

Aldborough and Thurgarton Newsletter Spring 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 May 2nd, 2025

A joint publication of The Parish Council,
Aldborough Community Centre and Village Care



Village Breakfast

Aldborough Community Centre



Sunday February 16th

Sunday March 23rd

9.30am to 11.00am

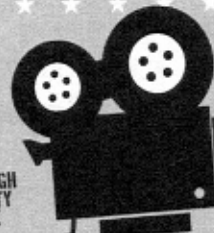
Bacon rolls, croissants, fruit,

freshly brewed coffee and tea,....



All welcome.

Free – but donations welcome.



ALDBOROUGH
COMMUNITY
CENTRE

February 19th
March 19th
April 16th


7:30 pm
BAR OPENS 7 pm

FILM NIGHTS

EVERY THIRD WEDNESDAY OF THE
MONTH

Aldborough Community Centre

Bingo Nights



Tuesdays
February 25th
March 25th

BAR OPENS 7 PM
EYES DOWN 7.30 PM

CASH
PRIZES

Hearing
Support
Service



Supporting people with hearing loss

MOBILE UNIT AT ALDBOROUGH COMMUNITY
CENTRE

10am-12noon

TUESDAYS: March 4th



SMOKEFREE *Make 2025 the year you stop
smoking!*
Norfolk

Reed Wellbeing will provide individualised support for free.

Come along and find out more.

March 10th 7pm

Lounge at Aldborough Community Centre



ALDBOROUGH COMMUNITY CENTRE

AGM

April 8th 7.30pm

JOIN US.... the Community Centre is for **everyone**. So please come along to hear what we've been doing and share your ideas moving forward.



Aldborough
Community
Centre

**100
club**

Monthly prize draw

Prizes £125, £75 and £25 each month; annual grand prize £500!

Numbers still available- £30 for the remaining year. Contact Aldborough Community Centre Management Team

Arthur's 100th Birthday

A message from Arthur....

Thank you Aldborough for making my birthday such a memorable and enjoyable day and for the many cards and best wishes. I was especially surprised with the wonderful 'Lego' cake and the number of villagers who turned out for the fireworks. It was a day I shall remember for a very long time.



THE CRICKETERS
ON THE GREEN

What's happening at your local pub?

Hi folks, There's plenty going on at The Cricketers over the coming months.

We have music planned with favourites **Lou & The Tall Boys**, **soul DJ Adrian Corbin**, our great friends **Rattlebox** and two dates this Summer with the incredible **Cromer Soul Club**. Keep an eye out on social media for dates and times.

We're so lucky to have both our Chefs living in the village. Jake and Richard are wowing guests from near and far. Acknowledged by a Tripadvisor 2024 Travellers Choice Award.

Food aside, we are and will remain, your village pub. Hope to see you soon.

Aldborough Surgery Updates

Vaccinations

Pneumonia Vaccination – For those aged over 65 or under 65 but clinically at risk who have not received a pneumonia vaccination and wish to do so, please contact the surgery.

RSV Vaccination – For patients aged 75-79 please contact the surgery if you would like this vaccination.

Staff Changes

Dr Daley left at the end of January. We wish him every success for the future.

Dr Welfare-Smith former Locum GP has joined us as a salaried GP.

Dr Thomas continues as a Locum GP but with increased hours.

Julie Sterry (Nurse Practitioner) will be leaving us at the end of February.

Alison Yarham (Practice Nurse) and Khadijah Sparkes (Dispenser) joined us at the end of January.

Village Walk
Every Wednesday from 11am
Meet outside the surgery



Next Parish Council Meetings

March 3rd and May 12th ,

Update on Aldborough Church Room

Bookings ceased at Aldborough Church Room from December. Volunteers have been busy clearing the items there, with many being donated for use at Aldborough Community Centre and other local village organisations. The remaining items along with some surplus items from Aldborough Community Centre will be for general sale (see ad). Proceeds from the sale will go to Aldborough Church/ Aldborough Community Centre.

In the meantime, the Norwich Diocese on behalf of Aldborough Parochial Church Council (PCC) is applying for outline planning permission and the PCC have contacted Arnold Keys to give a valuation of the site. The site will then be marketed according to Charity Commission regulations for such a sale on behalf of a charity.



TUESDAY HUB EVENTS @Aldborough Community Centre

Feb 18 th Hub Cafe	April 1 st Hub Café, Light lunch from 12.30 (donations) Hub Tea & Talk 2pm 'My life on and beside the Sea' Richard Leeds
Feb 25 th Hub Café and Lunch from 12.30 (£6)	April 8 th Hub Café and Lunch from 12.30 (£6)
Mar 4 th Hub Café, Light lunch from 12.30 (donations) Hub Tea & Talk 2pm 'The Most Amazing Woman You've Probably Never heard of' Clive Rounce	April 15 th Hub Cafe
Mar 11 th Hub Cafe and Lunch from 12.30 (£6)	April 22 nd Hub Café and Lunch from 12.30 (£6)
Mar 18 th Hub Cafe	April 29 th Hub Café, soup and roll lunch (donations)
Mar 25 th Hub Cafe and Lunch from 12.30 (£6)	May 6 th Hub Café, Light lunch from 12.30 (donations) Hub Tea & Talk 2pm 'The Amazing Gaby' Jane Maguire
EVERYONE WELCOME TO HUB EVENTS -SPREAD THE WORD!	

HUB TALK & TEA

Mar 4th, 2pm

'The Most Amazing
Woman You've Probably
Never Heard Of'

Clive Rounce

Aldborough Community Centre



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



Aldborough Community Centre is Calling all cake-makers!

What a brilliant way to volunteer to help fund raise.

If you like making cakes, we have lots of events this year which **need** cakes!

Join our WhatsApp group to know what events are coming up and offer help (when you can – may be that will only be once a year- that's fine!)

Contact 01263 768470 or one of the Management Committee to register interest in being put on the cake makers register.

Thank you so much!

Aldborough Primary School

2025 has got off to a flying start and we have exciting projects in the pipeline

Premise improvements: We will quite literally be raising the roof (not quite as exciting as it sounds) over the next couple of months. Beginning in mid-February and finishing end of April we will be replacing two ceilings to improve insulation. There will be scaffolding and skips adding to the excitement of the school day. As another energy saving measure our lighting system was changed to LED over the Christmas holidays. We have all the benefits of our light, bright classrooms at a fraction of the cost!

Visits and Events: Two exciting visits already- Olly Day brought his travelling magic road safety show to school where he treated our children to a morning of magic tricks and entertainment while learning many important rules for road safety. This will be reinforced for our Year 5 children later this year when they complete their Bikeability course. We've also been visited by Rosie from the Norwich Science Festival who taught some of the children in KS2 how to become food scientists. Her combination of puppets and gigantic flowers were engaging and entertaining and fitted perfectly with our science curriculum and forest school.

Later this term there will be trips to Norwich Cathedral to learn about world religions, Norwich Castle to find out about farming through history, Wroxham Barns to meet the animals and the Henry Blogg Museum are coming to school – despite the museum being closed for a year! Add a dodgeball tournament, a drumming assembly with a world renowned drummer, a touring opera performance and maths workshops for parents and it is shaping up to be a good year!

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

Bus Timetables may change in April 2025. Note that there are temporary bus stops in Cromer due to construction work.

Aldbrough Parish Church

St Mary's

Open every day for prayer and quiet reflection.

All welcome to these services which start at 11am

March 2 nd	Sunday before Lent Holy Communion
March 9 th	Morning Prayer
April 6 th	Holy Communion
April 13 th	Palm Sunday Morning Prayer



Group services

Ash Wednesday (5th March at 7:30pm) Group Service of Holy

Communion at **Oulton Parish Church**, including the imposition of Ashes.

Mothering Sunday (30th March at 11am) Group Service of Holy Communion in **Cawston**.

Services of **Holy Week and Easter** are still in planning.

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>

Aldbrough Cricket Club

It may well be the 'off season' in cricket terms but plenty is going on in the background as we prepare for the summer ahead. We have some exciting plans to expand the range of activities on offer at the Club that we will share in future issues.



We have started work on the square on The Green and also repaired and reseeded the football goal and will be donating a new football net.

The season itself starts on **3rd May** and ahead of that we have practice sessions over the coming months – all are welcome to join us, regardless of experience and ability (please see our Facebook and Instagram pages for details).

Up The Greens!!

The Cricket Club are planning a range of social events in conjunction with our friends at Aldbrough Community Centre, kicking off with...

Quiz Night 7th March

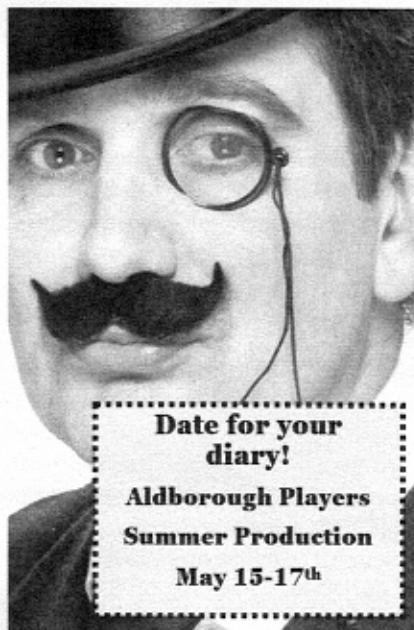
Race Night 25th April

We look forward to seeing you all there!

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



Date for your diary!

**Aldborough Players
Summer Production**

May 15-17th

SOUND BATH

Aldborough Community
centre,
Tuesday 18th March 2025
7-8pm
Doors open 6.45pm
£12 per person

Contact Annette
(qualified sound therapist)
07872328109

I shared a space with 16 wonderful people who attended my 1st Sound bath in Aldborough in January. I was filled with warmth and gratitude that for so many it was their 1st experience of a sound bath ♥ I'm so grateful for the positivity they shared about their experience, it means so much to me, when people do find calmness and relaxation within themselves. Thank you to all the people who tried something new and shared their enthusiasm for me to hold the space again in Aldborough. Thank you. Blessings, Annette (Balanced Pathways)

10-13 YEAR OLDS

Youth NIGHTS

Tuesday March 4th
Tuesday April 1st

6.30-8pm

Aldborough
Community
Centre



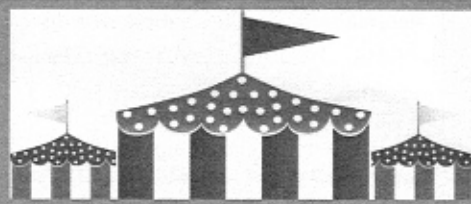
For the Love of Craft

April 12th & 13th

10am-4pm

Aldborough Community Centre

local handmade crafts at their
finest



Date for the diary

Village Fayre

Sunday June 22nd



BINGO & CHIPS

The Friends of Aldborough
Primary School

Aldborough Community Centre

Saturday 8th March

Fund Raiser!

Vouchers and cash prizes!

Tickets £10 per adult, £5 per child

(ticket includes bingo cards and half portion of chips kindly supplied by The Fish Shop Roughton)

Contact 07824345603 or

friendsofaldboroughprimary@outlook.com

6-8 pm

(doors open 5.30)

Bar open



Sunday 23rd February

All Welcome

Please bring your seeds

and pot plants to swap

Catch up and make friends

Support the community and the planet

2-4pm

Seed Swap

Aldborough Community Centre

Free Entry/Donations Welcome

Refreshments and Cakes for sale

Please bring seeds labelled and containers

to take seeds away

Electro Swingtastic



£10

*An energetic mix of swing, blues,
jazz, boss and lots of drums.*

*Di Jib will be on the turntables
mixing a blend of swing, blues,
jazz with hard dance beats.*

*You'll be kept on your feet all
night long so make sure you have
your dancing shoes on!*

March 29th

8'til late

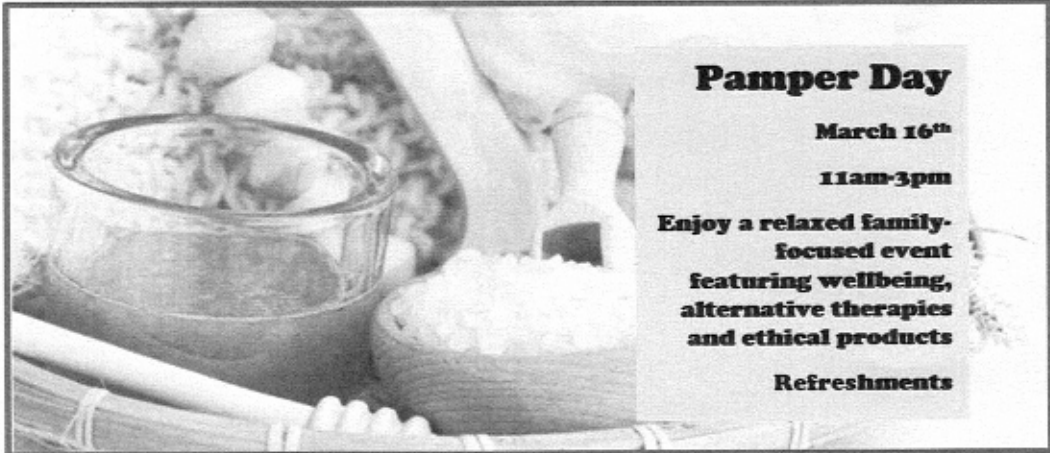
Aldborough
Community Centre

Bar open

Table tennis anyone?

We're keen to start regular weekly adults' table tennis sessions at Aldborough Community Centre. Interested? Contact us via Facebook or the website .





Pamper Day

March 16th

11am-3pm

Enjoy a relaxed family-focused event featuring wellbeing, alternative therapies and ethical products

Refreshments

ALDBOROUGH VILLAGE SHOP AND POST OFFICE

Fresh fruit and vegetables. Chilled and frozen foods, Ice Cream.
Butcher meat, cheese, bread, cakes, pies and fish all sourced from local suppliers.
Off licence,
Groceries, Newspapers, Color Gas, Dry cleaning,
Logs and coal, Greeting cards and stationery. Tea and coffee to go.

POST OFFICE SERVICES

Everyday banking; Royal mail services; Parcel force services
Amazon parcels pick up and drop off.

Evri parcel pick up and drop off and buy in the store.

Electricity top-up; Bill payments
Foreign currency; High street gift cards

OPENING HOURS

Monday to Saturday 08.30 -17.00

CONTACT Phone: 01263 768198

Email: maggiealdpo@gmail.com



Greener Aldborough & Thurgarton

Aldborough & Thurgarton Parish Council have now completed the changeover of the old-style lanterns to LED part-night PEC which have timers to reduce unnecessary lighting. These 7 lanterns are principally around the Green. This should not only be good for wildlife and wellbeing but will also mean less maintenance and power used.

Kate Dougan (Campaign to Protect Rural England volunteer) who gave a talk in February 2022 (Dark Skies) is returning to help us continue to reduce unnecessary lighting in the village and remind us of the benefits of dark skies to ourselves and wildlife.



Dark Skies -part 2 2nd April at 7.30pm Aldborough Community Centre.

From May onwards a new resident, Chris will lead moth trapping sessions. Chris posts wonderful wildlife photos on our Facebook page. Do bring your youngsters to the 'moth-trapping' sessions so that we can get a new generation invested in making sure we create the environment and have the knowledge to protect these little creatures. More information on future events will be on posters and our Facebook page nearer the time.

Dear Foodbank supporters

Thank you for your donation from Aldborough Village Care of 17.65 kg in December. As a small charity we rely on donations, both food and financial, to operate and we are extremely grateful when people choose to support us.

During 2024 we fulfilled 2085 food vouchers, providing food for 4695 people, 2925 adults and 1770 children. Whilst Trussell campaigns to end the need for foodbanks, we will be here helping those who need us right now. But that can only be done with kind donations from our supporters. To see what we need most right now, our wishlist is published on our website and social media, and the list gets updated throughout the month on our donation page

<https://northnorfolk.foodbank.org.uk/give-help/donate-food/>

Thank you for thinking of us and enabling us to serve the people facing hardship across our district.

Kind regards, Jules, Rebecca and the Foodbank team

North Norfolk Foodbank. Cromer Methodist Church Hall, West Street, Cromer, NR27 9DT phone 07826 376343



You will have noticed that this issue of the newsletter is bigger than usual- this means there is LOTS going on ... but also means higher printing costs.

Please help us by donating to the cost of printing.

Fitness on your doorstep!
@Aldborough Community Centre

New weekly class- starts Feb 12th

Wednesdays 6-7pm

£7 per class.

Book online -

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



Seed Yoga



ZUMBA
fitness

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

Thursdays 6.15-7.15pm

£6.00 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 Gwenyth King; gk@landmarkwebsites.co.uk



Exercise to music for older adults

Every Friday 10-11am

£6 per session

Contact Chrissie Harvey 07986548548

**EXTEND
EXTEND
EXTEND**