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Late duty chemists

Open until 6pm: Boots the Chemist, Bowthorpe Main Centre, Dereham Road Pharmacy, 562a Dereham Road. Natural Health Pharmacy, St Johns Close, Hall Road. Natural Health Pharmacy, 117f Ipswich Road. Hamblins Pharmacy, Noble Close, Heartsease Estate. Lloyds Pharmacy, 143 Colman Road. Lloyds Pharmacy 22 West End Street. Lloyds Pharmacy, 25a Earlham Road. Lloyds Pharmacy, 2 Mandela Close, Oak Street. Lloyds Pharmacy, 42 Earlham West Centre. Lloyds Pharmacy, 81 Middletons Lane, Hellesdon. National Co-operative Chemists, Suffolk Square, Vauxhall Street. Numark Pharmacy, 140 Thunder Lane. Superdrug, St Stephens Street. Beechcroft Pharmacy, 23 Beechcroft, New Costessey. Alliance Pharmacy, 78 Hall Road. Costessey Pharmacy, 192 Norwich Road, Norwich. Thorpe Pharmacy, The Health Centre, St William's Way.

Open until 6.30pm: Hurn Chemists, 143 Unthank Road. Alliance Pharmacy, Magdalen Medical Practice, Lawson Road. Moss Pharmacy, Boots, Willow Wood Surgery, Aslake Close, Sprowston. Alliance Pharmacy, 92 Colman Road. Alliance Pharmacy, The Health Centre, Lawson Road.

Open until 8pm: Alliance Pharmacy, Waitrose, Church Lane, Eaton. Tesco's Pharmacy, Blue Boar Lane, Sprowston. Sainsbury Superstore, Queen's Road. Morrisons, Albion Way, Riverside; Woodside Pharmacy, 140 Woodside Road, adjoining Thorpewood Medical Centre.

Open until 10pm: Sainsbury Pharmacy, Pound Lane. Boots, St Stephensgate Medical Practice, 55 Wessex Street.

Open until 11pm: Drayton Pharmacy, Manor Farm Close, Drayton. Roundwell Pharmacy, 25-27 Doctor Torrens Way, Norwich.

Super heroes to descend on intu Chapelfield centre

Norwich

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Little superheroes will be showing off their powers.

Children can enjoy a summer of free DC Super Hero fun at intu Chapelfield.

Dressing up is welcomed and organisers expect lots of different costumes, including Batman, Superman, and Wonder Woman, to swoop in for when super heroes take over at the shopping centre.

The centre has teamed up with Warner Bros. Consumer Products to bring Norfolk families super hero-inspired activities and events.

The events will continue throughout the school holidays.

There is even the chance for fans to meet the real Batman, Superman and Wonder Woman as the official costumed characters make special



personal appearances being held at intu Chapelfield. Batman will be there tomorrow, with Wonder Woman making an appearance on Monday and Superman flying in on Tuesday,

August 30. Each event will have shows at 11am, noon, 1pm, 2pm and 3pm. There will be super hero workshops throughout the summer, where youngsters can make their own Wonder Woman capes, Batman masks and refreshments.

Rebecca Downie, acting marketing manager at intu Chapelfield, said: "We're excited to bring families in Norfolk the world's best known super heroes to the UK this summer, offering free DC Super Hero-inspired entertainment that is certain to put a smile on the face of all our customers."

"We're putting the superpowers of Batman, Superman and Wonder Woman together to create fantastic activities, events and DC Super Hero costume character meet and greets during the holidays that will make sure children leave intu Chapelfield even more of a Super Hero than when they came in."

The event will end on September 2.

For more information, visit www.intu.co.uk/superhero



Above, Kelsey Cook, five, at the DC Super Hero event at intu Chapelfield. Left, Jacob Starkings and Ollie Ramsden.

Pictures: SUBMITTED

Norwich

A local supermarket supported Norwich Pride.

Sainsbury's colleagues from St Stephens, Pound Lane and Longwater, came together to take part in the event.

A spokesperson from Sainsbury's Queens Road, said: "We walked proudly on Saturday. Colleagues from all the Norwich stores got together and the atmosphere was amazing and the colleagues had a brilliant day."

"We really want to make a difference to the local community that we live and work in."

Sainsbury's Queens Road donated money from its community grant to enable the stewards to purchase bottled water, energy bars, sandwiches and snacks.

Mike Green, from Sainsbury's Queens Road, said: "We are really happy to support Norwich Pride in its eighth year."

Good neighbours scheme aims to offer support

The Brundall and Blofield Good Neighbour scheme has been launched.

The Good Neighbour scheme has been set up to provide support to the area's residents.

Community Action Norfolk is assisting with the scheme and it has been funded by Broadland District Council and The Shelroy Charitable Trust.

Through associations with the local parish councils, St Laurence Church in Brundall, and St Andrew and St Peter Church in Blofield, the scheme has been focused on people in the local communities.

Trevor Plater, who helped set up the Good Neighbour Scheme, said: "I am very excited to be launching the scheme and I know all those involved are looking forward to being able to provide help and support to the

Brundall/Blofield

community from the community. I exceptionally grateful to all the volunteers who have already come forward to help and for all the support we have been given."

The Brundall and Blofield Good Neighbour scheme will be run and staffed by vetted, insured and trained local volunteers.

Its aim is to offer support to people in the community with small tasks which will enhance community spirit and quality of life.

The Rev Peter Leech, from St Laurence Church, said: "We have lots of volunteers who have come forward to help and as a church we really believe in working together with others for the benefit of the community."

David Ward, Broadland District Council's member champion for older people, added: "We are really pleased to support this fantastic scheme through both the Grow Your Community project and through a grant from the Community Activities fund for £1,000."

"As a council, one of our ambitions is to increase levels of health and wellbeing and we are delighted that there are now seven Good Neighbour Schemes within the district."

"We wish the Brundall and Blofield project every success and hope that the scheme will make the lives of local residents that much easier."

For more information or to volunteer for the scheme, call 0800 688 9677

In brief

Four themed fun days to provide entertainment

NORWICH: Families are invited to a series of free summer fun days at Castle Mall.



It starts today with a visit from the world's biggest crustacean – Lobster A La Carte. The shopping centre will be hosting four free fun days. There will be a family area in White Lion Square with deckchairs, turf and giant games for youngsters to enjoy. The first event has an Under the Sea theme to celebrate the new Finding Dory film. There will be three appearances from the 18ft inflatable lobster between 11am and 3pm and a green stiltwalking sea goddess. On Thursday there will be a circus theme. There will be two circus skills workshops run by the great Mandavi plus appearances from two gorgeous stiltwalking butterflies and a free big top craft workshop. On Tuesday, August 9, it's a pirate day, with entertainment from Swash and Buckle, and two days later Wymondham's Garlic Theatre will be bringing its puppets to Castle Mall to perform the award winning show George and the Dragon. All the events are free and take place in Castle Mall between 11am and 3pm.

Summery selfie competition under way

THORPE ST ANDREW: A local pub is brightening up families' summers with free meals and a £1,000 family holiday up for grabs. The Fieldfare Hungry Horse pub, on Broadland Business Park, is celebrating the start of the school holidays by giving away free rainbow veggie sticks this week until Sunday. The pub will also be giving away a family holiday for the most colourful summery selfie. Kevin Holmes, general manager at the Fieldfare, said: "We wanted to make sure we brighten up the holidays for families come rain or shine, with a delicious and healthy giveaway for Norwich's most colourful kids. As well as free food, what better way to celebrate the start of summer than with a holiday for the whole entire family?" To take part in the competition, people need to post a summery photo of their family on the Hungry Horse Facebook page, at www.facebook.com/HungryHorsePubs, before Monday, August 29.