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Welcome...

to the Summer edition! As I write this we are approaching the last bank holiday in May with the promise of a heatwave - given it's England and a bank holiday not entirely convinced this will be the case, but I am keeping everything crossed!

Lots of things to keep you busy this summer, Norwich Theatre are providing lots of summer treats including the fabulous musical Mama Mia - see page 7 for more details.

Paws indoors are back with top tips to keep your furry friends safe in the heat.

Norfolk Deaf Festival (NDF) is back at The Forum in Norwich, on Friday 26 and Saturday 27 June - see page 9 for details of how to join in.

Stuck for something to do - The Norfolk Museums Pass offers a year's access to ten unique sites across the county! See page 13 to check out what they have to offer.

Keen to learn something new? Norwich County Council - Adult Learning have loads of courses for you to gain new skills, qualifications and confidence! Discover the full range of courses at www.norfolk.gov.uk/adultlearning

Anyone got any holidays coming up? I have and counting down the days to be relaxing with the family, with the only worry of which cocktail to order first!

Enjoy your summer and see you next time!

Kellie x



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Summer is well and truly underway in Beccles



Beccles Lido is next to the beautiful River Waveney, the gateway to the Broads National Park, and has a selection of hire craft including canoes, kayaks and paddleboards. What better way to spend a summers day than exploring the river - paddle towards the quay, wave as you pass the Waveney Hotel and the gardens along Northgate, or head to the Locks Inn Community pub in Geldeston.



Big Dog Ferry has been converted to electric, for a more leisurely and tranquil trip to the Locks Inn along the river, where you can spot otters, kingfishers, swans with their cygnets and marsh harriers. Last year a pair of Osprey took up residence and will hopefully return. 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.

and a cafe serving hot and cold snacks, drinks and ice creams, stone baked pizzas and lots more besides. With lane swimming early morning and evening, regular aquacise classes and fun sessions in between, and a springboard, slide and daily giant inflatable sessions at weekends and during the summer holidays, there's splashtastic fun for everyone!

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Summer Theatre Treats

Whether you are looking for a high-stakes romance, a daring adventure, or a feel-good family favourite, Norwich Theatre has a seat perfect for you this summer.



The Spy Who Came In From The Cold | 16 – 20 Jun | Norwich Theatre Royal

Based on the worldwide bestseller and named in TIME Magazine's All-Time Greatest 100 Novels, and starring Ralf Little (The Royle Family, Death In Paradise), The Spy Who Came In From The Cold is a riveting journey through the fog-shrouded terrain of Cold War espionage, deception, and moral compromise.

The Bodyguard | 22 – 27 Jun | Norwich Theatre Royal

Former Secret Service agent turned bodyguard, Frank Farmer, is hired to protect superstar Rachel Marron from an unknown stalker. Featuring a whole host of irresistible classics, including one of the greatest hit songs of all time – I Will Always Love You.

MAMMA MIA! | 30 Jun – 11 Jul | Norwich Theatre Royal

Set on a Greek island paradise, a story of love, friendship and identity is cleverly told through the timeless songs of ABBA. Sophie's quest to discover the father she's never known brings her mother face to face with three men from her distant romantic past on the eve of a wedding they'll never forget.

The Dinosaur that Pooped | 12 Jul | Norwich Theatre Royal

Adapted from the number 1 best-selling books by Tom Fletcher and Dougie Poynter. When Danny and Dino's favourite rock band are playing their

last ever concert, they go on a quest to get the last two tickets. But with a villainous band manager lurking, nothing goes to plan.

This is Rambert | 14 – 15 Jul | Norwich Theatre Royal

For Rambert's centenary, they bring together handpicked, bite-sized, high-impact works from artists with something urgent to say. Works that speak of the now, amplify untold stories, thrive on difference and match the speed and intensity of modern life.

La traviata | 31 Jul – 2 Aug | Norwich Theatre Royal

Step into the glittering world of nineteenth-century Paris as one of opera's most unforgettable love stories takes centre stage. La traviata is Verdi at full brilliance, weaving a tale that shimmers with glamour, passion and heartbreak.

Matilda The Musical | 6 Aug – 6 Sep | Norwich Theatre Royal

Matilda The Musical, the multi-award-winning musical from the Royal Shakespeare Company, returns to Norwich this summer! Inspired by the beloved book by Roald Dahl, Matilda is the story of an extraordinary little girl who, armed with a vivid imagination and a sharp mind, dares to take a stand and change her own destiny.

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





Presented by:
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Norfolk Deaf Festival

Friday 26 and Saturday 27 June 2026

Belong | Connect | Celebrate

theforumnorwich.co.uk/ndf



After a little break, Norfolk Deaf Festival (NDF) is back at The Forum in Norwich, on Friday 26 and Saturday 27 June 2026!

Whether you, or friends and family are D/deaf, or you're just curious – we'd love to see you there!

We'll bring you talks, comedy, inclusive circus shows and BSL storytelling. Soak up entertainment from the likes of world-renowned comedian John Smith or enjoy not one but two day-discos with Deaf Rave, or a funny, spectacular one-person circus show. Visitors can book onto workshops, ranging from learning basic British Sign Language, to sign-song workshops and how to draw your own comic. There'll be drop-in sessions to have a go at spinning the decks with MC Geezer, or learn how to film interviews.

Younger ones will have plenty to do, from accessible circus skills to colouring competitions and storytelling. They can even bring along their teddies and visit the Bear Ear Clinic to get them fitted with toy hearing aids.

The festival, which was established in 2017 and originally run by volunteers, has now been brought into

The Forum's family of festivals. It is free to attend, but some activities must be pre-booked, and our comedy evening is ticketed.

NDF is made possible through the support of Norwich Freeman's Charity and Anguish's Educational Foundation, alongside R C Snelling Charitable Trust, Birkdale Trust and Ovingdean Hall Foundation. Huge thanks also to our gold sponsors are National Deaf Children's Society, Deaf Connexions and Rotary House and silver sponsors are Signly and Lipspeaker UK

To browse the programme and book tickets, visit theforumnorwich.co.uk/ndf





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Top tips for keeping your pet safe in the Summer

- Heading to the beach with your dog? Take plenty of fresh water for them, sea water will make them ill.
- If you think your dog has become too hot – the best advice is to SOAK them with COLD water, (from the kitchen tap is fine, or buckets of sea water) without delay. Remember WET then VET!
- Pets can get skin cancer too – especially white coated cats and dogs - on ear tips, noses and bellies where the hair coat is thin. Keep them out of the sun between 10 am and 4 pm.
- If you're travelling with your pet, make sure they have an up to date collar tag and microchip details.
- Holidays abroad. There are new rules about the documents your pet needs, check with your vet well in advance of your travel plans. Also good to ask about protection from parasites that are not found in the UK.

- Protect your pet from fleas and ticks, which carry nasty diseases – for pets and people. They are more commonly encountered as the weather gets warmer.

- Check that inland lakes are free of blue-green algae (highly toxic) before allowing your dog to swim.

- Like people, very young and very old pets need to be protected from excessive heat.

- Pets with a heart condition and flat faced breeds, such as bulldogs and frenchies, will also find it more difficult to cope with heat and should be kept cool

- Cooling mats and jackets only work if they are wet. A soaked bandana is a good idea but remember to resoak it frequently.



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norwichcastle.norfolk.gov.uk



Norwich's Must-Visit Museums



Photo credit: Beth Moseley



Norwich's story unfolds across three standout museums, each offering a distinct glimpse into the city's rich heritage.

At its heart, **Norwich Castle** – recently awarded the **Museums + Heritage Award for Restoration or Conservation Project of the Year** – has been transformed into a striking medieval experience. Built by William the Conqueror, its newly redeveloped Keep immerses visitors in twelfth-century life through evocative interiors, powerful storytelling and over 900 objects in **The Gallery of Medieval Life**, created in partnership with the British Museum. Wider collections of art, archaeology and natural history add further appeal.

In the Lanes, the **Museum of Norwich** celebrates the city's industrious past. Housed in a former Bridewell, it traces

Norwich's rise from early settlement to medieval powerhouse, with hands-on displays, textile heritage and personal stories bringing its communities to life.

Nearby, **Strangers' Hall** is a hidden gem – a beautifully preserved 14th-century house showcasing centuries of domestic life, from Tudor grandeur to Victorian comfort, complete with a tranquil walled garden.

The **Norfolk Museums Pass** offers excellent value – granting a year's access to ten unique sites across the county while supporting Norfolk's remarkable heritage.

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Free Celebration for Refugee Week at Norwich Theatre

To celebrate **Refugee Week**, Norwich Theatre, in partnership with **Bridge+**, is proud to host the **Refugee Week Family Day on Saturday 20 June.**

This free, inclusive event invites families from all backgrounds to gather under a welcoming marquee at Norwich Theatre Royal for a day of adventure, community, and a lively hub of circus skills, music-making, and arts and crafts.

Part of Norwich Theatre's **Theatre of Sanctuary** programme, the day is designed to celebrate the kindness, courage, and diverse cultures that define Norwich.

Speaking about the Refugee Week Family Day, **Elsbeth Hunter**, Creative Engagement Project Manager at **Norwich Theatre**, said: "This is going to be a joyful day of fun and celebration of all the things that make our city special, where families can spark imaginations and help everyone discover their brave side. As a Theatre of Sanctuary, we want to provide a space where trying something new is an adventure and where every family feels they belong."

Try something new at the **Circus Skills** workshop – a playful, high-energy session that's all about giving things a go!

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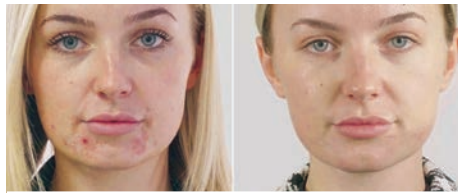
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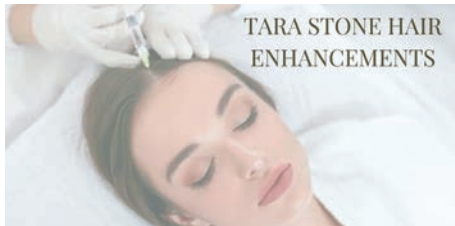


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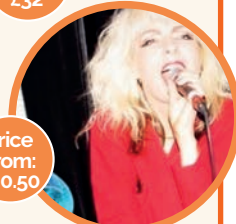


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Gardening is good for mental health



It's been a hectic year so far, and as a result planting deadlines have felt stressful. Everything that was sown in the greenhouse in March had been moved outside for hardening off ages ago. Miraculously, all plants survived the early drought, as well as the late frosts. So there was at least something for the allotment, but I thought I'd missed sowing loads of favourites by at least a month.

When a clear day unexpectedly came up in the middle of May, I started checking seed packets and, to my surprise, discovered that it was not too late to sow green beans, courgettes, squash, sweetcorn, basil, and broccoli. Even peas might still be ok although I expect that many of them will turn out to be full of maggots. Sowing leeks this late was pushing it but as the seeds were old I decided to take the chance rather than save them for another year.

My sowing frenzy was followed by a stint on the allotment where I planted broad beans, sprouts, cauliflower, a cornucopia of mixed salad leaves, and some peas.

By the end of the day, I had filled four out of my five veg beds and was very tempted to start planning what I was going to do with the abundance of produce when harvest time comes. I know! I know! Things can still go disastrously wrong. Maybe there will be no more rain between now and September. Maybe we will have another late frost, and I will lose the potatoes again. Maybe mice and pigeons will destroy the peas and beans.

But gardeners have to be positive people, and a day like the one I've just had made that very easy.

Birgit Grien



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Are You Making the Most of Your Life?

Nearly twenty years ago, Shane Lutkin was struggling with stress, low mood, frustration and burnout. At 50, he recognised he was an ordinary person facing common psychological challenges and decided to change. He went on to gain a degree in counselling and a master's in personality and psychotherapy.

During his studies, Shane developed the foundations of the Emotionalskills programme. "I worked out what was wrong and how I wanted to change. With education, I became my own therapist. I developed the tools to live a better emotional life."

Through time and effort, his approach transformed his wellbeing. "I now feel balanced, in control and able to manage life's challenges," he says. Shane went on to use his model professionally, completing over 20,000 client hours. Feedback from clients who completed the Emotionalskills course shows that 96% found it extremely helpful, with 93% reporting improved ability to manage their psychological challenges.

The Emotionalskills team have now launched Emotionalskills Online—a flexible, accessible therapy service. Designed to support common issues such as anxiety, stress, low mood and low self-esteem. The programme empowers individuals to take control of their emotional wellbeing.

Unlike face to face therapy, which can cost up to £100 per session, Emotionalskills Online offers ten tailored sessions for £147, as well as a free Discovery Session. "This is about helping people help themselves," Shane explains. "It's flexible, private and available 24/7."

Real change comes from within and with the right tools, people can create a less troubled, more balanced and fulfilling life."

Face to face therapy sessions can still be booked with the team and further information on the programmes can be found at www.emotionalskillsonline.com

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Not For Profit Law is a social enterprise founded by two local solicitors, **Laura van Ree** and **Trina Worden**, who have more than 30 years' experience between them. Laura and Trina have resolved to 'do law differently' by offering expert legal advice at lower rates than more traditional law firms whilst feeding the profits they make back into the local community.

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Discover Qigong at Inner Space

I was introduced to Qigong many years ago and it was certainly love at first move. I remember how calm I felt after the class but also energised and open at the same time. I couldn't stop smiling and just felt so good. Regular practice saw my aches and pains disappearing and I gained an overall sense of wellbeing.

But what is Qigong? It is an ancient Chinese health practice that integrates physical postures, breathing techniques and focussed intention. It has also been described as a moving meditation or mind-body wellness practice.



The gentle, flowing, rhythmic movements are easy to learn and are suitable for people of all ages. Although Qigong is a standing practice the moves can also be done seated which makes it suitable for different abilities.

Older people who practice regularly have reported an increase in their vitality and stamina helping them to maintain good health. Western research confirms that Qigong reduces hypertension and the incidence of falling in the aged population. I personally have found that it reduces stress, improves sleep and increases flexibility.

Find out how Qigong can improve your health by joining a class at Inner Space. Tuesday 6-7pm Qigong for Women. Wednesday and Friday both at 10.30-11.30 Qigong for everyone. All ages and abilities welcome.

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Richard Penguin's Musical Triangle

Celebrating 20 years of this music column.



NICK HART AND TOM MOORE- GELDESTON LOCKS INN- Showcasing their unique take on Traditional songs and tunes, including many from their successful album 'The Colour of Amber', Nick and Tom began their UK tour with a sold out concert at the Locks inn. Talented musicians both Nick has a resonant and rich voice and he name-checked Norfolk singers from the last century, including Sam Larner, among his influences. Thematically robbing occurs on a regular basis in their choice of songs with death looming large for the perpetrator's at the hands of the person he is attempting to rob on the 'Jolly Bold Robber', and by hanging for a Highwayman on '3 Jolly Sneaksmen'. Certainly there is no jolly ending for either of them. Equally several murder ballads surfaced throughout the evening most notably 'Babylon' with its tale of 3 sisters which once again sees the demise of the perpetrator of the crimes. Having highlighted these songs despite a plethora of dark tales it was quite a jolly concert with some superb instrumental interplay between these 2 fine musicians as well. A very enjoyable concert. Upon the break up of Oysterband former members John Jones, Ray Cooper and Al Scott decided to form the JOHN JONES TRIO and they played Norwich Arts centre on their tour. Drawing largely upon material from their former band if 'A River Runs', with its 3 part harmonies and audience sing-along lyrically focuses upon an enduring and lifelong love, and the romantic 'Over the Water' looks to future adventures together for a couple, conversely 'Sail on by' lyrically deals with the coming to an end of a relationship and learning to accept it, while 'Spirit of Dust' appropriately is a song about moving on and starting out on a new adventure. Outside of the bands canon of work there was a cover of Rev Hammer's raucous tale 'Drunkards Waltz' about a St Patricks night, Al Scott's take on the Jay Davies song 'Thunderclouds' with multi-instrumentalist Ray Cooper moving on to piano and the inclusion of one of Ray's own and finest solo songs 'The unknown soldier has a name' based upon the true story of Private Fred Broadrick executed in WW1 for going absent without leave. Played in a more intimate setting in a subtle and acoustic style the songs lost little of their full band dynamic. Superb. FOLK ON THE PIER- Too much to include so maybe I will choose a highlight from each of the concerts. Friday afternoon seeing Bellowhead's Spiers and Boden playing together again as a duo intuitively notably on the intricate 'Filkins' and 'Saltash' was a joy while evening opener key Merry Hell member Virginia Kettle together with her band Rolling Folk energised the audience

equally offering a thought provoking, amusing upbeat and offbeat selection of songs. Saturday afternoon brought a rousing upbeat fiddle driven set from the younger folk rock band Common Culture, and having expected the evening's highlight to be the Demon Barbers 25th anniversary show while it had both high and low points I found the audience engaging and gentle set from storytelling Canadian songwriter Dan Mckinnon quite compelling. Sunday afternoon brought an audience engaging set of lyrically fascinating, true story based songs with some fine close 2 part harmonies from Mark Radcliffe and David Boardman, and a mix of amusing stories, songs and heartfelt ballads from the effervescent Gerry Colvin with his big folk orchestra. The evenings highlight and finale came from Feast of Fiddles melding and mashing up folk jigs with film themes, and much more. While I hoped to get to more of the 1.3 East fringe festival highlights included a lively set from Rattlebox, an audience participation set from Isle Ave a shanty, thought provoking songs and close harmonies from George and Nancy, intricate instrumental interplay from Shuroots, and from a personal perspective we Penguins Go Pop thoroughly enjoyed making our comeback as a 3 piece band at the Cromer Social club. Mark Radcliffe even joined us for a song as well. A marvellous weekend. We Penguins are playing near to Cromer at the Aldborough Fayre 21st June at 12.15 and 2pm, and 25th July at the Hanworth party on the common in the afternoon. Time TBC. Both are free entry.

SOME CONCERTS BY ORIGINAL ARTISTS FOR JUNE AND JULY (See websites for more concerts, tribute bands, covers band and support acts etc). NORWICH- ANTEROS- June- 5th Folklore on film. BRICKMAKERS- June- 6th M2TM Final, 28th Future fest, July 17th Collapse the Sky, 29th The Blues Society. Regular events- Battle of the bands- June 18th, July 2nd and 23rd. Black Dog music project- June 10th + July 8th, Open mic night- June 11th and 25th, July 9th and 30th. DEAD WAX SOCIAL- July 1st- Tummyache, Philippe Nash, Takeda, July 4th The Portland. EPIC- June 14th Teddy Thompson, July 10th Stiff Little Fingers, 23rd- Showaddywaddy. THE HOLLOWAY- June 4th Passepartout duo + Garden Centre, 11th- Magda Drozd, Birds of Hell, Lottie Brazier, 12th Citizen smith, Behind the sun collective, 20th Blu Raspberry + Gosh Darnits, 24th- Adam Clark trio- Folk and Fold album launch, July 3rd- Alison Cotton + Chimehours, 23rd- Adeline Hotel, Cameron Knowler. NORWICH ARTS CENTRE- June 1st the Bug club, 4th Police Dog Hogan, 5th House of Love, 10th Ye Vagabonds, 11th

Tamikrest, 16th Gnos, 20th Miki Berenyi Trio. July 8th Josh Rouse, 10th Popes of Chilltown, 30th Daraa Tribes. NORWICH FOLK CLUB- June 5th Tanya Opland + Mike Freeman, July 3rd Pagoda Project. PUPPET THEATRE- The Experimental sound society- June 12th and July 17th. UEA- June 4th The Levellers, 27th The Divine Comedy. VOODOO DADDYS June 5th Bag of Cans + Snakemilk, 20th Avoid + Damp Matches, 27-28th Everywhere at once festival, July 18th Glimmer, Narcolepsy, + Canvas tile. THE WATERFRONT- June 7th James Walsh (Starsailor) + Ben Ottewell (Gomez), July 3rd As December Falls. OUTSIDE NORWICH- BECCLES- Canopy theatre- June 13th- Steve Tilston, BUNGAY- Fisher Theatre- June 10th John Ward Trio- Congress- A Bungay folk festival fundraiser. CLEY MARSHES- June 7th- Samantha Whates and M G Boulter, July 17th- Geoff Robb- The Music of Trees, CROMER- Community Centre- June 13th TV Smith, 28th Dave McCabe (The Zutons). July 12th Hot Seats, 25th Black Umfolosi. GELDESTON LOCKS INN- June- Sundays at 2.30 pm- 7th- Blueplate Specials, 14th- Loose Leaf Drifters, 21st- Summer Solstice, 28th- Wake Up the Nation, 20th- Introducing- part 1- 4 bands from 2pm, July- Sundays at 2.30- 5th Mark, Anthony and Isaac, 12th- Jean and the powerbox, 19th- The Generation Gap, 26th- Calum Baird. 18th- Introducing- part 2. 4 bands from 2pm. Regular events- 1st Wednesday- Tin River, Open mic session- 1st Thursday, Irish folk- 2nd Thursday, Trad music and song- 4th Thursday. LOWESTOFT- The Slounge- June- 4th Pete Myatt and David Boyce, 5th- Tangles, 13th fools Moon, 20th Batfish, 25th- alden and Patterson, 27th Dingo Jingo, July 10th this Machine Kills Fascists, 17th- Laurence Kingston band, 23rd Pangea. SWANTON MORLEY- Village hall June 7th Dan Webster and Emily Lawler. SOME FESTIVALS- NORWICH- Earlham park live- June 28th- The Wombats, Maximo Park, The Amazons + Cherry Holt. FOLK IN A FIELD- 2nd -5th July West Acre, near Swaffham www.folkinafield.co.uk LATITUDE 23rd-26th July Henham park, Suffolk- https://www.latitudefestival.com/ STRAWBERRY FAIR- June 6th- Midsomer common, Cambridge- https://www.strawberry-fair.org.uk/ MAVERICK FESTIVAL- 3rd-5th July- Suffolk- https://maverickfestival.co.uk/

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THE 47th NORWICH BEER FESTIVAL Tickets launched!

Tickets have now been released for the return of Norwich Beer Festival to The Halls.

All members of the public can **prebook their entrance**, official festival glass and drink tokens from the Norwich & District CAMRA branch website. **CAMRA members** can also secure free-entry advanced tickets for the first time, securing their entry and avoiding the queue. Entry can also be paid **on the door** by card, cash or free for members with a membership card.

In 2026, the **47th Norwich Beer Festival** will be returning to The Halls in Norwich. After two years of waiting for the Halls' renovation to be complete, the festival finally returns home!

Norwich & District CAMRA has released tickets early, as they are expecting a bumper year in attendance, due to the festival's return to its popular home-location. The Branch also has a double celebration, as they will be celebrating their 50th anniversary!

Across one week, spanning the usual Norfolk Schools half term holiday, **Monday 26th October to Saturday 31st October**, and for the first time be **open-all-day on Tuesday 27th October**.

As is tradition, the festival will span three spaces across The Halls complex. The main St Andrew's Hall will house a huge choice of beers from across the nation, of every shade, strength and style. It will also play host to the favourite Cider Bar, home to traditional perries and wine. St Andrew's will also welcome back the unique Curiosity Bar, offering visitors something more unusual. It previously included a slushy machine producing beer and cider slushies, what will they come up with this year? There will also be a free-from section offering vegan and gluten-free beers, as well as a section serving beer from wooden casks, for the connoisseur. Meanwhile, the second space, Blackfriars Hall, offers beers in a slightly quieter environment. Thirdly, and most importantly for many, the World Beer Bar will once again be nestled downstairs in the marquee.

'As always, entry will be free to CAMRA members, including those joining during the festival. This year, members have the added advantage of being able to secure free-entry tickets in advance to secure their place. Plus, the national association of CAMRA has announced that all its festivals, up and down the country, will now be free entry to members!'; comments **Craig Harmer, Norwich Beer Festival Organiser**.

The event will showcase a fantastic selection of real ales, ciders and world beers. The official **47th Norwich Beer Festival glass**, featuring the legendary dragon, will be available to prebook or purchase at the festival.

'With its popular return to The Halls, we urge people to pre-book to guarantee entry. We're looking forward to what promises to be an exciting week, giving thousands the opportunity to sample beers not usually found locally, whilst soaking up the traditional and unique historic Halls complex', adds **Craig Harmer, Norwich Beer Festival Organiser**.

'The 47th Norwich Beer Festival promises to celebrate our long-awaited return to The Halls in style, with the very best of beers and ciders' says Norwich & District CAMRA's newly-appointed Chair, Lucy Cousins.

The festival charity is **Keeping Abreast**, offering support to local women undergoing breast treatment and reconstruction.

The festival is **NOT a ticket-only event**, but if you want to jump the queues or guarantee yourself a festival glass, it is best to get a ticket. Only a portion of tickets are sold in advance and plenty of space is left for non-ticket holders for every session. More information on food vendors, merchandise will be released shortly.

For more updates, you can follow the Norwich & District CAMRA website, <https://norwich.camra.org.uk> or social media sites, or go directly to the ticket link here: <https://norwich.camra.org.uk/festival/advance-tickets/>

The festival session information and timings, and a link to tickets, can be found here: <https://norwich.camra.org.uk/festival/sessions/>

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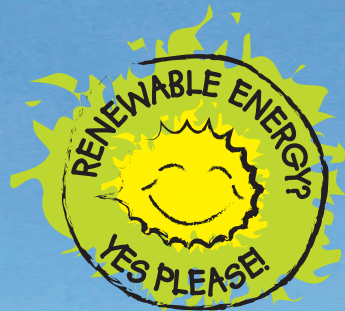
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