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Oct / Nov 2026



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## Welcome...

to the Autumn edition.. Are there any other distraught parents out there after sending their child off to university? I can't believe the time has come, I remember writing these columns when they were both little and we were having trips to the beach and the zoo! Now my eldest is off into the big wide world as an adult... Good luck to all starting a new chapter, you will do amazing and good luck to the poor parents sobbing on the way home...Let's hope it will get easier!!

Onto a cheerier note, the fabulous Festive Fair is back at The Forum on 26th - 29th November, with Arts & Crafts, Festive Food & Drink and Live Music plus much more!

And if that means Christmas is on the way, it must mean our babies will soon be home for the holidays right??

The Book Festival returns also at The Forum starting the 24th October and its the official national year of reading so what better time to join in. (See page 9 for more details)

Norwich Theatre are here to tell us all about this years panto...*oh yes they are!!* The All New Adventures of Peter Pan opens on 5th December and runs until 3rd January (page 16-17 to get all the details on how to book!)

Right that's it from me, see you next time for the Dec/Jan edition. I'm off to cry into my pumpkin spiced latte.

*Kellie x*



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## FABULOUS FESTIVE FAIR AT THE FORUM RETURNS FOR 2026

**Thursday 26<sup>th</sup> to  
Sunday 29<sup>th</sup> November**

The Festive Fair at The Forum in Norwich attracts thousands of visitors each year, with something for everyone. This popular seasonal event always takes place at the end of November, with over 32,000 people through the doors last year. Expect East Anglian stalls galore selling everything from jewellery, pottery, textiles, woodcraft, metalwork, lamps, glassware, art, preserves, calendars, cards, prints, Christmas decorations, chocolates, candles, cakes, clothes and more – in fact, everything from a freshly-baked cinnamon bun to a crocheted Christmas pudding!

### Live Music and Performances

Enjoy a warming hot chocolate or glass of mulled wine or gin while listening to Christmas carols from Norfolk's own Pavilion Brass Quintet who will be playing festive tunes outside The Forum at the weekend. Plus there'll be performances from Busybodies Stage School's dancers on the Saturday morning, and live singers on the Friday, Saturday and Sunday.

### Tasty Treats

Tuck into all sorts of seasonal food and drink outside on the Friday, Saturday and Sunday, and find festive treats for your dogs! Inside, Café Bar Marzano will be busy as usual, offering a great place to unwind while taking stock of your shopping.

### 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.

### A Good Cause at Christmas

What's more, in the spirit of Christmas, this event will also be raising funds for charity, with a quality second-hand book stall and tombola in aid of Norfolk-based breast cancer reconstruction charity, Keeping Abreast.

Everyone is welcome to this year's Festive Fair at The Forum and entry is free. Open from 11am to 7pm on Thursday 26th November, from 10am to 6pm on Friday 27th and Saturday 28th November, and from 10am to 4pm on Sunday 29th November.

For more information about the Festive Fair at The Forum visit:  
[www.theforumnorwich.co.uk](http://www.theforumnorwich.co.uk)



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## **Brilliantly bookish events for everyone**

**I**t's officially the National Year of Reading and what better way to celebrate than with the return of Norwich Book Festival?

Take your pick from more than 50 events, which will begin on Saturday 24 October, with festival opener Adele Parks – author of 25 best-selling novels, who will bring her latest dark and twisty thriller, *Eyes of You* to the city.

Fiction fans can also look forward to feminist folktales from Irenosen Okojie and *Emma Glass*, a sapphic retelling of *The Odyssey* with Rosie Hewlett, and a deep dive into thrillers with Sophie Hannah and Harriet Tyce (from series 4 of the BBC's *The Traitors*).

The programme also has a rich offer for those who prefer non-fiction, with history events with Dr Kate Lister and Jonn Elledge, to an exploration of the role of the referee in football, and a hopeful take on AI.



Audiences can take away political insights from Iain Dale, business leadership pointers from Mary Portas, uncover hugely entertaining gig-scene stories that took place in the LCR and hear the moving personal story from Hannah Murray (of *Skins* and *Game of Thrones* fame). Celebrate whimsy and small joys with online poet sensation David Larbi, or why not book yourself onto zine of bookbinding workshops?

Young readers are not left out in this festival, which coincides with the October half-term, as Jacqueline Wilson is set to make a return alongside other children's favourite Greg Jenner, of the hilarious *Horrible Histories* – perfect for children who are learning about the Romans at school.

The festival runs until Friday 30 October, with events across the city.

Browse the programme and book tickets on [norwichbookfestival@theforumnorwich.co.uk](mailto:norwichbookfestival@theforumnorwich.co.uk)





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Do you know your pet's ideal weight. Weight alone doesn't tell the whole story. Our nurses can assess your pet's body condition, looking at their ribs, waist and overall shape to decide whether they are at their ideal weight.

### Measure, don't guess

Portion sizes can gradually creep upwards! Weighing your pet's food or using the same scoop or cup will ensure regular portions.

Packet feeding guides are only a starting point – every pet is different. Don't forget the extras. Treats, chews, dental sticks and leftovers all count.

- If your pet loves treats, we can suggest healthy swaps or ways to include them without piling on the calories.

### When the big eyes beg

- Have strategies for when your pet asks for food. Often it is out of boredom or a habit. Play a game, do some training or go for a short walk instead.

### Catch weight gain early

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### Let our nurses help

- At Paws Indoors, weight management isn't about telling you off or simply saying "feed less!" Our veterinary nurses can help you work out your pet's ideal weight, review what they are currently eating and create a realistic, individual plan that works for both you and your pet. Small changes now can make a big difference to their health in the future.



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For those looking for an affordable way to access regular acupuncture, I run a £35 community acupuncture clinic at Inner Space. Treatments take place in a calm, screened setting with a maximum of three people at a time, making it one of

the most affordable acupuncture options in Norwich without losing the personal approach.

I also offer private one-to-one appointments for people who prefer their own room and additional time and privacy.

My approach is relaxed, friendly and down-to-earth, combining traditional acupuncture with modern clinical experience.



Find me at:

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# Hooked on the magic of Christmas!



**M**ake Norwich Theatre's pantomime your favourite Christmas tradition with **The All New Adventures of Peter Pan**.

Opening 5 Dec and running through 3 Jan at Norwich Theatre Royal, this is an unmissable, high-flying panto packed with laughter, magic, mischief, and festive joy for kids and adults alike.

Writing and starring as Smee is panto favourite **Joe Tracini**. **Karl Queensborough** (Sleeping Beauty: The Fairy's Tale, Hamilton, The Crown) returns to Norwich as the dastardly Captain Hook. **Milo Clarke** (Casualty) takes flight as Peter Pan, alongside **Kerry Ingram** (Game of Thrones, Free Rein) as Wendy. Fabulous panto dame **Quinn Patrick** swaps the outrageous gowns for a pair of fairy wings as Tink!

**Wendy Ellis, Norwich Theatre Creative Programmes & Audiences Director and Lead Producer of the pantomime**, said: "With all the principal cast now announced, you can already feel Neverland coming together, and I know our audiences are going to be treated to a truly magical pantomime."

**Joe Tracini** added: "It is my seventh year doing panto here and I absolutely love it. Peter Pan is one of my favourite stories, and I have always wanted to tell this story, and I cannot wait for the audience to see this panto come alive."

Buckle up and get ready to laugh until your cheeks hurt. Join Peter and friends as they take on the dastardly Captain Hook in an epic adventure full of magic, mayhem, and mischief.

With spectacular dancing, show-stopping musical numbers and more audience participation than you can shake a hook at, this is the Christmas treat that has something for everyone — kids, grown-ups, and the grown-ups who act like kids!

So, gather your crew and join us for the all-new, laugh-out-loud, high-flying Norwich Theatre pantomime adventure!

The pantomime has a range of accessible performances, including captioned, audio-described, BSL-interpreted, sensory-adapted, and an over-15s performance. Don't forget you can spread the cost of your pantomime tickets with Pay in Instalments.

To book or to find out more, visit [norwichtheatre.org](http://norwichtheatre.org) or call the Box Office at 01603 630 000.

## Make Your Trip Extra Special

Make the outing even easier by booking a table at Prelude, Norwich Theatre Royal's in-house restaurant. The best part? Your table is yours for the entire performance. You can enjoy a relaxed pre-show meal and then return to your dedicated table during the interval for dessert.

**N** Norwich Theatre





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**Sunday 6 December 2026 - Friday 1 January 2027**

**My First Panto**

**Goldilocks & The Three Little Bears**



## The Garage's My First Programme: Where Creative Journeys Begin




Looking for a fun, inspiring and screen-free activity for your little one? The Garage Norwich is inviting families to discover *My First*, its popular programme of creative classes and theatre experiences designed especially for children aged six months to four years.

From singing, dancing and storytelling to imaginative play and performance, *My First* introduces children to the magic of creativity in a welcoming environment where they can explore alongside their grown-ups. Developed by The Garage's specialist creative learning team, the sessions help build confidence, communication skills, coordination and self-expression, all while having plenty of fun.

"Every creative journey starts somewhere, and we're passionate about helping children discover the joy of creativity from an early age," says CEO Adam Taylor.

Families can choose from a range of weekly classes including *Play & Dance*, *Play & Sing*, *Play & Pretend* and *Play & Move* for babies and toddlers, alongside dedicated dance, theatre, acting, ballet and musical theatre sessions for pre-schoolers.

A flexible monthly membership gives access to all nine classes, making it easy to fit creativity around family life.

And this Christmas, *My First* extends beyond the classroom and onto the stage with the return of the hugely popular *My First Panto*.

Following the success of *My First Panto: Rapunzel*, this year's production, *Goldilocks and the Three Little Bears*, promises an enchanting introduction to live theatre for children aged seven and under. Packed with music, audience interaction, dancing and laughter, the festive adventure follows Goldilocks as she journeys through the woods, meets three friendly bears and discovers the importance of friendship.

Performed by a talented cast of actor-musicians, the production encourages little ones to join in and experience theatre at their own pace in a relaxed and welcoming setting.

Whether through weekly classes or a magical first pantomime, The Garage is helping Norwich's youngest creatives take their first steps into a lifetime of imagination, confidence and discovery.

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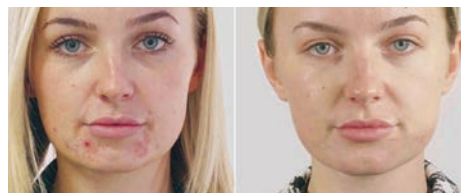


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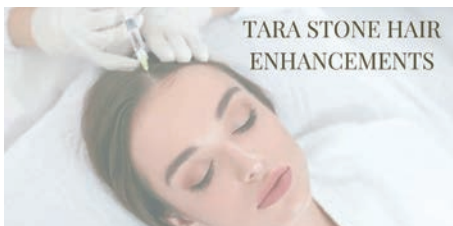
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# Autumn Theatre Treats

Swap chilly autumn evenings for a night  
at the theatre with some must-see  
shows at Norwich Theatre Royal.



## Mean Girls | 13 - 17 Oct | Norwich Theatre Royal

Meet The Plastics - Regina,  
Gretchen and Karen. They  
rule North Shore High  
and will burn anyone who  
gets in their way. Home-  
schooled Cady Heron may

think she knows a thing or two about  
survival of the fittest thanks to her  
zoologist parents, but high school is a  
whole new level of savage.

## Acosta Danza Cuban Baroque | 20 - 21 Oct | Norwich Theatre Royal

In this new work from the celebrated  
Acosta Danza, the lush artistry of the  
Baroque period intersects with the  
energy, creativity and vibrancy of Cuban  
dance. Emerging from the 17th and  
18th Centuries the creative movement  
was characterised by deep colour,  
elaborate detail and intricate decoration.

## Fireman Sam Live - The Lost Pirate Treasure | 24 Oct | Norwich Theatre Royal

Norman Price is determined to win the  
Pontypandy Treasure Hunt, but when he  
discovers clues to a real pirate treasure,  
he goes exploring deep into the caves.  
It's up to Fireman Sam, Elvis and Ellie to  
save the day and find the treasure.

## Sylvia | 27 - 31 Oct | Norwich Theatre Royal

The untold story of the rebellious  
middle child of Emmeline Pankhurst  
takes centre stage in this irresistible hip  
hop, funk and soul musical that moves  
your feet and fires your spirit. Starring  
powerhouse talent Beverley Knight,  
(Sister Act, The Drifters Girl, Memphis  
the Musical) in a show stopping  
performance as Emmeline Pankhurst.

## JEEZUS! | 6 - 7 Nov | Norwich Theatre Stage Two

Catholic guilt collides with  
unrepentant queerness  
in this sinful, heart-  
pounding mix of live  
music, dark humour, and  
Latin heat. If Bo Burnham, Bad Bunny,  
and Bertolt Brecht had a baby, this  
would be it.



## Paranormal Activity | 10 - 14 Nov | Norwich Theatre Royal

James and Lou move  
from Chicago to London  
to escape their past,  
but they soon discover  
that places aren't haunted, people are...  
Inspired by the iconic, terrifying film  
series, Paranormal Activity is a new  
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## Woodhill | 10 - 11 Nov | Norwich Theatre Playhouse

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unflinching beats shine a light on the  
hidden story of HMP Woodhill. Lyrically  
told in their own words, three families  
investigate what happened to their  
boys. What they discover is so haunting,  
it turns their world upside down.



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## LODDON ANTIQUES & COLLECTORS FAIR 2025/26

Jubilee Hall, George Lane  
Loddon NR14 6NB

**Sunday 4<sup>th</sup> October**  
**Sunday 1<sup>st</sup> November**  
**Sunday 6<sup>th</sup> December**

**Over 40 Stalls**

Entrance £2 adults, children free  
8.30am - 3pm  
Hot and cold refreshments  
Contact K.C Fairs & Events  
01502 711174 / 715771

*KC Fairs & Events*

## K C Fairs

Loddon Antiques and Collectors Fair returns to the Jubilee Hall, after it's summer break, for its Autumn/Winter 2026 Fairs on Sunday 4th October, 1st November and 6th December.

Not been before? Then this Fair is not to be missed; great atmosphere, forty friendly specialist and general traders showcasing a wide range of good quality antiques and collectables including furniture, silver, china, linen, jewellery, books, clocks, art, 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 07954994865

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**Rachel Fairburn:**  
**Vexy Beasts**  
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**Martin Harley**  
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## Do you remember when Gressenhall workhouse was a care home?

We're collecting memories of our site during the 1940s-70s. If you lived, worked or visited here, or know someone who did, we want to hear from you!

Email: [gressenhall.museum@norfolk.gov.uk](mailto:gressenhall.museum@norfolk.gov.uk)  
Or call us: 01362 869263 for a friendly chat.

To mark Gressenhall's 250th anniversary we'd love to hear from anyone with memories or photographs of the site from 1940s-70s when it was Beech House Care Home and family accommodation. No story is too small!



**GRESSENHALL**  
FARM AND WORKHOUSE  
MUSEUM OF NORFOLK LIFE



## Historic Workhouse Celebrates 250 Years

Staff at Gressenhall Farm and Workhouse are preparing to mark 250 years since the building first opened in July 2027.

**Gressenhall 250: More than a Workhouse** is made possible with The National Lottery Heritage Fund. Thanks to National Lottery players and the Friends of Gressenhall, the museum will conduct new research, host temporary exhibitions, work with young people and create exciting, costumed events during the anniversary year.

### About the site

The iconic workhouse first opened its doors in 1777 as a 'House of Industry' - an institution which provided food, shelter and work for families and individual paupers from the surrounding areas. In 1836 it became a Union Workhouse where families were split up and rules were strict. Many people would have only entered as a last resort. Following the creation of the NHS in 1948, it was run by Norfolk County Council as Beech House Care Home for elderly residents and also provided emergency accommodation for 'evicted families', right up until its transformation into a museum in the 1970s.

The site saw huge changes to health and welfare in the UK. It was home to hundreds of staff and residents, including some of the most vulnerable people in Norfolk. Throughout the anniversary, the museum plans to delve deeper into the full 250-year history, beyond the more well-known years as a Victorian Workhouse.

### Get Involved!

Museum staff and volunteers are capturing new oral histories from people who may have lived, worked or visited the site when it was Beech House care home in the 1940's-1970s. Staff are urging anyone who might have memories, photographs or items from the site's history to come forward. Keep an eye on the museum's website for events, exhibitions and activities. Images: Beech house during the c.1950s (top). Children of staff playing outside the former workhouse (right) courtesy of Norfolk Museums.



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# Richard Penguin's Musical Triangle

Celebrating 20 years of this  
music column.



Bungay has proved to be a favourite destination this Summer most notably for their fantastic Black Shuck and Folk Festivals. Black Shuck, centred around the legendary mythical dog, had a music stage near to the castle with highlights including finger picked folk songs from Ewan D Rogers, the twin guitar rootsy and bluesy songs of Fools Moon and the Atmospheric, folk based, occasionally ambient soundscapes of the Tom Moore band. This years Folk Festival saw the whole town getting involved and staging concerts, workshops and dances, with most of the events being free entry as well. On the Friday The John Ward trio played a mix of political, personal and humorous songs, Andy Warwick historical Scottish songs, The Shackleton Trio's deft musicianship and lyrically fascinating songs held your attention throughout, while Charlie Law's homespun songs about growing veg and his family were endearing. While the Nordic trio transported us musically to Scandinavia Ramneet Chawla entranced us with her Punjabi Sufi Folk music played on the harmonium and Tambura. Adam Clark mixed songs from his splendid new Norfolk based 'Folk and Fold' album with bluegrass songs, and Rattlebox concluded the day with a rousing mix of songs about drinking and by obscure bands. Saturday brought a fantastic folk union between Cohen Braithwaite Kilcoyne and the East Suffolk Community Folk Orchestra to premier a new piece that he had written performed in a church. It was stunning. Meanwhile Cousin Jack a trio of former Mooncoin and Rum Kelter members played a set of beautifully played tunes in St Mary's church which is where the folk and prog inspired Tin Giants played a very fine set with hints of Yes, meets Steeleye Span and Clanaad. Meanwhile Sleepy Dave Chaplin played authentic acoustic blues at the British Legion, and Clairabella played personal original songs and a diverse mix of covers on the piano in the Holy Trinity church who also had a fine selection of home made cakes. I was pleased to finally get to see Reg Meuross live and he didn't disappoint with his in between song patter being amusing and engaging and his songs from the personal and political to historical winning me over. Concluding my day The Blow Ins delighted a sizeable crowd in the Banqueting suite of the 3 Tuns with a mix of gentle harmonious instrumentals on harp and guitar and some delightfully daft songs. Sunday's highlights included a harmonious acapela set from Sonrisa, Festival patron Sam

Kelly playing a solo acoustic set at the folk picnic mixing traditional and personal songs, a wonderfully eclectic set from Cohen Braithwaite Kilcoyne mixing music hall, Irish and Caribbean songs dextrously played and powerfully sung, and a finale of traditional, nature, and family themed songs from Christina Alden and Alex Patterson with their voices and instruments ringing out and reverberating in the grand surroundings of St Mary's church. A fine conclusion to an amazing weekend organised by local musicians Pete Sewell and Vicky Lambert that has become a favourite Summer festival. A longer review will follow on the Fatea website. At Afri Fest in Chapelfield gardens I really enjoyed sets by K O G from Ghana mixing traditional instruments in the form of Kalimba's and Balafon's with guitars and synths to create a fusion of musical genres, and the often complex rhythms of Kasima Mutua notably the Latin inspired concluder with hints of Santana. Finally I got to see an amazing set from banjo man Dan Walsh at a Cornucutter promotions night mixing personable songs with unbelievably fast and nimble fingered playing that had to be seen to be believed. How sparks weren't flying out of that Banjo I will never know. PENGUINS GO POP – Now a 3 piece we recently played 3 festivals in North Norfolk + The Boosh bar in Bury St Edmunds. We are playing at the Peasants Tavern in North Walsham on Saturday 10th October and play a Norwich gig for the first time in more than two and a half years at The Reindeer on Sunday 25th October at 4.30 pm. We will be playing a mix of old and new songs and will be returning to recording our album from November until early 2027. It will be great to see you. SOME CONCERTS BY ORIGINAL ARTISTS IN OCTOBER AND NOVEMBER (See Websites for more concerts + support acts, covers and tribute bands). NORWICH- ANTEROS- Oct- 10th- Mind the gap, 16th John Hegley. BRICKMAKERS- Oct- 1st Live 'N' Unsigned, 3rd Slayday and Shredfest- Metal Fest, 7th Psychedelic Circus- Beat Fiasco + Adventures in Tibetan 14th Black Dog music project, 22nd Blaze Bayley (Ex Iron Maiden), 28th Paul Quinn (Ex Saxon), 29th Open Mic, Nov 5th- Eddie and the hot rods. B2- Oct 10th Aethoria. DEAD WAX SOCIAL- Oct- 1st Stonehill Collective, 3rd Bag Of Cans, 17th- Clowns Smash Everything. EPIC- Oct 4th Magnum, 8th Wishbone Ash, 12th Crash Test Dummies, 15th Undertones + The Beat, 24th Transvision Vamp. Nov- 15th Martin

Mcaloon (Prefab Sprout Paddy's brother). THE HOLLOWAY- Oct 6th- Bayou, 12th Thea Grant, 15th Lucy Grubb, 16th Icarus Vision, 17th Green Diesel, 24th Pina Palau. Nov- 1st Les Caravanes Travelling folk show, 5th Firestations, 21st Shaki Tavi, NORWICH ARTS CENTRE- Oct 1st- Sam Carter, 2nd Takeda, 11th Myles Sanko, 21st Beth Orton, 27th Jasmine Myra, 29th Lol Tolhurst, Nov- 3rd Gently Tender, 7th Hanging stars, 11th Martin Figura, 13th Damp Matches, 25th Dave Rowntree, 27th- Magic Numbers. NORWICH FOLK CLUB- Oct 9th Rachael Mchane and the Cartographers. REINDEER- Oct 25th Penguins Go Pop (4.30 pm), VOOODOO DADDY'S- Oct 2nd Gaffa Tape Sandy, 15th John Craigie, 21st Bel Cobain, 27th The Jump Cuts, 28th Collapse The Sky, 30th Pet Needs. Nov 6th- Sego, 7th Canned Pineapple, 10th Keg, 15th The North, 25th The Love Buzz, 28th Magnolia. UEA- Oct 24th- The Wonder Stuff. WATERFRONT AND STUDIO- Oct 10th- Ferocious Dog, 11th Walter Trout, 14th Hayseed Dixie, 17th The Hoosiers, 19th Heaven 17, Nov- 7th Republica, 21st- The Skids + Theatre of Hate, 24th Reverend and the Makers, STUDIO- Oct 17th Black Water County, 23rd Duke Special, Nov 6th- Mad Dog Mcrea, 8th Rosalie Cunningham, YALM- OCT 5TH- Tarren. + The Reindeer. OUTSIDE NORWICH- BUNGAY- Fisher theatre- Oct 2nd Roger Eno, 16th The Salts. CROMER COMMUNITY CENTRE- Oct 16th Jazz Sabbath, 25th The Guilty Men, Nov- 13th Richard Shindell, 20th Steve 'Boltz' Bolton (Atomic Rooster), GELDESTON LOCKS INN- Oct 18th- John Otway, Nov 1st Sound Tradition, 22nd Miniature Universe + check website for weekly folk, acoustic and Irish sessions. LOWESTOFT- THE SLOUNGE- Oct 1st- Joey Herzfeld, 2nd Murphy's Lore, 3rd Dingo Jingo, 10th Mama Oh No, 17th Border Valley 4, 23rd The Vagaband, 29th Pangaea, 30th Jo Carley and the Old Dry skulls. Nov- 5th Alden and Patterson, 7th Fools Moon, 12th Shackleton Trio, 13th Little Big mouth, 21st John Ward Trio, 26th Neil Cousin. NORTH WALSHAM- The Peasants Tavern- Oct 10th Penguins Go Pop (8.30 pm).

**RICHARD PENGUIN**  
mail@richardpenguin.co.uk



## BECCLLES BEER FESTIVAL returns – raising funds for Beccles Lido and its first ever HEATED winter swim season



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

Last year it showcased over 60 ales and stouts, ciders and lager from over 20 local breweries, and you can expect even more choice this year! With music from 2 great local bands on Friday and Saturday, and 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 and Theatre](#). It also showcases the fantastic range of ales brewed in the region.

There will be bar skittles, a beer themed cryptic crossword and a silent pub quiz with beer related questions! With beer as prizes, naturally!

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](http://www.becclesbeerfestival.co.uk) and all the latest news will be posted regularly at [becclesbeerfestival](#) on Facebook and Instagram.

This year marks an exciting first for [Beccles Lido](#) – the boilers are staying on full blast during November and December through until New Year – and even longer if 28°C swimming through the winter months proves popular! and while the air temperature may be dropping, the Lido's hot showers and SAUNA means that you will be toasty warm in and out of the water! and for those that prefer their water cold – there will be an ice bath to dip in by the Sauna! and of course the kiosk will be serving hot chocolate, barista coffee, tea and snacks.

Monthly winter memberships will be available for regular swimmers – full details, timetable and bookings on the Lido's website [www.beccleslido.com](http://www.beccleslido.com) and on Facebook: [beccles\\_lido](#) and Instagram: [beccles\\_lido](#).



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