rehabilitation goals.

The summer season brings extra challenges, and this is mainly due to the warmer weather and increased outdoor activity. Many people become a lot more active in early summer – going out and enjoying outdoor activities. Common conditions seen during this time include: achilles tendinopathy, plantar fasciitis, ankle sprains, rotator cuff issues, tennis elbow, mechanical low back pain, hamstring and calf strains and knee problems to name a few.

We also all need to be aware of, especially in the recent heatwaves, the increased dehydration risk. Dehydration can significantly affect muscle function and increase the risk of sports-related injuries by impairing both physical and cognitive performance. Those that are dehydrated may experience muscle fatigue and cramps, headaches, poor concentration and delayed reaction time. This can also lead to increased falls risk and injuries in the general population

The essential message is: maintain your hydration and take electrolytes – even if you are not doing sports and activity. Don't let pain or stiffness stop you from enjoying the activities you love. Whether you're recovering from an injury, managing a long-term condition, or experiencing everyday aches and pains, physiotherapy can help you move with greater ease, reduce discomfort, and improve your quality of life.

If you would like to book an appointment with Samantha, contact: sam@countryphysio.co.uk 07879 645025 **www.countryphysio.co.uk**

Hedgehog Haven



Julie has come into care with a badly injured back leg. It was very swollen and was also infected, she is on a long course of antibiotics. The leg has been lanced and the infection drained out as much as possible, she is now able to walk on it much more easily, but it will take a long while to heal as the wound is at the top of her leg.

This summer has been exceptionally bad for baby hogs being abandoned either the mothers have been dying or because of the extreme heat they have not been able to find any food and water, meaning their milk has dried up and they are unable to feed their young, so they leave them. All the rescues in Norfolk are full to overflowing with baby hogs. So please, if you can put a shallow dish of water out, it will help all our wildlife not just hedgehogs. Thank You.



From Steff Aquarone MP

Reflections on Two Years of Delivering for North Norfolk Communities

With an £83 million clean water investment unlocked, 21,500 urgent dental care appointments secured, three bank hubs opened and thousands of residents supported, I feel like I am just getting warmed up.

Whether it's mammoth issues like sewage and access to dentists - where I played a key role in helping to secure the new UEA Dental School - or the small day-to-day ones, like saving Sharrington's historic phone box when BT wanted to get rid of it, this job has always been about rolling up my sleeves and getting things done.

I have campaigned to reduce sewage spills for years, and one of the achievements that I am most proud of is the £83 million investment from Anglian Water that I helped to unlock through years of campaigning. I grew up on the North Norfolk coast, and I have memories of spending precious time with family on our beaches and in our seas. It's important to me to make sure that future generations can do the same. I've worked closely with Anglian Water to unlock the £83m investment and I'm thrilled that we're already seeing results.

Spills are down 95% at Knackers Wood, and down 94% at West Runton and for the first time ever, water quality at seven of our beaches has been rated excellent. It's a fantastic achievement but there is more to do and I won't stop demanding more investment for our precious coastline until spills are a thing of the past.

I have worked with communities across North Norfolk over the last two years to ensure that local services under threat are saved. If it matters to my communities, it matters to me. So much of what we've achieved has been because I have stood shoulder to shoulder with the community and we have collectively pushed back against the closure of schools and vital community services.

We saved East Ruston Nursery School and got Royal Mail to replace stolen local post boxes – and those are meaningful achievements that mean so much to residents and their families.



There are vital services that I am especially keen to see delivered this year. I have fought for the UEA Dental School to be delivered for years and that campaigning has paid off, as we finally got the green light this year. I won't stop though until the first students are through the door and we're one step closer to solving our dental crisis for good.

I've also successfully campaigned for bank hubs across North Norfolk to restore vital face-to face banking and cash services to rural communities. I've opened hubs in Cromer, Holt and North Walsham – and I am fighting for every rural town that needs one, to get one.

I get letters and emails every day from people who are struggling to navigate bureaucracy and unnecessarily complex systems and who struggle to access healthcare, transport and basic services that are much more accessible in other parts of the country. I will keep on fighting to make sure that North Norfolk isn't left behind and that people who live here can jump on a reliable bus to work or school, see a doctor or a dentist when they need to and can access excellent education.

Britain isn't doomed - we just need to get it working for people - and fix the broken systems - so that we don't constantly feel like we're swimming against the tide. Helping to sort that out is why I'm in this fight for the long-haul.

Steff Aquarone MP

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First Aid Essentials every pet owner should know

Accidents can happen when we least expect them, whether it's a cut on a woodland walk, a bee sting in the garden, or a pet eating something they shouldn't. Knowing a few basic first aid principles can make all the difference while you arrange veterinary care.

The first and most important rule is to stay calm. Pets can pick up on our emotions, and a frightened or injured animal may react unpredictably. Approach them gently and, if necessary, use a towel or blanket to help keep them still. Remember that even the gentlest pet may bite if they are in pain.

Every pet owner should keep a simple first aid kit at home. Useful items include gauze dressings, bandages, cotton wool, saline solution for rinsing wounds, blunt-ended scissors, tweezers, disposable gloves, and your veterinary practice's telephone number. Avoid using human medications unless specifically advised by your vet, as many are toxic to pets.

If your pet has a minor cut, apply gentle pressure with a clean dressing to stop any bleeding and keep the wound clean until it can be assessed. If bleeding is heavy or doesn't stop after several minutes of firm pressure, seek veterinary attention immediately.



If you suspect your pet has swallowed something poisonous, don't try to make them sick unless instructed to do so by a veterinary professional. Common household dangers include chocolate, grapes and raisins, onions, xylitol (found in some sugar-free products), antifreeze and certain garden plants.

If your pet has been involved in a fall or road traffic accident, or is suddenly unable to bear weight on a limb, avoid encouraging them to walk. Keep them as still as possible and, if you need to move them, support their body carefully using a blanket or large towel as a stretcher for larger pets. This can help prevent further injury while you make your way to the veterinary practice.

Perhaps the best first aid you can provide is knowing when to seek professional help. Difficulty breathing, collapse, repeated vomiting, seizures, severe bleeding or suspected poisoning should always be treated as emergencies.

At Toll Barn Vets, we're always happy to offer advice if you're unsure. A little preparation, combined with knowing when to act, can help keep your four-legged family members safe and healthy all year round.

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of Tottenham 5. Southampton 6. Steve Coppell 7. Sunderland
8. Liverpool and Burnley 9. Bryan Gunn 10. Shrewsbury Town



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Rescue Wooden Boats - Sea Shanty Summer BBQ

Thursday August 13 from 5.00 – 8.00pm at the Maritime Heritage Centre, off Greenway, Stiffkey NR23 1QF. Live shanty band Blakeney Old Wild Rovers and self-pay BBQ and bar.

The museum will be open too so you can explore the stories of our historic local wooden fishing boats at the same time. Bring something to sit on. We look forward to seeing you.

Lucy Lavers popular Heritage Tours

You can join skipper Isaac on a 1.5hr tour or book the whole boat - a locally serving lifeboat and Dunkirk Little Ship - to celebrate your own special occasion (maximum 12 people) for 1.5 or 3.0 hrs. So far this year we've had birthdays, hen parties, special interest groups and more aboard. As well as the exhilarating experience of being aboard a unique historic wooden boat, the tours focus on 'heritage' (Lucy Lavers, lifeboats, Dunkirk, local wooden fishing boats, Wells Harbour) with Isaac as an "excellent skipper and narrator".

You can see the dates and times and book on our website www.rescuewoodenboats.com

The Maritime Heritage Centre in Stiffkey tells the stories of our local historic fishing boats and lifeboats and their communities. It is open on Sundays and Bank Holiday Mondays 11am-4pm with new displays and merchandise.



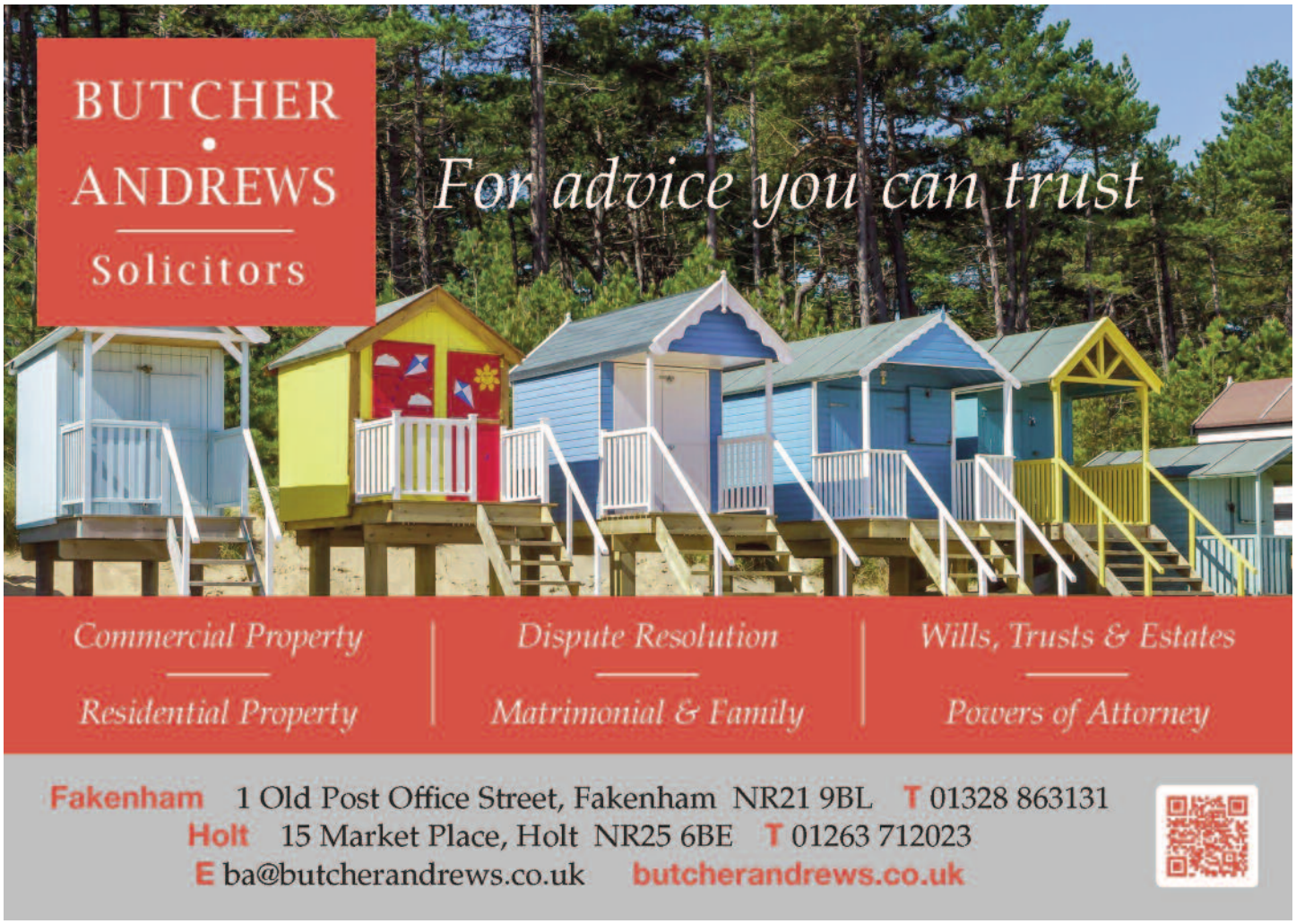
Lots to see and do: history of local fishing, boatbuilding and lifeboats, films, displays and artefacts, quiz, knots and more for children. And a special 50th anniversary display of David Hewitt, boatbuilder. And you can take a break, sit down with a cuppa and watch a film, and perhaps see some boatbuilding in action. Weekday group visits welcome by appointment. Talks about local Maritime Heritage. Let us know if your group or society would like to plan a talk from our speaker team.

Recruiting volunteers of all sorts…

We always are keen to recruit volunteers and fit with their skills, interests and time availability to join our friendly team to:

- Help with visitors at the Maritime Heritage Centre and boatyard
- Help plan and run the annual Maritime Heritage Festival weekend
- Help with sanding and painting boats each year

If you are interested or know anyone who might be, and would like to talk it through do get in touch with Wendy on 07796 95961414 wwp@wendypritchard.co.uk www.rescuewoodenboats.com charity no. 1144180



GLAVEN CARING

Glaven Caring – Summer-time News



All are welcome at Glaven Caring – the local day care centre in Blakeney. Join us for lunch, coffee or the day. As well as caring for our elderly neighbours, we welcome our holiday visitors. So, if you are visiting Norfolk over the summer and are looking for day care for your visiting elderly visitors, please do give us a call.

Dates for the diary:
Langham Street Fayre – 15th August – we are providing the teas and our delicious cakes – see you there!

Client BBQ in the garden – 27th August – clients are welcome to bring guests. Please sign up in the office or by email.

Happy Mondays, join us for lunch - two courses for just £8.00 – every Monday, do book early to avoid disappointment

Monday Knit and Knatter – 10am to 12 noon – we are knitting and crocheting our Toto The Seal mascots which we will sell to raise funds for our client activities and trips out. Please do help us!

Tuesday Coffee, Cake and Cards with raffle 10.00 to 12 noon - donations please for delicious teas and coffees - every Tuesday

Thursday Chatty Café – 'chatter and natter' - pop over for a friendly chat every Thursday from 3rd September

Caring for the Carers coffee, chat and lots of advice from other carers, our team and a representative from Social Services - 10am to 12 noon first Friday of the month (7th August and 4th September)

Board Games & Chat - 10am to 12 noon – coffee, chat, chess, and more. Free to attend and all levels welcome - every third Friday of the month (21st August and 18th September)

New Bridge Club – Tuesday evenings from August - check our website for details

Looking to rent space for events, keep fit and creative classes, meetings and more?
Our sunny, airy Garden Room, a small office space and a treatment room are available to rent hourly or by the day on Saturdays, Sundays and Wednesdays with some availability weekdays too. Competitive rates – please call 01263 740762 or email: info@glavencaring.co.uk to find out more

Volunteer bus drivers wanted too – please contact us if you are interested in a one or two shifts a month, starting in September

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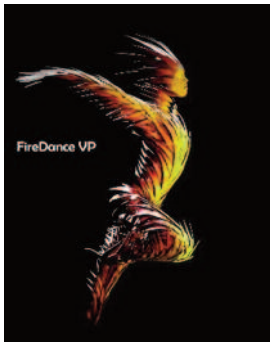
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FireDance VP – ‘A Window on Wildlife’

Barry Loader has been involved with photography almost all of his life – his first job at 18 was as an assistant in a camera shop and he hasn’t looked back since then.





Barry’s latest portfolio, ‘A Window on Wildlife’ is featured on this month’s FireDance VP and includes local pics from Holt, Cley and Pensthorpe. FireDance VP is a Viewing Platform created here in North Norfolk which features one photographer each month, giving them the opportunity to showcase a single subject that just they have chosen.

This month, Barry has selected shots of a Sparrowhawk, Water Vole, an Eagle Owl and a Grey Crowned Crane, together with some more exotic species from far-flung places such as an Iguana from Costa Rica, and others from Cromarty and Northern Mallorca.





To see Barry’s complete portfolio, visit firedance-vp.weebly.com where you will also find additional portfolios from previous months.

FireDance VP is open to all who take photographs, irrespective of how these are achieved. If you have a subject you’d like to feature on FireDance VP, just e-mail firedancevp@timfolkes.com

Sheringham & District Philatelic Society

S is for… was the theme for members who showed items from their collection. We saw several displays, including a tribute to “A Special Sovereign” (the late Queen); whole sheets used in a single date; sets of stamps which are quite tricky to collect; Solomon Island issues; ships; Spanish ladies and Scottish Sunday School rewards stamps. These fascinated members. Then “slipped through the post” – covers which had been underpaid, or bore forged stamps, or mixtures of stamps that were not postally valid and even a cover without any stamp. That latter bore a Royal Mail Revenue Protection Department instruction that it had been fully paid and must be treated as First Class Mail!

Our postcard-collecting member showed a mixture including salutations [from WW1 troops, cats, dogs and even fairies]. There were Saucy Seaside cards and even a card bearing a Cromer skeleton postmark. This rarity is so named as it comprises the town name and date only.

One member offered a quiz. All the items had an “S” connection: sea mail, services post [military], savings stamps ... and whilst we identified most, he had us all beaten by a few. Great fun!

Our 10th August meeting features our own Tony, who has exhibited in some prestigious events and gained recognition for the quality of his material.

Then Tony is on the rostrum for our auction on 14th September. We meet at West Runton Church Hall starting at 1930 and visitors are warmly welcomed.

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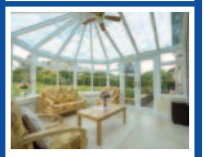
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Celebrating 25 Years of the RNLI Lifeguard Service

This year celebrates the 25th anniversary of the RNLI lifeguard service in the UK, and 19th year in North Norfolk.



To mark the occasion, over 100 staff from the RNLI Lifeguard Service, RNLI Lifeboats, Coastguard, Norfolk Fire and Rescue Service, Paramedics and Air Ambulance Charity gathered on Cromer Beach ahead of the peak season.

In 2001 the RNLI launched its lifeguard service across 26 beaches in Devon and Cornwall with over 3000 people aided and 20 lives saved in the first year. In 2007 the lifeguard service was brought to North Norfolk, the first place nationwide out of the South-East region, to take over the existing lifeguard service provided by North Norfolk District Council.

Initially starting with four beaches (Sheringham, Cromer, Mundesley and Sea Palling), over time it expanded to include Wells, West Runton and East Runton and a second station at both Sheringham and Cromer. This year the lifeguard service has 54 lifeguards employed to patrol our beaches between 10:00-18:00hrs every day.

Not only is it the excellence of their coverage of our coast that we should celebrate, according to the RNLI's records for North Norfolk in 2025 alone, the RNLI attended 345 incidents with 173 of them requiring first aid, 5 lives were saved and 44 rescues which could have ended badly had they not attended.

Guy Metcalf, Leisure & Locality Team Leader at North Norfolk District Council, said: "We are extremely proud of our long-standing partnership with the RNLI. The lifeguard service provided by the RNLI have set the standard for professionalism and safety on our beaches, helping residents and visitors enjoy our coastline with confidence.

"Their dedication and expertise play a vital role in supporting our Blue Flag beaches and protecting the public, and we are grateful for the continued strength of this important partnership."

Sam Kendrick, RNLI Lead Lifeguard Supervisor, added: "The emergency services work really well together. Say, for example, someone was in trouble in the water, a lifeguard may go in and rescue them, then bring them ashore, perhaps treat them for first aid and call 999.

"That goes to an operator who then may be asked for an ambulance, or the Coast Guard, then the Coast Guard teams may help the lifeguards to move that casualty off the beach.

"Then they might be treated by paramedics, perhaps, on the promenade, and then, depending on the severity of the incident, it could be an air ambulance that then takes that patient to hospitals. So, you can see there, in just one rescue, there's four different agencies that have all linked up together." It shows the importance of us all working together to try and achieve the same goal.

"We wanted to celebrate their work with this occasion and get as many people together as possible for this photo shoot, just so that we can highlight all of these people and the wonderful work that they do."

Burnham Market Dental Surgery

NEW PRIVATE PATIENTS WELCOME

Burnham Market Dental Surgery welcomes a new dentist to the practice.



Burnham Market Dental Surgery is pleased to welcome a new dentist to our independent private practice, and we are now able to accept a limited number of new private patients.
Established in Dental Care since 1992, the practice has built its reputation on considered, personal dentistry delivered in a calm and professional setting.

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- Teeth whitening and discreet smile improvements
- Orthodontic treatment with transparent aligners
- Dental implants
- Emergency appointments, subject to availability
- Clear, individual treatment planning

Our approach is straightforward and attentive: we take time to understand each patient's concerns, explain options clearly, and recommend treatment only where it is appropriate.

For those seeking a private dental practice with continuity, discretion and a personal standard of care, we would be pleased to hear from you.
New private patient appointments are now available.

To enquire or arrange an appointment, please contact the practice:

Burnham Market Dental Surgery
01328-738525
bds.norfolk@pm.me
bdsnorfolk.co.uk

Getting divorced? Don't overlook the pension

by Daniel Sims, Solicitor, Hayes + Storr



When looking at the assets in a divorce, most couples' immediate concern will be about the family home, and whether it is affordable to keep it, or whether it will be necessary to sell it and divide the proceeds; many are still failing to think long-term, forgetting about the pension pots, which can be just as valuable as the property, or even more so.

Back in 2022, the University of Manchester and Office for National Statistics' research found that on average, a husband's pension could be almost x10 higher than his wife's pension, but that few couples were discussing this disparity, and more recent research has found the average middle-aged man will hold £108,100 in pension wealth, compared to same-age women with an average of £57,900.

The Pensions Commission published an interim report in May 2026 highlighting that there are still a huge proportion of people without sufficient pension provision to see them through old age, particularly women, notwithstanding developments such as automatic enrolment for employees.

Typically, a wife will have been out of the workforce, looking after the children, and may have then returned to work on a part-time basis, or at a lower rate of salary, so on retirement, she is likely to have less pension income to meet her living costs. This family decision, made on the expectation that, in retirement, the money would be pooled between them, will put the wife at a disadvantage if the marriage then breaks down and she has little to no independent provision.

The Divorce Courts recognise this issue and have made it clear that the wife's (career) pension sacrifice should be remedied by sharing the husband's pension pot, transferring a percentage of the value from his pot to her pot. The husband's pot will be reduced, but he can then re-build moving forward if he is still working, whilst the wife's pot will correspondingly increase, so it should pay her greater income directly in later years.

It is vital to take professional advice. Solicitors can help to gather information and get an actuary or Pension on Divorce Expert involved, who will calculate what percentage of the husband's pension would need to be transferred to achieve either an equalisation of capital values, or, in cases with public sector funds, a long marriage or proximity to retirement age, equalisation of future income. Once the transfer amount has been agreed, and approved by the Court, the wife may then need a financial advisor to help her invest the pension share in a new pot.

Agreeing to leave a pension alone, in exchange for property or cash, or disregarding them entirely, may well cause real hardship in old age and legal and financial advice should be taken before agreeing any final divorce settlement.

For expert advice on divorce and pensions, contact Daniel Sims on 01263 712835 or email daniel.sims@hayes-storr.com.

This article is for general information only and does not constitute legal or professional advice. Please note that the law may have changed since this article was published.



Regular Events

Want to make new friends and have fun while mastering a new skill in 2022? Why not come along to High Kelling Village Hall and try your hand at Short Mat Bowls in a warm, friendly environment with refreshments provided. We are offering free afternoon taster sessions with expert tuition from experienced players. If you would you like to find out more, contact Lyn on **01263 713898** or Tony on **01263 713119** and arrange a taster session.

Dance your way to fitness. Every **Tuesday** from 1-2pm at The Copeman Centre, Briston. BellyFit4Fun uses belly dance moves to aid fitness, core strength and FUN! No experience needed. No need to book, just come along. Suitable for all ages. Call or text Gwenyth on **0758 222 9696** for more information.

Guided Tours of the Chapel Icons. St. Seraphim's, Station Rd, Little Walsingham. NR22 6EB. **Wednesdays and Saturdays 2pm**

Quiet Garden Group. Last Friday of the month - 10.30am to 2pm. The Quiet Garden Group meets monthly for talks and reflection in the Garden Room. Bring a packed lunch; tea, coffee, squash and biscuits provided. New members always welcome.

Gardening Group. Every Monday - 10.30am to 1pm. New members always warmly welcomed! Tools and refreshments provided. For further information or if you would be interested in hiring our Garden Room for your own activities, please call 01328 820610 or email saint.seraphims@gmail.com.

Holt Bridge Club meets every Wednesday at 6.45pm for 7pm till approximately 10pm. We meet at the very nice High Kelling Village Hall, Avenue Road, High Kelling, NR25 6RD. We are a friendly club, affiliated to the English Bridge Union and play Duplicate Bridge, and always happy to welcome new members. For further info contact the Secretary Robert Smith 01328 822120.

Sheringham and District Philatelic Society meet at West Runton Church Hall, 2nd Monday each month at 7.30pm. Contact Andrew for more information on 01263 513433 or Jim on seamussar@btinternet.com

Saturday Cafés at St. Andrew's Church, Thursford, NR21 0BW. The first Saturday of every month 10am-12 everyone welcome to enjoy tea, coffee homemade cakes in this beautiful church. Also no need to book just turn up!

Little Star. Every Thursday 10-12 at The Venue, Holt. A friendly and relaxed, mixed crafting group where we get together 'Making things to make a difference'. Knitters, Stitchers, Crocheters and Card makers - all ages and skill levels are welcome. Refreshments are available so do pop along and join us. Equipment provided.

St. Mary's Church, Kelling (a mile outside the village on the Holt Road) Music and Meditation. Every Wednesday 3.00 - 3.30 pm. Beautiful live music and inspiring words in an idyllic setting. Visitors always welcome.

Blakeney Church of England Primary School are starting a Stay and Play group for pre-school children and their parents/carers. Every Thursday 9-11am during term time. There will be toys, refreshments, craft activities and stories in our friendly village school. For more information contact Trace on 01263 740531.

Binham Village Hall social evenings are held on **the last Thursday of each month** at 7pm. Bar, jacket potatoes, games.

Abacus Bridge Club meets **every Thursday at 6.30pm** at the High Kelling Village Hall. Play begins at 7 p.m. and finishes between 9.30 and 10. We play traditional Duplicate Bridge and welcome all players and new members. Table money is only £2 per session and includes refreshments. The first three sessions are free. For further information please contact the Chairman, Robert Smith on 01328 822120 or the Hon Secretary, Gillian Bolam on 01263 822070.

The North Norfolk Backgammon Circle (NNBC) meets once a month in Gresham Village Hall, usually the 3rd or 4th Sunday in the month. All skill levels are welcome from beginners to experts. For dates and details call Chris on 07434 989228.

Open Circle, an informal women's group, meets to learn, make new friends and support local charities on the second Thursday of each month at 7.15 pm in Binham Village Hall. For further information: Shirley Collyer at collyershirley@gmail.com.

Your Choir Holt, meets weekly at The Venue on Friday mornings, 10am-12pm. Contact Mike on 07485706345 or visit www.yourchoir.co.uk

Weybourne Bridge Club. A friendly Bridge Club held every Tuesday afternoon, 1.45 p.m. for a 2.00 p.m. start - 5.00 p.m. at Weybourne Village Hall, NR25 7AH. We play Chicago Bridge so no need to bring a partner. All standards welcome. Please contact Michelle at theacolbridgeclub@hotmail.com or 01263 585049

Book Sale at St Peter's Church, Sheringham. Coffee and freshly-baked scones. 3rd Saturday of every month from March until November. 10a.m until 12.

Folk at Weybourne Village Hall, third Sunday of every month, 3pm until 6pm. Singers, musicians and audience all welcome. Join in the choruses or just listen. £1.00 entrance. Bring your own drinks/snacks if you wish. Tea/coffee available. Further details from Tony Baylis 01263 588781 or tonyandcarmen@btinternet.com

Open Circle: We are informal group of women based in and around Hindringham and Binham who get together to make friends, learn new things and enjoy local outings. If you would like to be part of the group, please contact Shirley on collyershirley@gmail.com.

High Kelling Garden Club. Second Monday of the month March – October - 7.00pm onwards Winter we change to daytime meetings at 2.00 p.m. We are a friendly Club and welcome new members - annual membership fee. Visitors £3. Please contact Lesley on hkgclubsec@gmail.com or 07736 762915.

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This space could be used to sell **your** unwanted goods and make you some money. If you've got something to sell, LET EVERYBODY KNOW. Email your FOR SALE items to: **info@holtchronicle.co.uk** or leave the details in The Holt Chronicle collection box in Feeney's Newsagents, Holt and we will advertise it for you **FREE OF CHARGE for items totalling £300.00 or less, 50 words maximum. Items above this amount, or if you would like to include a photograph, will incur a charge.** Vehicles, cars, caravans, trailers, boats, property, business etc not accepted without charge. Animals - pets, livestock, live fish etc not accepted. Please contact Jo on 01263 821463 for further details.

WANTED

Any original items of Second World War Homefront / Norfolk / RAF / ARP / Home Guard items or memorabilia for a new display at the RAF Marham Aviation Heritage Centre opening this summer. Tel 07919 182990

Any donations of wool gratefully received. Whatever we receive will be knitted into baby hats to donate to the Norfolk and Norwich Premature Baby Unit or hats and gloves for the Christmas Shoebox Appeal. Please call 07796638020 or email sallylee35@hotmail.co.uk

Old railway items always wanted for small museum, particularly tickets, lamps, loco items, station signs, cast iron or enamel notices etc – local items particularly sought. Tel Chris 01508 494204/07966 066563

Any bits from crashed planes, Second World War etc, information on crash sites or anything related for Aviation Heritage Museum based at Frettenham Tel Ken 01692 406943

Wanted, your unwanted wool for Norfolk (Sheringham) Knitters, can be left at Sheringham Library or contact Kate Davis on 01263 824781

Wanted by collector 00-gauge N gauge Railway / dinky toys, buildings anything considered cash/instant Bank transfer 01362422451/ 07747 097798

Records 45s 78s and LPs cassettes, Computer/Console Games also CDs singles only all considered Tel 01692 405756

Wanted: Domestic and DIY Electrical items for resale at the PACT shop North Walsham. Please drop them off during normal opening hours. 25 Market Place North Walsham. 01692 407163

Wanted: Vintage Football Sporting Memorabilia, Football shirts, programmes, Sticker Albums, card collection and any other football related items. Pre 1999/2000 wanted by collector. Please call/text 07966169335 or email massinghamkeith4@gmail.com

Myford Lathe with equipment. Any condition considered. A small bench milling machine, required by retired engineer. Any make, model, or condition considered. 07754 799803

Wanted, folding bicycle. 07949 348084

Wanted: Old beehive, any condition, also old gamekeeping & shooting items including cartridge cases. Dairy & butchery items, to buy. 01263 833269

FOR SALE

FREE 2 Cream coloured leather sofas, 2 & 3-seat 155cm W x 95cm D x 90cm H, good condition. Free to collect in Holt, can email photos. 07970 025524

Men's Rayleigh activator 2 bike, £30. Cromer 01263 478921

1080p HD handheld digital video camera, leads, remote, manual, spare battery, boxed, used once, no SD card, £30. 16GB micro-SD card with adapter £5. 8GB SD card £3. USB CD/DVD Read/Write/Rewrite drive £10. Sheringham. Buyer collects. 07796 274311

Electric guitar very good condition hardly used plus small amplifier and guitar case plus tuner £150 ovno, would suit beginner. Please call Terry on 07748 923063

Sturdy solid wood extending dining table. 3ft wide x 4ft long. Extends to 6ft. £30 ovno. 07745 751666

Get You Home" Spare Wheel for Volvo car, 19", £25. A pair of axel stands £6. North Walsham 07961 651598

Russell Hobbs portable oven with 2 hotplates £50. Set of 4 Stellar S/S saucepans £15. Light wood table (118cm x 74.5cm) & 4 chairs £50. White framed arched mirror 40ins x30ins £15. Triple hanging light fitting (green) on 47ins brass bar with chains £15. Argos clothes rail & cover (boxed, new) £10. All in very good condition. 01263 720973

Surfboard,9-foot Greco Eden, California designed Longboard with leash and all weather carry bag. Buyer to collect please. £65 01263 722457

KENRO Light Box (KL003). Superb quality, A3 18" (45cm) x 12" (30cm). A gift at £20, can deliver Holt area, John 01263 711536

Fly fishing Sportfish 13ft. D/H, 8/9 Salmon Rod in case (as new) £125. Bruce & Walker Expert Series salmon reel with two spare spools £125. Golf push/pull fold up golf trolley ideal for travelling £10. Telephone after 4pm 01263 710616

Qualcast 36v Cordless Mower. 2 Batters/Chargers. VGC. £45. 4PETSPRO Swiss large dog travel cage. Crash tested. VGC. £140. Dog Pen 1200x800 with floor, boxed. £45. 01692 500776

Camping trailer well used £40. Plumstead 01263 577433

2-man inflatable kayak used once. £30. 07733 175755

Hosepipe on wheels £30. ono. Contact 01263 710011

Dawes Red Feather ladies' bicycle. Silver, Shimano gears, bell, 24" wheels, light, gwo. £40. Vintage 1970's Raleigh Hercules ladies' bicycle. Basket, original Brookes saddle and Sturmey Archer gears, new tyres, green paintwork with some rust., brakes and gears gwo. £50. Bike carrier. Mounts on towbar, carries 2 bikes. £12. 07528 149835

Excellent pair of Nikon 7x35 action binoculars; fabulous condition and lenses, high quality product. £35. Any trial welcome. ideal for bird watching and general use. Holt 07717 160783

MC Culloch 1400 w shredder, as new £25. Five pairs of lady's Lunar sandals, three flat as new £10 pair size 6. Marco Tozi black knee length boots size 6 as new £20. Table ware,12 piece, dinner plates, side and dishes, white with small red leaf, unused £10. 07956 347293

Modern stylish oak dining table 120cm x 85cm extends to 165cm. Very good condition - £170. 07889 072564

Sofa Ercol York Minster 2-seater with solid elm carved frame. VGC in re-upholstered red/gold fabric. W 152 x H 82 x D 97 cm approx. £55. 3 Bags Kiln Dried Sand, 3 Bags cement, 1 cubic builders delivery sack with ¼ full type 1 hardcore + 6 empty builders sacks, with 4 corner straps, good condition. £20 lot. Buyer to collect. 01606 931277

Aluminium extension ladders, double section, 32 rungs total, 2 x 4m, can be used as single section ladders, good condition, sensible offers considered. Blakeney 01263 741957

Wooden shed 8ft x 5ft 10" in good condition £150. Buyer will need to dismantle and take away. 07890 689651

4 metre diameter grey parasol, complete with stand and six weights. £50. 01263 821373

Reclaimed Norfolk Red roof tiles, (at least 300) perfect for repairs or restoration projects. Traditional clay tiles, showing weathering and some signs of age consistent with their use. They are in fair condition overall; some may have minor chips or imperfections. To sell as one lot. £300. 07776 212434

York Fitness Inspiration Rowing Machine - max user weight 90kg. In very good condition with manual. £10. 07721 763093

Aluminium Double extension ladder. 2 x 12 rung lengths, each 11 feet/3.35 metres long. Good condition, kept in garage. £70 (Money will be donated to MND.) Buyer collects - Sheringham. 07470 704658

Rollator, wheeled walking aid with seat, basket and brakes. Rarely used and in excellent condition. £50. Items available from Aylsham. Call 07880 721353

Electric Assist Cycle Ladies Pendleton Classic, as new unused with original battery charger and keys £300. Sheringham 07988 557715

Pair of Ikea teak effect 20 in. wooden stools, £5 each. Blakeney 01263 741957

Two drawer solid wood grey painted console table 71cm high x 105cm wide x34cm deep. RRP £135, asking £50. Stag Minstrel free standing cheval mirror. Beautiful original condition £70 ono. Stag Minstrel free standing swing mirror for dressing table VGC £40 ono. 01263 512553

Full set Bencross golf clubs graphite shafts excellent condition £150. E-Caddy GT digital electric golf trolley with battery and charger £100. Golf shoes size 8 (42) As new £15. 07394 693114

Norwich City Football Programmes 1980's to 2020 (over 400) £50. Exercise Bike (Sport 24) Good condition £35. 01263 511292

Gale 3010S bookshelf speakers, £30. Pioneer A303 amplifier, £50. Sanus retractable TV wall bracket with all fixings, £15. Slimline hifi rack, 4x glass shelves, £40. Collection only North Walsham. 07779 018944

Slimline hifi rack, 4x glass shelves, £40. Collection only North Walsham. 07779 018944

Trousers, grey, purple and black, new, size 20. Winter cardigans, skirts, as new. Tops, size 18 to XL. Black jacket, size 20. New slippers, red, size 4. Purple mac, blue mac, yellow jacket with flowered skirt. All vgc. Offers. Holt. 01263 714061

JCB 10" concrete cutter with blade (fully working). Cost me £169, only used twice. Bargain £50 with boxes. 07833 986458

Two camping gas lamps, £5 each. Two-man pup tent, £10. Holt. 01263 479501

Saturday, 29th August

Concert at Binham Priory at 6.00 pm with Kyan Quartet.
Kyan Quartet presents "A MULTI-CENTURY JOURNEY FROM ENGLAND TO CENTRAL EUROPE", with music by Purcell, Elgar, Schulhoff, Brahms. Tickets £20 from Wells Maltings Box Office, 01328 710885 (10am – 4pm), wellsmaltings.org.uk
For further information, go to www.binhampriory.org

Sunday, 13th September

Concert at Binham Priory at 7.30 pm with Intesa Duo.
Intesa Duo, (viols and voice) presents "VOICES OF LAZZARO", a programme which combines a union between Armenian and Italian traditions. This is a candlelit concert.
Tickets £20 from Wells Maltings Box Office, 01328 710885 (10am – 4pm), wellsmaltings.org.uk

200th Anniversary Festival North Walsham & Dilham Canal

On 29th August, 1826 literally thousands of people gathered for miles from Wayford, Dilham, Stalham and Smallburgh through Honing, Briggate, Ebridge and Spa Common, North Walsham and on up to Swafield and Antingham.

They cheered and sang along the banks and from boats on the water along the nearly 9 miles of the newly completed North Walsham and Dilham Canal. This was a huge day, a massive event locally!

On Saturday 29th and Sunday 30th August 2026 we will be celebrating the 200th Anniversary of that official opening with a weekend long Canal Festival and invite you all to join us.



FREE entry and parking are offered. Please help our fund-raising for the canal restoration with your generous donations.

The Fun Boaty DOG SHOW on Saturday 29th from midday will include an Agility Demo by Animal Magic and a chance for have-a-go agility with your own dog. From 1.15 to 3.45 Fun classes - all £2 cash entry. For details email: chair@ nwdct.org and look on our Socials.

There will be fete games, also test your aim with Archery, Shooting, and Axe Throwing. Our superstar local First Responders are giving demos on CPR & use of defibrillators. This celebratory Festival offers delicious food stands, a licensed bar, live music, and lots of trade stands with local crafts and art for sale.

Maybe learn that the history of the canal wasn't all "plain sailing" in the crime stories in the history and wildlife tent. Adventure along Norfolk's unique waterway by hiring a canoe or paddle board on the day. Take a boat trip on a replica wherry, the "Newun" on either day or the steamboat "Falcon" on Saturday.

UNIQUE EVENT - 10am Saturday 29th August (advance booking only) for 20 passengers @ £20 each partake in the once-in-a-lifetime boat and light craft Flotilla to open the Festival. You'll be greeted by a splendid Brass Band - like it would have been 200 years ago! Come in period costume if you'd like.

Contact chair@nwdct.org or 07770 661 784
or book direct on: https://tinyurl.com/Flotilla-GOLD

The 200th Bicentennial Canal Festival will be held at Oak Road, Dilham, NR28 9PW, well signposted, (and count the Yellow Ribbons) with the generous support of Luke and Louise Paterson of Dilham Hall Retreats.

The Festival runs Saturday 29th August 10 to 6pm and Sunday 30th August from 10 am to 4pm. Contact chair@nwdct.org for any further details or enquiries.

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Feel-good endings make for a perfect summer read



Mystery thrillers Murder in the Blue and Killer on the Set by Norfolk journalist turned author Phil Johnson were both published recently and rose rapidly in the Kindle and Goodreads Adventure Fiction and Thrillers charts. They've been described as "Perfect summer reads". Phil thinks this is because in uncertain times, feel-good endings are more essential than ever.

Murder in the Blue, is set in the gorgeous Greek islands. It follows the story of TV reporter Tess and her rock star lover Jason who are on the run from would be killers while having to solve murders, kidnaps and stop an international crime gang smuggling stolen ancient artifacts from Greece to Norfolk.

Phil's previous novel, Run to the Blue, which Murder in the Blue follows on from, was set largely in the Ionian islands of Paxos and Corfu. This time his heroes move through the Corinth Canal and sail to the stunning Aegean islands.

Phil tells us he wrote quite a few scenes of the book on boats and in harbours in these locations, all of which is reflected in his novel. He said "There's no way of getting closer to your action than being where it actually happens". He added: "Writing on location lets you taste the air, feel the temperature and hear the sounds that wrap themselves around you and bring the landscape to life. I wrote scenes for the second of my two new novels Killer on the Set, whilst touring Spain and France with my wife, Fi in a campervan. It tells the story of a young actress and a former police officer turned stunt man who uncover a ruthless crime gang operating behind the scenes of a successful TV crime drama."

After a successful career as a presenter, reporter and producer at BBC Radio Norfolk, BBC Look East and ITV Anglia, Phil turned to writing novels. "I'd spent decades telling factual stories and wanted to entertain and inform with fiction," he said. "It was difficult to settle on a genre at first, but I found myself writing fast moving adventure thrillers set in lovely locations. My heroes are women and the stories are told through their eyes, they all have with a mountain to climb and a host of bad guys stacked against them, but they somehow always win through, and I feel that's what we all need right now.

Murder in the Blue by PN Johnson and Killer on the Set by PN Johnson available as ebooks or paperbacks from Amazon and other outlets, and orderable from any bookshop.

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Registered Charity Number: 1217330

Fuchsia Faces is a registered charity dedicated to supporting women who have been diagnosed with breast cancer, with a particular focus on women living in North Norfolk.

Our aim is to provide opportunities for women to come together, make new friendships, build confidence and enjoy positive wellbeing experiences during and after treatment.

Through activities such as chocolate making, pasta making, macaron workshops, coffee mornings and other social events, we hope to offer moments of joy, support and connection at what can often be a challenging time.

Working in partnership with Hunters Chocolates, Fuchsia Faces is developing a range of experiences that encourage women to step away from appointments and treatments for a while, learn something new, share experiences and simply have fun. Hunters Chocolates are also selling our Fuchsia Faces Smiley Faces in their Holt shop, with proceeds helping us continue to fund experiences and support for local women affected by breast cancer.

Trustees

Sue Hollyman – Founder Trustee
Having experienced breast cancer herself and receiving treatment since 2013, Sue is passionate about creating opportunities for women to feel supported, valued and less alone.

Lucy Walduck – Trustee
Lucy experienced breast cancer in 2012 and brings enthusiasm, compassion and a strong commitment to supporting women and helping develop the charity's wellbeing activities and fundraising initiatives.

Emma Johnson – Trustee
Emma is dedicated to ensuring Fuchsia Faces provides meaningful support and opportunities that positively impact the lives of women affected by breast cancer.



Our Vision

To ensure that every woman diagnosed with breast cancer knows she is not alone and has access to friendship, support, wellbeing opportunities and hope.

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THIS ISSUE'S PUZZLES

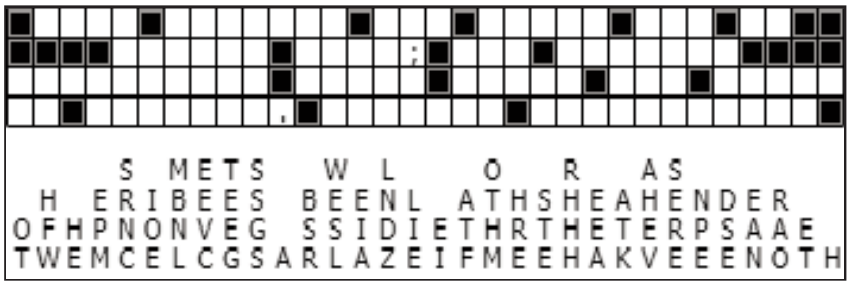
SUDOKU Fill all empty squares so that the numbers 1 to 9 appear once in each row, column and 3 x 3 box. The numbers in the four yellow boxes are the ones needed as the answer that will be published in the next issue.

5		8	6		7	4		
				5		8		
3	1					7		
	7	6	1					
2								7
					9	6	3	
		1					8	4
		9		4				
		7	5		8	3		9

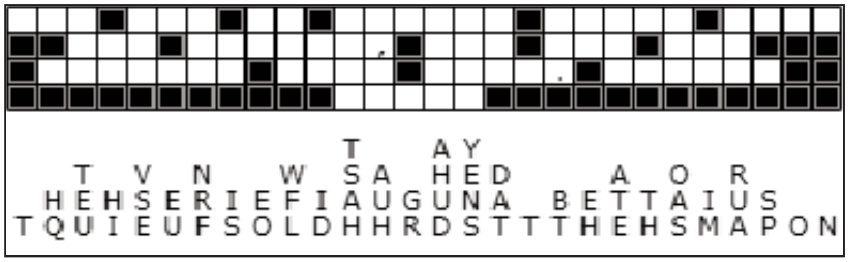
The 2026 Perseid Meteor Shower will peak around the 12th and 13th of August. This issue's word search theme is '**Astronomical Objects**'. Between **FOUR** and **TWELVE** letters. One or more words. There are 16 entries in this issue's **CHRONICLE WORDSEARCH.**
How many can you find?

J	K	H	P	T	D	V	G	D	P	S	O
I	I	U	E	B	E	P	J	I	U	A	T
C	E	M	I	N	N	V	I	O	M	T	U
S	O	J	U	P	I	T	E	R	M	U	L
C	A	S	L	Y	E	W	W	E	E	R	P
V	M	T	W	T	I	R	T	T	R	N	U
T	E	N	U	T	P	E	N	S	C	Q	R
B	R	T	T	R	O	N	C	A	U	H	A
B	D	O	C	R	N	C	U	F	R	O	N
X	B	E	O	F	T	J	Z	S	Y	Z	U
N	O	I	T	A	T	S	E	C	A	P	S
S	A	T	E	L	L	I	T	E	V	H	I

All the letters in our grids below have fallen out and mixed themselves up, although they are still in their original columns. Can you put them back in their rightful place to reveal a QUOTATION and the NAME of the person who said it.



S METS W L O R AS
H ERIBEES BEENL ATHSHEAHENDER
OFHPNONVEG SSIDIETHRTHETERPSAAE
TWEMCELCGSARLAZEIFMEEHAKVEEENOTH



T AY
T V N W SA HED A O R
HEHSERIEFIAUGUNA BETTAIUS
TQUIEUFSOLDHHRDSTTTHEHSMAPON

The Last Issue's Answers

The FOUR YELLOW SQUARES in the **SUDOKU** were 8 3 7 4

The **FALLEN PUZZLE** answers were:

I THINK EVERYONE LIFTS THEMSELVES THAT LITTLE BIT EXTRA FOR THE TOUR DE FRANCE, BEING THE PINNACLE OF OUR CYCLING CALENDAR. CHRIS FROOME

THE SUN-COMPREHENDING GLASS, AND BEYOND IT, THE HOT JULY GARDEN. PHILIP LARKIN

The 'Cycling' themed words featured in last issue's

CHRONICLE WORDSEARCH were:

BICYCLE
HELMET
GEAR
PEDAL
WHEEL
ROAD
TRAIL
MOUNTAIN
RACE
TOUR
CYCLIST
ROUTE
CHAIN
SADDLE
HANDLEBARS
FRAME



The **NUMBER CRUNCHER**

6 x 3 + 14 ÷ 16 + 10 – 11 = 1

There may be others.

NUMBER CRUNCHER
10 6 16 4 14 1 = 2
Using all FIVE arithmetical signs, + + - x ÷, fill in the spaces to make the equation true, as if they were being entered into a calculator.

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The Art and Science of Autologous Fat Transfer

In an era of synthetic dermal fillers and energy-based devices, autologous fat transfer (AFT) remains one of the most elegant solutions for tissue restoration. By harvesting a patient's own fatty tissue from an area of excess and transplanting it to restore structural volume or smooth contours, AFT offers a fundamentally natural alternative that sits at the intersection of surgical technique, cellular biology, and artistic precision.

The Unique Biological Advantages

While hyaluronic acid fillers provide convenience, autologous fat possesses distinct advantages:

- **Complete Biocompatibility:** Sourced from the patient's own body, the risk of foreign-body reactions or rejection is eliminated.
- **Permanent Longevity:** Successfully integrated fat cells establish a permanent blood supply, aging naturally with surrounding tissue rather than degrading over 6 to 18 months.
- **Regenerative Potential:** Adipose tissue is rich in Adipose-Derived Stem Cells (ADSCs) and growth factors, which actively improve overlying skin texture and vitality.

Where Fat Grafting Excels

Autologous fat transfer has versatile applications across both aesthetic and reconstructive medicine:

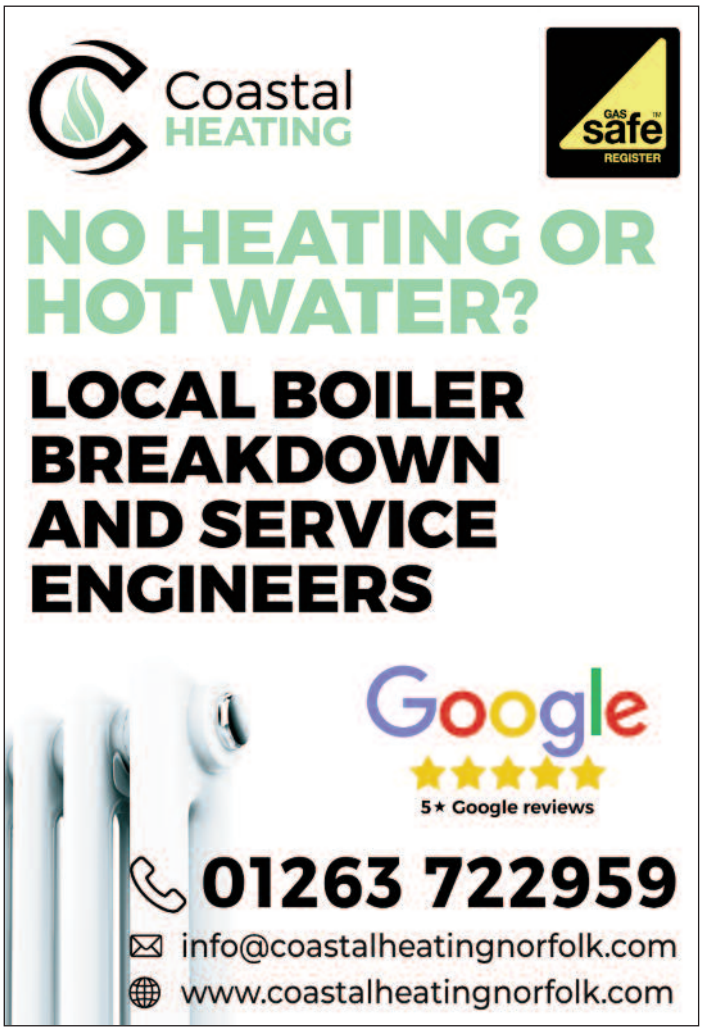
- **Facial Volumisation:** Restoring youthful volume to hollow temples, tear troughs, midface cheek flattening, nasolabial folds, and jawlines without the "over-filled" synthetic look.
- **Body & Contour Reshaping:** Enhancing body contours, correcting post-surgical irregularities, or refining tissue after liposuction. Breast, hips and hand volumisation.
- **Scar & Tissue Regeneration:** Improving tissue flexibility, softening tethered surgical or acne scars, and revitalizing skin damage resulting from radiation or chronic trauma.



Clinical Versatility

When performed in a controlled clinical setting by an experienced practitioner, fat transfer represents a harmonious blend of nature and surgical mastery—delivering soft, structurally sound, and long-lasting rejuvenation.

Call 01603 736487 or visit www.coltishallclinic.co.uk for more information or to book a appointment.



Kids in Norfolk Travel Free this August on Participating Bus Routes



Families across Norfolk can enjoy more affordable days out this summer thanks to a new scheme offering free bus travel for children throughout August.

As part of the Government's Great British Summer Savings initiative, under 16s will be able to travel for free on many bus routes across the county, helping families save money while making it easier to explore the many attractions, events and destinations Norfolk has to offer.

The scheme aims to encourage more people to choose public transport during the school holidays, reducing travel costs for families and supporting sustainable travel.

Five of Norfolk's main bus operators are participating in the scheme which means young people age 5-15 years can travel for free throughout August on all services operated by:

First Bus | Sanders | Stagecoach | Border Bus | Central Connect

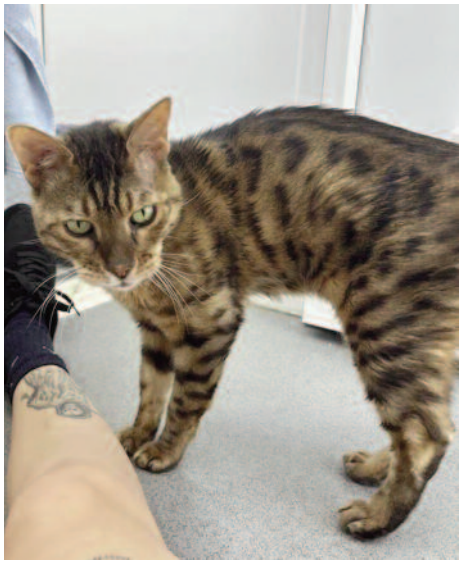
Cllr Tom Dickerson, cabinet member for highways and transport said; "I'm thrilled that so many of our operators are taking part in this scheme. Providing free travel for all 5-15-year-olds will not only give our younger residents more freedom to get around this summer but also reduces the costs for families who want to get out and about and enjoy what our beautiful county has to offer."

Whether travelling to the coast, visiting friends and family, heading into town or enjoying a day out at one of Norfolk's parks and attractions, free bus travel will help make summer adventures more accessible.

Under 5s travel for free on all bus services across Norfolk and concessionary bus pass holders can travel for free on all off-peak services! Many attractions across Norfolk are also part of the national Good Journey initiative which offers incentives and discounts for people arriving car-free.

Further information about participating operators and Good Journey attractions can be found at **www.travelnorfolk.co.uk/summersavings**

North Walsham and District Branch of Cats Protection



More good news to report this time. Alvin has now left us for his new home, and we are delighted to advise that his new family have told us that he has settled in well and has a hearty appetite. We have also said goodbye to Toots, Ninja and Sox. Dear little Pippa has also been reserved and will be leaving us shortly. Meanwhile Kato has been transferred to our friends at the Central Norfolk Adoption Centre as we believe that because they have lots of visitors to the Centre, he will have a better chance of finding a new home from there.

New cats in care include Barney who has joined us from Westover and will need weeks of cage rest having been injured in an RTA. Another new cat is Harley, a lovely older cat who will require a special owner as he has diabetes and needs regular insulin injections. When he first arrived, he was in very bad condition but having received regular food and lots of TLC he is now much happier and already looks a lot healthier. We also have several younger cats now in care, all of which will have had their first vaccinations and will be available for adoption when you read this.

Having recently been contacted by the vets regarding two strays taken into their care (including Barney) we would like to remind everyone that it is a legal requirement to have your cat microchipped and the chip registered to the address at which the cat is living. There is a £500 penalty for not having your cat chipped. Neither Barney, nor the other cat which, at the time of writing, is still in the care of the vets, had been chipped which means that it is difficult to reunite with their owner. Should the owner of either of these cats make contact to claim them they would be required to provide other evidence to prove it is indeed their pet.

If you are interested in receiving help to neuter your cat/kitten, please ring 07880 256948 (to see if you are eligible for a voucher). This number is for vouchers only and will not be able to help with any other enquiries. However, the number also applies for those wishing to take advantage of our special neutering campaign and covers micro-chipping your cat if this has not already been done.

If you are looking for a cat or kitten (or have any other queries) please call 01692 535858. Could callers please call at a reasonable time as the phone is in my home. It is not very pleasant to be woken during the night by someone ringing with a cat related query.

Please be aware that if you are interested in giving one of our cats a home, we prefer contact by phone rather than by the contact form on our website, **www.northwalsham.cats.org.uk**.

All enquiries for cats and kittens should be received via the phone number or email address. Although I use a computer for cat work, I only check the contact forms once a day, so there is a delay in responding to enquiries this way and as we deal with enquiries on a first come first serve policy, I may have already spoken to someone who is interested in giving the cat you are interested in a home. If someone has already shown an interest in the particular cat you are interested in, we may wait until they have made a decision before contacting you.

We are on Facebook. You can find us under Cats Protection North Walsham

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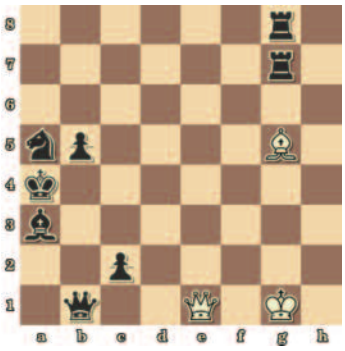
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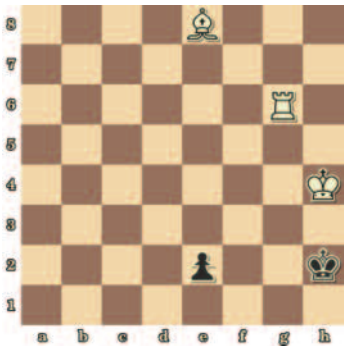
CHESS PROBLEMS by Dr Cedric Lytton

353. Zivko Milovanovic and Evgeny Sorokin



353. Helpmate in two moves. Two solutions. Duplex (see text).

354. Josif Krikheli Problem, 1973



354. White to play and draw

Solution to No. 353: Black plays first: 1. Kh1 Kh3 2. e1B (the only promotion which doesn't interfere with the mate) Bc6; 1. e1R Bc6 2.Rh1 Rg2. White plays first (the duplex part): 1. Rg4 e1N 2. Bh5 Nf3; 1. Rg3 e1Q 2. Bh5 Qxg3. All four promotions (i.e. GERMAN, Allumwandlung), one in each part, with wonderful economy – only 5 units.

No. 354 has an interesting position where Black's first 3 moves are forced (introductory play) and then after White's 4th move the black Q and white B each oscillate between two squares and in either case, capture of the white B would be stalemate. Difficulty 4.

Solutions and comments to me at 16 Lime Grove, Sheringham NR26 8NX, or e-mail to lestershaw7@gmail.com

Norwich Gilbert and Sullivan Society

The Norwich Gilbert and Sullivan Society is an appreciation group which aims to increase members' knowledge of the G&S operettas.

The society holds meetings in the hall adjoining St. Cuthbert's Church, Sprowston, Norwich on Saturday afternoons throughout the year.

The programme for the group includes watching films, listening to lectures, participation in quizzes and listening to recordings, with occasional sing-throughs of the operettas.

The summer meeting is always held at the lovely Grade II listed How Hill House, near Ludham on the Broads. Members include not only people who regularly perform Gilbert and Sullivan, but also those who simply enjoy the shows and wish to know more about the background to them.

This very friendly society is always keen to welcome new members (annual subscription £10).

Further information can be obtained from the Secretary, John Balls – email: johnb1912@btinternet.com.

The Briston Pavilion

The Briston Pavilion could be your ideal venue to hold an event. It is available for hire for adult and children's parties. Ideal for wedding receptions, funeral wakes and meetings, the three areas can each be hired on an hourly basis.

Several groups hire the Pavilion throughout the year for indoor sports, clubs and a warm space café (winter months). There is a main hall, meeting room and separate bar area, as well as a well-furnished kitchen. Situated on the Pavilion Recreation Ground, with children's play area.

Full details and a booking form are on the website: bristonpavilion.org.uk or email: bookings@bristonpavilion.org.uk for further information

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August - The Must Visit Month at The Museum of the Broads!

The summer of 2026 has been notable for its high temperatures and as this article goes to press the lack of rain has been an issue for gardeners and farmers. It's strange to think then that in August 1912 the Broads saw eight inches of rain fall in less than twenty-four hours. It caused a massive flood and the damage to bridges and property was extensive.

The weather remains a powerful force in our lives. Happily, The Broads recovered from the floods of 1912 and with true Norfolk spirit bounced back to become an ever more popular holiday destination as the twentieth century rushed by. By the 1960s and 70s The Broads was the place to be!

And this August The Museum of the Broads is definitely the place to visit. We have a packed agenda of summer events including -



Saturday 15th August, 7 - 9pm - The Punch House Band!
This outfit deliver entertaining folk music with an East Anglian twist. Get ready for folk tales of blood, bone and boats. Prepare for laughter, ghost tales, and maybe (well, pretty much definitely actually) a sing-along

Thursday 20th August, 10am - 4pm - Wherry Albion Open Day
This is a must. The magnificent Wherry Albion is one of the Norfolk Broads' most iconic vessels. Come aboard and meet the dedicated volunteers who care for and sail her. This is an opportunity to learn about her fascinating history. It's essential. And - it's Free with your museum admission.

Saturday 29th August - Look out for us at Dilham Canal Trust.
It's their 200th Anniversary Festival. Check online for details.

Sunday 30th August, 10am – 4pm - Barton Regatta - A Celebration of Classic Boats.

You need to do this! We're attending Barton Regatta on August 30th! Take a very special Norfolk Broads trip. Choose from our steam launch, Falcon, or our electric boat, Marsh Harrier.

Bookings are available for Marsh Harrier online, and on the day for Falcon.

We're really looking forward to seeing you in August.
We're at - The Poor's Staithe, Stalham, NR12 9DA
That's just off the A149 at the turning to Richardson's Boatyard.

We're open six days a week - Tuesday to Sunday. You're welcome. The kids are welcome (and if they're under 12, they get free entry to the Museum). The dog is welcome. What are you waiting for?!

Check out all the details at - www.museumofthebroads.org.uk

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Opportunities to Play Social & Competitive Chess in Aylsham



ALCG players (left to right: Tony Mooney, Naz Bharwaney, Simon Pini, Michael Burton, Rupert Martin & Dave Jones) playing FM Martin Walker (standing).

FM Martin Walker (a Norwich-based professional chess player and coach) recently visited Aylsham Library Chess Group (ALCG) to provide training to enthusiastic local chess players. This included a simultaneous match between Martin and 7 ALCG players followed by analysis of games.

ALCG is a free group which meets at Aylsham Library on the first and third Wednesday mornings of every month. The group is aimed at adults who are interested in playing chess in a relaxed, not overly competitive, environment. All equipment is provided but players need an active library card with open library access enabled (to allow use of the library outside staffed hours).

To find out more about ALCG e-mail: thefamilyreeve@btinternet.com
To learn about FM Martin Walker's Chess Consultancy e-mail: martinwalker723@gmail.com

Aylsham Chess Club (ACC), based at Aylsham Social Club, 64 Hungate Street, NR11 6AA, also provides opportunities for adults and children to play chess on Monday evenings. Membership of ACC is free in 2026-27 but adults are expected to join Aylsham Social Club (for a small annual subscription).

ACC has competed in the Norfolk County Chess Association (NCCA) league since 2017.

It is planning to have two teams in the 2026-27 season - which starts in September. Hopefully, ACC will continue to maintain a team in Division 1 and can build upon the recent success of their combined adults and juniors' team in winning the NCCA Rapid-play Handicap Trophy.

To find out more about ACC e-mail: aylshamchessclub@gmail.com .
To learn about ACC's opportunities for children e-mail: AylshamJuniorChessClub@gmail.com



Local Psychologist Publishes Book to Help People Understand Fertility Treatment



A Holt-based psychologist and fertility expert has published her first book with Bloomsbury, hoping not only to help people navigate fertility treatment, but also to encourage friends, families and colleagues to better support those going through it.

Dr Louise Goddard-Crawley, a Consultant Psychologist and former fertility nurse, has spent more than two decades supporting people experiencing fertility problems. Her new book, The Radically Honest Guide to Fertility Treatment: How to Navigate the Process and Take Back Control, co-authored with fertility consultant Jules McDonald, was published this month. The book aims to cut through the confusion surrounding fertility treatment, combining practical medical information with psychological support to help people feel more informed and less alone.

Around one in six people will experience fertility problems, yet many describe the experience as one of the loneliest times of their lives. While treatment is often focused on the medical aspects, Louise believes the emotional impact is still widely misunderstood.

"People often tell me the hardest part isn't always the treatment itself," she said. "It's the silence. Friends desperately want to help, but they're frightened of saying the wrong thing, so they end up saying nothing at all. That can leave people feeling incredibly alone."

Drawing on her experience as both a clinician and someone who experienced fertility struggles before she and her wife welcomed their daughter, Mara, Louise wanted to write the book she wished every patient had been given before they started treatment.

"People feel as though they have to become fertility experts overnight," she said. "We wanted to explain the science in plain English, while also giving people practical ways to cope emotionally and feel more in control."

Louise hopes the book will also start wider conversations about fertility and encourage people to feel more confident supporting those around them.

"One in six people will need this book," she said. "The other five can help change what that experience feels like. We don't need perfect words. We just need people to stop saying nothing."



The Radically Honest Guide to Fertility Treatment: How to Navigate the Process and Take Back Control, published by Bloomsbury, is available now.

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10-Aug	04:54	4.80 m	21-Aug	00:35	4.40 m	01-Sep	09:31	5.70 m
	17:34	5.00 m		13:13	4.30 m		22:00	5.30 m
11-Aug	05:53	5.10 m	22-Aug	01:50	4.20 m	02-Sep	10:08	5.60 m
	18:37	5.30 m		14:44	4.10 m		22:36	5.20 m
12-Aug	06:43	5.50 m	23-Aug	03:15	4.20 m	03-Sep	10:51	5.40 m
	19:28	5.50 m		16:08	4.20 m		23:19	4.90 m
13-Aug	07:28	5.70 m	24-Aug	04:24	4.50 m	04-Sep	11:45	5.00 m
	20:14	5.70 m		17:13	4.50 m	05-Sep	00:16	4.60 m
14-Aug	08:10	5.90 m	25-Aug	05:19	4.80 m		13:00	4.60 m
	20:55	5.70 m		18:03	4.70 m	06-Sep	01:43	4.40 m
15-Aug	08:50	5.90 m	26-Aug	06:03	5.10 m		14:51	4.40 m
	21:33	5.60 m		18:41	5.00 m	07-Sep	03:28	4.50 m
16-Aug	09:30	5.90 m	27-Aug	06:39	5.30 m		16:28	4.60 m
	22:08	5.50 m		19:15	5.20 m	08-Sep	04:44	4.80 m
17-Aug	10:07	5.70 m	28-Aug	07:15	5.50 m		17:37	5.00 m
	22:41	5.20 m		19:49	5.30 m	09-Sep	05:40	5.20 m
18-Aug	10:44	5.40 m	29-Aug	07:49	5.60 m		18:29	5.40 m
	23:13	5.00 m		20:23	5.40 m	10-Sep	06:26	5.60 m
19-Aug	11:22	5.10 m	30-Aug	08:24	5.70 m		19:13	5.60 m
	23:48	4.70 m		20:56	5.40 m	11-Sep	07:07	5.80 m
20-Aug	12:08	4.70 m	31-Aug	08:57	5.70 m		19:50	5.70 m
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Holt Bowls Club

Try bowls; it will surprise you!

Now that the extremely hot weather has passed, we can now focus on our bowls without the worry of sunstroke or fainting.

The Holt BC internal club matches are proceeding well, with all matches leading to our finals day on the 12th September. For the two and four wood blue riband matches they lead to qualification for next year's County competitions. Our competitions secretary Robert Emery is working hard to ensure that the matches take place on time to proceed to the next round.

Congratulations to all our members that got to the county finals, unfortunately it was not our year, and we had to settle for runners up positions.

Holt BC were proud to host the final for the Ladies County Cup between Acle and the combined teams from Great Plumstead & R G Carters bowls clubs. No doubt it will be a hard-fought match; the result will be in next month's issue.

What can we say except well done to the ladies Donald Steward team who will join the Silver Jubilee Vase ladies' team at the National finals competitions in August at Skegness. The Silver Jubilee Vase reached the national finals on 8th July after beating Suffolk. We were then on tender hooks until 21st July when the Donald Steward team played North Essex. They won on four rinks and lost on one rink which assured their place. Well done ladies!

We also had two teams that reached the semi-finals for the Benevolent Cup and one team for the Coronation Cup who made the semi-finals. They were defending their title from 2025.



Norfolk versus Suffolk Silver Vase teams

Well done ladies for getting that far in these tough competitions.

The outdoor bowls season finishes on 20th September, new members are always welcome to try the sport, all you need are flat shoes we supply the bowls.

So, contact us to arrange a visit and try a new sport for all ages. **www.holtbowlsclub.co.uk**.

If you would like further information, you can also contact our Chairman Philip Fergusson on 07548 030652.

Come along and try bowls; it will surprise you!

RAMBLERS Sheringham & District

All walks commence at 10.00am unless otherwise stated. If you wish to bring a dog on any walk, please contact the Leader beforehand. Please check our website for further details and any last-minute changes.

https://www.ramblers.org.uk/go-walking/ramblers-groups/sheringham-district-group

Interested in joining the Ramblers? – come along for a taster walk.

Sunday 2nd August: 7.8-mile Aldborough – Hanworth circular walk led by Graham commencing / parking at Aldborough Community Centre car park. Lunch, snack, drinks stop halfway. The walk takes us around Aldborough then on to Thwaite Common, Alby Hill, Hanworth Common and back to Aldborough. Nearest Post Code NR11 7NN. Walk Difficulty: Leisurely. Contact: 07957 813862.

Sunday 16th August: 5-mile pre-BBQ circular walk around Sheringham Park and surrounds led by Mike Park at the venue - Upper Sheringham Village Hall. BBQ start 1.00pm PLEASE NOTE: Walk start time 10.30am. Nearest Post Code NR26 8UB. Walk Difficulty: Leisurely. Contact: 07850 441724

Wednesday 19th August: 6-mile circular walk led by Graham. Rescheduled from June due to the heatwave. Meet at the Pigneys Wood free car park. Walk takes in a stretch of the North Walsham and Dilham canal before using field paths to Erdingthorpe church for a drinks stop. The walk continues to the disused railway line path back to Pigneys Wood. Nearest Post Code NR28 0SH. Walk Difficulty: Leisurely. Contact: 07957 813862.

Wednesday 2nd September: 5.9-mile moderate circular walk through fields and woodlands around Trunch Village led by Paul. Meet at the Social Club car park (£2 donation). Nearest Post Code NR28 0PT. Walk Difficulty: Leisurely. Contact: 07740 869933

Wednesday 16th September: 5.5-mile circular walk around Felbrigg park and Aylmerton led by Debbie & Jim commencing from Felbrigg Hall car park (free to NT members) Nearest Post Code NR11 8PR. Walk Difficulty: Leisurely. Contact: 07512 791978 (D), 07752 642913 (J)

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Footie Quiz

- Random Oldies



1. Norwich City have won the League Cup twice, in 1962 and what other year?
2. Which one club did Plymouth manager Paul Sturrock play for?
3. Which TV football pundit converted 47 out of 48 penalties in his playing days?
4. Who played for, in order (excluding loans) - QPR, Portsmouth, Aston Villa, Southampton, Liverpool, Portsmouth before his present club?
5. Which Premiership club did former Norwich City captain and Lowestoft coach, Craig Fleming join as a youth coach last season?
6. Who was manager of Manchester City for 33 days during October and November of 1996 before resigning?
7. Who are known as the Black Cats?
8. Who were runners up in the Premiership and Championship in the 2013/14 season?
9. Who did Norwich City sign from Aberdeen in 1986. He played 477 times but never scored a goal.
10. Where did England keeper Joe Hart start his career? Pictured

Answers are upside down in this issue elsewhere - No cheating!



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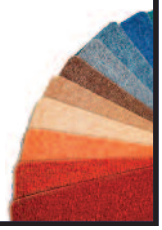
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