

Aldborough and Thurgarton Newsletter Summer 2025



Photo credit : 'Moorhens on our village pond'; Chris Padley April 2025

What's happening in our community?

If you would like to include news of an event in the next newsletter, please send to ricki.gadsby@btinternet.com

By August 1st , 2025

**A joint publication of The Parish Council and
Aldborough Community Centre (incorporating Village Care)**

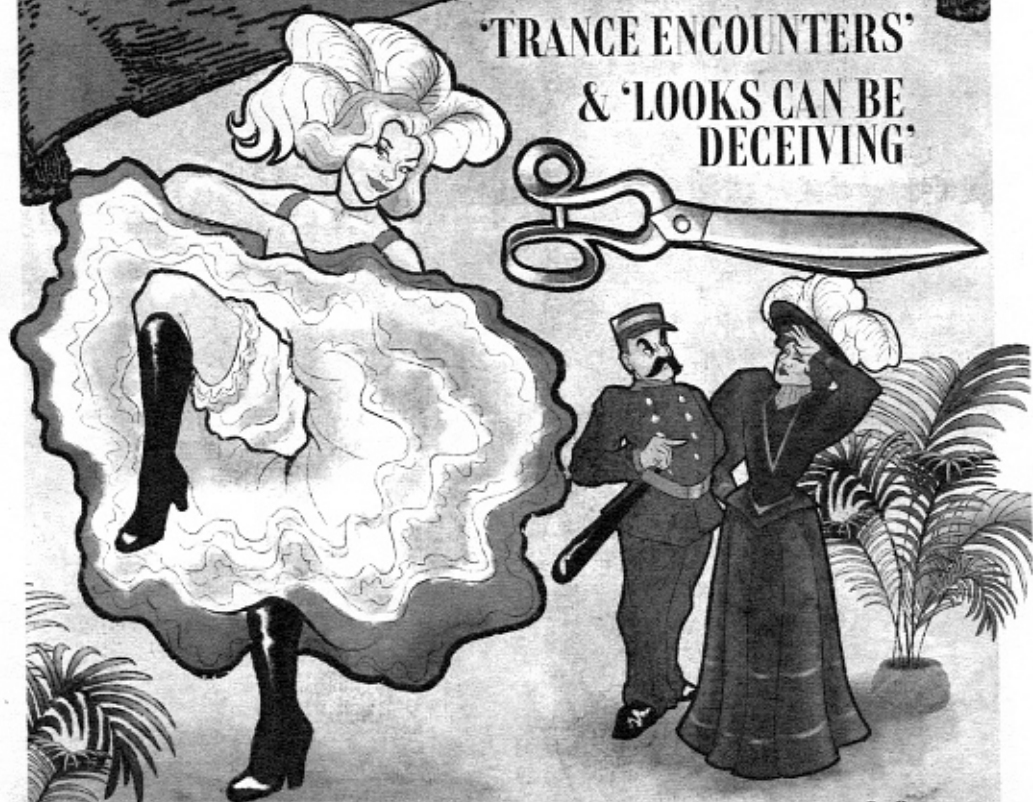
ALDBOROUGH PLAYERS

TWO COMEDIES

ONE ACT

by GEORGES FEYDEAU

'TRANCE ENCOUNTERS'
& 'LOOKS CAN BE
DECEIVING'



THURS 15TH - SAT 17TH MAY | 19:30

ALDBOROUGH COMMUNITY CENTRE | NR11 7AA

TICKETS £8 | www.aldboroughcommunitycentre.com



Hospice Ethiopia UK

Upcoming fund raising dates for your diary!

Wed May 14th

Hospice Ethiopia will be providing teas at Stody Lodge Open Gardens 1-5pm

Sat July 5th

Hospice Ethiopia will be running Cake stall at Aylsham Market Place

Sat July 27th

Dramatic readings from 'Pride and Prejudice' at Templewood Hall Northrepps 3pm

Hearing Support Service



Supporting people with hearing loss and related conditions

MOBILE UNIT

AT ALDBOROUGH COMMUNITY CENTRE

10am-12noon

First Tuesday of the month
(May 6th, June 3rd, July 1st, Aug 5th)



ALDBOROUGH COMMUNITY CENTRE

May 21st
June 18th
July 16th

7.30 pm
BAR OPENS 7 pm

FILM NIGHTS

EVERY THIRD WEDNESDAY OF THE MONTH

Do you want to stop smoking?

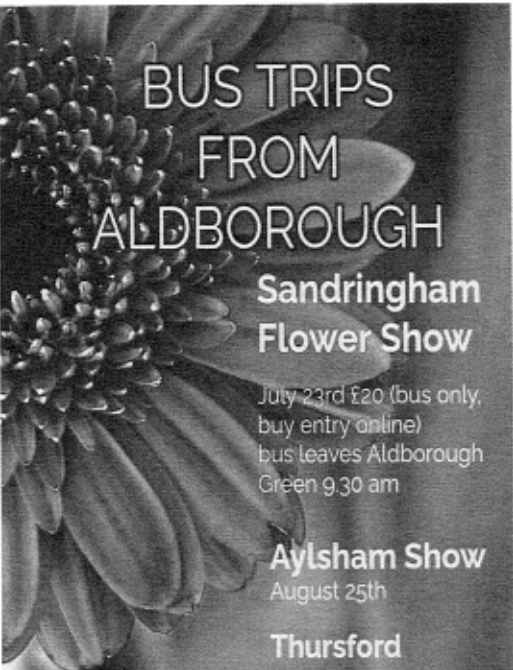
Reed Wellbeing will provide individualised support for FREE!

Come along and find out more.

May 19th 7pm

Resource Room at Aldborough Community Centre





BUS TRIPS FROM ALDBOROUGH

Sandringham Flower Show

July 23rd £20 (bus only,
buy entry online)
bus leaves Aldborough
Green 9.30 am

Aylsham Show

August 25th

Thursford Christmas Show

To register interest in any of these trips,
please contact Rochelle, 01263 761398

TECH
SKILLS
FOR LIFE

FREE!!

Computer coaching for
all


This new initiative is
intended to develop your
skills and confidence

Each session will be
tailored to your needs
rather than a prescribed
course

■ Do you need help with
using a computer, tablet
or smart phone?

**ALDBOROUGH COMMUNITY
CENTRE**

THURSDAYS IN MAY 2pm-4pm



Walking Netball is a sport for
anyone who would love to get
more active and have plenty of
fun at the same time.

It's exactly the same as netball, but
a little slower because you can't
run or jump.

Any age or ability can join in.
Sessions are now available at the
Eringham MUGA on Tuesdays
from 9.30-10.30 am

Only £3.00 a session.
Contact Ros on 01263 768262

Village Walk
Every Wednesday from 11am
Meet outside the surgery



SOUND BATH



Aldborough Community
centre,
Tuesday 20th May 2025
7-8pm

Doors open 6.45pm
£12 per person

Contact Annette 07872328109

Aldborough Surgery Updates



Staff Changes

Our Medical Secretary, Rachel Crampton will be leaving us at the beginning of May. We wish Rachel every success for the future. We hope to have a new medical secretary in post soon, the recruitment process is currently in progress.

Vaccinations

We will have completed around 500 Covid vaccinations this spring.

A brief introduction



Florence Lacy, Bowen Therapist

Wednesday May 28th

7.00 pm

Bar Lounge, Aldborough Community Centre

Next Parish Council Meetings

**May 19th, July 7th & Sept 1st
7pm**

**in lounge at Aldborough Community
Centre.**

Prince Andrew Chapel

Sundays 10:45 – 11:45 Worship and Bible Teaching (No meeting on 18th May)

We serve coffee or tea at 10:30 before the service. For more information visit

www.princeandrewschapel.org.uk

TUESDAY HUB EVENTS @Aldborough Community Centre

May 13 th Hub Café 10-12 and Lunch from 12.30 (£6)	June 24 th Hub Café 10-12 and Lunch from 12.30 (£6)
May 20 th Hub Café 10-12	July 1 st Hub Café , Light lunch from 12.30 (donations) Hub Tea & Talk 2pm 'Medical Detection Dogs- saving lives' Norma Howell.
May 27 th Hub Café 10-12 and Lunch from 12.30 (£6)	July 8 th Hub Café and Lunch from 12.30 (£6)
June 3 rd Hub Café 10-12, Light lunch from 12.30 (donations) Hub Tea & Talk 2pm 'The Reality of Hospice Ethiopia' Sue Mumford	July 15 th Hub Café 10-12
June 10 th Hub Café 10-12 and Lunch from 12.30 (£6)	July 22 nd Hub Café 10-12 and Lunch from 12.30 (£6)
June 17 th Hub Café 10-12	July 29 th Hub Café 10-12, soup and roll lunch from 12.30 (donations)

EVERYONE WELCOME TO HUB EVENTS - SPREAD THE WORD!



HUB TALK and TEA
June 3rd 2pm
The reality of Hospice Ethiopia
Sue Mumford

When the Director of Hospice Ethiopia visited our rural Aldborough he exclaimed "this isn't rural! ... you have running water, you have electricity, and you have a tarmac road outside your house!". But this is the rural Ethiopia reality! Sue and Jamie have been visiting Ethiopia for 13 years and have a wealth of stories to share regarding the challenges facing healthcare professionals, especially end of life care.



@Community Centre
Every Tuesday morning
10-12 noon
 Join us for coffee, tea,
 cakes, newspapers and
 chat



HUB TALK & TEA **July 1st, 2pm** **Medical Detection Dogs**

Presentation by Norma Howell

The video presentation highlights the work of both Bio Detection Dogs and Medical Alert Assistance Dogs Charity and shows how dogs are trained to do life-saving work with the non-invasive detection of the odour of human diseases.

The charity's aim is to help scientists and clinicians to diagnose in a faster and cheaper way that will continue to save lives.

The Medical Alert Assistance Dogs support people with complex health conditions like Type 1 Diabetes, Parkinson's Disease, Addison's Disease, POIS, and Allergies when they are in danger of a potentially life-threatening event.



VILLAGE TRANSPORT SCHEME

Volunteer drivers take people who do not have other means of transport to medical appointments.

If you need transport or want to volunteer as a driver, please contact on 01263 761580

Aldborough Community Centre



Village Breakfasts



Aldborough Community Centre
Sundays

May 18th

June 15th

July 20th

9.30am to 11.00am

Bacon rolls, croissants, fruit,

freshly brewed coffee and tea



All welcome.



Donations please



**ALDBOROUGH
PLAYERS**

Hopefully you all have your tickets for the two hilarious farces in May. If not, a few tickets are still available online from ACC or from the village shop).

Please support the very hardworking and dedicated team of Players who spend so much time rehearsing, learning lines, constructing and painting scenery, arranging sound and lighting, sourcing costumes and props to provide you a wonderful local evening out.

If you enjoy our productions, you may like to think of joining us? We always welcome new faces and appreciate all contributions whether backstage or on stage. We would particularly encourage those willing to learn the ropes by working alongside our backstage crew (sound, lighting, woodwork, painting – all the things that are not always obvious but are essential to any production). We would also be delighted to recruit some younger folk happy to take on large or small roles on stage.

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ONE ACT by GEORGES FEYDEAU

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TICKETS £8 | www.aldboroughcommunitycentre.com



Aldborough Primary School

'Pupils at Aldborough are proud to be part of their school community. They are members of a 'family' where everyone looks after each other. Pupils are confident and happy. Parents and carers are highly positive about the level of care and support their children receive.' We were delighted to receive such positive comments from Ofsted in our recent inspection. We always knew that there was something special about our lovely school, but to have it validated by Ofsted was the icing on the cake!

Last half term we enjoyed our 'Springtime Maths Family Learning Afternoon'. Parents and carers came to school for the afternoon to take part in a variety of activities from 'flower power maths' to 'animal algorithms'. It is always wonderful to see the children learning alongside their parents and grandparents.

We have lots to look forward to this term. 17 new children will be visiting us ready to start in September 2025 and our key stage 2 children will be preparing to perform their summer production; an all singing, all dancing musical extravaganza.

Please also save the date for our **School Fete - Saturday 12th July**. There will be a table -top sale, BBQ, cake sale, games and much more. Please email us at: friendsofaldboroughprimary@outlook.com if you would like to have a stall.

Bus Timetable

All buses leave from outside The Cricketers pub

		leaves	destination	return
Sanders no 18	Every weekday	9.35	Cromer	13.05
		10.30	Aylsham	12.20
			North Walsham	11.55
		13.30	Aylsham	16.35
			North Walsham	16.00
Sunbeam	Monday & Friday	8.50	Aylsham	13.30
	Tuesday & Thursday	8.50	North Walsham (all supermarkets)	13.00
	Wednesday	8.50	Wroxham	12.30

Aldborough Parish Church

St Mary's

Open every day for prayer and quiet reflection.

All welcome to these services which start at 11am

May 11 th	(Easter 4) Morning Prayer
June 1 st	(Easter 7) Holy Communion
June 8 th	(Pentecost) Morning Prayer
July 6 th	(Trintiy 3) Holy Communion
July 13 th	(Trinity 4) Morning Prayer



In August, we will be operating a slightly reduced schedule of worship across the parishes. This allows for clergy holidays without overloading retired clergy and volunteers. Watch this space for details

Keep up to date with what's happening in the group of parishes, by signing up to our mailing list contact , Rev'd Andrew Whitehead a.p.whitehead@me.com

For those who find it difficult to get to church on a Sunday morning, we also offer a weekly live-streamed service from Cawston Parish Church. This is at 11am and is available at <https://www.youtube.com/@cawstonparishchurch>

Greener Aldborough & Thurgarton

Just a quick update on the group's activities and a reminder of the intention of the group 'to improve the village environment for wildlife and people through walks, talks and activities'.

Importance of dark skies: Our recent speaker on Dark Skies (Katie Dougan) was invited to help us improve our homes' outside lighting to reduce unnecessary light pollution to improve both our own wellbeing and the impact on nocturnal wildlife. Just go outside and have a look – does my lighting trespass and affect my neighbour? The photograph shows 'ideal' outside lighting which focuses the light downwards! Let's do what we can in Aldborough & Thurgarton to improve our impact on the night environment for all.

Pond and Wildlife area – recently we gave the sedge a bit of a 'haircut' to reduce the growth early in the season. We will be cutting the area in August – allowing growth from this period until then and will be scarifying and planting bulbs just around the area of the 'cherry tree' in early September. Watch our Facebook page for regular updates and opportunities to get involved!

Swift boxes -With the help of Rob and James Wright we have finally had the swift boxes installed on the outside of the Community Centre and are aware since Caroline Spinks' 'walk and talk' last year in the village, several other boxes have been put up in the vicinity of the Green.

If as a group, we can make small changes that help protect and improve our environment and the wellbeing of our community, we're succeeding. We're always really pleased to welcome volunteers to help with any planned activities.

Our future events will be on posters and our Facebook page nearer the time.

Aldborough Cricket Club

We are very much still alive!! Just a little different this year!

What a legacy ! Did you know that there is evidence of cricket being played on the Green over 300 years ago and it is one of the oldest clubs in the country? We're proud to continue this amazing legacy and encourage the wider community to support us to continue!



Wobbles. Despite our recent successful seasons, our pool of players has dwindled, and we have had to take the difficult decision to remove ourselves from Saturday league cricket for 2025. This was tough but we feel we need to concentrate on re-building excellence.

Competitive cricket continues . Wednesday Cricket is competitive; but it is primarily fun and includes the full age range of players. A brilliant place to start if you are wanting to have a go or return to cricket. This season we have a full programme of Sunday Cricket in a new mini league comprising local sides as well as our usual annual fixtures with the likes of Holkham.

Our youth.. the way forward. With the focus off our Saturday league cricket for now, we have an opportunity to transform ourselves and acknowledge our community roots. We will focus on our juniors and have invested in two members taking their coaching badges. Dan Broughton (Club Captain) and Harry Fell will be the club's junior coaches for this season. They will join Pete Luke in being responsible for youth development and build on the fantastic work of David and Tina Hooker encouraging youngsters over the past years.

Women's cricket. Starting with a taster session on May 17th , we will be running a series of coaching sessions for women and girls over 13 years. These will focus on softball cricket to improve skills and confidence with an aim to offer informal cricket and competitive cricket for those who want to develop. We would like to thank Nick and Ricki Gadsby for sponsoring this new endeavour.

New officials We have a new President, Tim Knight. Tim has a long and deep association with the Club as player and former Chair. We can think of no better ambassador for the club going forward and we are thrilled to have him on board. We have a newly elected Chair, Rory Stephens, who was previously the club social secretary and Captain for Wednesday and Sunday cricket. And new social secretary, Hayley Winnett. We thank both Jack Hammond for his time and support in the role of President and Michael Biss, former Chair for his two year stint which saw the Saturday side gain back-to-back promotions.

Social events and fund raising . Highlight is Chairman's Day 6th July which we are planning we to be a fun community event for all.



ALDBOROUGH

**FREE
ENTRY**



VILLAGE FAYRE

Dog Show

Morris Dancers

**22nd June 2025
12pm. onwards**

**Vintage
Motor Cycles
(Nr Wrights Garage)**

**Fool's Puppet
Theatre**

**Children's
Activities**

Steam Engine

Craft Stalls

**Refreshments
(Community Centre)**

**N.I.C.E.
(Norfolk Internal
Combustion Engines)**

Tug-of-war

Vintage Tractors

BBQ

... and much more!

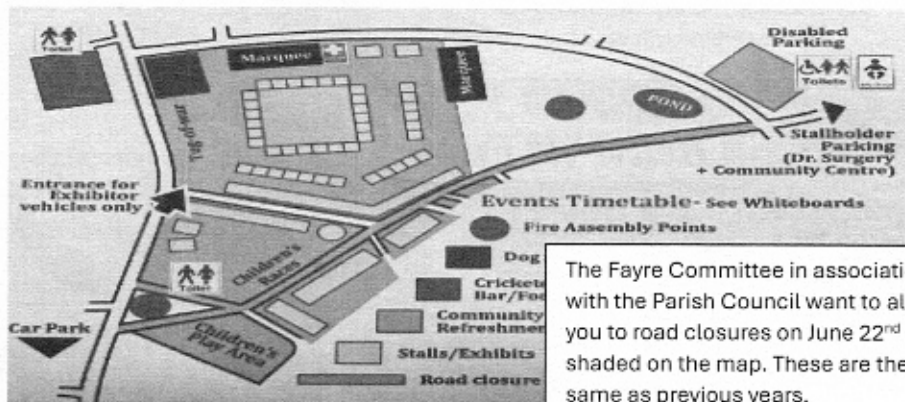


Aldbrough - NR11 7AA

A Wonderful Family Event!

*Proceeds help to fund our Fayre for another year. Thank you.

***PARKING
£5.00 per car
Plus Free Raffle ...
Dinner for Two
at the Cricketers
on the Green**



The Fayre Committee in association with the Parish Council want to alert you to road closures on June 22nd as shaded on the map. These are the same as previous years.

Comments/queries to
helenhudson56@gmail.com

Fitness on your doorstep!
@Aldborough Community Centre

Wednesdays 6-7pm

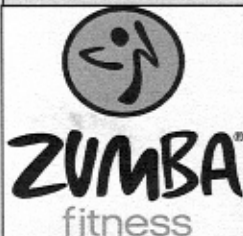
£7 per class.

Book online

<https://www.seedyogannerfolk.co.uk/appointments>



Seed Yoga



Exercise in disguise.....dance your way to fitness

Mondays and Thursdays 6.15-7.15pm

£7.00 per class

All levels of fitness welcome

Contact Sally 07786 697563 or millersally784@gmail.com

Every Friday 6-7pm

*Join this friendly self-help yoga practice to relax at
the end of the week. £1.50 per class*



PILATES

Every Thursday 4.30pm

£8 per session

Contact Sally Thornton 07788102338 or
sally@remedyflows.co.uk



BellyFit4Fun

**Dance your way to fitness and
body confidence.**

**Just come along and enjoy the music
and accept the joy of dance.**

TUESDAYS 5-6pm £7

Contact Gwentyth King; gk@landmarkwebsites.co.uk



Exercise to music for older adults

Every Friday 10-11am

£6 per session

Contact Chrissie Harvey 07986548548

**EXTEND
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EXTEND**