

sunrise

A Positive Magazine for Positive People

Dec-Jan 2024/25

I'M FREE



100% Recycled Paper

ISSN 1759-2453

Walters

motor group loddon



You're in
safe hands

This dealer has signed
our Dealer Promise

AA



OVER
150+ CARS
IN STOCK
APPOINTMENT
ONLY



YOUR LOCAL INDEPENDENT FAMILY OWNED DEALERSHIP
Loddon Business Park, Little Money Road, NR14 6JD
waltersmotorgroup.co.uk | 01603 327111 @ Instagram WhatsApp Facebook X ▶

WAVENEY

STOVES, FIREPLACES & RANGE COOKERS

Multifuel, Woodburning & Electric Stoves, Electric Fires, Gas Fires, Fireplace Surrounds. Range Cookers; Oil, Electric, Gas & Woodfired.

01508 518863

Opening Hours:
Tues - Sat 9.30 - 4.30

123a Old Yarmouth Road,
Ellingham, NR35 2PG
www.waveneystoves.co.uk



UNITS FROM £15 / WEEK INC VAT



waveney self storage

- Secure indoor storage units, large and small within fully insulated warehouse
- Redcare alarmed, 24hr security and CCTV
- Flexible long and short term rental

Please call
01502 679 911
to arrange appointment to come and view our facilities

enquiries@waveneyselfstorage.co.uk
www.waveneyselfstorage.co.uk

Waveney Self Storage, Elms Road, Toft Monks, Beccles, Suffolk, NR34 0EJ

Welcome...

to the Christmas / New Year edition. This year has flown by hasn't it!

We have lots to get you in the festive spirit this edition... The Forum have markets, fairs, exhibitions, performances, film screenings, and lots more! (see page 19 for information)

Zena's delicious braised red cabbage recipe (page 27) to help you with prep for the all important Christmas Dinner!

During this season of giving, Norwich Theatre is asking for your support to ensure no child misses out on a life-changing creative experience (details of how to help on page 9)

Paws Indoors are here with lots of helpful tips to keep your furry friends safe over the Christmas period (page 13)

And when all the festivities are over we have the amazing Science Festival to look forward to at The Forum on 15-22 Feb. They have a jam packed programme and some big names on the line up, it's one not to be missed! (more info on page 7) you can bag yourself tickets from 28 November!

A huge thank you to all of our readers, advertisers and contributors over the past year! We appreciate you all!

Wishing you a very Merry Christmas and a Happy Healthy New Year!

See you in 2025!

Kellie x








CHAMBERLINS

SOLICITORS

MOVING HOUSE?

We offer an efficient and friendly service by our experienced Solicitors at competitive rates.

Call Stephen Holland on
Tel: 01502 713131 Fax: 01502 717457
E-mail: srh@chamberlins.co.uk
3, Ballygate, Beccles, Suffolk, NR34 9NB



Louise Cartwright (M.Ost), Professional Osteopath
Registered with The General Osteopathic Council,
Insured with the Institute of Osteopathy and
Federation of Holistic Therapists.

**For the treatment of Neck, Back and Joint pain,
Sports injuries and Rehabilitation**

Rookery Park Golf Club, Beccles Rd, Carlton Colville, NR33 8HJ
Wednesday and Friday

Please book online at amyholmesosteopath.co.uk
07876255168 | louise214@msn.com

No matter what size your budget

Our compassion is constant




Rosedale FUNERAL HOME

Beccles **01502 714445 (24hrs)**
Bungay **01986 892790 (24hrs)**
Halesworth **01986 875588 (24hrs)**
Harleston **01379 853999 (24hrs)**

www.rosedalefuneralhome.co.uk

We are a family business and promise to provide exceptional care and a truly personal 24 hour service, when you need it most.










Anglia Print Ltd is a Climate Positive printing company and dedicated to printing with the environment in mind.

Follow us on social media:

[AngliaPrint](https://www.facebook.com/AngliaPrint) [angliaprint](https://www.instagram.com/angliaprint) [AngliaPrintLtd](https://www.linkedin.com/company/AngliaPrintLtd) [TriangleNorwich](https://www.facebook.com/TriangleNorwich) [SunriseMag](https://www.facebook.com/SunriseMag)

Published by ANGLIA PRINT LTD, Unit 5b, Moor Business Park, Ellough Road, Beccles, Suffolk, NR34 7TQ | Tel: 01502 715551 or 01603 629291 | info@angliaprint.co.uk | www.angliaprint.co.uk

Send editorial, stories & comments to the above via post or email.

ADVERTISING: Kellie@angliaprint.co.uk (Special rates for charities)

CAVEAT EMPTOR Whilst every care has been taken in the compilation of this magazine errors or omissions are not the responsibility of the publisher or the editorial staff. Opinions expressed are not necessarily those of the publisher or the editorial staff. ALL RIGHTS RESERVED.

Products and services advertised within this magazine do not carry any endorsement or recommendation by APL.

Cover Printed on 120gsm Evolution Inner Printed on 80gsm Xerox Pure Recycled

Copyright © Anglia Print Ltd

Printed by a climate positive printing company on 100% recycled paper, using non soya biodegradable vegetable oil based inks, on a waterless printing press that is powered by green energy.

No chemistry used in production is harmful to the environment

Reduce Reuse Recycle

100% Recycled Paper

GUTTER FORCE

TAKING CLEANING TO A HIGHER LEVEL

VACUUM GUTTER CLEANING BARGE BOARD, FASCIA AND GUTTER WASHING

HAVE YOU GOT A LEAK? WE OFFER A FULL
MAINTENANCE AND REPAIR SERVICE

LOCAL FAMILY RUN BUSINESS

EXCELLENT CUSTOMER SERVICE

SAFE • EFFICIENT • PROFESSIONAL

VACUUM GUTTER CLEANING • CONSERVATORY CLEANING
GUTTER, FASCIA & BARGEBOARD CLEANING
REPAIR, REPLACEMENT AND MAINTENANCE SERVICE

01508 490999
www.gutter-force.co.uk



FREE
QUOTES

Pottergate Skin Clinic

Treatments include:

- Cosmetic injectables
- Treatment for hyperhidrosis (excessive sweating)
- Removal of Skin tags, moles and other non cancerous skin lesions
- Thread vein/spider vein treatment
- Removal of Sebaceous cysts

All treatments carried out by Dr Clark, a practising GP with RCGP accreditation for cosmetic injectables and minor surgery

For more information or
to make an appointment visit:

www.pottergateskinclinic.co.uk



Enjoy shopping under one roof at Chantry Place

With more than 90 shops, restaurants and cafés, there is something for everyone at Chantry Place. From household names including Frasers, Flannels, Mango, Zara, H&M, Hollister, Boots, Urban Outfitters and Oliver Bonas, to independent brands such as Lisa Angel, you can shop the latest fashion, footwear, technology and beauty at Chantry Place.

At Chantry Place, there are several options for coffee, making it the perfect place for a leisurely catch up with friends. Costa, Caffé Nero and Bakers & Baristas all serve an array of delicious coffee blends, pastries, cakes and sandwiches.

Shop with ease at Chantry Place. From brand new chic outfits and accessories, H&M and River Island offer a variety of this season's must-haves. For the perfect pair of sandals, Moda in Pelle offers a variety of high-quality shoes and sandals, and other footwear stores include Deichmann, Office, Sole Trader, JD and Schuh all of which have a diverse range of brands and styles.

As well as being home to several fashion stores, at Chantry Place visitors

can also shop at a diverse range of jewellers including Breitling, Pandora, Beaverbrooks, Fraser Hart and Ernest Jones. Moreover, beauty lovers will find several essentials in stores like Lush, Rituals, and Laser Clinic. The shopping centre is also home to several technology giants including Apple and Samsung as well as renowned homeware brands such as H&M Home.

For the kids, visitors can shop at Langley's, Claire's, Smiggle, The Works, and The HMV Shop – all of which offer various games, toys, puzzles, accessories, books and more.

Around the world dining can be found on Chantry Square – perfect for a mid-shop lunch or a delicious meal out. Asian inspired dishes can be enjoyed at Wagamama, Rosa's Thai and YO! Sushi, delicious Greek food at The Real Greek, heartwarming pasta and pizza at ASK Italian, and mouthwatering American cuisine at Gourmet Burger Kitchen.

For more information on
Chantry Place, visit
www.chantryplace.co.uk



Sell smart:
think haart,
call Victoria.



Thinking of **selling**?

Victoria and her team use a fantastic approach to selling, making the whole process easier for her clients in every way and achieving amazing results.

The New Year is a fabulous time to launch your home, it being one of the busiest times of the year. We know exactly how to harness that opportunity using the best marketing strategies – our success is proven year after year!



Victoria Reek
Partner & Norwich GT Property Expert
T **01603 458 400**
E **victoria.reek@haart.co.uk**
haart.co.uk

haart



NORWICH SCIENCE FESTIVAL IS BACK!

Norwich Science Festival returns this February half term, bringing an incredible line-up of shows, talks and workshops to the city from **Saturday 15 – Saturday 22 February!**

From forensics to science fiction and space exploration, the much-loved city Festival will explore the science of tomorrow with a jam-packed programme of events.



There are some big names on the line-up for 2025, including BAFTA-winning wildlife expert **Steve Backshall (Sat 15 Feb)**, and **Dame Darcey Bussell** will be gracing the stage for a glittering evening of dance and conversation at the Norwich Theatre Royal (**Sat 22 Feb**).

Families won't want to miss a 3D animal show with BBC Radio 4's Jules Howard (**Thu 20 Feb**) or the return of a Festival favourite – Animal Top Trumps with Dr Jess French and Prof Ben Garrod (**Sun 16**).

For the grown-ups, River Cottage's Rachel de Thamples will be giving an exciting lesson in

the art of fermentation at YALM (**Sun 16**), and comedian and physicist Lieven Scheire takes a deep dive into the power of Artificial Intelligence in an unmissable evening at Norwich Playhouse (**Tue 18**).

Enjoy free, drop-in events throughout the Festival too, as The Forum's Atrium transforms into The Explorium – a place for everyone to create, discover and experiment with some hands-on science! Back with a brand-new look, The Explorium will be divided into three interactive zones, with new activities and exhibitors to explore every day (**Sat 15-Sat 22**).

Book tickets from **28 November** online at www.norwichsciencefestival.co.uk



NORWICH SCIENCE FESTIVAL
15-22 FEBRUARY 2025



BOOK NOW! 

FAMILY OF 4 JUST £50

A TRULY MAGICAL FAMILY CHRISTMAS

MADDER MARKET THEATRE

Fantastic Mr Fox

by Roald Dahl, adapted for the stage
by David Wood. Directed by Joe Flatt

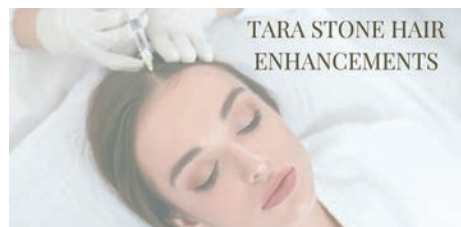
This production promises to be a spectacle, as a variety of creative disciplines are used to ensure the most magical of Christmases for you and your family. Expect puppetry, movement and music with the biggest sprinkling of storytelling!

St John's Alley, Norwich 01603 620917

This amateur production of "Fantastic Mr Fox (Wood)" is presented by arrangement with Concord Theatricals Ltd. on behalf of Samuel French Ltd. www.concordtheatricals.co.uk

DECEMBER Show dates & times:

Friday 20	19:30	Thursday 26	14:30
Saturday 21	14:30 & 19:30	Friday 27	14:30 & 19:30
Sunday 22	14:30	Saturday 28	14:30 & 19:30
Monday 23	14:30 & 19:30	Sunday 29	14:30 & 19:30
Tuesday 24	14:30	Monday 30	14:30



TARA STONE HAIR ENHANCEMENTS

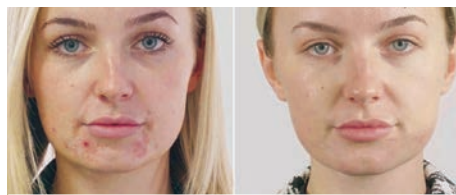
GORLESTON
HAIR LOSS RELACEMENT & TREATMENTS
HAIR EXTENSIONS



Toppers
Integration & Enhancers
Wefts, Tape and Nanos
Dr CYJ Hair Filler
Red Light Therapy
High Frequency
Mesotherapy
Biotin Injection
PRP

 **BOOK ONLINE**

tarastonehairenchancements.com



SKIN SPECIALIST GORLESTON

Basic and Advanced Facials
Hypradermabrasion
Dermaplane
LED Light Therapy
Medik8 Facial
Light & Medical Grade Peels
Digital Needling
Mesotherapy
Skin Stamping
Lumi Eyes & Beautifeye
Skin Boosters
Profil | Sunekos | Seventy Hyal
Plasma Fibroblast
Injectable Vitamins



 **BOOK ONLINE**

tarastonehairenchancements.com/coast-clinic-skin-practitioner



Support Norwich Theatre's Christmas Appeal

At Norwich Theatre kindness never shines brighter than at Christmas. The spirit of Christmas encourages us to think beyond ourselves, embrace the joy of giving and share gifts with those who need it most.

During this season of giving, Norwich Theatre is asking for your support to ensure no child misses out on a life-changing creative experience. Its Christmas Appeal is raising funds to ensure all children, young people, and their families can access workshops, sessions, and world-class theatre shows.

"We know many children wish they could get involved, but are often faced with barriers to accessing these opportunities; however, for some children and families, there are real barriers to accessing these creative experiences," said Norwich Theatre Chief Executive and Creative Director Stephen Crocker.

Families in Norfolk are facing more challenges than ever before, with thousands struggling to get by. One-third of Norfolk's children are living in poverty. That's nine in every classroom. The gap between those who are able to engage with creative experiences together and those who cannot is growing.

"Creative experiences can be life-affirming and life-altering. I know from my own experience as a child that my life would have been very different if the Welsh National Opera had not visited my school. However, currently, children

from low-income families are often missing out on creative experiences," commented Stephen.

Creative experiences shape our lives in so many ways. From the stories we read to the shows we see to the music we hear, creativity influences how we make sense of the world, connect with others, and navigate our path through life.

The funds raised will help provide opportunities for all families to get creative together, who otherwise might not have the chance. Norwich Theatre will deliver creative workshops and holiday programmes where children, young people, their parents and carers can explore their creativity through music, drama and dance. Offer pay-what-you-can activities and reduced-price or free tickets for families and work with charity partners to reach the families who face the most barriers to accessing creative experiences.

"This season of goodwill and giving is the perfect time to think about giving a gift of a creative experience that provides children and young people with new skills and abilities to help them fulfil their potential. Please donate what you can," said Stephen.

Norwich Theatre will collect donations at the end of each Aladdin performance and its Christmas shows at the Playhouse, using bucket collections and contactless donation points. Donations can also be made online at norwichtheatre.org.





BERRIESBARNPIANOS NORFOLK

*Wide range of quality new & used upright & grand pianos
Showrooms in Norwich & Blofield
Viewings by informal appointment
Piano moving, storage & disposal services*



Contact Matt on:

01603 552488 / 07813 307036
berriesbarnpianos@gmail.com
www.berriesbarnpianos.co.uk



SAX WORLD

Incorporating SaxWorld & JazzWorld

Meeting Saturday Mornings at St Anne's Church,
Colman Rd, Norwich NR4 7HA (School term dates)

Junior Saxology / Sax Ensemble (9 - 10 am) Gr 1-4

Saxology / Sax Ensemble (10.15 - 11.15 am) Gr 5-8

Jazzology / Jazz Ensemble (11.30 - 12.30 pm) Gr 5 +
(Saxophones / Brass / Rhythm Section)

DAVID FITZGERALD - PROFESSIONAL TUITION



Saxophone | Flute | Piano
from Beginner to Diploma Standard.



Member of the Incorporated Society of Musicians
& the Musicians Union



For full details please contact
david@davidfitzgerald.co.uk



01603 632444 | 07872 929346
www.davidfitzgerald.co.uk www.SaxWorld.co.uk



Sunday 8th December

Sunday 16th February

Over 40 Stalls

Entrance £2 adults,
Children free
8.30am - 3pm
Hot and cold refreshments

Contact K.C Fairs & Events
01502 711174 / 715771



LODDON ANTIQUES & COLLECTORS FAIR

The Loddon Antiques and Collectors Fair will be returning for it's last fair of 2024 on Sunday, 10th December. Showcasing over forty general and specialist dealers selling a wide range of good quality antiques and collectables including furniture, silver, china, linen, militaria, jewellery, books, clocks, retro and vintage design and decorative items. Hot and cold refreshments on offer.

£2 entrance (children free) and dogs on lead welcomed. If you haven't been before you will be in for a pleasant surprise at this wonderful local antiques fair. Entry from 8.30am.

Follow us on facebook at @loddonantiquesfair.

For further details please contact Kate Lee on 01502 711174



KlangHaus: InHaus - The Last Haus on Earth

Performance collective KlangHaus are bringing a brand-new version their smash hit show to Norwich.

There will be 21 performances of KlangHaus: InHaus - The Last Haus on Earth over new year for a post-Christmas celebration of optimism for the new year's possibilities. And it all takes place in a private house in the Norwich Lanes!

KlangHaus rips up the rule book of gig-going to create a totally unique, site responsive experience. Barriers between performers and audience are dissolved and dismantled in an audio/visual sensual storm. Live music from The NeutrinOs, ranging from pin drop quiet to full on loud and back again, is set to stunningly evocative and original films and projections by artist and film-maker Sal Pittman.

KlangHaus: InHaus - The Last Haus on Earth will be performed in a dramatically enhanced domestic setting. The performers invite you into their own personal space, to become integral to the show, immersed in the present, the sound, the lights. The audience are invited to sit, stand, lean and move in and around the musicians for a full-on fun experience.

Co-devisor/singer Karen Reilly said 'Last Haus on Earth invites you on a journey from 'make-yourself-at-home' to the microcosmic metropolis, and onto space and stars. It's all within our own home,

divided by film screens, projections, instruments, smoke and mirrors. It'll be a warm and heartfelt welcome to 2025 and all its possibilities. Holding out a hand to lift you from the darkest nights of the year'.

KlangHaus has wowed audiences around the country including sell-outs at the Edinburgh Fringe and for two months at London's Royal Festival Hall. Audience members have described it as 'like being inside the most amazing music video ever' and 'how I imagine Andy Warhol's Factory must have felt with The Velvet Underground'.

The Guardian described it as 'highly personal, innovative and experimental'. The Times claimed it to be 'a blast of aural and visual magic, a joy-inducing original' while The Guardian's Arts Editor Alex Needham added 'KlangHaus is the most innovative presentation of live music I've ever seen, a total game changer'.

KlangHaus is Norwich art-rock mavericks The NeutrinOs and Great Yarmouth raised artist and filmmaker Sal Pittman who now lives in London.

KlangHaus: InHaus: The Last Haus on Earth can be seen on December 27-30 and January 2-5 at various times. Tickets can be booked at <https://klanghaus.co>



paws INDOORS

Independent Mobile Vets

Less stress for your pet



Keep your pet's paws (or claws) indoors and let the professional mobile vets come to you...

New client registrations welcome

Treatments & Services:

🐾 **NEW!** Vet consultations in your own home from £39/month! (ts and cs apply)

🐾 Medication & Prescriptions 🐾 Surgery & Hospitalisation

🐾 Behavioural Advice 🐾 Pet Health Club

🐾 We also specialise in palliative and end of life care

Call us on 01508 498718



info@pawsindoors.co.uk
www.pawsindoors.co.uk



paws INDOORS

Independent Mobile Vets

Tips to help everyone enjoy a peaceful Christmas

🌿 Mince pies, xmas pud, cake etc are yummy but can be toxic due to all the dried vine fruits, keep well out of reach.

🌿 Tinsel and decorations are attractive to both dogs and cats, they are easily swallowed or wrap around tongues or paws.

🌿 Macadamia nuts, of all the nuts that may be in the house at Christmas are toxic

🌿 Onions, garlic and leeks are poisonous to pets so be cautious about feeding leftovers of stuffing or gravy containing these.

🌿 Put the turkey carcass, bones and packaging in the bin outside. Many a dog has turned up at the vets on Boxing Day with a tummy full of bones, elastic and plastic.



🌿 Chocolate. Dark posh chocolate is more dangerous than a tub of traditional mixed chocs. Don't hang chocolate tree decorations where they can be snaffled.

🌿 If you receive flowers, check for lily's -very toxic for cats.

🌿 Many pets do not enjoy the noise and hub-bub, make them a quiet, cosy den and let everyone know that they are not to be disturbed.

🌿 Remember not everyone likes dressing up or hot Christmas jumpers.

🌿 Check microchip details and vaccinations are up to date if you are going away.

🌿 Stock up on regular meds in plenty of time to see you over the holidays.

🌿 Alcohol, should not be given to pets, and don't walk the dog when you're tipsy!



info@pawsindoors.co.uk | www.pawsindoors.co.uk





Adopt a Redwings horse or donkey

Sponsoring a rescued horse or donkey makes a beautiful gift for you or a loved one. It's the next best thing to owning your own! Many of our residents have endured terrible starts in life, so sponsoring an Adoption Star from just £2 a month ensures they continue enjoying a safe and happy home at Redwings.



SCAN ME

redwings.org.uk/adopt
01508 505246



The Hair Sanctuary

01603 666170
61 HAVELOCK ROAD, NORWICH NR2 3HQ

20% OFF
hairdressing services
to all new customers
with this voucher



MATRIX
WELLA PROFESSIONALS

Free Parking • Late Night Appointments

A.P. CYCLES

SERVICE AND REPAIR SPECIALIST
25 yrs Experience

11 Stafford Street,
Norwich,
Norfolk
NR2 3BA



07815 170867

Paterson Construction

New builds • Extensions • Garages • Tiling
Bathrooms • Kitchens • Patios • Driveways
Roofing • Plastering • Loft conversions

alex@patersonconstruction.co.uk
www.patersonconstruction.co.uk
01603 614701 07826 854359

Need an electrician?

DOMESTIC & COMMERCIAL

- Rewires/Renovations • Landlord Certificates • Installations
- Solar PV, Battery Storage • Maintenance • EV Chargers
- Inspection • Testing • Emergency Call Out

FREE QUOTATIONS
01603 480460
info@angliasafety.co.uk
www.angliasafety.co.uk

Anglia Safety
Electrical & Testing Ltd

Unit 19D, Alston Road, Hellesdon Park Ind.Est, Norwich, NR6 5DS






Help grant a rescued horse's wish this winter

All the rescued horses and donkeys of Redwings Horse Sanctuary want this winter is the chance to continue living a life free of fear and neglect.

Christmas shoppers can help make their wish come true by sponsoring a Redwings 'Adoption Star' as a truly unique gift for a loved one, and every penny goes towards their care and that of their four-legged friends at the Sanctuary – of which there are over 1,500!

Sponsorship costs from just £2 a month, and there are more than 20 adorable Adoption Star horses, ponies and donkeys to choose from, each with their own moving story to tell.

From gentle giant Shire cross Fox to adorable donkey Dotty, from mini but mighty Sampson to real life 'Black Beauty' Maya, there's an array of wonderful characters enabling everyone to find the perfect new friend for themselves or a loved one!



Those sponsoring an Adoption Star will receive:

- An adoption pack including your Adoption Star's story and a beautiful photograph
- A certificate of adoption and a factsheet about your chosen animal
- A bookmark featuring your chosen Adoption Star
- Three postal updates a year from your new friend, including one at Christmas
- Quarterly email updates with photos
- An invitation to your Adoption Star's birthday party - yes, really!

To sponsor a Redwings Adoption Star this winter, head to www.redwings.org.uk/adopt or call 01508 505246.



World Dumpling Championship 2024

Are you a dumpling maker?

This is your chance! It's the fifth... yes the FIFTH World Dumpling Championship right here in Norfolk, at Mitre Coffee on the Earham Road, Norwich. The event takes place on Saturday, December 7th from 10am to 12noon and everyone is welcome.

It's free to attend and to take part. Any one can enter with any kind of dumpling from Norfolk Swimmer to Nepalese Momo. Radical new dumpling inventions are also expected.

If you do not fancy cooking you can come and watch, and if you don't like the idea of cooking on your own you can join us as a team: but then you will have to decide who keeps the gorgeous trophy. Children can cook as long as they are accompanied by an adult.

To find out more and get an entry form, go to our website:
www.spinofftheatre.co.uk or contact:
info@spinofftheatre.co.uk



Who will win the coveted title of World Dumpling Champion 2024?

Whatever Your Destination Adult Learning Provide The Direction



Find out more:
www.norfolk.gov.uk/adultlearning
0344 800 8020 (option 5)

f @norfolkadultlearning
X @norfolklearn
@norfolk_adult_learning



Kids eat free this panto season at Norwich Theatre

Kids eat free this panto season at Norwich Theatre! Before you and your little adventurers take a magic carpet ride with Aladdin and his friends, fuel up for the adventure with a delicious pre-show feast at Prelude, Norwich Theatre's beautiful in-house restaurant.

Prepare to be dazzled! Not only by the dazzling costumes and witty jokes of the pantomime, but also by the festive atmosphere that fills Prelude. The restaurant will be all decked out for the season, creating a magical pre-show experience.

Don't worry about picky eaters! Prelude's festive children's menu caters to even the fussiest among us. They'll have their choice of classic favourites and some festive treats. Children under 12 can enjoy a complimentary main course and dessert when accompanied by an adult purchasing a two or three course meal.

Of course, the adults deserve a treat too! Head Chef Toby Thomas has created a show-stopping menu featuring modern dishes that showcase the best of the season. Pair your meal with a glass of wine or a refreshing cocktail for a complete pre-theatre experience.

Remember, there's plenty of time for dessert! Come back during the interval and enjoy coffee, tea, or a delightful dessert while you chat about your favourite characters and the thrilling adventures of Aladdin! Will he defeat the evil aunt? Can the dame get any sillier?

Two courses are £27 or three courses £32. Tables are reserved all evening, and with limited availability, booking early is highly recommended. Secure your spot for a magical pre-show feast at Prelude and make your panto night at Norwich Theatre an unforgettable experience!

Book online at: <https://norwichtheatre.org/your-visit/eatanddrink/>





S & C Window Repairs

Free estimates, no call out charge
Local independent business

Repairs to double glazed windows, doors and conservatories

Steamed up windows, broken handles, hinges, gasket,
plus cat flaps, door panels and more...



01603 520136 | 0800 1601932



sandcwindows@gmail.com



www.sandcwindows.co.uk

• Café opening soon •

Wheatacre Hall Farm Pantry

OPEN 7 days a week

We stock a large range of local products from Norfolk and Suffolk, including our own milk from our dairy herd.

Gifts, homewares, cards
plus a great range of Free From products.

01502 677208
www.wheatacrehallbarns.co.uk

The City Sweep

- Rotary Power sweeping
- Manual Sweeps
- CCTV surveys
- NACS trade member
- Local NR2 sweep

 thecitysweep@gmail.com
www.thecitysweep.co.uk

WAVENEY LOGS

SEASONED FIREWOOD FROM THE
ESTATES MANAGED
WOODLANDS DELIVERED
TO YOUR DOOR!

Text/Call: 07930451698
Email: waveneylogs@gmail.com

Park Farm, Earsham, NR35 2AQ
www.WaveneyLogs.co.uk

Howsham Memorials East

No.1 for high quality and affordability

Local independent memorial specialist to Beccles & surrounding areas...

11 Hungate, Beccles, NR34 9TT
01502 219300 | howshameast@gmail.com

www.howshammemorials.co.uk



The Festive Season & Beyond at The Forum

There's always something on at The Forum! Our busy city-centre building welcomes thousands of people every day, whether that's to attend an event, buy a coffee, pop into the library, or something else entirely. We've got a fabulous festive season ahead of us, with markets, fairs, exhibitions, performances, film screenings, and loads more!

Visitors can head to Cards for Good Causes (till Sat 21 Dec) to pick up their charity Christmas cards and other festive knick-knacks. Throughout November and December we have a fantastic array of markets and fairs – perfect for picking up a unique gift, or treating yourself to something special, including Festive Fair (Thu 28 Nov – Sun 1 Dec) and Global Village Christmas Market (Thu 5 – Sat 7 Dec).

Forum favourite Santa's Grotto for Dogs (Sun 15 Dec) gives everyone's pampered



pooch the chance to meet Father Woofmas himself, and raise money for RSPCA Norwich too.

The Christmas Carousel returns (Fri 20 Dec – Wed 1 Jan), bringing traditional festive magic with the Victorian Gallopers. For the first time this year The Forum will be hosting a series of community music events, with performances from local artists, schools and colleges (Mon 2, Tue 10, Wed 18 Dec) and family friendly festive film screenings (Fri 20, Mon 23, Tues 24 Dec). There's plenty to feel merry about at The Forum!

And we're already looking forward to 2025, with the return of Norwich Science Festival (Sat 15 – Sat 22 Feb), Norwich Games Festival (Mon 26 – Sat 31 May), Norfolk Heritage Open Days (Fri 12 – Sun 21 Sep) and Norwich Book Festival in late October!

See everything that's coming up at theforumnorwich.co.uk



Winter is here.
feel WARM, COSY & SAFE
 with a Woodburner from Norfolk Woodburners!




BEST PRICE GUARANTEE


Installation of Wood Burners & Multi-Fuel Stoves
 Chimneys Lined
 No Chimney, No Problem!
 Fireplace Build Works

Main agents for Parkray, Hunter & Woolly Mammoth Stoves


clearSkies

Offering the best local service!
 T: 01508 558147 | M: 07847 426953
 E: norfolkwoodburners@outlook.com
www.norfolkwoodburners.co.uk



MANNINGTON
 ESTATE - NR11 7BB



Walks and Car Park
 Open everyday from 9am - dusk

 **01263 584175** 

manningtongardens.co.uk

 **EAST COAST FUNERALS**
 Associated with Golden Charter

TAKING THE TIME TO LISTEN

- ✓ Personal Service
- ✓ Direct Cremations
- ✓ Funeral Plans

call **01502 217060** 24 hours
 Owl Building Battery Green Rd Lowestoft NR32 1DH
 Visit www.eastcoastfunerals.com

Victoria Blinds
 Creating the view for you

Real wood shutters, any tilt, any window style,
 any colour ordered between 1st Dec & 31st January 2025
ALL £330 psm.
 Includes vat, measuring advising and fitting.
 5 year warranty | - 12 week delivery



Blinds | Curtains | Shutters | Flyscreens

For ALL your window furnishing needs,
 alterations, repairs & fitting service available
MOBILE SERVICE

01603 479557 | 07891 821210
www.victoriablinds.co.uk

LEARN


 University of East Anglia

Learn a new language with the University of East Anglia's Evening Language Programme

ARABIC FRENCH CHINESE JAPANESE

BRITISH SIGN LANGUAGE RUSSIAN

GREEK SPANISH ITALIAN GERMAN

PORTUGUESE ENGLISH

Our Evening Language Programme offers courses to the general public, taught to the highest standard by our experienced and friendly tutors.

FIND OUT MORE AT: WWW.UEA.CO/ULP

NOT FOR PROFIT LAW
 Community Interest Company

 Proudly donating our profits to Norfolk Community Foundation

WILLS AND PROBATE SOLICITORS

Not For Profit Law is a social enterprise founded by two local solicitors, **Laura van Ree** and **Trina Worden**, who have more than 30 years' experience between them. Laura and Trina have resolved to 'do law differently' by offering expert legal advice at lower rates than more traditional law firms whilst feeding the profits they make back into the local community.

Laura and Trina advise on Wills, Powers of Attorney, the Court of Protection, Probate and Estate Administration and Trusts. They offer free initial probate advice and a free Will review service and are always happy to chat on the phone before you decide to become a client.

01603 555440
enquiries@notforprofitlaw.co.uk
www.notforprofitlaw.co.uk

APPOINTMENTS AVAILABLE IN YOUR HOME OR ONLINE

Sell smart:
think Howards,
call Cara.



Thinking of **selling**?

Cara and her team use a fantastic approach to selling, making the whole process easier for her clients in every way and achieving amazing results.

The New Year is a fabulous time to launch your home, it being one of the busiest times of the year. We know exactly how to harness that opportunity using the best marketing strategies – our success is proven year after year!



Cara Childerhouse
Partner & Beccles Property Expert
T **01502 714500**
E cara.childerhouse@howards.co.uk
howards.co.uk

HOWARDS

Braised Red Cabbage

Christmas is just around the corner, so I thought I'd share with you an easy peasy recipe to make Christmas that much tastier. I always make braised red cabbage for Christmas day, you could make a day or so before and reheat for a cheat or cook any time in the morning and just leave on the side until you're ready to blast and serve. It holds very well and only gets better with flavour.

Braised red cabbage – (4)

- 1/2 red cabbage (small – medium) - shredded
- 2 tablespoons brown sugar
- 3 tablespoons white wine vinegar

- Place all the cabbage in a large saucepan and top with the sugar and vinegar, along with a good pinch of salt which will help it soften and pepper to taste.
- Cook on a gentle simmer for 30 – 40 mins with the lid on, adding a few splashes of water if needed. (The cabbage should lose some of its water content and create its own juices to cook in, eventually caramelising a little with the sugar and pickling with the vinegar until the sauces thicken.)
- Add a handful of raisins or sultans, I also like adding 1 diced apple (skin on is fine).
- Cook for a further 10 mins, lid off and serve.

By Zena Leech-Callon

Find my food tours and more recipes on www.lovenorwichfood.co.uk
Plus find me on social media – Love Norwich Food

Norwich
Castle

JMW Turner

and changing visions
of **landscape**

Including works by Turner, Canaletto, Claude Lorrain, Paul Nash, and others



Norwich Castle Museum & Art Gallery 19 October 2024 - 23 February 2025

Norwich Castle is grateful to East Anglia Art Fund, WSP, Arts Council England, The National Lottery Heritage Fund, Art Fund, Norfolk County Council, and Norwich City Council for supporting this exhibition.

Buy online
for a discount!



It pays to have a
**Norfolk
Museums
Pass**

A year of visits to **10 of Norfolk's best museums**, including **Norwich Castle Museum & Art Gallery**, **Time and Tide** in Great Yarmouth and **Gressenhall Farm and Workhouse**, from as little as £44.00*.

Visit museums.norfolk.gov.uk
or scan the QR code for more details.

*Concession purchased online



JMW Turner and Changing Visions of Landscape – a new exhibition at Norwich Castle



JMW Turner (1775-1851), Walton Bridges © Norfolk Museums Service

Kickstarting celebrations for the 250th anniversary of Turner's birth, Norwich Castle is hosting a new major exhibition exploring landscape art from the 17th century to the present day.

The exhibition features seven oil paintings by Turner including four paintings of the Bridges at Walton, showing different characters of this one location and providing a brilliant springboard for exploring Turner's ground-breaking approach to landscape.

Turner's paintings are accompanied by works from artists Paul Nash, Mary Newcomb, Ibrahim Mahama, Frances Kearney, Jermaine Francis, and Henna Nadeem, among others – showing how artists have continued the tradition of landscape painting. The exhibition is on show until 23 February 2025.

Norwich Castle is part of Norfolk Museums Service, consisting of ten

museums across the county. The Castle itself is currently undergoing a major redevelopment project, transforming the iconic Norman Keep by reinstating the layout of the medieval period and making all of the floors fully accessible. The first phase of the project is now complete with the opening of the new entrance which also houses the new shop and cafe.

For more information about Norfolk Museums, including events, exhibitions, and membership visit www.museums.norfolk.gov.uk.



With over 25 years' audiology experience, your hearing is in safe hands



We also provide a unique ENT nurse led wax removal service

Visit our expert team for professional advice on how we can improve your hearing

Book your **free** hearing health assessment today by calling us on **01473 876 974**
We have clinics throughout Suffolk & Norfolk hearingcarecentre.co.uk

Round the Bend



DEAN BAKER
PLUMBING REPAIRS
**TAPS & TOILETS
DRIPS & LEAKS**

Tel: **07973 131 906** E: plombierdean@yahoo.com

InnerSpace
Natural Health and Wellbeing Centre
"A quiet haven in the heart of the city"

Yoga • Pilates • Voicework • Dance
Tai Chi • Qigong • Meditation • and more...

Complementary Therapies • Weekend Workshops
Professional Massage Training • Studio hire

St Benedicts Street NR2 4PA
07802 744894 www.innerspacenorwich.co.uk

Norfolk Trusted Trader
Cooper Home Improvements
FENSA Registered Member
City & Guilds Qualified

FULL RANGE OF CARPENTRY & DOUBLE GLAZING SERVICES
Wood/UPVC Window & Door Maintenance,
Repairs & Installations • Upgrade to Energy Saving Glass
• Cat flaps • Locks & Handles
24/7 Call out
Contact us on **01508 480551 - 07982 711499**
enquiries@cooperhomeservices.co.uk
www.cooperhomeservices.co.uk

Surlingham Timeshare Swimming Pool

Are you interested in having an indoor heated swimming pool exclusively for yourself, family and friends?

If so please ring
Will Mack (01508) 538206
3, 6 or 12 monthly bookings for weekly slots available,
"also one offs" info@surlinghamtimesharepool.co.uk
Open seven days a week 6.30am-10.00pm
We are 6 miles SE of Norwich between Surlingham and Rockland St. Mary



Natural Health and Wellbeing
Centre Studios for Hire

Walking along St. Benedict's Street you may not notice Inner Space, but if you look into Maude Gray Court, next to Arcadia hair design, you will see our blue building at the rear.

Inside you will find our peaceful, calm studios and we are lucky to benefit from sound proofed rooms keeping the hustle and bustle of the outside world, firmly outside.

There are daily classes and therapy

Inner Space

sessions and all of our teachers and therapists are fully qualified and insured as well as being passionate and enthusiastic about what they offer, so you are certainly in safe hands.

At the moment we have available space for an evening or morning class in our main studio as well as availability in the small studio for one to one treatments or small groups. If you are looking for a peaceful space to hold a class or workshop, or would like to register with us to practice your therapy just get in touch.

If you visit our website you can find out more about Yoga, pilates, taichi, qigong classes and therapies on offer.

For details call **07802 744894**

Email info@innerspacenorwich.co.uk

Visit www.innerspacenorwich.co.uk



Caterpillars

There are many different ways of protecting crops from devastation by caterpillars. I've experimented with various techniques and this year thought I'd use all my experience and expertise to create the mother of all crop protection, using water pipes, beech towel pegs and covers.

Around August the healthy and thriving plants had outgrown their protection, so I took off the mesh, reasoning that the cabbage white season was nearly over and, as in previous years, if necessary I would squish any caterpillars that materialised.

The first thing that happened was that there were too many caterpillars to destroy in finger combat, so I invested in heavy weaponry and furnished myself with a special caterpillar

Birgit Griem

annihilation cloth. The smell of squished caterpillars attracted wasps that started munching on dead and alive specimens. I felt smug.

Nervousness surfaced when I noticed cabbage whites still fluttering around in September but I continued to deal with eggs and caterpillars as I saw them. When I visited my plot after a two week absence in early November, all brassicas, including the tougher ones that in all my years of gardening had never been touched, had been stripped down to bare bones. Even two unprotected cauliflowers that seemed totally unattractive to cabbage whites earlier in the season had been attacked. Hordes of caterpillars, who have grown in such numbers and over such a huge area that it is now impossible to deal with them, have done for all my winter brassicas. I extend sincere commiseration to anyone who's had a similar experience.

Birgit Griem



Norwich Arts Centre

What's On

December /
January

Wed 4 Dec @ 7.30PM

Robin Morgan:
The Spark
Comedy

Price
From:
£16



Thu 19 Dec @ 8PM
It's a Norm's Xmas
Music / Rock / Pop

Price
From:
£9.50



Sun 22 Dec @ 7.30PM

True Stories Live:
Rituals
Community Literature

Price
From:
£6.50



Fri 17 Jan @ 8PM

Sons of Mark
Music / Rock / Pop

Price
From:
£14



Fri 24 Jan @ 8PM

PONY UP presents
Gabby Rivers
Music / Rock / Pop

Price
From:
£9.50



Norwich
Arts
Centre.

01603 660352
norwichartscentre.co.uk

Richard Penguin's Musical Triangle

As the year ends I am aware that with the exception of new releases I have been promoting much of what I have been listening to this year has harked back to the past. This was emphasised recently when I went to 2 festivals that were out of season and out of time. The HRH PROG FESTIVAL was held in the unlikely location of Great Yarmouth and they managed to attract some great acts on the Friday and Saturday when I was there. Here are my top 10. 1- ZOPP- The band that I was most looking forward to in 2024 having discovered their second album 'Dominion' in 2023 didn't disappoint. Clearly inspired by many of the 70s Canterbury scene bands their songs and tunes while intricate and complex are at the same time tuneful, melodic and energetic. A stand out band on the current music scene. 2- SOFT MACHINE- The original Canterbury scene band have gone through many incarnations. Led by 70s guitarist John Etheridge they took in all era's of the band. I was particularly delighted to hear tunes from their late 70s album 'Softs' in a joyful set that was both easy to listen to in parts and more challenging in others. 3- EBB- Fresh from winning the best new band at the HRH prog awards this all female, bar the bass player, band proved to be the most original band of the weekend mixing dynamic often thought provoking songs with theatricality and variation. Unique. 4- ATOMIC ROOSTER- Originally led by the late organist and vocalist Vincent Crane in the new version of the band Adrian Gautney more than ably fills that role playing authentic keyboards with a voice that falls somewhere between Stevie Wonder and Stevie Winwood. Superb. 5- SPLINK- The Kent based violin led 4 piece merged prog with folk and classical and fluent interweaving guitar and violin lines over jagged rhythm's. 6- MARTIN TURNER- Wishbone Ash founding member Martin delved into the bands back catalogue with his voice still sounding strong, and the twin guitar sound still intact especially on the songs from the classic album 'Argus'. 7- MAN including original bass player Martin Ace opted

to play a set of early songs from 69-73 combining psychedelic west coast freak outs, with a jam session, and pub rock. 8- MONKEYTRIAL- A guitar and keyboard duo there were hints of Hillage, Gilmour and 70s German synth pioneers in their enjoyable set. 9- TRIBE 3- Original storytelling songs lyrically but musically the Jon Anderson / Yes, Geddy Lee / Rush influences were clear. 10- PENDRAGON- Leading lights of the 80s prog revival they too take influences from classic 70s prog bands plus prog and folk cross over band The Strawbs. Good, but not captivating. An enjoyable time. Out of season and out of time, but a great 2 days. I have written a longer review for At The Barrier- <https://atthebarrier.com/> A few weeks before this I went to an Ambient music festival in Woodbridge for the day. Inspired by the Godfather of Ambient Brian Eno the main event in the church began with Eno collaborator PETER CHILVERS accompanied by Ted Morcaldi. Utilising pieces of software called Bloom, Trope and Dust that he and Eno designed they created fascinating hypnotic electronic and sustained guitar soundscapes. They were followed by the 8 piece LONDON AMBIENT ORCHESTRA who have musical backgrounds in Classical, rock, jazz and folk. They encompassed improvisation mixed with Penguin Café like moments of musical repetition. Meanwhile pianist TOM ROGERSON's playing was full on and intense and his set ended with him switching to more electronic sounds redolent in parts of Tangerine Dream. An enjoyable day partly due to going with an old friend of mine Stephen and having a good catch up. One of the last times we did that was when the band GRYPHON came to Norwich in the Summer and recently they sent me a copy of their new double live album 'A SONIC TONIC'. Melding Traditional folk and Early music with prog is central to the band's sound, and this is evident on 5 of the songs on the album. However equally as I discovered when seeing them live there is a real sense of fun about them particularly on

compositions from 2 of the original band from 50 years ago. Graeme Taylor wrote offbeat song 'The brief history of a bassoon' when their multi-instrumentalist and bassoon player Brian Gulland told him that he believed he was descended from a tree, and epic 'Haddocks Eyes' includes a Lewis Carroll poem. Gulland himself contributes the very 1920's, Bonzo's and English eccentric inspired 'Hospitality at a price.. (Dennis) anyone for?', along with 'Normal wisdom from the swamp' that branches out from middle eastern inspiration, to spacey keyboards and moments similar to the soundtrack to The Snowman. More recent band members Woodwind player Andy Findon contributes 'A bit of music by me' with hints of Bo Hansson, Clare Taylor sings a Christina Rossetti poem over her own mediaeval inspired tune while bass man Rob Levy's 'Forth Sahara' has hints of the jazzier moments of Caravan. A delightful album that captures both the fluent playing of the band, and the frivolity. A nice mix. PENGUINS GO POP- just to let you know that sadly we won't be playing at the Louis Marchesi on the 29th November as I said in the last issue. More news soon. SOME CONCERTS IN DECEMBER + JANUARY Arts centre- December- 3rd- Alden and Patterson, 6th- Seth Lakeman, 12th- John Otway, 13th- Baghdaddies, January 23rd- Henge. Epic December 4th- The Orb + Ozric Tentacles. UEA- December- 9th- Shed 7 + The Sherlocks, 12th- Everything Everything. The Waterfront- December 5th- White Denim, 20th- Sweet. Norwich Folk club- December 6th- Tony Hall. Websites to check- Anteros Arts, Brickmakers, Puppet Theatre, Voodoo Daddy's.

A merry Xmas and happy new year.

RICHARD PENGUIN
mail@richardpenguin.co.uk



Why CELTA?



Practical, initial training in teaching English as a foreign language.



Awarded by Cambridge English, part of Cambridge University, and the most widely recognised TEFL qualification in the world.



Rigorous and supportive training with focus on teaching practice, observation and input.



NILE has trained over 70 000 international teachers over the last 25 years and is an accredited centre of excellence with experienced, expert tutors and extensive, free resources for trainees.

A CAREER IN ENGLISH LANGUAGE TEACHING?



DO YOUR CELTA IN NORWICH!

A step-by-step approach to teaching English as a foreign language, giving you all the skills you need to walk straight into the classroom

www.nile-elt.com
78-80 Upper St Giles Street
Norwich, NR2 1LT
☎ 01603 664473
delta.admin@nile-elt.com



YOUR WILL £99

PROPERTY PROTECTION
TRUSTS FOR HOMEOWNERS
INC. SEVERANCE OF TENANCY

Plus VAT

LASTING POWER OF ATTORNEY



ASP Wills has Professional Indemnity Insurance (PII) which covers each will to 2.5 million

Other services we offer

- Asset Preservation Trusts
- Probate and Executor Services
- Funeral Plans
- Deputyship

A TRUSTED MEMBER OF
THE SOCIETY OF WILL WRITERS

For Office and Home visits call

01508 494315

sales@aspwills.co.uk

www.aspwills.co.uk

**ASP Wills Pentland, Marlbottom,
Tasburgh, Norwich, NR15 1NP**

CHRISTMAS TREE COLLECTION & RECYCLING

From
£1

DEC 27th / JAN 7th - BOOK YOUR SLOT TODAY!

BLUE BIN FULL?

**WE ALSO COLLECT CHRISTMAS RECYCLING, CARDBOARD,
WRAPPING PAPER ETC £3 PER BIN BAG**

CHRISTMAS GLASS COLLECTION, £5 PER BIN BAG

**ALL TREES GO TO ENRICHMENT FOR ALPACAS,
HORSES, GOATS, CHICKENS AND THOSE PAST
THEIR BEST GO FOR MULCH**

TO BOOK PLEASE CALL, EMAIL OR VISIT OUR FACEBOOK PAGE



07729 877137
info@a1clear.com





Gillingham Early Years

Ensuring individual growth and learning,
in a nurturing, loving and enabling,
play based environment.

We are situated behind Gillingham village Hall
and open from 8.30 - 4 Mon to Thurs
and 9.00 to 1 Fri. Term time, for 2-5-year-olds.

We offer fully inclusive indoor/outdoor education through
play in a welcoming, happy, calm environment,
rich in learning experiences.

Please give us
a call or email
to arrange
a visit!



Ofsted registered



☎ 01502 471861

☎ 07506544360

✉ gillearlyyears@gmail.com

CROSSWAYS
of
ELLINGHAM

99 Yarmouth Road,
Ellingham, NR35 2PH

Opening Times:
Mon - Fri: 8:30 - 5pm
Sat: 9 - 5pm



Equestrian • Pet Food • Livestock • Fishing • Shooting • Clothing • Accessories



DELIVERY SERVICE

Need something but can't get into shop?

We have a very reliable delivery service which has
been running for over 20 years.

*No matter how big or small in the
whole store we're happy to help...*



THE SMITHY ELLINGHAM



Plasma cut garden art work

thesmithyellingham@gmail.com

99 Yarmouth Rd, Ellingham, NR35 2PH 01508 518 726

| 01508 518400 | www.crosswaysofellingham.co.uk |