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publication

Aug / Sep 2025

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## Welcome....

To the August /September issue, plenty of things to keep you busy inside edition, if you fancy dancing all day long you can join in the **Sue Lambert Trust Daytime Disco** on Saturday 2<sup>nd</sup> August. Taking place outside The Forum in Norwich from 10am until 3pm, inside an inflatable dome, this event is for all ages, so have a good old boogie while raising funds for the charity to support victims of sexual violence and sexual abuse.

**Norwich Theatre's Open Day** is back on 9<sup>th</sup> August and is free to attend, for more details see website

[norwichtheatre.org](http://norwichtheatre.org)

After a major redevelopment, Norwich Castle's magnificent medieval Keep reopens to the public this August – offering a first chance to explore its remarkable transformation.

Visitors can now explore all five floors – including a stunning new **Gallery of Medieval Life**, created in partnership with the British Museum. Nearly 1,000 medieval objects will be on display, alongside hands-on experiences, interactive storytelling and spectacular views from the battlements. Head to their website for more details and to book [norwichcastle.norfolk.gov.uk](http://norwichcastle.norfolk.gov.uk)

Have a wonderful summer...

Kellie x



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## Interior design for cats



**A**n indoor cat's home is its castle, with resident staff!

How can you best meet your indoor cats emotional and behavioural needs?

Dogs are renowned for their sense of smell, but cats' noses are just as sensitive. Much of their communication is scent based – face rubbing and scratching leaves reassuring scent marks around the house.

Wash bedding in rotation so that there is always some of their own scent present. Try not to use too many reed diffusers or strong-smelling home cleaning products which will overpower the cats own delicate pheromones.

Although indoors, cats can still smell prowlers and strays outside. The scent of a feral tom will be particularly alarming. They will feel safer if there are curtains or plant pots at the window and if patio doors are blocked off



at the bottom with obscure window film or cardboard.

Cats think and move in three dimensions. They will enjoy having resting ledges at several levels. Think cat trees, shelves and on top of the wardrobe or kitchen cabinets. Being up high makes them feel safe.

Cats prefer food, water and litter stations to all be separate from each other. The general rule is to have one of each for each cat, and one extra. This will allow housemates to access what they need easily without being bullied by another cat in the house.

Unhappy cats will express themselves by toileting in odd places, fighting, hiding or showing other behaviour changes.

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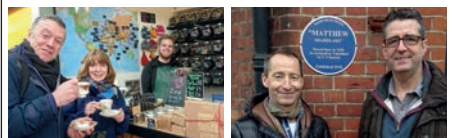


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## Norwich Theatre's Open Day is back!

Norwich Theatre is delighted to announce its annual **Open Day**, which returns on **9 Aug**, offering the ultimate trip out for any theatre fan. This completely free event offers a unique chance to go behind the scenes and discover how the magic of theatre is brought to life.

Start your Open Day adventure with a guided, access-all-areas tour of Norwich Theatre Royal and Stage Two. You'll go backstage, explore beneath the stage, peek into dressing rooms, and even stand on the stage itself! Prefer to explore at your own pace? A self-guided route is also available. To ensure the day is accessible for everyone, audio-described, level-access, and quiet tours are available.

After treading the boards, it's your turn to get involved! See fly rail demonstrations, try your hand at lighting the stage, or check out the prompt desk. Ever wondered about a career in theatre? Don't miss our Tech Talks with the Technical Department. These bookable sessions are perfect for anyone curious about what happens behind the bright lights, offering insights into life backstage and career opportunities.

Feel like unleashing your inner diva? Try on some of our fabulous costumes from past pantos, or consider getting your face painted. Don't forget to tick this all off your family activity trail for your chance to win some fantastic prizes.

The fun doesn't stop there! Head to Norwich Theatre's restaurant Prelude for Dino Jam, a hilarious and free 20-minute puppetry show starring a Stegosaurus, Brachiosaurus, and Pteranodon.

Open Day is an opportunity for people of all ages not only to get behind the scenes, but to learn more about the difference we make in our communities. Friends and Supporters Manager, Hannah Crouch, explains:

"Norwich Theatre is a registered charity and we are proud to be able to use the many talents of our creative teams that are on show during the day to support those who need it most with life-changing creative experiences; from music workshops for people living with dementia to holiday programmes for care experienced young people.

"Open Day gives us a fantastic opportunity to share more about our work to support education, creative engagement and artistic development activities in the community with people who feel as passionately about the positive impact of creativity as much as we do."

Open Day runs between 10am and 3pm and is completely free to attend.

For more information visit [norwichtheatre.org](http://norwichtheatre.org)





## Norwich Castle

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## Step inside the royal palace at the heart of Norwich



After a major redevelopment, Norwich Castle's magnificent medieval Keep reopens to the public this August – offering a first chance to explore its remarkable transformation.

Part of the ambitious **Norwich Castle: Royal Palace Reborn** project, the redevelopment sees one of Norfolk's most iconic buildings returned to its original grandeur as a Norman royal palace. Supported by the National Lottery Heritage Fund, the Keep has been carefully restored, with its medieval rooms, floors and furnishings reinstated for the first time in centuries.

Visitors can now explore all five floors – including a stunning new **Gallery of Medieval Life**, created in partnership with the British Museum. Nearly 1,000 medieval objects will be on display, alongside hands-on experiences, interactive storytelling and spectacular views from the battlements.

It's also now the **most accessible castle in the UK**, with lifts enabling all visitors to journey from basement to battlements.

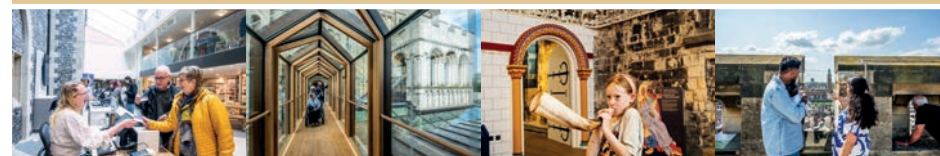


Whether you're a history lover, a family seeking something new, or simply curious to experience the transformation – don't miss this extraordinary moment in the Castle's story.

**Opening to the public Thursday 7 August 2025**

Priority booking for Museums Pass holders:  
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As well as putting on shows, the Hall is a vibrant hub of community engagement and celebration. A dedicated army of local volunteers (supported by a small staff) work tirelessly – not only selling tickets in the Box Office, pouring drinks at the Bar and ushering patrons to their seats, but reaching out to local community groups, schools, clubs and homes to support them and share all the Hall has to offer.

They're currently hoping to recruit a voluntary Community Engagement Coordinator to help administer their community work, so if you have a few hours free each week and would love to get involved with a local theatre, they want to hear from you.

**L**ooking for a venue to host your upcoming event? The Hall is perfect for any kind of gathering - birthday parties, anniversary celebrations, charity fundraisers, conferences, exhibitions, discos, craft and food fairs, fashion shows...you name it. Able to accommodate over 200 people - and with kitchen facilities, a fully stocked bar, spacious dressing rooms, a drop-down cinema screen, piano and excellent technical services - the Hall can make your function exactly how you want it.

*Beccles Public Hall and Theatre* is in an exciting new part of its life, with renewed energy, vision and commitment from all involved. Whether you're want a great night out, somewhere to take your family during the holidays, to get more involved with the community, or a venue to put on your big event, the Hall is for you.

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## So what on earth is Qigong?

This is a question I am often asked, usually right after 'how do you say that?'

Qigong (pronounced Chee-gong) is an ancient health practice that combines flowing movement with the breath. Sometimes described as a moving meditation or mind-body wellness practice. It has been proven to reduce stress, increase flexibility and general well being. Movements are easy to learn and are suitable for people of all ages and abilities as many of the moves can be done seated. Older people who practice Qigong report that it increases their vitality and builds stamina helping them to maintain good health.

I also offer Women's Qigong which is a wonderful system created by Daisy Lee to support women's health and address challenging symptoms that arise as we move through all stages of life. It focuses on beautiful flowing moves but also includes other practices such as Tibetan Sound Healing, Lymphatic massage and techniques to wake up your body's immunity. These techniques encourage deep self care and renewal.

Join my classes at Inner Space.  
Women's Qigong on Tuesday at 6pm  
Classes for all Wednesday and Friday at 10.30am

For details contact Kit: [kittadam@yahoo.co.uk](mailto:kittadam@yahoo.co.uk) | Inner space: 07802744894

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## Sensational shows

Whether you are into sizzling dance, heart-wrenching opera, a musical treat or a cosmic adventure, Norwich Theatre has the perfect show for you.

**Fiddler on the Roof | 12 – 16 Aug**

This is a rare opportunity to catch one of the greatest musicals of all time. It's 1905 in the tiny village of Anatevka, where Tevye, a Jewish milkman, lives his life by the proud traditions of his people. For his five daughters, that means a visit from the matchmaker. As each daughter challenges his beliefs, can Tevye hold on to his roots?

**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 show 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.

**Trouble in Tahiti and La voix humaine: Opera Double Bill | 2 – 3 Sep**

Bernstein's Trouble in Tahiti paints a vivid picture of a young couple, Dinah and Sam, who, from the outside, appear to have it all. Poulenc's La voix humaine brings

us into an incredibly intimate and heart-wrenching moment. It's a one-woman opera that unfolds entirely through a final phone call between a woman named Elle and her lover.



**The Exoplanets | 6 – 7 Sep**

The Exoplanets is an extraordinary blend of theatre, live orchestral performance, and planetarium experience. Standing on the shoulders of Gustav Holst, the music of The Exoplanets is a new kind of orchestral suite, created by a super-group of composers from around the world.

**Matthew Bourne's The Midnight Bell | 9 – 13 Sep**

Be transported back in time to a 1930s London pub with Matthew Bourne's The Midnight Bell. Sexy and smouldering, The Midnight Bell is a tavern where one particular lonely hearts club gather to play out their lovelorn affairs of the heart, bitter comedies of longing, frustration, betrayal and redemption.

**Hamilton | 16 Sep – 25 Oct**

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## Would you rather...

If you had to reduce the ground you use for growing food what would you give up? Fruit? Veg? Herbs? Let me help you decide!

**Potatoes v strawberries:** strawberries need quite a lot of water and sunshine to turn them into the sweet seasonal morsels that we all love. Luckily, they usually work out alright and because they freeze well, they can provide little reminders of summer at Christmas. Potatoes, on the other hand, need a lot of water and space when growing, as well as for storage. Around the turn of the year they've got to be inspected regularly and the squishiest



ones have to be discarded before they infect all the remaining ones and turn them into an inedible mush. I think the 🍓🍓🍓 have it!

**Lettuce v blackcurrants:** lettuce often looks much better than it tastes. All the appeal comes from the texture rather than the flavour. It contains a good percentage of the daily recommended intake of vitamin K and people like it when they're on a diet. Blackcurrant bushes drip with fruit that contain nearly half of the vitamin C we should eat every day. The syrup or stew, mixed with other red fruit, is a delight and keeps for ages. As for the jelly, that's an absolute must with afternoon teas. I think the 🍇🍇🍇 have it.

It's been a fantastic fruit growing year and I would miss fresh, seasonal fruit much more than veg... but I do have a period every year when I could kill for green, leafy veg. How lucky am I that I don't have to choose!

Birgit Grien



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NEUROMINDS  
FROM CHAOS TO CLARITY

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**Neurominds** is the brainchild of Jan Roberts. It's an organisation dedicated to supporting individuals and families with neurodivergent conditions. Based in Norwich and operating nationwide, Neurominds offers vital support for the growing number of people living with conditions that can all too easily hijack and derail lives. These include ADHD, Dyspraxia, Dyslexia, Dyscalculia, Tourette's, and Autism.

Neurominds fills a significant gap in public services by offering a range of tailored solutions to meet individual needs, many of which may be funded through Access to Work (ATW), a government scheme that helps disabled people or those with chronic health conditions start or remain in work. Support might take the form of one-to-one coaching, online courses, or structured co-working sessions designed with neurodivergent needs in mind.

For those navigating the often-overwhelming ATW application process, Neurominds offers flexible, hands-on support. This can range from advocacy and personalised guidance, including help with clearly communicating needs and securing the right workplace adjustments, to taking on the entire application process on an individual's behalf, liaising directly with ATW Case Managers.

There's also a regular newsletter: one for individuals and another for schools. Each edition is packed with life hacks, good news stories, practical resources, recipes, and more, all designed to inform, inspire, and connect.

If you'd like to find out more, the first step is to book a free Discovery Call. From there, a bespoke plan of action can be created to meet your

unique needs. Parents struggling to understand their neurodivergent children may find one-to-one sessions particularly helpful, learning practical strategies to support family life, all rooted in both lived experience and research. For adults, support is focused on strengths, goals, and learning to work with their condition, enabling them to thrive.

### Exciting New Developments at Neurominds

We're delighted to share that starting this September, Neurominds will be launching a short online *Neurodiversity Awareness Course*, which is CPD-accredited and can count towards professional development hours. This course is ideal for anyone looking to deepen their understanding of neurodivergence, whether you're a professional, a parent, or someone exploring your own neurodivergent identity.

In addition, from early Autumn, Neurominds will begin offering a comprehensive assessment, diagnosis, and, where appropriate, medication titration service. Initially, this will be available as a privately funded option at a reduced rate, with plans to expand access through the *Right to Choose* pathway soon after.

These new offerings reflect their continued commitment to increasing access to quality support and empowering neurodivergent individuals across all stages of their journey.

Living your best life lies at the heart of Neurominds' philosophy. By helping parents to find a rewarding path through an overwhelming world and educating institutions, businesses and individuals on what neurodiversity means, they hope to continue to support people in transforming lives.







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### What's On August / September



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Blues Music

Fri 29 Aug @ 8PM  
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Music Rock/Pop



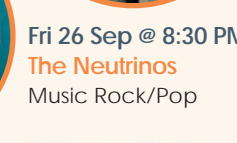
Price  
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Thu 4 Sep @ 8PM  
**Samba Touré**  
Music World



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Wed 24 Sep @ 8PM  
**IDEAL: Starring  
Johnny Vegas @  
EPIC Studios**  
Comedy



Price  
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Fri 26 Sep @ 8:30 PM  
**The Neutrinos**  
Music Rock/Pop



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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 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.

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)







## Evening of medieval music

**Sat 4 Oct. 7.30pm**  
**Booking open for tickets**

*A rare chance to come to an  
Evening of medieval music taking place  
in the historic church of St. Michael  
and All Angels, Geldeston.*

*The evening gives us a chance to experience  
music that was being performed in the early  
days of the church from the Anglo-Saxon  
and Medieval periods (dating from approx.  
the 900-1150 and 1400-1600). It  
will be played on replicas of contemporary  
instruments including the harp psaltery, a  
rebec (an early form of violin), an Anglo-  
Saxon lyre (copy of one found at Sutton  
Hoo), in addition to bells, percussion and  
reed instruments. Anglo Saxon music was  
mostly transferred orally with only a few  
fragments written down and these provide  
a basis for the music performed, with other  
sources from medieval France and England  
including the Court of Elenor of Aquitaine.*

*Adding further to the authenticity, the  
players wear period costumes with a change  
in the second part of the programme.*

*Apply for tickets from  
tidingsmag@gmail.com or 01502 713384  
for this most interesting and  
enjoyable evening.*

*The event is part of the 2025 Patronal  
Festival, and in aid of the Church restoration  
fund. The church will be decorated for  
harvest for the music evening with a service  
the harvest next day at 10.30am taken by  
the Bishop of Thetford.*

## Richard Penguin's Musical Triangle

Festival season has arrived, and having recently enjoyed a Saturday at the Dereham Blues festival and Sunday at First Light in Lowestoft there are 3 more festivals that I can thoroughly recommend. FOLK EAST- August 15th to 17th. Having spent the last decade based at Glemham hall this year the festival is moving to its new home on the 3,500 acre Sotterley estate near to Beccles. With ancient woodlands, lakes and its own 12th century church it appears to be an equally grand and suitable site. There are always special events at Folk East and the one that stands out this year for me is the aptly named Second Cousins stage on the Saturday as a 60th anniversary tribute to the legendary London venue Les Cousins that hosted many of the finest acoustic acts and singer songwriters from the mid 60s to early 70s. 4 surviving artists namely Bridget St John, Steve Tilston, Ian A Anderson, and John Altman will be taking to the stage together with new artists who embody the spirit and ethos of the original venue. Saturday also sees Sam Amidon, Megson, Kathryn Tickell and the Darkening, and Katie Spencer among others performing at the festival. Friday's line up includes Good Habits, Sheelanagig, Tarren, John and Lynne Ward, Longest Johns, The Tamsin Elliott Trio, and Pound, Stevens and Macfarlane performing 'Earth, The Silent Planet', while Sunday brings among others The Finn Collinson band, Gigsanner trio, Aldridge and Goldsmith, Kris Drever, Penguin Café, Sam Carter and Tim Edey. Equally there will be a wide range of workshops, food and drink, a youth moot, Art Arcade, Dance tents, talks, and a book club. For more info [www.folkeast.co.uk](http://www.folkeast.co.uk)

Saturday 16th August also sees the second year of AFRI FEST at Chapelfield Gardens in Norwich. Billed as a vibrant celebration of African culture, music, and cuisine artists performing include the Congolese rumba and rock band Zong Zing All Stars, Kenyan music artist Bien (Sauti Sol), London based Afrobeat artists YXL, Ayo, and Nubia, together with superb Kora player Sefo Kanuteh who has been residing in Norwich for more than a decade. More info- <https://theafrifest.com/>  
The weekend of the 5th to 7th September sees the BUNGAY FOLK FESTIVAL taking over the town for a second year with more than 50 artists and bands playing

mostly for free, with some paid concerts and a wealth of workshops taking place. Venues taking part include the Fisher Theatre, St Mary's and Holy Trinity churches, The Bell Gallery, Number 28 café, The Community Centre, The Riverside Centre, and the library as well as a whole host of artists playing the 3 Tuns pub. Some of the artists playing for free include The Larks, Homity, Tangled up in Bob, John Ward, Alden and Patterson, Clark and Zuppardi, Wendsum, The King Driscolls, Rattlebox and Will Fergusson. There are paid concerts on the Friday by Mishra and Chris Cleverly, the Saturday by Eliza Carthy and Sound Tradition, and the Sunday by Orchestra of Samples and Tamsin Elliott and Tarek Elazhay. There are a wide range of workshops over the weekend from learning to play the Flute, Guitar, Concertina and Bodhran, through to Harp, Hurdy Gurdy, Melodeon and Mandolin. Dance wise there will be Ceilidh's as well as displays of Morris and Eastern dancing. There will also be a Folk Picnic at the Castle with free live music from 11am to 5pm on the Sunday. To find out more about the weekend go to <https://www.bungayfolkfestival.co.uk/>  
Thinking of folk events local folk musician Georgia Shackleton set up a new first Monday of the month night a few months back that has proved to be successful and enjoyable. Entitled FOLK AT YALM the likes of Good Habits, Phil Beer, Jackie Oates have already appeared. Highly rated traditional singer and musician Nick Hart is playing on the 1st September and among other artists that she has lined up are the combination of her own trio with Alden and Patterson under the guise of Kiteewing on the 6th October and Alistair Anderson supported by Adam Clark on November 3rd.  
NORWICH SUMMER SESSIONS- St Gregory's Green- July 24th Tom Moore and Archie Moss, 31st Suntou Susso + Ross Grant, August 10th Kiteewing, 17th Hannah Scott, 24th The Carrivick Sisters, 31st Safrela. Gentleman's Walk- July 24th Beat Fiasco, 31st Shunters Company, August 10th See Emily Play, 17th The Vagaband, 24th 4 D Jones. Hay Hill- July 31st Alice Lily, August 17th Aphra, 31st Eliza Delf and the Wilderness. Westlegate- August 10th Pharmacists, 24th Marmoset quartet, 31st New Noise. All events are free. <https://www.norfolkcommunityarts.org.uk/what-we-do/norwich-summer-sessions/>

SOME CONCERTS- ANTEROS-  
September 4th Kate Griffin and  
Matchumer Zango, BRICKMAKERS-  
August- 4th Future fest, 9th Route 66,  
27th Norfolk Blues society, September- 4th Blaze Bayley,  
27th Diva Purple. B2- August- 27th Danny Wildheart,  
EPIC- August- 5th ELO Encounter. THE HOLLOWAY-  
August- 15th Cerys Hafana, 16th Psychic Lemon, 21st  
Arnaud Riviere, 22nd Liam Grant, September 12th Night  
folk presents, 26th Georgie Hume and the Pity Party.  
NORWICH ARTS CENTRE- August- 14th Alan Sparhawk  
(Low), 16th Round Midnight (Jazz), 24th Horse, 29th  
The Burning Hell, September- 5th Daddy Long Legs,  
12th Round Midnight, 16th- Crawlers, The Neutrinos  
+ Lassie, 27th John Martyn Project. NORWICH FOLK  
CLUB- September- 5th The Shackleton Trio, THE PUPPET  
THEATRE- September 21st Bill Vine, 28th Track Dogs. UEA-  
August 27th Hawkwind. VOODOO DADDYS- August- 5th  
Battlesnake, 29th Full Flower Moon Band, September- 3rd  
Glare, 12th Alice Lily, 13th Love is Noise, 18th Midnight  
Rodeo. WATERFRONT- August 11th Melvins, 14th Starcat,  
23rd Young Knives, September- 5th Fun Lovin' Criminals,  
26th Skids, 29th Billy No Mates. Yalm- September 1st Nick  
Hart. OUTSIDE OF NORWICH- BECCLES- Canopy theatre-  
September 13th Daisy Chute, 20th Coal Porters. Town  
hall- Check website. BUNGAY- Fisher theatre- September  
13th An evening of acoustic and early psychedelic Pink  
Floyd. CROMER- Community centre- September 5th  
Otway and Barrett. GELDESTON LOCKS INN- AUGUST-  
Sunday afternoon's- Local bands 2.30 pm, Wednesday's  
and Thursday's- Irish and acoustic sessions (check  
website). LOWESTOFT- The Slounge- August- 9th The  
Vagaband, 15th Brother Pit, 21st Myatt and Boyce, 22nd  
Laurence Kingston Band, 30th Fools Moon, SEPTEMBER-  
4th Batfish, 5th Loose Leaf Drifters,  
12th Dove and Boveevil, 18th W M  
Person, 20th Corgel Magico, 28th  
Carley's Wreck & Ruin. See websites  
for more concerts + details of support  
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## Dance all day at the Sue Lambert Trust silent disco inside an inflatable dome

Dance all day long at the Sue Lambert Trust daytime disco on Saturday 2<sup>nd</sup> August. Taking place outside The Forum in Norwich from 10am until 3pm, inside an inflatable dome, this daytime disco event is for all ages.

Buy a ticket in advance or on the day, and dance for five hours straight or join in for one hour only. Mini boppers are welcome too, with tickets for children aged five and under completely free.

Daytime disco-goers will be handed a pair of wireless headphones, with different genres of music being played through the headsets on transmitters. Whether you're a fan of the cheesiest 80's tunes, house music or afro-pop beats, there will be tracks playing to suit every musical taste, as the genre switches on the hour, every hour. It means club-goers can select which set-list they personally want to play through their headset and dance to.

Those who think they can dance for the full five hours straight can sign up for a sponsored danceathon challenge. Raise £50 in sponsorship before the day, and your entry ticket is free.

This family-friendly fundraiser is organised by Norfolk charity Sue Lambert Trust. All proceeds raised will be used by the charity to support victims of sexual violence and sexual abuse, funding their specialist counselling and therapy services.

For tickets and more information go to [www.suelamberstrust.org](http://www.suelamberstrust.org) and click on 'Get Involved'

Throw on some sequins and be part of a feel-good fundraiser supporting a local charity delivering real impact for its clients in Norfolk.



(photo supplied by Sue Lambert Trust)



## Globetrotting Neutrinos return for first rock gig in 2 years

Norfolk's maverick art-rock pioneers The Neutrinos return to Norwich Arts Centre, their spiritual home on Friday 26 September with their first full on rock 'n' roll show for over two years.

From their Norwich base the band have travelled the world to perform an ever evolving and expanding collection of original songs taking in irrepressible dance groove, thrilling rockers set to raise the dead and occasional pindrop quiet, laments guaranteed to make you swoon.

Recently the band have been concentrating on their KlangHaus show, creating an entirely new way to enjoy live music and described by **The Guardian** as 'the most innovative presentation of live music I've ever seen'.

The September gig marks their return to home waters from Istanbul where they have been plotting a new bespoke version of KlangHaus for 2026.

Singer Karen Reilly told Triangle 'We've been performing KlangHaus to wildly enthusiastic audiences but sometimes we just want to perform the songs we've been writing and releasing in the traditional rock n' roll way. We'll also be dusting off a few old favourites for the gig which will be our first since July 2023.

And of course there was no question about the venue, Norwich Arts Centre is simply our spiritual home. It'll be loud, it'll be quiet, it'll be classic Neutrinos and after two years of not being in front of a full audience we're ready to embrace the stage!

In a five star review of their last New York visit World of Gigs magazine said 'A Neutrinos show will leave you dazed, shocked, maybe scared, but certainly thrilled'. Closer to home The Guardian called them 'total game changers'

The Neutrinos have been at the cutting edge of music making for over 20 years. KlangHaus became a smash hit at two Edinburgh Festivals before going on to sell out over 100 performances at London's Royal Festival Hall. The Times described them as 'A blast of aural and visual magic'. Its sister show Darkroom has also performed to great acclaim at Edinburgh and at Glasgow's COP26 UN Climate Conference.

Special guests on the night are **Lassie**, (Emily Winng and Camille Davila) purveyors of dark Lynchian psychedelic-folk laced with tribal-punk, filtered through lilting melodies and hard hitting harmonies.

We don't know when the next Neutrinos show will be so grab tickets now for this unique band right at the very top of their powers.

Tickets from [www.norwichartscentre.co.uk](http://www.norwichartscentre.co.uk)



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## SILVER WINGS THE US ARMY AIR FORCES IN WWII NORFOLK

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