

# sunrise



June / July 2025

I'M FREE



100% Recycled Paper

ISSN 1759-2453

A Positive Magazine for Positive People

# Walters

motor group



AutoTrader

★★★★★ 4.9

Google

★★★★★

facebook

★★★★★



OVER  
150+ CARS  
IN STOCK  
APPOINTMENT  
ONLY

You're in  
safe hands

This dealer has signed  
our Dealer Promise

AA



YOUR LOCAL INDEPENDENT FAMILY OWNED DEALERSHIP  
Loddon Business Park, Little Money Road, NR14 6JD

OPENING TIMES MON-SAT SALES 9-5:30 / MON-FRI SERVICE 9-5:00

waltersmotorgroup.co.uk | 01603 327111





# 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](http://www.waveneystoves.co.uk)



# DAVEY SHEDS

**FREE Delivery**  
\*within 25 mile radius

**FREE erecting**  
on all buildings

High Quality Materials  
Satisfaction Guaranteed | Affordable Prices  
Firestone Rubber Roof with 20yr Guarantee available

[daveysheds@gmail.com](mailto:daveysheds@gmail.com)

Steve - 07824619017 | Shaun - 07867764857  
[www.daveysheds.com](http://www.daveysheds.com)



# Welcome....

to the summer edition! As I write we are having the most beautiful weather, long may it continue!

Norwich Theatre have some summer spectaculars to keep you entertained (see page 9 for details and how to book).

Paws Indoors give some handy hints and tips to help your furry friends through the heat (page 11)

Sculptor Vanessa Pooley and artist Tobias Arnup are to host their first-ever joint exhibition at the Fairhurst Gallery in Norwich from Saturday, June 7 to Saturday, June 14. (page 5)

Grapes Hill Community Gardens are here sharing what they have been up to and upcoming events (page 27)

A new Norwich History Festival is

coming to the city between July 17<sup>th</sup> and 25<sup>th</sup>. This inaugural year will have talks, walks, family events, theatre and films on the theme of Rebels and Radicals. Supported by UEA, the National Centre for Writing and Cinema City the festival will feature talks on some of Norwich's great characters from its past such as Robert Kett, Horatio Nelson, Harriet Martineau and Elizabeth Fry as well as host events with well known writers and historians such as Tariq Ali, Eleanor Janega, Sir Richard Evans and Lucy Hughes-Hallett.

For more details and tickets go to [www.norwichhistoryfestival.co.uk](http://www.norwichhistoryfestival.co.uk)

Have a great summer!

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](mailto:srh@chamberlins.co.uk)  
3, Ballygate, Beccles, Suffolk, NR34 9NB

**Louise Cartwright (M.Ost), Professional Osteopath**  
Registered with The General Osteopathic Council, 15 Years Experience  
For the treatment of Neck, Back and Joint pain, Sports injuries and Rehabilitation.

Rookery Park Golf Club, Carlton Colville, NR33 8HJ, 07876255168  
Please book online at [www.amyholmesosteopath.co.uk](http://www.amyholmesosteopath.co.uk)  
[www.greenviewtherapysuite.co.uk](http://www.greenviewtherapysuite.co.uk)

Also available Tuesdays at Saxon Wellbeing, Beccles, 01502 717417 | [appointments@saxonwellbeing.co.uk](mailto:appointments@saxonwellbeing.co.uk)



# We're by your side every step of the way



**Rosedale FUNERAL HOME**

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

[www.rosedalefuneralhome.co.uk](http://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:



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](mailto:info@angliaprint.co.uk) | [www.angliaprint.co.uk](http://www.angliaprint.co.uk)

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

ADVERTISING: [Kellie@angliaprint.co.uk](mailto: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





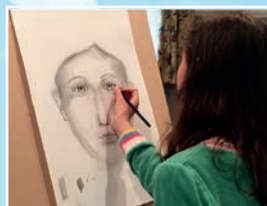
**Courses:**

Set Course

Weekend School

Drop in Sessions

Holiday Club



*Supplementary art classes  
for children and young  
people 7-16 years old*



Carrow House, King Street, Norwich, NR1 2TN



[www.norwichart.co.uk](http://www.norwichart.co.uk) | [welcome@norwichart.co.uk](mailto:welcome@norwichart.co.uk) | 07938 955385

THE 2022  
NORFOLK  
ARTS  
AWARDS

Eastern Daily Press

WINNER  
THE EDUCATION AND  
COMMUNITY AWARD



## Vanessa and Tobias together

**Sculptor Vanessa Pooley and artist Tobias Arnup  
are to host their first-ever joint exhibition.**

Vanessa & Tobias Together will be staged at the Fairhurst Gallery in Norwich from Saturday, June 7 to Saturday, June 14.

The married couple, who have been together for 50 years, have never exhibited side by side before.

"It is very exciting to celebrate working together in a much more public way than we have ever done before," says Vanessa.

Tobias agrees: "I think the bodies of work complement each other; we rejoice in the fact we work alongside each other every day at home and probably influence each other in little ways."

Vanessa is known for her powerful, curvaceous bronze pieces that celebrate the female form through both abundant strength and exquisite tenderness.

She expects to exhibit around 24 smaller pieces, with her latest sculpture, Family of Five, as a centrepiece.

Tobias, who will be showing about 12 of his most recent paintings, creates intricate artwork that lifts the soul through

its glorious vibrancy. Depicting objects and flowers through still life, his shapes are created with black lines filled with bold colour.

"Our work is very different but we find some of the processes mutually very supportive and interesting," he says.

Having spent 35 years working as an art therapist, Tobias has recently been able to dedicate much more time to his paintings.

He adds: "Having support from someone else allows you to make choices and gives you space, particularly in those times when you look at a blank canvas or a lump of clay and think what am I going to do now?"

"It can be difficult and that is acknowledged between us – and it is nice that we are still doing that together."

\*Vanessa & Tobias Together is at the Fairhurst Gallery in Norwich from Saturday, June 7 to Saturday, June 14.

[www.fairhurstgallery.co.uk](http://www.fairhurstgallery.co.uk)

[www.vanessapooley.com](http://www.vanessapooley.com)

[www.instagram.com/tobiasarnup](https://www.instagram.com/tobiasarnup)







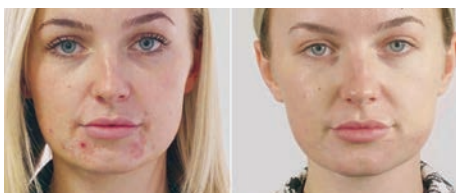
## BERRIESBARNPIANOS NORFOLK

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



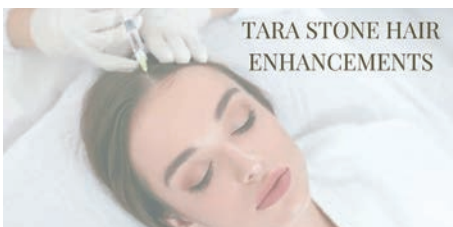
### SKIN SPECIALIST GORLESTON

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  
Prophil | Sunekos | Seventy Hyal  
Plasma Fibroblast  
Injectable Vitamins

COAST CLINIC  
Aesthetic Skin Practitioner

BOOK ONLINE

tarastonehairenchancements.com/coast-clinic-skin-practitioner



### 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  
tarastonehairenchancements.com

BOOK ONLINE

tarastonehairenchancements.com

# Emotionalskills

## FREE INITIAL CONSULTATION



### What's worrying you?

What our clients say:

96%

'The Emotionalskills course has been extremely helpful'

93%

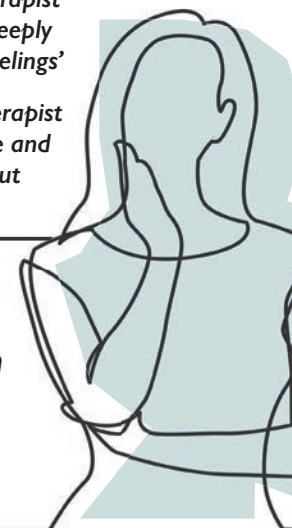
'After going to Emotionalskills I am more able to manage my issues'

97%

'I felt that my therapist completely and deeply understood my feelings'

99%

'I felt that my therapist fully accepted me and what I said without judging me'



Call or text us on 07986 488690 or  
email [contact.emotionalskills@gmail.com](mailto:contact.emotionalskills@gmail.com)  
for a free, initial consultation with an  
experienced & qualified psychotherapist.

Sessions can be carried out face to face in Norwich or wherever you are; via Zoom or FaceTime with qualified therapists

[www.emotionalskills.uk](http://www.emotionalskills.uk)





# 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](http://www.pottergateskinclinic.co.uk)



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



We also provide a unique ENT nurse led wax removal service  
**WAS £80  
NOW £60**

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](http://hearingcarecentre.co.uk)



# Summer sensations



Sizzle into summer with spectacular shows at Norwich Theatre! From enchanting family adventures to iconic rock musicals and critically acclaimed classics, there's something for everyone to enjoy.

## **The Lion, The Witch and The Wardrobe | 8 – 12 Jul | Norwich Theatre Royal**

Take the whole family through the wardrobe and experience snow this summer with this classic bedtime story. Watch the nation's favourite novel, The Lion, The Witch and The Wardrobe, come to life on stage in this spectacular production, which is guaranteed to delight all ages.

## **Crybabies: The Scaring | 21 – 26 Jul | Norwich Theatre Playhouse**

Heeeeeeeere's Crybabies. When former priest Arthur Holland checks into a remote hotel, he soon discovers that all is not as it seems. Join the Edinburgh Comedy Award nominees on a terrifying narrative sketch tale about fear, faith, fathers (the normal kind), fathers (the Church kind), Phantoms and finally moving on. From the Olivier Award-winning Producers of Fleabag and Baby Reindeer.

## **How to Win Against History | 23 – 26 Jul | Norwich Theatre Playhouse**

A fierce comedy musical and true story about expectations, masculinity, privilege and failure on an epic scale. Henry Cyril Paget, the 5th Marquis of Anglesey, blew his family's colossal fortune on diamond frocks and lilac-dyed poodles, causing a very Edwardian scandal. His fabulous flame burned brightly, briefly and extremely cross-dressingly until he died at just 29, after which his outraged family destroyed every record of him

ever having existed. Now Henry's back to tell his regrettable cautionary tale, with nothing to his name but savage wit, banging belters and a metric tonne of sparkle.

## **The Rocky Horror Show | 28 Jul – 2 Aug | Norwich Theatre Royal**

Australian superstar Jason Donovan comes to Norwich in Richard O'Brien's legendary rock 'n' roll musical, reprising his iconic role as the captivating Frank-N-Furter. This show is the biggest party and features timeless classics, including Sweet Transvestite, Dammit Janet, and of course, the pelvic thrusting show stopping Time Warp.

## **Fiddler on the Roof | 12 – 16 Aug**

A rare opportunity to catch this critically acclaimed production and one of the greatest musicals of all time – featuring 'If I Were A Rich Man', 'Tradition', 'Matchmaker' and 'Sunrise, Sunset' – Fiddler on the Roof is a classic musical of joy, revolution and community and an exuberant celebration of love and life.

## **The Book of Mormon | 19 – 30 Aug**

Say hello to this outrageous musical comedy from the creators of South Park, Trey Parker and Matt Stone, and Bobby Lopez, co-writer of Avenue Q and Frozen. The Book of Mormon is an outrageous musical comedy that follows the misadventures of a mismatched pair of missionaries sent on a mission to a place that's about as far from Salt Lake City as you can get.

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





## WHY CHOOSE PAWS INDOORS?

- ✓ Less stress for your pets means less worry for you.
- ✓ No need to travel – we come to you, lightening your load and ensuring a hassle-free experience for you and your pet. It's all about making your life easier.
- ✓ Personal, compassionate care at your doorstep.
- ✓ Extended appointment times and vets that listen to your concerns.

## Vet care in the comfort of your own home

*Does your pet dread car rides?*

*Do vet visits cause them stress?*

**Paws Indoors** offers professional, veterinary care in the comfort of your home, providing a convenient and stress-free experience for you and your pet.

Serving Norwich  
and South Norfolk  
for over twenty years



☎ 01508 498718

✉ [info@pawsindoors.co.uk](mailto:info@pawsindoors.co.uk)

🌐 [www.pawsindoors.co.uk](http://www.pawsindoors.co.uk)



*Don't let these  
pet hazards  
spoil your  
Summer*



Rabbits – check your bunny's bums daily. Ensure they are clean and free from droppings. Fly strike can take hold in less than 24 hours. If your rabbit constantly has a messy behind, talk to your vet as they can help with this problem.

Rabbits also need a cool shady spot to rest up in during hot weather and plenty of water.

Ticks. Are increasing in number and will bite people as well as dogs and cats. Even if you are using a preventive, ticks will still bite, so check your dog after every countryside walk. Ticks carry many diseases, including Lyme's disease – more serious in people than in dogs.

If you are bitten and see a target shaped rash around the bite, seek medical advice.



Cats generally enjoy the heat, but can get skin cancers. The thinly haired white areas over the ears and nose have least protection from the sun's rays.

If your cat has white ears or a white nose, apply pet friendly sunscreen – easier on the ears than the nose!

Excess heat is not good for any pet, but elderly and young pets and those with heart conditions struggle the most.

I find misting them with a plant sprayer or a rub down with a cool sponge more effective than the cooling mats alone. If your dog does become overheated – you will see excessive panting, dizziness and collapse. Cool them with copious water – jugs of cold from the kitchen tap is fine, and once soaking, get them to the vet.



📧 [info@pawsindoors.co.uk](mailto:info@pawsindoors.co.uk) | [www.pawsindoors.co.uk](http://www.pawsindoors.co.uk)







## Would you like a change of career?

If you are looking for a job or need a qualification to progress in your current career, Adult Learning have a wide range of vocational courses, running online and in local venues to choose from.



- Accounting and Bookkeeping
- Business
- Care
- Childcare & Teaching Assistants
- Construction
- Counselling
- Mental Health
- Nutrition and Health
- Paediatric First Aid

[www.norfolk.gov.uk/adultlearning](http://www.norfolk.gov.uk/adultlearning)  
0344 800 8020 (option 5)



## Performance on Sweet Briar Marshes

**Limbik Theatre** and **Norwich Theatre** are delighted to announce **Edgeland**, a brand new show that will be performed at NWT Sweet Briar Marshes in Norwich. **Edgeland** is part of Norwich Theatre's Beyond stage programme and will be performed on the marsh between **29 May - 15 Jun.**

**Edgeland** is a nature tour that turns into a fascinating mystery. The show playfully fuses factual and fictional responses to the marsh and weaves a compelling yet quirky mystery of a young woman who disappeared years ago. A multi-sensory experience that combines immersive audio, live action, choral movement, and the natural world that will thrill and entertain audiences of ages 11+.

Audience members will be taken on a journey through the nature reserve, and through their silent disco headsets, they will hear voices and sounds of the marsh past and present as the story of the young woman's mystery of her disappearance can finally be solved.

**Sarah Johnson, Co-Director at Limbik Theatre, said:** "Edgeland may be a Limbik show, but it really belongs to the hundreds of people who, through workshops, writing groups and discussions, have helped inspire it. We like to get out there and discover

the show that our communities want us to make. There is an abundance of creativity in Norfolk and a great sense of connection to our landscape."

**Natalie Bailey, Director of Engagement at Norfolk Wildlife Trust, commented:** "We're delighted to be collaborating with Limbik on this project. This summer, we supported their community engagement and it's been fantastic to welcome new faces to Sweet Briar Marshes. We've glimpsed dancers moving in the trees and helped children look for bugs to inspire their stories. We're excited to be working with Limbik to create an experience that will deepen visitors' connection with the reserve. We know this connection with nature is crucial for people to value and take action to support Norfolk's wonderful wildlife."

Limbik Theatre presents **Edgeland** in partnership with Norwich Theatre and Norfolk Wildlife Trust; **Edgeland** has been co-created with communities and in conversation with wildlife experts. It is supported by funding from Arts Council England.

**Edgeland** is on between 29 May – 15 Jun. For more information or to book, visit [norwichtheatre.org](http://norwichtheatre.org) or call the Box Office on 01603 630 000.





**FREE** tiles from our tile range with every full installation

**Wet Room Display in Our Showroom**

Independent Family business



# COOPERS

Bathroom and Wetrooms Ltd

- En-suites • Shower Rooms • Bathrooms to Suit Your Needs
- Level Access Walk in Shower Rooms • Crown Kitchens
- Supply Only or Full Installation • Small Building Work
- Tiling, Plastering • Electrics, Plumbing • Less Able Wet Room
- All Work Guaranteed • Grant Work Undertaken

## 01603 400134

**Visit our Showroom**  
1 Taverham Nursery Centre,  
Fir Covert Road, Taverham,  
Norwich, NR8 6HT

Mon, Wed & Fri 9am-2.30pm  
Tuesday by appointment  
Saturday 10am-2pm  
Sunday & Thursday closed



**norwichsunblinds**

# Buy 2 Get 1 Free

On Our Handmade Blinds

Terms and conditions apply

01953 544015 [www.norwichsunblinds.co.uk](http://www.norwichsunblinds.co.uk)

Supported by:  
**BECCLES TOWN COUNCIL**

# VISIT BECCLES

*Historic Charm, Natural Beauty*

Gateway to the Southern Broads, Beccles on the River Waveney in Suffolk has its own charming quay with easy-to-book public moorings and a friendly boating community. Beccles is a relaxed and thriving north Suffolk riverside market town with a huge heritage. You'll find it full of local spirit, independent shops and fab places to eat. Beccles hosts a range of great events from concerts, exhibitions and festivals to social sports and wellness, seasonal family fun and friendly community events.

Find out more at [visitbeccles.co.uk](http://visitbeccles.co.uk) or email [admin@becclestowncouncil.gov.uk](mailto:admin@becclestowncouncil.gov.uk)



[www.visitbeccles.co.uk](http://www.visitbeccles.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](http://www.wheatacrehallbarns.co.uk)

Norfolk Trusted Trader  
City & Guilds Qualified

**Cooper**  
Home Improvements

**FENSA**  
Registered Member

**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](mailto:enquiries@cooperhomeservices.co.uk)  
[www.cooperhomeservices.co.uk](http://www.cooperhomeservices.co.uk)

# Round the Bend



**DEAN BAKER**  
PLUMBING REPAIRS

**TAPS & TOILETS  
DRIPS & LEAKS**

Tel: **07973 131 906** E: [plombierdean@yahoo.com](mailto:plombierdean@yahoo.com)

For all your DIY and gardening tasks

# J's Maintenance Services

- ◆ Painting internally / externally
- ◆ Gutter clearing and repairs
- ◆ Fence repairs ◆ Roof repairs
- ◆ Door repairs ◆ Garden tidy

**07746 375349**  
**51najacques@gmail.com**

FULLY INSURED

Find out more:

# VISIT BECCLES

*SUMMER EVENTS IN BECCLES*

Beccles on the River Waveney in Suffolk is a relaxed and thriving north Suffolk riverside market town full of local spirit, independent shops and fab places to eat. Beccles hosts a range of great events from concerts, exhibitions and festivals to social sports and wellness, seasonal family fun and friendly community events.

Find out more at [visitbeccles.co.uk](http://visitbeccles.co.uk) or email [events@becclestowncouncil.gov.uk](mailto:events@becclestowncouncil.gov.uk)



[www.visitbeccles.co.uk](http://www.visitbeccles.co.uk)

**Beccles Carnival**  
16th & 17th August 2025

**Beccles Hospital Fete**  
28th June





# BEST DAYS OUT IN BECCLES

## CANOE, KAYAK & PADDLEBOARD HIRE

Escape far from the madding crowd in some of the quietest, beautiful and most idyllic parts of The Broads with **The Canoe Man**, the UK's biggest and best provider of **Canoes, Kayaks and Paddleboards** for hire.

Available through to October 2025

[www.thecanoeman.com/beccles-hires](http://www.thecanoeman.com/beccles-hires)



## SWIM & FUN AT BECCLES LIDO

Perfect for a swim and family fun

30m outdoor heated pool,  
Springboard,  
Giant inflatable,  
Heated toddler & paddle pools,  
Children's adventure play area.

Lane swimming,  
Family fun sessions,  
Full disabled access,  
Underwater lights.

Open all year round

[www.beccleslido.com](http://www.beccleslido.com)



## BIG DOG FERRY TRIPS



A relaxing 3 mile boat journey along the River Waveney - the perfect opportunity to enjoy the Broads.

Regular passenger ferry service between Beccles Lido and Geldeston Locks Inn pub. Stay on board for a round trip, disembark to enjoy a meal, drink or music in Geldeston, or take a one-way ticket and walk back on delightful footpaths.

Sailing April - October

[www.bigdogferry.co.uk](http://www.bigdogferry.co.uk)



BESTDAYSOUTIN**BECCLES.CO.UK**



Join Beccles Lido this summer season, with its swimming pools, heated to 28°C, through to the end of September.

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

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. From stone baked pizza to fresh blended milkshake, the café has something for everyone.

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.

Or why not take a relaxing trip on Big Dog Ferry to the Locks Inn Community Pub in Geldeston? Setting sail from the lido, 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, including the annual triathlon, aquathlon and aquabike on 8<sup>th</sup> June, plus a river swim on 29<sup>th</sup> 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)





# NOT FOR PROFIT LAW



Community Interest Company

## 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

## UEA Evening Language Programme



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

Languages taught include **Arabic, BSL, Chinese, Dutch, English, French, German, Greek, Italian, Japanese, Russian, Spanish and Portuguese.**

Find out more at: [www.uea.co/ulp](http://www.uea.co/ulp)

Got questions?  
Email: [ulp@uea.ac.uk](mailto:ulp@uea.ac.uk)



## Ayurveda at Inner Space



I am Dr.Sreenath Pulinthara, a qualified Ayurveda specialist from Kerala, India with 15 years experience and belong to the third generation of Ayurveda in my family.

My field of experience is with Arthritis, spondylitis, spinal disorders, acute and chronic lower back pain, shoulder and neck issues, infertility, digestive disorders etc

Ayurveda is an ancient medical system which had evolved 5000 years back.

The basic principles of Ayurveda medicine have curative and preventive aspects and gives equal importance to body and mind.

Ayurveda teaches us how to have a good longevity with good physical and mental wellbeing being.



Our Human body is mainly composed of PANCHABHOOTHAS (five basic elements)

The three pillars of body are TRI DOSHAS (VATA, PITTA, AND KAPHA) which determine the body constitution (prakruthi).

Every human being has a unique body constitution according to these DOSHAS.

We can access our body constitution and according to it, follow daily and weekly regimens to maintain good health.

Ayurveda also advise The FIVE BASIC TREATMENT know as PANCHAKARMA which are effective in all kinds of acute and chronic illnesses.

The medicines which are used in this treatment are from natural origin, mostly herbal preparations, free from harmful side effects.

My request to everyone to follow Ayurveda to have a good health.

Contact: 07533 533933  
[sreepulnthara@gmail.com](mailto:sreepulnthara@gmail.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](http://www.innerspacenorwich.co.uk)







## 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**

Unit 9B, Ellough Industrial Estate, Benacre Road,  
Beccles, Suffolk, NR34 7TD

## BECCLES AUCTIONS LTD

YOUR LOCAL AUCTION HOUSE



Do you have any items you would like to enter into  
one of our auctions? If so, please get in touch!

We are a family run business auctioneering a  
wide range of items via Timed Online Auctions  
on [easyliveauction.com/becclesauctions](http://easyliveauction.com/becclesauctions)

**01502 800937 | 07707 881936**



**info@becclesauctions.com | www.becclesauctions.com**

*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**

## WAVENEY LOGS

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

**Text/Call: 07930451698**

**Email: [waveneylogs@gmail.com](mailto:waveneylogs@gmail.com)**

Park Farm, Earsham, NR35 2AQ  
[www.WaveneyLogs.co.uk](http://www.WaveneyLogs.co.uk)

## The City Sweep

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



**[thecitysweep@gmail.com](mailto:thecitysweep@gmail.com)**

**[www.thecitysweep.uk](http://www.thecitysweep.uk)**

Join us for our Golden Year and  
discover all that the Poppy Line  
has to offer with unlimited hop  
on hop off travel!

## NORTH NORFOLK RAILWAY

1975 – 2025

Immerse yourself during one of our special events,  
and enjoy freshly prepared food served to your table  
aboard one of our Dining Trains.

### Rails & Ales, June 13 - 15

Hop on and off at least six steam and diesel trains  
and discover a different range of Norfolk beers and  
ciders at each station.

### The Golden Years, July 26 - 27

Join us for two days of classic vehicles and live  
music alongside an intensive train service in  
celebration of our Golden Anniversary!

*Unlimited travel all day long!*



*Steam trains most days April - October and discounts in advance*

**DAD'S ARMY**  
by JIMMY PERRY  
& DAVID CROFT

The infamous episodes:  
THE DEADLY ATTACHMENT  
MUM'S ARMY  
THE GODIVA AFFAIR  
THE FLORAL DANCE

Performed by  
The Dad's Army team  
in the  
Royal Variety Show 1975

**MADDER MARKET THEATRE**  
**AUGUST 5-10 2025**

**NORWICH PLAYERS THEATRE COMPANY**  
A Norwich Players Theatre Company production

This amateur production of "Dad's Army" is presented by arrangement with Concord Theatricals Ltd. on behalf of Samuel French Ltd. [www.concordtheatricals.co.uk](http://www.concordtheatricals.co.uk)

Maddermarket Theatre  
St John's Alley, Norwich NR2 1DR  
**[maddermarket.co.uk](http://maddermarket.co.uk) 01603 620917**

**BOOK NOW**







• **ALL ASPECTS OF ROOFING COVERED**

• **FREE QUOTATIONS**

**J H ROOFING SOLUTIONS**

★★★★★ 5 Star Reviews

"Jamie is well experienced in the roofing business, and his customer friendly and helpful attitude also gives confidence in his work. He'll certainly be my only call for any future repairs needed."

"Once again, J H Roofing Solutions did a great job, despite being hampered by the bad weather we've had recently. They visited the house in advance in order to make sure we were watertight and then completed the work as soon as the weather was dry enough. I said in my previous review that I would have no hesitation in using J H Roofing again and that remains the case. Jamie and Charlie are professional and pleasant to deal with and do a great job."

✉ [jamie@jhroofingsolutions.com](mailto:jamie@jhroofingsolutions.com)

☎ **07415 781971 • 01603 453762**



**BLINN SCAFFOLDING**

**BLINN ROOFING**

LOCAL FAMILY BUSINESSES  
SERVING NORWICH & NORFOLK  
FOR OVER 40 YEARS

DOMESTIC & COMMERCIAL  
CUSTOMERS WELCOME

PLEASE CALL OR EMAIL  
FOR A FREE QUOTATION

OFFICE : 01603 403 035  
MOBILE : 07880 808 049

[bunnsscaffolding@gmail.com](mailto:bunnsscaffolding@gmail.com)  
[bunnroofing@gmail.com](mailto:bunnroofing@gmail.com)

Saxophone  
& Jazz  
Ensembles  
for Norfolk



**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](mailto:david@davidfitzgerald.co.uk)

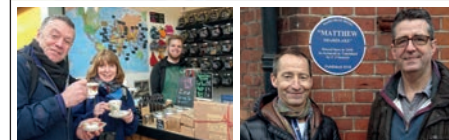
01603 632444 | 07872 929346

[www.davidfitzgerald.co.uk](http://www.davidfitzgerald.co.uk) [www.SaxWorld.co.uk](http://www.SaxWorld.co.uk)



PAUL DICKSON  
**TOURS**

Guided walking tours in  
Norwich, Cromer & the Broads  
National Park - all year-round



For more information see  
[www.pauldicksonstours.co.uk](http://www.pauldicksonstours.co.uk) or call 07801 103737  
e. [paul@pauldicksonstours.co.uk](mailto:paul@pauldicksonstours.co.uk) t. [nch\\_tourguide](https://www.facebook.com/nch_tourguide)

**ADVERTISE HERE**

**Contact Kellie**  
.....  
[kellie@angliaprint.co.uk](mailto:kellie@angliaprint.co.uk)  
01502 715551  
01603 629291

**EATON PARK CRAZY GOLF**  
Open Daily  
10am - 6pm  
Experience Norwich's original  
outdoor crazy golf course!  
No need to pre-book;  
just turn up & play!  
Eaton Park, South Park Avenue, NR4 7AU  
[www.eatonparkcrazygolf.co.uk](http://www.eatonparkcrazygolf.co.uk)





Norwich  
Castle

# ONE SELF

THE  
CREATIVE  
LIFE  
OF  
COLIN  
SELF

29 March -  
21 September  
2025

Norwich Castle  
Museum & Art Gallery,  
Norwich, NR1 3JU



## 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.



## Norwich Arts Centre

What's On

June /  
July

Wed 11 Jun @ 8PM  
Josh Glanc:  
Family Man  
Comedy

Price  
From:  
£18.50



Price  
From:  
£20.50

Thu 12 Jun @ 8PM  
Natty  
Reggae Music

Tue 17 Jun @ 8PM  
Tone presents  
Daniel Inzani  
Contemporary Music

Price  
From:  
£14



Price  
From:  
£18.50

Sat 28 Jun @ 8PM  
The Reverend  
Peyton's Big Damn  
Band  
Country Music

Norwich  
Arts  
Centre.

01603 660352  
[norwichartscentre.co.uk](http://norwichartscentre.co.uk)





# THE MOSSINATOR

DRY CLEANING • SOFT WASHING • POWER WASHING

OUR MACHINE  
WILL CLEAN

DRIVEWAYS

PATIOS

TENNIS  
COURTS

ARTIFICIAL  
LAWNS

IN NO TIME!

"Top quality workmanship.  
Clearly has a lot of experience."

— Andrew

"Very impressed.  
The results are 5 star."

— Laura

"Excellent service,  
polite and tidy work."

— Phil

"Quality work,  
amazing service."

— Josh

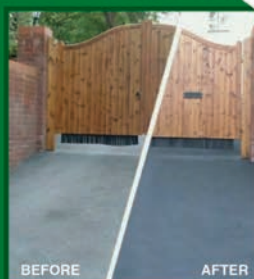


ALL YEAR TREATMENT



## Clean, Seal, Re-point

We can clean any hardware and surface, re-seal and re-point.



## Tarmac Restore

Tarmac restore is not a tarmac paint, it has been developed to help rejuvenate tired-looking tarmac surfaces. This durable sealer replaces the lost resin, brings the original colour back to the surface and extends the life of your driveway.



## Re-Resin

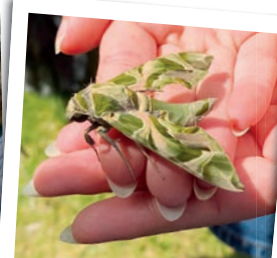
We can clean and re-resin old resin driveways, patios and paths to make it look shiny and new, enhancing the strength of your surface.

NO WEEDS ♦ NO MOSS ♦ NO MESS

GET IN TOUCH  
FOR A FREE QUOTE

01603 652855

readdriveways@gmail.com



## Grapes Hill Community Gardens

Spring flashed by in the blink of an eye. From the early blossom of the apricot, plum, cherry, apple & pear to the later quince & medlar. All very beautiful, but so briefly there. Hopefully they remained intact long enough to be pollinated by the bees, so we may have fruit aplenty from these to share with our volunteers & visitors later in the year.

At the end of April we took part in the very first Norwich Community Gardens Festival which went well, attracting new visitors to our garden for garden tours & activities including sunflower seed sowing. This was followed by our first big event of the year (Nature in the Garden). Hallsworth Animal Sanctuary returned with some adorable rescued ferrets, bunnies & pups & lots of good advice. The Butterfly Conservation Society joined us, having collected moths from our garden the night before & brought others

for us to see which was fascinating. Norfolk Master Composters also gave advice on composting & we were very privileged to have the wonderful 'Seasons Speak' eco-dyed textiles display from

the lovely ladies of Waterloo Park group. All with a backdrop of uplifting Ukelele & Classical guitar music & delicious refreshments.

Still to come are our Summer events: A Celebration of International Culture on June 15<sup>th</sup> (11-3pm) with more musical entertainment, language tasters, games, refreshments & more. Then on July 27<sup>th</sup> is our 'Arts in the Garden' event (11-3pm). If you have any nature based artworks you would like to display please let us know & you may join our artists, crafts people & musicians on that day. Contact details below for more details on events & workshops, including Eco-dyeing, Herbal teas & remedies, Board Games, Family groups, Volunteering etc.



@GrapesHillCommunityGarden  
@GrapeshillCommunityGarden  
@grapeshillcom

Words and pictures by Jo Rice

Grapes Hill  
COMMUNITY GARDEN





## 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

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



**Anglia Safety**  
Electrical & Testing Ltd



## A.P. CYCLES

SERVICE AND REPAIR SPECIALIST  
25 yrs Experience

11 Stafford Street,  
Norwich,  
Norfolk  
NR2 3BA



07815 170867

## 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

## 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

# Richard Penguin's Musical Triangle

In May I got to see Dorie Jackson, and Merry Hell at Folk on the pier, and Melin Melyn at the Arts centre, and have copies of their new albums as well. Both live and on her new album 'Stupid Says Run' DORIE JACKSON has created a subtle set of songs that seep into your soul the more you listen to them. Lyrically themes range from the deeply personal (Dementia on 'The Photo'), to the mythical ('Sun Horse') and historical ('Remember Majuba') while musically the songs are imbued with folk, jazz and prog influences over which her vocals float. Hints of Renaissance she is a member of the band Kaprekas Constant and her dad is former Van Der Graaf man David Jackson. These are songs that may take time to appreciate, but are well worth the perseverance. MERRY HELL are a joyous tour de force who have, quite rightly, won numerous awards for best live band, album, single, and band of the year and their new album 'Rising of the Bold' may be their finest so far. 4 of the 8 members share a surname, Kettle, and 3 of them are the main songwriters, namely John, Bob and Virginia. Wow!! can they pen a positive song with a message and restore a skip to your step. From the outset with Virginia's call to 'Pick yourself up and dance' to banish the blues, to their plea to stick to what you believe in on the title track, and the anthemic antidote to conflict 'Peace can be louder than war' with its thousand strong backing vocals there's an upbeat feel of we can, and will overcome adversity. That theme continues on 'Join Hands', 'Don't say I, say us', 'Not everything is wrong' and 'Singing in the morning', all songs of community and unity. If we work together we can make it a reality. The album is truly magnificent as was their live set during which some of the new album was aired alongside old favourites including 'There's a ghost in my house', the plea to be yourself on 'Loving the skin your in', and audience sway and sing along 'Bury me naked'. A superb band full of talented, grounded and lovely people. They are playing between 1.30 and 2.30 pm on the Sunlight stage at the First light festival in Lowestoft on

Sunday 22nd June and its free. Just be there. You won't regret it. Meanwhile at the Arts centre those wonderful Welsh wizards MELIN MELYN collectively dressed as Windy Miller drew us into their weird and wacky world centred around their 'Mill on the hill' that their greedy landlord wants to demolish. Harmony laden, 60s West coast and psychedelic pop permeates on their endlessly appealing cheery and whimsical songs. Both the album and live set with audience involvement and onstage addition of 'Henk' (a dummy who built their beloved mill) are and were delightfully surreal and entertaining. If you like the Super Furrries, Gorky's and the Soft Hearted Scientists you will love Melin Melyn. I did. Sadly I missed CHRISTINA ALDEN AND ALEX PATTERSON'S launch for their 'Safe Travels' album but the album itself is a rather lovely and personal insight into their lives in the post covid era. As they state it was 'inspired by home, family and the environment'. Beautifully played and harmoniously sung home and family loom large on the title song wishing safe journey's for loved one's, and 3 songs relating to their daughter on a parents love for a child on 'Etta's song', Christina's hospital trauma's on 'A Hundred Years Ago' and how she coped by reading 'The Starless Sea'. I have stated before how her tale of growing up in a musical household 'Our house' with its sing-along chorus may well be their finest moment so far. Wonderful. Alex's short sweet instrumental 'Raven Yard' thematically leads into their love of nature and the environment with songs about resourceful polar bears, clever crows, and the plight of the mountain hare concluding the collection it feels like a personal musical diary charting 2 years in their lives, and how they chartered their way through them. Charming, personal and warm hearted. A mention too for John Parker's delightful double bass lines. 5 albums I have been promoting- Steve Tilston- Last Call- His final album, Paul Armfield- Between the Covers- A literate gem, Lorenzo Bedini- Who Never Was- Psychedelia and Prog, Phil Martin- Freedom of

the city- Art pop and catchy songs The Book of Moons- Strange and Wyld Majick- Folk, Prog and Psychedelia. SOME GIGS- ANTEROS- June- 13th Eleanor Dunsdon, and Gregor Black. BRICKMAKERS- June- 1st Southbound, 4th Sound of Norwich night, 18th Psychedelic Circus, 22nd Feelin' Supersonic festival. CARBERRY'S CAFÉ- June 19th Corncutter promotions- Golden Shoals, EPIC- June 15th King Creosote, July 1st Stiff Little Fingers. THE HOLLOWAY- June 10th Eric Chenaux, 18th Zohastre, 20th- Ex Agent. NORWICH ARTS CENTRE- June 5th China Crisis, 6th Sam Kelly, 10th Butler, Blake and Grant, 12th Natty, 14th Nick Mulvey, July 1st Michael McGoldrick and Tim Edey, 5th Don Letts, 8th Florence Adooni, 10th Bonnie Dobson and The Hanging Stars. NORWICH FOLK CLUB- June 6th- Janice Burns and Jon Doran, July 11th Winter Wilson. UEA- June 21st Embrace. VOODOO DADDY'S- June 6th Mama Oh No, Santa Rita, Cosmic Surf, July 25th Majak Door. WATERFRONT- June 18th Chantel McGregor, July 5th- Electric Six. YALM- June 2nd- Jackie Oates. OUTSIDE OF NORWICH- Beccles- Canopy theatre- June 7th James Keelaghan, 20th Iona Lane. Geldeston- Locks inn- Bands on Sunday afternoons, + regular nights including second Thursday's Irish folk, third Thursday Book club. For more information- www.thelocksinn.com Check websites for more gigs. SOME FESTIVALS- NORFOLK- Sprowstonbury- June 7th, Folk in a Field- West Acre July 3rd-6th, Dereham Blues Festival July 9th to 13th, Attleborough and Necton Festivals- both July 12th. SUFFOLK- Brighton the Corners- Ipswich June 13th and 14th, First light- Lowestoft June 21st and 22nd, Latitude- Henham park 24th to 27th July. Folk East- Sotterly hall- August 15-17th (line up next issue). RICHARD PENGUIN mail@richardpenguin.co.uk

Celebrating  
**19 YEARS**  
of musical  
contributions



# CAN THE SEAS SURVIVE US?

Mapping a journey through the stories of our seas, now facing turbulent times due to climate change. This season of exhibitions delves into humanity's complex relationship with the oceans and their vital importance to our shared future.

## Featuring:

*A World of Water*

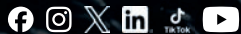
*Darwin in Paradise Camp:*  
*Yuki Kihara*

*Sea Inside*

**SAINSBURY  
CENTRE**

Living Art Sharing Stories

@sainsburycentre



15 March – 26 October 2025

sainsburycentre.ac.uk

Open Tuesday – Friday: 9am-6pm  
Saturday – Sunday: 10am-5pm  
Closed Mondays, including bank holidays

Image: Julian Charrière, Midnight Zees 2024.  
Copyright the artist, V&A Black + White, Bonn, Germany

## 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](mailto:sales@aspwills.co.uk)

[www.aspwills.co.uk](http://www.aspwills.co.uk)

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



# EAST COAST FUNERALS

Speak with us today (24hr service)

**01502 217060**

Dignified, Direct Cremation service  
at a local crematorium.

Direct Cremation Funeral

**£1,195**

Including all third party costs

All Inclusive:

- Funeral Director Fees
- Preparation & Care
- Coffin
- All Transportation
- Local Crematorium Fee

OWL Building  
Battery Green Rd  
Lowestoft  
NR32 1DH

[info@eastcoastfunerals.com](mailto:info@eastcoastfunerals.com)  
[www.eastcoastfunerals.com](http://www.eastcoastfunerals.com)

**Golden  
Charter**





# Norfolk & Suffolk's Favourite Loft Boarders

Loft Ladders

Loft Boarding

Loft Insulation

Loft Shelving

Loft Conversions

Manufacturer Approved

Fully Insured

Full Guarantee

No Deposits



## Fully approved in all systems we install

10 year guarantee on all wooden loft ladders



01986 483283 | [info@earshamlofts.co.uk](mailto:info@earshamlofts.co.uk)

