

The Marlpit

JULY/AUGUST 2026

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nat
 of Norfolk



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Welcome to your Magazine

What a fabulous time we had in June. Those who are keen football fans will probably still be riding high on the wave of our first win in the World Cup. I must confess I did shout at the TV once or twice myself! Fingers crossed for next game.

More locally our community groups have been very busy. The Norfolk Broads Yacht club held a fantastic day with boat trips on the Broad and food and drink. Friends of Coltishall Primary School held another Rainbow Run which is always a fun and very creative event, (see page 5) and Wildflowers, our local preschool, had a great fun day at Coltishall Village Hall with many things to do for everyone. I even got to sit in the fire engine!

So on to July and the fun doesn't stop. The magazine has all the details of a tea dance in Coltishall village hall, summer concert at Stratton Strawless – music by a team you might remember who entertained us at last year's VE-Day event in Coltishall. If you like history there are some lovely guided tours throughout the summer at St Benet's Abbey. Do keep your magazine close to decide how you are going to enjoy your summer.

We have some great features for you this month from how to manage your garden during this summer to a very interesting feature from a former Swan Handler.

A reminder from the Marlpit Team, we are also taking a break to attend some of these things so you won't get a magazine in August – but we will be back ready to supply loads more news for September. Have a super summer, and stay safe in the sun and around our waters.

Tricia and the Marlpit team

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COVER PICTURE: Another fun-filled triumph for this year's Rainbow Run (see page 5).

ABOVE RIGHT: Dinner time for a hungry ladybird. Photo with kind permission of reader Paul Parker.

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The Marlpit is an award-winning, long-established community magazine serving Coltishall, Horstead, and the surrounding Broadland area. We print 2,000 copies covering local news, activities, features, history, and events – but our total readership is around 10,000 plus online. In addition to letterbox deliveries the magazine is available every month in pubs, cafes, shops and other locations across our area. Run by volunteers on a non-profit basis, we rely on financial support from local businesses, groups, and individuals to cover our printing costs. We believe remaining a printed magazine is still important – especially for our readership. You can support us in our mission via GoFundMe on our Facebook page, by contacting our Treasurer for BACS details, or sending a cheque. We also have Collection Boxes available. We are grateful to our advertisers and every donation that helps us continue in print.

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You can also read your Marlpit online:

www.themarlpitmagazine.com

Summer
CONCERT
with Afternoon Tea
 Jeff and Sue Short sing
the Vintage Songbook
Saturday 11th July
2 - 5pm
 Fundraiser in aid of refurbishment
 of the village hall facilities
Burroughes Hall
 Stratton Strawless
 Tickets £15
 including
 afternoon tea
 Tickets available at
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 Come and enjoy an afternoon of timeless songs, tea and cake!



Coltishall and Horstead
Wildflowers Preschool
 Wildflowers
GARAGE SALE
12 September 2026
10am to 3pm
£5 per pitch. All
proceeds go direct to
Preschool
 Book your space via email at:
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 Event Sponsored by Minors
 and Brady





News from Broadland District Council

It has been all change at Norfolk County Council following the 7th May election. A minority Reform UK Party administration have taken control of the council at County Hall under Leader Cllr. David Bick and his newly formed cabinet. I understand the Reform UK administration are being supported by Gt. Yarmouth First – Restore Britain Party, who have nine Councillors, giving them control of the council.

Reform gained 40 divisions out of 84 and were 5 divisions short of a majority administration, but already Reform Councillor Mark Tucker has resigned after just 25 days. Mr Tucker's resignation has reduced the number of

Reform UK group who run County Hall to just 39. This means voters in Old Catton will head back to the polls next month, which will cost taxpayers around £20,000. Reform UK Leader Cllr. David Bick said at the council's AGM: "We will have a laser focus on value for money and providing the best possible services."

The Police & Crime Commissioner has resigned, and therefore restrictions are in place until 17th July by which time the election will have taken place.

In Coltishall I was out on community speed watch duty during Summer Half Term week in an attempt to slow down speeding traffic, and we saw a record number of vehicles exceeding the speed limit, with several exceeding 40mph in the 30mph zone and one vehicle heading into the village at 50mph on Wroxham Road. (Speed watch is supported by Norfolk Police who write to speeding motorists).

More traffic chaos and antisocial behaviour has been experienced at Coktishall Lower Common with inconsiderate motorists parking on pavements, double yellow lines and verges. I have sent details of the illegal parking to our council officers who have requested parking enforcement officers to monitor the area. Furthermore, Broadland District Council has a Public Space Protection Order in place which means motorists who cause antisocial behaviour with a vehicle can be issued with a Section 59 Notice (Vehicle related antisocial behaviour). I forwarded photos of cars parked and double yellow lines, pavements and verges to our Regulatory Team asking for Section 59 Notices to be served.

Kind regards, Cllr. Jo Copplestone

Cllr.jo.copplestone@southnorfolkandbroadland.gov.uk

Wroxham Library Summer Reading Challenge

Over recent months Marlpit has featured the importance and challenge of encouraging a love of reading in children and young people and some of the projects underway to encourage this. In this UK National Year of Reading, and with the long summer school holidays ahead, we want to remind our readers of the Summer Reading Challenge run for our area by Wroxham Library.

This Year's Challenge launches on 18th July and is called **'Read to the Beat!'** delivered by The Reading Agency in partnership with public libraries.

The Summer Reading Challenge is a free activity for children aged 4-11 years. It's all about reading for fun, aiming to improve children's reading skills and confidence over the summer holiday. Children can read anything they like and collect free rewards for their reading. For under-5s there is a mini challenge, so they don't miss out.

The theme inspires children to explore the connection between stories and songs, discovering how reading and music both ignite imagination and creativity.

To sign up to the challenge, just pop into your local library or visit the website. Children will need to be library members – you can do this in a library or online. It's free of charge and children will receive their own library card for which there are no overdue fees.

For full details of all the services we provide at Wroxham Library see our Facebook page or call the library on 01603 782560.



THE RAINBOW IN OUR COMMUNITY

A joyful day of colour, community and Coltishall at its best

On Sunday 7th June, Coltishall was once again bursting with colour as hundreds of runners took part in the Coltishall Rainbow Run 2026, raising over **£8,000** for Coltishall Primary School.

Organised by The Friends of Coltishall Primary School, this year's event brought together pupils, families, staff, local businesses, volunteers and the wider village community for a brilliant morning of fun, laughter, paint and school spirit.

With seven paint stations around the route, runners made their way through clouds of colour, cheered on by volunteers, sponsors, marshals and supporters. From check-in and route marshalling to paint throwing, refreshments, first aid, set-up and pack-down, the day was powered by people giving their time, energy and heart.

A huge thank you goes to our headline sponsor, **Property Ladder**, whose support helped make the event possible.

We are also incredibly grateful to our paint station supporters:

- Just Financial Planning
- Wroxham Launch Hire
- DJM Plumbing & Heating Ltd
- Crocus Homes
- Wrights Coaches

We were also proud to be supported by Frontline Traffic Management Solutions, Parc Civil, Broadlands First Aid, The Rotary Club Wroxham Bure Valley, Jaguars Running Club and Abbi from A2 Personal Training. We're especially grateful to Coltishall Church.

What a start!



Thank you, Property Ladder!



Wright's Coaches



The Happiness Hive



Colour fun



Our amazing teachers



Coltishall Primary Choir



"Rainbow Run really is Coltishall at its best. It is colour, chaos, kindness and community all rolled into one brilliant morning. Seeing so many people come together for our children and our school is just incredible. I'm so grateful to every sponsor, volunteer, runner, family and committee member who helped make it happen. These events take a huge amount of work behind the scenes, but the smiles on the day make every bit of it worth it."

Wendy Griffith,

Chair of Friends of Coltishall Primary School and Rainbow Run organiser

A very special performance

This year also included a very special performance from Coltishall Choir, who sang beautifully before the run, including the much-loved Rainbow Run Rap for 2026.

Funds raised from this year's event will help continue the work of the Happiness Hive, Coltishall Primary School's dedicated wellbeing and nurture space, as well as supporting the school's outdoor classroom space, giving children more opportunities to learn, grow and thrive beyond the classroom.

Spirit of Rainbow Run Award

A very special part of this year's event was the presentation of the Ai Howell Spirit of Rainbow Run Award. For 2026, the award was presented to Jessie Griffith as a standalone recipient, and to the family of Kay, Mark, Elsie and Kenny, all true Rainbow Run legends.

The Friends of Coltishall Primary School would like to say a heartfelt thank you to every single person who helped make Rainbow Run 2026 such a special day, especially our committee, who worked so hard behind the scenes to bring everything together.



Organised by The Friends of Coltishall Primary School

Registered Charity No. 1032384

The Friends of Coltishall Primary School is a volunteer-run charity made up of parents, carers, staff and supporters who raise funds to provide extra resources, experiences and opportunities for the children of Coltishall Primary School.

Email: info@focps.org

Website: focps.org

Facebook: facebook.com/friendsofcoltishallprimary

The Mute Swan

The mute swan (*Cygnus olor*) is native to the UK, unlike the migratory species such as the Bewick or Whooper swans which are differentiated by their yellow beaks. It is the largest flying bird in Britain.

Swans feed on natural green vegetation and aquatic plants in their water-based environment here on the Norfolk Broads. When upending grit is taken in from the beds of the waterways to help their digestion. They have learned to supplement their diet with seed and bread offerings from humans.

The male or cob of a breeding pair is distinguished by the larger black knob at the top of its orange beak, compared to the female or pen.

Nesting time is about March and April. The swan cob selects up to three possible sites, with the final decision up to the pen. If it is a good place the pair may return to it in subsequent years.



Natural materials are collected such as small branches, reeds and rushes, topped by down plucked from the pen's underside. In an urban setting recycled discarded litter may even be included. The structure is about 3ft - 5ft across and 1ft - 2ft high. It must be capable of supporting the size of a swan which can be anything from 18lbs - 35lbs plus in weight and can stand up to 5ft tall.

It takes about 35 days for the eggs to hatch and a good clutch can be up to 12 eggs but 4 or 5 is more common.

The swan chicks start life with a pale greyish down and a dark grey bill. They soon venture onto the water and some will 'hitch a lift' on the pen's back. At this early stage they are at risk from natural predators such as pike and heron.

The juvenile cygnets are fully grown around October, fledglings with brown feathers. The feathers start turning white through the first winter and spring. Adult swans regrow their flight feathers in their annual moult.



A swan's wingspan of 5ft or more powers the bird in flight up to 50mph. A take-off space is needed about 20-30ft and is dependent on wind-lift conditions. On landing feet are outstretched like a pair of water skis.

Although for the most part they are silent, the 'mute' swan can communicate by squeals, hisses, a short burst of yelps by the female to keep her brood together. Grunts, snorts and whinnies are mainly placid by nature and the swan arches its wings in aggression and is protective of its offspring. A neck dance can be a prelude to the mating ritual, finishing with a bathing and preening time.

The mute swan is protected by law under the Wildlife and Countryside Act 1981. Appreciate and please be respectful towards these beautiful Broadland birds.

KEITH GLEN-WEST FRSPH
(Swan Handler)



Broads Yacht Club Dinghy Open – Fantastic Turnout!

Norfolk Broads Yacht Club enjoyed a fantastic weekend of sailing in June as more than 120 dinghies took to Wroxham Broad for the annual Dinghy Open. Competitors were treated to superb weather conditions, with sunshine and steady winds providing ideal racing throughout the event.

The Broad was a spectacular sight, filled with an impressive variety of dinghy classes competing across a full programme of exciting racing. Sailors of all ages and abilities enjoyed competitive action on the water, while spectators gathered along the shore to watch the colourful fleet in action.

Adding to the success of the weekend, the club also hosted an Open Day on Saturday, offering visitors the opportunity to experience everything Norfolk Broads Yacht Club has to offer. Members were on hand to showcase the club's facilities, sailing activities, and vibrant social calendar.

The Open Day proved highly successful, attracting a strong number of prospective members and generating considerable interest in the club. It provided an excellent opportunity to introduce newcomers to the sport and demonstrate the welcoming atmosphere that makes the club such a popular destination for sailors and families alike.

With excellent racing, beautiful weather, and a successful Open Day, the weekend was a tremendous celebration of sailing on the Norfolk Broads and a memorable event for competitors, members, and visitors alike.

Claire Lund
NBVC Office Manager



WROXHAM OPEN REGATTA

Thursday 30th July 2026 (Entry free)

Come and enjoy the atmosphere of Wroxham's historic regatta at Norfolk Broads Yacht Club, NR12 8TS! Lots to watch: Sailing Races from 9.30am, rowing races at 6.00pm. Catering from 8am with food available in the evening. The bar opens 11am until late. Dancing in the evening to the Helen Ashton Band from about 8.30pm.

Since the formation of the Norfolk Broads Yacht Club in 1937, Wroxham Open Regatta has evolved into a one-day event, held annually on the Thursday of Wroxham Regatta Week. However, the regatta's origins stretch back much further. References to annual "water frolics" at Wroxham appeared in the Norfolk Chronicle as early as 1778, and organised sailing events are known to have taken place during the early nineteenth century.



Today, the racing programme closely mirrors that of Wroxham Week, with many classes of sailing craft competing throughout the day. The regatta continues a long tradition of competitive sailing on Wroxham Broad and remains an important fixture in the Norfolk Broads Yacht Club sailing calendar.

This regatta relies on voluntary donations from its Vice Presidents to contribute towards its racing and sailing activities during the day and to support the promotion of sailing. The event is conducted under the auspices of the Norfolk Broads Yacht Club.

Philip Harston
Norfolk Broads Yacht Club

Fabulous season finish for Bure Valley teams

By Richard Gill

The football season came to a fitting climax for Bure Valley FC and their Chairman Ted McCarter during successive weekends in May which saw Club teams lift 3 Cup Trophies, 2 Divisional Titles and participate in a further Cup Final.

I was present on the 16th May at Youngs Park, Aylsham, home of Aylsham FC, for the finals of the Norfolk Womens & Girls Football League, to see 3 of the Bure Valley girls teams in action; and the action did not disappoint.

The U10 Lionesses led the way with a convincing 3-0 victory over Attleborough, an achievement in itself, but especially so as it is now 3 successive years as Cup winners for this team. The story began back in 2020 when their coach, Victoria, started 'Mini Kittens' sessions when some of the girls were just 4 years old. By September 2022 the girls had become U7s and were playing friendly matches against older teams, prior to entering the league as U8s in September 2023. 3 years later and 3 trophies. Brilliant.

Victoria reflects: 'Watching the girls grow and improve - both individually and as a team - has been incredibly rewarding. Over the years, a few players have moved on, and new players have joined, but one thing has always remained the same: the special Lionesses family spirit at the heart of the team'. She is clearly, rightly, very proud of her team and 'what they have achieved together is truly special'. Hear Hear.

The U12 Cheetahs were always likely to find the going tough against an outstanding team from Kirkley and Pakefield, unbeaten through the season, and so it proved, but the game produced a truly memorable moment for those watching in the form of Millie's wonder goal, the ball rifled into the opposite top corner of the goal from outside the penalty area. I was stood directly behind the line of the ball and the goal and believe me she smashed it. Praise too for our busy goalkeeper, Maisie, who performed with no little bravery, and to Georgina for a composed performance in midfield. Football is a very easy game when you are winning 3 or 4 but how you perform when the opposition is tough and you are goals down is the mark of a team, and as coach David said he and Shaun (the other coach) were proud of the commitment and determination the Cheetahs showed.

Reflecting, David said: "We try and play passing football with a real focus on the girls' technique and are really pleased with the progress they've all made this season. We finished 5th in the league and got to the Cup Final. We're very proud that many of our girls have been with BVFC from U8 onwards, and are delighted that the majority of the squad will be with us next season. They're a great bunch of girls who get on well with each other and do the club proud".

At 0-2 down with no more than 20 minutes left the BV U10 Wildcats were decidedly second favourites in their final against Kirkley and Pakefield, and the match had progressed much as the form book had suggested. But then, BV got a goal back. The change in momentum could be felt from the sidelines. BV scored again. 2-2. Tense. Just a few minutes left on the clock, the ball is crossed, an unfortunate miss-kick and the Wildcats are somehow leading 3-2. Breathless stuff. The game ends shortly after - the Wildcats are the Cup winners. Congratulations to all at BV and commiserations to K&P.

So, I trust quite clearly, I enjoyed the occasion, brilliantly hosted by Aylsham FC, who had done it all before, and it showed. Youngs Park is a superb facility. The pitches were presented in pristine condition courtesy of father and son team Geoff and Tom; the innumerable volunteers were unfailingly friendly and courteous and the entire event a huge positive for girls' football. It also made me appreciate the difficulty in watching three matches running concurrently but I suppose I should congratulate myself that I saw 5 BV goals against just 1 from the opposition.

It is fair and appropriate to point out that our club does not enjoy the same level of either resources or facilities to compare with Aylsham, or with a number of other clubs in Norfolk against whom they are in competition, yet Bure Valley consistently deliver performances on the pitch that belie their limitations. All this, I insist, is to the enormous credit of Ted McCarter, his wife Emma and the host of volunteer coaches like Victoria and David, their dedication and commitment in support of all the players. It is also I believe a reflection of the spirit that runs through the club.

For Ted and Emma this season has been a swansong, their last as coaches. They are grandparents, they have other calls on their time, and running the ever growing BV FC is an onerous commitment of time and energy. Ted has said "it feels like a natural end".

Fitting then, that the BV Bobcats, the U16 girls team coached by Ted and Emma, should triumph so convincingly in the end of season divisional playoff against Sprowston on 30th May. A loss and a draw in regular season against the same opponents did not portend well, but the Bobcats produced an outstanding display in sweltering heat to be 3-0 up at halftime and were eventual 4-1 winners, to secure the divisional title. Ted admits to being "chuffed". So he should.

Also in the winners' circle were the BV Tigers, the boys U10 who emerged victorious from a penalty shootout in their final against Hockering, the first title to be won by a BV boys team, and last but most certainly not least the girls U13 Lightning were crowned League winners. Next season, reflecting continuing growth, there will be a new team, the boys U10 Bombers, and another (3rd) Ladies team. Therein lies a story for another day, for a club like BV to run 3 ladies football teams is quite frankly staggering.

The last word must belong to the coaches: Victoria - "Football has always been about so much more than winning trophies. It is about fun, friendship, laughter, teamwork, hard work, resilience, determination, character building and making so many special memories"; and David - "We're very thankful to have supportive parents, and a brilliant set of coaches/people at BV"; and Ted - "As much as we are absolutely chuffed about the trophies we've won, what's important is that It's a family club, the emphasis is on family, fun, a safe environment, the kids."

If you have a son or daughter interested in finding out more about Bure Valley please visit their website at www.burevalleyfc.club.co.uk



PICTURES SHOW clockwise from top right:

Girls U10 Lionesses

Girls U12 Cheetahs

Girls U10 Wildcats

Girls U16 Bobcats

Boys U10 Tigers

Ted and Emma McCarter



Bugs, boats and treasure!

Community Activity Day at Horstead Church

Horstead Church in partnership with the Horstead Centre

31st July 10am – 3pm

Our Popular Free Activity Days are back! Try your hand at eco-boat building or bug houses! Discover bugs in tiny worlds of their own or design and make your own. Hunt for treasure or race your own homemade eco-boat down the river. Boat races will be at 3pm.

Together with the Horstead Centre you are welcome at this special day where you can explore the adventurous activities at the Horstead Centre and have fun with the family.



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information
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113394 and the
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A New Way Forward for Horstead Church – Growing Our Futures

Open Meeting for interested residents of Horstead and Stanninghall

13th July at 6pm in Horstead Church

How can a village maintain and keep its parish church when it has a small congregation and is in need of huge repairs?

Many villages in Norfolk will recognise the need to answer this question. A Parish church is not owned by the Diocese and is governed by a group of members of the congregation, the churchwarden and the Rector. The responsibility for keeping a church open and in good repair rests on their shoulders although they will receive some advice and help from the Parish Support Team for the Diocese.

It may surprise you to know that Horstead church needs massive repairs. It looks well kept and in good order inside – except for occasional rain buckets in the aisle! We have a Rector and a small worshipping community and we love holding community events like our Free Activity days with the Horstead Centre. At present we have a history and environment group connected to the church, are organising an art project with local schools and have just started work on a community garden.

Also – our conservation churchyard has just been shortlisted for the prestigious Norfolk Churches Trust Conservation Churchyard award.

But our Parochial Church Council (PCC) members are aware that in order to keep running these events and restore the church we need a lot of money. Around £350,000. As well as doing the repairs, we want to modernise and provide toilets and a kitchen, we want to improve access to all areas of the church and we need more room inside to make our exhibitions and events practical. Many people ask when will we put the weather vane back on the tower. The tower is the oldest part of the church and the parapet is unstable and the belfry damaged. We need to restore the tower first and then we will hold a celebration day when we finally put the Horstead weather vane back on top! This weathervane was made by the last blacksmith working in Horstead, Mr Foulger.

We have been planning a possible way forward with the help of the church architect, Nicholas Warns and the support team from the diocese. We have talked to the various groups with whom we are involved, like the Horstead Centre and the Broads Authority.

Now we would like to share the possibilities with you and find out what you want for your parish church. There is no suggestion that it should ever be other than a place of worship but we want to encourage more community use and more work with visiting schools. Come along on the 13th July and see the possible ways of turning the church into a viable and sustainable community asset. It is by far the oldest building in the village and is crammed full with the stories and memories of the village people. **Now we want to renew it and give it a new lease of life.**

Lucy Care

Churchwarden





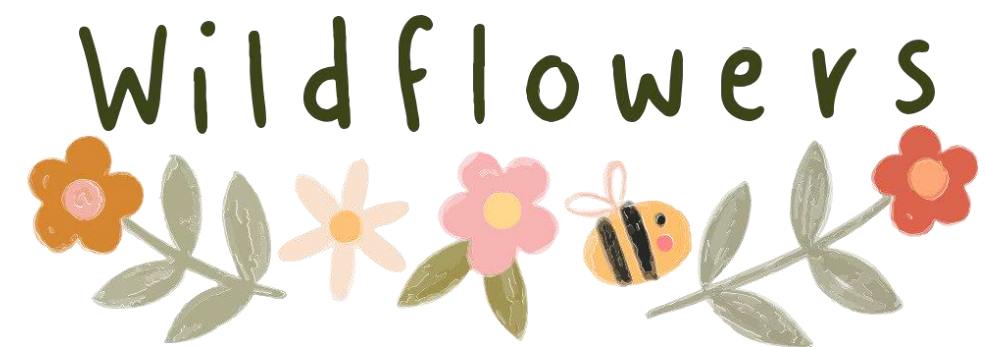
After 125 years providing outstanding veterinary services, our new North Walsham clinic is the home of 21st Century healthcare for your pets.

Every part of the building is designed to reduce stress and improve patient care. From the two separate waiting areas, to the three separate wards to the layout of the prep room and theatres, **your pet comes first.**

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Family Funday

Wildflowers Coltishall and Horstead Preschool would like to say a HUGE thank you to everyone who attended and supported our Funday. It was wonderful to see so many families, friends, volunteers and local supporters come together to enjoy a fantastic day of fun, community spirit and celebration.

From the stall and games to the refreshments and entertainment, your enthusiasm and participation helped to make the event a huge success and raise a phenomenal £1310 for Wildflowers Preschool.

The money raised will hopefully help us to expand our provision by adding a new additional outdoor building to facilitate and meet the demand of new children.

We would like to give a shout out to our wonderful sponsors of the event, Hays Travel, Horstead Parish Council, Coltishall Parish Council, The Horstead Pools Trust and T.C. Fines.

We hope everyone enjoyed the activities and created some wonderful memories. Events like these are only possible because of the amazing support of our community.

Thank you again for making our Family Funday such a memorable occasion. Who knows, maybe it will become an annual event.

With Thanks,

All of the Staff and Trustees of Wildflowers Preschool.

GARDENS IN SUMMER

The art of letting nature lead

Main jobs for this time of year is creating a beautiful 'nectar bar' for summer to allow the bee's to feast on fabulous flowers. Plant or pot up a mixture of rosemary, dahlias and lavender. If you plant them in a sunny spot in your garden and regularly deadhead they will keep going and feed the bee's. Do lay a tray of water nearby and they will be very happy. If you want to help bees and other pollinators, create a nectar bar in your garden. Plant rosemary, dahlias, and lavender in sunny spots and deadhead regularly to keep the blooms coming all summer long. Group plants together so pollinators can find them easily, and try to have something flowering from early summer right through to autumn.



Feed and Water Wisely

Keep feeding plants and pots, along with watering regularly. Interestingly seaweed is supposed to be very good! However, maybe stick to some liquid fertiliser from a local garden centre which is easier to find! The tomato feed works wonders on all plants, not just tomatoes and this is available in all garden centres and some local shops.

Watering up to 2 times a day is vital but do not water the leaves or fruits on the plants. Ensure the soil is watered because in bright sunlight if the leaves are wet the sun can burn them.



Care for Wildlife

Plants and flowers are not the only ones to need looking after. The wildlife need caring for during the summer season. Keep a few shallow pots in the garden filled with water to give plenty of water. You could have a small patch of uncut lawn which would allow worms to live to provide food for other animals.

Jasmine and evening primrose do attract insects and holes just within the bottom of fences and hedges attract hedgehogs.

Don't fill bird feeders with peanuts or seeds as they can spread disease this time of year. Flowers such as cornflowers, sunflowers and geraniums are a safer way to help



As the weather gets hot let your grass lawn grow longer. It keeps it looking greener because the sun takes longer to dry it out and make it brown. If the grass is short it will dry out much quicker.

If you are going away move any pots into shade to protect them and then in August start cutting back new long stems, particularly on Wisteria to ensure more flowers next year

Summer is hungry work for plants. Use a liquid fertiliser like tomato feed every couple of weeks to keep flowers and vegetables productive. When watering, aim for the soil rather than the leaves — water droplets on foliage can act like tiny magnifying glasses and scorch the plant in strong sun. Water early in the morning or in the evening when it's cooler.



Wroxham Flower Club's Cream Tea

by Elaine Andrews, Secretary

A truly wonderful afternoon was had by all at Wroxham Flower Club's annual Open Meeting held recently at Rackheath Village Hall.

On arrival everyone was greeted with a welcome drink and, whilst the incessant rain tormented down outside, our members and visitors were gathered in the Hall enjoying a marvellous demonstration by Coral Gardiner, who is a NAFAS National Demonstrator. Coral is not only a very talented flower arranger, who makes her stunning designs look effortless to create, she is also a very comedic and entertaining lady who certainly raised a few laughs from our audience of some 70 plus people.



Following the demonstration, Wroxham Flower Club's Committee Members then served a delicious cream tea, with homemade scones, clotted cream and a choice of jams, along with tea and coffee.

A raffle was held in aid of the **East of England Air Ambulance** and a total of £300 was raised for this worthy cause. All of the flower arrangements were raffled, along with a couple of wonderful hampers, a Colchester Inns Voucher and a Garden Voucher.

Wroxham Flower Club is always happy to welcome new members and, indeed, anyone who would just like to visit occasionally to enjoy a demonstration or a hands-on workshop.

We are a very friendly Club and meet at Rackheath Village Hall on the second Wednesday of every month at 7.30pm. If you have an interest in, or are curious about, flower arranging, please do join us.

Please call Su Mace on 07902 140520 if you require further information. If not, just turn up and you will be made very welcome.



HORSTEAD WITH STANNINGHALL PARISH COUNCIL'S NEWSLETTER

www.horstead-pc.gov.uk

clerk@horstead-pc.gov.uk

07476 952824



Community Safety

Following a recent incident involving an attempted trespass near Havergate Residential House, the Parish Council has been working closely with local police. Visits are being arranged with both the affected resident and the site manager, and information has been shared on the community Facebook page to help raise awareness.



Planning for the Future

Councillors will attend Neighbourhood Planning training later this month to help shape future development while protecting the character and identity of Horstead with Stanninghall.



Roads and Traffic

Residents have raised concerns about traffic along Hall Lane, particularly at narrow sections where vehicles often struggle to pass.

A site meeting will take place on 1 July to explore possible improvements and funding opportunities.

Work also continues to support the campaign for improvements to the B1150, with new signage being developed to strengthen the case for a bypass.

Road marking refreshes at the mini-roundabout and bus shelter are scheduled for 17 July.



Horstead Mill Update

Exciting progress continues at Horstead Mill.

- ✓ New lease progressing with the Broads Authority
- ✓ New safety fencing being installed
- ✓ Lifebuoy station being added
- ✓ Additional river safety equipment being planned



Caring for Our Environment

The dead ash tree at Horstead Mill has now been safely removed.



Play Area Improvements

Replacement parts for the Nexus Freeride have arrived.

Alternative surfacing options are being explored.

Additional quotations are being sought for cleaning and maintenance.

Next Parish Council Meeting

Wednesday 8th July 2026

6.30pm

Tithe Barn

Residents are always welcome to attend.

Your Local GP's Corner

Avoid Harm: Small Changes That Save Lives

Summer is finally here. The school holidays are beginning, gardens are in full bloom, and many of us are looking forward to spending more time with family and friends. Whether it's a barbecue, a holiday, or simply enjoying the longer evenings, this time of year often gives us a chance to slow down and reflect.

As part of our **Lifestyle Medicine** series, this month we turn our attention to a topic that can sometimes feel uncomfortable: **avoiding harm**.

The good news is that avoiding harm isn't about perfection or deprivation. It's about recognising the small changes that can make a big difference to our health and wellbeing.

The Things We Do Everyday Matter

Many of the major causes of ill health in the UK are linked to habits and behaviours that develop gradually over time. Smoking remains one of the biggest causes of preventable illness and death. Excess alcohol contributes to liver disease, several cancers, high blood pressure, accidents, and poor mental health. Recreational and illicit drugs can also have a profound impact on physical and mental wellbeing. They can affect relationships, employment, finances, and long-term health. What may begin as occasional use can sometimes become difficult to control, leaving individuals and families struggling in silence.

Yet the encouraging reality is that it is never too late to benefit from change. Within days of stopping smoking, circulation begins to improve. Within weeks, breathing becomes easier. Over time, the risks of heart disease, stroke, and cancer begin to fall. Similarly, reducing alcohol intake or seeking support for drug use can improve sleep, mood, energy levels, relationships, and overall quality of life.

Progress, Not Perfection

One of the biggest misconceptions I encounter in clinic is the belief that change has to be dramatic to be worthwhile. In reality:

- Smoking fewer cigarettes is a step in the right direction.
- Having several alcohol-free days each week is beneficial.
- Cutting down recreational drug use can improve both physical and mental health.
- Asking for help is a sign of strength, not weakness.
- Progress matters more than perfection.

Protecting More Than Physical Health

Avoiding harm is not only about substances. It also includes protecting our mental wellbeing.

Many of us spend hours each week consuming news, social media, and information that can leave us feeling anxious, angry, or overwhelmed. While staying informed is important, so is protecting our peace of mind.

Sometimes avoiding harm means:

- Taking a break from negative news
- Limiting social media use
- Setting healthy boundaries
- Prioritising rest and recovery
- Making time for activities that restore rather than drain us

Support Is Available

If you are concerned about your own alcohol or drug use, or that of a loved one, help is available locally. **Change Grow Live (CGL) Norfolk** provides free, confidential support for adults affected by alcohol or drug use. You can refer yourself directly without needing a GP referral.

Our team at Coltishall and Spixworth Surgeries is also happy to discuss any concerns confidentially and help signpost you to appropriate support.

JULY/AUGUST CHALLENGE

Choose one small step this summer:

- ☐ Have at least two alcohol-free days each week
- ☐ If you smoke, explore support to cut down or quit
- ☐ Reflect honestly on whether alcohol or recreational drugs are helping or harming your wellbeing
- ☐ Take a break from social media for one evening each week
- ☐ Replace one unhealthy habit with a healthier one

Remember, small changes really do add up.

A Final Thought

In medicine, we often talk about treatments and prescriptions. But some of the most powerful things we can do for our health involve avoiding the things that quietly cause harm.

You don't need to change everything overnight. Start with one small step. Your future self will thank you for it. As always, if you would like support with stopping smoking, reducing alcohol intake, improving your wellbeing, or accessing help for drug use, please speak to us at the surgery. We are here to help.

Warm wishes,

Dr Olumide Ayodele, GP Partner, Coltishall & Spixworth Surgeries



To donate to your local church please use the QR codes below:

QR code for Coltishall



QR code for Horstead



Coltishall Group of Parishes

serving the communities of Coltishall, Frettenham, Hainford, Horstead and Stratton Strawless

Services across the Group - all are welcome

July and August 2026

Sunday 5 July

8.00am* Holy Communion: Horstead Church

9.30am Holy Communion: Hainford Church

10.00am All Age Worship: Coltishall Church

Sunday 12 July

8.00am* Holy Communion: Coltishall Church

9.30am Morning Worship: Hainford Church

11.00am Holy Communion: Horstead Church

4.00pm* St Swithun's Day: Patronal Festival: Frettenham Church

Sunday 19 July

8.00am* Holy Communion: Horstead Church

9.30am Holy Communion: Hainford Church

11.00am Holy Communion: Coltishall Church

Sunday 26 July

8.00am* Holy Communion: Coltishall Church

9.30am Morning Worship: Hainford Church

11.00am Holy Communion: Horstead Church

Sunday 2 August

8.00am* Holy Communion: Horstead Church

9.30am Holy Communion: Hainford Church

10.00am All Age Worship: Coltishall Church

4.00pm* Lammastide: thanksgiving for the harvest first fruits: Stratton Strawless Church

Sunday 9 August

8.00am* Holy Communion: Coltishall Church

9.30am Morning Worship: Hainford Church

11.00am Holy Communion: Horstead Church

Sunday 16 August

9.30am Holy Communion: Hainford Church

11.00am Holy Communion: Coltishall Church

Sunday 23 August

9.30am Morning Worship: Hainford Church

11.00am Holy Communion: Horstead Church

Sunday 30 August

10.00am Benefice Holy Communion: Frettenham Church

Sunday 6 September

8.00am* Holy Communion: Horstead Church

9.30am Holy Communion: Hainford Church

10.00am All Age Worship: Coltishall Church

**new service*

Each Wednesday

10.00am Midweek Holy Communion: Coltishall Church

Morning prayer said daily at 9.00am across the Group at:

Horstead (M), Hainford (T), Coltishall (W), Stratton Strawless (Th), Frettenham (Sat)

For all enquiries please contact the Rector, Rev'd Joanna Haywood

07733 325905 or rector.coltgroup@gmail.com

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TEA AND CAKE IN THE RECTORY GARDEN

SATURDAY, 1ST AUGUST 2026
2.00 - 4.00PM

24 RECTORY ROAD, COLTISHALL NR12 7HL

ALL WELCOME - BRING A CHAIR IF YOU CAN!
ENJOY FRIENDLY CHAT AND A CHANCE TO RELAX

The Gift of Welcome

I've now been here for just over a year and, as I enter my second summer among you, I've been reflecting on just how welcomed I have felt in our villages.

Moving somewhere new is always a step into the unknown. There are new faces to learn, new places to discover, and new stories to hear. Yet from the very beginning, I have been met with smiles, kindness, and openness. Whether at church services, village events, school visits, or simply walking around the parish, people have taken the time to say hello and make me feel at home.

Those small gestures may seem insignificant, but they make a tremendous difference. They are the things that turn a place into a community.

With new housing being built in our villages, I've found myself thinking about those arriving here for the first time. New residents may not know anyone or know how to get involved. A simple greeting, an invitation to a village event, or a conversation over the garden fence can be the beginning of a friendship. The welcome we offer can help people feel that they belong.

As Christians, we believe this matters because every person is made in the image of God and deeply loved by him. Every person who joins our community is someone of infinite worth. When we welcome others, we reflect something of God's welcome to us.

But community is not only about newcomers. It is also about those who, through age, illness, disability, or caring responsibilities, are no longer able to get out and about as much as they once did. How do we make sure they still know they belong?

Perhaps it begins with the same simple acts of welcome that have meant so much to me this year: a visit, a phone call, a card, an offer of help, or simply taking time to listen. Community is not measured by the size of our events but by the care we show for one another.

Jesus was always drawing people in, especially those who felt overlooked or left on the margins. He reminded them that they were seen, valued, and loved. And as his followers, we are called to do the same.

My first year here has shown me that this spirit is very much alive in our villages. As we look ahead, perhaps we can all consider how we might extend that welcome a little further – to the newcomer, to the neighbour we do not yet know well, and to those who may feel forgotten.

And if you'd like an opportunity to spend time together, do come along to my Summer Tea in the Rectory Garden on Saturday 1 August, from 2–4pm. There will be plenty of tea, homemade cake, and good company. I'd love to see you there.

Rev'd Joanna Haywood

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- Weekend evening rates 6pm-midnight £100

For enquiries & bookings contact
Gail Howes, Village Hall Manager ☎ 07748 430928
 ✉ cvhrg@coltishall-pc.gov.uk

*Coltishall Village Hall and Recreational Ground Charity
 Registered Charity No.1121384*






COLTISHALL PARISH COUNCIL

www.coltishall-pc.gov.uk ✉ clerk@coltishall-pc.gov.uk

Your Councillors

Richard Germany - Chair
clr.germany@coltishall-pc.gov.uk
 John Haschak - Vice Chair
clr.haschak@coltishall-pc.gov.uk
 Jason Baxter
clr.baxter@coltishall-pc.gov.uk
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clr.sands-moore@coltishall-pc.gov.uk
 Michael Spinks
 01603 737332
 Ewan Young
clr.young@coltishall-pc.gov.uk
 Greg Young
clr.young@coltishall-pc.gov.uk

At our last meeting it was agreed to donate £500 towards the pre-school's Family Fun Day, which will take place on Saturday 20th June from 10am-2pm at Coltishall Village Hall.

Discussions were held regarding traffic management at the new Crocus Development, and the lack of steps onto the BVR path that were promised. The Clerk will continue to liaise with the relevant agencies to seek resolution on both matters.

We currently have one allotment plot available to rent. Please contact the Clerk for enquiries at the email address listed above.

Coltishall Village Hall & Recreational Grounds
 For bookings and enquiries, contact cvhrg@coltishall-pc.gov.uk
 Casual one-off rates are £15 per hour, regular hire is £8.50 per hour
 Block rates for Saturday or Sunday 9am -midnight £200
 Evening rates 6pm-midnight £100

Next Parish Council Meeting
 The next **Coltishall Parish Council Meeting** will be on
At 6.30pm Church Rooms, Rectory Road

Wednesday 1st July 2026

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- Coltishall Village Hall
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The role involves handling enquiries by phone and email, occasional visits to show prospective hirers around the hall, and helping us find new ways to increase hall usage.

If you are computer literate, confident dealing with people, and enjoy working independently, we'd love to hear from you.

Help us make the most of this fantastic community resource!

Get in touch for more information or to apply
 ✉ clerk@coltishall-pc.gov.uk

Coltishall Village Hall
 Rectory Road NR12 7HL

Tea Dance

Ballroom Latin Sequence Line Dance

Tuesday 21st July 2026
2pm - 4pm Music by Barrie

Admission £5 (cash only please)

Includes refreshments and free raffle

No booking required, just come and join in

For more information contact:
 Gail Howes 07748 430928
cvhrg@coltishall-pc.gov.uk



Summer Dreaming

John Hindley

When I imagine rest, it is always sunny. There is a cooling breeze or some shade but I can still feel the warmth on my skin. There is a book and a cold drink. I am sitting down.

There is something delightful about a lazy summer's day. It might be out on the water in a kayak, or meandering down the lanes on foot or bike. Or it might be sitting under a tree in a park or garden. The children are having a lot of fun, and it is infectious. Everyone has more time to stop and chat. We linger over good times. We go to bed too late, too full of food from the barbeque and it feels good.

This is what we were made for. In the garden of Eden, which the Lord gave as a gift to Adam and Eve, he made evenings like this. He came himself to walk with them in the cool of the day. What sorrow that he did not find them. They were hiding from him and his love.

They had rejected his care and spurned his kindness. They were more interested in making themselves important than in enjoying God's goodness.



We know that temptation. We know what it is like to rush on from the good things to more work, more being important, more grasping at joy which God would freely give us if we asked.

We love the lazy summer's day, and its evening, because we still yearn for Eden. Still long for God to be in charge and take care of us. The good news is that he did. He came down to die to us, to rise and beckon us into new life, to be with us again in the cool of the day.

One day Jesus will return to our world and all that Adam and Eve lost will be restored. Until he comes, he gives us such a bright hope that every glint of the sun is full of his glory. The churches in this village are there to share this bright hope with you. Why not come along to one of them this Sunday and see if your summer could shine more brightly than ever before with the glory of God?



Sunday, 4pm at The River Rooms

Broadgrace church meets on Sundays at 4pm at The River Rooms in Coltishall. You can also join the meeting online using Zoom (details are on our website).

We also have groups for children and young people and *Tiddlers*, a baby and toddler group that meets on Wednesdays at The Tithe Barn in Horstead. Get in touch if you would like more information about any of these.

To find out more about us, contact John Hindley or see our website:

www.broadgrace.org.uk | john@broadgrace.org.uk | 07790 007390

Community Connections Cafe

Thank you to everyone who came along to our first Community Connections Cafe in June.

I'm delighted to announce that we will be running another Community Connections Cafe in

Horstead Tithe Barn on

FRIDAY 3rd JULY, from 10-11.30am

Meet new people, enjoy coffee and cake, and become more connected with your local community.



Coltishall and Horstead

Good Neighbours

The Good Neighbour volunteers will be hosting a tea party on **Thursday August 20th from 2 – 4pm in the Church Rooms Coltishall**

If you would like to join us for chat, laugh, tea and cakes and require transport please call 07799 277455.

New volunteers are always welcome, please call 07909 980768.

Please continue to recycle your glass at the Red Lion glass bank as Good Neighbours benefit from this.

Good Neighbours – here to help, call 07799 277455

Julie Douglass

Thinking in the Positive

Have you noticed that your mind seems to notice problems more than positives? What goes wrong for you rather than what goes right? If so, you're not alone. Our minds are naturally wired with a negativity bias — an ancient survival mechanism designed to keep us alert to danger.

Thousands of years ago, being highly aware of threats helped humans stay alive. The brain learned to scan for what might go wrong far more carefully than what was going right.

The challenge is that this tendency still shapes our thinking today. One unkind comment can overshadow a hundred kind ones. A single mistake can replay in our minds for days, while our successes are quickly forgotten. We notice the moment we trip on the pavement, but rarely stop to appreciate the thousands of times we walked perfectly well without even thinking about it. We focus on what went wrong at work while overlooking all the things we completed successfully.

While this instinct once protected us from predators, today it can leave us stuck focusing on stress, criticism, and fear.

Life supports us in countless quiet ways every single day. Traffic lights change at the right moment, someone smiles at us, our body keeps breathing, our heart keeps beating, and we arrive safely where we need to be. We often focus intensely on what went wrong while overlooking the vast amount that went right.

The good news is that when we understand our inbuilt negativity bias, we can meet ourselves with understanding and gently train our minds to think more positively. Positive thinking is not about pretending life is perfect and difficulties don't exist; it's about balancing our perspective and intentionally noticing what is working.

One simple practice is to begin each day by asking yourself: What do I want to feel and create today? Directing your attention towards calm, patience, confidence, or connection helps orient your mind toward possibility and positivity rather than fear. What you focus on expands. If your attention constantly rests on problems, worries grow larger. If you place your attention on learning opportunities, moments of success, progress, and gratitude, those experiences become more visible too.

Another helpful habit is to actively notice moments of support throughout the day. Pause and acknowledge when things go smoothly — a friendly smile, a good conversation, a task completed, a beautiful sky, or your body carrying you through the day. Ending the day by reflecting on three positive moments can slowly retrain the brain to notice the good more naturally.

Positive thinking is not about perfection or denying reality. It is about learning to work with the mind instead of being ruled by its old survival patterns. The more we train the mind to notice what is going right, the more balanced and hopeful our inner world becomes.

Lucy Harber





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Yoga In Horstead and Coltishall

Monday Tithe Barn Horstead: 10:30am Hatha Yoga

Monday Tithe Barn Horstead: **New** 12:00pm Chair Yoga

Thursday Tithe Barn Horstead: 6:15pm Hatha Yoga

Saturday Coltishall Village Hall: 9:00am Hatha Yoga

Yoga & Wellbeing Summer Events

Yin Yoga and Sound Bath:
05/06/26 and 31/07/26 7:00pm-8:45pm
Brightside Wellbeing Events, Warriors Rest, Stalham

Summer Solstice Mini Retreat:
20/06/26 6:00pm - 9:00pm
Yoga, Sound Bath, Forest Bathing, Reiki Energy, Delicious Food
Hevingham

Wild Soul Yoga & Wellbeing Retreat:
3rd - 5th of July Daily Yoga, Craft Workshops, Sound Bath,
Ecstatic Dance, Nature Meditations, Reiki and more.
Spaulding

More information and booking options on my website. Scan the QR code to be taken directly to my offerings page.



www.horsteadtithebarn.co.uk
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Horstead's Tithe Barn now on Facebook!

A local treasure built in the 17th century. Today a community hub for the village of Horstead and a beautiful venue full of character and available to hire for your event.



Create and Share

Our quadruple Z-fold cards kept everyone busy in June and we managed to avoid the showers getting in and out of the Tithe Barn on a wet and windy afternoon.

Our July meeting is one of our full days and we will be working with pressed flowers creating a lovely picture in a frame. Our members have been busy pressing flowers in preparation and it promises to be a relaxing and enjoyable day.

In August we have no workshop planned but we will meet as usual and it's a time for members to try some techniques again or try something new. Alison, Maureen and myself will be there to help and we are happy for anyone interested in seeing what we do to pop in and join us for a chat.



Our next meetings are
Horstead Tithe Barn

Tuesday July 14th
10am - 3.30pm

Tuesday August 11th
2 - 4.30pm.

Sylvia Coward

01603 737917 or

01603 737609

WROXHAM & DISTRICT u3a

At our general meeting in May we had an interesting talk from Matt Williams on the geology of Norfolk, we are all now more aware of what's under our feet. We are looking forward to our summer party on the *Southern Comfort* river boat at Horning, in July.

The interest groups have been continuing their regular meetings; the book group read 'Death and the Penguin' set in Ukraine in 1996 and the poetry group read poems on weather. The bird group went to RSPB Strumpshaw and were able to identify 8 species of warbler and hear the bittern booming.

Spanish reds (but not Rioja) were sampled by the wine appreciation group who will be tasting white wines next time.

The history group went on a walk around historic Colgate, with Paul Dickson. The district has a rich history, from medieval monasteries and merchants to 20th century printing and shoe manufacturing. The tour ended in the Maids Head for coffee.

Apart from our interest groups we have our general meeting monthly at Hoveton Village Hall, where we have a speaker and tea and biscuits. If you want to know what we are about and meet some of the members, do come along, it's on the 3rd Tuesday of each month, doors open at 2pm, £2 for members and £3 for visitors.

The next 3 meetings are as follows:

August 18th – Beer Sommelier Cheryl Cade (special meeting – limited numbers).

September 15th – Sutton Hoo Treasure – Sally Sibley (National Trust)

October 20th – Dark Skies: what is out there? - Andrew Sutkowski

Pauline Wright-Marchant Wroxhamu3a@mail.com

Ashmanhaugh & Barton Wanderers Cricket Club

Training for all ages and abilities is underway:

- Ladies/Older girls Thursdays 6pm Barton Turf
- Juniors mixed abilities & genders Friday 6pm Barton Turf

Senior teams:

- 1st XI Wednesdays 5.45pm Barton Turf
- 2nd, 3rd, 4th XI's Tuesdays 6pm Barton Turf

Our coaches are ECB trained, dbs checked and bring a lot of experience to share. Our 1st team coach is Merwe Genis CSA Level 3

Social events

On Friday evenings and on match days our fully licensed bar is open to all, please come along and enjoy our hospitality, and maybe watch a little cricket? We always fire the BBQ up on Friday evenings, with burgers & sausages supplied by Tavern Tasty butchers, a long standing club sponsor. A social membership is £5 per year and this entitles you to use the clubhouse facilities and enjoy "club prices"!

Community Engagement

Did you know that over the past few years

- We have hosted cricket competitions for a group of local primary schools
- We have provided cricket taster sessions for local Brownies, Guides & Rangers
- We have donated surplus kit to local organisations
- We have provided free First Aid courses, training courses and support to club members
- We have provided free coaching sessions in local schools
- We have hosted fun matches for local organisations and businesses

If you are a local group and are interested in what we do, please get in touch!

- For playing inquiries: joeverett333@gmail.com
- For activities and events: ABWCC.events@gmail.com

Follow the club on Facebook, Instagram, and X for all the latest news.

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Buxton & District WI

In June Buxton WI members, along with our guests from Coltishall, Aylsham and Spixworth WIs, were enthralled by Andrew Sankey's presentation on "The History of the Cottage Garden". We were also joined by Kim Reynolds, the new Chair of Norfolk Federation of WIs. We were surprised to hear where so many common sayings came from such as "pot luck". On **Thursday 9th July** our speaker will be **Juyna Lewis** talking about "**Norfolk's Indian Princess**".

We meet at **Buxton Village Hall, Mill Street, Buxton, NR10 5JE**, and visitors are always welcome, free of charge, refreshments provided. There will also be a bric-a-brac stall.

Our August meeting will be a picnic hosted in a member's garden in Buxton but our various sub-groups such as craft and book clubs, lunch club, ten pin bowling and walking groups will continue throughout the summer and will include a planned outing to Bolwick Hall gardens, Marsham.



Please contact **vereen.marc@gmail.com** or ring **07867 927338** for further information.

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WROXHAM AND HOVETON UNITED REFORMED CHURCH

114 Norwich Road, Wroxham, NR12 8SA

Rev Tina Wilson. email address:
revtinawilson@outlook.com.

Tel: 07763 354740

Secretary: Lynne Howard, 01603 738835. Email:
secretary@wroxhamurc.org.uk

Please see our website for the most up to date information Wroxhamurc.org.uk. Do join us for any or all of the following services:

Sunday 5th July 10.30am. Service conducted by Rev Paul Whittle, including Holy Communion.

Sunday 12th July 10.30am. All-age Service conducted by Rev Tina Wilson, followed by a Church Meeting.

Sunday 19th July 10.30am. Service conducted by Rev Carole Pearl.

Sunday 26th July 10.30am. Service conducted by Mr Mike Gibbs.

Sunday 1st August 10.30am. Service conducted by Rev Carole Pearl, including Holy Communion.

Sunday 9th August 10.30am. A Songs of Praise Service.

Sunday 16th August 10.30am. Service conducted by Rev Zephney Kennedy

Sunday 23rd August 10.30 am. Service conducted by Mr Mike Gibbs

Sunday 30th August 10.30am. A Service for all four URC churches in the area, conducted by Rev Tina Wilson, followed by a bring and share lunch.

JAM (our Sunday School) welcomes all children aged 4 to 16. In our sessions we watch, read, listen, discuss, play, act, sing, chat, pray, cook, create and have a great time. We meet regularly in the church hall from 10.15 – 11.45am. In **July we are meeting on the 5th and 12th. We do not meet in August.** For information on future sessions and other events please go to: <https://wroxhamurc.org.uk/jam> or more details contact jam@wroxhamurc.org.uk or call Chris on 01603 783992

JAM

The Community Café meets for coffee and cakes from 10.30am to 12 noon on Thursdays. All are welcome, there is no charge.

We look forward to seeing friends old and new.

Please note we are unable to answer queries about Barclays Bank.

St Helen's Catholic Church, Hoveton

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Hodgson.

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www.sacredheartnorthwalsam.com

Mass every week at 5.30pm Saturday (first Mass of Sunday). Every Wednesday at 9.30am.

Social activities include:

Coffee drop-in meeting (all welcome) at 10.30am every first Wednesday of the month.

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20 QUESTIONS

By Richard McGreevy

1. How many acres are there in a square mile?
2. Who played Lord Voldemort in the Harry Potter films?
3. In which English county is the Dunmow Flitch?
4. The name of the metal securing pin in mountaineering?
5. What is a cavy?
6. What colour is a polar bear's skin?
7. Who played the ballet teacher in Billy Elliot?
8. The Souza march 'Here we go - here we go' is properly titled what?
9. 'Oh to be in England now that April's there is the first line of a poem by whom?
10. What spirit is in a Singapore sling?
11. 'Tea for the Tillerman' was an album by which artist?
12. Firenze in Italian is called what in English?
13. The Blood Donor and the Radio Ham featured which veteran comedian?
14. The road to Damascus was an event in the life of which saint?
15. How many coloured squares on a Rubic Cube?
16. Pip and Miss Havesham feature in which classic novel?
17. Which national anthem has no words?
18. The leading 24 Universities in UK are called what?
19. How many square yards in an acre?
20. What island is named after the world's largest bear?

Answers on page 37

Easy halloumi burgers

Ingredients

2 tbsp olive oil
2 portobello mushrooms, wiped clean and stalks removed
200g/7oz halloumi cheese, thickly sliced
2 brioche buns, cut in half
2 tbsp chopped onion
2 tbsp chopped tomato
2 tbsp chopped cucumber
2 tbsp chopped fresh mint
1 lime, juice only
4 tbsp hummus
1 large tomato, thickly sliced
4 romaine lettuce leaves, roughly torn
salt and freshly ground pepper



Method

Heat griddle pan or BBQ. Brush half oil over the mushrooms and season well. Cook for 6-8 mins turning them over halfway through.

Meanwhile use remaining oil over the halloumi slices and cut side of the brioche buns. Cook for 2-3 mins until slightly charred.



Mix together the onions, tomato, mint and cucumber and add a nice amount of lime juice.



Assemble the burgers, add the mushrooms and top with the onion, tomato and halloumi finishing with the lettuce. Enjoy



BBQ vegetables with almond sauce



Tasty and colourful vegetables, marinated, are perfect for a vegan barbecue. Adding a delicious almond and garlic sauce gives it a nice flavour

Almond sauce

150g/5oz blanched almonds
4 whole garlic cloves, peeled
1 tsp red wine vinegar
80ml virgin olive oil
salt

Marinade & BBQ veg

4 tbsp virgin olive oil
2 tbsp red wine vinegar
2 garlic cloves
1/2 small bunch fresh oregano
1/2 orange - juice and zest
2 courgettes, sliced lengthways
8oz cherry tomatoes
2 yellow peppers sliced
salt & pepper



Method

prepare almond sauce. Tip 100g almonds into heatproof bowl with he garlic. Cover with boiling water and set aside. Toast remaining Almonds in frying pan for 2-3 minutes, set aside. Make marinade by placing all ingredients apart from the vegetables in a large mixing bowl. Season generously. If cooking vegetables on griddle pan leave them out of the marinade for a while. If using a BBQ put the vegetables in and the toss all the food together. Preheat the BBQ or griddle, cook the vegetables on a single layer or griddle in a few batches. Finish the almond sauce, drain the soaked almonds and garlic. Blend slowly with some olive oil. Serve the vegetable mix onto a serving platter and spoon over the marinade and sauce and tuck in.

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FILM AT FRETtenham

Frettenham Village Hall

Friday 31st July

Hamnet

(2025) 12A (Period Drama)

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William Shakespeare, a young Latin tutor, falls in love with the free-spirited Agnes and marries her despite his parents' disapproval, in due course as a dramatist leaving his family in Stratford. During his absence young Hamnet falls sick with the plague and dies before his father arrives home. Later Agnes journeys to London to watch her husband's latest play, Hamlet.

Join us for only £5 per person which includes a free raffle ticket. Doors open 6.45pm, film starts at 7.30pm, and the bar is open.

No film to be shown in August. In September our date changes to the third Friday of month – **18th September**.

For any queries contact Sandra and Rob Curston tel 07863 433399 or email frettenhamvillagehall@gmail.com

COLTISHALL & HORSTEAD WI

At our June meeting bee keeper Tom Phillips gave us a fascinating insight into the life of a bee, including the opportunity to sample some really delicious honeys. Next month Chris Brown will talk us through life as a lawyer for the defence. And we have much more to look forward to over the summer including two boat trips, afternoon tea at Wroxham Barns, a visit to Time & Tide museum in Gt Yarmouth, textiles in Norwich Cathedral, our members' garden party in August and of course taking part in September's village Garage Sale. All in addition to our regular walks, coffee mornings, and lots of opportunities to offer friendship, support, learning and laughs to women of all ages in our villages.

We meet on the third Wednesday of every month at 2.30pm in the Church Rooms, Rectory Road, Coltishall. We're a friendly bunch and always welcome guests keen to 'try us out'. Email shaunagh.kirby56@gmail.com or tel 07722 491320.



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Community Lunch Club

We meet on Wednesdays at 12 for 12.30 in the Church Rooms Coltishall and always enjoy a two-course meal prepared in the kitchen by a team of dedicated volunteers. It is necessary to book with Joan Milligan on 01603 737270 at the latest Tuesday before the day. Members enjoy a welcoming drink and tea or coffee after the meal with fun and fellowship along the way.

Our team of stalwarts took a week off in June and before our next report all of August – they are five stars every week deserving every minute.

Two birthday presentations this month, Julie over looked by Jane, two of the 4 Jays and long-serving member Sheila receiving hers on her birthday, nice one... Don't forget to give Joan a ring if you have changed your plans, i.e. can attend or at the last minute you cannot make it.

David Pye

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WROXHAM SOCIAL CLUB				
JULY 2026 EVENTS				
DATE	EVENT	TIME	FOOD	NOTES
			AVAILABLE	
Wed 1ST JULY	Board and Card Games	2pm	Tea & Cake	
Sat 4th JULY	American Independence Day Bar Quiz	7 for 7.30pm	Takeaway	Order on the night
Wed 8th JULY	Croquet	2pm	Tea & Cake	Weather permitting
Sat 11th JULY	Bingo	7 for 7.30pm	N/A	
Wed 15th JULY	Quick on the Draw	2pm	Tea & Cake	
Sat 18th JULY	Wroxham Reading Room - A Social History	7 for 7.30pm	N/A	Talk by Pauline Wright-Marchant
Wed 22nd JULY	Wii Games	2pm	Tea & Cake	
Sat 25th JULY	Boogie Nights Boat Trip	Meet at Broads tours 1830		Members and guests only
Wed 29th JULY	Board and Card Games	2pm	Tea & Cake	
 email: margaretbridgford@btinternet.com mob: 07866121990 email: jeanbarnett@btinternet.com mob: 07878189367  				
The Green is ready for roll ups, weather permitting				

WROXHAM SOCIAL CLUB				
AUGUST 2026 EVENTS				
DATE	EVENT	TIME	FOOD	NOTES
			AVAILABLE	
Sat 1ST AUG	Bar Quiz	7 for 7.30pm	Takeaway	Order on the night
Wed 5th AUG	Croquet	2pm	Tea & Cake	Weather permitting
Sat 8th AUG	Members Summer BBQ	3pm	N/A	Details to follow
Wed 12th AUG	Board and Card Games	2pm	Tea & Cake	
Sat 15th AUG	Bingo	7 for 7.30pm	N/A	
Wed 19th AUG	Wii	2pm	Tea & Cake	
Sat 22nd AUG	Social Evening	7 for 7.30pm	N/A	
Wed 26th AUG	Board and Card Games	2pm	Tea & Cake	
Sat 29th AUG	Social Evening	7 for 7.30pm	N/A	
 email: margaretbridgford@btinternet.com mob: 07866121990 email: jeanbarnett@btinternet.com mob: 07878189367  				
The Green is ready for roll ups, weather permitting				

Wroxham Hoveton Belaugh Twinning Association

We are looking forward now to the visit of our 45 French guests from **La Pommeraye and Montjean-sur-Loire**, who are with us **9th-15th August 2026** and we have a good programme of events: reception at Broadland School, visit to Cromer with a little town quiz, river trip from Wroxham, games and dinner dance at Hoveton Village Hall, gin and rum distillery tour etc. Our hosts also have a free day to entertain their friends so I expect boat hiring, shopping at Roys and other local attractions will benefit from their visit.

On **Friday 24th July** is our **pre-visit briefing and social evening** in Wroxham, at Peter and Sheila's, to which all members are invited, hosting or not, our usual bring-a-plate buffet. All members will also be able to participate in events during the August visit and will get details about them soon.

One of our members has also kindly offered to set up a **Facebook Page** for our Twinning Association so look out for that soon to learn more about our friendly group and what we do. It's so nice to be in contact with other countries and cultures in this rather fractured world of ours at the moment.

In June our book group read *The Hallmarked Man* by Robert Galbraith chosen by Sue, and in August we have a pause for our Twinning visit. We are still using Zoom for our distant and less able members but hopefully will have a get-together or two over the summer, as we all enjoyed our lunch at Fizz and Fromage in March. Some of our Twinning members also benefit from French Conversation there, at Fizz and Fromage, on Thursdays 2.30-4.00pm.

Pat can supply more information on pat.barkergreen@btinternet.com or tel 07879 454052.

For more information generally, please contact our chairperson, Peter, on **01603 782733**
Or email peter_c_milsted@talk21.com

Remember there is NO MARLPIT IN AUGUST
Next issue is September with deadline
FRIDAY 14th AUGUST

Wroxham and Hoveton Lions Club

Time's winged chariot must have been upgraded with turbochargers, here I am writing for July and August!

These are the months we really need to sell as much as we can in the Lions charity shop. There are good quality items to be bought here, and the volunteers, led by Nadia and Lydia will be very pleased to see you.

We have recently invited two Primary Schools in the area, Rackheath School and Coltishall Primary School, to take part in Lions Roar 2026. The Lions Roar Competition is run in partnership with education company 8billionideas. It benefits schools by enhancing life skills that meet all of the personal, social and health education curriculum requirements. There are around 20,000 pupils taking part this year in over 100 schools supported by Lions Clubs from across the British Isles. If you would like to know more about the Lions Roar competition, please view the montage of last year's competition on YouTube.

This competition is designed to inspire children to think about the world's problems and create ideas to fix them. Working in teams of up to six pupils, the children learn to analyse a problem they feel strongly about and suggest ways of alleviating that problem. Their ideas are backed up by making a prototype, writing up detailed plans and making a video to publicise their project. Some of the ideas are very clever and the pupils enjoy the challenge. The entries reflect children's concerns about our world, be it the environment, pollution, hunger, disaster relief, you get the idea. We would encourage other schools to take part in Lions Roar 2027.

Mark your calendars! On **August 2nd**, we are bringing the community together for our annual Charity Fete. A day filled with summer sunshine, (we do hope so!) and local talent with live music from father and son group Air Mail. Whether you're looking for a unique handmade gift at our Craft Fair, want to marvel at a stunning collection of classic cars, or simply fancy a great day out with the family, there is something for everyone to enjoy. There will be food and drink available throughout the day, children's rides and stalls selling a variety of products or services. By joining us, you aren't just having a great day out; you're helping us support vital charitable work in our local area.

We are now officially open for bookings! We are looking for stallholders and classic vehicle owners to help make this our best year yet.

 **Classic Car Entries:** Showcase your pride and joy! We invite all classic car owners to join our display and share their passion with our visitors.

 **Stallholders & Pitches:** We have spaces available for local businesses, crafters, and organisations:

- **Inside the Hall:** Limited spaces available. These include a table provided by us. These are allocated on a first-come, first-served basis, so book early!
- **Outside on the Field:** Plenty of space for larger setups. Please note that outside stallholders must provide their own tables and gazebos.

Important Requirements:

All stallholders must hold valid public liability insurance cover.

Booking forms must be returned with any requested documentation to the address provided on the form.

How to Book:

To secure your spot, please download the appropriate form from the Wroxham and Hoveton Lions Club website.

Derick Bowler, PR Officer,

Wroxham and Hoveton Lions Club CIO
Email d.bowler08@btinternet.com



WROXHAM & HOVETON LIONS CLUB CIO
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HOVETON VILLAGE CHARITY

SUMMER

FETE

Hoveton Village Hall & Playing Field

SUNDAY 2ND AUGUST

10am to 4pm

ADULTS £3.00, CHILDREN UNDER 16 FREE
PARKING FREE

All proceeds to our Charity Fund to help the Community

Bar Hot Dogs Burgers Vegetarian food Ice Cream Teas, Cakes Live Music by Airmail	Classic Cars Vintage Tractors Trade Stalls Charity Stalls Craft Stalls Fire Engine (subject to availability)	Roundabout Bouncy Slide Games Jaguar Cockpit Norfolk Internal Combustion Engines
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Museum of the Broads

Saturday 11th July 12.30-2.30pm The Seasideers do the Broads! Songs and music, live, and with a Norfolk Broads twist, from Winterton-on-Sea's hugely popular ukelele band.

Tuesday 14th July Steam & Sail! 10am – 4pm. Take a trip on our electric boat, Marsh Harrier. Falcon, our steam boat, will be part of the day too. Then 'jump ship' and board a Wherry to Barton Broad! It's the very best of all the Broads' worlds.

Wed 15 & Thurs 16th July All Aboard a Wherry! 10am – 4pm. It's Wherry Week and time for you to take a step back in time. Step aboard a Wherry and discover what life was like for a wherryman and his family in days gone by.

Wednesday 15th July 10am - 4pm. Crafts by the River. 'Crafty' Mouse! Come and see textile artist, Jo Couldrey at work. She'll show you how to fashion a mouse out of scraps of fabric!

Sat 18th July – Wed 2nd September 10am – 4pm. Summer Trail – Fun & Frolics! It's a museum trail. It's tricky. It's got trials! Complete them all to win a prize!

Saturday 1st August Crafts by the River ~ Wild Weaving 10am – 4pm. Drop-in workshops free with museum admission. Join Jo Couldrey, a textile artist inspired by nature.

Saturday 15th August The Punch House Band 7–9pm. Book online. Locally sourced folk tales of blood, bone and boats. The Punch House Band present entertaining folk music with an East Anglian twist.

Thursday 20th August Albion Open Day 10am – 4pm. Free with museum admission. Step aboard the magnificent Wherry Albion and discover one of the Norfolk Broads' most iconic vessels.

Sunday 30th August Barton Regatta A Celebration of Classic Boats 10am – 4pm Take one of our launches to visit the iconic Barton Regatta. Experience the majestic beauty of sailing boats and vintage craft during a one-hour round trip from the museum to Barton Broad. Book online for Marsh Harrier/ Falcon. Bookings also taken on the day subject to availability.

We're at **The Poor's Staithe, Stalham, NR12 9DA.** We're open six days a week – Tuesday to Sunday.

www.museumofthebroads.org.uk

Probus Club of Broadlands

Our May meeting took place as usual at the Wroxham Hotel with a two-course meal. Chairman Mike Watton welcomed the members and outlined his ideas for visits during the year.

He had circulated ideas and as a result of the feedback attained felt that an evening on the North Norfolk Railways Fish and Chip train would get the best support from members. As a result of the members' views it was decided to look to take this forward probably in September.

The dining Secretary Mike Bowden advised members that he would introduce prior notice on forthcoming meeting menus by emailing choices a few days before meetings to give members more time to make their choices. This was welcomed by the members present.

Following the business side of the meeting Ian Pocock invited members to take part in a 40-question quiz covering various aspects of Norfolk's History. The quiz was enjoyable however it did highlight, in some cases, just how little was known about our history. The winner achieved a remarkable 27 correct which left many of the members, including me, stunned. The quiz was however very enjoyable and members were grateful to Ian for taking the time to prepare it.

Any retired or soon to retire professional businessmen, who are interested in joining the Club, should contact the Secretary Clive Lockyer on 01603 737431 or email lockyerhavana@sky.com. Meetings are held over lunchtime on the last Wednesday of the month at the Wroxham Hotel.

Trevor Eady, PR officer

ANSWERS TO QUIZ ON PAGE 30

- 640
- Ralph Fiennes
- Essex
- Piton
- Guinea Pig
- Black
- Julie Walters
- Stars and Stripes forever
- Robert Browning
- Gin
- Cat Stevens
- Florence
- Tony Hancock
- Saint Paul
- 54
- Great Expectations
- Spain
- The Russell Group
- 4840
- Kodiak

Directory And Useful Numbers

Coltishall Village Hall
Monday Community Yoga (9-10am) (Term time) Rainbows (5-6pm) Brownies (6.15-7.45pm)
Tuesday Zumba Debbie Priddy (6.05-6.50pm) Vibes Fitness (7-8pm)
Wednesday Community Yoga (1.45-2.45pm) Short Mat Bowls (7-9pm)
Thursday (Term time) Funky Feet Acrobatics (4-7.30pm)
Bookings for Hall • Regular hire £7.50 per hour • Casual one-off hire - £14 per hour • Saturday and Sunday 9am-midnight £200; Evening 6pm-midnight £100 For bookings and enquiries contact clerk@coltishall-pc.gov.uk

Coltishall Church Rooms
Monday • Girl Guides (6.30-8.30pm)
Tuesday • Coltishall Parish Council (6.30-8pm) 1st Wednesday of the month
Wednesday • Community Lunch Club (12.30-1.45pm) • Coltishall & Horstead WI (3rd Wed 2.30-4.30pm)

Coltishall Parochial Church Council Church Rooms hire rates 2024 Regular user £8.50 per hour, one-off user £14 per hour, 3-hr session £30 per session. For more information call Joan Milligan 01603 737270 or Linda Malpas 01603 738629
--

Our representatives
Jerome Mayhew MP (Broadland & Fakenham) 01603 865763 jerome.mayhew.mp@parliament.uk
Steff Aqualone MP (North Norfolk) 07879 451608 steffaqualone@gmail.com
Daniel Roper (Norfolk County Councillor) 07920 441970 daniel.roper.cllr@norfolk.gov.uk
Jo Copplestone (Broadland District Councillor) 01603 860840 cllr. jo.copplestone@southnorfolkandbroadland.gov.uk

Horstead Tithe Barn
Monday Yoga 10.30am Melissa Humphrey melissatheblissfullyogi@gmail.com Badminton (7-9.30pm) Carl Tipple 07399 738399
Tuesday Create & Share Craft Group Sylvia Coward 01603 737917 or 737609 (2nd Tues 2pm-4.30pm)
Wednesday Tiddlers Baby & Toddler Group John Hindley 01603 737974 (10am-11.30am Term Time) Horstead Parish Council Meeting (2nd Wed 6.30pm)
Thursday Yoga 6.15pm Melissa Humphrey melissatheblissfullyogi@gmail.com Gong Baths Jackie Hewitt 07519 934091 www.healing-possibilities.com
Friday Short Mat Bowls (7.30-9.30pm) Carl Tipple 07399 7383990
Saturday Craft Group (2nd Sat 10-4pm) 2 nd Sat 10-4 karen_rhodes50@yahoo.co.uk
Bookings for the Hayloft £17.50 per 3-hour session or £8 per hour for shorter periods

Bookings for the Main Barn Full or part-day sessions on Sat/Sun @ full day rate £275 9am-12pm (15 hrs). Part-day sessions £16.50 p/hr. Saturday evening (6-12pm) £137.50 Mornings or afternoons on weekdays @ £16.50 per hour with a minimum booking of two hours. Bar by Request. Charge to regular (weekly) hirers: £9 per hour Full Weekend Wedding Package
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For booking & enquiries: Sue Blackburn 01603 737495 sue@blackburn99.free-online.co.uk www.horsteadtithebarn.wordpress.com
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Useful numbers

Police (non emergency) 101
sntaylsham@norfolk.pnn.police.uk
Crimestoppers 0800 555 111

Broadland High School 01603 782715

Coltishall Primary School 01603 737481

Citizens Advice Bureau
(Norwich) 08001448848

Dial-A-Ride Community Transport
01692 500840

Coltishall Medical Practice
01603 737593

Coltishall Pharmacy 01603 736784

Coltishall Commons Management Trust
Sue Marsh 07353 095562

Community Lunch Club
Joan Milligan 01603 737270

Dementia Cafe
Making Connections 07513 183769

Good Neighbours 07799 277455

Coltishall Tree Warden
Peter Croot 01603 737427
Michael spinks 01603 737332

Horstead Trust
Tony Nicholls 01603 737728
horsteadpoorstrust@gmail.com

Post Office
Coltishall Village Hall car park
Mondays only, 1pm-2.15pm
Badersfield Convenience Store
01603 737654

Horstead Tithe Barn
Community Association
Chair: Rev'd Joanna Haywood
07733 325905 rector.coltgroup@gmail.com

Sports &Hobbies

Ash & Barton Wanderers Cricket Club
Jordan Everett
joeverett333@gmail.com

Aylsham Chess Club
Jonathan Reeve 01263 733744

Badminton Club
Carl Tipple 07399 738399

Broadland Chess Club
Roy Hughes 07512 71579
broadlandchessclub@gmail.com

Bure Valley Youth Football
Ted McCarter 07760 424264

Coltishall Cricket Club
Kevin Fisher 07592 533060

Coltishall Jaguars Running Club
01603 737262
coltishalljaguars.co.uk

Coltishall PF Bowls
Andy Shingles 01603 788804

Horning Bridge Club
Ron Hunt 01603 781416

North Norfolk Viking Swimming Club
John Holden
info@norfolkvikings.co.uk

Short Mat Bowls (Coltishall)
Dave Hurrell 07833 336752

Wroxham Flower Club
Joanne Young 07709424493
wroxhamflowerclub55@gmail.com

Wroxham Folk Dance Club
Rod Purdy 01603 897299

Yoga (Coltishall & Hoveton)
Lucy 07880 702080
harberlucy@gmail.com

Youth

1st Buxton Lamas Sea Scouts
Sonia Gray: 1stbuxtonlamas@gmail.com

1st Coltishall Brownies
browniescoltishall@hotmail.com

1st Coltishall Guides
Ellie Ashby 07944 780421
Suzie Bielby 07787 850198

1st Coltishall Rainbows
Sarah Walker 07787 629689
rainbowscoltishall@gmail.com

1st Hoveton & Wroxham Sea Scouts
Hughes 01692 630688

Broadland Tot 2 Teens Club
Nicola Pye 01603 430525

Coltishall & Horstead Preschool
07539 928124 coltishall.preschool@gmail.com

Coltishall & Horstead Youth Forum
Mike Warren 01603 738332
Hautbois Rangers
Gina brown 07775 520911 girlguidinggina@gmail.com

Interests

Buxton & District WI
Vereen Marcer 07867 927338
vereen.marcer@gmail.com

Buxton Photographic Club
John Nield
buxtonphotographicclub.co.uk

Coltishall Allotments Association
Robert Oakes 07789 763793

Coltishall & Horstead WI
Shaunagh Kirby 07722 491320

Coltishall Bell Ringers
Mike Gander 01603738788
oldringer@outlook.com

Create & Share crafts
Sylvia Coward 01603 737917
or 01603 737609

Films at Frettenham
Sandra & Rob Curston 07863 433399
frettenhamvillagehall@gmail.com

Friends of Colt & Spixworth Surgeries
Maureen Neal 01603 897506

Friends of Coltishall Church
Linda Malpas 01603 738629
lindamalpas@gmail.com

North Norfolk Speakers Club
Stuart 07775 793999
Probus Club of Broadland
Clive Lockyer 01603 737431

RAF Coltishall Heritage Centre
Merv Cousens 07933 396021

Rotary Club of Wroxham Bure Valley
Chris Billing 07555 171574

Royal British Legion
Gordon Jenkins 07594 625469

Wroxham & District U3A
Jan Barrington 01603 712150

Wroxham & Hoveton Lions Club
www.wroxhamandhovetonlions.org

Wroxham Hoveton & Belough
Twinning Association
Liz Powell 07484 897754

Wroxham Social Club
Linda Iaccarino 07818 817505

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