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Aug / Sep 2026

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Welcome...

How are we all keeping in the heatwave....Phew! I've seen an article online recently that some folk have come up with a 'hack' to escape the heat.... by booking hotel rooms! Alright for some!

Ripples Bathrooms are here to help us to 'Bring the charm of a luxury country hotel home this summer' (just minus the air con!) See page 27 for their top tips!

Family Festival is back on 4th August at Norwich Theatre. So if you fancy a sing-along, puppet making, story telling or an art workshop give them a look. (Page 7 for more details)

Travelling with your furry friend this summer? Rosie from Paws Indoors is here with all her top tips to make this a doddle! (Page 11)

Talking of furry friends, Redwings Horse Sanctuary have plenty for you to visit for free! Why not pop down and see all their gorgeous rescue horses and donkeys - you could even sponsor one while you are there - all funds go towards the care and help Redwings give to these beauties. (Page 5)



Kellie x



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For a unique and thoughtful gift, why not sponsor a Redwings Adoption Star horse or donkey for a friend or loved one, or even yourself?

Standing at an impressive 16.3 hands high, stunning Adoption Star Shire cross Fox is a true gentle giant who loves to bend his head over the fence for a cuddle with his visitors.

While Fox now enjoys a peaceful life in his paddock at the charity's Caldecott Visitor Centre, in Norfolk, his future was not always so certain. This handsome gent arrived at Redwings in 2010 as part of a large group of horses when he was just a few months old.

Fox has a condition which means he experiences stiffness in his legs so his chances of finding a new home to suit his needs were slim. However, he now has a permanent home at the Sanctuary under the watchful eye of Redwings' vet team.

From just £2 per month, you can sponsor Fox for yourself or a loved one and ensure he and his four-legged friends continue to enjoy happy and healthy lives at Redwings.

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Adopting a horse, pony or donkey at Redwings is a fantastic way to support Redwings and make a new friend in the process, and it costs from as little as £3 a month.

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NORWICH THEATRE FAMILY FESTIVAL

Norwich Theatre's **Family Festival** is back on **4 Aug** for a full day of non-stop, free family adventure! Come and discover a world of creativity with a day packed full of crafty fun, interactive experiences, and magical memories. Whether you want to belt out musical theatre classics, craft puppets, build a panto-inspired stage set, or dive into immersive storytelling, there's something for everyone. Gather your crew and get ready to create, play, and explore!

Sam Beal, Head of Creative Engagement at **Norwich Theatre**, said: "We are absolutely thrilled to welcome families back for another year of festive fun. This festival is all about opening our doors and letting creativity run wild as a family. We cannot wait to see you all there."

Get ready to sing your heart out at Norwich Theatre with our **Community Singalong**, where a conductor will lead you through a whole array of musical theatre tunes. The songs that will be sung on the day will be released to the public in the lead-up to the event, so you can warm your vocal cords and practice the lyrics at home, or even as a group. Throughout the day, join the all-ages craft

drop-ins! You can craft your own characters during **Puppet Making with Animus Puppetry** or help decorate a theatre set inspired by this year's panto, *The All New Adventures of Peter Pan*, in the **Set Art workshops with Repräsent Project**.

Book onto the **Storytelling Workshops**, which will breathe new life into classic tales. Using immersive storytelling, props, movements and fun games, you and your family will go on an imaginative adventure!

Sensory Stories for SEND is a creative session welcoming families with children who have special educational needs and disabilities. This session will be accessible for non-verbal children, guiding the group through a journey of imagination and play in a relaxed, supportive environment, using an array of sensory materials and props.

The Family Festival is part of our Creative Families programme, which is made possible thanks to the support of: The Paul Bassam Charitable Trust, The Simon Gibson Charitable Trust & 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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Summer is well and truly underway in Beccles



Beccles Lido is next to the beautiful River Waveney, the gateway to the Broads National Park. With a selection of hire craft including canoes, kayaks and paddleboards, plus the refurbished Big Dog Ferry, 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 by paddle or electric ferry.

Big Dog Ferry has been converted to electric, for a more leisurely and tranquil sailing 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.

Beccles Lido is open every day, with the main pool, toddler pool and splash pool all heated to 28°C. The pool is surrounded by patios and grassy areas, with picnic tables and sunloungers, plus two all-weather eating and spectating areas.



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

Booking is recommended for all activities. For more details, timetables and to book all activities, please visit www.bestdaysoutinBECCLES.co.uk

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Top tips for travelling with your pet

Travelling with your pet can be a wonderful experience, but a little preparation goes a long way in making the journey safe and stress-free.

Firstly, make sure your pet is wearing an up-to-date ID tag and that their microchip details are correct. It's worth getting extra tags with your mobile number and holiday address.

Don't forget -food, water, bowls, medication, a lead, poo bags or litter and tray, bedding and a favourite toy or blanket to provide reassurance in unfamiliar surroundings. Even in pet friendly accommodation, I take extra throws and blankets to protect the furniture.

Plan stops every couple of hours so your pet can stretch their legs and have a drink. Ask your vet about products that can treat travel sickness or help calm your pet during the journey.



Before you go research the local veterinary practices, and put their number in your phone, just in case.

If you're going abroad, have you checked the paperwork you need. Requirements frequently change. Check at www.gov.uk/taking-your-pet-abroad,

Vaccinations are needed for kennels and catteries and also for taking your pet to Europe. Make sure they are up to date well in advance of your booking.

Ask your vet about the risks your pet may encounter in warmer parts of Europe. There are several serious diseases, some of which can be spread to people, that we do not find in the UK.

Finally, think about your pet's temperament. Not every animal enjoys travelling, and for some, staying with a trusted friend, family member or reputable boarding facility may be the kinder option.



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Theatre Treats

High Society
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| Norwich Theatre Royal

Helen George (Call the Midwife, The King and I) leads a 28-strong cast as glamorous socialite Tracy Lord, joined by stage and screen favourites Freddie Fox (Slow Horses), Nigel Lindsay (Kiss Me, Kate), Julian Ovenden (South Pacific), and Malcolm Sinclair (Pie in the Sky). As plans for the society wedding of the year descend into chaos, old and new flames vie for attention while a sharp-eyed tabloid reporter hunts for a scandal at a waterfront estate.



Looking for your next great night out?

Discover a fantastic line-up of shows coming to Norwich Theatre. Whether you want to treat yourself to the summer sensation, enjoy a thrilling dance, or laugh along with a comedy musical, Norwich Theatre has the perfect show for you.

Matilda The Musical

| 6 Aug – 5 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.



3 Migrant Women | 4 – 5 Sep |
Norwich Theatre Stage Two

3 Migrant Women is a striking and intimate exploration of migration, memory, and the profound cost of leaving everything behind. Created and performed by the artists whose stories it tells, the production weaves movement, song, and storytelling to illuminate the reality of crossing physical and emotional borders.

Bowjangles: Classically Untamed | 11 Sep |
Norwich Theatre Playhouse

Genre-defying string quartet Bowjangles bring their trademark irreverent mix of physical comedy, improbable dancing, soaring vocals and, of course, virtuosic string playing to their latest show: "Classically Untamed". A jam-packed celebration of their favourite routines from the last 18 years together.

Matthew Bourne's The Car Man | 29 Sep – 3 Oct |
Norwich Theatre Royal

Loosely based on Bizet's ever-popular opera, The Car Man has one of the most thrilling and instantly recognisable scores in New Adventures' repertoire. The familiar 19th-century Spanish cigarette factory becomes a greasy 1950s garage-diner in the American Midwest, where the dreams and passions of a small town are shattered by the arrival of a handsome and enigmatic stranger.

Operation Mincemeat | 5 – 10 Oct |
Norwich Theatre Royal

Singin' in the Rain meets Strangers on a Train; Operation Mincemeat is the fast-paced, hilarious and unbelievable true story of the twisted secret mission that won us World War II. Bursting at the seams with the kind of chaos you couldn't invent, the question is: how did a dead body, a fake love letter, and – of all people – Ian Fleming come together to wrong-foot Hitler?

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



11-20 Sep 2026 Heritage Open Days

Hundreds of free heritage events taking place across Norfolk. Unique stories, fascinating places, and experiences to remember forever!

All events are **FREE!**



norfolkheritageopendays.co.uk

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the forum

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 heritage open days

Norfolk Heritage Open Days 2026

© Keiron Tovell

From Friday 11 – Sunday 20 September, people across Norfolk and beyond can enjoy hundreds of **free events** during the Norfolk Heritage Open Days festival, from hidden historic buildings and guided walks to family activities, exhibitions and talks.

In 2025, Norfolk's programme featured 397 events from more than 200 local organisations, and Norwich hosted the largest city-wide programme in England.

The online event directory for this year's Heritage Open Days festival is now live, with over 250 events already, making it easy to plan ten days of discovering stories, places, and passions.

The Forum is bringing back an extended version of the popular Portraits of Life exhibition of photographs by Jack Roberts, originally premiered in 2019, showing Norwich after the Second World War and before the city's redevelopment in the early 1970s.

The exhibition will also feature archive films and recorded stories from people who lived and worked there.

The printed Norfolk Heritage Open Days listings brochure will be available from late July at The Forum, Norwich and other selected venues across the county.

As events can still be registered up to Thursday 13 August, not every listing will appear in the printed brochure, so do check the online directory regularly for updates and booking information.

So, get out and experience the incredible heritage and history our county has to offer this September with hundreds of amazing events, that are **all entirely FREE!**

Booking opens for the majority of Norfolk's prebook events from Wed 26 Aug, but there are plenty of drop-in events too!

NorfolkHeritageOpenDays.co.uk



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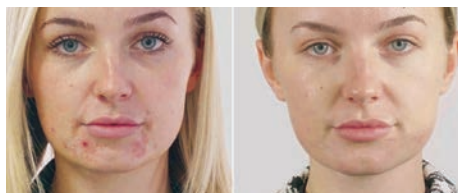


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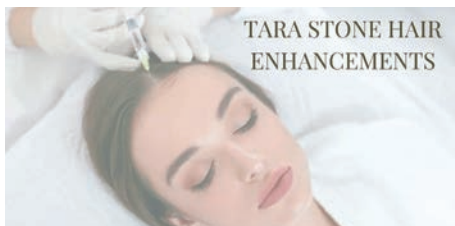


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Staying socially connected is one of the most important factors for our wellbeing, especially as we age. Whether you're in your 50s, 60s, 70s or beyond, it's never too late to get involved in your community.

Janey Bevington, a 77-year-old retired physiotherapist from Whitlingham, is a volunteer at Norwich Theatre Royal. As part of Norfolk County Council's Healthy Ageing campaign, she discusses her love for her community, volunteering, and connecting with others.

"I have always loved the theatre, and I started volunteering after my divorce. I welcome the audience, check seating numbers, support disabled visitors, scan tickets, and ensure everyone is having a safe, enjoyable time.

"I love being around people, and I knew I'd miss being social post-retirement. I've volunteered for 25 years now. It's so rewarding that I now volunteer for local festivals, summer sessions, the Lord Mayor's Parade, and in a charity shop. It's great fun feeling part of a team."

Janey says being in the community is key to maintaining her health and wellbeing. "Sitting at home can make you rather fed up, so volunteering with others makes a huge difference. I always come home feeling refreshed. When visitors at the theatre say thank you and smile, it makes me feel so appreciated. You make so many friends; it makes life worth living.

"You're never too old to take part. Pluck up the courage and go along to a group, or volunteer. Mentally and emotionally, being with other people is wonderful. If you're feeling down, there's nothing like being with others - you can often talk to people who feel the exact same way and you feel better afterwards. Don't leave it too late. Reach out while you still can and get out there!"

To find local groups or activities near you, and guidance on how to support your health and wellbeing as you age, visit www.norfolk.gov.uk/healthyageing.



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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.

Laura and Trina advise on Wills, Powers of Attorney, the Court of Protection, Probate and Estate Administration and Trusts. They offer free initial probate advice and a free Will review service and are always happy to chat on the phone before you decide to become a client.



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APPOINTMENTS AVAILABLE IN YOUR HOME OR ONLINE

Pottergate Skin Clinic

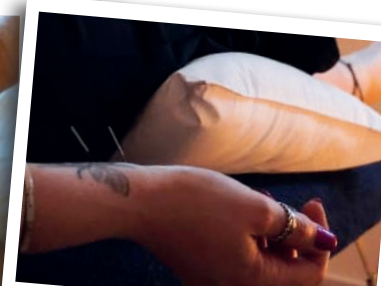
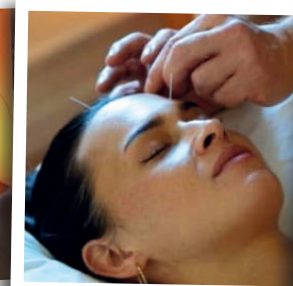
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For more information or to make an appointment visit:

www.pottergateskinclinic.co.uk



Community Acupuncture Clinic at Inner Space

I'm Sam Coxeter, a Norwich-based acupuncturist with over a decade of clinical experience and a member of the British Acupuncture Council. I've worked with thousands of people over the years, supporting everything from pain and tension to stress, anxiety, headaches, fertility, women's health and general wellbeing.

My approach is friendly, down-to-earth and always tailored to the person in front of me. Alongside acupuncture, I also offer cupping therapy.

My £35 community acupuncture clinic is Norwich's most affordable professional acupuncture clinic.

I treat a maximum of three people at a time in a calm environment, with screened treatment spaces for privacy.

I also offer private one-to-one appointments in a completely private setting for those who prefer dedicated time and space.

Both the community clinic and private sessions are held at Inner Space, Maude Gray Court, St Benedict's Street.

Find me online:

Instagram: @acupuncturenorwich

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Bring the Charm of a Luxury Country Hotel Home This Summer

With a Ripples bathroom design specialist

There is something undeniably special about stepping into the bathroom of a beautiful country hotel. Whether nestled in the Norfolk countryside or tucked away in the heart of rural Suffolk, these spaces have a unique ability to make us instantly slow down. Soft lighting, natural textures and timeless design come together to create an atmosphere that feels effortlessly calming.

It's little surprise that more homeowners are now looking to recreate that same feeling at home.

Rather than following short-lived trends, the most luxurious bathrooms are built around enduring materials and thoughtful design. Natural stone brings warmth, texture and individuality, while beautifully crafted timber furniture softens the room and creates a welcoming atmosphere. Not only are these materials visually striking, but they also stand up exceptionally well to the demands of everyday family life, ageing gracefully over the years.

The colour palette is equally important. Heritage greens, warm neutrals, deep blues and earthy tones, inspired by Britain's countryside, create spaces that feel comforting in every season. These softer shades encourage relaxation and complement both period properties and contemporary homes alike.

Architectural details such as wall panelling add depth and character, while aged or unlacquered brass fittings develop a rich

patina over time, giving every bathroom a unique sense of personality. Where space allows, a freestanding bath creates an elegant focal point and invites moments of genuine relaxation—whether that's enjoying a long soak with a good book or simply taking a few quiet minutes away from the pace of everyday life.

Lighting is often the finishing touch that transforms a beautiful bathroom into a truly memorable one. Layering wall lights, subtle LED lighting and warm overhead illumination allows the room to adapt from bright mornings to restful evenings, creating the welcoming ambience so often found in luxury hotels.

The final layer comes from carefully chosen accessories. Handmade ceramics, woven baskets, fresh greenery and beautifully folded towels add warmth without clutter, creating a space that feels both lived in and luxurious.

If you've been thinking about transforming your bathroom, summer is the perfect time to start planning. Ripples Summer Sale offers savings across a wide range of luxury bathroom collections, making it easier to create a timeless space inspired by Britain's finest country hotels. Whether you're embarking on a complete renovation or simply exploring ideas, there's never been a better opportunity to bring that boutique hotel feeling into your own home.

Visit Ripples Norwich at 113 Unthank Road, Norwich, Norfolk, NR2 2PE, ripplesbathrooms.com or call 01603 854 515.



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Richard Penguin's Musical Triangle

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music column.



Phew! Its has been a scorching hot couple of months. Here is a short round up of some concerts that I managed to get to. On a sweltering hot evening in late June at UEA The Divine Comedy bookended their superb set reminding us of their extensive back catalogue of classic songs from 'Something for the weekend' and 'Alfie' as openers through to the amusing 'National Express' and rousing 'Tonight We fly' as conclusers. In between we were treated a range of newer material highlighting that main man Neil Hannon has not lost that ability to pen both tongue in cheek and heartfelt lyrical masterpieces. A fantastic concert. Meanwhile at The Holloway Adam Clark launched his marvellous Norfolk focused new album 'Folk and Fold' with local folk luminaries Nic Zuppari and Alex Patterson making up his trio. Taking inspiration from Norfolk tales and folk singers of old while 'Fakenham Fair' may have been sung by many Adam gave it a new twist by re-writing the 'problematic lyrics' and it fitted in well alongside his own compositions including 'I walked by night' inspired by a Norfolk poacher who was imprisoned in Norwich castle. A superb concert, and album, that is gaining lots of great reviews and airplay. While not my favourite musical genre Dereham Blues festival which takes over the whole town for 5 days in July had some good moments on the Saturday when I went notably Santiago and the Soul movers playing Joe Walsh and early Fleetwood Mac covers delivered by their flamboyant frontman, and Canadian Tim Lee with his hobo songs redolent of Seasick Steve. Meanwhile I really enjoyed the Lord Mayor's procession with some musical highlights including the energetic Indie pop inspired set from Archie and the Astronauts, The Flute fronted and fine psychedelic pop set from The Mink and the joyful set from the Mind the Gap band formed from musicians who lead or take part in this wonderful organisation who were deservedly chosen as the Lord Mayor's charity for this years event.

SOME FESTIVALS- Aug 1st-3rd Black Shuck Bungay- Talks, films, music, parade, workshops, storytelling. <https://blackshuckfestival.com/events>
Aug 1-3rd Harlequin- West Norfolk- music and arts etc. <https://www.harlequinayre.co.uk/> Aug 14-16th Suffield Summer Fiesta- includes- Jah Wobble, Neutrinos, + Little Barrie- <https://www.suffieldarms.com/summer-fiesta-2026/> Aug 15th Afri Fest-Chapelfield Gardens. Timaya, Afro B, Lurdes Miranda <https://www.theafrifest.com/> Aug 20th to 23rd- Rock N Roll circus- Earlham park Norwich- James, The Streets, The Kooks, Madness, Ocean Colour Scene, Razorlight, Fratelli's, The Beat <https://www.rocknrollcircus.co.uk/norwich>
Aug 21st-23rd Folk East including The Young'uns, Richard Thompson, Elephant Sessions, Eddi Reader, Sam Kelly and the lost Boys, The Magpies + workshops, dances, art arcade and many more artists <https://folkeast.co.uk/line-up/> Sept 3rd to 6th- Bungay Folk Festival- Adam Clark, Alden and Patterson, Chris Wood, Doddie Bees, John Ward, Sam Kelly, Reg Meuross, The Shackleton Trio, Steve Turner, Will Pound and Jenn Butterworth workshops, ceilidh's a folk picnic and many more artists. Most events are free. <https://www.bungayfolkfestival.co.uk/bands>
SOME CONCERTS BY ORIGINAL ARTISTS FOR AUGUST AND SEPTEMBER (see websites for covers and tribute bands). NORWICH- THE ALEXANDRA TAVERN- Aug 4th- Daisyhead, BRICKMAKERS AND B2- Aug- 5th Black Dog Music project, 13th Open mic, 22nd Ska + Reggae party, 26th Norfolk Blues society, Sept- 2nd Psychedelic Circus, 4th Battle of the bands final + Re-Floyd, 17th King Parrot + supports. DEAD WAX SOCIAL- Aug- 9th Gets Worse + supports, 13th Victor Villarreal + Yer Blues + Kira Kira, Sept 3rd- Sans Froid + supports, 8th Johnny Foreigner + supports, 10th Dan Walsh, 20th Erotic Secrets of Pompeii + supports. EPIC- August 21st Gogol Bordello, 31st Arrested Development, September- 30th Mammal Hands. THE HOLLOWAY Aug- 14th The Mink + Wazlo, 29th- Slackdaws,

Cruiser Chimps, Toast, Sept- 4th + 5th Kulk, 11th Bruise
• Blood + Ziggy Waldron,
• 16th Sam Grassie, 17th- Pozi + Prayer Tech, 26th
• Nagasaki Swim + Starter car. NORWICH ARTS
• CENTRE- Aug- 27th- Flat Venus, 28th Lily Seabird,
• 30th This is the Kit, Sept- 1st Felice Brothers, 4th
• Kazdoura, 9th Yetii, 17th Pigs, Pigs, Pigs..18th
• When Rivers Meet, 24th Murmurations, 29th
• Claudio Constantini, 30th- Sam Kelly and the lost
• boys + Honey and the Bear. NORWICH FOLK CLUB-
• Aug 14th Adam Clark + John and Pauline Pearce,
• + Paul Gill, Sept 4th Jez Iowe. VODOO DADDY'S-
• Aug 15th- Damp Matches + Chicanes, 26th TVOD
• + Painkillers + Miyo, 29th Cud, Sept 16th- Rosa
• Walton, 25th The Meteors + Haunted Men, 26th
• Feeling Minnesota + Lara Price. THE WATERFRONT-
• Aug- 1st Sleemo, 23rd Kneecap, Sept 3rd Altered
• Images, 4th Goldie Looking chain, 5th Sharp Class,
• 8th As It is, 11th Cam T, 13th Dream State, 14th
• Liana Flores, 17th Urban Voodoo Machine, 19th
• King King. Check Reindeer, Louis Marchesi, Maids
• Head etc. OUTSIDE NORWICH- BECCLES- Canopy
• Theatre Sept 12th Enda Kenny, 26th Dan Webster
• + Emily Lawler. BUNGAY- Fisher Theatre- Aug
• 7th Panparo band. CLEY Marshes- Aug 22nd-
• Murmurations, CROMER- Community Centre-
• Sept 4th Kevin Dempsey and Joe Broughton,
• 18th Otway and Barrett. GELDESTON- Locks
• inn Aug- 1st Introducing, 2nd Jamshedders,
• 15th Introducing, 16th Harpoons, 23rd Funky
• Stuff, 26th Gatehouse trio, 30th Tin Foil Aliens.
• LOWESTOFT- The Slounge- Aug 6th The Imaginary
• Movement, 8th The Tricks, 14th
• Murphy's Iore, 20th Shackleton
• Trio, 21st Little Big Mouth, 27th
• Will Ferguson, 29th Fools Moon.
• Sept- 3rd and 4th Jazz, 10th-13th
• Dead Rooster fest, 17th Georgia
• Shackleton, 26th Lassie.

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STYLE WINDOWS



KEY BENEFITS OF A WARM ROOF

ENERGY EFFICIENCY

A warm roof is designed with insulation placed above the roof deck, which helps to keep heat within the living space below. This design minimizes heat loss during colder months, leading to lower energy bills and a more energy-efficient home.

COMFORT

By maintaining a consistent indoor temperature, warm roofs eliminate cold spots and drafts that can occur in traditional roofs. This results in a more comfortable living environment year-round.

CONDENSATION PREVENTION

Warm roofs help prevent condensation buildup within the roof structure. Since the insulation is above the roof deck, it reduces the temperature difference between the warm air inside and the cold roof surface, minimizing moisture issues.

REDUCED MAINTENANCE

With insulation protecting the roof deck from temperature fluctuations, warm roofs generally require less maintenance compared to cold roofs. This can lead to a longer lifespan for the roofing materials.

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