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Inspiring Norfolk's



GUIDE TO A GREAT SUMMER

Hundreds of free or cheap ideas and activities for families to enjoy during the holidays



In Association with



Welcome to Inspiring Norfolk

We very much hope that you enjoy being inspired by all Norfolk has to offer this summer holiday.

Do take a look at the Inspiring Norfolk website - where you will find ideas to try out at home and when you are out and about whatever the weather! Sign up to the newsletter and get regular updates during term time.

Contributions for the Inspiring Norfolk project have exceeded all our expectations. What started as a thought on a dog walk has turned into a curation of new and existing resources to support learning in schools and academies and at home across all age ranges.

A huge thank you to everyone who has made this possible, to my co-founders, the Norwich Freeman's Charity for supporting us financially, Norfolk County Council and UEA. Thank you to all those who have shared their passion, interest, career and hobbies on film, and to all those who have offered support for this supplement to come about.

Inspiring Norfolk, an education project by the people of Norfolk for the people of Norfolk. How very exciting!

Penny Sheppard
Headteacher of Queen's Hill Primary and Nursery School and co-founder of Inspiring Norfolk



Why Inspiring Norfolk is such an inspired idea

My own memory of school is that, while in the main I enjoyed it, there was definitely a generic feel to much of the teaching you received.

Of course, the best teachers brought in their own style and approach, but by and large it felt like the same thing was being taught in Mile Cross as it was in Middlesbrough or Cromer as it was in Chester.

And while that creates a level playing field for everyone when it comes to going on to further education or into the workplace, I believe there is lots to be gained by schools and education bosses being given a bit more of a free rein to determine how the classroom should be run.

And that's where Inspiring Norfolk comes in. As my own two children grow up I absolutely love the idea of their classes being given a Norfolk flavour and that while they learn all of the basics that will help them in life, they will also leave school knowing about Kett's Rebellion, seals at Horsey and so much more.

So many of us are so passionate about this fantastic county and love to live and work in it, but there are many who don't and Norfolk is often the poorer for the 'brain drain' it suffers when youngsters look elsewhere for their careers.

Instilling that pride and interest in the county at such an early age, as this project does, can only be a good thing for them as individuals and the county as a whole.

David Powles
EDP Editor



Appreciating what we have in Norfolk is key to Inspiring Norfolk
Picture: ROBERT EYERS/GETTY IMAGES

Walking the dogs led to a new idea to inspire us all

Enthusing children with a love of all that Norfolk has to offer while they discover everything from the life of a vet to exactly what's in a glass of milk is the aim of the Inspiring Norfolk project.

Discover the amazing parties surrounding Queen Elizabeth I's journey across East Anglia, take a peek behind the scenes of the Royal Norfolk Show, find out how to survey otters, which Norfolk man battled a giant or what it means to be a midwife or artist.

Inspiring Norfolk is an education project celebrating living and learning in Norfolk, bringing the richness of our county into classrooms and homes.

A website packed with videos and ideas of what to enjoy about our county, it's the vision that if something is fun, exciting and interesting, learning comes naturally.

It's the brainchild of Penny

Sheppard, headteacher at Queen's Hill Primary and Nursery School, who had the idea on an early morning walk during lockdown, after filming school dogs Molly and Jasper to share in remote assemblies.

"The children have loved finding out about what has been growing in the fields and

hedgerows. I thought it would be good to expand on this idea by asking others to provide a film to share something about Norfolk, its people, places and history. I thought other

schools might like to use the films and the concept of Inspiring Norfolk was born!" she says.

Partners involved include Norfolk County Council, where senior advisor Jonathan Nice



Exploring Norfolk, such as the old defence wall in King's Lynn, is all part of living and learning in the county. Inset left, one of the Inspiring Norfolk videos features Redwings Horse Sanctuary and the amazing work they do in equine welfare

Pictures: CLIVE WELLS/GETTY IMAGES/ REDWINGS HORSE SANCTUARY

says: "During the pandemic, children didn't have access to places, experiences and activities that were normally available, and we wanted to give children the opportunity to realise what Norfolk had to offer by highlighting places, people, careers, activities and experiences."

Fred Corbett, chair of St Benet's MAT and governor at Thorpe St Andrew High School, says the project brings the enrichment opportunities that have been hard to access during

covid lockdowns.

"The more we can appreciate a place's heritage, its people, its events, its inventions, its place in the nation's life the more we can appreciate deep down feelings of the place ... and ultimately our pride and love of the place."

Get involved by exploring www.inspiringnorfolk.co.uk - and use the videos and ideas in this supplement to inspire your own adventures this summer. Have fun!

Be inspired

The Inspiring Norfolk website is packed with video resources about all aspects of Norfolk life. Here are three to get you going - just scan the QR code and enjoy...

Working in a Zoo

It's not only cleaning out the birds and animals or checking tickets on the way in - there are masses of different jobs at the zoo. This film meets Chloe Jennings, education officer at Banham Zoo, who started her zoo career painting faces in the summer! She shows us some of the many jobs from toy making, enclosure repairing, sweeping, animal training, gardening and train driving, along with work for electricians, managers, graphic designers and more.



Chloe Jennings from Banham Zoo talks through the many different jobs there are at the zoo
Picture: ZSEA



Find out what it takes to put on a Britten Sinfonia orchestra performance. Inset, Emily Jupp of Milly J Shoes Pictures: BRITTEN SINFONIA/SONYA DUNCAN

On A Shoestring: Exploring Design and Upcycling with Milly J

Emily Jupp, of Milly J Shoes, creates new shoes and upcycles existing pairs as her part in the move away from fast fashion. We see how she transforms old shoes into

ready-to-wear beautiful new and unusual bespoke designs using fabrics, bows, modelling clay, buttons, beads and paint. Give it a go, she says.



Britten Sinfonia

Listen to this world-famous orchestra playing in concert in Norwich Cathedral. Meet the musicians and find out about all the preparation that takes place before a concert - there's a lot to do! Spot the different sections of the orchestra and try to identify their sounds as they play.



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Norfolk Music Hub invite you all to join our Summer of Sun virtual workshops!

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These workshops are free to young people living in Norfolk.

To find out more visit:
www.norfolkmusicHub.org.uk/site/new-summer-holiday-virtual-workshops/

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GREAT PLACES TO LEARN MORE ABOUT NORFOLK'S HISTORY

From mammoth skeletons to seafaring heroes, rural past and stately homes, here are nine great places to learn more about Norfolk's history.

Norwich Castle

Nowhere will you learn more about Norfolk and its long history than at the county's most important museum set in Norwich Castle.

Although currently undergoing work to create a new medieval gallery and restore the castle keep, you can still explore many displays and collections, including the natural history galleries and the Royal Norfolk Regimental collections.

Artefacts tell the story of Boudicca's revolt against the Romans. The museum is also home to the world's biggest teapot collection!

The outdoor museum at Beetley, near Dereham, includes recreations of traditional farming cottages and you can take a stroll round the working farm using methods from the past, with its rare breed animals and heavy horses.

You can also discover the history of the workhouse and hear the fascinating story of the people who lived there.

The 50 acres of grounds also include gardens, a historic orchard and horticultural collections, plus an adventure playground.

Sandringham Estate

Learn all about the historic royal links to Norfolk at Sandringham, the estate acquired in 1862, when it was purchased as a country home for Edward VII, then Prince of Wales.

The Queen's country retreat includes the royal collections in the museum, while you can also visit the ground floor apartments and see family portraits by leading court painters, plus visit the formal gardens.

The 600 acres of grounds and free to visit woods feature a sculpture trail, play area, kids quiz and walks galore and are a great day out for families.

Deep History Coast Trail

Winding the clock back 850,000 years, Norfolk's coastline has produced some of the earliest evidence of human occupation in northern Europe.

The 22-mile stretch of coastline between Weybourne and Cart Gap has revealed spectacular finds, including a fossilised mammoth skeleton discovered at West Runton.

The Deep History Coast themed



Norwich Castle Museum features exhibits on Norfolk's viking and Roman past

Picture: NEIL DIDSBURY



Castle Acre Priory is one of the largest and best preserved monastic sites in England

Picture: JUNE ESSEX/ENGLISH HERITAGE



A portrait of Captain Manby, inventor of the Manby Mortar

Picture: ARCHANT LIBRARY



Tractor and trailer tour at Gressenhall Museum

Picture: MATTHEW USHER

discovery trail includes information signs with AR points dotted along the way.

Download the app to "collect" bones to assemble your own virtual mammoth, as well as tips on fossil hunting and information on how rhinos, hyaenas, wolves and bears once lived here.

Norwich Cathedral

Dating back to the 11th century, with the second tallest spire and largest monastic cloisters in England, Norwich Cathedral offers up plenty of fascinating history.

Look out for medieval graffiti, the font made from two copper bowls donated by chocolate makers Rowntree Mackintosh, and the Despenser Retable, a wooden panel painting that is one of the most magnificent surviving examples anywhere in Europe.

There's also a labyrinth to walk through in the cloisters, regular family trails and Dippy, the Natural History Museum's iconic diplodocus, has also arrived. You might also spot Budge the cathedral cat!

Castle Acre Priory

Explore the extensive ruins of one of the largest and best preserved monastic sites in England, dating back to 1090. The priory near King's Lynn was home of the first Cluniac order of monks to England.

You can find out more from the display of artefacts and audio tour and stroll through the recreated



The skeleton of a mammoth was discovered at West Runton, which is now part of the Deep History Coast Trail. Picture: SAM ROBBINS

herb garden that grows herbs the monks would have used for medicinal, culinary and decorative purposes.

There is an interactive exhibition where you can find out how churches were made in Norman times and see if you have what it takes to be a medieval builder, while a family trail sees Brother Odo guide you round.

The grounds are the perfect

place for a picnic as you ponder the past.

Strangers Hall

Named after Flemish weavers who migrated to Norwich to escape religious persecution, Strangers Hall is one of Norwich's oldest and most fascinating buildings and dates back to 1320.

The Flemish weavers brought with them canaries, after which

the premier football club Norwich City are nicknamed.

Wander through a maze of passages to discover a series of interlinked rooms and walk around the lavender-filled garden.

It houses one of the largest domestic life collections in the country with exhibits and displays to appeal to visitors of all ages.

Holkham Hall

Begun in 1734, the design of Holkham Hall was heavily influenced by Thomas Coke, the 1st Earl of Leicester, and his exposure to the classical Greek and Roman art and architecture he encountered during a tour of Europe.

There are guided tours of the halls to learn all about its fascinating past.

Set in a superb landscape of parkland and water features, you can see herds of red deer and fallow deer wander the grounds.

Hire a boat or cycles, take a tractor and tractor tour, and youngsters will love the rope course and woodland play area. Take a walk to the famous beach and nature reserve.

Local lifesaving hero Captain Manby

This story has been written in association with Inspiring Norfolk, a new education project to celebrate living and learning in Norfolk.

One of its videos features the life of local hero Captain George

William Manby, inventor of many things but most famously his equipment for rescuing people from shipwrecks.

Captain Manby was inspired after seeing the HMS Snipe run aground less than 100 yards off shore at Gorleston, near Great Yarmouth, in 1807.

Shocked by the loss of 67 lives so close to the shore, he invented the Manby Mortar, which saw passengers and crew brought to safety using the "breeches buoy" – sort of huge pants to step inside.

His other amazing inventions ranged from an unsinkable boat to the forerunner of the modern fire extinguisher.

You can watch the video at inspiringnorfolk.co.uk/resources/captain-manby/ and on the website it suggests challenges at home and at school.

Head to the Inspiring Norfolk website to see all the resources available: inspiringnorfolk.co.uk



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7 places to enjoy the best of Norfolk's nature

From stunning coastal views to breath-taking woodland walks, it's no wonder millions of nature-lovers flock to Norfolk every year to enjoy its wide array of diverse habitats. Here are seven places to enjoy the best of Norfolk's nature.

THETFORD FOREST

If you're looking to get out into nature, one of the most popular destinations – which spans across the Norfolk and Suffolk border – is Thetford Forest.

Forestry England describes it as a patchwork of pines, heathland and broadleaves, which provides refuge for a variety of animal and plant life.

It is the ideal setting for a great day out this summer.

The forest covers a huge area with many different places to enjoy, including the outdoor play facilities at High Lodge, the history and heritage of Mildenhall Warren and Lynford Arboretum and the peace and tranquillity of the walks around St Helen's.

For the ultimate guide to Thetford Forest read our previous story here, <https://www.edp24.co.uk/things-to-do/days-out/ultimate-guide-to-thetford-forest-8066120>.



SHERINGHAM PARK

With its landscape park, woodland garden and coastal views, Sheringham National Park is the perfect place to relax in nature.

The site is famous for its vast collection of rhododendrons and azaleas and is home to an array of wildlife, including three species of deer, birds and butterflies.

Visitors can also climb to the top of the viewing tower to see its beauty from above and maybe a steam train passing through.

It also has a Courtyard Café, which is open daily between 10am and 4pm, serving hot and cold drinks, light snacks and a range of cakes to take away.

Sheringham Park is open from 9.30am to 4.30pm and admission for adults is £6.50.

To avoid disappointment, book your car parking in advance.

THE BROADS

The Broads is another must-see for nature lovers in Norfolk.

It is made up of over 60 open areas of water and seven rivers, including the Ant, Bure, Chet, Thurne, Waveney, Wensum and Yare.

Its stunning landscape is home to more than a quarter of the rarest species in the country, including several that are unique to the area.

Britain's largest butterfly, the swallowtail, and the Norfolk hawker dragonfly are found only here. It is also the country's largest protected wetland.

The beauty of its lakes and landscapes attracts around



Thetford Forest

eight million visitors every year.

Visitors to the Broads can hire out boats or bring your own canoes and paddleboards to explore its winding waters.

If you prefer to be on dry land, why not sit with a pint at the many pubs dotted along its banks.

HOLKHAM

Holkham has one of the most unspoilt, beautiful stretches of sand and largest nature reserves in the country.

It forms part of a 25,000-acre privately-owned agricultural estate, including beach, woodland and marshes and is home to many

species of flora and fauna.

Access to the beach is by Lady Anne's Drive, where there is paid parking. The area is particularly popular with dog walkers throughout the year.

Holkham National Nature Reserve offers plenty of beautiful spots to lay down a picnic blanket and enjoy the tranquil atmosphere.

You can also visit the Holkham Hall estate with its Palladian mansion, walled gardens, woodland play area, places to eat, extensive parkland and bike hire – so you can really explore.

For its opening times visit here, <https://www.holkham.co.uk/>

visiting/details/opening-times-prices.

SCOLT HEAD ISLAND NATURE RESERVE

Scolt Head Island is owned by the National Trust and is described as a small paradise of sand dunes, salt marsh, mud flats and shingle.

It is located on the North Norfolk coast and can be accessed from Burnham Overy Staithe or Brancaster Staithe.

The island is an important wildlife conservation, site home to a variety of flora and fauna and a popular site for species of bird including terns.

YOUNG PEOPLE

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Picture: ARCHANT

To get to it on foot can be quite an adventurous walk, which requires tidal crossings and good navigational skills.

People are urged to check the weather and tide times, be aware of local hazards like sandbanks and channels with strong tidal currents and to carry means of calling for help.

PENSTHORPE NATURAL PARK

Pensthorpe Natural Park is a perfect day out for families, bird watchers, wildlife enthusiasts and garden lovers.

During a visit to Pensthorpe, located along the river Wensum



The rhododendrons in full colour at Sheringham Park Picture: DENISE BRADLEY



Red poll cattle have been introduced to graze at Wild Ken Hill Picture: CHRIS BISHOP

near Fakenham, you can see wetlands, hedgerows, woodland, water meadows, riverbanks, species-rich farmland, breck and heath – all vital habitats for a species-rich countryside.

It is home to many species of birds, mammals, invertebrates and plants.

The 700-acre natural beauty spot offers an indoor play area, experience days, organised family-fun events and outdoor adventure playground.

In 2008, 2009 and 2010, Pensthorpe became the home of the BBC's Springwatch programme.

WILD KEN HILL

Wild Ken Hill is a 4,000-acre farm, in coastal West Norfolk, which is transforming the way land is used by handing back areas to nature.

It stretches from the sea through coastal scrub, freshwater marshes, heathland, wood pasture

to nature-rich farmland.

On its website, it states: "The Wild Ken Hill rewilding project has ambitions to move away from existing agricultural and forestry techniques and allow wild nature to thrive.

"The project has divided into three main approaches – a rewilding area, where beavers and grazers are being introduced, a traditional conservation approach for their coastal areas, and regenerative farming to continue to provide food in a sustainable and biodiverse way."

Its ambitious rewilding project recently saw the first beavers return to Norfolk in centuries.

Visitors to the area can book guided tours to enjoy Wild Ken Hill's glorious countryside and learn about its modern approach to farming and conservation.

You can book them at wildkenhill.co.uk.



The sandhills of Scolt Head Island Picture: MIKE PAGE

How to find out more about Horsey Seals at inspiringnorfolk.co.uk

Every year wildlife enthusiasts flock to Norfolk to catch nature in action, as thousands of grey seals come ashore for mating and pup season.

Horsey Beach attracts around 100,000 visitors every year to see a "spectacular sight", as seals and their fluffy pups make it their home from October to December and early January.

But these seemingly cute creatures are not to be disturbed, and in a video by Inspiring Norfolk, one of the

beach's many guardians, Dominic, explains why people need to keep their distance.

Protective mums and angry bulls (male seals) are prone to attack if threatened and a bite from a seal could leave you in "serious trouble".

And if you scare the mum back into the sea and her not-yet waterproof pup follows, it could drown.

Dominic said: "Stay well away. If you do come to Horsey then please take care and follow the rules."



Holkham beach Picture: ARCHANT

Are you aware of your own potential? It's never too early, or too late, to start thinking about what the future could hold.

We're here to give information and advice about all things higher education. How to apply, what it's like being a student, how to choose a course, finance, and everything in between. There are loads of activities run by our team, who can answer your questions. Some of them will be organised by your school and some of them you'll need to sign up for yourself.

CONTACT US For more information on our events, please contact outreach@uea.ac.uk.



FREE EVENTS RUNNING IN NORFOLK OVER THE SUMMER HOLIDAYS

From Dippy the Dinosaur to children's storytelling sessions, here are some free things to do in Norfolk over the summer holidays.

1 **What: Children's Storytelling with Amy Finegan**
Where: The Holt Bookshop, 26a High Street, NR25 6BH

When: July 26 to 30, 10.30am-11am, places are limited and can be booked by emailing children@holtfestival.org - find out more at holtfestival.org
 Free storytelling sessions for under-sevens are running in Norfolk over the school holidays as part of Holt Festival, which is an annual celebration of arts and culture.
 The delightful Amy will entertain children with stories, games and songs all week.
 Children do not have to wear masks, but as it is an indoor event the adults accompanying them are required to.



The Dean of Norwich, the Very Rev Jane Hedges welcomes Dippy the Diplodocus to Norwich Cathedral.

Picture: DENISE BRADLEY

2 **What: Oakland Outdoors**
Where: Oaklands, Sandy Lane, Horsford, NR10 3FB
When: Every Saturday this summer from 3pm

A family-friendly street food event is running at Oaklands farm every Saturday this summer, featuring local vendors and a bar.
 It takes place in a five-acre field, with hay bales for groups to sit on, and there is also free parking.

3 **What: Dippy the Dinosaur**
Where: Norwich Cathedral, NR1 4DH
When: July 13 to October 30, July 13 only: 1pm-4pm, Monday to Friday: 10am-4pm, Saturdays: 9.30am to 5.30pm, closed Sundays, from July 30 people can also visit on Friday evenings from 7pm-9pm

Dippy, the Natural History Museum's iconic Diplodocus cast, has finally arrived in Norwich for the last stop on its UK tour.
 The 26-metre long dinosaur will be in the Nave and there will be lots to see and do while visiting, including a time tunnel, artwork and fossils.
 It is free to visit and you do not need to pre-book, but you will need to buy tickets if you want to attend accompanying events, including storytelling sessions for children and film nights, at dippy.cathedral.org.uk/dippy-on-tour

4 **What: Get Out! Wymondham Family Nature Workshop**
Where: Ketts Park Community and Recreation Centre, Harts Farm Road, Wymondham, NR18 0UR
When: July 24, August 7, August 28, sessions at 10am-11am and 11.30am-12.30pm, book at eventbrite.co.uk/e/get-out-wymondham-family-nature-workshop-tickets-159996601141

Get Out! Wymondham is a free one-hour workshop in Ketts Park, which is designed to bring families closer together and to



Dino Mania is running at Great Yarmouth Library, with dinosaur-themed crafts and activities.

Picture: GETTY



Hempstead Village Fête 2021

A Traditional Village Fête NR25 6AH

Sunday August 1 **Be there!** 2-5 pm

- Fun Dog Show * Teas
- * Plants & Produce GRAND DRAW
- Bric-a-brac * Books
- * Tombola Cakes *
- Side-Shows
- Children's Stalls at the Church

The Hempstead Village Fête 2021.

Picture: CONTRIBUTED



The spacious garden at The Kings Head in Letheringsett.

Picture: THE KINGS HEAD



Oakland Outdoors is taking place every Saturday this summer.

Picture: CONTRIBUTED

nature after a difficult year with the pandemic. There will be six workshops this summer and they are run by non-profit mental health service Cup-O-T: Wellness and Therapy Services. Each workshop is for four families, with a maximum of six per family, and they are designed to improve health and wellbeing. Families with additional needs are encouraged to attend and workshop leader and occupational therapist Catherine will endeavour to make all activities accessible. You will also receive a free copy of the Get Out! activity booklet to take home.

5 **What: GoGoDiscover T.Rex Trail**
Where: Various location across Norwich city centre
When: July 12 to September 11
 Norwich is getting a Jurassic makeover this summer, with 21 T. Rex sculptures stomping to various locations across the city. The trail has been organised by charity Break, which supports

young people on the edge of, in or leaving care, in partnership with Wild at Art to complement Dippy's visit. The trail map can be downloaded for free from Break's website and from locations including Jarrold, Norwich Cathedral, the Royal Arcade (all retailers), Stevensons Uniforms, Norwich BID Ambassadors, Wilco Fast Fit Norwich stores, Coleman Opticians Hearing and Vision Centre and Break's retail shops in Norwich. While the trail is free, participants are encouraged to donate to the charity online at break-charity.org/charity/support-us/make-a-donation or text TRESX to 70085 to donate £3 (including one standard rate message).

6 **What: Hempstead Village Fête**
Where: Hempstead Village Playing Field, The Street, Hempstead, NR25 6AH
When: August 1, 2pm-5pm
 The whole family can enjoy a traditional fête this August, which will have lots of attractions for all

ages. This includes a fun dog show, book sale, bric-a-brac, plants and produce and a tombola. The event takes place next to the church, where there will also be children's stalls, and there is free parking too.

7 **What: Dino Mania**
Where: Great Yarmouth Library, Tolhouse Street, NR30 2SH
When: July 26, 10am-11.30am
 Dinosaurs are everywhere in Norfolk this summer and this free session will offer themed crafts and activities. A tutor will run the session and it is a great chance to spend some quality time with your little ones before heading to more prehistoric adventures across the county. This session is designed for parents/carers and their children aged up to 11 years, taking part together. To book telephone 0344 800 8020 option 5 or email adultlearning@norfolk.gov.uk

8 **What: Brick Dinosaurs**
Where: The Forum, Norwich, NR2 1BH
When: July 19 to August 30, 10am-5pm daily, pre-book your slot at theforumnorwich.co.uk/whats-on/brick-dinos
 Free LEGO exhibition Brick Dinosaurs is coming to The Forum for the school holidays and it will feature a huge selection of

dinosaurs and other prehistoric creatures. It has been created by artist Warren Elsmore and his team and he was also behind the Brick Wonders exhibition at the venue in 2017, which took visitors on a journey of sites from across the world. Brick Dinosaurs has been developed in conjunction with palaeontologists and it will be both educational and entertaining.

9 **What: Treasure Island**
Where: The Kings Head, Letheringsett, NR25 7AR
When: August 20, 6.30pm, reserve a space for free at halfcuttheatre.co.uk and it is pay what you decide after the performance
 Half Cut Theatre is heading to The Kings Head pub with its take on Treasure Island by Robert Louis Stevenson. Entrusted with the map to Treasure Island by the drunken Billy Bones, Jim is dragged on a journey laced with danger, shocks and pirates at every turn. The show, which is touring the UK, will take place in the garden and attendees need to bring their own low-back seating.

This story has been written in association with Inspiring Norfolk a new education project to celebrate living and learning in Norfolk. On its website, there are

loads of Norfolk-related videos and activities so schools can tailor the curriculum and teach people about the county. This includes the video 'Norfolk Love Letter with Jake Humphrey', which was written by EDP writers Stacia Briggs and Rowan Mantell to celebrate the first Norfolk Day in 2018.

You can watch the video at inspiringnorfolk.co.uk/resources/norfolk-love-letter-with-jake-humphrey and on the website it suggests challenges at home and at school. This includes writing a love letter to your own village or town, identifying the places mentioned on a map and sending a postcard to a Norfolk friend or family member.

Head to the Inspiring Norfolk website to see all the resources available.



COULD YOU REDESIGN NORWICH CITY'S *fammmous logo?*

It's as synonymous to the club as the green and yellow colours they play in, but what would it look like if you were given the chance to

redesign Norwich City's famous Canary club crest?

Just for fun, we want to see what designs you'd come up with for a Canaries logo of the future.

Perhaps it would include famous players, perhaps it would include famous icons of the county and Norfolk.

Let your imagination run wild

and please send your ideas to Design NCFC logo, c/o Andrea Taylor, EDP, Prospect House, Rouen Road, NR1 1 RE.

We will publish the best!



5 of Norfolk's best water spots to visit this summer

As the weather finally starts to improve, many will be looking to make a trip to the seaside or have a stroll around lakes and rivers to cool down, but where are the best places to visit in Norfolk and Waveney?

WELLS BEACH

There's nothing quite like a visit to Wells, take a stroll around the town harbour before hopping on the Wells Harbour Railway to head for the beach and soak up some sun.

The town itself has plenty of unique independent shops and beautiful historic buildings, with some of the best fish and chips in the county on offer for those feeling peckish.

RIVER ANT AND BARTON BROAD

This peaceful narrow river is



Cromer Pier.

Picture: BRITTANY WOODMAN

popular among those looking for a boating trip, with many towns situated on its banks to stop off at and visit.

The river widens into Barton Broad, the county's second largest, where sailing regattas are regularly held.

RIVER BURE, WROXHAM BROAD AND SALHOUSE BROAD

One of the region's most popular

water spots among tourists, the area is perfect for those with children, with the opportunity for a boat trip at Hoveton or a visit to the beautiful riverbanks of Salhouse.

There are also a great deal of riverside pubs on this stretch of water, such as the Rising Sun at Coltishall or the King's Head at Hoveton.

CROMER BEACH

Probably north Norfolk's most popular tourist spot, with a traditional pier, long stretching beach and Cromer Museum, where the town's seafaring history can be uncovered.

Its busy town centre is perfect for those with children, with plenty to do including arcades, shops and some great fish and chip shops.

SHERINGHAM BEACH



Wells-next-the-Sea was praised for its stunning beach.

Picture: DENISE BRADLEY

For those looking for a more relaxing alternative to Cromer, Sheringham's rows of traditional seaside independent shops lead to glorious sandy beaches.

Sheringham also has its own museum at The Mo, which currently has a world renowned collection of Dutch fishing ganses on display.

STAY SAFE

In order to encourage visitors enjoy the water in a safe and responsible manner this newspaper has launched the Play It Safe campaign.

Anyone who gets into trouble in water is urged to follow the RNLI's Float To Live advice.

The advice is split into five points, they are: Fight your

instinct to thrash around. Lean back, extend your arms and legs. If you need to, gently move your arms and legs to help you float. Float until you can control your breathing. Only then call for help or swim to safety.

The life saving charity says those visiting the water should be aware of the dangers and not take risks.

It says members of the public should keep their phones charged up so they can call for help and always remain in groups when going into the water.

More water safety information is available on the RNLI website and visit inspiringnorfolk.co.uk/resources/rnli-beach-safety/ to watch a video on beach safety.

Rotary's youth competitions offer a platform for talents to shine

www.rotaryeastanglia.co.uk/youth-services
email: youth@rotaryeastanglia.co.uk

Rota Kids
It is never too early to start making a difference in the community!

Discover beasts big and small, meet Wild World Heroes, get involved in nature, complete challenges, collect awards – and find ways to help save the planet. It's all happening in the free Summer Reading Challenge, which has just launched at libraries all over Norfolk.

The annual Summer Reading Challenge project is loved by many as a way to entertain the children, for free, in the holidays. The idea is to encourage children to escape into books this summer, enjoy stories, discover facts, get thinking and explore the wonderful world of reading.

Every year the Summer Reading Challenge – presented by the Reading Agency and delivered by local libraries – involves more than 700,000 families nationwide, encouraging them to read and join events and activities.

Launched more than 20 years ago, between 10,000 and 12,000 Norfolk children usually take part, says Laura Moulard, community librarian for children and young people, and she can't wait for this year's challenge to get underway.

"It goes very well in Norfolk. It was a challenge last year as libraries were closed a fair bit of the summer but this is about getting children into the library and developing a lifelong pleasure for reading and enjoying going to the library," says Laura.

Aimed at four to 11 year olds, with a mini challenge for pre-school children and a welcome to older children who wish to get involved, this year's theme is Wild World Heroes. With ideas from the WWF (the World Wide Fund for Nature) the challenge focuses on action for nature and tackling real-world environmental issues, from plastic pollution and

LET THE KIDS GO WILD WITH READING THIS SUMMER



The Summer Reading Challenge aims to encourage children to enjoy books and visiting libraries

Picture: GETTY IMAGES

deforestation to wildlife decline and nature loss.

Children will join six fictional wild heroes to solve some of these threats as they enjoy a book or more a week through the summer, earning awards and a certificate for completing the challenge.

Readers can choose their books

or follow suggestions from librarians and book lists recommended by other children, with books related to the Wild World theme highlighted.

"Librarians are there to support families to find the right book, if a child walks away with a book they want to read we have done our job," Laura says, adding that some children may choose to read more books or less books for the challenge.

"It is up to each child. We want to encourage all, regardless of their reading ability or confidence. We want to get their passion for books and libraries going," she says.

Each week of the summer holidays, libraries will hand out a different nature-inspired activity sheet for families to enjoy. Online events will include a chance to meet children's authors Jess French and Gill Lewis, and Zoom Zoo with Chloe Jennings, senior education officer for the Zoological Society of East Anglia, who will be talking about sloths, lemurs, meerkats and otters.

"We have hundreds of books about all of these animals, and

many more, for children inspired to read about them or stories with animals," says Laura.

"We would like to support children on their reading journey in any way that we can," she adds, including resuming Lego clubs and other activities in libraries.

"We want children to feel welcome in the library, getting them into a place where they can enjoy being surrounded by books," she adds.

The Summer Reading Challenge runs until September 15. Children can join in person or online, and borrow books or read ebooks online. They can read whatever they like in their chosen format – fiction, fact books, poetry, joke books, picture books, graphic novels, audio books and eBooks can all be used to complete the challenge.

"Hopefully it will be a very exciting time to get stuck into reading," Laura says.

The challenge is free to all library users, and it's free to join a library and borrow books.

To find out more, including information about all the activities available to book, call into participating libraries or head to the Norfolk Library webpage at www.norfolk.gov.uk/libraries and search What's On.

For general information visit www.summerreadingchallenge.org.uk

Laura Moulard of Norfolk Libraries
Picture: NORFOLK LIBRARIES



Sign up now for the Summer Reading Challenge Picture: NORFOLK COUNTY COUNCIL

THINKING OUTSIDE OF THE BOX FOR JOBS IN NORFOLK

Love animals, caring, science, IT, maths, history, saving the environment or haven't found a passion yet? Those looking to start a career or change may find there is greater variety in Norfolk than they thought. We take a look at the many jobs within five employment sectors for which Norfolk is famed.

HEALTH AND CARE

From midwifery and nursing to doctors, paramedics, physiotherapists, playworkers, health care assistants, care workers and managers, the breadth of roles working in health and care is immense.

Perhaps being a doctor or dentist appeals, or caring for the elderly, those with special needs, children, young people or adults with mental health issues.

There is a vast shortage of people moving into the caring professions, but after doctor, nurse and care home worker, not many people are aware just how many different jobs are tucked under the health and care umbrella.

Crisis teams, health visitors, play teams, art therapists, pathologists, medical secretaries, pharmacists, health care on a cruise ship, in the military... the list goes on and the many ways into the work, from apprentices and college to on the job training, ensure there is a path for all abilities and capabilities.

SCIENCE

Could you advise farmers on soil management, become a tree surgeon, build bridges, study plants or the climate, prepare equipment for science lessons, mend wind turbines, drill for gas, use your IT skills or ask people what they think or feel about different things?

It's all science, and Norfolk is a world leader for scientific research, thanks to the pioneering research and innovation at the Norwich Research Park, where 3,000 scientists and clinicians are focused on the key issues of today, including food and health.

Careers in science go way past white coats and test tubes, involving people of all ages, interests and academic achievement. It's everything from conservation and psychology to gardening, collecting fossils, robotics, brewers and even developing new textiles or training shoes.

TOURISM AND HOSPITALITY

Everyone knows how vital visitors are to Norfolk, from locals heading to a show, the beach or a different town for the day, to tourists from further away coming here to enjoy the many delights

the county has to offer.

It means jobs in tourism number about 69,000 in Norfolk, that's almost one in five employed people. The scope of work includes the obvious, such as pilots and cabin crew, tourist guides, hotel receptionists, cleaners and managers and people working at attractions from museums to theme parks.

But there are also bloggers, promoters, venue interior designers, personal shoppers, social media teams, railway staff, sports instructors, lifeguards... the list goes on, especially when those working in the arts and recreation become part of the mix!

Whether it's setting up online booking companies, cleaning boats, serving drinks, working in maintenance or catering, the tourist industry is big business in Norfolk.

GREENING OUR COUNTRY

The most recent overview of Norfolk's labour market from Norfolk County Council – see www.norfolkinsight.org.uk for all manner of fascinating data – doesn't separate green jobs. But Norfolk's wind industry is booming, the Materials Recovery Facility at Costessey has a large workforce taking all our recycling and our construction professionals have to consider the green credentials of every project.

Roles range from carpenters, solar panel engineers and electric car charging point installers to wildlife and conservation teams, from engineers to sustainable forestry, bat surveyors, wind turbine installers including deep sea divers, crane operators and boat captains, to repair engineers, draughtsmen, planners and environmental lawyers.

AGRICULTURE AND MANUFACTURING

Let's not forget the growers and creators of our amazing Norfolk produce, where employment ranges from farmer to ice cream maker, brewer to flower grower, animal feed producer, vet and land surveyor to heavy machine operator.

Within these industries are roles to inspire many a career change dreamer or young person starting out in work. There is



Norfolk is renowned for its world-leading science in areas such as food security

Pictures: GETTY IMAGES



Jobs in food logistics range from organising to driving and maintenance



Tourism and hospitality are big business here in Norfolk



The health and care industry offers an endless list of opportunities



Clean energy provides many jobs, such as these wind turbine parts being loaded onto supply vessel at Great Yarmouth outer harbour

everything from drone flyer, delivery driver and production line worker to those building and maintaining the production lines, the office and IT staff, the advertising team and the logistics team.

Find out more about some of these careers on the Inspiring Norfolk website and at www.nationalcareers.service.gov.uk

Find out what it's like to be a fireman

The Ask a Firefighter video on the Inspiring Norfolk website sees Norfolk fire fighters answering masses of submitted questions.

Meet Axel the search and rescue dog, discover how they know there's a fire and see the fire kit - which they put on in less than 15 seconds. Hear the alarm and even watch the firefighters sliding down the pole!

The half hour video introduces the crew, explains what they do - even who is in charge of the siren.

Every question children can possibly think of is answered, with viewers shown around the fire engine. Did you know they carry the water equivalent of 900 bottles of cola?

The firefighters talk about putting out fires, rescuing cats, how to join the crew, what they wear and safety checks.

There's a wonderful answer to how firefighters stay brave too - watch the video to find out. It links to the nationalcareers.service.gov.uk website. Visit www.inspiringnorfolk.co.uk/resources/ask-a-firefighter



What's it really like to be a fireman?

Picture: NORFOLK FIRE & RESCUE





Teaching the teachers of the future to enthuse and inspire is part of the training at the University of East Anglia

Picture: GETTY IMAGES

INSPIRING CHILDREN, FAMILIES AND THE TEACHERS OF THE FUTURE

Paddle in the river, walk around the lake, build dens in the woods, run through the park and soak up the atmosphere of the campus.

Spot the Man of Stones sculpture, a giant bronze man who looks as if he's stepped out of a bog, dripping with stones and weed, or see the hen sculptures – or are they ostrich – and the huge heads, and headless, statues.

Picnic on the grass, wander the campus past buildings for economics, arts and humanities, medicine, science and social sciences, walk around the distinctive ziggurats accommodation buildings – and maybe wonder what it would be like to study here.

Teaching the teachers to inspire our children, and an invite to families to come and play too, that's the welcome from the University of East Anglia.

The UEA in Norwich has always opened its grounds as a focal point of Norfolk's community. It welcomes everyone, hoping to inspire people, whatever their age and background, to believe they belong here.

Inclusivity and accessibility is central to the Sainsbury Centre of Visual Arts, set in the grounds of the UEA. Filled with art spanning 5,000 years of human creativity, with figures, flints, axes, bowls, blankets, pictures and jewellery

plus a programme of (currently virtual) workshops and events, the aim is for everyone to find something to appreciate and relate to.

"We encourage everyone to come and explore the UEA, to come and see what a campus is like. That first glimpse might be just the inspiration to think they might like to come and study somewhere like this," says Deirdre Medler, director of Initial Teacher Education at the UEA.

With the UEA training 260 new teachers every year, and furthering professional development for experienced teachers, a vital part of its work is teaching teachers how to use their locality to enthuse students.

Deirdre says: "An important part of training is about making the most of your resources wherever you are."

She says the Inspiring Norfolk initiative enriches that focus, showing teachers how to use Norfolk's rich resources, and helps open eyes to the many work and wider opportunities.

"Good teachers make the most of all kinds of opportunities and resources to inspire, raise questions and encourage children to be curious. Being able to draw on such opportunities and resources from the local area as



The UEA has a strong Outreach programme, bringing workshops and special events to children from primary school to sixth form and college and also for adult learners wishing to return to education

Picture: GETTY IMAGES

UEA
University of East Anglia

well as the wider world, helps bring learning alive, helps set it in meaningful and enjoyable contexts and helps children to understand and value where they are in the world.

"As teachers, it is so important for us to value people and places and want to look after them for the future – important aspects of global citizenship!"

In lessons, this may mean using the area around their school to support teaching and learning – from looking at the changing seasons and exploring local history to inviting local people into school.

"School visits to museums, galleries, theatres, field study centres, places of worship etc can all open children's eyes to what we

have here in Norfolk," she says.

While teaching teachers how to use their area to enhance children's learning, the university also has a huge outreach service offering a wide range of activities for schools across Norfolk and north Suffolk.

The aim is to encourage pupils who are under represented in higher education (HE) to consider continuing education when they leave school.

Outreach's focus includes schools and colleges with large proportions of students in receipt of free school meals, pupils with disabilities, those from ethnic minorities, those with experience of being in care or who have caring responsibilities.

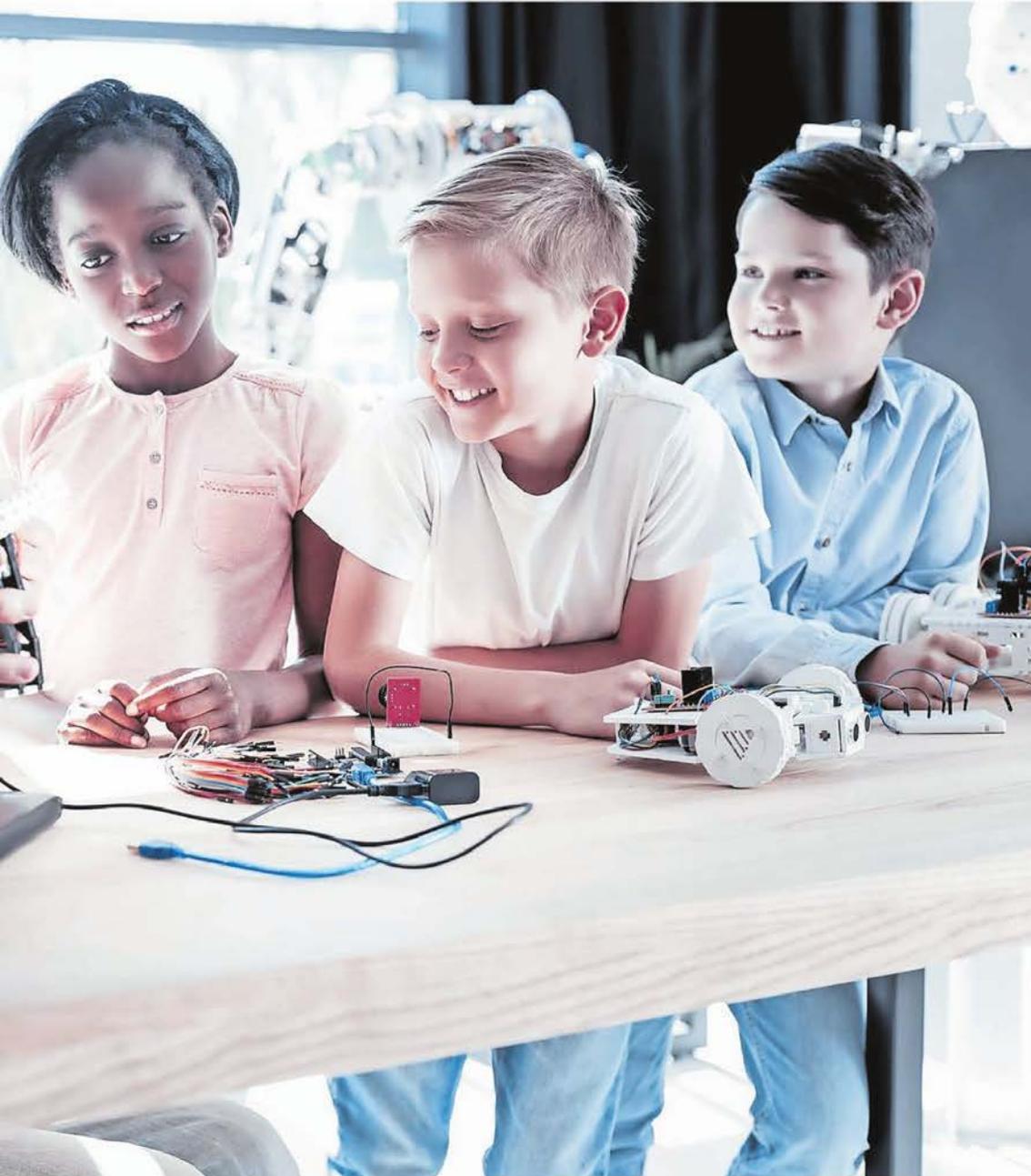
Charlotte Wheatland, UEA head of outreach, says activities run from primary school to sixth form and college, and also for adult learners wishing to return to education.

"They include workshops on topics such as understanding the benefits of HE for them, developing decision-making skills, choosing a course through to



Taking the colours of the Norfolk countryside to inspire an arts lesson

Picture: GETTY IMAGES

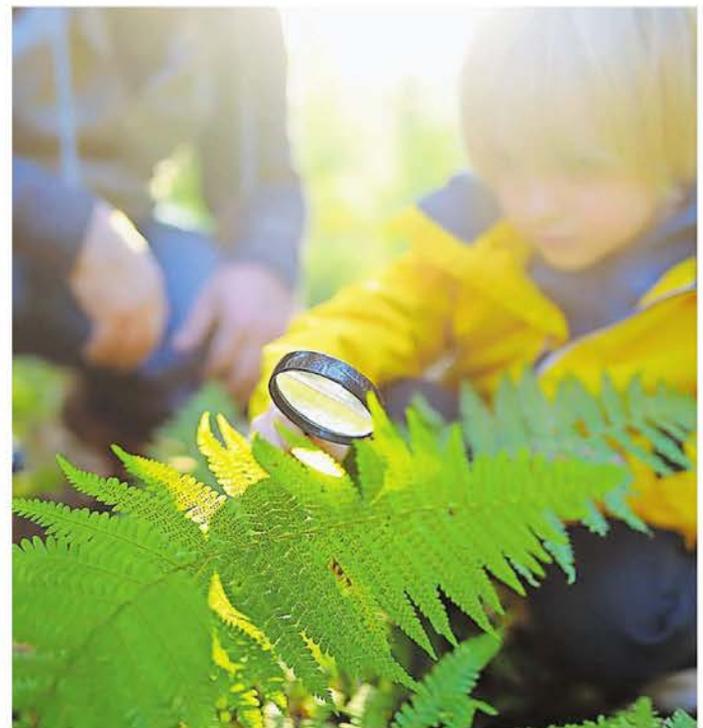


UEA research makes Norfolk a global leader in education

Dr John Gordon, from the UEA's School of Education and Lifelong Learning, tells us why Norfolk is at the forefront of education research and evaluation.

UEA's School of Education and Lifelong Learning has always been at the forefront of education research with regional, national and international partners. We contribute to social justice and education for all by improving learning, teaching, assessment and teacher education. In Norfolk, our collaborative research and evaluation with primary and secondary schools has explored literacy, mathematics, science and the arts. Our research of lifelong

learning also investigates motivation in sport, mental health, wellbeing and online safety. Our research makes a major contribution to national education debates, for example influencing government reviews of school cultures for learning and student behaviour, and contributing to House of Lords Select Committee consideration of digital technologies in education. We are very proud to host the prestigious UNESCO Chair Programme in Adult Literacy and Learning for Social Transformation, working with partners across the world for better access to learning and greater equality in education.



Showing teachers how to use their local environment to enthuse and teach is an essential part of training at the UEA

Picture: MARIA SBYTOVA/GETTY IMAGES



Everyone is welcome to wander Earlham Park and University of East Anglia campus

Picture: ANDRESGARCIA/GETTY IMAGES

unpicking students' finance; campus visits to learn about new subjects such as law, environmental science, economics, creative writing and health professions; residential and summer schools; attainment raising tutoring, revision boot camps, mentoring and skills development; application to HE support; and access to role models in current UEA students and staff."

The outreach programme includes engaging with parents and carers to provide current and relevant HE information, to support their discussions with their children and to place UEA as a trusted and impartial source of information about HE.

"UEA takes its civic responsibility in the local community incredibly seriously and we have a key role to play in promoting social mobility across Norfolk," Charlotte adds.

"It is important to us to support young people to have all of the information they need to make

informed decisions about their future. We are not here to sell UEA or HE, simply to help those we work with to envisage their future selves and gain the skills and knowledge to achieve their goals."

This summer, projects include a virtual summer school, plus youth climate change activities; work experience placements with GP surgeries for aspiring medical students; support for UEA applicants, webinars, online resources and looking forward to returning to face-to-face activities both in schools and on campus ASAP.

"In a usual year we engage over 30,000 young people and some 70 schools and we can't wait to start work in the new term!" says Charlotte.

Find out more about teacher training, the sculpture trail, and the University of East Anglia by visiting the campus at Earlham Park, Norwich, or at www.uea.ac.uk and the Sainsbury Centre at www.sainsburycentre.ac.uk



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Fireworks believes in putting back into the community. Along with our sister company, Watermist, we are supporting charities and community efforts close to our hearts, such as Inspiring Norfolk and the Norfolk & Norwich Hospitals Trust.

For more information visit our website at
www.fireworks-ltd.com

For advice on fire protection for your facilities contact
01953 458420 or **enquiries@fireworks-ltd.com**

Fireworks Fire Protection Ltd, Amber House, Station Road, Attleborough Norfolk NR17 2AT

