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Cromer Marrams Bowls Club



Cromer Marrams Bowls Club celebrated its 90th Anniversary on Tuesday September 1st, with a special afternoon of bowls and celebrations.

The club was delighted to welcome members of Norfolk Ladies and Norfolk Men, along with past players, to help mark the milestone occasion.

The weather was perfect for an afternoon on the green, with everyone enjoying a game of bowls before gathering together for a buffet and a celebratory cake. It was a wonderful occasion and a fitting way to celebrate 90 years of Cromer Marrams Bowls Club.

On October 17th at 7pm, Cromer Marrams Bowls Club will be hosting a special evening of entertainment featuring a ukulele group.

Tickets are £5 per person, with a raffle taking place during the evening. The bar will also be open.

All are welcome so come along and enjoy what promises to be a fun and entertaining evening.



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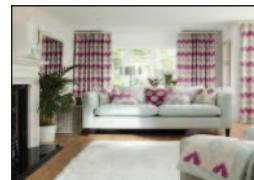
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Diary of a Wildlife Garden

I thought this month I would take a break from writing about my garden and look at what others are doing in

perennials and annuals to encourage wildlife. I also planted Jostaberries, blackcurrants, redcurrants and a step over apple to make it productive for humans too.

As it gradually evolved, I created a log pile and put in a small pond 2'x1'x1'. Actually, it's a horse feed trough that I have sunk into the ground, and then I used a terrapin ramp as an escape for any wildlife that might fall in.

For the last two years I've taken part in the Sheringham Garden Wildlife Awards. It's a great way to work towards making your garden even more wildlife friendly. I've been fortunate to have been awarded a gold award

on both occasions.

I now have mason bees, numerous different bumblebees, newts, a toad and a visiting hedgehog. I have observed bees and wasps drinking at my pond along with birds bathing

and drinking. Damsel-flies often drop by to visit too.

I love growing echiums as their tall 12-15' towers are a magnet for bees. A small patch of garden can really help wildlife and look colourful. I also benefit with fresh fruit."

I think this illustrates perfectly that you don't need a huge garden to do your bit

for wildlife, and you may even be rewarded with a prize or two!

In my own garden, everything is recovering from the drought, but there are still not many insects around, particularly dragonflies. The

number of birds has fallen dramatically, but I'm hoping they return when I start putting out food again.



their gardens.

Last month Sheringham Town Council held their Wildlife Garden Awards, and I was contacted by Jo Johns who won one of the 11 awards. She kindly offered to write a piece about her garden with photos, and tell us what she is doing for wildlife, so here it is....

"If you build it, they will come..."

when I moved into my bungalow 14 years ago the small front garden 30'x20' was all grass with a path to the front door.

I set about making it wildlife friendly and productive. I dug up the grass and planted a variety of

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Stage Direct

Fancy something macabre and sinister this Halloween?

From the legendary pen of Edgar Allan Poe, Stage Direct presents a unique 'Radio Play' by American author Philip Grecian.

This acclaimed piece includes the classic poem 'The Raven' as six condemned prisoners re-live their crimes while contemplating their fate...with the gallows awaiting!

Complete with live sound effects, this eerie, spine-chilling play is presented in classic 'radio' style with the actors gathered around microphones delivering these macabre and sinister tales for your delectation.

This is a ONE NIGHT ONLY event at Sharrington Village Hall on Saturday 24th October at 7.30pm.

Tickets are only £6 and are available on the door from 6.30pm. (Cash only) To avoid disappointment, seats can be reserved in advance by texting POE and your name to 07957 812359

A Note from the Editor

The nights are drawing in, and the leaves are turning, it must be autumn, and with that comes Halloween and Bonfire Night. Whilst it is fun for the youngsters (and not so young!) to dress up and do the rounds for Halloween, please spare a thought for the elderly and vulnerable who may be unsettled by unknown callers and only call on those who display a pumpkin.



Bonfire Night can be very distressing for pets and wildlife, remember to keep pets safe and secure indoors whilst the fireworks are going off. Maybe think about attending an organised firework display, less hassle and better fireworks!

The clocks go back this month on 25th October, an extra hour in bed and the promise of cosy evenings in front of the fire.

Whatever you are up to this month, enjoy your magazine.

Jo – editor.

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

Month	Copy deadline	Publishing date
November	Monday 26th October	Friday 6th November
December	Monday 30th November	Friday 11th December
January	Monday 4th January	Friday 15th January



LASTING POWERS OF ATTORNEY



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There are 2 different types of Lasting Powers of Attorney – one for financial and property decisions and the other for health and care decisions. Setting up Lasting Powers of Attorney can be likened to the purchase of a home insurance policy. You hope that your house won't burn down, but if it did, then knowing that you have house insurance in place can make a real difference in putting your mind at ease.

We are all living longer and statistics show that 1 in 3 of us will develop dementia. Covid and lockdowns have made Lasting Powers of Attorney even more important, especially if you become housebound or are isolating.

It is vital to release the burden from loved ones to allow them to access your money and pay for your care. Banks can freeze accounts if capability is lost, even if in joint names.

A Lasting Power of Attorney negates these issues and gives you and your loved ones peace of mind.

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Battle of Britain Cry of Thanks to The Few

On 15 September the Cromer Town Crier joined civic dignitaries, Halsey House residents, staff, friends, local Councillors, Cromer Royal British Legion and Sheringham and District RAFA

Standard Bearers, to commemorate the 86th anniversary of the Battle of Britain.

The RAF Ensign was raised by a resident followed by a simple service of Commemoration. Words of Remembrance were read by David Russell. David Watts, Halsey House resident read the names of the aircrews of RAF 74, 242 and 249 Squadrons who lost their lives during the Battle.

The Exhortation was delivered by David Pritchard, Cromer Royal British Legion. The words of The Few were read by Nigel Pearce, and thanks were given by Suffield Park North Norfolk District Councillor Tyler Wragg.

Photo courtesy of Nigel Pearce



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Strand Club Meeting

Members met in the Barn at The White Horse PH Wednesday 11th September at 2pm. Our chairlady greeted several new members and seven guests.

In recent months the numbers of new members have increased. We now have a vibrant, buzzing community club with a recent membership surge of over 50%. Our committee is taking pride in keeping this new energy alive, ensuring all members feel welcome, find new friends and hopefully will stick around for the long haul.

Chris then welcomed Barry Walker-Moore, affectionately known as Barry the Bee, and his wife Jan. Barry is a well-known local beekeeper and manages many apiaries across Norfolk. He began a very interesting talk about his bees and their lives within their hives and outside their hives and the role of the workers, the drones and the very important Queen Bee. Barry's talk was full of humour, enthusiasm and information which prompted many members to ask questions throughout his presentation.

After thanking him and whilst serving refreshments, his wife Jan demonstrated her skills at candle making and invited members to join her.

Next year's June outing to the Norfolk Broads Museum was confirmed as booked along with the transport.

The club has again been invited to participate in Overstrand's Christmas Tree Festival at St. Martin's Church in December and the invite has been accepted.

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Next month Diana Boyle (a member of the club) has volunteered to give a talk about her experiences in trying to research her family tree and the subsequent problems she encountered. Date: Wednesday, 14th at 2 pm. November's speaker is Eddie Anderson from Templewood and a former ITV producer who will be presenting a talk about the peregrine falcons nesting each year in Cromer Church's Steeple. Date: Wednesday, November 11th at 2 pm.

Please come along and join us. Venue is The Barn @ The White Horse PH, Overstrand.

Visitors fee is £3.00 including refreshments and a raffle is always held.

Contact: Chris Wood 01263 579433
thegables8@gmail.com.
Jean Fermor - 01263 578248
jean.fermor@btinternet.com

John and Jacqui Hurst 'Seas the Day' Pop Up Exhibition

Friday 16th – Sunday 18th October 10 – 4 daily

Local, professional watercolourist, John Hurst and wife Jacqui who specialises in lino printing, are holding a 'pop up' style exhibition in Cromer during October.

The location is the charming 'Seas the Day' gallery shop at 31 Garden Street, Cromer, part of the nearby Garden House Galley exhibition venue.



JOHN AND JACQUI HURST
NEW WATERCOLOURS AND LINOPRINTS



SEAS THE DAY

GARDEN STREET CROMER

FRIDAY 16TH—SUNDAY 18TH OCTOBER
10-4 DAILY

Taking place from Friday 16th to Sunday 18th October 10-4 daily, the exhibition will feature many new, locally inspired paintings, prints and greetings cards.

A warm welcome is assured!

Grace Church North Norfolk welcomes new pastor

About 70 people gathered at East Runton chapel on Saturday 26th September to welcome Tim Johnson as pastor. We also welcomed his wife Esther and daughter Miriam.

Tim has completed four years online MA in Christian Ministry and a placement with a church in Gateshead. Following the service a tea was served in the village hall.

The church meets each Sunday at 10.30 a.m.
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Music for Remembrance

Sheringham and Cromer Choral Society open their 2026-2027 with a concert of reflective Music for Remembrance, featuring Maurice Duruflé's Requiem, in St Peter's Parish Church Sheringham at 4:00 pm on Saturday 14 November.

Whilst in occupied France during the Second World War Maurice Duruflé composed his Requiem and was still working on it in 1944 when the Vichy regime collapsed. He completed it in September 1947. At the time he was exploring

Gregorian chants and uses

numerous themes from the Gregorian Mass for the Dead.

Published in 1912 John Ireland's anthem Greater Love uses words from various parts of the Bible and makes the firm assertion that 'love is strong as death; greater love hath no man than this, that a man lay down his life for his friends'. In 2012, and with the WWI centenary approaching, Laurence Caldecote wrote a new remembrance piece, dedicated to those from the British colonies who had fought for the Allies in many parts of the world. He set In Flanders Fields, as it was written by a Canadian serving in Europe. Also works by Vaughan Williams and Walford Davies.

For this concert the choir conducted by Musical Director David Ballard, will be joined by soprano Zaira Palumbo and baritone Matthew Rengert together with organist William Falconer.

Tickets £18 (under 18s and care-givers free) are available now from the box office at Sheringham Little Theatre 01263 822347 and online at

www.sheringhamlittletheatre.com

Also from Upstairs Downstairs Cromer (cash only).

For full programme details and more information about the Society please visit www.sheringhamandcromerchoral.org.uk



Aylsham and District Flower Club

Our October meeting is on Wednesday 14th October at Aylsham Town Hall, NR11 6EL, 7pm for a 7-30pm start. Our demonstrator this month is Pauline Foster, and her title is "Flowers in everything we do" so lots of lovely flowers to see.

Our November meeting is on Wednesday 11th November at Aylsham Town Hall, NR11 6EL, 7pm for a 7-30pm start. Our demonstrator this month is Rachael Borenkova and her title is "If Flowers Could Talk" which would be very interesting!

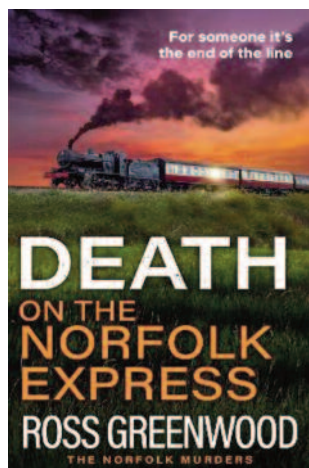
There will be tea and coffee on arrival, the "Flower of the Month" competition, the sales table and a raffle.

Please come and join us for fun, friendship and flowers, visitors are always welcome, £8. We look forward to seeing you then.

For more information please contact: crystaldyball57@gmail.com

Talk at Mundesley Library

Author talk with Ross Greenwood at Mundesley Library, Thursday 29th October 10-11am.



Tickets cost £3 and include refreshments.

Please book your place by contacting us: Mundesley.lib@libraries.norfolk.gov.uk or 01263 720702

Christmas Tree Festival

All Saints Church, Gimingham
11th – 19th December

Friday 11th December at 5pm – Grand Light Switch On

Hot mince pie reception, Blessing of the Trees, turning on the lights by special guest.

Saturday 12th December and Sunday 13th December 5pm

Raffle, Tombola, Homemade Seasonal Refreshments including mince pies, cakes and hot drinks available throughout the weekend.

Monday 14th – Saturday 19th December 4.30 – 6pm

The church will be open daily – come and see the 20 6-foot high, real Christmas trees decorated in a variety of themes, sponsored by local businesses and organisations.



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Remembrance Day
PROGRAMME
October – November 2026

Thursday 22 October 2026
11:00
Dedication of Field of Remembrance in Cromer Churchyard.

Sunday 08 November 2026
13:40
Remembrance Parade from Melbourne Slope and proceeding along New Street, Jetty Cliff, and Jetty Street to Cromer Parish Church. Parade musters at 13:30.

14:00
Remembrance Sunday Service at Cromer Parish Church.

Wednesday 11 November 2026
10:50
Armistice Day Service at Cromer War Memorial.
2-minute silence at 11:00.

Cromer Town Council North Lodge, Overstrand Road,
Cromer, Norfolk, NR27 0AH
Tel: 01263 512254 | Web: www.cromer-tc.gov.uk
Email: clerk@cromer-tc.gov.uk

Cliff Edge – Textile Art on the Brink Global Textile Art Arrives in Cromer

Take a walk down the West Promenade this October, and you will find something entirely new blowing in the sea breeze at Artspace on the Prom. We are excited to host a dedicated contemporary textile exhibition for the very first time.

Our open call Cliff Edge: Textile Art on the Brink, has attracted artists from around the world, and textiles from thirteen countries have been selected for the exhibition.

Where Land Meets the Void The title Cliff Edge isn't just a nod to our local geography. Like the literal coastline of Cromer, where solid land meets the void and stability gives way to erosion, this collection explores the precarious space where contemporary textile practice stands today. These artists are working at the boundary between tradition and innovation, craft and concept, material and message.



The exhibition showcases the breadth of modern textile art, capturing voices from across the globe alongside regional makers:

- **International Perspectives:** We are proud to feature striking conceptual work from international practitioners, including Ayla Willaert's Textile Nude 1, Ioanna Maria Giakoumaki's Silence that Resists, and June Lee's haunting multi-figure installation Bystander.
- **Environmental & Coastal Realities:** Artists are responding directly to the textures of the coast and shifting landscapes. Look out for Lizzie Kimbley's Slipping through the net, Debbie Lyddon's 9 Salt Vessels (Age 10), and Anna Olsson's political commentaries Seagull at the plastic sea and Self-censorship.
- **The Weight of Memory & Tradition:** Pieces like Charlotte Little's Great-Granddaughter Jacket, Dr Jane Hattrick's You reported you are able to sew, and Sonja Verma's Herta 1913 use thread to carry personal and social histories.

Key Exhibition Dates & Events

The exhibition is free to visit and open daily from Friday 2 October to Wednesday 14 October 2026 11am – 4pm. Dates for your diary:

- **Artist talk:** Fiona Roberts will present 'An Archive of Absences' about the jute industry on Thursday 8 October at 6:00pm.
- **Open Late Night:** Tuesday 13 October from 6:00pm–8:00pm. Experience the textures of the exhibition after hours with refreshments.

FRIENDS OF NORTH LODGE PARK

Half term activity
Pumpkin Carving
Wednesday 28th of October
10.00am until noon
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The Salvation Army Cromer Street, Sheringham

Seasonal Events

Saturday 14th November 10.00am – 1.00pm
Christmas Fayre

Sunday 13th December 3.00pm
Carol Service

Sunday 20th December 3.00pm
Community Carol Service

Friday 25th December 11am
Christmas Day Worship



A warm welcome awaits you at all of these events

For further info: www.salvationarmy.org.uk/sheringham | 01263 826059

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Mud & Moon Theatre Co Builds on Summer Success with Acting Collective

Founded by professional actor and screenwriter Laura

Guest and trained actor and qualified teacher Amy Mallett, Mud & Moon Theatre Co. launched its first A Play in 5 Days this summer, bringing together a group of ten young people to create an original piece of theatre from scratch.

Over the course of the week, the young performers developed their own characters and ideas around their chosen theme of time travel, before rehearsing and presenting their finished play, The Ancient Staff of Time, to family and friends.

The children's events with Mud & Moon's trademark series 'A Play in...' returns this October with

#A Halloween Play in 3 Days for 7–10-year-olds at Sheringham Community Centre, where children will create and perform their own spooky mini play. A Christmas Play in 3 Days adventure for 11–16-year-olds will follow in December. The popular A Play In 5 Days will return in 2027.



But first, attention turns to the grown-ups! On Sunday 27th September from 6–9pm at East Runton Village Hall, Mud & Moon launched The Acting Collective, six Sunday evenings designed to bring Norfolk's acting community together.

The Craft, led by Amy, gives actors 90 minutes to work on their craft, voice, confidence and performance skills. Amy said, "It is a welcoming space so whether you are just nervously starting out or a professional actor looking to keep your skills tuned, you will find it hugely beneficial".

Straight after The Craft, Laura leads The Professionals, a working space looking at the business and mindset behind building and maintaining an acting career, alongside practical audition and self-tape work.

Laura said: "We're really excited to already have complete beginners to professional actors signed up.

We want The Acting Collective to be a place where Norfolk actors can work on their craft, connect with like-minded people and keep moving forward, both creatively and professionally."

The Acting Collective can be booked as a six-week block or pay as you go! It is something that can be joined at any point during the six weeks and we hope to do more of them in the future. The Acting Collective began Sunday 27th September.

A Halloween Play in 3 Days runs 27th–29th October and A Christmas Play in 3 Days runs from 28th - 30th December.

For further information and booking details please visit:

www.lauraguest.co.uk/mud-and-moon
Email: mudandmoontheatreco@gmail.com
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1.3 East Festival

The fantastic, vibrant, and totally free music festival will be back in the second weekend of May 2027, bringing music, dance and poetry back to Cromer, bigger and better than ever before, despite the postponement of Folk on the Pier due to theatre refurbishment. Please put this in your diary so you can join the hundreds of live music 'appreciados' who help organise, perform, or just enjoy the weekend. Friday May 7th – Sunday 9th May 2027. If you would like to VOLUNTEER to help as a steward, bucket-collector, cake baker, café barista, or performer compere, please contact Malcolm on OnePointThreeEast@outlook.com

If you would like to be a BUSKER on Cromer's friendly streets, please contact Pauline on paulinepearce@btinternet.com, saying which day(s) you would like to play, and how many 45-minute busking slots you would like on each of those days. If you are applying for the first time, it would help Pauline to know if you are a solo, duo or bigger group as some of the busking areas are smaller than others.

If you would like to PERFORM in one of our five venues, please contact southboundchris@aol.com, with 1. A brief biography, 2. A good quality photo that can be used for publicity, 3 A LINK to a video of a live performance if you have it and 4. Website or Facebook or Soundcloud links if you have them.

If you would like to apply to busk and apply to perform, please note that you will need to make two separate applications. You will need to apply to Pauline for a busking slot and apply to Chris for a performance.
See you in May!



A Trip to Redwings

Our day centre offers a welcoming place for older people to meet and make friends. It also offers exciting days out as our clients recently found out when we arranged a visit to Redwings Horse Sanctuary near Aylsham. They were able to meet donkeys, horses and ponies up close and were given a lovely insight into all that happens by Jenny, one of the staff members. She told them all about each horse and donkey and answered all their questions.

The Redwings staff were friendly and welcoming and enabled the most enjoyable day out. As one of our clients said, "today has pulled me out of a rut I felt I was in, it has been a lovely day out".

Animals have a magical way of bringing joy, calmness and friendship



as the donkeys proved especially their favourite called Wiggins, who was loved by all. To witness people who have been lonely, isolated or bereaved laughing and smiling together is a real treat. Thank you, Redwings!

If you would like more information about Sheringham Day Services, please ring the office on 01263 821188 or email enquiries@sheringhamdayservices.co.uk



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Understanding the Difference: IPL vs. Laser

A common source of confusion for patients is the difference between Intense Pulsed Light (IPL) and targeted laser therapy. While both harness light energy to rejuvenate the skin, they operate on distinct physical principles and serve unique clinical roles:

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“Advanced laser technology is a powerful tool, but the practitioner's diagnostic skill and understanding of tissue interaction ultimately dictate the outcome.”

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What help is available for first-time buters?

by Jodie Kessler, Conveyancer, Hayes + Storr

According to research by Skipton Group, the parent company of Skipton Building Society, the average age of a first-time buyer in England has risen from 29 in the mid-1990s to 34 today, the highest in decades.

More than half of first-time buyers now rely on two or more full-time incomes, while over half of those with a mortgage have repayment terms of 30 years or more. Just six per cent of first-time buyers are now under 25, compared with almost a quarter in the mid-1990s.

Buying your first home can feel daunting, but there is more help available than many people realise. Whether you're struggling to save for a deposit or wondering what financial support is available, there are several schemes that could help you get onto the property ladder.

Lifetime ISA

A Lifetime ISA (LISA) can help you save for your first home, with the government adding a 25 per cent bonus to your savings, up to £1,000 each year. There are restrictions on withdrawing the money and the account generally has to have been open for a minimum of 12 months before the funds can be withdrawn without penalty.

Help from family

Many first-time buyers rely on financial support from family to fund their deposit. If the money is a gift, your lender will usually require written confirmation that it does not need to be repaid. If it is a loan, it could affect the amount you are able to borrow, so it is important to seek legal and financial advice before proceeding.

Low-deposit mortgages

Many lenders now offer mortgages requiring just a five per cent deposit through government-backed mortgage guarantee arrangements. These can make buying sooner a realistic option, although it's still important to ensure the repayments remain affordable if interest rates or your circumstances change.

Stamp Duty relief

First-time buyers may qualify for Stamp Duty Land Tax relief. Currently, no SDLT is payable on purchases up to £300,000, with reduced rates available on properties costing up to £500,000. Your solicitor can confirm whether you meet HMRC's eligibility criteria.

Shared ownership

If buying outright is not affordable, shared

ownership may be worth considering. It allows you to buy a share of an eligible property while paying rent on the remainder, with the option to increase your share over time. Shared ownership homes are available across Norfolk through a number of housing associations.

How we can help

Buying your first home is one of the biggest financial commitments you are likely to make. At Hayes + Storr, we will guide you through the conveyancing process, explain each stage clearly and help your purchase progress as smoothly as possible.

For further information, please contact Jodie Kessler in the residential property team on 01263 825959 or email Jodie.kessler@hayes-storr.com

This article is for general information only and does not constitute legal or professional advice. The law may have changed since publication.



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Updates from Cromer Town Council

Dates of meetings together with agendas, minutes and supporting documents can be found on the Town Council Website www.cromer-tc.gov.uk. Please be advised that meeting dates may be subject to change.

NEW TOWN COUNCIL OFFICES

The Town Council are continuing to seek suitable accommodation for the Town Council Offices. Members have stressed that the Council should only move once and not move into temporary accommodation.

NORTH LODGE

At a recent meeting of Cromer Town Council, a solicitor was appointed and a planning consultant to progress a pre application for a change to residential use. It has been agreed by members that the Town Council should not market the building until it is sale ready.

In the meantime, quotations are awaited for the necessary works to ensure that fire safety regulations are met. This includes new fire doors and fire stopping measures.

TOWN COUNCIL ASSETS

Flagpoles – A fibreglass flagpole with internal halyards has been installed in the Churchyard. We will now reintroduce the flying of the Town Flag on special occasions whereby residents can pay £25 to have the Town Flag flown on special birthdays, anniversaries etc., with all funds going to the Mayor's nominated charity. Please contact us for an application form.

Built assets – A professional inspection, valuation and 5-year maintenance plan for all of the Council's built assets is underway.

Other assets – All other assets are to be revalued for insurance purposes.

Poppy the Willow Horse – On 22 October, Poppy will return to the Churchyard for the period of Remembrance.

Church Clock – The Town Council have historically been responsible for the maintenance of the clock. Both clock faces will be regilded in October once all the peregrine chicks have fledged.

CROMER CEMETERIES

The five yearly safety inspection of memorials at both cemeteries is to take place in October. At the time of preparing this column, the date and time was yet to be confirmed by the appointed Memorial Mason. Once confirmation has been received, we will widely advertise this.

Any memorials found to be unsafe will be logged and every effort made to contact the family concerned. If any memorials are found to be immediate danger of falling, they will be laid flat and again every effort will be made to contact the family.

Please be advised that the families are responsible for the upkeep of their memorials.

VISIT CROMER

We have a small supply of tourism leaflets and Visit Cromer cards if any businesses would like some. Over the coming weeks, the Mayor, Deputy Mayor and Town Clerk will be visiting businesses in the town to chat about the promotion of Cromer.

VOLUNTEERS

As with all our towns events, we are heavily reliant on the kind help of volunteers to ensure that we can continue to keep the events running. We will be recruiting volunteers over the coming months so please do get in touch if you can help.

EVENTS

Dedication of Field of Remembrance – Thurs 22 Oct 2026 at 11:00 in Cromer Churchyard.

Remembrance Parade – Sun 08 Nov 2026 at 13:30 – Muster at The Melbourne Slope and parade to the Church via New Street, Jetty Cliff and Jetty Street.

Remembrance Sunday Service – Sun 08 Nov 2026 at 14:00 at Cromer Church followed by wreath laying at Cromer War Memorial.

Remembrance Day Service – Weds 11 Nov 2026 at 10:50 at Cromer War Memorial.

Christmas Event and Light Switch on – Sat 05 December 2026. The Christmas Tree Festival will be from 30 November 2026 to 05 December 2026, and it is hoped that it will be open late on one evening. The Christmas Fayre will be at the Parish Hall on Sat 05 December 2026.

Bookings for stalls and trees/nativities/wreaths will be now open. Email admin@cromer-tc.gov.uk for a booking form.

Boxing Day Dip – Following a meeting with the previous organisers, and after much debate, it was decided that the Town Council could not take on the running of the event this year. This was due to safety concerns, the costs of hosting the event (insurance, first aid cover etc) and the additional work for our Councillors, Officers and volunteer helpers many of whom already give up their time for the Christmas event and New Year's Day Fireworks.

New Year's Day Fireworks – Arrangements are progressing for the event, but we need to raise funds towards costs. If anyone can help with the bucket collection or any businesses would like a collection pot, please do get in touch. All bucket collectors will be expected to attend a safety briefing which will include watching some online security videos. An online donation page has been set up at <https://gofund.me/de3a89be9>

Please email admin@cromer-tc.gov.uk for further information about events and volunteering.

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Cromer Town Council

- A views from the public benches

The North Lodge move and sale progresses slowly. It's been decided that taking on a residential property for conversion is not a practical option, and there always seems to be one or two factors that means that the 'perfect' premises remains elusive. It's not clear how flexible an approach is being taken? Maybe some infrequently used things could be stored in a secondary location? Can 24/7 access to the building can be genuinely upheld as a key consideration? There is a list of buildings considered and rejected published on CTC website. Several of these have been rejected because they do not meet Disability Discrimination Act requirements, but nothing in these decisions about how much it might cost to carry out works to make them compliant.

There is no longer a majority of councillors who favour retaining North Lodge on CTC, so in theory the move should take place eventually. The confidential negotiations concerning the possible move to 'the secret location' are on-going but the likely timescale for these premises becoming available is at least 18 months.

There could be another by election, as a councillor's place is likely to be forfeit for non-attendance over a 6 month's period. The whole town council comes up for re-election in May 2027. The relevant legislation says that a vacancy is recorded in the last 6 months of the life of a council it doesn't need to be filled. The next meeting of the town council is 26th October, and the 6 months cut-off date is 7th November. At the time of writing this situation, is yet to be clarified. If the vacancy is not filled it won't change the current momentum towards moving, but the current group of councillors have a limited time period to make substantial progress.

CTC decided at its last meeting not to take on the organising of

the Boxing Day dip this year.

Sadly, one of the 90-year-old curved benches outside North Lodge Park has finally had to be removed. The maintenance of these benches has been ongoing for the last two years or more. It seems that it was going to cost too much to repair. The result is that the top rail carved piece is being kept and the rest will go to waste.

Finally, there's not long at all to put in a grant application for Cromer voluntary groups - application forms with all relevant documentation need to be submitted by 12 noon on 19th October. Visit the 'News' page on CTC's website for full details on eligibility criteria, funding conditions, and the application process.

Carole Thomas, Cromer Resident

A step in the right direction



HAPPY FEET

By Abi Spicer

S.A.C. Dip
Foothealth Practitioner
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Eagled eyed visitors will have spotted some recent building works at Toll Barn Vets. We're delighted to announce as part of this project the arrival of our new Canon Aquilion SP CT scanner, bringing advanced diagnostic imaging technology to pets across our local community.

CT (computed tomography) is an increasingly valuable tool in veterinary medicine. It allows our veterinary team to look inside the body in much greater detail than conventional X-rays, helping us investigate complex conditions, plan surgery and provide more accurate diagnoses. As many of our clients know, Toll Barn Vets was the first local practice to install a CT scanner over 10 years ago.

So why change? Well, as with all technology not all CT scanners are the same.

Our new Canon Aquilion is a state-of-the-art CT system and one of the very best on the market which is designed to provide high-quality images while incorporating a range of features that can make examinations more efficient and comfortable for patients. Its advanced technology allows our vets to obtain detailed cross-sectional images of areas such as the head, spine, chest, abdomen and limbs and smaller thicknesses than ever before, helping us assess problems that may otherwise be

A New Era pf Advamced Imaging at Toll Barn Vets

difficult to diagnose even with conventional CT.

One of the major advantages of our new scanner is its ability to acquire high-resolution images rapidly. This is particularly important in veterinary patients, where keeping anaesthetic time as short as possible is a key consideration. Faster scanning can help streamline examinations and allow our team to concentrate on interpreting the images and caring for your pet.

The Aquilion also provides sophisticated imaging capabilities that support detailed assessment and 3D reconstruction. This can be especially useful when planning orthopaedic and soft-tissue surgery, assessing complex injuries, investigating neurological conditions and taking "real time" targeted CT guided biopsies – exactly like they do in human hospitals.

Most importantly, bringing this technology to Toll Barn Vets means advanced CT imaging is available closer to home. Our team have been providing first opinion and referral level CT scanning to our local area for over 10 years and this new investment is part of our promise to provide the



highest standard of veterinary care to our local community, reducing the need for pets and their owners to travel further afield for specialist diagnostic imaging or biopsy techniques. By combining advanced technology with the experience of our veterinary team, we can continue to offer our patients the detailed diagnostics they need—helping us make informed decisions and provide the best possible care for your pets.

1. Ray Parlour 2. Sporting Lisbon 3. Freddie Ljungberg of Arsenal in 2002 4. Chris Kirkland. When Kirkland was eleven years old, his father and some family friends had placed bets of £100 each at 100/1 odds that he would play for England before the age of 30 5. Germany 6. Sven-Goran Eriksson 7. Southend United beat Manchester United in the Carling Cup in 2006 in their only competitive meeting. 8. Teddy Sheringham, 40 years and 268 days for West Ham United v Portsmouth, December 26, 2006 9. Didier Drogba with Chelsea in 2007, 2009, 2010 8. 2012. 10. James Vaughan for Everton vs Crystal Palace in 2005

Ivan Fisher

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North Norfolk u3a Holiday to County Durham in July 2026

Mary really did us proud this year. What a fantastic holiday we enjoyed to County Durham.

On the journey up to Durham, we stopped at the National Trust's Clumber Park where we did our best to see much of the 3,800 acres, including the beautiful lake and kitchen gardens; did you know, Clumber Park is home to the National Rhubarb Collection!

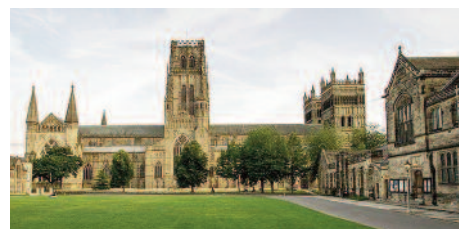
Arriving at our hotel, the splendid looking Redworth Hall Hotel in Newton Aycliff, up a long, tree lined drive was magnificent to

behold, and we were made very welcome.

We spent the day in Bishop Auckland with a Blue Badge Guide and visited the Bishop's Palace, which was really impressive, just look how they used to dine back in the day! I just loved to read the quotes written on the tablecloth.

We also visited two art galleries in the town, the Spanish Gallery and the Mining Gallery, both part of the regeneration scheme for the area which aims to bring this historic market town into a 21st century cultural and heritage centre.

On Friday we again met with our Blue Badge Guide who took us first to the National Trust's



Crook Hall Gardens which must be one of the smallest properties they own but they were an absolute delight...on with the tour as we then walked into the centre of Durham where some of the group visited the Cathedral with the guide whilst others chose to stroll round the city.

Saturday, we headed for the famous Beamish Outdoor museum where many of us had to buy

waterproof ponchos to wear as we walked around the site. Some of us caught a tram to visit life in the 1820s at Pockerley, the 1900s town and pit village, the 1940s farm or the 1950s town. So much to see in that interesting place.

Then in the evening for the star of the holiday; a visit to Kynren, an event most of us had never heard of but we had tickets for seats in the centre of the stand to get the best view of the most spectacular outdoor event imaginable.

Involving 1000 local volunteers, a series of cameos opened up in front of us telling the epic story of England through 2000 years of history from the Romans, St Cuthbert, King Arthur, Viking invasions and Anglo-Saxon warfare; Knights jousting for the Prince Bishop, Queen Elizabeth I and Shakespeare, Victorian Britain in celebration; a full-size steam locomotive crossing the stage and much more across 29 dramatic scenes. There were stunning special effects, and pyrotechnics and it is one of the UK's most spectacular live events.

On Sunday we travelled home via Raby Castle, another beautiful place to visit. The perimeter of the castle had been sown with a stunning display of wildflowers, and we had ample time to explore both the interesting castle itself and the beautiful, more formal gardens too.

Thank you, Mary, not just for this year's holiday but for many wonderful years of organising holidays and day trips. Your time, thought and effort have given so many people the opportunity to enjoy new places, make happy memories and share wonderful experiences together.

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Editor's Recipes

It's soup season! I do love this time of year and all the lovely warming dishes you can make for a cosy evening in. Soups are a great go-to when you have vegetables lurking in the fridge and you're not sure what to do with them. Put them together with some stock, maybe a tin of pulses and a few herbs and spices, and you have a meal fit for a king.

I also love autumn fruits and the great puddings you can whip up, meaning a supper of soup and pudding can be ready in next to no time.



This month I have a very quick and easy soup, just the right colour for Halloween, and a pudding which looks like it shouldn't work, but it does.

Carrot and Coriander Soup

Serves 4

Ingredients

2 tbsp vegetable oil
1 onion, chopped
450g carrots, peeled and sliced
1 tsp ground coriander
1.2 litres vegetable stock
large bunch fresh coriander, roughly chopped
salt and freshly ground black pepper

Method

Heat the oil in a large saucepan and add the onions and carrots. Cook for 3–4 minutes until starting to soften.

Stir in the ground coriander and season with salt and pepper. Cook for a further minute.

Add the vegetable stock and bring to the boil. Simmer for 10–15 minutes or until the vegetables are tender.

Blend with a hand blender or in an ordinary blender until smooth.

Reheat in the saucepan, stir in the fresh coriander.

Serve with croutons, a swirl of cream and one or two coriander leaves, also good with toasted pumpkin seeds.

Pear and Blackberry Pudding

You will need a fairly large baking dish.

Ingredients

100g butter
240ml whole milk
200g caster sugar
120g self-raising flour
1 tsp vanilla extract
400g tin of pear halves
1 punnet blackberries

Method

Preheat the oven to 180C/170fan/G4
Drain the pears and chop into 3cm cubes.

Melt the butter in a bowl in the microwave in 20 second bursts and set aside.

In another bowl, mix the flour, sugar, milk and vanilla.

Pour the melted butter into your baking dish, pour your batter into the baking dish but **DO NOT MIX**. Carefully drop in the chunks of pear and the blackberries and put in the oven for 30-40 minutes.

Remove from the oven when golden brown and the middle is set.

Delicious served with cream, ice cream or custard.



Enjoy – Jo.

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North Norfolk Photographic Society - Sheringham 1940s Weekend

The Sheringham 1940s Weekend is a great opportunity for any photographer and of course some of our members decided to go along.

This year's weekend was a fantastic two days, and it is always a treat to see so many people getting dressed up in their period outfits. Hopefully the photographs show off this year's amazing event that was enjoyed by so many locals and visitors.

If you would like to know more about our friendly club then please come along to a meeting. Your first visit is free of charge with no obligation to join and the meetings take place on the first and third Wednesday of each month from September to June starting at 7.30pm in the Bodham Village Hall, Bodham, NR25 6AD For membership enquiries email: membership@nnps.uk

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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.

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

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.

AINT S HÖ
 AVI ED HAIMOTO OAAVEO DT
 TH TAKE HUNKAMIANFKWMLHNNL CREGTO
 TOESUNETMAMNNTDYRSRJESELT BUAATED

ANE Y MI L AODO CE RHE
 CUSDEN WEWUEH TOBEERTAOLEOBDG
 ROMSSTOSAARTINSMYLRSPCOCTTIERE

United Nations Day takes place on 24th October. This issue's word search theme is 'World Nations'.

Between **FOUR** and **TWELVE** letters. One or more words. There are 13 entries in this issue's **CHRONICLE WORDSEARCH**. How many can you find?

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

NUMBER CRUNCHER

16 6 13 15 3 5 = 12

Using all FIVE arithmetical signs, + - x ÷, fill in the spaces to make the equation true, as if they were being entered into a calculator.

The Last Issue's Answers

The **FOUR YELLOW SQUARES** in the **SUDOKU** were 8 2 4 9

The **FALLEN PUZZLE** answers were:

THE FIELDS ARE FULL OF GOLD, AND HARVEST SONGS ARISE.
JOHN CLARE

THE SEPTEMBER SUN IS NOT SO FIERCE, AND THE AIR BEGINS TO TASTE OF AUTUMN.
D. H. LAWRENCE

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

CHRONICLE WORDSEARCH were:

HARVEST
WHEAT
BARLEY
CORN
PUMPKIN
REAPING
THRESHING
SHEAF
SILO
BARN
SCARECROW

ORCHARD
CORNUCOPIA
LAMMAS

The **NUMBER CRUNCHER**

$9 + 1 \times 16 - 20 + 10 \div 3 = 50$

There may be others.



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Breast Cancer Awareness Month

The Importance of Early Diagnosis and the Consequences of Delay



October marks Breast Cancer Awareness Month, a campaign dedicated to raising awareness of one of the most common cancers affecting women in the UK. The initiative encourages people to recognise the signs and symptoms of breast cancer, seek medical advice when changes are noticed, and understand the importance of early diagnosis.

Early detection significantly improves the chances of successful treatment and increases the range of treatment options available. To support this, the NHS has established diagnostic pathways and standards designed to ensure that patients with suspected breast cancer are assessed and investigated as quickly as possible.

Despite these measures, delays in diagnosis can still occur. While some delays may lead only to uncertainty and anxiety, others can have serious consequences. A delayed diagnosis may allow cancer to progress, potentially resulting in more invasive treatment, reduced treatment options, and poorer long-term health outcomes. The impact on a patient's quality of life can be considerable.

Through our work handling clinical negligence claims, we have seen the devastating effects that delayed breast cancer diagnoses can have on patients and their families. Delays can arise for a variety of reasons. Symptoms may not be properly recognised, leading to a failure to make an urgent referral for specialist assessment. In some cases, diagnostic imaging or test results may be misinterpreted, abnormalities overlooked, or necessary investigations not arranged within an appropriate timeframe. Administrative errors, including lost referrals or delays in scheduling appointments, can also contribute to missed opportunities for timely diagnosis and treatment.

The effects of a delayed diagnosis often extend beyond the physical illness. Many patients experience significant psychological distress when they discover their cancer could potentially have been diagnosed sooner. Feelings of anxiety, fear and loss of trust in healthcare professionals are common, with the consequences often affecting family members and loved ones as well.

Where negligence can be established, compensation may be available for the

pain and suffering caused, as well as financial losses resulting from the delay. This may include loss of earnings, treatment costs, care requirements and other related expenses. While compensation cannot reverse the harm caused, it can provide financial security and access to support and rehabilitation.

Breast Cancer Awareness Month serves as an important reminder of the value of awareness, prompt investigation and timely treatment. Greater awareness among both patients and healthcare professionals can help ensure symptoms are recognised and acted upon without delay. When failures in care do occur, patients deserve answers and, where appropriate, access to justice. As specialists in clinical negligence, we are committed to supporting individuals and families affected by delayed cancer diagnoses and helping them understand whether they may have grounds for a claim. If you believe there were delays in your diagnosis or failures in your care, our team is here to help.

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



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FireDance – ‘On the Wing’



North Norfolk is renowned as a prime area for bird watching with its amazing diversity of species and wide-open skies.

Among the many enthusiasts dedicated to this wonderful hobby is Richard Brunton, who by his own admission, has racked up over 30 years of observations and enjoyment.

This led Richard to an interest in photography, initially bird photography, but then expanded to other areas including wildlife and landscapes, all

concentrated on this breathtaking coastal region.

His photos have graced the front page of the Holt Chronicle on many occasions, evidence of his talent and ability to create an eye-catching photograph.

‘On the Wing’ is Richard’s specific record of some memorable moments, not just of birds, but butterflies, bees and other fabulous flying creatures.



They can be found on the ‘This Month’ page of the viewing platform FireDance VP which features one photographer each month, showcasing their own specialist subject.

Visit www.firedance-vp.weebly.com where you will also find additional portfolios from previous months and whilst there, you can ask questions and add your own comments and observations to any of the collections displayed.

FireDance VP is open to all who take photographs, irrespective of how they are achieved.

If you have a subject you’d like to feature on FireDance VP, just e-mail firedancevp@timfolkes.com



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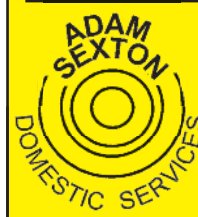
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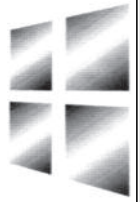
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WHEN RESPONDING TO SERVICE GUIDE ADVERTS!****Norfolk's Very Own Jaws!**

Hannah Milsom very kindly sent us a picture of a shark washed up on Cromer beach on 25th September.

She believes it is a Smooth-Hound Shark. These sharks or dogfish are common around our shores usually growing to 120cm long but can reach up to 200cm. They are non-aggressive and feed on the seabed. They are caught and sold as rock salmon, often on the menu at your local chip shop.

Hedgehog Haven

Can you remember Twilliam who came into care with a back leg foot missing and was just left with a stump?

Despite many weeks of care, it did not heal completely. As he was originally admitted to Wroxham vets, they undertook to amputate the leg completely, this was undertaken to give him a better quality of life, only charging for the meds he would need for after care, pain relief and antibiotics.



He felt very sorry for himself to start with and went on a bit of hunger strike for a few days but as he's a rather large hog it was not detrimental to his overall health. He has now recovered completely and has got used to walking on 3 legs. He will be left to hibernate in an outside hut as Autumn is approaching, then come spring he will be taken and released into an enclosed garden where he can live in a more natural

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Cromer Library News

Open Library. The library is accessible between 8am and 7pm Monday to Friday, 8am to 4pm on Saturday and 10am to 4pm on Sunday. Library card and Pin no. entry. (Staffed 10.30am to 7pm Mon, Tues, Thurs, Fri and 12 to 4pm Sat).

Wellbeing Art Workshops Mondays September to December 7th 10.30 — 12.30 Crafty, Creative, Fun and Free. Suitable for all ages and abilities. No booking required.

Reflecting and Remembering Art Journals Workshops Tuesdays September to December 8th December 10.30—12.30, no booking required. For more information about either workshop contact kirstyoleary@outlook.com or phone 07918520204

Garden of Memories Free drop-in craft sessions with Remembering Together. Tuesday Oct 13th/Nov 10th & Dec 8th 1-3pm Gentle & relaxed. Donations towards costs appreciated.

IT and Chat Drop-In Session. Tech Skills for Life. Thursday 22nd October 10.30am – 11.30am. Drop in event, no booking required.

The Sticky Note Marketing Plan A hands-on marketing workshop for women in business. Bring a pen, leave with a plan. Friday 27th Nov 10.30am – 12.30am Free Event. Booking Essential through [Eventbrite.co.uk](https://www.eventbrite.co.uk)

Active Norfolk in partnership with libraries are offering sports equipment for loan. The kits are free to borrow with a library card for one week loan. The equipment is available to borrow during staffed hours. You can also view items via the Norfolk Libraries Catalogue by searching under the "Sports equipment for loan" collection.

Meeting Room available for bookings; competitive rates please ask staff for details.

Colour Me Calm resources, a Community Puzzle and board games are always out, with refreshments available during staffed hours (We also have a large selection of puzzles available to borrow).

Study Guide collection, ready to borrow for anyone studying GCSE or A level. Multiple Exam boards available.

Just a Cuppa Come along for a cuppa and a chat every Monday 11:00 to 12 noon. Everyone welcome.

Vision Norfolk Reading Group third Monday of each month 2pm to 3.30pm. Contact the branch for details, no booking required.

Record Club first Monday of each month 5.15pm to 6.45pm. Do you remember the first record you bought, believe that music sounds better on vinyl and enjoy listening to and discussing records then this is the club for you. Free to attend, no booking required

Dementia Friendly Group first Tuesday of the month, 11am to 12pm. Come along and chat to others about days gone by over tea and biscuits. No booking required.

Grief Café every Tuesday 12pm A social group for bereaved people. Our friendly social group aims to support people with their grief. Everyone is welcome to access this free group, irrespective of when your loss was.

Happy Hookers a friendly/fun Crochet Group for all abilities, Tuesdays 1.30pm – 3.30pm. No booking required. Refreshments provided

Reading Friends Together, 10.30 am, 1st Thursday of each month. Reading Friends connects people by starting conversations through reading. Refreshments available and copies of the book can be borrowed. No booking Required.

Seated Exercise group Thursdays, 11am – 12 noon followed by refreshments. £4 per session

Crime Reading Group first Thursday of each month 4-5pm come along and discuss gripping thrillers, classic whodunits, and cosy crimes with fellow enthusiasts. Refreshments provided. No booking required.

Bounce and Rhyme Fridays 9.30am to 10am. Followed by Stay and Chat 10am offering refreshments and a chance to meet others in a friendly, relaxed environment. No booking required

Knit and Natter first and third Friday of each month 10.30am. Free, no booking required.

Lego/Craft/Games Club Friday 5-6pm, drop in event. Suitable for 3+ (under 8's must be accompanied by an adult). Craft Club offers different, fun activities each week. We provide Lego and craft supplies.

Social Group for anyone neuro diverse and their families, second Saturday each month 2-3.30 pm. No Booking Required.

Family History help for beginners. 1-1 IT Support. Speak to staff to book.

Home Delivery Service If you love reading or listening to books but find it difficult to get to the library, we have volunteers from the Royal Voluntary Service who can deliver books to your door once a month. This service is for people who are unable to get out of the home whether permanently or temporarily.

Baby Weigh Scales self-serve baby weigh scales available. They are situated in the Children's area.

For more information or to book a place on any of the above events, please call 01263 512850 or email cromer.lib@libraries.norfolk.gov.uk. Cromer Library, Prince of Wales Road, Cromer, NR27 9HS or Facebook page #CromerLibrary to find out what's happening.

Cromer Tides

Date	BST	Height	Date	BST	Height	Date	GMT	Height
08-Oct	05:30	4.80 m	20-Oct	02:05	3.80 m	31-Oct	04:00	1.10 m
	10:34	0.80 m		08:51	2.10 m		09:53	4.70 m
	18:17	4.70 m		15:19	3.70 m		16:18	1.60 m
09-Oct	00:31	1.40 m		21:16	2.50 m		21:57	4.60 m
	06:11	5.10 m	21-Oct	03:26	4.00 m	01-Nov	05:01	1.30 m
	13:20	0.70 m		10:22	1.90 m		11:05	4.40 m
	18:53	4.90 m		16:24	3.90 m		17:18	1.90 m
10-Oct	01:12	1.20 m		22:28	2.20 m		23:07	4.30 m
	06:49	5.20 m	22-Oct	04:22	4.20 m	02-Nov	06:20	1.50 m
	13:59	0.70 m		11:17	1.60 m		12:30	4.10 m
	19:25	4.90 m		17:10	4.20 m		18:33	2.20 m
11-Oct	01:51	1.10 m		23:21	1.90 m	03-Nov	00:43	4.30 m
	07:25	5.30 m	23-Oct	05:04	4.50 m		07:58	1.50 m
	14:34	0.70 m		12:01	1.30 m		13:55	4.10 m
	19:56	5.00 m		17:46	4.50 m		20:02	2.20 m
12-Oct	02:28	1.00 m	24-Oct	00:05	1.60 m	04-Nov	02:04	4.40 m
	08:00	5.20 m		05:39	4.80 m		09:15	1.30 m
	15:04	0.80 m		12:41	1.10 m		15:13	4.20 m
	20:25	4.90 m		18:19	4.70 m		21:16	2.00 m
13-Oct	02:03	1.00 m	Date	GMT	Height	05-Nov	03:10	4.50 m
	07:35	5.10 m	25-Oct	00:46	1.30 m		10:15	1.10 m
	15:30	1.00 m		05:13	5.00 m		16:09	4.40 m
	20:54	4.90 m		12:20	0.90 m		22:13	1.80 m
14-Oct	03:34	1.10 m		17:53	4.90 m	06-Nov	04:02	4.70 m
	09:10	4.90 m	26-Oct	00:26	1.10 m		11:04	1.00 m
	15:55	1.20 m		05:50	5.20 m		16:50	4.60 m
	21:24	4.80 m		12:57	0.80 m		23:01	1.50 m
15-Oct	04:03	1.30 m		18:28	5.00 m	07-Nov	04:45	4.90 m
	09:47	4.60 m	27-Oct	01:06	1.00 m		11:47	1.00 m
	16:21	1.40 m		06:30	5.30 m		17:24	4.70 m
	21:54	4.60 m		13:34	0.70 m		23:44	1.30 m
16-Oct	06:34	1.50 m		19:04	5.10 m	08-Nov	05:25	5.00 m
	10:26	4.30 m	28-Oct	01:46	0.90 m		12:24	1.00 m
	16:52	1.70 m		07:14	5.30 m		17:55	4.80 m
	22:26	4.40 m		14:11	0.80 m	09-Nov	00:25	1.20 m
17-Oct	05:10	1.70 m		19:42	5.00 m		06:04	5.00 m
	11:14	4.00 m	29-Oct	02:27	0.90 m		12:56	1.00 m
	17:31	2.00 m		08:01	5.20 m		18:26	4.90 m
	23:07	4.20 m		14:49	1.00 m	10-Nov	01:04	1.10 m
18-Oct	05:59	1.90 m		20:22	4.90 m		06:42	4.90 m
	12:25	3.70 m	30-Oct	03:11	1.00 m		13:27	1.10 m
	18:26	2.30 m		08:54	5.00 m		18:56	4.90 m
	00:12	3.90 m		15:30	1.30 m	11-Nov	01:39	1.10 m
19-Oct	07:12	2.10 m		21:05	4.80 m		07:19	4.80 m
	13:57	3.60 m					13:56	1.20 m
	19:46	2.50 m					19:27	4.90 m

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Sheringham Ramblers Walks: October-November 2026

All walks commence at 10.00am unless otherwise stated.

Interested in joining the Ramblers? – come along for a taster walk, or if you wish to bring a dog on any walk, please contact the Walk Leader beforehand - leave a message and they will respond.

Sunday 11th October: 6.5-mile Sheringham to Holt linear walk. Return from Holt on the #44 bus which leaves from outside the EACH charity shop in the Holt Market Square. Holt has a range of tea shops and pubs that you may want to take advantage of after the walk so no particular bus time is given.

Walk Difficulty: Leisurely. Contact: 07484 207475

Wednesday 14th October: 5.9-mile circular walk along the Clifftop, over Skelding Hill and inland towards Sheringham Park and Upper Sheringham. Clifftop stretch is undulating in places otherwise coastal and park/field paths

or 07512 791978

Sunday 25th October: 6-mile circular walk on paths and lanes around Aldborough.

Walk Difficulty: Leisurely. Contact: 07818 453379

Wednesday 28th October: 5.5-mile circular walk on paths and quiet lanes around Salthouse.

Walk Difficulty: Leisurely. Contact: 07484 207475

Friday 30th October: 4.5-mile pre-AGM circular walk around Sheringham Park and its surrounds.

SDG AGM starts at 12.30 followed by light lunch for SDG members only.

Walk Difficulty: Leisurely. Contact: 07752 642913 or 07512 791978

Sunday 8th November: 6.6-mile Itteringham - Blickling circular walk with lunch stop at the Mausoleum, then the Tower, Bucks Common, Bunker's Hill Plantation and along the river Bure back to Itteringham.

Walk Difficulty: Leisurely. Contact: 07957 813862

with some on road towards the end.
Walk Difficulty: Moderate.
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The Friends of Cromer Hospital

The Friends of Cromer Hospital, recognising the need for those of us who look after others voluntarily with little recognition, not only fund a carer coffee and chat session held 10-12 on first Wednesday of the month at the Mardle Cafe Cromer Hospital, but also enable outings such as our visit to Cromer Pier and Summer Show.



We would like to thank The Friends, Taxi Firm, cast and all volunteers for giving carers the opportunity of a well-earned break.

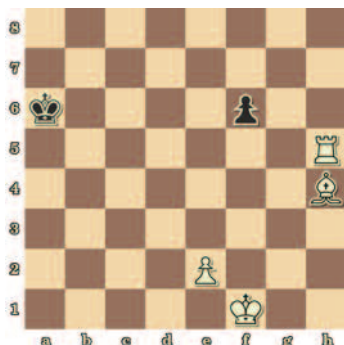
If you are interested in meeting fellow carers or future outings, why not join us at our cafe or contact us and leave your details.

We are very informal and welcoming, as you may see in our photo. It was great to hear laughter and share in the fun.

Contact: Mary Russell, 01263 761419 or email: mayweir369@gmail.com

CHESS PROBLEMS by Dr Cedric Lytton

355. Cedric Lytton
The Guardian, 21 Feb. 1969



355. Helpmate in four moves

Solution to last month's Helpmate, but no new problem as Cedric has had an accident and is laid up for a few weeks. We wish him all the best as he recovers - new problem next month.

Solution No. 355.

1. Kb6 Bg5 2. Kc5 BH6+ 3. Kd4 Rg5 4. Ke3 Rg4 mate. White sets up, first a R+B battery, then a B+R battery, in both cases unguarding a square for the black K.

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



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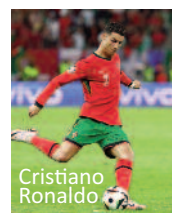


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Footie Quiz - Noughties - Blast from the past

- Who scored the first Arsenal goal in their FA Cup final win in 2002?
- From which club did Manchester United sign Cristiano Ronaldo in 2003? Pictured
- Who was the only player to score a goal in an FA Cup final for a losing team between 1994 and 2005?
- Who made his debut for England in August 2006 against Greece and won his dad a big money bet in the process?
- Where were the 2006 World Cup finals held?
- England lost on penalties to Portugal in 2006. Who was England manager at the time?
- Which is the only English team never to be beaten by Manchester United but who have beaten them?
- Who is the oldest player to score in the Premiership?
- Who is the only player to score in four different FA Cup Finals?
- Who is the youngest Premiership goal scorer?



Cristiano Ronaldo

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

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10 YEARS & 10 LOCAL CAUSES

To celebrate our 10th anniversary, we're donating to 10 local charities and community organisations - also learning about their work. We've already met The Benjamin Foundation, with more to share over the coming months.



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