

ALDBOROUGH & THURGARTON VILLAGE NEWSLETTER

(delivered by volunteers to your letterbox)



Aldbrough Players 2026 panto 'Cinders' photo by Bob Eke

What's happening in our community?

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

Please send items for inclusion in the next newsletter to
ricki.gadsby@btinternet.com by May 1st



Village Walk
Every Wednesday 11am
Meet outside the surgery



Mobile Unit at
Aldborough Community Centre

February 24th

March 31st

10-12

**Hearing
Support
Service**



Supporting people with hearing loss
and related conditions

Aldborough Surgery: Is this the thin end of the wedge?

Some of our patients may have seen the **Eastern Daily Press** article that highlighted the concerns over the awarding of the contracts for local health services to a national private company. (see "Fresh concerns over future of Norwich Walk-In-Centre" (16th January 2026).)

However, we wanted to ensure that our patients are aware of these changes in the provision of Health services locally and in a national context, and to know that we, along with other practices in the area will make representations to MPs and Government to express concern.

Some information in the public domain:

The Procurement process was for these services:

- GMS services at Norwich Health Centre, Beechcroft and Old Palace Surgeries
- APMS services at Norwich Walk-in-Centre
- APMS services at the Inclusion Health Hub in Norwich / Vulnerable Adults Service

GMS and APMS are terms used to describe the core contracts that are the foundations of GP surgeries. These are the main source of income that enables surgeries to operate.

What are the main concerns?

- The potential to destabilise general practice in Norfolk. Private providers are highly likely to bid for Locally Commissioned Services, Public Health contracts – additional income outside of the GMS / APMS monies, that keeps general practice afloat! If we lost our other income streams, the basic GMS contract is not enough funding to keep the practices financially sustainable
- Private companies tend to be profit focused. This will mean the funding is retained as profit or paid out as dividends. This will therefore significantly reduce the likelihood that the money is reinvested back into the local area to support with patient care.
- Quality and accessibility of care. As private companies look to make savings to increase profit, this can impact the resource and staff available, which in turn can impact the quality and accessibility of care that's available to patients.

Please do not have concern over the future of your Surgery. There are no plans to change the way in which it is managed and run, nor the services that it provides. If you share our concern, you could raise the issue with Steff Aquarone our local MP steff.aquarone.mp@parliament.uk

ALDBOROUGH COMMUNITY CENTRE



Feb 18th
Mar 18th
April 15th
BAR open 7pm
Screening 7.30pm

FILM NIGHTS

NIGHTS

EVERY THIRD WEDNESDAY OF THE MONTH

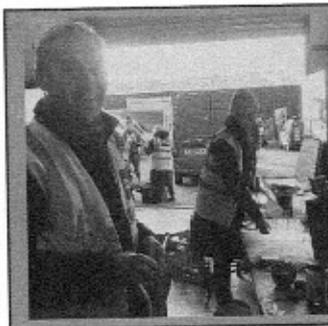
10-14 YEAR OLDS

Youth NIGHTS

Tuesday March 3rd
Tuesday April 14th

6.30-8pm

Aldborough Community Centre



MESSAGE FROM ROBERT PAUL - VOLUNTEER - CARE4CALAIS

Big thank you to all who responded to my request for donations of clothing and toiletries for Care4Calais. I filled my entire car, including the passenger seat! The team at Care4Calais visit the sites where migrants are living in Calais and Dunkirk 4 days every week with three transit vans of supplies. The conditions are worse than I imagined and with the cold winter weather, they are struggling. I hope to visit



Join Sally and others

ZUMBATHON '26

Sunday, APRIL 19th

10-1

min donation £50

ALDBOROUGH COMMUNITY CENTRE

For more information, please contact Sally on 07796697563

Spicing smiles and funds for



Sunday 22nd February
All welcome
Bring your seeds to swap
Catch up and make friends
Support the community and the planet

SEED

2pm-4pm



SWAP

26

Aldborough Community Centre
Free Entry/Donations welcome
Refreshments and cakes for sale

Bring your seeds labelled and containers to take seeds away

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



For the Love of Craft

Mar 21st & 22nd
10am-4pm

free entry

Aldborough Community Centre



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.



FRIENDS OF ALDBOROUGH PRIMARY SCHOOL

Contact

The Friends via email:

friendsofaldboroughprimary@outlook.com

Booking URL

www.pta-events.com/friendsofaldboroughprimary

Volunteers

We welcome any community members who love to cook and would be willing to contribute to catering for our light bites e.g. sausage rolls, quiches, baked bread or your signature tasty treat. Please contact us via email if you can help.

We look forward to welcoming you!

Aldborough Quiz Night

FUN FOR ALL AGES!

Saturday 28 March, 6pm—8pm
 Doors open at 5:30pm
 Aldborough Community Centre, NR11 7AA

Bring your friends, family or quiz-loving neighbours & enjoy an evening of trivia and community spirit.

Light bites provided

The bar will be open!

Scan for tickets

Adults £10
 Children £5
 Under 4s Free

OPEN TO ALL
(no school connections req.)

EARLY BIRDS
 Save 25% on tickets booked before 23 Feb

TWIN PRICES

Teams of up to 8 people, individuals welcome - teams can be formed on the night

friendsofaldboroughprimary@outlook.com

All proceeds support activities & resources for pupils at Aldborough Primary School

Aldborough Allotment Association

AGM

7pm Tuesday 31st March
 Aldborough Community Centre Bar



Growing your own is good for eating, good for wildlife, good for a happy healthy mind.

Would you like to grow your own fruit & vegetables but don't have the space? We currently have one full & one quarter plot available on our site.

Or try your hand at working a community raised bed for free with Tina Hooper.

Come along to the AGM or contact Fiona at morri.line@zen.co.uk

'Me Time'

a pamper and relaxation event

March
8th
11-3

EXPERIENCES & PRODUCTS

Delicious light lunches, cakes & more.
 Prosecco, wine, teas, coffee, fruit juices etc

Over 10 different stalls

ALDBOROUGH
 COMMUNITY
 CENTRE
 NR11 7AA

Free
Entry

TUESDAY HUB EVENTS @Aldbrough Community Centre

Feb 10th Hub Café 10-12 and lunch from 12.30 (£6)	Mar 24th Hub Café 10-12 and Lunch from 12.30 (£6)
Feb 17th Hub Café 10-12	Mar 31st Hub Café 10-12, soup and roll lunch from 12.30 (donations).
Feb 24th Hub Café 10-12 and Lunch (£6)) from 12.30	April 7th Hub Café and Light Lunch from 12.30 (donations) <i>Experiences working with Care4Calais Robert Paul</i>
Mar 3rd Hub Café 10-12, Light Lunch from 12.30 (donations) Hub Tea & Talk 2pm <i>Stories from the Broads George Cooper</i>	April 14th Hub Café 10-12 and Lunch from 12.30 (£6)
Mar 10th Hub Café 10-12	April 21st Hub Café 10-12
Mar 17th Hub Café 10-12 and Lunch (£6)) from 12.30	April 27th Hub Café 10-12 and Lunch from 12.30 (£6)

EVERYONE WELCOME TO HUB EVENTS -SPREAD THE WORD!

ALDBOROUGH COMMUNITY
CENTRE



FEB 15TH; MAR 15TH; APR 12TH
9.30-11am

BACON ROLLS, CROISSANTS,
FRUIT, FILTER COFFEE, TEAS,

Donations

All
welcome!



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



Exciting news! Aldborough has been selected as one of two pilot villages in North Norfolk for NNDC's Healthier Villages Initiative

**TWO
Launch
events**

Workshop to define priorities

Feb 20th 2-4pm

Aldborough Community Centre

Come and help define health and wellbeing priorities for Aldborough.

Participants will reflect on health and wellbeing statistics specially collated for our area by NNDC.

Guest speakers will inspire with examples of other initiatives.

Participants will brainstorm ideas that might work for us.

If interested in this, please register in advance by calling Dee 01263 768470

**HEAL
ALDBO**

Did you know we have refurbished the Community Centre ?

Come along with family and neighbours and see for yourself!

What is the Healthier Villages Initiative?

NNDC explains 'It is about coming together as a community to build on the existing work already happening to make your village even stronger and more resilient. We'll be listening to local voices, encouraging collaboration, and working side by side to match local needs with the right support and opportunities. It is community-led where you'll be able to explore how you want to work together to tackle local issues, coordinate resources, and maximise impact across the community. This is a valuable opportunity to build partnerships that make a real difference. Collaboration like this strengthens connections, builds trust, and creates lasting solutions for a healthier, more resilient Aldborough.'

Launch and PositiviTea Event

Feb 20th 4-6pm

**Aldborough Community
Centre**

Everyone welcome!

**Have a cuppa and chat with
local statutory support
services and community
groups about what's going on
in our village.**

**THIER
ROUGH**

Who will be there?

Local

Friends of Aldborough School
Fitness providers; yoga, Zumba,
Egyptian Dance, Pilates, Extend
fitness.
Snooker Club.
Aldborough Players.
Computer Club.
Allotment Association.
Cricket Club.
Threads.
Men's Club.
Spanish Group.
Art Group
Film Nights
Youth Nights.
Parish Council
Aldborough Surgery
Others! (not yet confirmed at time of
going to press)

External service providers

Department of Works and
Pensions
MIND
Talking Therapies,
Family Hub,
Digital & Transformation Team,
Health Watch

Above have been confirmed,
others yet to confirm
Watch Facebook and posters for
updates as confirmation
received

Why cook tea?

Bertie's woodfired pizza
serving from 5pm-8pm

Community Centre Bar
open



Together, we can ensure
that Aldborough is a
place where people live
healthy active lives

Aldborough Parish Church

It's been a busy time in our team of churches with well attended services throughout the Christmas period, from Christingles and Carol Services through 'Beer and Carols' and a selection of Midnight Masses. We hope you had a great festive season and are now returning to some kind of normality.



March 1 st 11am	Holy Communion (Lent 2)
March 8 th 11am	Morning Prayer (Lent 3)
March 31 st 8.30am	Tuesday of Holy Week Compline
April 3 rd	Good Friday Walk of Witness from Sustead to Oulton (calling at Aldborough)
April 5 th 11am	Easter Sunday Holy Communion

LENT TALKS -SACRED PATHS

Lent invites us to slow down and remember that faith is a pilgrimage-sometimes joyful, sometimes challenging, always guided by God. Our Lent Talks offer space for reflection, prayer as listening as we journey together towards Easter. All are welcome, wherever you find yourself on the path. We gather at 2pm each week and begin with a time of fellowship and refreshments. Each session will conclude with a time of prayer, finishing by 4pm

Churchyard Reservations

We're so fortunate to have a beautiful churchyard available to provide a final resting place for the people of Aldborough at the end of their lives. Several people have asked recently about the process to reserve a grave in the churchyard so they can be sure their wishes are honoured. The truth is that there's a legal process to go through which is too long to detail here. If you are interested in knowing more, then visit the website of the Diocesan Registry: <https://birketts-ecclesiastical.co.uk/faculties/gravespaces/> Inevitably, there's a legal fee to be paid, and this is explained on the webpage. It takes a little while to put everything in place, but at the end of the process, you receive an impressive document called a "Faculty" which confirms your reservation.

Churchyard Regulations

On the same webpage you'll find a link to the Churchyard Regulations for the diocese. These regulations lay out in detail the types of memorials permitted in the churchyard including the materials, sizes and wording permitted on gravestones. (Rev Andrew Whitehead, Team Vicar)

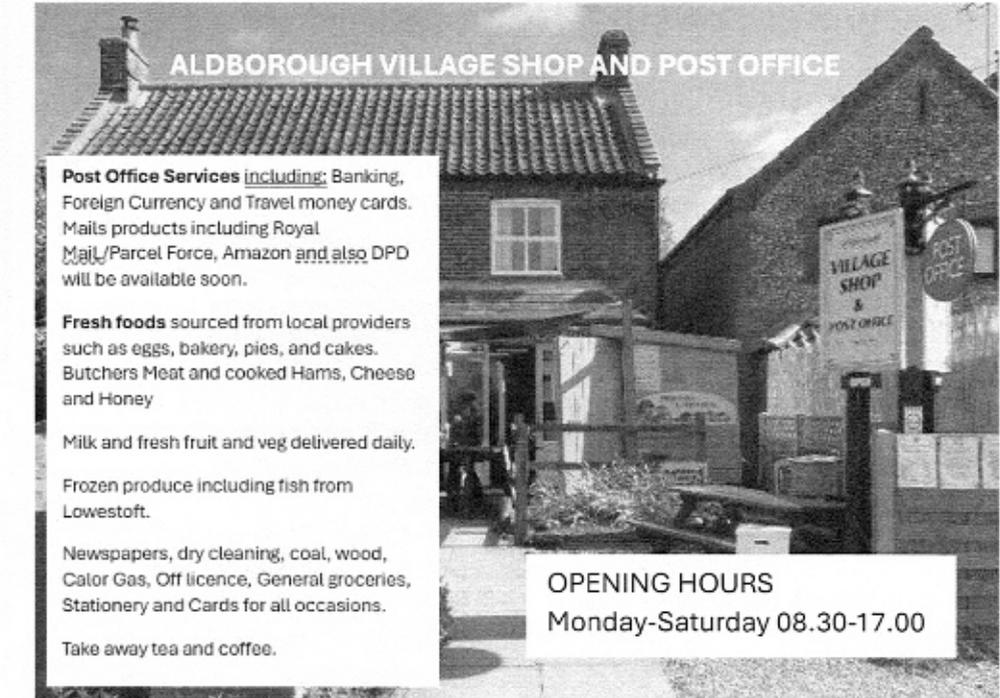
Aldborough Chapel

(Formally Prince Andrew's Chapel ^(?))

Sundays 10:45 – 11:45 Worship and Bible Teaching – All welcome!

We serve coffee and tea from ~10:15 before the service.

For details of other weekly and monthly events see our website at
www.aldboroughchapel.org.uk or email info@aldboroughchapel.org.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

Upcoming events:

Saturday Feb 14th **Valentines Dinner.**

Six courses £65pp. *Booking required*

Thursday Feb 19th **Italian Night.** *Booking required*

Sunday March 15th; **Mothers' Day.** *Booking required*

Monday March 23rd; **An Evening with English Cricketer, Geoff Miller.**

Ballot for tickets through the website

FISH & CHIPS LUNCHTIMES WED-SAT 12-2.30 pm throughout February

Phone 01263 761649

Aldborough Cricket Club

Happy New Year everyone!

Awards Night in October with awards made to Rachael Kenyon, our first ever Ladies Player of the Year; Tom Ash, the Midweek teams Players Player; Alfie Selwood, the Best Batsman; Rory Stephens, the Best Bowler; Lewis Winnett, Young Player of the Season and Pete Luke was the deserving recipient of the Chairman's Cup for his outstanding contribution to the club during the year.



Winter Nets have started at Cromer High School. There is a mixture of training and practice opportunities and it has been well attended both by ladies and gents. Anyone who fancies coming along and trying their hand at Cricket in a fun and supportive environment, please join us between 11.30-1.30 in the Sports Hall. The cost for the session is £5.

Fund -raising; We ran our first quiz fundraiser of the year on the 28th January in the pub. We took over the upstairs room for a fun evening of trivia, which was well attended. We raised £200 for the club which is fantastic. Thanks to Julie and her staff for all their efforts and to all those who came along.

Signing on for the season will be on **Friday 13th March** in the Community Centre. Membership will be £40 for adults and £20 for under 18's. There will be a mixture of midweek, Sunday, ladies and interclub matches this year, so plenty of Cricket on the Green to look forward to. Please come and join the club and help us grow. No previous experience is necessary. We strive to be a friendly community club.

Look out for more coming soon in the way of social events. It is hoped in the next bulletin we will be able to share fixture dates for the season and club community days, like the Chairman's Day with you. In the meantime, if you want to any more information on the club please contact us via email at hayleywinnett@gmail.com.

Up the Greens!

NEW! Theatre excursions from Aldborough.

Look out for adverts about upcoming excursions to local theatres. Bus leaves Aldborough Community Centre to drop you at the theatre and picks you up after the performance. The most recent trip organised was to see Absurd Person Singular at Sheringham Little Theatre in February. Avoid trying to find parking space and enjoy the company of other theatre-lovers. For more information phone Dee 01263 768470



By the time you read this we shall have performed our 2026 pantomime "Cinders".

After 20 rehearsals and 4 performances, with a cast and crew of around 40 people, this was our 32nd pantomime. Our writers and directors are always members of the company and we are blessed with so many other talented people who display much dedication both on and off stage. We are delighted to have continued the tradition established by Malcolm Ward back in 1993 and really hope that everyone enjoyed watching *Cinders find her happy ending* as much as we enjoyed performing it.

Our next production will be "**Ladies' Day**" by Amanda Whittington. First staged in 2005, this comedy follows four fish factory workers who ditch their hairnets, overalls and wellies for a day at Royal Ascot, the year it was relocated to York. It has warm Yorkshire humour and is full of heart and soul. Put the dates in your diaries now!
Friday May 8th, Saturday May 9th and Sunday May 10th.



Parish Council upcoming dates.

Council Meeting Monday March 2nd 7.00pm

Annual Parish Meeting Wednesday April 22nd 7.30pm

Annual Parish Council Meeting Monday May 11th 7.00pm

All meetings at Aldborough Community Centre.

ALDBOROUGH COMMUNITY CENTRE AGM

**Tuesday March 31st
7.30pm**

**Come & hear what's
been happening &
get involved in
plans for the future**

Aldborough Surgery Updates

Staff Changes

Registrars – Dr Olakekan will be leaving us at the beginning of February. Our new registrar, Dr Joss Butters, will be joining us for a year.



DESIGN A LOGO FOR OUR HEALTHIER ALDBOROUGH PROJECT

Prizes for under 11; 12-17 and adults

DROP ENTRIES IN POST BOX AT COMMUNITY CENTRE BEFORE FEB 18TH

ALDBOROUGH PRIMARY SCHOOL



We hope that you have had a happy start to 2026. Despite the miserable weather there is a warm atmosphere here at school and our new year has been filled with fun, purpose and learning.

We were delighted to be joined by The Aldborough Players recently who gave the children a sneak preview of their pantomime – a great time was had by all.

We have some new initiatives for the New Year to help the children with their learning and well-being. There will be a renewed focus on handwriting and spelling for all the children in KS1 and KS2. The teachers have worked extremely hard to write our new programmes to support the children in our new way of doing things.

We are continually mindful of the children's mental health and well-being here at Aldborough and look for ways to support the children wherever we can. We have fabulous play leaders in year 6 who lead playground activities and do a wonderful job in enabling the younger children to join in with playground games and promoting physical activity – it is a joy to watch. The play leader initiative reflects the value based PE curriculum that we have here at Aldborough and which the children enjoy so much on their PE days. We know that many of our children enjoy taking part in the Blickling Junior Park Run which takes place every Sunday morning at 9.00 a.m. It is a wonderful way to support children's mental health and well-being.

We have lots to look forward to in 2026. At the end of January we will have had a visit by The Norwich Science Festival to perform a play for the children to further their scientific knowledge. There is also a planned visit from a touring opera company to look forward to along with our Spring time Family Learning Afternoon where the children will learn about climate change.

Aldborough Primary School is a great place to learn and work. Please come and visit us if you have the time.

Tesco Blue Token 'Grow, Cook and Eat' Project

Aldborough Primary School's 'Grow, Cook and Eat' project is currently live in Tesco, Aylsham.



The project will provide resources for practical food growing and cooking, enabling children in the school to learn basic nutrition and food skills, whilst connecting with nature and the outdoors.

A brilliant connection to Healthier Aldborough's initiative

However, success and subsequent project funding will be measured by the **number of votes** the project receives in-store at **Tesco Aylsham between Now and 31 March.**

To vote, shoppers simply pop the blue tokens available at the cashier tills or next to the voting station into the slot for Aldborough Primary School.

Please support our children!

Fitness on your doorstep
@Aldborough Community Centre

Wednesdays 6-7pm
£7 per class.
Book online

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



Seed Yoga



ZUMBA
fitness

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

Sarah Holness

British Wheel of
Yoga trained

YOGA FOR EVERYONE



MONDAYS

10-11am

0795485651

Exercise to music for older adults

Every Friday 10-11am

£6 per session

Contact Chrissie Harvey 07986548548

**EXTEND
EXTEND
EXTEND**