

# sunrise

A Positive Magazine for Positive People

Feb/Mar 2025

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# Welcome...

to the February / March edition! I hope you are all managing to stay warm!

It's almost time for the amazing Norwich Science Festival (Sat 15 - 22 Feb) Do you have your tickets yet? Don't miss out, see page 5 for more details and how to book.

Norwich Theatre are teaming up with the Science Festival to celebrate all things science see page 15 for all the details on their activities. They also have a jam packed half term with loads of workshops to keep the kids busy (page 21).

The lovely Rosie from Paws Indoors is back this edition with tips on how to save money on vet bills! (page 17)

Citrus Security Shredding have an offer for all our readers to help with the new year de-clutter see page 25 to take advantage of the money off coupon!

Is anyone planning this years getaways yet? I'm already dreaming of white sand, crystal clear sea and beautiful warm sunshine!

Valentines day is just around the corner, I wonder if my husband will surprise me? Fingers crossed he reads this and gets the hint!

See you next edition...

**Kellie x**






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## HAVE YOU GOT YOUR TICKETS FOR NORWICH SCIENCE FESTIVAL?

If you haven't already heard the news – Norwich Science Festival is back from **Saturday 15 - Saturday 22 February!**

The much-loved Festival, presented by The Forum, will take over the city with a fantastic programme of shows, workshops, family activities and more:

Dame Darcey Bussell and Dr Peter Lovatt take the stage at the Norwich Theatre Royal (**Sat 22 Feb**), with a glittering evening of dance! The pair will show off some of their own moves, get the audience up and moving, and share some of their insights into the power of dance when it comes to our wellbeing. Whether you love kitchen discos or watching the ballet, this event is for you!

Adults can have their say in debating the best sci-fi film ever made in Sci-Fi

Snobbery at Cinema City (**Wed 19 Feb**)

or put their school science knowledge to the test in CAST's Top Class in Science (**Fri 21 Feb**).



For the kids, mathematician Katie Steckles explores how we can use maths to win board games (**Mon 17 Feb**), whilst Jon Wood looks at the tech used by ghost hunters and how it really works (**Tue 18 Feb**). Plus, brand-new workshops and the return of the popular Explore Dome shows are not to be missed.

Be sure to visit The Explorium at The Forum too – a place for everyone to explore science with free, hands-on activities every day of the Festival!

Early booking is recommended. Visit [norwichsciencefestival.co.uk](http://norwichsciencefestival.co.uk) to view the programme and to book.



**NORWICH SCIENCE FESTIVAL**  
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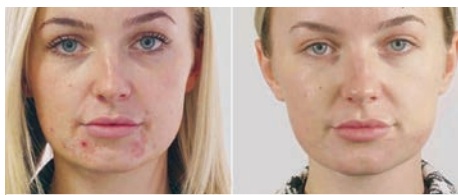
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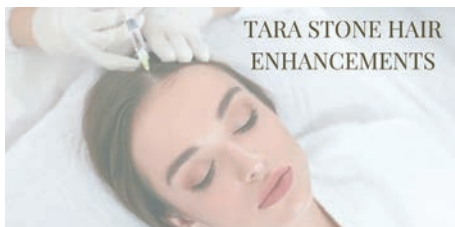


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## LODDON ANTIQUES & COLLECTORS FAIR 2025

2025 will be a busy year for KC Fairs and Events, kicking off with their first Loddon Antiques and Collectors Fair on February 16<sup>th</sup> which is already fully booked with over forty specialist knowledgeable dealers, selling a range of good quality antiques and collectables including furniture, silver, china, linen, jewellery, books, clocks, retro and vintage design and decorative items. Hot and cold home cooked refreshments on offer, including bacon rolls and cakes and their legendary sausage rolls. £2 entrance for adults, accompanied children are free and dogs on leads are welcome. Parking on site as well as two large car parks in Loddon which are just a few minutes walk away.

The other 2025 Loddon dates are March 9<sup>th</sup> April 13<sup>th</sup>, Oct 5<sup>th</sup>, Nov 16<sup>th</sup> and Dec 7<sup>th</sup>.

The ever popular and not to be missed annual Beccles Antiques Market will be held this year on Sunday May 4<sup>th</sup>, with over 100 dealers and food village. For further details please contact Kate Lee on 01502 711174.

**KC**  
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## LODDON ANTIQUES & COLLECTORS FAIR 2025

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**Sunday 16<sup>th</sup> February**

**Sunday 9<sup>th</sup> March**

**Sunday 13<sup>th</sup> April**

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1<sup>st</sup> & 15<sup>th</sup> April

**Class Times:** Wednesdays 7.30pm to 8.45pm  
12<sup>th</sup> & 26<sup>th</sup> February,  
12<sup>th</sup> & 26<sup>th</sup> March,  
9<sup>th</sup> & 23<sup>rd</sup> April 2025

Contact Claire to book or find out about future classes: [clairesomaticyoga@gmail.com](mailto:clairesomaticyoga@gmail.com)  
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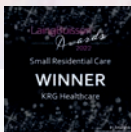
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**Candour**

**Compassion**

**Empathy**



## A scientific adventure awaits at Norwich Theatre

Norwich Theatre is teaming up with the Norwich Science Festival to celebrate all things science. Put on your lab coats and get ready to explore the night sky, find out about AI and even discover the science behind dance!

### Adventures in Science | 16 Feb | Norwich Theatre Playhouse

Join The Magical Mr West on an incredible adventure into the world of science! Aided by his corvid companion Crowbert and a collection of curious contraptions, Mr West demonstrates the fundamental principles of scientific enquiry and tackles some of the trickiest questions in the history of humanity. Age recommendation: 6+

### Lieven Scheire: Artificial Intelligence | 18 Feb | Norwich Theatre Playhouse

Comedian, presenter, and physicist Lieven Scheire asks the following questions: What exactly is artificial intelligence? And, more importantly, what is it not? He introduces this new superhero of technology – with a unique blend of science and comedy! Age recommendation: 16+

### Adam Rutherford: How to Argue with a Racist | 20 Feb | Norwich Theatre Playhouse

Join geneticist and author Dr Adam Rutherford, as he smashes race myths that plague society. He'll be dismantling outdated notions of race by illuminating what modern genetics can and can't tell us about human difference, and offering a scientific toolkit to separate fact from myth in understanding how we are different and how we are the same. Age recommendation: 16+

### Through The Looking Glass | 22 Feb | Norwich Theatre Stage Two

In this session, prepare to roll your sleeves up, work with a partner and take part in a replication of a real psychology experiment. You will learn more about why humans behave as they do, how your incredible memory works and how your body affects and influences mental processing. In this Alice in Wonderland-themed workshop, you will also find out more about how your emotions impact what you learn and some strategies for managing stress. Age recommendation: 8+. Under 18s must be accompanied by an adult holding a ticket.

### Eat Me! Drink Me! | 22 Feb | Norwich Theatre Stage Two

Dive into the fascinating world of synaesthesia and neuroscience with the team from Psychexcite, as they invite you to join them at a Mad Hatter's Tea Party. Join in the fun, learn more about your senses and take part in a psychology experiment involving cake and tunes in this Alice in Wonderland-themed show. Age recommendation: 8+

### Darcey Bussell and Dr Peter Lovatt | 22 Feb | Norwich Theatre Royal

Both Darcey and Peter are passionate about dance – yet they look at dance from very different perspectives. With Darcey's ballet expertise and Peter's psychological insights, they'll reveal the transformative role of science in training, observing dance, and boosting mental wellbeing through movement. Age recommendation: 12+

For more information or to book, visit [norwichtheatre.org](http://norwichtheatre.org) or call the Box Office on 01603 630 000.





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## How to save money on Vet bills

Sadly, with no NHS for pets, good quality veterinary care, which most pet owners rightly demand, is essentially private healthcare for your pet. Here are some ways to stretch that part of the household budget.

## Pet health plans

Many practices, including Paws Indoors, now offer plans to allow you to budget more easily for consultations and your pets' health essentials. These plans usually represent a saving, compared to buying products individually.

## Prescriptions

For pets on long term medication, it may be more cost effective to request a prescription from your vet and purchase medications from an online pharmacy.

## Insurance

Pet insurance can be more expensive than home or car insurance. This is because pet insurance is more often claimed upon.

Those little rascals are always getting sick or up to mischief! Invest in the best policy you can afford and always read the small print.

## Discuss options

When developing a treatment plan for a poorly pet, some approaches require more resources, equipment or veterinary skills. It may be possible to develop an alternative plan using less intensive, and therefore less costly methods. If budgets are a constraining factor, make your vet aware from the start and ask for time to talk through the options, with explanations of the relative costs and benefits of each.

For information on the Paws Indoors pet health plans, giving you access to vet and vet nurse visits in your own home from £39/ month, please contact the surgery on **01508 498718** or email **info@pawsindoors.co.uk**



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## A night in the pub – at Norwich Theatre Royal!

Choreographer and theatre maker Rhiannon Faith would like to invite you to step into an evening at the local pub, but a night at the local like no other!

Her award nominated new dance/theatre show **Lay Down Your Burdens** comes to **Norwich Theatre Royal** on Friday 28 & Saturday 29 March. It's set in a friendly and welcoming working-class pub where landlady Sara welcomes the same regulars nightly, listening to their stories and woes. Then, one day, a stranger with an excess of baggage gets blown in from the cold...

The show is inspired by the Bob Dylan song *Lay Down Your Weary Tune* and music is a key element. There's an original score by John Victor (of London band Gengahr) alongside live original music played by Ceilidh duo Ólta Duo.

Featuring a cast of 6 dancer/performers and 2 musicians, the audience sit on three sides, as guests in the pub and are welcome to join the conversations that go round the bar. With radical tenderness, humour and intoxicating behaviour we can experience joy and togetherness, explore the beauty of humanity and our eternal need for community and compassion.

It's an evocative recreation of the pub as a centre-point of British working-class culture, drawing on Rhiannon's own family roots for inspiration. There's dubious karaoke and riotous pub games as the hyper-real pub meets dance theatre, drawing together

those who have been estranged or never even dreamed they were connected.

Rhiannon Faith explained '**Lay Down Your Burdens** invites us to share what we are carrying. It's a space where we are listened to and where our worries and troubles are held - and in return there's music, poetry and dance. But mostly, in the theatre, in our pub, we see one another and for a brief moment we are all connected. Current world events can feel overwhelming, so it seems vital for us to come together to share the weight of our troubles knowing that we are not alone.'

The show enjoyed a highly acclaimed week-long world premiere at The Barbican in London last year and the Norwich dates are part of a national tour. Following the premiere it was nominated for a prestigious Olivier Award for Outstanding Achievement in Dance. Rhiannon Faith makes work that raises awareness and lobbies for change. As *The Guardian* recently put it *'one of the few UK artists making dance theatre that is pointedly socially conscious'*.

Lay Down Your Burdens by Rhiannon Faith Company can be seen at Norwich Theatre Royal on Friday 28 & Saturday 29 March at 7.30pm. 01603 630000 or [www.norwichtheatre.org](http://www.norwichtheatre.org) for tickets.



## Winter Gardening

I love the cold months of the year and am out every day. However, the days are short, and in the absence of being able to do anything on the allotment, and having perused several seed catalogues and websites several times over already, I like nothing better than snuggling up with a good book. So

today, when the temperature hasn't risen above zero degrees all day, I would like to recommend the novel 'Old Herbaceous' by Reginald Arkell, who in his time was quite a famous poet and scriptwriter. This compact little book was first published in 1950 and is now available for free on various internet platforms.



Pinnegar, or the Old Herbaceous of the title, is the endearing and slightly feared head gardener of a big house in a small village during a time of change. In the beginning of the novel, when the 80s are mentioned, think corsets, crinolines and servants rather than perms and shoulder pads. Pinnegar reaches the pinnacle of his career when he is allocated the Gardener's Cottage to live in and becomes the country's top flower show judge.

Although what this easy to read novel describes is very alien in lots of ways, to gardeners many elements will also be very familiar. There is the rhythm of the seasons, decisions to be made about plants, the best tools to use, views about the right way of doing things, what to enter into the annual show. It is a read that will make you feel connected with gardening when there isn't a lot to do. Enjoy!

*Birgit Griem*





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## Get Ready for February half term with workshops from Norwich Theatre

Plan for the February half term with the latest workshops from Norwich Theatre. They're Perfect for keeping your little ones busy and creative offering activities from creating a new piece of theatre to learning choreography from a professional dancer. These half term workshops are either free or pay what you can.

Come along to **Imagination Fuel** (17 – 21 Feb) sessions for an hour of creative fun. Running throughout the week these sessions, you will play games, take part in a range of activities, and enjoy some creative time together as a family. These workshops are for ages 6-10 and their grown-ups to try something new in a fun, friendly, supportive environment. These sessions run throughout the week where you can play games, take part in a range of activities, and enjoy some creative time together as a family.

**Play in a Day** (19 Feb) is a fun, friendly exploration of theatre-making and is perfect to entertain your budding thespians. Participants will warm up with games and exercises before producing a short, original piece of theatre, which will be shared with their families. You do not need any previous drama experience to take part and enjoy- just your creativity and passion to perform! To ensure that everyone can enjoy the creative fun in the Play in Day workshops, this session is Pay What You Can, with a range of options to choose from, including joining in for free or making the suggested donation of £30.

In the **New Adventures: Take Flight dance workshop** (19 Feb & 5 Mar), you will get the chance to learn from a professional dancer and try some of Matthew Bourne's iconic choreography from Swan Lake. Everyone is welcome to this free workshop. If you love this taster, you are invited to join New Adventures for a Take Flight Day (20, 22 Mar), including a certificate, water bottle and 2 tickets to see Matthew Bourne's Swan Lake on stage!

Looking further ahead, ticket holders to **Lay Down Your Burdens** have a special opportunity to join the company for a 90-minute free workshop. Led by dancers and musicians from the show, participants will explore personal experiences of the things that are hard to carry, and how we care for one another through creative writing, music and movement. The workshop is a gentle invitation to come together and lighten the load by carrying it collectively. No prior experience is required.

To book or to find out more, visit [norwichtheatre.org](http://norwichtheatre.org) or call the Box Office at 01603 630 000.





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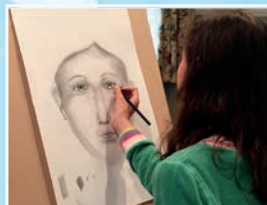
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# Richard Penguin's Musical Triangle

Concluding their 22 date UK tour Christina Alden and Alex Patterson's homecoming concert at the Arts centre was a triumph. A packed out audience were treated to a selection of songs from their forthcoming album alongside now established one's and the occasional cover. 'The Polar Bear song' is a new addition to their harmony laden nature themed canon of songs, while a personal favourite but yet to be released 'Our House' about Christina's growing up in a musical household had the audience singing along. Storytelling 'The Cobblers daughter' and the nature based 'Hunter' sit neatly alongside the parental 'Etta's song' for their daughter, Alex's instrumental 'Bina's jig' that he wrote for Christina and a delightful cover of Fleet Foxes 'White Winter Hymnal'. Much like a Norwich concert from 2023 they were accompanied by John Parker on double bass and had Chris Riddell's live illustrations to accompany the songs projected on to a backdrop. Several tours later they have gained more confidence on stage, and seem more relaxed and at ease there. Their new album will be one to watch out for in 2025. The Solstice Psychedelic circus included 2 fine local solo artists in Peter Turrell and Chad Mason. Such is the respect for Peter's dextrous classical guitar playing that you could have heard a pin drop notably on a piece by Saint Seans from the Carnival of the Animals. Chad's stage demeanour is always relaxed and humorous while his songs reflect and comment upon everyday life or personal events to great effect. The night was headlined by The Behind the Sun collective whose Space rock swirling synths and psychedelic guitars over intricate bass and drum lines evoke the spirit of Hawkwind and Hillage notably on 'Sorceress of the apocalypse'. Bass man Cosmo will be running the nights on the third Wednesday every 3 months at the Brickmakers with the next one being on the 19th March. The Behind the Sun collective are also supporting Solko and Killamonjambo at Voodoo Daddy's on the 28th February. 2024 My own personal musical year- A very busy year press and promotions agency wise I worked

with 35 different artists and bands mostly in the folk, prog, psychedelia, jazz, world and Americana areas promoting their albums, singles and tours gaining them airplay, reviews, features and interviews, plus a Folk festival, African music festival and Folk stage production. It was great to work with them all. By all means get in touch if you think I could help. Penguins Go Pop wise at present I am unsure of our future, line up, and direction but am writing songs for an album as well as returning to writing a book. Hopefully both will emerge later in the year together with the band in some format. Fingers crossed. Probably my 6 favourite albums that I heard and 6 different festival sets that I saw from 2024 by artists that I didn't work with. In no particular order. Albums- Focus- 12- A nice mix of classic Focus style instrumental tunes with more sensitive acoustic and piano led tunes, English Teacher- This Could be Texas- Interesting, lyrical and deftly played songs. Deserving of their Mercury music winning prize. Cosmo Sheldrake- Eye To The Ear- 21 track Eccentric, and offbeat often nature inspired psychedelic pop album, Michael Torke Orchestra- Unseen- A hypnotic modern classical inspired album with slight hints of Phillip Glass, Needlepoint- Remnants of Light- Norwegian prog band with great harmonies and more than a hint of the 70s Canterbury scene, Michael Kiwanuka- 'Small Changes' Not as immediate as his previous classic albums. Simpler, subtle sparsely produced quiet and reflective songs that grow on you. Festivals- Strawberry fair- Sean O'Hanrahan- Fine piano playing singer-songwriter with hints of the Waterboys, Dereham Blues festival- Moonshine Coyote- Early blues played on home made Cigar box guitars, First Light- Karma Sheen- an amazing mix of Indian ragas and sitars blending with elongated psychedelic freak outs, Folk East- Miranda Rutter- Fantastic set of original tunes taking inspiration from a wide variety of bird calls and song, Cambridge folk festival- Peggy Seeger- looking back upon her life, backed by her family and concluding with the incredibly relevant and moving 'How I long for

peace', HRH prog- Zopp- A dynamic Canterbury scene inspired set from a band I had wanted to see for 2 years who thankfully did not disappoint. Some Gigs- Anteros- February 14th- Joe and Mary, 22nd- Steve Jinski, March 27th John Ward Trio. Brickmakers- March- 12th- Black Dog music project, 14th- A Saucerful of Floyd, 19th- Psychedelic Circus, 29th- Spike (The Quireboys). Carberry's- March 6th- Cahalen Morrison. Epic- February- 23rd- Spiers and Boden, March- 11th- The Wildhearts + Jim Jones All Stars. Norwich Arts Centre- February- 1st- The Magic Numbers, 22nd- Synth East, 27th- Dele Sosimi, 28th- Chuck Prophet, March- 5th- Natty, 6th- Submotion Orchestra, 7th- Snapped Ankles, 11th- Arthur Jeffes (Penguin Café), 12th- Katherine Priddy, 14th- Barry Adamson, 26th- Danny and the champions of the world. Norwich Folk club- February 7th- Sam Kelly and Jamie Francis, March 7th- The Wilson's. Puppet theatre- Feb 22nd- Vanity Fairy, Mama Oh No, Narcolepsy. Quaker meeting house- February 15th- Gavin, Fairhall and Lever. UEA- February- 19th- Circa Waves, March 9th- Steel Pulse, 27th- The Mary Wallopers, 28th- From The Jam, 29th- The Wonder Stuff. Voodoo Daddy's- February- 2nd- Avalanche Party, 6-8th- Rock Fest, 15th- Vieira and the Silvers, 20th- Jenny don't and the Spurs, 21st- Bird Service + Bella Askew, 28th- Solko, Killamonjambo, Behind the Sun collective. March 20th- Molly Willis. Waterfront- February- 7th- The Blockheads, 14th- Secret Affair, 25th- Squid, March 11th- Doves, 22nd- Badly Drawn Boy, 28th- Ian Prowse, 29th- Eat static. Yalm- February 3rd- Dan Walsh. Check- Anteros arts, Folk Club, Maddermarket, Maids Head pub, Octagon Chapel, Roseberry pub. Outside Norwich- Geldeston locks inn- February 2nd- Will Allen. Beccles- Canopy theatre- February 8th- Sid Griffin, 22nd- State of the Union, March 8th- My Darling Clementine, 22nd- Jez Lowe.

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