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June / July 2025

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## 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*



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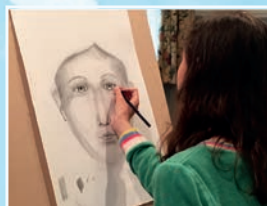
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## Vanessa and Tobias together

**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)





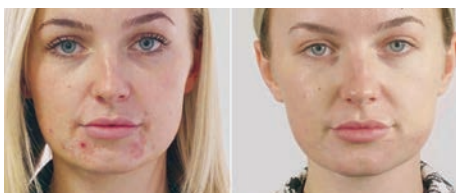
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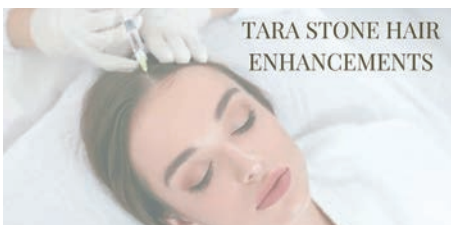
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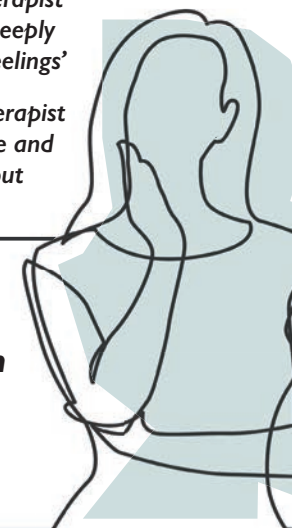
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# Summer sensations



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.





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*Don't let these  
pet hazards  
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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.



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[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.





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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 café 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)





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## 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 known as PANCHAKARMA which are effective in all kinds of acute and chronic illnesses.

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

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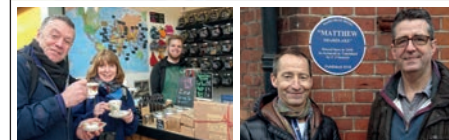
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## One Self: The Creative Life of Colin Self at Norwich Castle

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.



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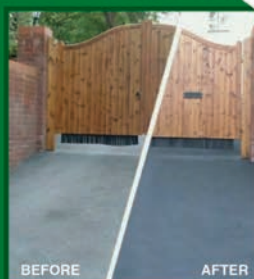


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## Grapes Hill Community Gardens

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

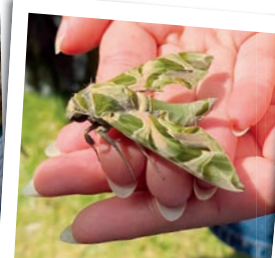
for us to see which was fascinating. Norfolk Master Composters also gave advice on composting & we were very privileged to have the wonderful 'Seasons Speak' eco-dyed textiles display from

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.

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Words and pictures by Jo Rice



Grapes Hill  
COMMUNITY GARDEN





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# 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

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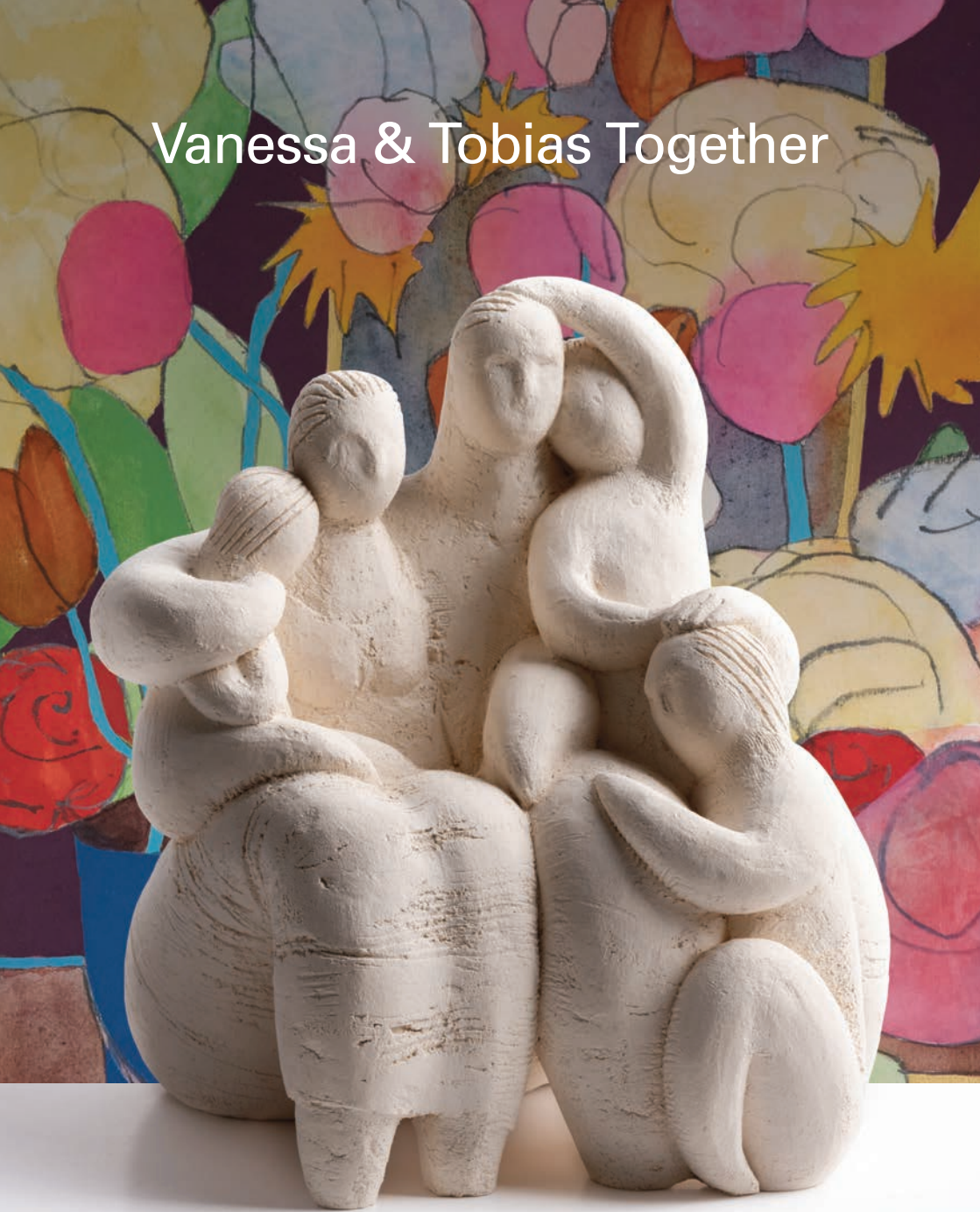
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