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Welcome....

It's almost time for the Norwich Science Festival.... have you got your ticket yet? Plenty of hands on activities to keep the kids entertained over half term (they even have things for the big kids too featuring a DJ and a bar!!) See page 5 for just some of things they have going on.

Could you become a Norwich host and welcome international students and teachers? You will need to live a short walk or direct bus ride from the city centre or UEA and provide a comfortable guest bedroom, breakfast and evening meal each day. Benefits include good rates of pay, great company and cultural exchange as well as full support from Nile's

experienced accommodation team. See page 6-7 for more details.

Paws Indoors are on hand to help you give your feline friend a winter health check (page 11 for their top tips and things to look out for)

Looking for something unique to do? Enjoy unlimited hop on hop off travel at the North Norfolk Railway this February half term! (page 30 for more details)

Hopefully next time I write, we will be well into Spring and enjoying the lighter evenings and warmer days...

Kellie x



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HAVE YOU GOT YOUR TICKETS FOR NORWICH SCIENCE FESTIVAL?

In case you haven't already heard the news – the city's biggest celebration of science is back from Saturday 14 - Saturday 21 February! The popular Norwich Science Festival, which is presented by The Forum, brings a fantastic line-up of explosive shows, unique experiences, and hands-on activities to Norwich for the half term.

The Festival is the perfect way to keep the kids entertained – with brilliant family shows happening throughout the week. Dr Nikhil Mistry returns with amazing demos you can try at home (Sun 15 Feb). Little ones can enjoy live music and interactive theatre with the Groove Baby Organ Trio, as they blast off on a space adventure (Mon 16 Feb). Or why not celebrate the planet's ugliest animals with biologist Simon Watt in a lively show (Fri 20 Feb).

There's plenty for adults to enjoy too! It's the Festival's 10th anniversary, and they're staying up late to celebrate! The Explorium will be open for its first ever Lates event for 18+ only, featuring a DJ, bar and plenty of brilliant hands-on science fun and fascinating talks (Fri 13 Feb). Singer-

songwriter Hannah Rose Platt shines a light on the shocking history of women's health in Fragile Creatures at Norwich Arts Centre (Tue 17 Feb). And Robin Ince, Helen Czerski, Anjana Khatwa, and more take to the stage for an epic night of science cabaret – featuring music, comedy and mayhem (Fri 20 Feb)!

Be sure to visit The Explorium at The Forum too – a place for everyone to explore science with free, hands-on activities every day of the Festival!

For more info and to book, visit norwichsciencefestival.co.uk



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Become a Homestay Host for NILE

Each year Norwich Institute for Language Education (NILE) welcomes teachers and trainee teachers from around the world, most of whom are English language teachers in their home countries. We are currently seeking friendly people to host teaching professionals.

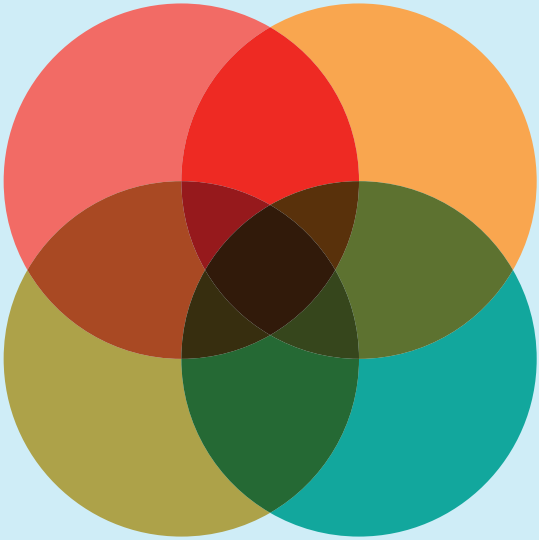
Hosts provide their guest with a private bedroom, breakfast, an evening meal with a light / packed lunch at weekends, and are situated within a 30 minute walk or on a good bus route to Norwich City Centre or the UEA. Although we have visitors all year round, our busiest time of year is June – October with our participants staying from one week to one month.

The experience of hosting allows you to enjoy the company of overseas visitors and learn about other cultures from the comfort of your own home. You would be paid £231.00 per week per guest.

If you have a spare room and would like to make good use of it, please contact us.

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In Proximity

NORWICH CASTLE OPEN ART SHOW
14 FEBRUARY – 14 JUNE 2026

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



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In Proximity

The exhibition **In Proximity** at Norwich Castle brings together recent work by 87 artists based in East Anglia to explore experiences of closeness. It celebrates the ambitious scope of creative practice in the region and has been developed in partnership with the East Anglia Art Fund.

The artworks on display delve into real and imagined relationships with the places, objects, people and other life forms that make up our surroundings. Shared concerns with the fragility, power and mystery of the natural world emerge in many of the works, while others focus on the meanings invested in materials and environments over time.

All artworks are for sale and were selected from responses to an open call. Proceeds go directly to the artists and towards continuing East Anglia Art Fund's support for exhibitions and art education in the region.

Norwich Castle
Open Art Show

14 February –
14 June 2026

Admission: This exhibition is included with the general Norwich Castle admission price (concessions available). Norfolk Museums Pass holders and EAAF members are free.

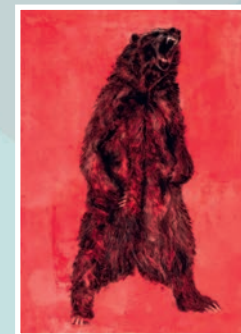
Advance booking: www.norwichcastle.norfolk.gov.uk



Emily Cannell, *Umbre 1*, 2025,
photograph © Emily Cannell



Kate Giles, *Roman Road (Holkham)*, 2024,
oil on linen © Kate Giles



Maria Pauledis, *Bear*, 2023,
smoke on paper © Maria Pauledis





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Winter Health Check for Your Cat



Cats are very good at hiding illness. Winter can make changes harder to spot, so regular at home checks are one of the best ways you can protect your cat's health. Know what's normal for your cat. Small changes matter, especially if they last more than a day or two. Use cuddle time to gently look and feel.

Mouth & Teeth

- Breath should not be very smelly
- Gums should be pink, not red or bleeding, or pale
- Watch for dropping food, chewing on one side, or reduced appetite

⚠ Dental pain is common and often hidden. You may not see any of the above signs. Your cat may simply change its behaviour – become quieter or less playful or become grumpy.

Body & Weight

- You should be able to feel ribs easily but not see them
- Watch for weight gain (indoor cats) or weight loss (especially seniors)

Coat & Skin

- Coat should be smooth and shiny

- Look for matting, dandruff, hair loss, or reduced grooming

Winter tip: arthritis can make grooming uncomfortable.

Litter Tray Habits (Very Important)

- You should be concerned if you notice any of the following:

- Straining
- Frequent small wees
- Blood in urine
- Toileting outside the tray

⚠ **Straining to urinate is an emergency – seek help immediately.**

Mobility & Comfort

- Watch for stiffness, reduced jumping, or hesitation on stairs
- Cats in pain may sleep more, play less, or become grumpy

Cold weather can worsen arthritis. Contact your vet if you notice any changes. Early treatment often means better outcomes.



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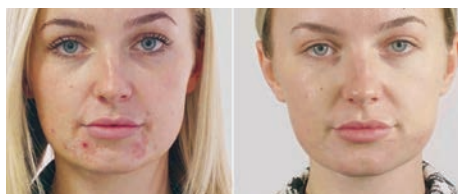


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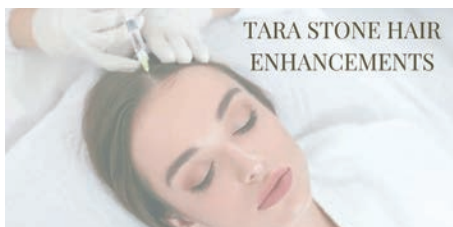


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The lab is open | Science Festival Fun at Norwich Theatre

The annual Norwich Science Festival is coming at full velocity this February half term, and at Norwich Theatre we are hosting a whole heap of shows for it! Check out the wild, whacky and wisdom-full shows.

The Zoo That Comes to You | 15 Feb | Norwich Theatre Stage Two

Follow two wildlife enthusiasts and their cheeky puppet friends as they leave their sanctuary behind and bring the zoo to you! Meet an Orangutan, Blue Iguana, Green Sea Turtle and more, discovering the challenges these animals face in a rapidly changing world.

Age recommendation: 5+

Lessons from the Edge with Aldo Kane | Sun 15 Feb | Norwich Theatre Royal

Step into the world's most hostile and awe-inspiring environments with adventurer and best-selling author, Aldo Kane. In this inspiring talk, Aldo shares gripping stories, behind-the-scenes tales, and unique insights into risk, resilience, and human performance under pressure.

Age recommendation: 12+

Groove Baby: Groove on the Moon | 16 Feb | Norwich Theatre Stage Two

Prepare to blast off on a cosmic adventure! Join three intrepid astronauts

on a mission to find Neil Armstrong's first lunar footprint, meeting aliens and solving daring challenges along the way.
Age recommendation: 3-7 and their grown-up

The Great Big Bug Show | 17 Feb | Norwich Theatre Stage Two

Join poet Simon Mole and musician Gecko for a family show full of poems, raps and songs all about your favourite bugs (and some you haven't heard of yet!). As well as being brilliantly beautiful, delightfully disgusting and wonderfully weird. Expect Minibeasts and Massive Beats.

Age recommendation: 4-11

The Universe and The Neurodiverse | Thu 19 Feb | Norwich Theatre Playhouse

What if being 'a bit weird' is actually completely normal? What if sharing our internal struggles is a sign of strength rather than weakness? Expect stories of chimpanzees and astronauts, of starlight and falcons in this unmissable show about mental health, creativity, and what it means to embrace our uniqueness.

Age recommendation: 12+

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



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I am an experienced Imago therapist working with couples and individuals. If you think I can be of help please get in touch.

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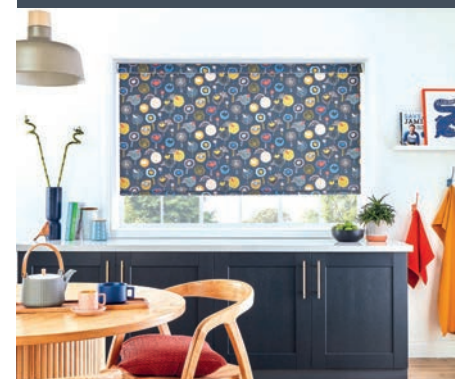
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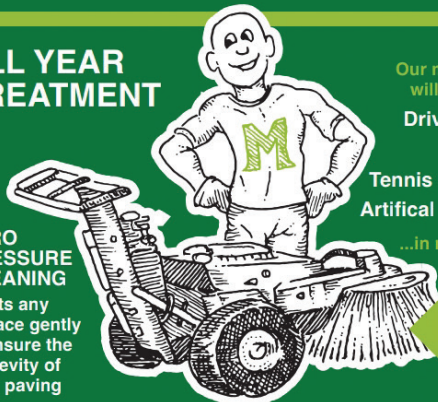


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Veg talk

Shakespeare had a character in a play say of Cleopatra that "age cannot wither her, nor custom stale her infinite variety." (Anthony and Cleopatra, Act II, scene II). I feel exactly the same about veg (and hubby, of course!). Let me illustrate.

Picture broccoli, a wonderful, ubiquitous, green vegetable. It's slightly capricious, as the flower head cooks so much faster than the stem. However, the latter can be peeled and grated raw into salads, adding a lovely crisp texture, similar to kohlrabi and radishes. The florets are delicious just steamed, with a little adornment of butter melted over the top.

Even better, in my view, is purple sprouting broccoli which comes into its own when there isn't that much else around that's fresh and local to our climate. It has much more flavour and the whole stalk stays a little crunchy once it's been cooked.

I'm also keeping a close eye on some perennial broccoli, which looks like a forerunner of cauliflower in miniature. The florets are made up of clusters of tiny stars, with a delicate flavour that matches their appearance. It's not easy to get the plants through year one but for some reason I was very lucky last year. My plant is now taking up about a square metre of space and looks like it will burst into many florets any minute. And, of course, with all these broccolis, it is possible to eat the leaves, which taste like a heartier version of spinach.

So here we are: 250 words just about broccoli. Maybe next time I will give sprouts the same treatment.

Birgit
Griem



Ripples

“Ripples recently redesigned our bathroom, and we are extremely pleased with the finished result. Excellent service from the moment we walked into the showroom and spoke to our designer, through to the choice and quality of products and fittings.

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How to future-proof your bathroom

With a quality bathroom lasting upwards of 10 years, it's important to consider how your needs for the space may change over that time. Perhaps you'll require increased accessibility support or need to consider how your bathroom may grow alongside your family. Here, Amy, Designer at Ripples Norwich shares her top tips to help you make the right investments for your bathroom.

Be practical

Think about how your life might change over the next 5, 10 or 20 years? Might you require additional support, be looking after elderly relatives or have small children around? If so, a non-slip floor is a good idea and doesn't need to look obviously anti-slip; we have lots of beautiful tiles that have a good grip and won't draw attention. It may also be wise to choose a bath that has a lower edge so that children or less mobile can get in and out easily. Another safety feature to explore is our range of thermostatic shower controls, which have a maximum temperature pre-set when installed to avoid the risk of scalding.

Banish the bath

Generally, many clients feel that as they get older, they no longer have a need for a bath as it can be difficult getting in and out with the added danger of a slip hazard when standing on one foot. Wetrooms are a great alternative for those with reduced mobility or balance as everything is on one level and you can keep the water spray to a minimum with a single fixed glass panel. This will reduce the risk of slipping and tripping and by removing the bath, you allow for a larger, luxury size shower area. Within a shower a fold-away or built-in tiled seat can be a very useful addition and needn't look too obvious or clinical.

Accessories

I think you'll be pleasantly surprised by our selection of grab rails – they look very sleek and can perfectly colour match the other items you have in your bathroom. We consider these items a key part of the design, not a clunky add on, so they are always well incorporated to seamlessly tie in with the rest of the scheme.

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It's all about the drama at Norwich Theatre

Whether you are looking for a gripping true story, a classic whodunnit, or a powerful reimagining of a literary masterpiece, Norwich Theatre has some great dramas that will captivate any theatregoer.

Dear England | 3 – 7 Feb | Norwich Theatre Royal

From multi-award-winning writer James Graham (Sherwood, BBC), this five-star 'new stage epic' (Telegraph) tells the uplifting, at times heartbreaking, and ultimately inspiring story of Gareth Southgate's revolutionary tenure as England manager.

Glitch - The True Story of the Post Office Scandal | 3 Mar | Norwich Theatre Playhouse

"Glitch" is an inspirational true story, based on the experiences of Pam Stubbs and her colleagues. The play was created with sub-postmistresses and masters affected by the events, key members of the legal process and commissioned by the University of Reading.

Hamlet | 10 – 14 Mar | Norwich Theatre Royal

The Royal Shakespeare Company returns to Norwich with Shakespeare's famous revenge drama. Hamlet's mother has married his uncle. As he pulls at the threads of his not-so-happy new family, Hamlet unravels a web of deceit and immorality that leads to the ultimate crisis of conscience.

Midsomer Murders: The Killings at Badger's Drift | 17 – 21 Mar | Norwich Theatre Royal

Murder comes to the countryside in the theatrical world premiere of the critically acclaimed television favourite Midsomer Murders. When well-loved spinster Emily Simpson is found dead in the picturesque village of Badger's Drift, her friend Lucy Bellringer refuses to accept it was an accident. DCI Tom Barnaby and Sergeant Gavin Troy are called in to investigate.

To Kill a Mockingbird | 28 Apr – 2 May | Norwich Theatre Royal

Successful lawyer, Atticus Finch, encourages kindness and empathy in his children, but is pushed to the limits of these qualities himself when he resolves to uncover the truth in a town that seems determined to hide it. Set in 1934 Alabama, To Kill a Mockingbird was inspired by novelist Harper Lee's own childhood and has sold more than 45 million copies worldwide. It won the Pulitzer Prize for Literature and was long at the top of the banned book lists.

Death on the Nile | 5 – 9 May | Norwich Theatre Royal

On board a luxurious cruise under the heat of the Egyptian sun, a couple's idyllic honeymoon is cut short by a brutal murder. As secrets that have been buried in the sands of time finally resurface, can the world-famous detective, Hercule Poirot, untangle the web of lies and solve another crime?

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





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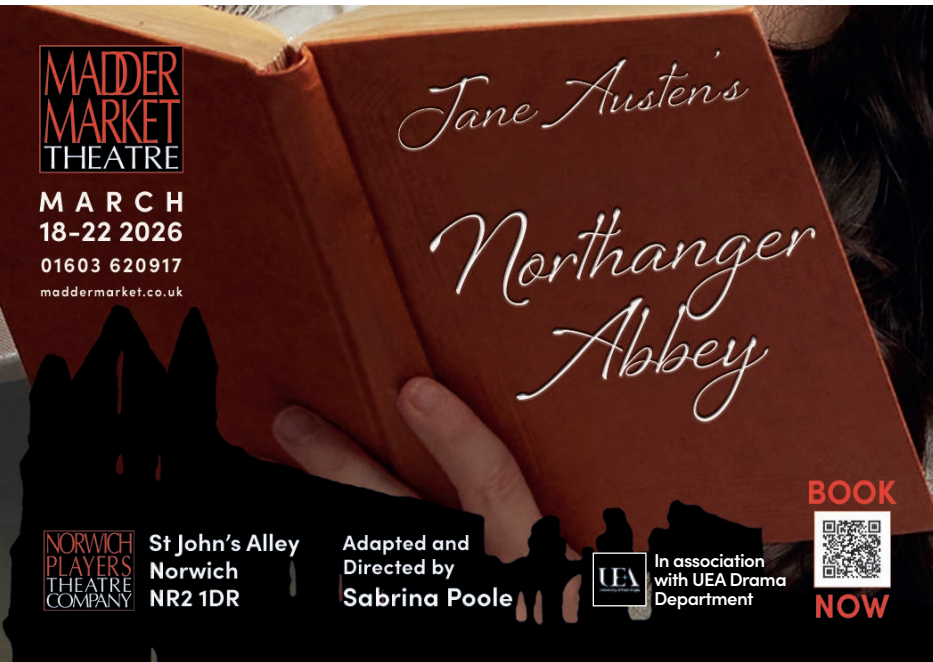
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LODDON ANTIQUES & COLLECTORS FAIR 2026
Sunday 8th February & 8th March
8.30am - 3.00pm

“ Wonderful start to the New Year! Thank You KC Events for another special Sunday morning treat and to all your dealers offering quality and affordability ... see you in February ”

The Loddon Antiques and Collectors Fair will be on Sunday February 8th and March 8th. Over forty specialist knowledgeable dealers, selling a range of good quality antiques and collectables including furniture, silver, porcelain, ephemera, linen, jewellery, books, clocks, retro and vintage design and decorative items. Hot and cold home cooked refreshments on offer, including bacon rolls and cakes and their legendary sausage rolls. £2 entrance for adults, accompanied children are free and dogs on leads are welcome. Parking on site as well as two large car parks in Loddon which are just a few minutes walk away.

“ A long time since I have visited this fair and was by no means disappointed, quite a busy venue and bought well ”

For further details please contact Kate Lee on 01502 711174 and you can follow them on social media

KC Fairs & Events

 @loddonantiquesfair



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Sunday 8th March

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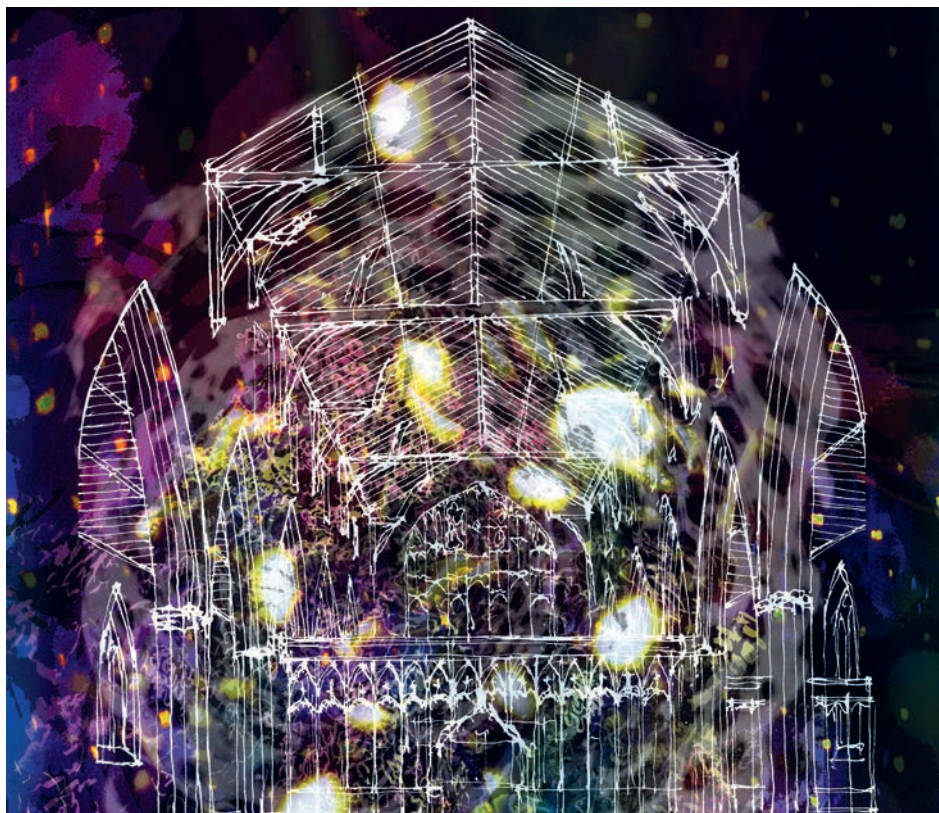
LODDON LIFELONG LEARNERS (formerly Loddon WEA)

After over 20 years of working with the WEA to provide general interest lectures in Loddon, we have decided to 'go it alone'!

The WEA have asked us to provide our own lecturers for the past two years and so we were very pleased to welcome Dr. Joe Williams to give our first independent course on 'English Poetry' in November which was very well received. By working independently, we can avoid the excruciating online booking system which the WEA put us through.

We are working hard to recruit lecturers to come to Loddon to provide an interesting course of 3 lectures to take place during the Spring and Autumn Terms. If you have attended our courses in the past you will know that we are a lively group who enjoy a good discussion!

If you would like to be informed of developments or have any suggestions for a lecturer, please contact Sharon, email swsmith949@gmail.com or Alison on 01508 921576.



St Michael's Illuminated

Historic St Michael's Church, The Walk, Beccles NR34 9HE (Grade I listed) will host a spectacular light show on Saturday 14th March 2026 from 6.30 to 8.30pm.

The show is being designed by visual artist William Lindley who grew up in Beccles. His light shows have been performed across the country in recent years to great acclaim. The installations are frequently commissioned for historic buildings, festivals and public areas.

William is very pleased to be bringing his work to Beccles, which, he says, will show it 'in a completely new light'.

The event requires no booking. Visitors will be able to come and go throughout the evening as they please. They will be invited to make a donation. Refreshments will be for sale.

Examples of William's work at www.williamlindley.co.uk give a taste of the quality and range of what he achieves.

Beccles Public Hall

Nestled within the literal and figurative heart of the charming market town that lends it its name, Beccles Public Hall and Theatre is a small-yet-mighty powerhouse of year-round entertainment. Pantos, live bands, comedians, musicals, plays, magicians, wrestling, movies, makers markets, exhibitions, quiz nights, celebrity evenings... it presents an eclectic smorgasbord of talent at prices that everyone can afford.

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.

The Hall offers a diverse range of entertainment throughout the entire year and is currently preparing for an ambitious new chapter, as exciting plans are underway for in-house productions, which are scheduled to begin this summer - so watch this space.



Looking 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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Richard Penguin's Musical Triangle

The Pre Christmas Psychedelic Circus at The Brickmakers was headlined by the Bedford based Jimi Hendrix tribute band Bold As Love, and was largely attended by a who's who of the alternative scene in Norwich. As well as many of the expected numbers in the form of faithful renditions of 'Foxy Lady' and 'Voodoo Child' it was good to hear a mix of subtle and more obscure tracks, most notably 'Castles In The Sand' and 'Angel'. Supporting them on the night the Behind the Sun Collective mix of wall of sound guitars, swirling synths and tight muscular rhythm section went down well. They were also launching their Fruits De Mer label 7" single release featuring their covers of the T Rex song 'Children of the Revolution' and Funkadelic's 'Maggot Brain'. I have a soft spot for 'C O T R' as it was the first single that I ever bought, or should I say, my mum reluctantly bought for me. Their rendition includes spaced out synths that pan across your speakers, raw edged guitars, a solid rhythm section, harmonious vocals from Dandelion Florence and a somewhat bizarre slightly submerged spoken word outro interspersed with maniacal laughter. A really good take on the original as is 'Maggot Brain' with its cascade of intricately played guitars, and swirling and whirring synths, over a bluesy rhythm section. Well worth investigating. The next Psychedelic Circus at the Brickmakers will be on Wednesday 18th March and should include our new 3 piece Penguins Go Pop line up making our return and playing a mix of some old and some new songs. More acts TBC. See you there.

TUNE UP- Renowned Norfolk folk musician Chris Holderness is setting up a new Sunday afternoon session from 4pm celebrating traditional music, song and dance from Norfolk at many different locations. He already hosts a regular Thursday evening session at the Reindeer in Norwich and the first one will be there on Sunday 25th January. Others that are confirmed so far are- April 26th- The Horseshoes in Briston, May 17th- The Spreadingeagle in Erpingham, June 14th The Globe in Shotesham,

July 19th- The Horseshoes in Warham, and August 30th The Kings Head in North Lopham. A traditional music day is also being organised at the Copeman centre in Briston on the 28th March 12-4 pm. All Welcome.

My 5 favourite albums of 2025 (by artists /bands that I didn't work with)- 1- Melin Melyn- Mill on the Hill, 2- Merry Hell- Rising of the Bold, 3- Breidablik- Kontraster, 4- Hawklords- Faith, 5- The Divine Comedy- Rainy Sunday Afternoon.

Some concerts by original artists in February and March (check websites for more gigs+ tribute acts, covers bands, and sold out concerts).

NORWICH- ANTEROS ARTS- March 20th Paul Cowley, 27th Hamish Strathdee. BRICKMAKERS- February- 12th + 26th- Open Mic, 25th- Norfolk Blues Society, March 13th- 999, 18th- Psychedelic Circus- including new 3 piece line up of Penguins Go Pop. B2- Heavy metal band nights- February 13th, 14th, 20th and 28th. CARBERY'S- February 11th and 12th- Georgia Shackleton- 'From The Floorboards' album launch concerts. EPIC- March- 15th The South, 18th Ardal O'Hanlan, 19th Nova Twins, 25th The Delines. THE HOLLOWAY- February- 1st Spanish Horses, Ben Auld, Elenwen, Wallo, 7th Eliza Delf and the Wilderness, 8th World Coda, Headgazer, Troilus, 20th Ravenous Hounds, Rats As Big As Dogs, Tiger Night, 27th Molch, Acid Throne, The Breeding. March- 6th Aadal, 7th Dawn Terry, Hawthonn, Monasunne, 21st Flat Moon, 28th Amy Hollingrake, Visit Me. NORWICH ARTS CENTRE- February- 4th Stealing Sheep, 5th Gabby Rivers, 7th Henge, 15th Martin Figura- Shed, 18th Jarod Dickenson, 20th - 22nd Synth East, 25th Seb Rochford's Finding Ways, 27th London Afrobeat Collective, March- 3rd Mcgoldrick, McCusker, Doyle, 6th Mama's Gun, 10th Svaneborg Kardyb, 13th Romeo Stodart + Ren Havieu (Magic Numbers), 24th Katie Spencer, 26th Oscar Jerome, 28th Ghost Funk Orchestra. NORWICH FOLK CLUB- February 6th Arthur Coates and Kerren Cotterell, March 6th Dick Miles. NORWICH PUPPET THEATRE- February 6th Jim Moray. RUMSEY

WELLS- February 6th- Tres Pantalón- Live From The Shed album launch concert. SPACE STUDIO- February 5th- Are You Succeed, True Adventures, Pilot Light. UEA- February 10th Suede, 24th Mogwai, March- 21st Brand New Heavies, 29th Happy Monday's. WATERFRONT- February- 11th Coach Party, 24th Kezia Gill, March- 13th China Crisis, 27th Smoove and Turrell. VOOODOO DADDY'S- February- 6th The Grey, Coba, Birdwatch, 7th- Sharp Class, The Hornets, 18th Bug Teeth, Manhole, Decent Wrestlers, 19th Chole Foy, May Gabriels, Amber Scott, 27th and 28th Sonic Wings Festival, March- 7th The Crystal Teardrop, Scott Hepple And The Sun Band, Lassie, 13th- Plantoid, The Mink. OUTSIDE OF NORWICH- BECCLES- Canopy Theatre- February- 14th Brooks Williams, 28th Dana Robinson, March 14th Alden And Patterson. BUNGAY- St Mary's Church- Artistic Fields lunch time concerts- every Thursday in February and March. 1-1.45 pm. Donations welcomed. CLEY MARSHES- March 13th- Alden And Patterson, CROMER COMMUNITY CENTRE- February 6th Spike, 28th The Ragged Trousered Philanthropist, March 7th The Bluetones (Acoustic), 20th We Followed The Strangers, 27th- Atomic Rooster. GELDESTON LOCKS INN- March 29th Nick Hart and Tom Moore (See website for weekly events), SWANTON NOVERS VILLAGE HALL- February 15th Harbottle and Jonas. LOWESTOFT- The Slounge- February- 5th Will Ferguson, 12th Joey Herzfeld, 13th Vagaband Trio, 20th Laurence Kingston Band, 21st Paul Armer And The Dawn Chorus, 26th The Voom, 27th Lassie, March- 5th Pete Myatt And David Boyce, 7th Batfish, 12th John Ward Trio, 14th Fools Moon, 19th Devon Harper Trio, 20th Carley's Wreck And Ruin. WALDRINGFIELD VILLAGE HALL- March 21st- Alden And Patterson.

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