

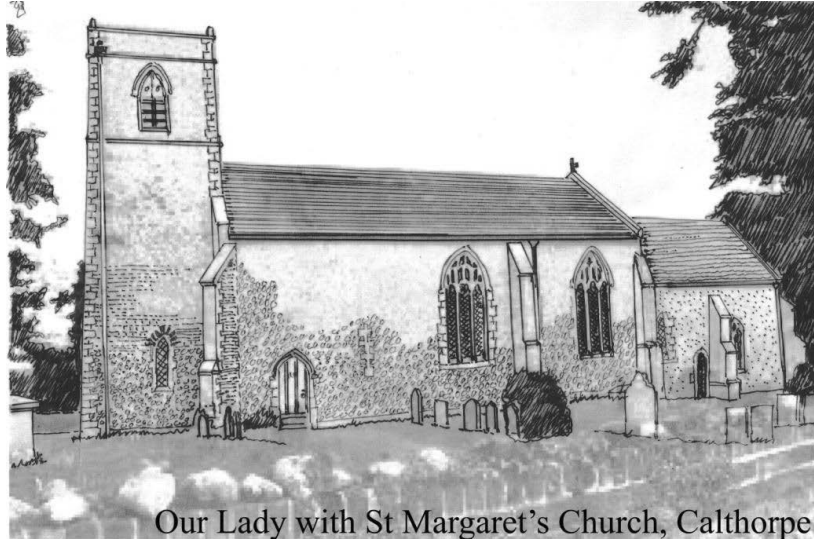
KEEPING IN TOUCH IN SCARROWBECK

Donations welcome

OCTOBER 2025

“Keeping in Touch in Scarrowbeck” the current month is also
on our website: www.scarrowbeckbenefice.org.uk

Our Lady and St Margaret, Calthorpe



OCTOBER	Trinity 16	Trinity 17	Trinity 18	Last after Trinity
	5th	12th	19th	26th
Alby	--	11am HC	--	--
Calthorpe	--	--	--	--
Erpingham	9.30am Group Service & Healing	9.30 HC 3pm Animal Blessing Service	9.30 HC Harvest service 6.30 Harvest Supper 7.30	9.30 HC
Gunton	--	--	3pm Harvest	--
Hanworth	--	--	--	--
Ingworth	--	--	--	--
Thwaite	4pm Harvest Evensong	9.30 Morning Prayer	11am HC	4pm Evening Prayer

9.30am Midweek services in Erpingham church

Wednesday 1st	Wednesday 8th	Wednesday 15th	Wednesday 22nd	Wednesday 39th
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Priest-in-Charge of Scarrowbeck Benefice

Rev Canon Heather Butcher
25, Muskett Way, Aylsham NR11 6GF

07786266933 canonhdb@gmail.com

Scarrowbeck Benefice Churchwardens

Alby	Mecki Green	01263 761480
Erpingham	Keith Harrison	01263761698 harriswine@doctors.org.uk
	Linda Howard	01263 833323 cicely@danielbrian.co.uk
Thwaite	James Buchan	01263 768901 jebuchan@btinternet.com
	Mary-Claire Marriott	01263 761373 mcmariott@yahoo.com
Hanworth	Richard Harbord	01263 768723 richard_harbord@hotmail.com

Calthorpe and Ingworth are part of the Diocesan Churches Trust and have no churchwardens

Scarrowbeck Benefice Lay Ministers – LLMs (Permission to Officiate)

The Lay Ministers (LLMs) in this benefice help take services.

Our Lay Ministers are:

Angela Parkes	0779969281
Helen Burrell	01263 768209
Colin Willis	01263 577288
Ian Andrews	01263 732780

In addition if you, or anyone you know, would like to be to be prayed for please let Heather know and we will gladly pray for you in our own prayers, and at the services if you wish.

Please let Heather know if you know of anyone who has died and they too can be included in our prayers.

If you would like a home visit for any reason, or home Communion, please contact Heather and this can be arranged at a time to suit you.

Clergy Care and Well-Being in our benefice

With the current emphasis on mental health, the Church of England has asked local church councils to consider the wellbeing of their clergy. In the light of this we have decided to remind people of Heather's working days so that her days off are protected. Heather normally works on Wednesdays and Thursdays and two Sundays per month. Inevitably, she works on other days because of weddings and funerals but we try to avoid unnecessary phone calls when she would not normally be working

PRAYERS FOR THE PARISHES

IN OCTOBER

Week beginning Sunday

5th	Alby:	Town Green and Thwaite Road
12th	Thwaite:	The Common and Thwaite Hill
19th	Erpingham:	Ives Way
26th	Erpingham:	Scarrowbeck Road and School Road

October letter

The year has turned its circle,
The seasons come and go.
The harvest all is gathered in,
And chilly north winds blow.
Orchards have shared their treasures,
The fields, their yellow grain,
So open wide the doorway –
Thanksgiving comes again

We had great fun in church celebrating the first loaf of the season in July. The children each had a lump of dough and shaped or plaited it. I haven't yet heard how the baking went when they got home! Now we are towards the end of the harvest season with plum trees bending under their heavy crop. Soon potatoes will be on the way to the chip manufacturers and supermarkets. How very fortunate we are to live in a beautiful and peaceful part of the world with the signs of harvest all around us and plentiful food in the shops.

We can't help but think of those whose homelands have become hellish and where there is so little to eat. So, while we celebrate our harvest we also remember and hold before God all who have so little, praying that compassion, truth and wisdom will bring change. There are opportunities to give thanks for the harvest and to pray for others in need in our services this month. We also give thanks for God's gift of animals which provide us with food and also give us the companionship which we so much enjoy. Companion animals are a life line for many, including those with visual or hearing impairments. Pets bring love and joy to their owners.

So, our harvest services are: Harvest Evensong at Thwaite at 4pm on 5th October, at Gunton Chapel at 3pm on 19th October and at 6.30pm on the same day at Erpingham. And do join us for our Animal Blessing service, on 12th October at which we hope to see a variety of pets and also soft toys which can be blessed for little ones. Here's another poem to end

The Donkey

When fishes flew and forests walked
And figs grew upon thorn,
Some moment when the moon was blood
Then surely, I was born.
With monstrous head and sickening cry
And ears like errant wings,
The devils walking parody
On all four-footed things.
The tattered outlaw of the earth,
Of ancient crooked will;
Stare, scourge, deride me: I am dumb,
I keep my secret still.
Fools! For I also had my hour;
One far and fierce hour and sweet:
There was a shout about my ears,
And palms about my feet.

G K Chesterton

Happy Harvesting

St Mary's Church Erpingham - Help with the cost of living Community Table

The Community Table in the church continues to be well supported and used.
Thank you to all who provide items for the table.

Food donations to the Community Table can be taken to church.

Items recommended:

Long life milk	laundry detergent
Tinned fish	shampoo
Tinned meat	pot noodles
Tinned vegetables	deodorant
Pasta sauce	Toilet rolls
Squash/fruit juice	washing up liquid

St Mary's Church Erpingham invites you to.... Young People's Choir..... and Mini Melodies!

Erpingham Young People's Choir

For ages 7 to 16 years

FREE



Join us every **Thursday** during term time
from **4:15 to 5:15pm**

Erpingham with
Calthorpe Village Hall
NR11 7QD

To sign up & for more information,
please contact evebryantvocals@gmail.com

St Mary's Mini Melodies

11am
Every Thursday

Erpingham With Calthorpe
Village Hall, NR11 7QD

Immerse your little one in the enchanting world of music
with Mini Melodies! Join us for a delightful hour of musical
exploration and percussion play designed for toddlers.

£2 per session
or 12 sessions for £20

For more info:
evebryantvocals@gmail.com



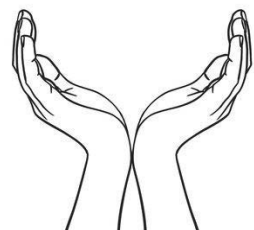
HEALING MINISTRY

From the earliest times Christians were involved in prayers for healing.

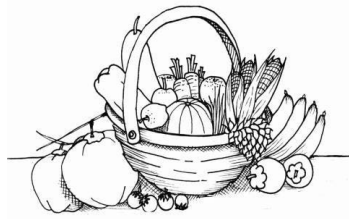
Religious communities offered hospitality to the sick, grew and used herbs to help with healing through the ages, and they were the founders of hospitals. We are following in this tradition and will be offering laying-on of hands, and prayers for healing, at the end of the service on the first Sunday of each month at Erpingham.



During this time the choir will sing or the organist will play. Requests for prayer will be confidential. It will be a time when the congregation will keep silent prayer. Prayer such as this often brings comfort.
We offer this healing prayer to anyone who would like to come, and we welcome you to church.



Harvest Choral Evensong at Thwaite



Join us for traditional harvest hymns with the choir on Sunday 5th October at 4pm followed by refreshments

Can You Help?



There is a Harvest Festival and Harvest Supper at St Mary's church, Erpingham on Sunday 19th October

We need cooks to make shepherds' pies or puddings

.....and from 9am on Saturday 11th October could you help to decorate the church for the Harvest?

We would also like to hear from you if you would like to help with our school assemblies or Messy church activities. Thank you.

If you can help please call: Helen 01263 768209 or Linda 01263 833323



Pre Advent study group led by Rev Philip Butcher “ Fear and Anger”

Thursdays: 30th October
6th November
13th November
20th November

All at 3pm in the home of Helen and Stephen Burrell
Paigles, The Street, Erpingham: 01263 768209
Everyone is welcome to come to join in the discussion

ALL SOULS DAY

2nd November is the day on which the Church offers the opportunity to remember loved ones no longer with us.

So, at **Evensong at Thwaite at 3pm on 2nd November** there will be an opportunity to light a candle and have the name of the person who has died read aloud.

All who have had funerals for loved ones in the benefice will be invited to this service but it is also there for all of us who wish to remember those whom we have loved in this life and whom we continue to treasure though we see them no longer.

After the service there will be tea, wine and cakes as usual.



We hope you will come



Learn to Crochet With Jilly

Contact Jilly to book: Mobile: 07970 016961

or email: jilly.hookedonstitching@gmail.com

- ♥ Two-hour workshops with individual tuition to suit your availability and ability. Learn basic/advanced crochet techniques at your own pace.
- ♥ Find out how to crochet hats, mitts, scarves, toys, purses, flowers etc.
- ♥ Learn the various stitches used and how to follow patterns.
- ♥ Complete beginner to more experienced crocheter welcome.
- ♥ Book for one workshop or as many as you wish.
- ♥ Workshops are provided on a one to one basis, or up to a group of 3 friends,
- ♥ Book your session(s) between 10.00am and 4.00pm on Saturdays.
- ♥ There is also a weekly Thursday evening crochet group where you can practise your new found skills with help at hand.

What's included in the price?

Crochet hook, wool and pattern on your first lesson - Tea, coffee and biscuits -
Friendly atmosphere with lots of laughter and fun.

WINTER TIME CHANGES AT THWAITE CHURCH

**Evensong on the first Sundays and
Evening Prayer on the third Sundays both change to
3pm
throughout the winter beginning on November 2nd**

St Mary's Church, Erpingham

HARVEST FESTIVAL

Sunday 19th October

SERVICE at 6.30pm

followed by SUPPER at 7.30pm

Supper Tickets £10.00

(please bring your own drink)

From:- Helen Burrell 01263 768209

OR Linda Howard 01263 833323

(profits from the supper to **MIND Norfolk and Waveney**)

Mind Norfolk and Waveney – REST

REST stands for Recover, Eat, Support and Talk

The REST Community Wellbeing hubs provide one-to-one, and group- based support to people who are experiencing mental health difficulties in a non- clinical environment. There are hubs – open 7 days a week - in Thetford, Norwich, Kings Lynn, and Aylsham where can be found: Coffee social hours (not Wednesdays), Sunday fun-day, kindness café, Art group, Bereavement café, Suicide Bereavment café and English as a second language, from 11am to 5.30pm.

Contact: aylshamrest@norfolkandwaveneymind.org.uk or call 03003305488





Erpingham with Calthorpe Macmillan Coffee Morning

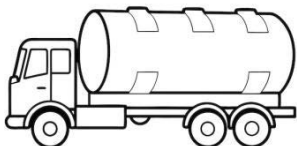
Wednesday 29th October 2025 at Erpingham with
Calthorpe Village Hall NR11 7QB
10am - 12noon, raising vital funds for
MACMILLAN CANCER SUPPORT

**Please come along and enjoy a cuppa and slice of cake,
we would love to see you...**

**If you would like to donate a cake 🍰 or a Raffle Prize,
please contact Ros on 01263 761702**

**Every slice of cake and a cuppa helps make a difference
to supporting people living with cancer.**

Did you know that



Ingworth has an Oil Syndicate?

Would you like to join?

Orders are placed approximately 3 or 4
times a year, minimum order is 500l.

Please send your contact details to
belindanortheyis@outlook.com including
mobile number as contact will mainly be via WhatsApp

THE CHURCHYARD AT THWAITE

Thwaite churchyard, covering two-thirds of a Norfolk acre, is bounded on three sides by farmland and on the fourth by motor road. Some eight years ago, it occurred to the Churchwardens and PCC that, in such a heavily worked environment, it would make sense to try and create a sanctuary for wild creatures and flora.

Willow Warbler



As much to the point, our practice of cutting the grass three times each year (May, July, September), while giving a neat appearance for several weeks of the summer, concealed an explosion of robust weeds, principally stinging nettles, docks and bracken. Beneath Robert Wright's trimmers was a subterranean riot. The priority was to reduce the fertility of the soil: not easy, as you can imagine, in a thousand-year-old burial-yard.

In 2017, the churchyard was placed in the Norfolk Wildlife Trust Churchyard Conservation Scheme. The new approach has Robert make just a single cut, in September, to allow wild flowers time to set their seed; and for volunteers to cart off and burn the grass cuttings so that, in decomposing, they should not add to the ground's fertility. Paths are mown only to the graves of this century.

I planted a mixed-species hedge on the south side, in part to compete with the bracken and, in part, to screen out blown soil from the rich farm fields. The hedge is now tall enough to be "laid": that is, the stems cut half-way through at the base and laid at an acute angle, so thick growth sprouts both from the stem and the cut stool. The docks have been dug out, one by dratted one. Nettles are gradually being banished to the sides where they shall provide food for butterfly larvae. The bracken, which had advanced under the old regime fully ten yards from the south boundary..., but I shall come to the bracken later.

Wilding is very much harder labour than clipping yews, pruning roses and cutting the lawn at week-ends.

The results of the scheme have been promising. The 65 wildflower species found by David North in his survey of 2017 had expanded to 78 by 2023 and to 92 this year (as recorded by Karen Fidgen). Handsome cornfield weeds, such as corncockle and hedgerow cranesbill, long ago vanished from the arable, have begun to colonise the yard. Yellow rattle, a grass parasite, is making space for flowers in the rough sward.

Wild flowers, like the rainbow, come and go but the trend appears to be upward.

As to birds, there has been a multiplication of migrant warblers such as blackcap, chiffchaff, willow warbler and common and lesser whitethroat. A Dartford warbler, seen readily enough in Spain but a rarity in these islands, spent two days at Thwaite in July, 2024. The seal of approval came from a hen sparrowhawk, who took up residence for that whole summer, sometimes in the bell openings of the tower and sometimes on the cross atop the chancel end. Her mate occasionally made an appearance, flying in wide circles, looking busy. She returned this year, but the place seems to have lost its charm for her.

Fifteen butterfly species have been counted by Mrs Fidgen in the last two years. This summer was particularly strong in ringlet, gatekeeper and meadow brown. (Bats, moths, lizards, gall wasps, rabbits and lichens on request.)

There remains the bracken, which is playing a sort of Grandmother's Footsteps. I turn my back a moment and it moves a foot forward. Bash it, smash it, cut it, pull it, dig it, burn it, bite it, put it in a stew: it is back, with a leer, by next morning. Whether we succeed in controlling it, or it shall remain as the Devil's Share, the years will show.

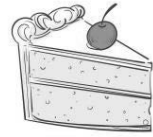


James Buchan
Churchwarden, Thwaite All Saints



E.L.H. Birthday Celebration!

The **Erpingham Leisure Club** has been encouraging and supporting sports and leisure activities in Erpingham and Calthorpe for 10 years in October 2025, so we are having a little celebration of our achievements.



Please join us at 10.45 at the Coffee and Cake morning in Erpingham with Calthorpe Village Hall on Wednesday 8th October for some celebration cake.

You will also be able to find out more about what we do and how we could help with any sports and leisure activities you are considering.

Everyone welcome.



TABLE TOP ♦ SALE ♦

📍 Erpingham Village Hall

📅 Saturday 18th October

🕒 10:00 AM – 2:00 PM

🛍️ Bargains galore & treasures to be found!

☕ Refreshments available

🎟️ Raffle with great prizes

Tables: £10 each (for vendors)

(All funds raised will go towards resurfacing the MUGA)

To book a table, contact Ros
on 07774 504231



Erpingham Art Group

Art Exhibition

Thurs 9th – Sun 12th October

St. Mary's Church, Erpingham
10am to 4pm every day

Free entry

Erpingham with Calthorpe Village Hall 200 Club **July 2025 monthly draw winners**

The draw took place at "Cake & Coffee" in the Village Hall on Wednesday 30th July 2025.

The winning numbers were:

£30 prize: Number 2

£20 prize: Number 181

August 2025 monthly draw winners

The draw took place at "Cake & Coffee" in the Village Hall on Wednesday 27th August 2025.

The winning numbers were:

£30 prize: Number 97

£20 prize: Number 170

You too could be a winner. Some spare numbers are now available. As well as the monthly draws of £30 & £20, there is a Grand Draw in December with prizes of £250, £200, £150 & £100. For a one off payment of £12 a year you stand the chance of winning up to £610! All profits go towards the upkeep and maintenance of the Village Hall.

Peter Gidman is the administrator of the 200 Club.

If you are interested in joining the Club contact him at:

peterjgidman@gmail.com

Tel No: 07425 219292



THE SPREAD EAGLE (FREEHOUSE) EAGLE ROAD ERPINGHAM NORFOLK NR11 7QA

TEL: 01263 761938
FACEBOOK : @TheCoastalKitchen
INSTAGRAM: thecoastalkitchen01
WEBSITE: www.thespreadeagle.pub

**OPEN 6 DAYS A WEEK 12-11 PM
CLOSED TUESDAY**

**Food served: Thursdays and Fridays 5pm – 9pm
Saturdays 12pm – 9pm
Sundays 12pm – 4pm**

At the heart of the village is our dog-friendly pub with pool table, dart board and a friendly atmosphere. Plus a great selection of drinks and Real Ales.
Beautiful large beer garden, with patios and large car park.

EVERYBODY IS WELCOME

Please look online, or on our blackboards outside the pub, for special events and Live music. We also have a function room available to hire for all of your special events and parties including weddings.

We are proud to say that due to the money raised from pub quizzes, and your kind support, there is now a defibrillator on the pub wall facing Eagle Road and The Street

G'DAY HANDYMAN SERVICES

General property maintenance, painting & decorating,
man with a van, flat pack assembly,
garden maintenance, odd jobs.
All work considered in the north Norfolk area.
Telephone: 07876 455731



Alby Gardens – a Little Gem



Come and visit Alby gardens.
They are a hidden gem that many people do not know exist - tucked away at the back of Alby Crafts.
Four acres of consummate quiet and a place to reflect which have evolved over its 45year history

OPEN Summer: (late March to late October)
Tuesday to Sunday 10am to 5pm and Bank
Holidays Mondays

An Allotment works for you *all year round!* ~

Outdoor Exercise ~ Peaceful Green Headspace ~
Your Own Fresh Flowers, Fruit, Veg for this year and next

National Allotments Week is 11-17 August
with a focus on: '*Allotments and Wellbeing*'

At Calthorpe you can have a smaller, easy-to-manage plot.

Use our **Wellbeing Special**: choose your space now,
pay once (from just £10), and keep it thru 2026.

Contact jim@dofygate.co.uk / 01263 761798 or 761694



With Pia Shell

Hatha Yoga

Yoga to strengthen, stretch, release and relax
A quiet and mindful practice

Thursday evenings
6.45 - 8.15 pm

Erpingham Village Hall,
NR11 7QB

First class
free of charge

Please contact Pia
pia.shell@gmail.com
07767896610

Teucer Wilson, stone carving & lettering



sculpture, garden pieces, memorials, signs
www.teucerwilson.co.uk 07876 243230

Indoor Bowls in Erpingham



Come and join us for indoor bowls from October to April in Erpingham and Calthorpe Village Hall:

- Carpet Bowls (using small bowls) on Tuesday evenings 7 – 9pm.
- Short Mat Bowls (using standard-sized bowls) on Friday afternoons 2 – 4pm.

Cost is only £3.00 per person per session and includes refreshments.

All equipment can be provided and people with all abilities welcome.

Contact John Snelling for more information –
erpinghambowlsclub@gmail.com



NEWS FROM ERPINGHAM WITH CALTHORPE VILLAGE HALL

Bleed Kit

Erpingham with Calthorpe Village Hall Committee would like to thank Dawn and her team at The Spread Eagle Public House for donating the village a Bleed Kit.

Bleed kits can be used to stop catastrophic bleeding in emergencies. The bleed kit is located and stored with the defibrillator on the wall next to the village notice board.

To access both the defibrillator and bleed kit in an emergency call 999 you will be given a code to open the box, guidance will be given while on the phone.

Halloween Quiz

Erpingham with Calthorpe Village Hall are holding a Family Halloween quiz and Chips.

Date: Friday 31st October 2025, Erpingham with Calthorpe Village Hall

Time: 7pm for a strict 7:30pm start.

Fancy dress is optional (prize given for best costume) - Maximum of 6 people per team

Booking essential – Please contact Ros 07488250599 or Ro 07899842379

Table Top Sale

Date: Saturday 18th October - Erpingham with Calthorpe Village Hall

Time: 10am – 2pm

Ros Fretwell is kindly organising a table top sale with all raised funds going towards the cost of resurfacing the MUGA.

Tables £10 each for vendors – To book a table contact Ros Fretwell on 07774 504231

Future Dates for your Diary

17th January 2026 – The Village big Breakfast

March 2026 (Date to be confirmed) Race Night

19th September 2026 – Garage Sale

Erpingham with Calthorpe Management Committee are a small group of volunteers giving up their time to put on events, keep the village hall maintained giving a valuable resource to the villages and surrounding community. Do you feel you can spare an hour or two to help? Do you have an event that you would like to see in the village? We would love to hear from you. Do you have experience in obtaining grants? Please get in touch by call Ros on 07488250599 or Ro 07899842379

Message from Norfolk Constabulary:

Would you like to know more about what's going on where you live? Do you want to hear the latest updates from a trusted source? Your local community police officers have recently started using a system called 'My Neighbourhood Updates' and you can sign up to hear directly from us.

It's completely free, you won't get sent unnecessary spam and your data will be safe.

You can sign up for email alerts, view historical data, and even share or print reports to discuss with neighbours or local groups. This level of access will help you to make informed decisions about your safety and fosters a sense of shared responsibility in keeping the community secure. By bridging the gap between the police and the public, My Neighbourhood Updates supports a more engaged, informed, and resilient community. Sign up today at www.myneighbourhoodupdates.co.uk

PC 1642 Rebecca Tassie



Playing Social Chess through Aylsham Library Chess Group

Aylsham Library Chess Group (ALCG) is looking to attract a few more players when the new chess season starts (in September).

ALCG is aimed at adults who enjoy playing social chess in a relaxed friendly environment. The group meets in Aylsham Library (7 Hungate St, Aylsham, Aylsham, NR11 6AA) on the first and third Wednesdays of the month (from 10.00 to around 12.00).

All equipment is provided and there are no costs involved in taking part.

Players need an active library card with open library access - to allow them to use the library outside staffed hours. Please contact Aylsham Library Tel: 01263 732320 for details. If you would like further details or to attend a future ALCG session, please contact Jonathan Reeve via Mob: 07342 300631 or e-mail: thefamilyreeve@btinternet.com



For booking enquiries please email Tony on:
amiesanthony@gmail.com or telephone 07979381277

KEEPING IN TOUCH PRINTING COSTS

We are grateful to all who donate so generously towards the printing costs of Keeping in Touch. You can now donate securely on line with your smart phone or tablet. Please scan the QR code.



If any readers would like to make a one-off or regular donation, please make a direct payment or set up a Standing Order to:

Erpingham Parochial Church Council

Sort Code: 20-03-26

Account Number: 40358452

Please reference the payment "Keeping in Touch"

or send a cheque payable to Erpingham PCC to our Treasurer:

Belinda Northey, St Petroc, Cromer Road, Ingworth NR11 6PJ

(please write "Keeping in Touch" on the back of the cheque)

Please let the Treasurer know if you are able to Gift Aid your donation

Thank you

Keeping In Touch Committee

Editor

Treasurer, Advertising, Distribution & Ingworth rep

Linda Howard

Belinda Northey

belindanortheyis@outlook.com

Website

Distribution & Erpingham representative

Corinda Cernelley

Stephen Burrell

Alby representative

Calthorpe representative

Thwaite representative

Hanworth with Gunton representative

Sheila Goodley



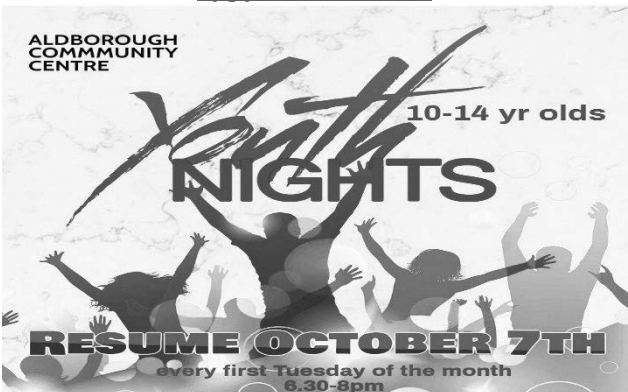


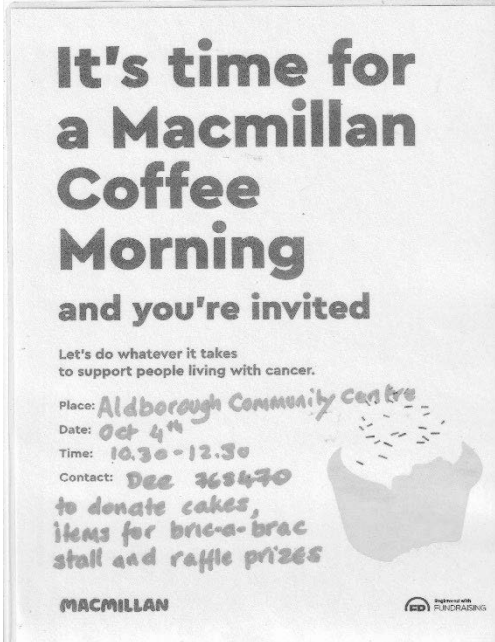
Colin Willis

Mary Claire Marriott

Richard Harbord

What's on at Aldborough Community Centre?

(Registered charity 268101)

Exercise at ACC Stay local, save time and fuel!			Upcoming events
Check website for details.			
Monday	6.15-7.15pm	Zumba	
Tuesday	5-6pm	Belly Dancing	
Wednesday	2-3pm	Tai Chi (starts Sept 24)	
Wednesday	6-7pm	Seed Yoga	
Thursday	4.30-5.30pm	Pilates	
Thursday	6.15-7.15pm	Zumba	
Friday	10-11am	Extend fitness	
Friday	6-7pm	Yoga (self-help group)	<p>BAR OPENS 7pm</p> <p>Details of films on posters at ACC or email David at dpg.jazz@icloud.com</p>
			
			
			
<p>Every Tuesday from 10-noon -filter coffee, teas, cakes, newspapers and chat.</p> <p>ALL WELCOME! DOG-FRIENDLY TOO!</p>			
<p>New! Light lunches on first Tuesday of the month from 12.30 before Hub Talks</p>			<p>Let's do whatever it takes to support people living with cancer.</p> <p>Place: Aldborough Community Centre</p> <p>Date: Oct 4th</p> <p>Time: 10.30-12.30</p> <p>Contact: Dee 368470</p> <p>to donate cakes, items for brie-a-brac stall and raffle prizes</p> <p>MACMILLAN</p>
<p>HUB TALKS & AFTERNOON TEA</p> <p>2pm</p> <p>October 7th 'Wordsmith at Work' Pauline Hill will entertain with poetry, readings and more</p> <p>November 4th From Concept to Creation. Chelsea Flower Show Gold medal winner 2025, Jo Carey will talk about how he designs how award winning gardens</p>			
<p>ACC Bookings and Hire</p> <p>Please use our online booking system on our website: www.aldboroughcommunitycentre.com</p> <p>£15/hour for hire of the main hall, £10/hour for fitness classes.</p> <p>See website for rates for all other rooms.</p> <p>https://www.facebook.com/AldbroughCommunityCentre/</p>			<p>Yin and Sound October 8th 7-8.30 pm</p> <p>Willow Weaving Workshop October 13th 9.30-4pm</p> <p>Sound bath Dec 9th 7-8pm</p>

Please send items for the next edition **November 2025** by **14th October 2025** to:
Linda Howard cicely@danielbrian.co.uk 01263 833323

**THANK YOU TO ALL WHO CONTRIBUTE TO THE
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