



Christmas Day Lunch

North Walsham Churches Together Christmas Day Lunch has been an event in town for over thirty years.

Its aim is to ensure that no resident of our town has a lonely Christmas Day but can join with others in a welcoming space for a traditional meal. Since the friendly welcome is as important as the food volunteers for all sorts of roles are needed. Collect and drive guests, welcome and chat, help lay tables and arrange the big room, prepare, cook the food and serve the food and drink and finally clear up.



The guests arrive from 12:15pm. The meal is at 1pm Tea/coffee is served in time for His Majesty The King's broadcast at 3pm before the party ends. Hopefully everyone (including the clearing up team) is safely home before dark.

The event is free and the organisers are very grateful for many individual, shop and group donations, and a wonderful grant from The NW Community Shop not to mention the Community Centre who give us free use of the building.

The guests who booked to come in previous years will be contacted in good time to be invited again. If you, or someone you know living in town has not been before and this year will be alone without any company on Christmas Day and would like an invitation, please request an invitation by posting a note with their name, address and a contact email or phone number to: **CTNW Christmas Meal. 32, Youngmans Close, North Walsham, NR28 9JQ**
Email address: ctnw.christmas@gmail.com

Continued on page 4...

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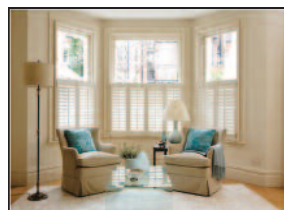
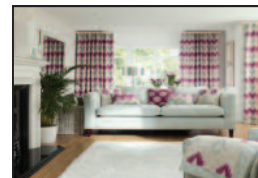
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Christmas Day Lunch

Continued from front cover...

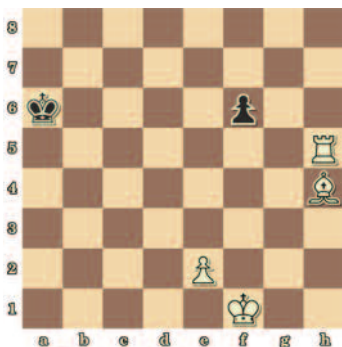
All volunteers from previous years will be asked if they are able (but not pressured) to help again. New people offering to help, please make contact with a note to:

The Parish Church of St Nicholas, Market Place, North Walsham. NR28 9BT
The church letter box is in the door at the base of the remaining tower.
Or volunteers email: nwchristmaslunch@gmail.com

Coordinating this event is no small task and this year the organisers aim to have the guest lists completed by 1st December and all the Volunteers allocated roles by 1st November. It's such a busy time of year and forward planning can make the festivities so much more enjoyable for all volunteers and guests can look forward to their day out with confidence when they all know their arrangements are complete. So please, any questions do contact us now before the end of the month.

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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Deaf Café – September Highlights

On Saturday 19th September, the North Walsham Deaf Café welcomed David and Clive from the Friends of Friesenried Association. They shared a fascinating presentation about North Walsham's twin town, Friesenried in Bavaria, bringing along a wonderful selection of photos that really brought the village to life.



We learned about Friesenried's traditions, community events, and the long-standing friendship between our towns. David and Clive spoke about past exchange visits, how the partnership began, and the warm hospitality shown by residents on both sides. Their talk sparked plenty of interest - with many of us discovering just how much history and connection there is between our communities.

The second half of the morning was full of lively activity. John led a fun round of BSL I-Spy, which had everyone signing, guessing, and laughing. Wendy then taught us some sign language songs, creating a lovely, relaxed atmosphere as we all joined in. It was a brilliant mix of learning and enjoyment.

As always, we shared refreshments and friendly conversation - a chance to practise BSL at all levels and support one another in a warm, inclusive space.

We're a friendly, welcoming group open to anyone who is profoundly deaf, hearing-impaired, learning BSL, or simply curious about sign language.

Where: Salvation Army Hall, North Walsham

When: Every third Saturday of the month, 10:00 - 12:00 (free entry)

What we do: Invite guest speakers, practise BSL, share learning, build confidence, and enjoy great company

If this sounds like something you'd enjoy, pop along and join us - we'd love to meet you.

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by Philip Grecian

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Tickets £6 available on the door

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



Why are Lasting Powers of Attorney so important?

It is a common misconception that a spouse/family member has an automatic entitlement to make decisions for you if you lose mental capacity short or long term, but that is not true. To protect you and your loved ones against a short or long term situation where your husband, wife, partner, children cannot make decisions for you, we highly recommend that you contact us to book a **FREE FIRST APPOINTMENT** to discuss putting Lasting Powers of Attorney in place.

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.

Please contact us to make a FREE FIRST APPOINTMENT to discuss this further.

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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.

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



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



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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.

A step in the right direction



HAPPY FEET

By Abi Spicer

S.A.C. Dip
Foothealth Practitioner
Tel: 07881 488486

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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!

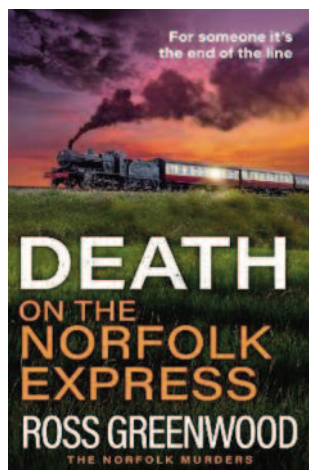
There will be tea and coffee on arrival, the "Flower of the Month" competition, the sales table and a raffle.

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: crystalldyball57@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.



Free admission – all proceeds to Gimingham Church Fabric Fund

Soup and Quiz Event

Wednesday the 18th of November

New Life Church, 1 Laundry Loke, North Walsham. NR28 0BD

Quiz followed by soup and a roll.

This is a free event, but please contact isneilpaula31@gmail.com to book for catering purposes.

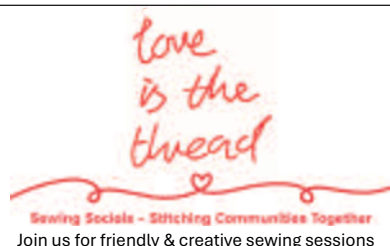
John and Jacqui Hurst 'Seas the Day' Pop Up Exhibition

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 Gallery exhibition venue.

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!**



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October - and it's time to get into the spirit of things (see what we mean?) at The Museum of the Broads.

Of course you see what we mean! You can't say October without instantly thinking

Halloween. From Black Shuck to the haunting at St Benet's Abbey, Norfolk and The Broads are spectacularly spooky.

But first - look at some more earthly - but still exciting - things we have for you this month -

Wednesday 1st October – 22nd October 10am - 4pm Autumn Trail ~ Hidden Habitats and Curious Crafts!

Explore the museum for hidden habitats! This is a real chance to discover the wildlife who live in them - and have a go at making a bug home! How cool is that?

Saturday 25th October – Sunday 2nd November 'Tall Tales!' Trail & make your own 'Luminous Lantern!' 10am - 4pm

This could just be where the spooky side starts. It's a 'Truth or Dare' Trail! Dare to discover which tales are true and which are false and make your own luminous lantern to light your way home!

And finally - of course - Halloween Trail

October just October isn't without the Halloween Trail at The Museum of the Broads. We're all about bringing the stories of the Broads alive so come and explore our spooky past.

Sunday 22 to Sunday 29 October (open Sunday to Friday), it's (drum roll please!) the one and spooky only - Broadland Ghosts Halloween Trail!

Come if you dare - and check out chilling stories and legends. Be aware - the Wroxham witches are back! Broomsticks have landed. Can you outwit the witches? Complete the trail and win a prize!

Our storyteller will tell more ghost stories of the Broads at 11.45 and 2.00pm each day.

Free entry to all 12s and under! £5.50 for 13- to 17-year-olds and £9.50 for adults (18+). Pay once and return as many times as you like for one year!

Bring a picnic and enjoy our riverside setting. Dogs most welcome too.

Come and see us soon before 2026 is over. And - remember that deal - once you've paid your initial admission to Museum your ticket is valid for 12 months! That's a Broadland bargain!

We're really looking forward to seeing you in October before we close in November. But you're welcome back in 2027!

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

North Walsham Salvation Army Harvest & Corps Anniversary Celebrations

Saturday 10th October

Festival by
Norwich Citadel Band
Held in St Nicholas Church,
North Walsham
7pm

Free entry with retiring collection
in aid of The Salvation Army



Sunday 11th October

10:30am Morning worship
3pm Afternoon Praise
Led by
Major Jean McDevitte
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Halloween
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North Walsham Pub and Theatre Wins National Award

The Black Swan Public House and Theatre has been named Best Pub for Entertainment at the Great British Pub Awards 2026, bringing national recognition home to North Walsham.

The award was announced in Leeds on Wednesday 23 September. Best Pub for Entertainment was the final category award announced on the night. The volunteer-supported, not-for-profit venue was also a finalist for Best Community Pub.

The recognition comes just weeks before the third anniversary of New Stages Projects CIC taking over the Black Swan. When New Stages took on the pub in October 2023, it faced an uncertain future. Since then, volunteers, staff and supporters have worked hard to transform it into a place where people can enjoy a drink or a meal, watch a show and take part in community life.

Its former stable is now a 100-seat theatre. Theatre shows and classes are just as important to the Black Swan as the pub itself, bringing people together through performances, live music, film, workshops and community events. There are plenty of reasons to visit beyond a show. The pub serves locally roasted coffee

and signature deli sandwiches, while Rudono Pizza makes stone-baked sourdough pizzas on site, which visitors can enjoy in the pub.

Joseph Ballard, Chief Executive of New Stages and landlord of the Black Swan, said: "When they announced the final category award of the night, we could hardly believe they called our name. Bringing this national award home to North Walsham means so much to us. Everyone has worked so hard to build both the pub and the theatre, and I'm incredibly proud of what we've achieved together. "Our shows and classes matter every bit as much as the pub. They give people a chance to perform, learn, meet others and feel part of something. Thank you to our customers, audiences, volunteers, staff, performers and everyone in the community who has been part of our story so far. This recognition belongs to you too.

"I hope people will come and see what we do—book a show, pop in for a drink or enjoy something to eat. Every visit helps us keep the pub and theatre going.

"I also want to recognise publicans everywhere who are working incredibly hard to keep their doors open. Pubs are part of our culture and the life of our communities. Wherever you live, please support your local pub. Use it, enjoy it



and help make sure it's still there in years to come."

Events and shows coming up include The Little Big Musicals Show on 17th and 18th October, Halloween events and ghost walks at the end of the month and a special screening of The Rocky Horror Picture Show on Friday 30th October in the Black Swan Theatre – with a live -pre-film floor show! Tickets are already on sale for this year's Christmas offerings including the family pantomime Robin Hood – and also an adult version for New Year's Eve.

For more information about the pub and its food offering, upcoming shows and to book tickets, visit www.newstages.co.uk.

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Office of the Public Guardian (OPG) registration fee, when applicable, is not included in these prices.

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

For more information visit: www.nnps.uk

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North Walsham Library

The days are drawing in so you might be looking for something to do which won't cost the earth.

Why not pop in the library? We have regular clubs through the week, and the best thing is that it does not cost a penny! Getting together with like-minded people is good for your health and wellbeing and you might make new friends along the way.

Some (but not all) of the activities we offer are walking group, art group, jigsaw club, chess club, scrabble, knitting group. Call in to get our full programme of events and to find out more about our special events.

We are also thinking of our families and continue to offer Saturday story time, Lego club, Bounce and Rhyme group and Mini Movers sessions.

SPECIAL EVENTS:

Green Libraries Week 21st Oct-28th Oct

- Coding Activity for children: Endangered Animals, a Sphero activity. Friday 23rd October from 11.30 to 12.30pm, suitable for children aged 7+
- Family treasure hunt and adult quiz to do in the library throughout the week.

Gruffalo Granny Storytime – Monday 26th October

To celebrate the new Gruffalo title, we will be holding a special story time session at 11am. There will be a Gruffalo hunt, colouring plus free Gruffalo books whilst stocks last.

Special Hedgehog Saturday

On 7th November we will be all about hedgehogs. Starting with a special story time session at 11am, followed by a hedgehog themed Lego Club. Then at 1pm, we will be welcoming Marian from Hedgehog Heaven North Norfolk to give a talk on how to help hedgehogs in the winter. £1 per person (profits to be shared between the Friends of North Walsham Library and Hedgehog Heaven)



A Trip to Redwings

Our day centre offers a welcoming place for older people to meet and make friends.

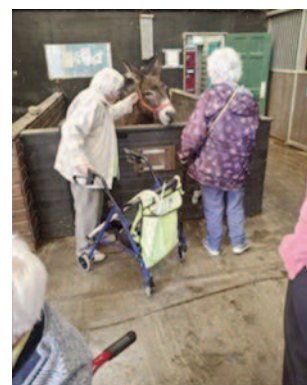
It also offers exciting days out as our clients recently found out when we arranged a visit to Redwings Horse Sanctuary near Aylsham. They were able to meet donkeys, horses and ponies up close and were given a lovely insight into all that happens by Jenny, one of the staff members. She told them all 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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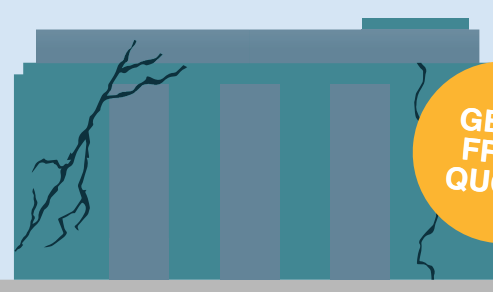
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North Walsham and District Branch of Cats Protection

Another busy month with cats going to their new homes and new ones coming into care. Ziggy left for his new home, and we have also said goodbye to Sally, Gus, Archie, Travis, Molly and Fallon. Ambrose has been reserved and we have people interested in Abbey and Frankie. I am also delighted to advise that Cindi has landed on her paws, was reserved and will be leaving us shortly. It may take some time to find the right home for some of the cats in care, but it is important to make sure it is the right home.

Meanwhile there are several new cats who have taken their place. Wispa, Bubbles and Ebonay have joined us having been abandoned (together with two dogs) by their previous owners when they moved. These lovely girls are all 13 years old and had been neglected so will need a little time to settle and enjoy regular meals again. Savannah, another recent arrival, has joined us because she was being bullied by the other cats in the household and Mike Meowski has joined us from our vets having been found as a stray. This lovely lad, like dear little Anya, has only one eye. On investigation by his vet a very small eyeball was found, which has now been removed to ensure no future problems for him. He too is a very friendly and affectionate cat and will be going for his post op check shortly.

Of the other cats still in care, I am somewhat surprised to have had no enquiries for Marcus, especially as he is a ginger and white boy who is a joy to look after as he loves a fuss. Harley too, is making progress that have included changes in his diet and further monitoring of his insulin requirements before being put up for adoption. Sadly Angus (misnamed as Arthur last time) has been diagnosed as FIV positive so will need an indoor home, either as the only cat in the household or with other FIV positive cats. He is a very friendly little cat and will make someone an ideal companion if they are looking for a cat that cannot go outside.

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



Marcus

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 environment and semi wild.





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

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.

Founded by professional actor and screenwriter Laura

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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Or scan the QR codes.

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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 & 2012. 10. James Vaughan for Everton vs Crystal Palace in 2005

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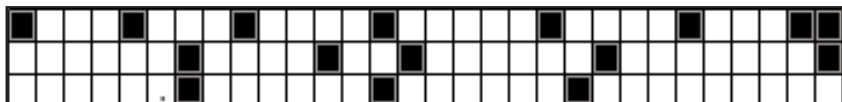
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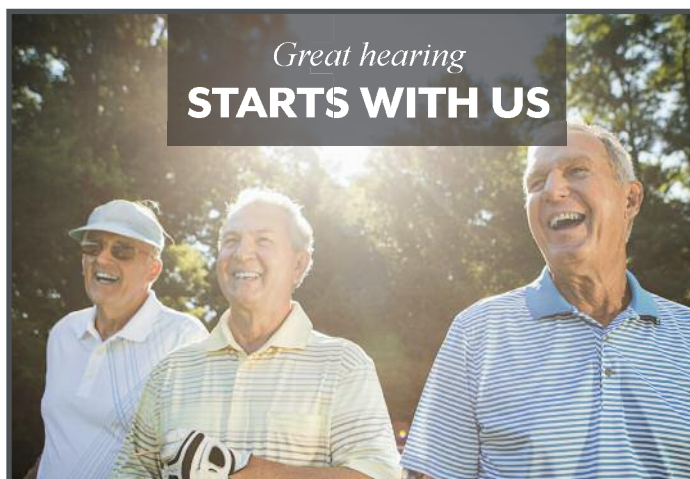
One of the defining features of Coltishall Clinic is its suite of over 27 state-of-the-art laser and light systems. Rather than relying on a single, versatile machine to treat every patient, the clinic selects the precise wavelength, pulse duration, and fluence best suited to your unique skin type, tone, and clinical indication.

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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!

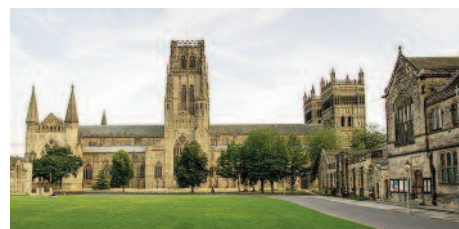
Arriving at our hotel, the splendid looking Redworth Hall Hotel in Newton Aycliff, up

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.

<https://www.northnorfolku3a.org.uk>

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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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North Walsham u3a – 53 Years to Make a Garden

At its monthly meeting on 4th September, almost 100 members of North Walsham u3a met to hear Alan Gray tell the story of East Ruston Old Vicarage Garden, created by himself and his late partner Graham Robeson.

Alan's hugely entertaining account of the garden's development over the last 53 years included practical tips for gardening near the North Sea, amusing anecdotes and more stunning photographs than you could shake a garden cane at.





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The story started in March 1973, when Graham bought the empty and neglected Old Vicarage and 2½ acres of land covered with long, tufted grass – without consulting Alan!

Both lived in London and worked on the garden at weekends for a number of years before moving to Norfolk.

More land was added as the garden developed, and it now has a collection of 'garden rooms' in different styles spread over more than 30 acres. These include formal gardens with lawns, shrubs, flowers and clipped hedges, a wildlife meadow, a woodland with over 2,500 snowdrops, an exotic garden and a desert wash garden.

As well as occasional visitors, the garden has its regulars, including an old couple who walk around it, fall asleep on a bench and then walk around again. It's not clear if they just really like the garden or forget they've already been round once!

As well as Alan and Graham, the garden has been built and maintained by a small army of volunteers, including at least one u3a member.

North Walsham u3a is open to anyone who is no longer in full-time work and wants to stay active and engaged. As well as monthly general meetings, it has over 30 specialist interest groups. More information about the u3a can be found at www.northwalshamu3a.org and on its Facebook page.

Anyone considering joining the u3a is welcome to go along to its general meeting at 2.15 on Friday 4th December at Sacred Heart Parish Hall, Kings Arms Street, North Walsham. The guest speaker will be Chris Bayles from Norfolk Police, who will be talking about cybercrime.

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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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From Steff Aquarone MP

Putting hundreds of pounds back in people's pockets

If you have been to the supermarket recently, filled up the car, renewed your mortgage, or simply opened your latest household bills, you probably don't need me to tell you that life feels expensive.

For many families across North Norfolk, the sums simply don't add up in the way they once did. People are working hard. They are doing everything they can to get by. But food, energy, housing and transport all take their share before the month is over. In a rural area like ours, some of those costs are particularly difficult to avoid.

For many people, having a car is not a luxury. It is how you get to work, take the children to school, attend a hospital appointment or look after family. That is why I was pleased this month to back the Liberal Democrats' plan to cut the amount of tax paid by millions of working people.

I want to see the tax-free Personal Allowance increased from £12,570 to £15,000, alongside an increase in the equivalent National Insurance threshold. Taken together, those changes are estimated to leave most taxpayers around £680 a year better off. They would also mean around 2.5 million of the lowest-paid workers no longer paying Income Tax at all. £680 over the course of a year will mean different things to different households. It could help with the weekly shop, winter heating bills, keeping a car on the road or dealing with one of those unexpected expenses that always seem to arrive at the worst possible moment. And that matters.

It's simple: if you work hard and earn your money, I believe you should be able to keep more of it.

I also want to see the point at which people start paying the 40% rate of Income Tax increased to £56,000. The estimate is that this would take around 760,000 people out of paying the higher rate altogether.

Nurses, teachers, engineers and other working people should not find themselves pulled into a higher tax band simply because thresholds have failed to keep pace with earnings.

Here in North Norfolk, I see every week how hard people work.




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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



Shaun the Sheep comes to Blickling Estate

Get ready for a baa-rrilliant day out as Shaun the Sheep comes to Blickling Estate this winter.

From Saturday 14 November to Sunday 17 January twelve ewe-niquely designed Shaun the Sheep sculptures will be displayed in the gardens at the National Trust's Blickling Estate in Norfolk.

In collaboration with Wild in Art and Aardman, the Find the Flock trail promises fun for the whole family. Each super-sized Shaun the Sheep sculpture, standing tall at 160cm, will be positioned at iconic locations around the gardens.

The flock has been painted by twelve different national and international artists with bright colours and funky, bold patterns. Visitors are invited to pick up a trail map and embaa-rk on a journey through art and adventure, learning more about the artists as they go.

Sebastian Billing, Experience & Programming Manager, said, "We are so excited to have our woolly friend Shaun the Sheep at Blickling Estate this winter! The trail provides a ewe-nique opportunity for visitors to enjoy the beauty of the gardens, spend quality time with loved ones, and discover a new festive experience as they find the flock."



Annie Laughrin, Commercial Trails Manager at Wild in Art said, "We're thrilled to be continuing our ongoing partnership with Aardman Animations to bring Shaun the Sheep to Blickling Estate. We hope visitors will discover the joy of the trail and see how our incredible artists have brought this iconic and cheeky character to life."

Isabella Baldo, Attractions & Live Experiences Executive at Aardman added, "We are excited to see Shaun arrive at Blickling Estate this winter – a season our favourite Mossy Bottom Farm residents love celebrating. We are certain he will be well looked after and will provide great family entertainment for visitors seeking the beautifully designed Shaun sculptures around the trail."

The gardens at Blickling Estate are open daily from 10am-4pm, with some areas of the garden open until 7pm on the following dates:

- Saturday 28 November and Sunday 29 November
- Saturday 5 December and Sunday 6 December
- Saturday 12 December and Sunday 13 December
- Wednesday 16 December to Wednesday 23 December

The Find the Flock trail is included with standard admission, free for National Trust Members and children under 5. Check the Blickling Estate website for up-to-date opening days and times before you visit.

For more information and to plan a baa-rrilliant visit go to: nationaltrust.org.uk/blickling

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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 sal-lylee35@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, front and rear battery powered lights and reflector for old bicycle to buy. 01263 833269

Wanted, garage to rent long term in West Runton. 07985 727012

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

Modern desk, 3 drawers, as new, with chair, wastepaper basket and stationery, £35 the lot. Motorcycle jacket, crash helmet, trousers, gloves, neck warmer, padded waistcoat, £50 the lot. Mono tap with sink and pop-up waste and cistern, £20. Bird bath stand, FREE. Stepladder, FREE. Cycle bag, clip on and lights, unused, £15 the lot. 01362 688280

Dyson light ball vacuum cleaner, excellent condition, £30. Hearth rug, mid grey, thick loop pile, approx. 5'6" x 4', new, wrong order, £30. North Walsham. 07946 747869

FREE. Recliner chair. Motorised. Duck egg blue & light grey. Hardly used. Collection only. 01263 576806

FREE- Solid metal frame original single size zed bed with mattress. Headboard becomes tabletop when folded. Opens easily like a book by pressing foot pedal. Heavy item would need decent size boot or van. When folded 34" high, tabletop/headboard 21" x 31". Collect Holt. Jill 07774 921535

FREE for collection, cane furniture all with cushions, 2 chairs, 1 settee and a glass top table. 01263 791442

Large collection of die cast cars, Models of Yesteryear (pre-Macau production), Gorgi Golden Oldies plus main other various models. Mainly mint and boxed. Enquiries 01603 720400

CD cupboard, wooden, holds 140 CDs. W65xD20xH82cm. Excellent condition. £10. Holt 07789 325560

Custom Car magazines, complete years 1970 - 2000, £15 per year. May accept offer for all. Buyer collects. 07985 727012

Kampa Caravan cover, used once, size 5-3 to 5-7, £50. Assortment of car boot items, £50 ono. Fishing box on legs, vgc, £35. Hedge trimmer, £30. Sea fishing rod & double rod stand, £15. 01692 652288

Alexander Rose, quality teak garden/conservatory table extends to seat 8 comes with 8 foldable chairs and seat cushions, very little used, cost £1700 new, bargain at £300 Tel via BT Email App 01692 500345

Decorators dust sheets, some new and some used all clean £5 each North Walsham. 07926 359633

Parkside PSE 2800 A1 petrol generator in as new condition. Two 13amp sockets, 2.6kW continuous or 2.8kW short period supply. £100. 01263 720973

One wetsuit size medium/large plus boots and facemask £65 ono. 2 x CD racks £14 for both ono. (01263) 823358

Cordless leaf blower/vac, Spear & Jackson SCBV36 complete with two batteries and charger. Very little use and as new. Well below half price, £50. Tel before 6 pm. 07956 628149

Fuhlen G87s wired gaming mechanical keyboard £15; Razer Blackwidow V4X mechanical gaming keyboard £20; both unused, in original packaging. Fakenham. 07599 623342

Halfords Apollo Fire Chief 12"-wheel bike. Roly sit-on dumper, both good condition, only used at Grandparents £40 each Beeston Regis 01263 821242

Victorian Flowers - Elizabeth Bradley Needlepoint Tapestry Kit, canvas 20"x20", wool pack, needle, stitching chart, new, £25. Telephone after 4pm 01263 710616

Kymko mobility scooter in very good condition £75 07952 211056

Teak wood fire surround, 3'9", high, 4'6" wide £25. Solid oak cd tower holds 60 CDs £10. Solid wood floor ornament, three cats on plinth, 20" high, unique £20. Small ironing board £10. 07956 347293

Chest freezer, 34" high, 36½" long, 26" wide. £20. 01692 403265

Daewoo air fryer. New in box never used. Cost £30 will accept £10. 01263 802240

Ladies full leather Hunter Balmoral boots, 38/9 Very little used. Perfect as new condition. £130. Black leather boots same size with adjustable calf, similar condition £110. Photos available. 07852 914275

HP Laserjet imaging drum CE 314A unused, £40. Large dog crate suitable for a Lab size dog, 120cm x 73cm x 78.5cm, front and side entrance, tray base and collapsible flat. as new. £95. Stoo big woolly hug XL heating seat pad for chair, car, 47cm x 135cm cordless infrared re-chargable. unused, £125. 01328 878 943

New unused Crytec LD58 16-inch petrol chainsaw, £50. Einhell GCP405-P rotary petrol self-drive with grass bag good working order £75. Collection Wells-next-the-Sea. 07909 222584

Curtains, pair, pink, pencil pleat, lined. Width 67", drop 53". With applique and embroidery flowers and insects. Suitable for children's room or any other, £7. North Walsham. 01692 405812

Modern wardrobe midnight blue with oak top finish brought from Alldis, excellent condition no longer required, H 190 D 53 W 89 excellent condition will require partial disassemble have tools and instructions, bargain at £90 01263 83672

Spinnaker Fluess automatic dive watch. Unworn, plus electronic watch winder. £135. Pets4us large travel dog cage. Crash tested. Swiss made. Excellent. £130. Large steel dog pen. £35. 01692 500776

M&S men's regular fit long sleeved Ultimate Jersey shirt, white, size 38/40 chest Never worn, labels still attached Cost £40 would accept £20. 01263 515036

Singer manual sewing machine design 99K, made in Scotland 29 October 1959. Excellent condition, original fittings & original handbook. £100 ono. Buyer to collect. 01263 519765

Roller garage door with manual and remote controls, will be available later this year. Approx. 2.5M wide, can be seen working at present. £100. 01263 720973

Ted Baker bundle: small tote bag black/floral pink, small blue/pink cosmetic bag & navy/pink wash bag excellent condition. £30. 3 Tubes Clarins Exfoliating Body Scrub 100 ml each new & sealed £24. 01263 710117

Childs cot, wooden, sturdy, good condition, three height base, mattress, headboards to turn into bed, Free, North Walsham, 01692 404788

Two single 1970s handmade patchwork duvet/quilt covers. £25 each. Sheringham 07769 718421.

Two Duvalay sleeping bags complete with storage bags. Exceptional condition hardly used. Ideal for motorhome. £100. 01328 830886

2 Volvo cycle racks £40 each. Rossignol skis (162cm) good condition £50. New 4'6" trailer board with foglight £20. New Mizuno golf flight bag £30. Sturdy vintage fall front writing bureau with pigeonholes, utility drawer & cupboard, features decorative metal handles, perfect up cycling project £60. 07415 790003

Microsoft Surface 3 Tablet running Windows 10, battery charges to 100% provides just under 5-hrs of use. With: keyboard/cover, stylus pen (with spare battery), docking station with mains charging lead and wireless mouse. Neoprene cover and clip-on carry grip. £49.00 can demonstrate and deliver in Holt area. John 01263 711536

Life Fitness T3 Treadmill with Go Console and cover, low usage, recently serviced. Excellent condition. Bargain price, £300. Collection only. It is very heavy (243lbs) and will require at least two strong people to carry. 07968 018608

Leather motorcycle jacket (Honda Repsol logo) c/w shoulder pads, vgc. Large size, £35 ono. 07386 325960

Large selection of 1000 piece jigsaws, £3 each. Old cast iron wall mounted hoppers. 20" L x 6½" W x 6" D. Used as flower troughs, £50 the pair. Fishing rod and reel, £25. 01692 402961

Set of 7 golf clubs, 5,6,7,8,9, PW and SW, features include lightweight graphite shaft, oversized and sweet spot on club face, very good for beginners, bargain at £35. Buyer collects. Sheringham. 07722 678920

Pavers black ankle boots, size 6, worn once, £15. 01263 511145

Collection of Hornsey Pottery: pale blue, Tapestry. Offers. 01263 517156

Black round toe platform high heel shoes (slip on). Non-slip chunky heels, comfortable (had them for my school days) size 6, good condition £10. 01263 576839

Men's Hobos, brand new navy size 8 and size 9, bargain £3 a pair. Pair Grey Hobos, worn once, size 9, £1. 01263 511145

Cybox solution X-Fix child car safety seat, as new, £50. White Knight 3kg tumble dryer in working order £20. 01263 511203

Single boiling ring, 1500W, £18. Garden border fork, lawn rake, leaf rake, stiff broom, Duch hoe, wide rake/tarmac type, new handle, £15 the lot. Armchair, wooden arms, fabric seat, extends to 43", 8 legs, £20. Memoirs of HRH Duke of Windsor 1951 + other books, £20 the lot. 01263 710067

Small slow cooker, barely used, £25. Buyer collects. 07770 439609

14 porcelain paving slabs, new Royalstone Everest Crema, 1200x600x20mm, frost resistant R11 anti-slip, £100. Aluminium 2-stage heavy duty ladder extends to 7.2m, 37cm wide, £25. Metal garden seat, heavy duty, 1¼ tubular frame with shaped mesh welded to form high back, H 95cm, D 84cm, W 189cm, £40. Fakenham. 07914 100086

Autumn Adventures with the National Trust for October Half Term

Enjoy the magic of autumn as a family with a whole host of adventures and activities at National Trust places near you. From ghoulish tricks to nature's treats, the conservation charity is offering heaps of fun for all the family this October half term. Escape into the great outdoors together on an autumnal walk to collect a rainbow of fallen leaves. Embark on a nature trail to discover wildlife, as well as the weird and wonderful fungi that's emerged. Challenge friends and family members to seasonal fun and games during autumn days out at National Trust places.

There are plenty of Halloween-themed activities and events to help celebrate the spookier side of the season too. From pumpkin displays to creepy crafts, spooky story-telling sessions and frightfully entertaining Halloween trails, there's plenty of fun for everyone.



BLICKLING ESTATE, NORFOLK

Stranger Folk: Volume 1, Crone Calling | 3 October to 8 November | a magical app-based Halloween adventure through the gardens and grounds.

Journeys: Global Textiles from the Karun Thakar Collection | family-friendly exhibition and activities inside Blickling Hall.

Half-term family fun | bike hire, archery and craft sessions.

This autumn, families can enjoy magical outdoor adventures, hands-on activities and seasonal discoveries at Blickling Estate.

From 3 October to 8 November, step into the mysterious world of Stranger Folk: Volume 1, Crone Calling, an immersive adventure game played through a free mobile app. Starting with a voice note from a mysterious Old Crone, players are challenged to harness the elements, track down magical creatures and close a growing rift between the human and spirit worlds before mischief turns to mayhem.

Designed for children aged seven and over, the experience blends storytelling, problem-solving and physical play as families explore the gardens together.

Other activities in the garden include archery, a spooky spokes balance bikes course and nature wand crafts.

Step inside the House and discover Journeys: Global Textiles from the Karun Thakar Collection, with family-friendly activities including a travel journal and kimono design challenge. Younger visitors can also spot the ships and explore sensory boxes.

During half term, bike hire is available Wednesday to Sunday, offering an opportunity to venture into the Great Wood in search of fungi, autumn colour and seasonal wildlife.

Warm up afterwards with seasonal treats in the Stables Café. All activities are included with standard admission. National Trust members and under-fives go free, and no booking is required. Gardens open daily 10am to 4pm; House open 11am to 3pm, last entry 30 minutes before closing.

FELBRIGG HALL, GARDENS AND ESTATE

Half term Spider Trail in the parkland

Hall for Harvest display of produce grown in the Walled Garden

The parkland at Felbrigg is bursting with autumn colour, providing the perfect backdrop for seasonal family adventures this half term.

Discover the Spider Trail through the parkland, keeping an eye out for the striking wasp spider, explorers can pick up a Spider Trail activity sheet from the visitor hub or reception before setting off.

Inside the house, Hall for Harvest showcases a vibrant display of pumpkins, squash and gourds grown in Felbrigg's historic Walled Garden. Strike a pose at one of Felbrigg's autumn half-term photo opportunity spots and take home a fun lasting memory.

After a day of exploring, warm up in the Squire's pantry cafe where spooky cookies and a new seasonal menu will be available. You may find some freshly harvested produce at the shop, perfect for recreating seasonal recipes at home.

An all-terrain Tramper and three Personal Mobility Vehicles are available to borrow from the welcome team. Dogs are welcome in the parkland and Squire's pantry cafe.

Car park charges apply, access to the Spider Trail is free, standard admission applies for the Hall. National Trust members and under-fives go free, and no booking is required. Gardens open daily 10am to 4pm; House open 12pm to 3pm.

SHERINGHAM PARK

Fungi trail to spot over 400 different species

Family Fungi Foray – an introduction to fungi plus craft activity on 26 & 27 October

Sheringham Park is home to more than 400 different species of fungi and visitors can learn more about the many different shapes and sizes they come in, this half-term. Pick up a free activity sheet from the welcome team and head out on the Fungi trail, from 10am to 4pm daily.

On Monday 26 and Tuesday 27 October, families can take part in a Family Fungi Foray – a family-friendly introduction to the fantastic display in the woods at this time of the year. Includes a fungus craft activity. Prices are £7.50 per adult and £2.50 per child. Booking essential. Full details on the Sheringham Park events page.

The Courtyard Café is open daily, 10am to 4.30pm and provides a welcome pitstop. Bacon baps, soups, sausage rolls, pasties and sandwiches are on offer, along with a range of cakes and bakes, plus hot and cold drinks.

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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.

Bradfield Cricket Club

At the start of September Bradfield Cricket Club, just outside North Walsham, has been celebrating the success of the season with our youth players and our ladies' team.

We had almost 60 young people from 5 years old train and represent the club this year. Both our Under 11 and Under 13 mixed hardball teams were extremely competitive in their leagues and our girls' softball teams had a great time playing festivals and friendlies while still performing strongly. At our celebration evening, after a festival style tournament we presented awards for all teams for Most Improved Player, Players Player and Player of the Year as well as medals for all our youth players. This followed on from a successful All Stars and Dynamos program for our younger players earlier in the season.

The ladies' softball team had 22 women and girls represent the club this year in friendlies, festivals, 100 league and cup competitions. We were pleased to welcome new players and are grateful for the support from club members and family who helped with umpiring. As always, the

Norwich Gilbert and Sullivan Society

On Saturday 7 November Norwich Gilbert and Sullivan Society present a semi-staged concert version of "THE PIRATES OF PENZANCE" at St. Cuthbert's Church, Wroxham Road, Sprowston, Norwich NR7 8TZ at 2.30pm. The principals, who will be in costume, include David Ivins (Major-General), Tim Hurst-Brown (Pirate King), Andrew Inglis (Frederic), Kevin Jeckells (Samuel), Luke Davey (Sergeant of Police), Becky Pick (Mabel), Beverley McInnes (Edith), Teresa Clayton (Kate) and Pam Warren (Ruth). There is a strong supporting chorus. Patrick Monk is Musical Director; Peter Woods is Accompanist; and the Director is Tim Hurst-Brown.

PIRATES was premiered at The Royal Bijou Theatre, Paignton, Devon on 31 December 1879. The show was never out of the repertoire of the D'Oyly Carte Opera Company, always being one of the most popular of the Savoy Operas. The D'Oyly Carte continued to perform the show right up until the company closed in 1982. When the D'Oyly Carte visited the Theatre Royal, Norwich for the last time in May 1981, PIRATES was in the repertoire. Among many delightful songs in the show are "Poor wand'ring one", "I am the very model of a modern Major-General", "When the foeman bears his steel", "With cat-like tread" and "A Policeman's lot is not a happy one."

Gilbert and Sullivan enthusiasts now have a great opportunity to hear Sir Arthur Sullivan's captivating music coupled with W. S. Gilbert's biting wit in this exciting and rollicking concert version of PIRATES. Entrance is free, though there is a suggested donation of £5 to help defray expenses. Refreshments will be served during the interval. Don't miss what promises to be a delightful afternoon of music, fun and laughter! (www.norwichgands.co.uk)

Clifftop stretch is undulating in places otherwise coastal and park/field paths with some on road towards the end.

Walk Difficulty: Moderate. Contact: 07752 642913 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



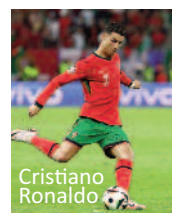
ladies' team played hard this season but always with a smile and backing their teammates.

At our party and presentation night we played a competitive but evenly matched 9-a-side match which we followed up with good food, games, laughs and of course awarding trophies!

If you or your child are interested in getting involved in cricket in 2027, we offer various youth training for boys and girls aged 5-15 and our ladies' cricket is aimed at adults but any girl 14+ is welcome. For more information get in touch with training coordinator Rachel at: rachel-mash@hotmail.co.uk

Footie Quiz - Noughties - Blast from the past

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



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



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