

# **Aldborough and Thurgarton Newsletter Late Summer 2025**



## ***What's happening in our community?***

Please send items for inclusion in the next newsletter to  
[ricki.gadsby@btinternet.com](mailto:ricki.gadsby@btinternet.com) by October 31st

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



# Hospice Ethiopia UK

It's been a busy few weeks for Hospice Ethiopia UK with several fundraisers raising money to support the vital work of Hospice Ethiopia's nurses in Addis Ababa. The largest fundraiser was a Jane Austen event at nearby Templewood in Northrepps where dramatised readings from Jane Austen's *Pride and Prejudice* raised nearly £2,500. The next fundraiser is a sponsored cycle ride from London to Brighton by 2 of the Mumford's sons-in-law on September 14<sup>th</sup>. We would be grateful for any sponsorship, large or small: <https://www.justgiving.com/team/matt-ian-heuk>

Also, in July Sue was delighted to attend Windsor Castle with her family to receive her MBE from Princess Anne for services to palliative care in Ethiopia. A truly memorable day!



## HEARING AID MAINTENANCE SERVICE AND ADVICE

At Aldborough Community  
Centre

First Tuesday of the month  
10am- 12 noon



is the operating  
name of

**NDA**  
The Norfolk Deaf Association

Supporting people with hearing loss and related conditions



### Village Walk

Every Wednesday 11am  
Meet outside the surgery

## Aldborough Surgery Updates

### Vaccinations this Autumn

**Covid vaccinations** for those over 75 years  
and immunocompromised.

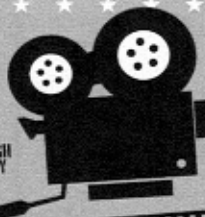
**'Flu vaccinations** for those over 65 and  
classified as at risk.

We will contact patients closer to the time to  
arrange vaccination appointments.

### Staff Changes

Dr Erugoh and Dr Riaz leave us  
at the beginning of August. A  
new registrar, Dr Olakekan will  
join for 6 months. Louise  
Curson has joined as new  
Medical Secretary, working  
alongside Karen Redrup.

ALDBOROUGH COMMUNITY CENTRE



Aug 20th  
Sept 17th  
Oct 15th

BAR open 7pm  
Screening 7.30pm


# FILM NIGHTS

EVERY THIRD WEDNESDAY OF THE MONTH

ALDBOROUGH COMMUNITY CENTRE

10-14 yr olds

# YOUTH NIGHTS



**RESUME OCTOBER 7TH**  
every first Tuesday of the month  
6.30-8pm



# SAVE THE SEED

*Please save your plant seeds now  
for SEED SWAP Feb 2026  
Aldborough Community Centre*

## WILLOW DEER WORKSHOP With Rich Love-Life in Willow

Monday 13th October 2025 from 9.30 to 4.00



No experience necessary just enjoy the day, learn a new skill and take home a garden deer sculpture.

Join me at Aldborough Community Centre, bring a packed lunch, refreshments supplied throughout the day.

**£70**

To book:

Email: [richalove@icloud.com](mailto:richalove@icloud.com) or

call 07786 152076  
[Lifeinwillow.co.uk](http://Lifeinwillow.co.uk)

**Next Parish Council Meetings**  
**Sept 8th & Nov 3rd 7pm**  
**in lounge at Aldborough Community Centre.**

# 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 & Thurgarton Parish Council update

**LIGHTING** Hopefully, you will notice that we have now replaced all the street lighting (7 in all) to conserve energy and limit the impact of unnecessary lighting for the benefit of wildlife and our own wellbeing. As a Parish Council we are committed to promoting Bio-diversity and we would encourage home-owners to think about the impact of their outside lighting on their neighbours and the nocturnal wildlife. The image (opposite page) depicts 'light trespass' and how it might be avoided.

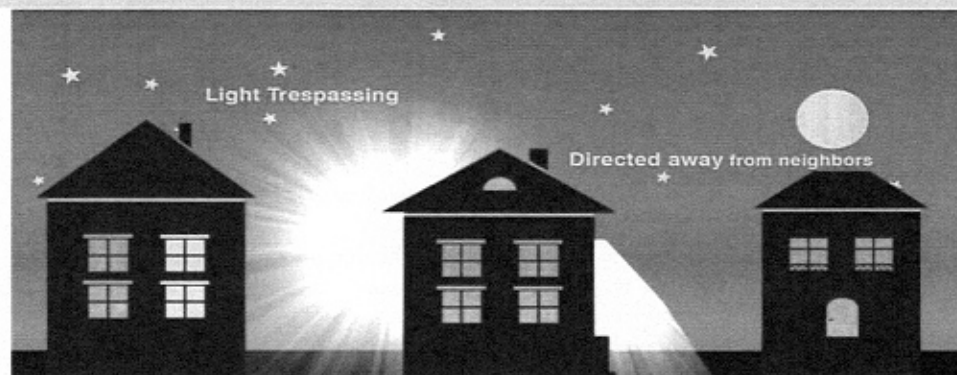
**PLAYGROUND** The nest swing in the Children's Playground has been replaced – if you have youngsters using any equipment for play, please remind them that any damage caused deliberately is a cost to everyone in the parish. Unfortunately, youngsters have been observed riding an electric scooter over the table tennis table..... we all got up to mischief I'm sure, but can parents please encourage responsible use. We would be grateful!

**DOG POO** Thank you to those parishioners who are using the dog bins provided around the village (4 in all) these are emptied fortnightly. Unfortunately, there are still owners who don't



clean up after their dogs! Around the Wildflower area by the pond and on the public footpath from Margaret Lily Way through the field behind. To encourage responsible dog ownership, we have recently installed a **dog poo-bag dispenser** near the public footpath to encourage those irresponsible owners to pick up their dogs' poo. Disappointingly, around the Wildflower area, it does now limit the way we recycle the cut meadowgrass. Dogs' faeces can carry disease. If you are one of these anti-social dog owners perhaps you will bear this in mind next time you don't clean up after your dog.

## Light Trespass



### CHRISTMAS

### FOR THE LOVE OF CRAFT

Nov 15th & 16th

*Local handmade crafts at their  
finest*

Aldborough Community Centre

### The Village Harvest Supper

*Aldborough  
Community Centre*

Saturday October 18<sup>th</sup>

Bar opens 7pm

Live music

North Norfolk

**foodbank**



Please continue to support by leaving donations in our Food Bank collection box **outside the village shop**. The need is very much still there; in 2024 our North Norfolk Foodbank supported a total of 4695 people (of which 1770 were children). Regular help can make a real difference to people in need of extra support.

There is always a list on the box of most wanted items each month, but most things are welcome, with the exception of anything containing alcohol or perishable goods.

## Aldborough Parish Church

St Mary's Church and its beautiful conservation churchyard are open every day for prayer and quiet reflection.

Services begin at 11am. All are welcome.



August 10 <sup>th</sup>	8th Sunday after Trinity Morning Prayer
September 7 <sup>th</sup>	Harvest Festival & Baptism Holy Communion
September 14 <sup>th</sup>	13th Sunday after Trinity Morning Prayer
October 5 <sup>th</sup>	16th Sunday after Trinity Holy Communion
October 12 <sup>th</sup>	17th Sunday after Trinity Morning Prayer
November 2 <sup>nd</sup>	All Saints' Sunday Holy Communion
November 9 <sup>th</sup>	Remembrance Sunday Remembrance Service

If you'd like to keep up to date with what's happening in the group of parishes, you can sign up to our mailing list by emailing the Vicar, Rev'd Andrew Whitehead [a.p.whitehead@me.com](mailto:a.p.whitehead@me.com)

For those who find it difficult to get out 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

### St Mary's Church Event

A thank you to all those who supported this event in July either by performing, making cakes or coming to enjoy the event. The audience enjoyed music and poetry after having lemonade and cake in the churchyard.

**Volunteers needed;** The churchyard has been looked after for many years by older members of the parish and now needs a few people who are willing to give a small amount of time to help to maintain this wonderful space which provides a safe and natural habitat for several rare wildflowers. If you would like to know more about volunteering in the Churchyard please get in touch. (01263 768699).

**Future possibilities?** The Church has wonderful acoustics and was a great space for music and voice – could we continue to hold events to share talent and encourage youngsters with the support of more experienced performers? (text 07833 142410 to comment).

### Prince Andrew Chapel

Sundays 10:45 – 11:45 Worship and Bible Teaching  
We serve coffee or tea at 10:30 before the service. All welcome.

You can find information about current activities and the history of the chapel on our website: [www.princeandrewschapel.org.uk](http://www.princeandrewschapel.org.uk)



## Riverlands Big River Watch

Sunday 21<sup>st</sup> September 10am -4pm  
Aldborough Community Centre

- Screening: Riverwoods
- Screening: Re-wiggling Norfolk's Rivers
- Guided Sound Walks with Martin Scaiff
- Tour of the restored stream with Riverlands

Riffle Water Table

Bar open and food vendors booked.

No booking needed. Check out our website QR code



National Trust



Norfolk Rivers Trust

SPECIES SURVIVAL FUND

Funded by UK Government Heritage Fund

## SOUND BATH

Aldborough Community Centre

Tuesday 26th August 2025

7pm-8pm doors open

6.45pm



CONTACT ANNETTE ON 07872328109  
OR EMAIL'S

Annette.balancedpathways@gmail.com

Aldborough Community Centre

# 100 club

New year for the 100 Club starts **September 1<sup>st</sup>**.  
Annual subscription remains the same (£60 or monthly direct debit)

Dee will be at the Community Centre **Saturday August 30<sup>th</sup> 10am-12 noon** to take payments.  
(card/cash)

Monthly draws £125 (1<sup>st</sup> prize), £75 (2<sup>nd</sup> prize) and £25 (3<sup>rd</sup> prize) with annual grand prize £500. vital



### Thursday Computer Club

***Need a little help using your computer or smart phone?***

An informal relaxed fun group meets **every Thursday at 2pm** at Aldborough Community Centre Lounge

An expert coach joins once per month, and a coach assistant runs the sessions on all other Thursdays.

***Helping you build confidence and skills. Join any time. Free.***

### TABLE TENNIS TABLE

Many of the bats and balls we have always supplied have recently been damaged or destroyed (either deliberately or through carelessness). The box which contained them was also destroyed.

We sadly reached the stage of feeling unable to continue buying this equipment for everyone to use.

However, as an experiment, we have now resumed providing it for use in the school holidays and very much hope that users will treat it with care and respect.

Players are, of course, very welcome to bring their own equipment. Balls can be bought at the village shop.]



It doesn't always involve very much of your time. Most of these suggestions amount to little more than an hour or so per month (some less).

Why don't you become a volunteer today?

'...a two-way process, which enriches the lives of us all.'

'...Best hour of my week - makes me feel really useful'

Research shows without doubt that volunteering is good for us. It reduces stress and makes us feel more positive, as well as providing opportunities to socialise and to involve the whole family.

Why don't you become a volunteer today?

**Maintenance- simple repairs etc**

**Community Centre user feedback co-Ordinator**

**Lost property overseer**

**Sourcing Youth Night facilitators/coaches**

**Helping with publicity**

**Joining the Community Centre team/village fayre team**

**AV maintenance/check**

## VOLUNTEERS

'...helps me feel part of the community'

What do I get from volunteering?

'...Contributing to the special pleasures of village life...isn't that why we live here?'

'...you must be part of it to enjoy this wonderful way of life'

'...enjoyable and fulfilling and it's a great way to meet people, especially if you are new to the area.'

'...It's good to bring together friends in our community, especially those feeling isolated'

'...Warm fuzzy feeling of contentment, lovely to chat and make new friends'

**We desperately need DRIVERS.**

It is really difficult for many residents to get to appointments at N&N Hospital.

Drivers don't need to wait as another driver can pick up. We reimburse petrol & parking costs

'...Very rewarding and fun'

**Occasional bar staffing at community centre**  
**Transport for villagers to medical appointments**  
**Sourcing and greeting Hub speakers**  
**Co-ordinating hire of assistive equipment**  
**Cake making**  
**Hub Café, lunch or breakfast helper**  
**Event set-up helpers**

Why don't you become a volunteer today?

Contact via Community Centre website

[www.aldboroughcommunitycentre.com](http://www.aldboroughcommunitycentre.com)

or phone Dee 01263 768470

'...I feel it benefits me as well as the hub. Where else does one hear the news...!!!'

The Community Centre Bar is a wonderful asset & raises much needed income for the centre. Staffing the bar is fun & much appreciated



## TUESDAY HUB EVENTS @Aldborough Community Centre

August 12 <sup>th</sup> <b>Hub Café</b> 10-12 and <b>Light lunch</b> (French inspired) (donations) from 12.30	Sept 23 <sup>rd</sup> <b>Hub Café</b> 10-12 and <b>Lunch</b> from 12.30 (£6)
August 19 <sup>th</sup> <b>Hub Café</b> 10-12 and <b>Light lunch</b> (Indonesian inspired) (donations) from 12.30	Sept 30 <sup>th</sup> <b>Hub Café</b> 10-12, <b>soup and roll lunch</b> from 12.30 (donations).
August 26 <sup>th</sup> <b>Hub Café</b> 10-12 and <b>Light Lunch</b> (Jamaican inspired) (donations) from 12.30	Oct 7 <sup>th</sup> <b>Hub Café</b> and <b>Light Lunch</b> from 12.30 (donations) <b>Hub Tea &amp; Talk 2pm 'Wordsmith at Work'</b> Pauline Hill
Sept 2 <sup>nd</sup> <b>Hub Café</b> 10-12, <b>Light Lunch</b> from 12.30 (donations) <b>Hub Tea &amp; Talk 2pm 'Cromer Artspace and the Bigger picture'</b> Ellie Baker (donations)	Oct 14 <sup>th</sup> <b>Hub Café</b> 10-12 and <b>Lunch</b> from 12.30 (£6)
Sept 9 <sup>th</sup> <b>Hub Café</b> 10-12 and <b>Lunch</b> from 12.30 (£6)	Oct 21 <sup>st</sup> <b>Hub Café</b> 10-12
Sept 16 <sup>th</sup> <b>Hub Café</b> 10-12	Oct 28 <sup>th</sup> <b>Hub Café</b> 10-12 and <b>Lunch</b> from 12.30 (£6)

EVERYONE WELCOME TO HUB EVENTS - SPREAD THE WORD!



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

'Round the world in four lunches'



Join us for  
light lunches  
every  
Tuesday  
throughout  
August

Aug 5 Mexican  
Aug 12 French  
Aug 19 Indonesian  
Aug 26 Jamaican

## Aldborough Transport Scheme

(a scheme under Aldborough Community Centre, Charity no 268101)

Supporting people who live in and around Aldborough to get to  
medical appointments

Transport Co-ordinator  
Nita Good

01263 761580

We will always try to find a driver for you, but this might not always be possible, particularly at the weekend.

If the Co-ordinator is not available,  
please contact Jane Maguire  
(01263 761578)

Please note: All drivers are volunteers, and the scheme is NOT funded by the NHS



## Once upon a tune: Aldborough school's inspiring music, art and story event



What do you get if you mix music, story and art?

If you're lucky, you get an inspiring event that introduces young children to whole new experiences. On July 7<sup>th</sup> award-winning author and illustrator James Mayhew and former Royal Opera House violinist Caroline Specca brought their 'Once upon a Tune' project to Aldborough Primary School.

James told the story of the Arabian Nights and then Caroline played a piece from Rimsky Korsakov's Scheherazade while James painted a picture to illustrate the tale. Other story, music and art combinations featured the Firebird and The Swan from Carnival of the Animals.

The performances certainly went down well with the children. Lettie, a Year 2 pupil, said, *"The music made me want to learn to play the violin,"* while her friend William said, *"It made me feel really good. If I was James Mayhew I would want to write thousands of books!"*

James commented on the way even the younger children at Aldborough were so engaged in the performance. *"I know when I come into a school and see such wonderful displays on the wall, it's going to be a great day,"* he said. *"You have something very special in this school, you should be very proud of it."*

Teacher Nicola Cuthill who arranged the performances said, *"Learning about one of our most important school values, resilience, from two amazing professional artists helped the children understand that hard work and not giving up really do pay off. To have two exemplary role models to demonstrate this in such a creative way was just amazing, not only for the children but the adults as well."*

For more information about the Once Upon a Tune project, visit [www.jamesmayhew.co.uk](http://www.jamesmayhew.co.uk).

## ALDBOROUGH VILLAGE SHOP AND POST OFFICE

**Post Office Services including:** Banking, Foreign Currency and Travel money cards. Mails products including Royal Mail/Parcel Force, Amazon and also DPD will be available soon.

**Fresh foods** sourced from local providers such as eggs, bakery, pies, and cakes. Butchers Meat and cooked Hams, Cheese and Honey

Milk and fresh fruit and veg delivered daily.

Frozen produce including fish from Lowestoft.

Newspapers, dry cleaning, coal, wood, Color Gas, Off licence, General groceries, Stationery and Cards for all occasions.

Take away tea and coffee.



### OPENING HOURS

Monday-Saturday 08.30-17.00

# THE CRICKETERS

## ON THE GREEN

At the time the fabulous village newsletter is distributed The Cricketers will have held two evenings with Cromer Soul Club. These really are incredible nights full of Northern Soul, Motown, funk and 70's disco. if you were there, you'll know just how good.

We have various bands coming in the next few weeks, mostly blues, bluegrass and folk, very much our vibe.

Sundays in the Summer have changed slightly. Yes, we are still offering the stunning Cricketers roast, but we've added lighter options from the outdoor grill. Half lobster with garlic butter, Cromer Crab Thermidor, Cricketers BBQ burger (veggie option available) and crevettes in a butter sauce all with a salad which actually celebrates the salad.

You might know we've had several 'Evenings with Henry Blofeld'. Well, Henry has introduced us to the one and only Jonathan Agnew. **17th September 2025**, tickets will be allocated via a ballot entry for which can be found on our website. Just follow the 'Jonathan Agnew' link

We really are your village pub and we very much look forward to seeing you soon. Remember the Village Card is available to anyone living in Aldborough, which ensures you get lower prices across the bar.

See you soon. Julie & Kent

## Aldborough Cricket Club



Now more than halfway through the season is a good time to reflect on the progress of the Cricket Club. After a tough start we have begun the rebuild in earnest.

**A new grounds team** has worked so hard this year to ensure that the square has been ready for match day. With absolutely no experience Pete Luke, Carl Astley and I have done our best to provide decent pitches to play on. I want to congratulate and thank them for their hours of voluntary hard work every week to make playing cricket possible.

**Junior Cricket on Monday evenings** has been a resounding success. With Pete Luke's brilliant liaison with Aldborough Primary School we managed to have in excess of forty children to some practice nights. I want to thank Pete, Simon T, Harry Fell and David and Tina Hooker for providing a positive environment for the youngsters to have cricket fun.

The introduction of **Women's cricket** has also been very positive. Numbers for Monday training are now into double figures and have grown weekly. If you are interested in giving softball cricket a go, these sessions will continue throughout the summer on Mondays at 6pm.

The **midweek team** has as always been great fun. The weather has meant that we have played a lot of games and thus far won more than we have lost. The friendly nature of this social cricket has also seen several new people join the club. There have also been a couple of wonderful mixed evenings on the green, which have all added to a feeling of positivity.

**Chairmans Day** has been rescheduled to the **17<sup>th</sup> August**, after we had been rained out previously. There will be a children's game at 1pm followed by an adults fun mixed game at 3pm. If you would like to be involved please come along on the day. We will be doing a barbecue throughout the afternoon as well. **This is a community event and we hope as many of you will be able to come as possible.**

Lastly we are running another **Quiz Night fundraiser** at the Community Centre on the **12<sup>th</sup> September**. Teams of up to 6, £5 a head. There is no need to book for this but please bring cash for entry. The bar will open at 7.15, with the first question at 7.30. Look forward to seeing as many of you as possible, for what is always a fun evening.

*Rory Stephens Chairman Aldborough Cricket Club*

## Did you know?

### Aldborough Community Centre

- runs a **Book Swap scheme**- bookcases full of books are in the Lounge Bar
- lends out **assistive equipment** (walker, wheel chair, zimmer frame)
- hires out **catering equipment** e.g. large cooking pots, tables, glasses



ALDBOROUGH  
PLAYERS

Plans for our 2026 pantomime are well underway, and we look forward to starting rehearsals in October.

However, we always **welcome extra hands backstage**, where the crew is just as important as the actors and the work can be just as exciting.

Are you interested in something to occupy some of your time over the winter? Could you spare us a few hours? We are a very friendly group and always give newcomers a big welcome.

Please get in touch if you might be able to help with:

- ❖ Costumes – designing, sourcing, making, altering
- ❖ Props – planning, sourcing, organising
- ❖ Set building and scenery painting – we are well known for our ambitious sets and always need extra things like fireplaces, carriages, boats etc. to be constructed as well as backdrops painted.
- ❖ Sound and lighting – for the more technically minded

Any time you can give would be appreciated. To begin with you could work alongside more experienced Players and shadow them.

Contact Jane ([sjmaquire0401@aol.com](mailto:sjmaquire0401@aol.com) or 01263 761578)

## Tai Chi classes

Commencing Wednesday 24<sup>th</sup> September 2pm

10 weeks

Aldborough Community Centre.



With registered John Ding Academy instructor  
Cos Stephanides. £10 per session



# "ME TIME"

**SUNDAY, 8<sup>th</sup> MARCH, 2026**

at

**ALDBOROUGH COMMUNITY CENTRE**

**Times: 11am - 3pm**

*Come and spoil yourself - mini pampering sessions and  
products available to buy*

**Refreshments available / bar open**

**Free entry**

If you would like a stall at the 'Me Time' event please email  
[dragon.enterprises09@gmail.com](mailto:dragon.enterprises09@gmail.com)

Closing date for registering is November 30<sup>th</sup>, 2025



**Wondering what the  
artwork that has  
appeared on the  
Community Centre  
walls is all about?**

We have been lucky to  
have been selected as  
borrowers of these  
wonderful life-size  
facsimiles produced by  
Cromer Artspace under  
licence from the  
National Gallery  
London.

Ellie Baker will be giving a **Hub Talk on Tuesday September 2<sup>nd</sup> at 2pm** entitled 'Cromer Artspace and the Bigger Picture' where she will tell us more about this initiative and provide expert insights and context to the three pieces of art we are displaying.

As we are now official 'borrowers' we hope to get pictures next year too. This time from the National Galleries for Scotland.

**Fitness on your doorstep!**  
**@Aldborough Community Centre**

**Wednesdays 6-7pm**

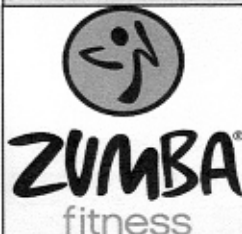
**£7 per class.**

**Book online**

<https://www.seedyoganorfolk.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](mailto: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](mailto: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](mailto:gk@landmarkwebsites.co.uk)



***Exercise to music for older adults***

**Every Friday 10-11am**

**£6 per session**

Contact Chrissie Harvey 07986548548

**EXTEND  
EXTEND  
EXTEND**