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A Positive Magazine for Positive People

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19 YEARS  
in  
publication

Apr/May 2025

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ISSN 1759-2453

# THE GREAT EGGSCAPE

## FROM EASTER ISLAND

8<sup>th</sup> - 9<sup>th</sup> & 15<sup>th</sup> - 16<sup>th</sup> April

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## Welcome...

to the April/May edition. As I write this we have just had a few lovely, warm sunny days and it finally feels like spring is on the way (*that is until I look at the weather forecast for the coming week!*)

We were lucky enough to have lovely weather for our Anglia Print volunteering day with River Waveney Trust where we all took part in a litter pick at Bungay Tin River. Split into two groups, 7 bags of rubbish as well as a pile of other litter too big to fit in the bin bags our group collected, the other half of the team collected just as much!



Chantry Place are holding a 'cracking' Easter event with lots of activities (see page 13) and the fabulous Norwich Games Festival is back at The Forum in May (see page 21)

Why not check out Norfolk County Council Adult Learning Masterclasses, the courses provide an excellent opportunity to learn something new or hone your existing skills. The courses take place in a friendly and informal environment and are led by expert and supportive tutors. [www.norfolk.gov.uk/adultlearning](http://www.norfolk.gov.uk/adultlearning)

The lovely Rosie from Paws Indoors is here with tips to help us spot when our furry friends are in pain (page 7)

Here's hoping we can all grab some vitamin D and enjoy being outdoors, Until next time....

Kellie xx



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BESTDAYSOUTIN**BECCLES**.CO.UK



Beccles Lido is launching its summer season, re-opening heated to 28°C for the summer until the end of September.

Nothing beats swimming outdoors or relaxing by the pool. The Lido has a springboard, regular giant inflatable sessions, separate heated toddler and paddling pools and a children's adventure play.

There are grassy areas with sunloungers and picnic tables to relax on, and two all-weather eating and spectating areas, plus a cafe serving hot and cold snacks, drinks and ice creams.

With lane swimming early mornings and evenings, regular aquacise classes and fun sessions in between, Beccles Lido is perfect for a swim or family outing.

The Lido is next to the River Waveney, the gateway to the Broads, so you can also take to the water. There is a wide selection of hire craft available to explore this idyllic stretch of river, including canoes, kayaks and paddleboards.



From Beccles Lido you can also take a relaxing trip on Big Dog Ferry to the Locks Inn Community Pub in Geldeston. Enjoy the wildlife enroute, including otters, kingfishers, swans with their cygnets and marsh harriers. Stay on board for a round trip, disembark to enjoy a meal drink or music, or take a one way ticket and walk back on delightful riverside footpaths.

Are events more your thing? Beccles Lido and their partner BLUE Events host many swimming related events during the year, starting off with a 24 and 12 hour swim in April. With a 30 minute swim, followed by 30 minute recovery, it's a great test of endurance. They also host an annual triathlon, aquathlon and aquabike, plus a river swim in June.

Booking is recommended for all activities. For more details timetables and to book all activities, please visit [www.bestdaysoutinBECCLES.co.uk](http://www.bestdaysoutinBECCLES.co.uk)





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## How do I know if my pet is in pain

Nobody likes the thought that their pet may be in pain, but symptoms are often missed or are put down to aging changes or even naughtiness.



### Look out for the following Changes in behaviour

Less playing, running, fetching, jumping.  
More snapping or growling.  
Restlessness in the evening.  
Reluctance to go for a walk or get in the car.



### A change in posture.

A change in the way your pet stands, sits or lies. Have a look back through your phone and see if your pet's posture has changed.



**Capability and gait changes.** Pets will walk more slowly, or unevenly, although you won't often see an actual limp - if both hips or elbow hurt, then holding up one leg doesn't help. Pets become less active, spend more time in their bed and avoid jumping or going up stairs.



**Change in physical appearance.** Muscle loss is not so obvious under a furry coat, but may be easier to feel. Dog often have increased bulk around the shoulders, to try and take the weight off sore hips and knees. Cats may have a matted coat around their back and tail, as it hurts their back to twist and groom.

If you are concerned about changes in your pet's activity or movement, Paws Indoors offers kind, professional guidance to make a difference.



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## Eggstravaganza of activities for the Easter holidays

Spark your little ones' creativity this Easter holiday with the eggstravaganza of activities and workshops at Norwich Theatre. There are so many choices for getting creative together, from a world of magic to an egg hunt and sensory stories. What will you choose? All Easter holiday workshops are either free or pay what you can.

Step into the world of magic, laughter and joy with **Peachy & Me** (10 & 11 Apr). Join the delightful duo Cherry & Peachy for an enchanting performance that combines comedy, dance, and interactive fun, offering an unforgettable experience for audiences of all ages. This show is Free for Families! As part of our Creative Families programme, Norwich Theatre is offering an exciting lineup of shows, sneak peeks, and interactive experiences designed for families to enjoy together.

Want more magic? Come along to the free **Peachy & Me: Family Workshop** (10 Apr), where you learn some magic tricks, explore clowning and let your imagination soar. Suitable for ages 7 – 11 with their grown-ups.

For a twist on the classic tale, **We're going on an Egg Hunt!** (11 Apr) uses storytelling, props, movements, and fun games. You and your little one will go on an imaginative stroll together through the farm, collecting eggs and meeting friends along the way—the best part is, you can leave your wellies at home!

**Sensory Stories for SEND** (10 Apr) is a creative session designed specifically for disabled and neurodiverse young people and their grown-ups. This session will be accessible for non-verbal children, guiding the group through a journey of imagination and play in a relaxed, supportive



environment using an array of sensory materials and props.

Unleash your child's inner performer with **Play in a Day** (17 Apr). This is a relaxed and playful way to explore theatre, where the group will work together to create a short, original play to share with family. This is a Pay What You Can system for this session. This means everyone is welcome to enjoy the session.

**Sam Dawson, Head of Creative Engagement, said:** "These workshops and shows are part of Norwich Theatre's Creative Families programme, which provides free and affordable activities. Running throughout the year, they provide families with much-needed access to creative experiences at a time when the cost-of-living crisis challenges so many. We are hugely grateful for the support we have received to make this happen."

Creative Families activities take place each school holiday and are generously supported by Alan Boswell Group Charitable Trust, The Geoffrey Watling Charity, the Simon Gibson Charitable Trust, and The Educational Foundation of Alderman John Norman.

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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Join in the fun and have a crack-ing time this Easter weekend with unlimited travel on three different steam trains, include the Poppy Line's unique Victorian train! Hop on and off all day and be sure to take

part in the Easter trail too, looking out for all the eggs across the Railway before claiming your prize. Or, have a giggle at the line's Classic Comedy Weekend (May 3-5) and enjoy fabulous period music and special skits at Weybourne Station inspired by the three classic sitcoms filmed there, including Dad's Army and 'Allo 'Allo.

If you're looking for an extra special day out, you could even treat yourself to a dining experience; savour freshly prepared food served to your table while you steam along gently! From Cream Teas to Gin Trains, or even Murder Mystery nights, there really is something to suit all tastes. For the full list of dining experiences please see [www.nnrailway.co.uk/dining-trains/](http://www.nnrailway.co.uk/dining-trains/)



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## Crack the Code, Save Easter: Join The Great Eggscape at Chantry Place



**H**op into the Easter spirit with The Great Eggscape from Easter Island, a fun-filled, family-friendly event at Chantry Place. This Easter, join the Chantry Code Breakers on an epic mission to save Easter. The mischievous naughty Easter chicks have stolen the Easter Bunny's precious eggs and hidden them on the mysterious Easter Island. It's up to YOU to crack the code, get crafty and help the Easter Bunny reclaim what's rightfully his!

Taking place over April 8<sup>th</sup>-9<sup>th</sup> and 15<sup>th</sup>-16<sup>th</sup>, The Great Eggscape will offer interactive crafting experiences where kids can engage in thrilling puzzles, solve secret codes and create their own air-dry clay characters inspired by the adventure. With sessions running every hour from 10am to 4pm, children will be guided through a creative journey to help rescue the stolen eggs.

Expect plenty of fun surprises along the way!

Limited to 24 children per session, this event offers a personal and hands-on experience for everyone. Don't miss out on the chance to let your little ones explore, create and enjoy our exciting Easter rescue mission. Plus, every participant will take home a special memento to remember the adventure and continue the fun at home.

With limited spaces, be sure to swing by and prepare for a cracking good time at Chantry Place this Easter. It's the perfect way to make lasting memories together while having plenty of fun!



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The Introduction course is also a great way to discover if a career in massage therapy is for you without having to commit to a Diploma first.

The MTI Diploma in Holistic Massage is a level 4 professional qualification which includes study of anatomy, physiology and pathology as well as massage techniques. For more details contact Inner Space - Email: [massage@innerspacenorwich.co.uk](mailto:massage@innerspacenorwich.co.uk) or call 07802 744894



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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.



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## One Self: The Creative Life of Colin Self at Norwich Castle

The first major retrospective of Colin Self's work in 17 years is on show at Norwich Castle from 29 March – 21 September 2025. Containing 130 works of art, it celebrates the boundless creative spirit of an artist whose dedication to his work spans over six decades. Encompassing his famous early work as a major figure in the Pop art movement of the 1960s, the exhibition charts his subsequent artistic course, showcasing some of his lesser-known work, with many works on display for the first time.

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 accessible. The new museum entrance is already open with the new light-filled atrium housing the new shop and cafe. The Castle Keep itself is planned to reopen in all its medieval glory later in the year.

For more information about Norfolk Museums, including events, exhibitions, and membership visit [www.museums.norfolk.gov.uk](http://www.museums.norfolk.gov.uk).

Hot-Dog, 10-12 December 2009 © Colin Self. All rights reserved DACS 2025.

Thunderbird, 30 April 2019 © Colin Self. All rights reserved DACS 2025.



### Grapes Hill Community Garden

to sow, grow & help crops thrive, often taking home edible gifts from the garden. Last year we welcomed a small group from Norwich City College as volunteers who have remained regulars. We are very grateful to them & our other volunteers as always. Apart from our garden work we enjoy taking part in community events such as the Science Festival where we had a paper-pot making & seed sowing activity (see pics) Check our

garden noticeboards or online for details of our upcoming workshops & events. The first main event being 'Nature in the Garden' May 11<sup>th</sup> (2-4pm)

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Words and pictures by Jo Rice





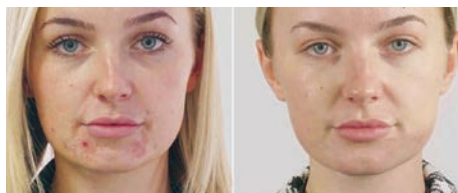
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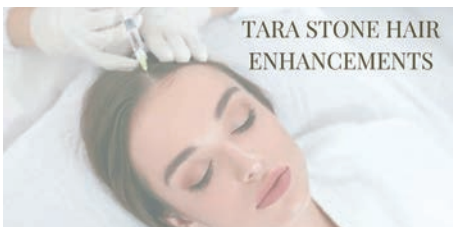


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## Free workshops for brand new RSC co-production announced at Norwich Theatre

Norwich Theatre has announced **free adult workshops** for a bold new Community Co-Production to be performed this autumn. The co-production is a collaboration between Norwich Theatre and the **Royal Shakespeare Company (RSC)** and will tell the untold stories of our local communities. Norwich Theatre is one of six regional theatres to partner with the Royal Shakespeare Company (RSC) on Shakespeare Nation. Through Shakespeare Nation, Norwich Theatre are reaching out to communities around the county creating opportunities for people to discover the relevance of Shakespeare's stories to their lives today.

**Sam Beal, Creative Engagement & Audiences Manager said:** "This is a really unique opportunity to get involved and tell your story, and we cannot wait to start working with our communities, and see the piece take shape!"

The journey starts with a series of free introductory sessions – **Intro to Shakespeare, Voice and Language, Writing** – part of Norwich Theatre's Shakespeare Saturdays led by RSC practitioners. These workshops introduce or reintroduce Shakespeare's work in a fun, low-pressure environment.

Come along and raise a toast to the bard himself on his birthday **Welcome Evening: Shakespeare Nation** (23 Apr). Watch project films, hear stories from past productions, and explore a new exhibition of community stories.

You will also have the opportunity to learn more about our plans for the production and how you can get involved and take part as a Citizen Theatre Maker.

There are four **Citizen Theatre Makers** groups open to anyone over 18: **Community Folk**, a relaxed musical group for all ages celebrating our heritage and hopes for the future; **Stories in Motion**, a movement-based group exploring what happens when culture, tradition, and dance are woven together; **Storytellers**, a group crafting new narratives through writing and performance; and **Women in Shakespeare**, a group for women 50+ reclaiming the roles of Ophelia and Gertrude. All of the groups are completely free to attend but need to be booked. These workshops go on sale on 14 Mar.

The groups will initially work on their own part of the production before coming together to form a community company for a new production, taking place in Norwich Theatre's venues and beyond this autumn.

**Sam Beal added:** "This production will be an innovative, brave, inclusive work born of communities, which is really exciting. We've never done anything quite like this, and I cannot wait to see the incredible stories our Citizen Theatre Makers will tell."

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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## Norwich Games Festival is back Mon 26 – Sat 31 May 2025!

Calling all families, students, future creators, casual and competitive players! Celebrate the world of gaming this May half term at Norwich Games Festival. You'll find everything from tabletop games to cutting-edge gaming tech, your favourite retro classics to never played before indie games.

Norwich Games Festival is for everybody: An inclusive and welcoming event that celebrates games of all kinds and invites people of all ages to discover the creativity, art, and fun in games!

Presented by **The Forum**, alongside lead partner **Norwich University of the Arts**, Norwich Games Festival (NGF) offers a wide and varied programme of free and low-cost activities, for everyone to enjoy.

### Monday 26 May

Video and tabletop games, trading cards, merch, playable game spaces and more!  
Visit The Forum for the new

**NGF Trader & Collector Day**  
10am-4pm.

### Tuesday 27 – Saturday 31 May

Enjoy **FREE** activities at The Forum and have the ultimate gaming experience in The Arena! Each day of NGF25 has a dedicated theme, focussing on a certain aspect of gaming – however, we'll always have a bit of everything available: 10am – 4pm (5pm on Sat 31 May). See our website for more details.

- Discover courses & opportunities to develop your skills, knowledge and higher education in games in the Educator Zone.
- Get hands-on with the creative side of games in the Creator Zone.
- Play retro classics, get involved in competitions and tournaments and discover your new favourite games in the Playable Zone.
- Experience, test and feedback on brand new games and the work of local designers and developers in the indie showcase.

Plus, don't miss the bookable talks, workshops and shows from inspiring industry professionals – for all ages and levels of experience.

**NORWICH GAMES FESTIVAL**  
26 - 31 MAY 2025

Visit [norwichgamesfestival.co.uk](http://norwichgamesfestival.co.uk) to explore what's on.

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## **LODDON & BECCLES ANTIQUES**

The next Loddon Antiques and Collectors Fair will be on Sunday 13<sup>th</sup> April 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 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. Free entry, dogs on leads welcome, some parking on site as well as pay and display car parks

For further details please contact Kate Lee on 01502 711174.

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# 30 Days Wild

Norfolk Wildlife Trust (NWT) are encouraging people to go wild this June by participating in the UK's biggest nature challenge, 30 Days Wild.

Participants can sign up for a free pack filled with fun goodies and nature-inspired activities from The Wildlife Trusts, along with a challenge to undertake a random act of wildness every day throughout June. It's a great way to get kids adventuring outdoors this summer, as well as a way for grownups to take a moment with nature and improve wellbeing.

Going wild this summer can be something as small as noticing nature on your commute, to birdwatching on an NWT reserve, to gardening with your local community.

You don't have to live in the countryside to take part, opportunities to go wild can be found everywhere from a city park to a coastal path. If you want to get yourself or the kids outdoors and connecting with nature more, 30 Days Wild is the perfect place to start!

30 Days Wild is now in its 11<sup>th</sup> year of connecting people to nature. Taking part is proven to improve health, happiness and mindfulness, with previous participants reporting feeling more relaxed and less stressed after taking part. 30 Days Wild is great for the planet's health too, with participants much more connected to and motivated to protect nature. To sign up to take part in 30 Days Wild and receive your free pack, head to: [norfolkwildlifetrust.org.uk/30DaysWild](http://norfolkwildlifetrust.org.uk/30DaysWild). Schools, care homes and businesses can also take part, receiving a specially-designed pack filled with activities.

**NORFOLK WILDLIFE TRUST**

© Matthew Roberts

## Norwich Arts Centre

### What's On April / May

**Sun 4 May @ 7:30PM**  
True Stories Live:  
A Merry Dance  
Community Literature  
Price From: £4.50

**Tue 8 Apr @ 8PM**  
Jane Weaver  
Music Rock/Pop  
Price From: £23

**Mon 21 Apr @ 8PM**  
Joan As Police Woman  
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**Wed 14 May @ 8PM**  
Rob Copland : Gimme  
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# Richard Penguin's Musical Triangle

The opening of a new venue and starting up of a new monthly night have been a great addition to the music scene in Norwich recently. The Holloway, by day a bookshop, occasionally by night a venue, played host to another welcome return gig by one of Norwich's finest bands of this century Feral Mouth. While they are currently playing as an acoustic quartet sans Bristol based drummer Peds they have only lost a little bit of their energetic live set of the past. The informal seated and relaxed in a small venue rapport with one another and with the audience approach suits them well. Most of the old favourites were retained. Those lively instrumentals of old in the form of 'Number 62', and 'Nelson's County Breakdown' and the intricately played one's such as 'Diniler' with Gareth's deft banjo lines rubbed shoulders with covers by frontman JP's favourite songwriters in the form of Townes Van Zandt and Gillian Welch. ...And then there's his plethora of great songs. From the hauntingly beautiful love song 'Everything' with subtle harmonies and cello from John, the upbeat tunes of 'Tatters' and '100 kinds of Lonely' with their almost hallmark JP contradictory downbeat lyrics that are also notable on 'Genghis' with Luke's Double bass and JP's robust guitar prominent, through to the thought provoking 'Leaves', and the heart-breaking 'The Window. With some fine new songs and tunes as well the Feral's are still formidable. Wherever and whenever you can go and see them.

Fantastic local folk musician Georgia Shackleton has also set up a monthly Monday night folk gig upstairs at the restaurant Yalm with the superb pop folk dextrous duo Good Habits being the guests there in March. Singing cellist Bonnie and accordionist and stomp box man Pete mixed original compositions encompassing themes of nature through to a love song for a fridge with some intriguing covers and adaptations including 'Running up that hill' and a mesmerising rendition of the Who's 'Baba O'Reilly' with those hypnotic synth and violin lines played on the accordion

and cello deftly. Their penchant for pop from the past surfaced throughout with equally unusual renditions of 'Praise you' and they concluded with the Stone Roses classic 'She Bangs the Drum'. Great originals, and uniquely arranged covers they are a duo well worth investigating.

SOME NEW ALBUM NEWS- Steve Tilston- Last Call – more than 50 years after his debut album Steve released his final album in March. Musically it takes in Folk, Blues and Jazz influences with an assortment of guests contributing and Steve's rolling guitar lines as fluent as ever. Lyrically there are autobiographical, political and social commentary songs and it is as good as any of his previous albums. Christina Alden and Alex Patterson- Safe Travels- They previewed many of the songs for the album in December at the Arts centre and return there for their album launch on April 10th. I commented in the last issue that it would be an album to look out for and the new single 'Our house' written by Christina about growing up in a musical household may well be their finest moment so far.

Paul Armfield- Between The Covers- On his 9th album Isle of Wight based songwriter and bookseller Paul combines his love of literature and music with 9 songs about books, 5 original and 4 covers, hence the clever title. The single 'Books Beside my Bed' has a truly amazing video to accompany it that I would urge you to investigate. The originals name-check many an author in between the covers, many of which are well known, but delivered in Paul's languid and laid back style. Worth investigating he is playing in Norwich at The Holloway on the day of the albums release May 16th.

SOME GIGS IN NORWICH FOR APRIL + MAY- ANTEROS- May 9th Adam Beattie and Fiona Bevan, 10th Mark Harrison. BRICKMAKERS- April 2nd Future radio local bands night, April 3rd + 17th + May 1st Metal 2 the Masses, April 9th + May 14th- Black Dog Music Project, April 10th Open Mic, April 24th Ed Tudor Pole, May 16th and 17th Punks not

Dead Festival. EPIC- April- 6th Max Cooper, 13th Black Country New Roads, 30th Robert Jon and the Wreck, May- 22nd Jazz Festival, 28th Grace Petrie, 31st PIL. THE HOLLOWAY- April 17th Longheads, May 10th Chimers, May 16th Paul Armfield, 22nd Gwenifer Raymond. NORWICH ARTS CENTRE- April- 8th Jane Weaver, 10th Alden and Patterson- Album launch, 21st Joan as Police Woman, May- 9th Melin Melyn, 11th Acid Mothers Temple, 15-24th Jazz festival, 31st Floral Image. NORWICH FOLK CLUB- April 11th The Wilderness Yet, May 9th Granny's Attic. PUPPET THEATRE- May 15th John Bramwell (I am Kloot). UEA- April- 7th Skunk Anansie, 12th Frank Turner, 29th Ocean Colour Scene, May 3rd Razorlight. VODOO DADDY'S- April- 6th Hartwin Dhoore and Ross Grant, 11th The Mink, 15th Magnolia, 17th The Molotovs, 20th Maceal, 25th Single Mothers, May- 1st Vraell, 3rd Scott Hepple + the Sun band, 10th Miki Berenyi Trio, 21st Brogeal (support acts at each gig). WATERFRONT- April- 12th Gentlemen's Dub Club, 24th Goldie, May- 17th Throwing Muses, 23rd Undercover Pangolin, 29th When Rivers Meet. YALM- May- 12th Phil Beer. Other venues to check- Last Pub Standing, Louis Marchesi, Maddermarket, Maids Head pub, Octagon chapel. OUTSIDE NORWICH- Geldeston Locks inn- Check website, Beccles- Canopy theatre- April- 12th Katie Spencer, 26th Kimmie Rhodes, May 31st Black Feathers. The Slounge- Lowestoft- March 29th- Jaz Delorean, April- 4th- Jo Carley's Wreck and Ruin, 25th- The Imaginary Movement. FESTIVALS- Folk on the pier, Cromer Weekend of the 9th-11th May Acts on this year include Megson, Oysterband, Jez Lowe, Dorie Jackson, Merry Hell, Home Service. For more information and tickets go to [www.folkonthepier.co.uk](http://www.folkonthepier.co.uk) Norfolk and Norwich festival- 9th to 25th May- [nnfestival.org.uk](http://nnfestival.org.uk) for more information.

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**RORY**  
+ AS DECEMBER FALLS  
+ LAKE MALICE  
Fri 7th • LCR

**BRASS FUNKEYS**  
Fri 7th • WF

**RAGING SPEEDHORN**  
+ KILL THE LIGHTS + BERENICE  
Fri 7th • WFS

**CUT CAPERS**  
Sat 8th • WF

**PRIMA QUEEN**  
Sat 8th • WFS

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+ THE SELECTER  
Sun 9th • LCR

**DOVES**  
Tue 11th • WF **SOLD OUT**

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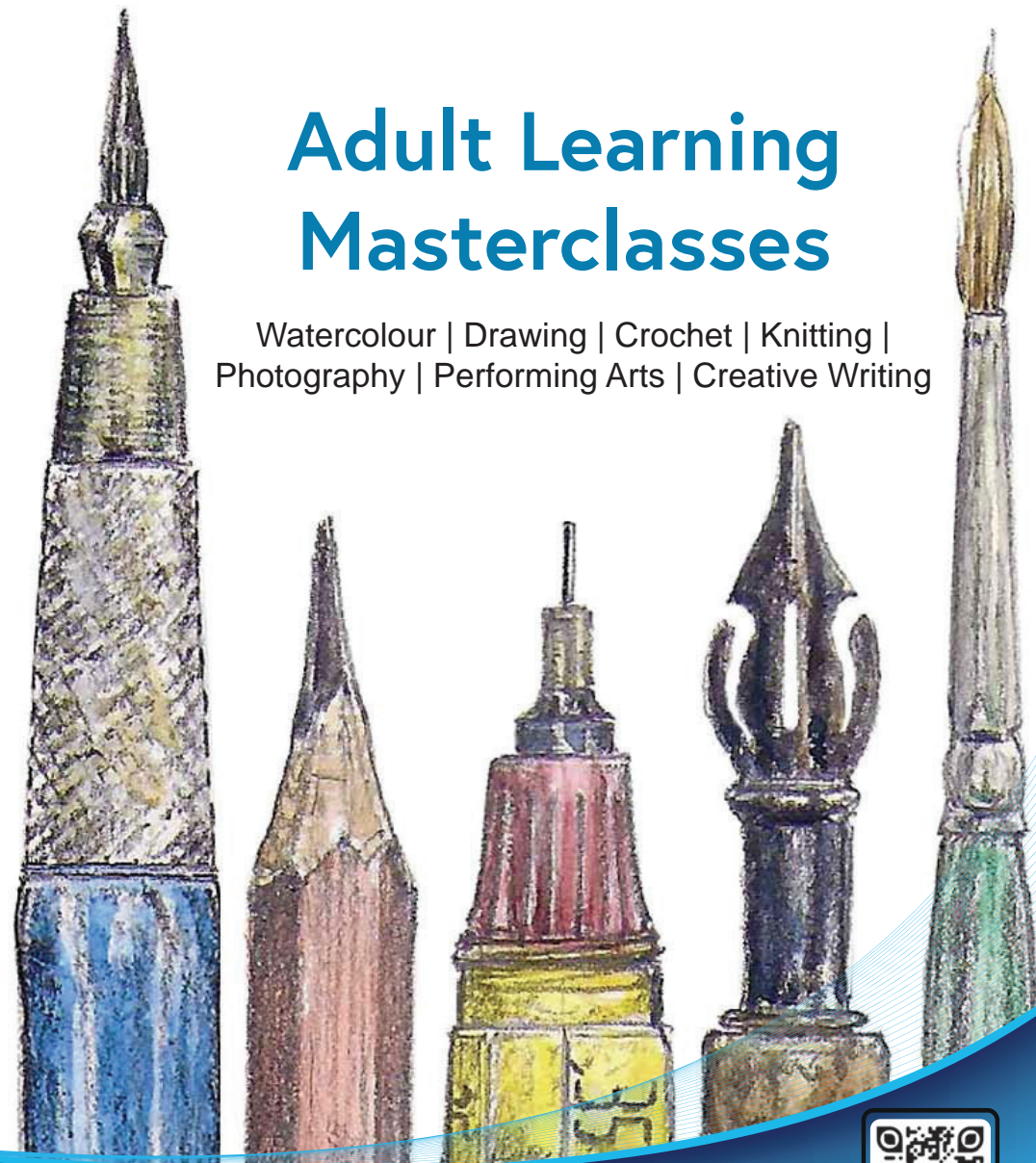
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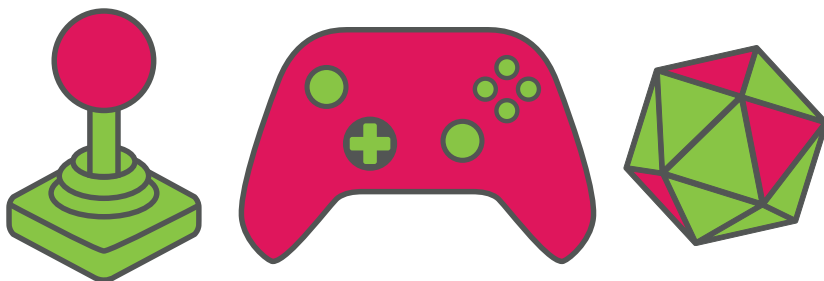
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