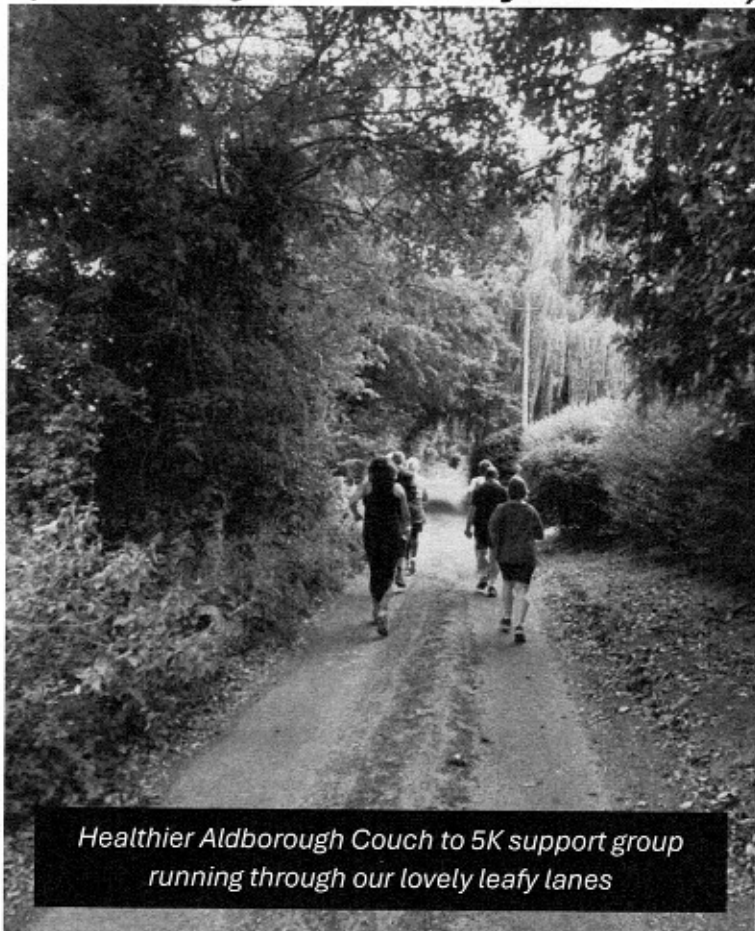


ALDBOROUGH & THURGARTON VILLAGE NEWSLETTER

Late Summer 2026

(delivered by volunteers to your letterbox)



*Healthier Aldborough Couch to 5K support group
running through our lovely leafy lanes*

**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 October 31st**

Hearing Support Service



Supporting people with hearing loss and related conditions

MOBILE UNIT

AT ALDBOROUGH COMMUNITY CENTRE

10am-12noon

Aug 25th and Sept 22nd



ALDBOROUGH COMMUNITY CENTRE



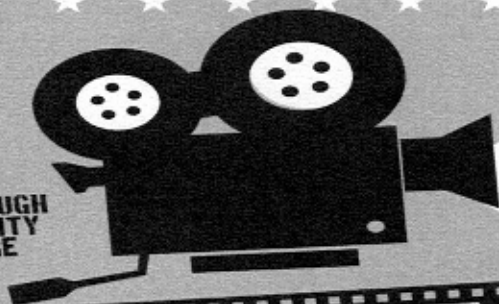
AUG 16th, SEPT 20th,
OCT 18th
9.30-11am

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

Donations

All
welcome!

ALDBOROUGH
COMMUNITY
CENTRE



Aug 19
Sep 16
Oct 21
bar open 7pm
film 7.30pm

FILM NIGHTS

EVERY THIRD WEDNESDAY OF THE MONTH

THEATRE OUTING FROM ALDBOROUGH



Pygmalion

Saturday Nov 14th

Matinee 2.30 pm

A sharp witted social commentary wrapped in comedic play; it explores themes of class identity and the superficiality of high society.

Bus leaves Aldborough Community Centre at 1.30pm

Combined bus and theatre ticket £ 28 (excellent seats guaranteed)

Contact Dee dee.jupp@btinternet.com or pop into the Community Centre any Tuesday morning



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.

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*



Bus Timetable

		leaves	destination	return
Sanders no 18	Every weekday	09.37	Cromer	13.00
		12.37		
		10.30	Aylsham (Tesco)	12.17
			North Walsham	11.55
		13.30	Aylsham (Tesco)	16.35 (18B)
			North Walsham	16.08 (18B)
Sunbeam	Monday, Wednesday & Friday	09.13	Aylsham (Tesco)	14.12
	Tuesday & Thursday	09.13	North Walsham	13.26
	Wednesday	08.50	Wroxham	?

Sanders and Sunbeam buses are timed to meet the Sanders 44 opposite Aylsham Tesco to NORWICH on outward and return journeys

Willow Sculpture Workshops

With

Rich Love - Life In Willow

At Aldborough Community Centre,
Aldborough, NR11 7AA

*'Fabulous workshop-
great teacher'*



A 4 hour workshop on
Friday 30th October
from 10.00 - 2.30 to make a small
owl or bee for £45



No experience is necessary, learn a new skill and take home your own garden sculpture.

Refreshments provided, just bring your own lunch

Email: richalove@icloud.com or call: 07786 152076 to book

Visit Lifeinwillow.co.uk for more information

NOOKA SEAGLASS JEWELLERY WORKSHOPS

Aug 30th, Sept 12th and Sept 27th

ALDBOROUGH COMMUNITY CENTRE

Contact; Nikl on www.nookaseaglass.com or
look out for posters with contact info.

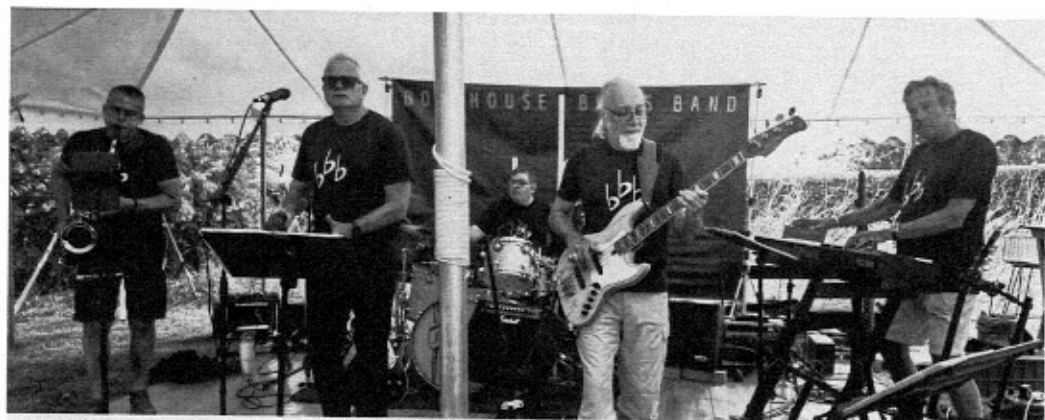
CHRISTMAS

FOR THE LOVE OF CRAFT

Nov 21st & 22nd

Local handmade crafts at their
finest

Aldborough Community Centre



BOATHOUSE BLUES BAND

Aldborough Community Centre
Saturday August 22nd 7pm
Tickets £8

www.aldboroughcommunitycentre.com



HUB TEA & TALK**Sept 1st, 2pm****Richard Knight*****'From the Victorian Red Coat to Khaki'******The uniforms, kit and equipment of the British soldier.***

Richard has been interested with WW1 & WW2 Military history after listening to stories from his Grandfather, and father... and started collecting British uniforms and equipment when at school in the mid 70's. He has taken part in TV and films as a military advisor (Dr Who, Midsomer Murders) as well as an actor and has made uniforms for over 35 years. He will bring a selection of uniforms and equipment to illustrate his talk.



@Community
Centre
Every Tuesday
morning
10-12 noon

TUESDAY HUB EVENTS @Aldborough Community Centre

Aug 4th Hub Café 10-12.30; Summer lunch 1960s style 12.30 (donations); Hub Tea & Talk 2pm 'Taking the Outside in' Tony Lynn

Sep 15th Hub Café 10-12

Aug 11th Hub Café 10-12.30; Summer lunch 1970s style 12.30 (donations)

Sep 22nd Hub Café 10-12 and Lunch from 12.30 (£6)

Aug 18th Hub Café 10-12.30; Summer lunch 1980s style 12.30 (donations)

Sep 29th Hub Café 10-12, soup and roll lunch from 12.30 (donations).

Aug 25th Hub Café 10-12.30; Summer lunch 1990s style 12.30 (donations)

Oct 6th Hub Café 10-12; Light Lunch from 12.30 (donations) Hub Tea & Talk 2pm St Andrews Fellowship Choir & The Cliftonville Singers

Sep 1st Hub Café 10-12 and Light lunch from 12.30; Hub Tea & Talk 2pm From the Victorian Red Coat to Khaki' Richard Knight

Oct 13th Hub Café 10-12

Sep 8th Hub Café 10-12 and Lunch from 12.30 (£6)

Oct 20th Hub Café 10-12 and Lunch from 12.30 (£6)

EVERYONE WELCOME TO HUB EVENTS -SPREAD THE WORD!

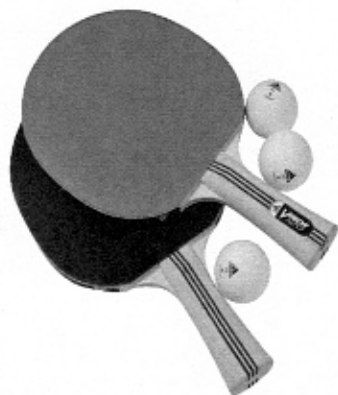
DATES FOR YOUR DIARY at ALDBOROUGH COMMUNITY CENTRE

- | | |
|--------------------------|--|
| August 22 nd | Boathouse Blues Band with Dirty Rascals Food Truck |
| Sept 6 th | Family Walk Run Cycle get together with DJ Ed |
| Sept 18 th | Stage Direct 'The Beach Café' |
| Sept 26 th | Macmillan Coffee Morning |
| October 24 th | The Tricks with Bertie's Pizza |

THANK YOU!

Huge thanks to the Friends of Aldborough School, who have generously provided new, stronger table tennis bats and balls for use on our table on the Green. This is very much appreciated.

Their kind donation followed recent problems with misuse of the equipment. The identity of those causing the damage is not known but we hope that it has now stopped and that all users will treat this facility with respect.



**ALDBOROUGH
COMMUNITY
CENTRE**

YOUTH NIGHTS

10-14 yr olds

RESUME OCTOBER 6TH

**every first Tuesday of the month
6.30-8pm**



 **STAGE
DIRECT**
PRESENTS

The Beach Café

An award winning play
by **Peter Blakeley**

BEACH CAFÉ

COFFEE
TEA
HOT CHOCOLATE
CAKES
BROWNIES
♥
ICE CREAM
& MORE

A warm-
welcome
by the
sea
♥ ♥

A COMEDY-
DRAMA
IN ONE ACT

*A chance encounter. A seaside café.
In one afternoon, strangers share stories,
secrets and moments that change everything.*



FRIDAY
18TH
SEPTEMBER
AT 8PM



FOOD TRUCK
AND BAR
OPEN FROM
6PM

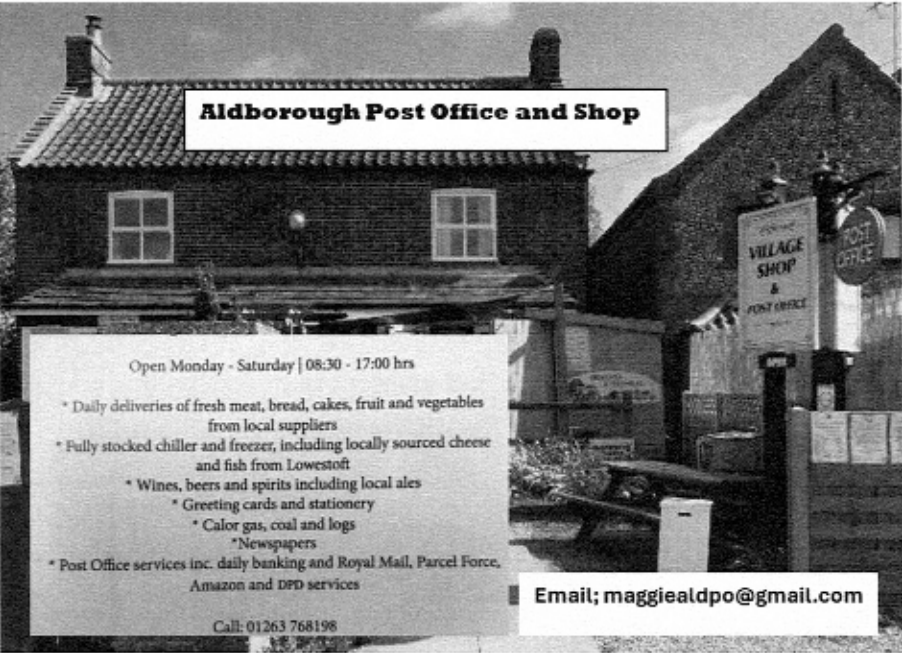


TICKETS
£6

TICKETS CAN BE BOOKED ONLINE AT
www.aldboroughcommunitycentre.com



ALDBOROUGH COMMUNITY CENTRE
THE GREEN, ALDBOROUGH, NR11 7AA



Aldborough Post Office and Shop

Open Monday - Saturday | 08:30 - 17:00 hrs

- * Daily deliveries of fresh meat, bread, cakes, fruit and vegetables from local suppliers
- * Fully stocked chiller and freezer, including locally sourced cheese and fish from Lowestoft
- * Wines, beers and spirits including local ales
- * Greeting cards and stationery
- * Calor gas, coal and logs
- * Newspapers
- * Post Office services inc. daily banking and Royal Mail, Parcel Force, Amazon and DPD services

Call: 01263 768198

Email: maggiealdpo@gmail.com

THE CRICKETERS

ON THE GREEN

LIVE MUSIC

Saturday August 15th

Cromer Soul Club 7.30pm

Sunday August 30th

Stitched Up 6pm- 9pm

Sunday September 27th

Time and Mercy Band 5 pm- 8pm

Aldborough Community Centre

100 Club Draw

Be in it to win it

Annual subscriptions due in September. Monthly prizes £125, £75 and £25. Annual £500 prize. Annual subscription £60.

SEPT 12th 10-12noon Dee will

Join the Parish Council

'Leave things better than you found them'

Are you:

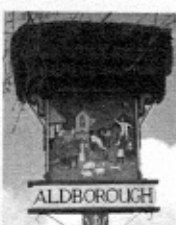
Interested in your community?

Want to influence decision making in your community?

Willing to take some time to improve opportunities in your community?

Keen to be part of a history of volunteers who can make a difference?

Our Parish councillors work in a collaborative way, supporting each other. They deal with the maintenance of village assets, managing the Precept (the village income), supporting village events and initiatives (eg. Village Fayre, Healthy Aldborough).



The current team would benefit from younger members of the community getting involved (This would be a great addition to a cv).

We are keen to recruit from people who have a real care for where they live or work.

There is also a requirement to have lived in the parish for over 12 months.

If interested please contact our clerk at clerk@aldboroughandthurgarton-pc.gov.uk



TEMPLESPA

Fizz & FACIAL

AN AFTERNOON OF SKINCARE & INDULGENCE

Friday 18th September

2-4PM

ALDBOROUGH COMMUNITY CENTRE

Cost **£15**

LIMITED SPACES - To book email Dragon.enterprises09@gmail.com




Let's do Coffee Morning

Do your bit for better cancer care

Come along and help us do whatever it takes to support people living with cancer.

Place: Community Centre

Date: Sept 26

Time: 10 am

Contact: Dee Jupp



Simply scan this QR code with your phone to donate direct to your host's Coffee Morning. It's easy, quick and secure. Thank you.



MACMILLAN
CANCER SUPPORT

Official Sponsor
Linell's
CHOCOLATE

The TRiCKS



Playing at Aldborough
Community Centre
October 24th

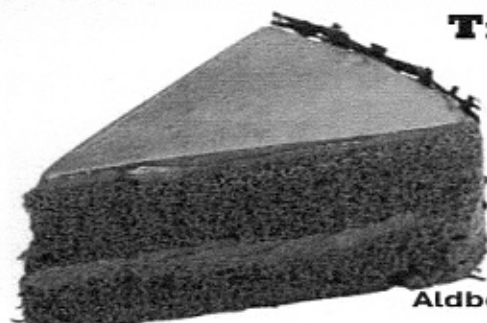
Tickets online soon

HEALTHIER ALDBOROUGH

FAMILY DAY SEPT 6TH

To celebrate the achievements of our summer programme, everyone is welcome to join in our Family Day. Something for everyone. With our friends, Berties Pizza and DJ Ed

We will celebrate achievements - those who gained first aid certificates, young volunteers who mapped what3 words, path finders, app designers, coaches and more.



Tracy's Teatime Treats

SUNDAY POP-UP STALL

Aug 16th, Sept 20th, Oct 18th

9.30-11 am

Aldborough Community Centre

Aldborough Chapel

(Formerly 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.

Other mid-week activities include:

Craft / Knitting social group on Monday mornings (fortnightly);

Men's social group on Wednesday mornings (not in August);

Monthly Bible study and discussion on Tuesday afternoon;

Monthly lunch (third Tuesday, not August)

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

Church News

It's already been a busy summer and so it continues! Oulton Church has become an exhibition space for a group of talented artists throughout August. Aylsham and District Team will come together for a pilgrimage along the coast, from Sheringham to Trimingham. See below to sign up and join us as we follow the new pilgrimage route "From brokenness to new life".

Church Services in Aldborough

8th August - Team Pilgrimage

Find out more here: <https://forms.churchdesk.com/f/0QM0PaRjAr>

Begins at 8:30am in Sheringham

9th August - Trinity 10

11am Morning Prayer in Aldborough

6th September - Festival of Christ in Creation

11am Holy Communion in Aldborough

13th September - Trinity 15

11am Morning Prayer in Aldborough



WILDFIRES

We are very lucky to be surrounded by agricultural land. But it is tinder dry and there is a risk of wildfires. Most wildfires are started by human activity.

Preventative action

Do not light fires in the countryside & only have barbecues where signs permit.

Avoid lighting fires in high winds, high temperatures & low humidity

Dispose of cigarettes carefully, ensuring they are fully extinguished. Never throw them out of a car window.

Do not leave hot barbecues unattended. Make sure ashes are cold & dispose of them responsibly.

Take rubbish home, especially glass which can cause fire in sunlight.

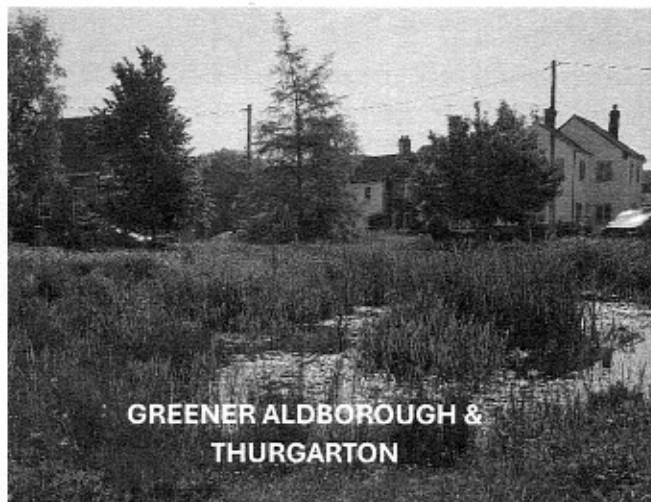
Action in case of wildfire

If you see a fire in the countryside, move to a place of safety first & then call 999 (do not assume that someone already has)

Do not attempt to tackle the fire yourself

Always follow the advice of emergency services & local authorities (you may be asked to evacuate or instructed to stay indoors with doors & windows closed)

Aldborough & Thurgarton Parish Council



GREENER ALDBOROUGH & THURGARTON

Aldborough Allotment Association

All plots are currently let but if you would like to take on a plot in the future please contact our secretary to add your name to the waiting list.

Secretary Fiona Morrison: fdmorrison19@gmail.com

Our pond and wildlife area is maintained by a small group of volunteers. If you are interested and enjoy this area, please consider volunteering. We've recently cut the meadow grass and baled for feed and maintain our pond which provides a wonderful habitat for wildlife - 3 broods of moorhens this year (photo)

The **Community allotment** is currently managed by one person, if you are interested in growing but don't feel ready to take on an allotment, do consider offering some time to help - some of the veg is harvested for village lunch and this year the plan is to use a raised bed for 'cutting flowers' to share with the wider community. Young gardeners are welcome and supported by the Healthier Aldborough Initiative

Please contact t.hooker@talktalk.net if you would like to find out more



Fancy cooking village lunch once per month?

We cater for about 20 (very appreciative) people and are looking for someone to cook on the second Tuesday of the month. Lots of support if needed. Would suit someone who likes to cook or has previous catering experience.

Contact Tina ; t.hooker@talktalk.net

ALDBOROUGH PRIMARY SCHOOL

At the end of the Summer term we said goodbye to Marion Colebrooke who retired after 32 years at Aldborough. Many people in the village will remember Marion for her care for the children and the wonderful way that she taught so many children to read. We had a special assembly to say goodbye to Marion and thought that this poem might bring back some memories for those of you who remember her at Aldborough.

You sharpened the pencils and dried every tear,
A beacon of patience throughout all your years,
Now you are leaving, it's sad that you must,
A guide we relied on, a friend we could trust.

From sorting the reading to tying our shoes,
We'll never find someone quite as magic as you,
We wish you the best as you step on your way,
Thank you for making our school bright every day.

You wiped away tears and you patched up our knees,
You patiently helped us with reading and bees,
With ice packs and plasters and books in your hand,
You're the best teaching assistant in all of the land.

Every Christmas you were queen of the cupboard,
Donkeys, and angels, and kings you all mustered,
You made us look fabulous, shiny and proud,
In every Nativity you pleased all the crowd.

You've helped so many minds every day to bloom
And brought such joy into every room,
You sowed the seeds of knowledge deep,
With patient smiles we'll always keep.

Now it's time to tend your own,
To reap the beauty you have sown,
With trowel in hand and knees in soil,
You've earned a rest from all your toil.

No bells to ring, no lines to guide,
Just open space and time outside,
So plant the blooms and watch them grow
You've made a difference, as we all know.

Thank you for everything that you have done,
You truly are second to none.
Enjoy your retirement, you've earned every rest,
We'll miss you so much, you are simply the best.

Updates from Aldborough Surgery

Dr Joss Butters joined us in February as a GP Registrar and will stay until February 2027.

Dr Shelley Gray is expecting a baby in the autumn, starting her maternity leave from the beginning of October 2026. Dr Kate Read will cover her maternity leave on Mondays while our well known locum doctors, Dr Alison Holt, Dr Sian Thomas and Dr Paul Cronin will cover other days

Rachel Edwards will be joining us as a Practice Nurse in mid-September and will be working Thursdays and Fridays.

Sharon Thompson, Receptionist retired at the end of March 2026.

Amy McGregor started at the surgery as a Receptionist in April 2026.

Cricket Club

The season is very much in full swing and what a summer!

Women's cricket The first women's match in our 230 year history! Playing Horsford was a special occasion featured on radio. Since, they have enjoyed home and away matches against Rudham, Aylsham, Bradfield and Horsford. Skipper Jess Sanderson and Vice Skipper and Secretary Hayley Winnett have done a wonderful job recruiting... enough for two teams.



Chairman's Day was a wonderful Community event starting with a junior match followed by a women's softball game and men's hardball match. Our sponsor, Sizzlers looked after us well with their food van and many drinks were enjoyed at the pub.

The Midweek side is a perfect blend of social cricket and fun and we have been delighted to welcome so many new faces. It suffered some cancellations due to World Cup scheduling and opposition cancelling but nevertheless have enjoyed half a dozen games.

The Sunday XI are getting better as the season progresses with three consecutive wins in our last three games, the highlight being against 'The Occasionals' from Hertfordshire. That game was played in a wonderful spirit and included a lovely Hog Roast put on by the pub.

Junior Coaching has finished but big thank to the coaching team of Peter Luke, Harry Fell, Euan Williamson, Tina and David Hooker and Simon Thorogood. Their dedication ensured that over forty local children were able to really enjoy this game we love.

Fund raising We have had some very successful Quiz nights in The Cricketers and have other events planned, including another quiz in the pub and a **Bingo night in the Community Centre on September 4th 7.30pm**. Please join us, your support is invaluable to the club.

Our sponsors Lastly, I would just like to thank our sponsors, Sizzlers Kitchen, Balance Design and GTA training whose support has enabled us to buy kit and maintain the grounds and equipment. We really appreciate what you do.

Join us With a month to go there is still time to come out and catch us playing and hang out with a drink. Our numbers have grown from under twenty to sixty in a year. We really are the friendliest club around. **Up the Greens**



Fitness on your doorstep

@Aldborough Community Centre

Wednesdays 6-7pm

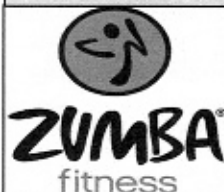
£7 per class.

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

Every Friday 6-7pm

Join this friendly self-help yoga practice to relax at
the end of the week. £2.00 per class



PILATES

Every Thursday 4.30pm

£8 per session

Contact Sally Thornton 07788102338 or

sally@remedyflows.co.uk



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

Egyptian Dancing

Contact Gwenyth 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**