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Oct / Nov 2025



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Welcome...

To the Autumn edition! We have a lot to look forward in the next couple of months. Starting with the return of Norwich Book Festival in October, after its successful debut last year - this year it runs for 8 days! Presented by The Forum the event is on 24th - 31st October (more details on page 5)

Norwich Ghost Walks are here, to tell you about Norwich's spooky secrets with their unique tours and events including their Halloween specials. (See more information on page 11... if you dare...)



Beccles Beer Festival are back for their 13th Autumn Beer Fest raising funds for Beccles Lido. They will be showcasing 40 ales and stouts, cider and lagers from 23 local breweries. They also have live music throughout the weekend and a silent pub quiz! (See page 9 for the details)

And finally to get you into the Christmas spirit The Festive Fair is back at The Forum on 27th - 30th November. With stalls selling things from jewellery, pottery, cakes and candles, you will be sure to find something for that 'hard to buy for' friend or relative! There will also be a selection of seasonal food and drink to enjoy while you wander around and listen to Norfolk's Fab-yule-lous Pavilion Brass Quintet.



Kellie x



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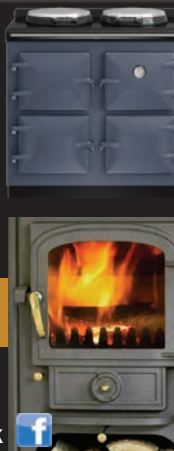
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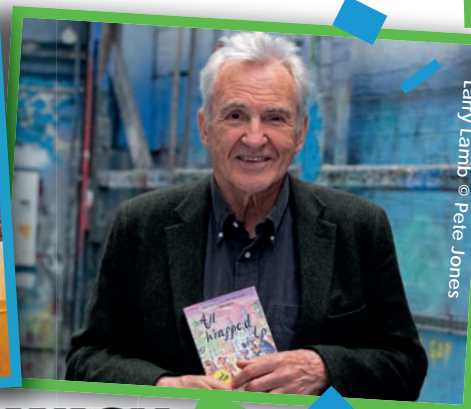
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Jacqueline Wilson © Luke Witcomb



Larry Lamb © Pete Jones

NORWICH BOOK FESTIVAL

The 'Celebration of Stories' is back!

Norwich Book Festival returns in October, after its successful debut last year – and this time for 8 days!

That's 8 days of brilliant bookish events – from talks with best-selling authors, to deep-dives behind the scenes of film-sets with Larry Lamb; to poetry events and drawing workshops.

Hear Alison Weir discuss her latest novel *The Cardinal* – a Tudor-tale of Henry VIII's treasured friend, Cardinal Wolsey; and step into Dragon Hall for an evening of powerful storytelling, programmed by National Centre for Writing, as Sarah Hall presents her novel: *Helm* – the story of a ferocious, mischievous wind.

We're not just celebrating the fantastical – there are events for non-fiction fans too: join Professor Keon West explore the truths about racism and David Goldblatt examine how major events in our recent history are reflected in football.

The Forum will feature a mini family-friendly festival on Monday 27 and Tuesday 28 October, with free creative activities at The Imaginarium.

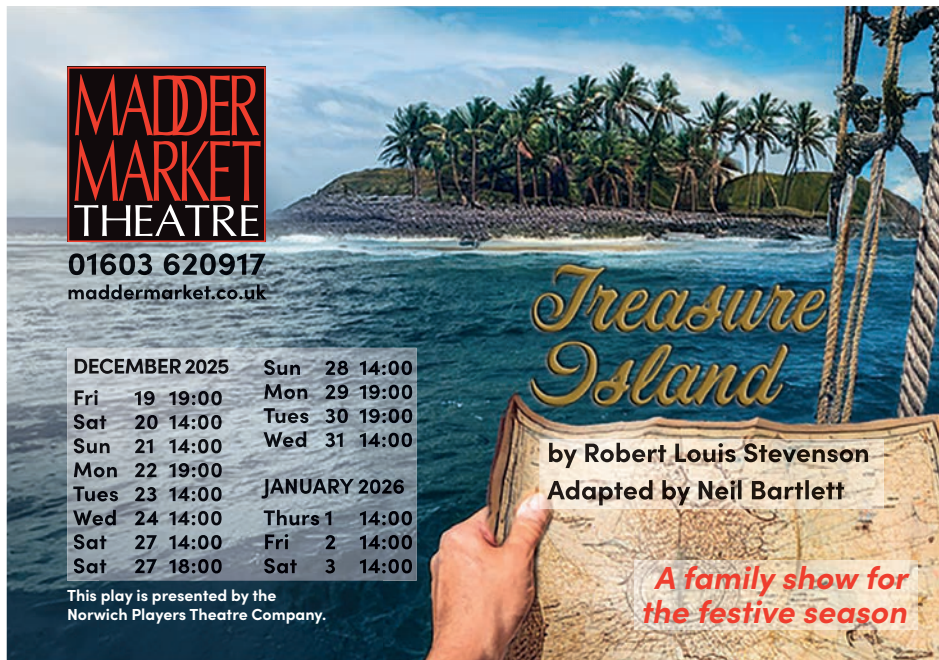
This is Norwich Book Festival 2025, which launched with a bang, as Jacqueline Wilson treated a rapt audience to her trademark warmth and wit – discussing her latest novel with Norwich-based author Emma Healey at The Forum in September.

Let us fill your last week of October in the 'City of Stories', with our 'Celebration of Stories'!

norwichbookfestival.co.uk

The Norwich Book Festival team – The Forum, with key partners: National Centre for Writing, Norfolk Library and Information Services and the UEA.





MADDER MARKET THEATRE
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DECEMBER 2025		JANUARY 2026	
Fri 19	19:00	Sun 28	14:00
Sat 20	14:00	Mon 29	19:00
Sun 21	14:00	Tues 30	19:00
Mon 22	19:00	Wed 31	14:00
Tues 23	14:00	Thurs 1	14:00
Wed 24	14:00	Fri 2	14:00
Sat 27	14:00	Sat 3	14:00
Sat 27	18:00		

This play is presented by the
Norwich Players Theatre Company.

Treasure Island
by Robert Louis Stevenson
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A family show for the festive season



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NORWICH THEATRE
FAMILY FESTIVAL

Norwich Theatre's Family Festival this Half Term

Norwich Theatre's Family Festival is back for a fourth fun-packed year, offering a range of free and low-cost activities to entertain families this October half-term. The festival runs from **27 Oct to 1 Nov** across Norwich Theatre's venues.

The festival features a variety of workshops and shows to get the whole family creative together. Unleash your imagination with the **Crafty Café** (27 Oct), a drop-in session for all ages where you can make puppets inspired by the play *War Horse*. For an in-depth experience, the **War Horse: Puppetry Workshop** on (28 Oct) is led by a former *War Horse* puppeteer and is designed for ages 10-15.

Younger children can join high-energy dance workshops like **Creative Play for Babies & Toddlers** (ages 6-18 months) and **Family Move & Groove** (ages 4-7) on 29 Oct. If your family prefers drama, **Family Drama & Play** on 30 Oct offers an hour of games and creative play for ages 7-10. For a more relaxed experience, the **Sensory Stories for SEND** on (29 Oct) is a drop-in workshop specifically for children with special educational needs and disabilities.

Rounding out the line-up are a series of family-friendly shows. **Catch The Three Bears** on (27 Oct), a modern take on the classic fairytale. You can also experience **Claytime** (1 Nov), a play where you are invited to help shape the story with your clay creations.

Celebrating Black History Month, the festival will also highlight the local legend Pablo Fanque. On 31 Oct, see **Fantastic Pablo Fanque**, a new show blending puppetry and music. You can also learn about his life at the **Storytelling: Pablo Fanque** session for ages 4-8 on 28 Oct. All activities are either free, pay what you feel, or low-cost, with both drop-in and bookable sessions available. Sam Beal, Head of Creative Engagement at Norwich Theatre, noted, "This year's programme is bursting with fun, offering something for every member of the family to get involved with."

The Family Festival is supported by the Alan Boswell Group Charitable Trust, The Geoffrey Watling Charity, the Simon Gibson Charitable Trust and The Educational Foundation of Alderman John Norman.

For more information or to book, visit norwichtheatre.org or call the Box Office on 01603 630 000.



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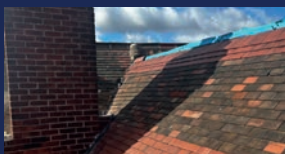
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13th AUTUMN BECCLES BEER FESTIVAL

Beccles Beer Festival returns – raising funds for Beccles Lido ahead of Winter Chill Swimming in December

The annual Beccles Beer festival has become a must visit event in the Beccles calendar and returns to Beccles Public Hall Friday 7th November 4pm until 11pm, Saturday 12noon until 11pm and Sunday 12noon until 6pm.

It will showcase 40 ales and stouts, ciders and lager from 23 local breweries, with music from 2 great local bands, The Generation Gap on Friday and Hot Mess on Saturday, with an acoustic set on family-friendly Sunday afternoon.

Beccles Beer Festival raises valuable funds for two amazing community assets – Beccles Lido and Beccles Public Hall & Theatre. It also showcases the fantastic range of ales brewed in the region.

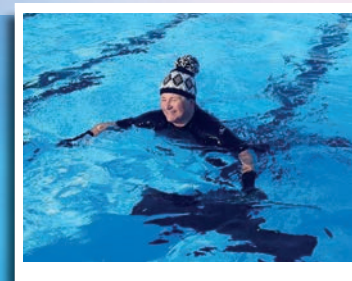
There will also be bar skittles, a beer themed cryptic crossword and a silent pub quiz with beer related questions!



The Public Hall bar will be open for soft drinks, bottled beers and ciders, wine and spirits. A range of hot and cold food and snacks will also be available.

Full details are on the festival website www.becclesbeerfestival.co.uk and all the latest news will be posted regularly on Facebook and Instagram.

Beccles Lido will be shut from 6th October for a major plant room upgrade, but will reopen before Christmas for its popular Winter Chill Swim season, with water heated to 15°C. See beccleslido.com for more information.



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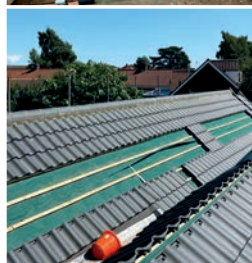
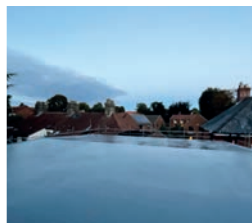
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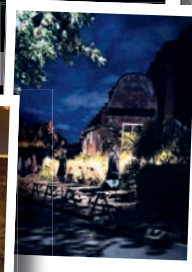
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Discover Norwich's
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Step into the shadows of Norwich's ancient streets with Norwich Ghost Walks, where history and hauntings collide! Every week, our expert guides lead you through cobbled alleys and historic haunts, unravelling chilling tales of restless spirits and eerie legends.

From the ghostly monks of Norwich Cathedral to the spectral figures lurking in Elm Hill, our walks bring the city's dark past to life. Norwich, a city steeped in over 1,000 years of history, is the perfect backdrop for spine-tingling adventure. Our passionate team, blending storytelling with local lore, ensures an unforgettable experience.

This Halloween, join our special themed walks for extra thrills, complete with ghostly surprises! Whether you're a skeptic or a believer, our tours captivate all. Book now for a weekly walk or Halloween special at



www.ghostwalksnorwich.co.uk and dare to explore Norwich's haunted heart!

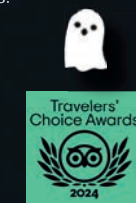
Please note: Our Halloween Shows are contained within the Cow Tower park. They are not our usual city walks.

Tuesdays Elm Hill Walks
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Thursdays River Walks
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Alongside relieving symptoms, my aim is always to help you leave each session feeling calmer, more grounded, and better able to face the challenges of daily life with renewed energy and clarity. I practice from Inner Space in the centre of Norwich, offering a welcoming and professional environment for your treatments.

Contact details:

Sam Coxeter 07737 391013
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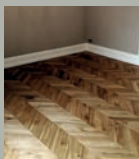
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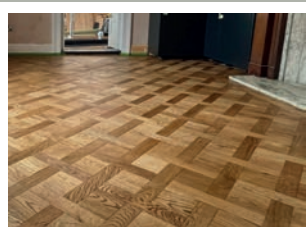
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Loddon Antiques and Collectors Fair returns to the Jubilee Hall, after it's summer break, for its Autumn/Winter 2025 Fairs on Sunday 5th October, 16th November and 7th December.

The Fair has been established for over six years and is always fully booked with over forty general and specialist dealers selling a wide range of good quality antiques and collectables including furniture, silver, china, linen, jewellery, books, clocks, retro and vintage design

and decorative items.

Hot and cold home cooked refreshments on offer throughout the day.

£2 entrance for adults from 8.30, accompanied children free. Dogs on leads are welcome. Parking on site plus local car parks in Loddon itself.

For further details please contact Kate Lee on 01502 711174

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FABULOUS FESTIVE FAIR AT THE FORUM 2025

★ This popular event returns from ★
Thursday 27th to Sunday 30th November ★

The Festive Fair at The Forum attracts thousands of visitors each year, with something for everyone. Expect East Anglian stalls galore selling everything from jewellery, pottery, textiles, woodcraft, glassware, art, preserves, calendars, cards, prints, Christmas decorations, chocolates, flowers, candles, cakes, clothes, skincare and more. In fact, everything from freshly-baked bread to vouchers for hot air balloon rides!

Festive Music and Performances

Enjoy a warming hot chocolate or glass of mulled wine while listening to Christmas carols from Norfolk's own Pavilion Brass Quintet who will be returning to play their popular festive tunes outside The Forum each day. Plus there'll be performances from Busybodies Stage School's dancers on the Saturday morning, and live singers throughout the event. This year there will also be some fascinating sculptures to take a look at – and to buy.

Tasty Treats

Enjoy all sorts of seasonal food and drink stands outside on the Friday, Saturday and Sunday, and even festive treats for your dogs!

Festive Friends

On Saturday and Sunday visit the adorable miniature donkeys from Mini Donks whose animals help people with well-being. Plus Evie's Owls will be paying a flying visit on the Friday, Saturday and Sunday.

Plus, in the spirit of Christmas, this event will be raising funds for local charity Keeping Abreast via a tombola and quality second-hand book stall.

Open daily, entry free – for more details see the What's On section at:

www.theforumnorwich.co.uk





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Oh s!t, the
vet has given
me tablets
for my cat!!!*

We all know what cats are like at taking pills. It's a good thing that cats are quite small, much bigger and it would be like sharing your house with a mini tiger and we'd have to give everyone a dart gun.

Here are strategies that you can try to get your cat to take medication.

1. Store the medication in the fridge or pop it in the freezer for twenty minutes. By cooling the medication, you reduce any smell.
2. Mix with something tasty or new. E.g. tuna, mackerel, fish or meat paste, cheese, butter, ham, prawns, lick-e-lix, churros, cream cheese, liver paste.
3. This works even better if medication is chilled and the food is slightly warm.

4. Ask your vet if there is an alternative form of medication, e.g. 'spot on' products or a liquid or flavoured form.

5. Use a pill popper. These are a little bit like a syringe and will grip the tablet so that you can administer it into your cat's mouth without risking fingers.

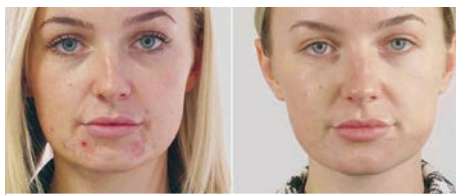
6. Warm your spot-on treatments before applying – keep it in a pocket for half an hour. Dripping body temperature liquid onto their skin is far less noticeable than cold drops.

7. Ask someone else to do it. (This was the most popular answer from my team when I asked them – what is your top tip for tabletting a cat!). Seriously, cat bites are dangerous. If you think you may get bitten, or you are unable to give the tablets by any means, go back to your vet and work out a different plan!



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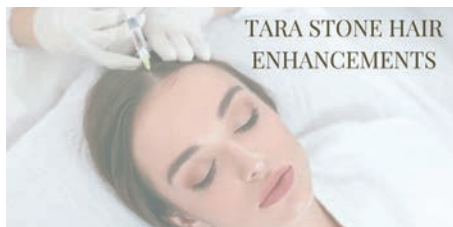
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Fatherhood explored in Norwich Theatre's Creative Matters season

Norwich Theatre is dedicating a mini season to fatherhood as part of its tenth Creative Matters season, **The Shape of Family**.

Creative Matters: The Shape of Family reflects the vast spectrum of experiences that make up modern families today and will use a mixture of performances, film, workshops, and art to stimulate discussion and make connections through creativity. The mini season (**The Shape of Family: Fatherhood**) running from 11 Oct - 8 Nov will have a specific focus on the complexities of fatherhood.

Elsbeth Hunter, Creative Engagement Project Manager at Norwich Theatre, said: "With the strong evidence of how children benefit from positive fathering, it's important that men have spaces to explore, listen and reflect on what it means to be a dad in the world today."



The Shape of Family: Fatherhood begins with a screening of **How's Your Father** (11 Oct), a powerful theatre show based on real-life accounts from academic research. The show was

a collaboration between The University of East Anglia, local theatre maker Simon Floyd, local charity Menscraft, and Norfolk County Council. The show tells the stories of four men and their encounters with authority, raising different questions about what it means to be a father. The audience is invited to a post-show Q&A discussion. On 1 Nov, the programme continues with a free screening of the 2014 film **Boyhood**.

Comedian Joe Wells will bring a unique perspective to the stage with his show, **Daddy Autism** (2 Nov), at Norwich Theatre Playhouse. Poet and father **Dr.**



Ashley Hickson-Lovence will lead **Writing through Fatherhood** (6 Nov), a creative writing workshop designed for dads.

On 8 Nov, **Man Alive Theatre** will host **The Life of Dads**, an interactive workshop offering participants the opportunity for self-reflection and exploration by using drama techniques.

The Shape of Family: Fatherhood season is supported by partners UEA and MensCraft.

Dr Georgia Philip, School of Social Work, University of East Anglia, said: "As academics, we want our research to make a difference in the world, and using theatre and storytelling is such a powerful way to do that. The topic of fatherhood is relevant and emotive for all of us, and we need ways of exploring it that challenge assumptions, raise expectations, and better support men's parenting."

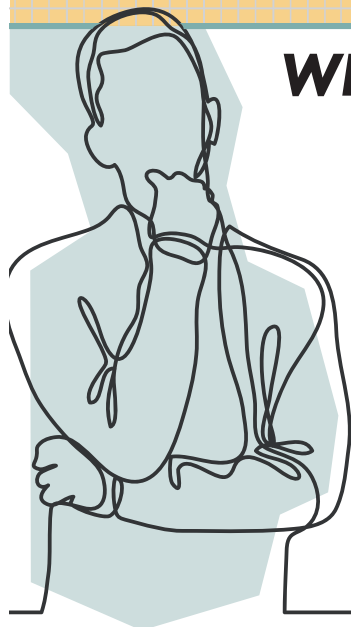
For Elsbeth, the season The Shape of Family: Fatherhood is about challenging assumptions. "The season is a vital opportunity for fathers, and everyone who cares about them, to engage with these issues head-on. By attending a screening, joining a workshop, or simply starting a conversation, we can all contribute to a world where fathers are fully recognised and where parenting is shared more equally."

For more information about The Shape of Family: Fatherhood or to book, visit norwichtheatre.org or call the Box Office on 01603 630 000.



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What is CBT?

A Simple Guide to One of the Most Powerful Therapy Tools



By Alison Howard, Psychotherapist and Counsellor at Emotionalskills, Hellesdon.

How CBT works:

1. Notice unhelpful thought patterns ("I always mess things up.")
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Cognitive Behavioural Therapy (CBT) is a structured, goal-oriented form of psychotherapy that helps individuals identify and challenge unhelpful patterns of thinking and behaviour. Based on the core idea that psychological distress is often rooted in distorted thinking, and that by learning to reframe those thoughts, people can experience lasting changes in their emotions and behaviours.

CBT has become one of the most widely researched and applied therapeutic approaches in the world. It is commonly used to treat a wide range of mental health conditions including depression, anxiety, obsessive-compulsive disorder (OCD), post-traumatic stress disorder (PTSD), and panic disorder.

Whether you're new to CBT or have tried it before, its tools can be life-changing when used consistently. At Emotionalskills, we integrate CBT-informed techniques into many of our sessions to help clients build resilience, shift self-critical thinking and

take practical steps toward emotional clarity and strength..



ES incorporates CBT strategies in many of our sessions, from managing anxiety to untangling low self-worth. It's therapy-informed learning that's structured, relatable, and immediately usable.

Alison Howard has a Degree in Psychotherapy and Counselling. If you're struggling with emotional problems or concerns, call 07986 488690 or email contact.emotionalskills@gmail.com for a free initial consultation, face to face in Hellesdon, or online.



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Autumn

According to the poet Keats, autumn is the "season of mists and mellow fruitfulness". I haven't seen any mists yet but the pickings are definitely plentiful. The amount of berries in the hedgerows is astonishing and I can't walk through the village without stumbling across a bucket of free apples. While preserving the bounty for winter I've been thinking about what I've learnt this growing year. Here is my list:

1. It is possible to go away for the whole of August and come back to a productive allotment. It had rained heavily just before we embarked on a European adventure and that was enough for the brassicas and cucumbers. The sweetcorn is pathetic but there weren't too many courgettes, which I see as a bonus.

2. Wishful thinking can be dangerous. I didn't have any blueberries this year, probably because I didn't bother with ericaceous compost. During a fruit cage weeding spree I discovered a plant right next to the blueberry bushes that, on first sight, I mistook as a sucker. The difference to blueberries was that this bush was fruiting at the wrong time and the berries were arranged very symmetrically on the stem. However, I really wanted it to be blueberries and so I tried one. It tasted nothing like them and I spat out what was probably deadly nightshade.

3. Solar irrigation in the greenhouse needs to be up and running at least a week before a holiday. My system didn't work and the plants died. Luckily we had hedged our bets and the ones looked after by a neighbour outside were dripping with fruit on our return. *Birgit Griesm*



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Wed 26 Nov @ 8PM

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Comedy

**Price
From:
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Sat 11 Oct @ 8PM

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Richard Penguin's Musical Triangle

FOLK EAST- After more than a decade at their previous home of Glemham hall their inaugural year at the Sotterley estate near Beccles proved to be a huge success. Although I managed to see extracts of or full sets by 28 acts over the course of the weekend here are my 6 favourites with 2 from each day. Friday- Local folk luminaries The Shackleton Trio's enchanting set of storytelling songs, many with an animal theme, and upbeat instrumentals and Good Habits blend of musical dexterity, catchy originals and unique take on songs from other musical genres had to be heard to be believed. Saturday's 60th anniversary tribute to the legendary long lost Les Cousins club included great sets from artists who played at the venue most notably Steve Tilston who mixed nostalgic songs from his recent and final album 'Last Call' with some from his 1971 debut album, while Bridget St John took us back to her 1969 debut album alongside songs by and memories of 3 of her 'musical brothers' namely Nick Drake, Michael Chapman and John Martyn. Sunday's highlights for me came in largely instrumental formats in an early afternoon set by The Finn Collinson trio debuting much of what will be their 3rd album that promises to be packed full of intricately played mostly lively tunes inspired by Finn's travels, and a superb end to the festival by Penguin Café now led by Arthur Jeffes son of original founder Simon paying homage to his father's musical legacy and delving into their back catalogue including of course the superb 'Music for a found harmonium'. My annual 4,000 word in depth review of the weekend is now online on the Fatea website here- <https://www.fatea-records.co.uk/magazine/live/FolkEast25.php> The second BUNGAY FOLK FESTIVAL set around the town and over the first weekend in September packed the place out with people wandering from venue to venue in what is a largely free event. I made it to the Saturday and found myself mostly going back and forth between the 2 churches of St Mary's and the Holy Trinity for some very fine music. Birds inspired the fine instrumental Harp and Guitar tunes of The Blow In's, and having missed Alden and Patterson at Folk East it was great to see them here playing their own nature themed songs in 'The Greenland Shark' and 'Hunter' alongside audience sing-along 'Our house' about Christina's childhood of growing up in a

musical household that is already becoming a classic song. Largely instrumental sets followed during the day from Tanglethread encompassing early music and Irish tunes, The East Suffolk folk orchestra mixing jaunty tunes from Scotland with subtle Scandinavian compositions, and Terza's European folk tunes in interesting time signatures and sprightly folk dance tunes. The John Ward trio mixed locally themed songs about Lowestoft and Dunwich with topical political songs, most notably 'The Flim Flam Man' while stepping in at the last minute Miniature Universe played a mesmerising and atmospheric set of meditative music on fiddle and hang drum. The evening in the 3 Tuns brought more raucous sets and audiences with Rattlebox mixing traditional songs with comments on the current state of the world and The King Driscoll's popular around these parts to say the least propelling people to their feet mixing original songs with upbeat covers. A great event well done to organisers Pete and Vicky Sewell who are putting Bungay on the musical map. Finally I really enjoyed my first ever visit to the Gorleston Clifftop festival with the pop prog band Q and A playing renditions of 10cc, Supertramp and E L O songs being a favourite, while I managed to get to a couple of The Summer sessions around Norwich that included great sets by Kiteewing, Moore and Moss, and Beat Fiasco among others. I hope you had a good Summer.

SOME GIGS BY ORIGINAL ARTISTS IN OCTOBER AND NOVEMBER- Norwich- ANTEROS- November 27th Ross Miller Trio. BRICKMAKERS- October- 1st Psychedelic Circus, 8th Black Dog Music Project (+ 12th Nov), 16th Brave Rival, 23rd Spotlight night- 4 bands, 29th- Blues Society night (+ 26th Nov), 30th- Open Mic night (+ 27th Nov), November- 5th Sound of Norwich, 9th TV Smith, 14th Discharge, 21st Hawklords. For B2 gigs see website. EPIC- October 6th- Edwyn Collins, 15th New Model Army, November 6th Hugh Cornwell, 7th The Sherlocks, 23rd Lacuna Coil, 29th Pop Will Eat Itself. THE HOLLOWAY- October 4th Modern Nature + Faith Eliot, 9th Janani.fx, 18th Japanese Television + Twelve Atlas, 23rd Me Lost Me + Birds of Hell, November 4th Emmanuelle Parrenin + Alfie Jones, 6th Paul Armer and the Dawn Chorus + Jose McGill, 29th Green Gardens + Ben Auld band.

NORWICH ARTS CENTRE-

- October- 1st Will Varley, 2nd
- Kaidi Akinibi, 8th Hackney
- Colliery Band, 16th Project Smok, 27th
- Courtney Marie Andrews, November 4th BC Camplight,
- 5th Jazz Sabbath, 11th Willy Mason, 15th Beans on Toast,
- 21st His Lordship, 22nd Sunda Arc, 25th Gong. NORWICH
- FOLK CLUB- October 10th Jackie Oates, November 7th
- Richard Smith. UEA- November 14th Babysambles, 15th
- Starsailor, 19th Wet Leg, 27th Gary Numan. VOODOO
- DADDY'S - October 1st Youth Sector, 2nd Grandma's
- House, 9th Nature TV, 10th Ravenous Hounds, 12th Zo
- Lief, 22nd Spyres, 24th Pica Pica presents- The Dirt, Gourds
- + Fleas, 26th- The Legendary Gazelles, November 2nd
- Vic Allen, 12th The Telescopes, 21st The Dream Machine,
- 26th Glazey Haze. WATERFRONT October 4th The Men
- They Couldn't Hang, 16th The Wedding Present, 22nd Pale
- Waves, 26th Bow Wow Wow, November 7th The Orb, 8th
- Mad Dog Mcree, 12th The Damn Truth, 28th Sham 69, 29th
- 808 State. See Websites for support bands + more gigs.
- WILD PATHS FESTIVAL- Up to 15 venues are playing host
- to almost 140 acts and events between the 14th and 18th
- October. Full details- <https://wildpaths.co.uk>
- SOME GIGS OUTSIDE OF NORWICH- BECCLES- Canopy
- Theatre- October 11th The Bookshop band, 25th Liz
- Simcock, November 8th Ray Cooper, 22nd Heidi Talbot and
- Boo Hewardine. BUNGAY- Fisher Theatre- October 18th
- David Wright + Carys, November 28th Pearl in the Egg.
- CROMER- Community Centre- November 6th The Guilty
- Men, 9th Hannah Sanders and Ben Savage. GELDESTON-
- Locks Inn- October 3rd Atilla the Stockbroker, 26th Calum
- Baird, November 23rd Rory Mcleod, 29th Tamsin Elliott Trio,
- 30th Rag Mama Rag + folk & Irish sessions. LOWESTOFT
- The Slounge - lots of gigs- <https://theslounge.co.uk/events>
- A busy 2 months ahead. For cover +
- tribute bands check pub + venue
- websites.

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The autumn season of five exhibitions at the Sainsbury Centre explores the nature of violence and conflict in theatre, film and culture. How can art help us build compassion, understanding, dialogue and healing?

Tiaki Ora ∞ Protecting Life: Anton Forde (2 August – 19 April) is a UK first, as Anton Forde presents 81 over-life-size wooden figures (pou) in a defensive V-shaped formation, as a call for *kotahitanga*: unity, togetherness and solidarity to safeguard our communities without need for killing.

From Punch and Judy to Shakespearean tragedies, *Eyewitness* (20 September – 15 February) asks why people across the world are so fascinated by the dramatisation of killing on stage and screen and in art.

Internationally acclaimed Ethiopian artist Tesfaye Urgessa creates powerfully visceral paintings that interrogate the politics of war, race and identity in *Roots of Resilience: Tesfaye Urgessa* (20 September – 15 February).

The National Gallery Masterpiece Tour: Reflections on Peace (20 September – 11 January) presents Claude Monet's *The Petit Bras of the Seine at Argenteuil* is presented in a multi-sensory reflective space at the Sainsbury Centre.

Through art from the twentieth and twenty-first centuries, *Seeds of Hate and Hope* (28 November – 17 May) reflects on the personal impacts of global atrocities and why they keep happening, revealing seeds of hope and resilience in the face of conflict.

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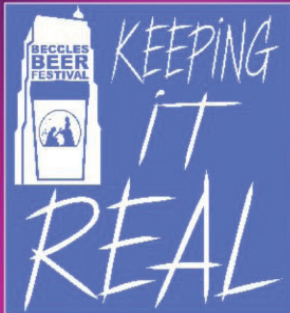
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