

Aldborough and Thurgarton Newsletter Christmas 2025



Photo by Chris Padley

What's happening in our community?

Please send items for inclusion in the next newsletter to
ricki.gadsby@btinternet.com by January 30th

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



Village Walk
Every Wednesday 11am
Meet outside the surgery

Holistic Acupressure Massage



1 hour 15 min treatment = £40

Acupressure is a form of holistic bodywork originating from Japan, which is generally very relaxing and is used to treat a wide range of health conditions.

To book call 07954856541 / email
sarahholnesshiatsu@gmail.com

**FATHER CHRISTMAS
IS VISITING
ALDBOROUGH GREEN**

Sunday 7th December

Come and visit the
grotto at Aldborough
Community Centre
from 3pm. At 4.30pm,
join Father Christmas
to turn on the
Christmas tree lights
on the Green

Free entry!

FOOD GAMES CRAFTS TOMBOLA

Aldborough Surgery Updates



Vaccinations

We have vaccinated over 1,000 patients against 'flu and nearly 500 patients against Covid this autumn.

NHS App

You are encouraged to download the NHS App which provides access to NHS services. Please contact Debbie Lubbock at the Surgery for help with this (or come to Thursday Computer Club at the Community Centre for help).

Staff news

GPs Dr Shelley Gray started with us at the beginning of October and is now working alongside Dr Jayne Welfare-Smith and Dr Mark Fleming.

Registrars – Dr Olakekan started with us at the beginning of August '25 and will be with us until the beginning of February '26.



FREE ENTRY

'For the Love of Craft'

Christmas Market

local handmade crafts at their finest

15 & 16

NOVEMBER

10am - 4pm

and....
REFRESHMENTS
HOMEMADE CAKES
MULLED WINE

Aldborough Community Centre
NR11 7AA

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 Emergency Planning

The BT outage has again highlighted the dependence that villages like ours have on power and digital services.

While we would like to think that we are a relatively close community and neighbours generally look out for each other it is important that we ensure that people that need some help and support during these difficult times are able to access it.

The Surgery, for understandable reasons are unable to release patient data and there are Data Protection implications for any personal data release and storage. However, we should look at how those issues can be respected yet still have information that enables us to offer support to those who need it.

The Parish Council, together with the Community Centre (incorporating Village Care) would like to provide that support within the community during these extended periods of services failures so, on a voluntary basis, if you consider yourself or members of your family might need help or just someone to check on you, please leave your name, address and contact details with the Parish Clerk at aldboroughandthurgartonclerk@gmail.com or in a sealed envelope at the Community Centre. There will be a postage box in the entrance area during the month of November.

By voluntarily giving the information we believe we can meet the Data Protection issues and information would be stored securely and only shared with Emergency volunteers on a need to know basis.

Next Parish Council Meeting

Jan 12th 7pm

in lounge at Aldborough Community Centre.

"ME TIME"

SUNDAY, 8th MARCH, 2026

at

ALDBOROUGH COMMUNITY CENTRE

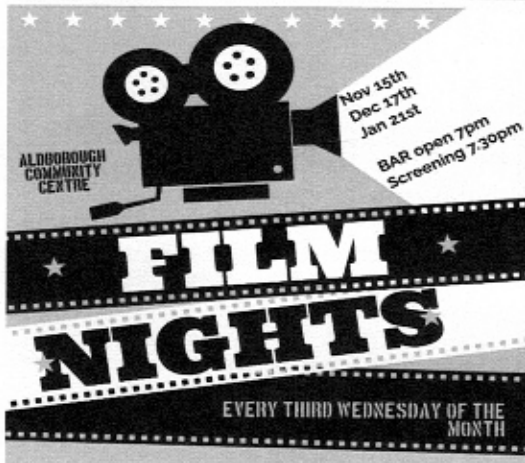
Times: 11am - 3pm

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
Closing date for registering is November 30th, 2025



ALDBOROUGH COMMUNITY CENTRE

Nov 15th
Dec 17th
Jan 21st

BAR open 7pm
Screening 7.30pm

FILM NIGHTS

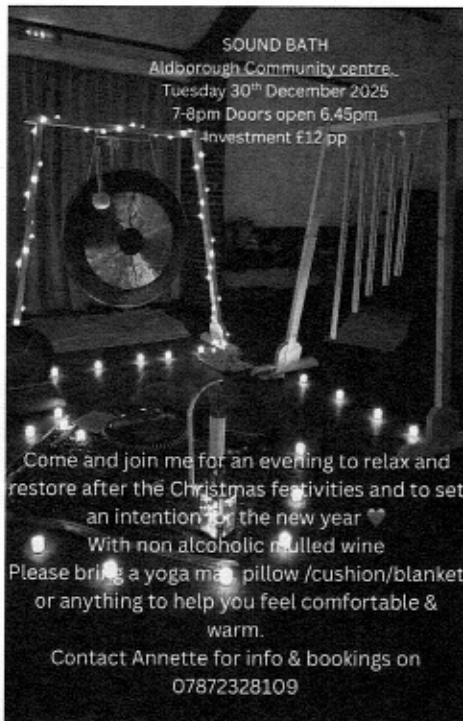
EVERY THIRD WEDNESDAY OF THE MONTH

ALDBOROUGH COMMUNITY CENTRE

10-14 yr olds

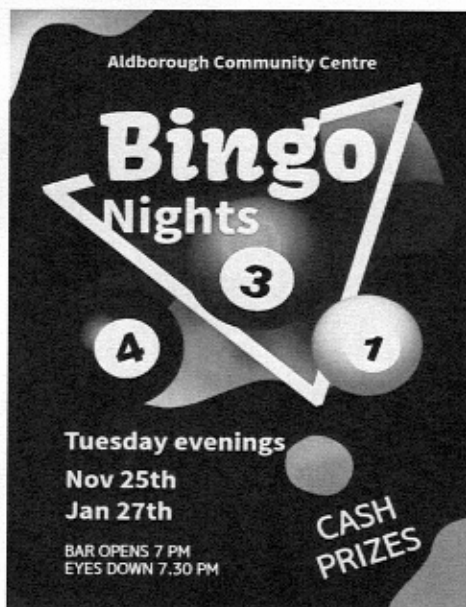
Youth NIGHTS

First Tuesday of the month 6.30-8pm. See Facebook and posters for details of particular sessions.



SOUND BATH
Aldbrough Community Centre
Tuesday 30th December 2025
7-8pm Doors open 6.45pm
Investment £12 pp

Come and join me for an evening to relax and restore after the Christmas festivities and to set an intention for the new year ♥
With non alcoholic mulled wine
Please bring a yoga mat, pillow /cushion/blanket or anything to help you feel comfortable & warm.
Contact Annette for info & bookings on 07872328109



Aldbrough Community Centre

Bingo Nights

3
4
1

Tuesday evenings
Nov 25th
Jan 27th

BAR OPENS 7 PM
EYES DOWN 7.30 PM

CASH PRIZES



Carols Round the Tree

Monday, December
22nd at 6 pm

Aldborough Parish Church

St Mary's Church



November 9th	Remembrance Sunday Morning Prayer	10.55
November 30 th	Confirmation service at Cawston Church	11.00
December 7 th	Holy Communion	11.00
December 14 th	Morning Prayer	11.00
December 24 th	Midnight in Bethlehem	21.30
January 4 th	No service at Aldborough. Plough Sunday in Cawston Church	11.00
January 11 th	Morning Prayer	11.00

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

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.



December 21st, 'Coffee, Croissants and Carols'.

10.00am for coffee, croissants. 10.30am for the Carol service. All are welcome.



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

TUESDAY HUB EVENTS @Aldborough Community Centre

Nov 11 th Hub Café 10-12 and lunch from 12.30 (£6)	Dec 23 rd Hub Café 10-12 and Lunch from 12.30 (£6)
Nov 18 th Hub Café 10-12	Dec 30 th Hub Café 10-12, soup and roll lunch from 12.30 (donations).
Nov 25 th Hub Café 10-12 and Lunch (£6) from 12.30	Jan 6 th Hub Café and Light Lunch from 12.30 (donations) NO TALK & TEA
Dec 2 nd Hub Café 10-12, Light Lunch from 12.30 (donations) Hub Tea & Talk 2pm <i>It's a wrap! Innovative present wrapping ideas</i>	Jan 13 th Hub Café 10-12 and Lunch from 12.30 (£6)
Dec 9 th Hub Café 10-12 and CHRISTMAS LUNCH from 12.00 (£6)	Jan 20 th Hub Café 10-12
Dec 16 th Hub Café 10-12	Jan 27 th Hub Café 10-12 and Lunch 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

Hearing
Support
Service



MOBILE UNIT

AT ALDBOROUGH COMMUNITY CENTRE

10am-12noon

Nov 26th, Dec 2nd, Jan 27th



Christmas Lunch Tuesday Dec 9th noon

A welcome glass of sherry or wine (or soft drink):
traditional roast turkey with all the trimmings: mushroom
and chestnut vegetarian option: Christmas pudding or
pear and ginger trifle with cream: tea or coffee – **all for
£6.00 per head!** (Bar open)



Please drop by the
Community Centre Hub
on a Tuesday between 10
– 12 noon and add your
name to the list in the
entrance hall – **we'd love
you to join us!**

ALDBOROUGH VILLAGE FAYRE 2026 **HELP!**

Could you spare an hour to meet and
greet stallholders or help with
car park marshalling?

Could you run a fundraising stall?

Volunteers for these roles will mean
our historic event can continue.

Please contact: Helen Hudson (Event Organiser)
Tel: 07941 852030
Email: helenhudson56@gmail.com

News from Aldborough Primary School

It has been a very busy start to the Autumn Term at APS. We have welcomed 26 new children and their families to school. Everyone has settled in well and we are enjoying our beautiful grounds which are spectacular during the Autumn. Our EYFS and KS1 children have loved their afternoons in the Forest School. There have been plenty of opportunities to explore the changing seasons, topped off with hot chocolate and marshmallows. Our Year 3 and 4 children had a fabulous morning when they were visited by the team from Venta Icenorum to help them learn about The Romans.

Meanwhile our Year 4, 5 and 6 children took part in an amazing day at Gressenhall Museum learning all about life on the Home Front in the Second World War. With a 'Spooky Story Dressing Up Day' and a Halloween Disco under our belts, it won't be long until we are looking ahead to the next change of season and Christmas will be round the corner.

Our **Christmas School Fayre** will be held on **Saturday 6th December** in the school from 10.00 a.m. until 1.00 p.m. Please come and join us to stock up on Christmas gifts and to see the great man himself in his grotto.

We look forward to seeing you all there.

THE CRICKETERS

ON THE GREEN

It's all change.....

With heavy, but very proud hearts, our time of holding the keys to this very special pub, in a very special village, has come to an end. Both Julie, and I are honoured to have played a part in its history, and are very proud of our quintessential multi-award winning pub and restaurant.

That could not have been achieved without an outstanding team, and we had one of the best. One of that team will now take on the responsibility, and we are delighted that having already been such a large part of the pub's history, Julie Bacon has become the next landlady from Saturday 1st November.

We want to thank everyone that has visited the pub for your support, and know this will be ongoing for Julie & Kevin. You will still see us in the village, we're not going far, and hopefully for a drink on the right side of the bar.

Thank you. Much Love. J & K



HOLIDAY OPENING TIMES

24th Dec 12 till late

25th Dec 12 till 3pm

26th Dec 12 till late

31st Dec 12 till late

1st January 12 till 7pm

Village Shop and Post Office

Fresh fruit and vegetables, Butchers meat, cooked ham. Fresh bread and bakery produce from local sources. Newspapers, and a comprehensive selection of beers, wines and spirits.

Groceries, frozen produce including fish and sea food, confectionary, stationery, dry cleaning services, Calor gas, coal and wood.

Post office services: banking, Royal mail, DPD, Amazon, Parcel Force, foreign currency, bill payments, electricity top ups and one for all gift cards are all available.

Please come in and have a browse.

Pre orders for Christmas are welcome.

OPENING HOURS

Monday-Saturday 08.30-17.00

HOLIDAY PERIOD

Closed Christmas Day, Boxing Day and New Year's Day.



"You SHALL go to the ball!"..... Just maybe not in glass slippers this time though?

The Players are now busy rehearsing for their next pantomime **"CINDERS"**, so the dates for your diaries are:

Wednesday 4th, Thursday 5th, Friday 6th (all 7.30 pm)

Saturday 7th February (6.30 pm).

Brighten up the winter months with the fun of traditional panto. There will be two hilarious ugly sisters, a really scary stepmother, a precocious princess, unusual narrators and lots more familiar and new characters. The band is practising their usual fabulous music and plans for amazing costumes and sets are progressing.

Tickets go on sale in January.

DRAISING COLLECTIVE
AT ALDBOROUGH COMMUNITY CENTRE
7-30pm BOOKS OPEN 7PM - 8PM OPEN

LIVE
Back by popular demand
The Radio Fundraising Collective return for another original comedy revue, performed in the finest traditions of BBC radio shows. Including some Christmas flavour, this programme is being staged in aid of:

TICKETS £10.00

TICKETS ARE AVAILABLE TO BUY ONLINE
www.aldboroughcommunitycentre.co.uk/events

Spanish

Every Wednesday

Aldbrough Community Centre
1-3 pm

All welcome, any level - no cost
For more information phone Terry
01263 766676 or just turn up

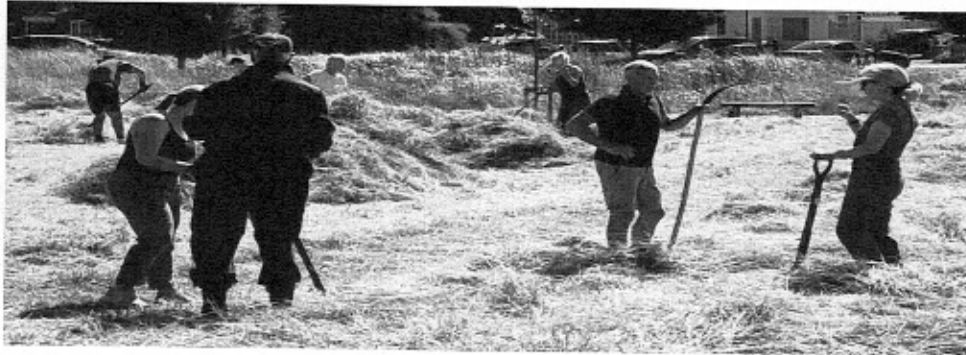
Hasta La Vista



Greener Aldborough & Thurgarton

We are an informal group of volunteers who look after the area around and including the pond to improve the habitat for wildlife and promote the well-being of our human inhabitants! Thank you to those volunteers who have got involved with meadow cutting and baling, planting bulbs and generally helping to preserve this important area for wildlife. Throughout the summer, many villagers and visitors have enjoyed seeing the moorhens with their broods and the abundance of wildflowers and insects. We can't change the world but we can try to protect and look after this small area of Aldborough which is so important for nature.

The reed growing in the pond has recently been reduced and approximately 550 spring bulbs have been planted in the area around the cherry tree together with both perennial and annual wildflower seeds. Alongside the pond, the tree which now shows little sign of life will remain to provide a 'hibernaculum' (overwintering place for newts and amphibians). Following advice about future planting we will introduce several small native fruit/nut trees such as crabapple and hazel, in the area of long grass behind the goal. These would absorb 'run off' from the Green and provide flower, fruit and shade for both wildlife and people. Any planting of this nature would need to be approved by the Parish Council and the idea would be to seek Grant funding for the cost. If you would like to help maintain this area of our village and get involved, you can comment or ask a question on Facebook page 'Greener Aldborough & Thurgarton' or send an email to tina.hooker52@btinternet.com - we welcome constructive comment and new volunteers.



Village Breakfasts

Aldborough Community Centre

Sundays


November 23rd

December 21st

January 18th

9.30am to 11.00am

Bacon rolls, croissants, fruit,

freshly brewed coffee and tea 

All welcome.

Donations please

Do you know
where our
village
defibrillator is
located?

Beside the
front door of
the
Community
Centre.



Aldbrough Cricket Club

We enjoyed a good summer. ...

Children's cricket On Monday evenings, over 40 children took advantage of training with the wonderful team of David and Tina Hooker, Simon Thorogood, Peter Luke and Harry Fell. The turn out was amazing and it was a great introduction to those youngsters to this game we love.

First women's cricket coaching started quietly, with just four participants but increased to fifteen regulars, most of whom were trying cricket for the first time. There was fantastic progression from these trail blazers, and we look forward to growing the ladies game next year, hopefully with some fixtures against other local teams.

Midweek Cricket remains incredibly popular and strong. The ethos of Wednesday cricket is camaraderie and competitive fun and we welcomed six new members to the team. It was a full season of fixtures, which included the game against the touring team St Margaretsbury, which ended in an after-match party in the pub which will live long in the memory.

The Chairman's Day was another highlight, beginning with a youths and parents game, followed by an inter-club mixed cricket competition, which was played in a brilliant spirit and well supported. Lewis Winnett was awarded player of the day. The club also ran a barbecue for participants and locals alike, that was well received.

I would like to thank all those who helped us this year. Our kind and generous VP's for their ongoing support. Our sponsors G.T.A for their amazing contribution, Kent Laws for his advice and support on grounds maintenance and to all those wonderful members of the community that came to matches or attended our social events and helped us raise much needed funds, you have all been fabulous. Thank you.

The season started in difficult circumstances but ended with so much positivity and enthusiasm as people have really bought into the change in culture and the direction of this community club.

Keep an eye out for social events, nets, and taster sessions and please come and join us and help grow our club.

Rory Stephens (Chairman)



Fitness on your doorstep!
@Aldborough Community Centre

Wednesdays 6-7pm

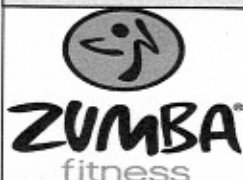
£7 per class.

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. £1.50 per class

ALL WELCOME



PILATES

Every Thursday 4.30pm

£10 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 Gwenth King; gk@landmarkwebsites.co.uk



Tai Chi Wednesdays 2-3pm

With registered Tai Chi Academy instructor

Cos Stephanides. £10 per session

Exercise to music for older adults

Every Friday 10-11am

£6 per session

Contact Chrissie Harvey 07986548548

