

THE BRUNDALL NEWSLETTER

AUG 2025 | ISSUE 3

WHATS ON

AUGUST

23rd August - Saturday

Lions and RNLI Race Night at The RAM Public House - first race starts at 7.30pm - all welcome!

August

Library Children's Summer Reading Challenge

Pop into the library to find out more

SEPTEMBER

28th September - Sunday

Lions Car Wash at The Ram Public House - 10am to 1pm - £5 per car

REGULAR

Every Monday @ 9.30am

Library Bounce & Rhyme for babies and toddlers (no need to book)

Every Tuesday 4pm to 5pm

Library Lego Club

Every Thursday in term time

9am to 11am

Giggles Toddler Group
Brundall Memorial Hall

Every Thursday starting

18th September

Youth Group for Years 6, 7 & 8 at the St Laurence Centre - 7pm - no need to book, just turn up!

LIBRARY

STAFFED OPENING TIMES AT BRUNDALL LIBRARY

Monday 4pm to 7pm

Tuesday 10am to 7pm

Thursday 2.30pm to 7pm

Saturday 1pm to 4pm

Welcome to the third edition of the Brundall Newsletter!

In this issue, you'll find updates from Yare Valley Churches, Brundall Memorial Hall and Brundall Parish Council, along with a What's On list of community events taking place in August and September for you to enjoy!

But first, a message from the community-led Brundall parkrun, who have just celebrated their 10th anniversary!

Brundall parkrun: A Decade of Dedication

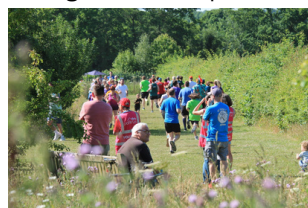
Brundall parkrun just hit a massive milestone! On June 21st, we celebrated our **10th birthday** – a full decade of community, movement, and incredible spirit. Cast your mind back to June 15th, 2015, when 110 determined individuals and 12 dedicated volunteers gathered for our very first event. They tackled the 5km course, setting the pace for what was to come. Since that day, an astonishing **46,751** people have completed a Brundall parkrun. If you're one of them, thank you for being part of our story.

More Than a Run: It's Our Community

For those new to the phenomenon, Brundall parkrun is a **free, community-led event** held **every Saturday at 9 AM** at Countryside Park on Postwick Lane. A passionate team of volunteers makes it happen each week. Whether you're a seasoned runner, a casual walker, or simply looking to get active, everyone is welcome. There's no need to be an elite athlete, and age is never a barrier. If lacing up your trainers isn't your preference, you can still play a vital role by volunteering. All roles are straightforward, offering a fantastic way to connect with your local community and meet new people.

Join the Vibe

We truly believe Brundall parkrun is the best possible start to your weekend. Beyond the physical activity, which we promise gets more enjoyable with every step, it's about connection. The **Yare Valley Churches pod provides coffee and tea**, fostering a welcoming atmosphere where everyone is included. For our 10th birthday, we didn't ask for gifts. Instead, we focused on giving back, requesting donations for the Yare Valley Pantry. We were overwhelmed by your generosity – a true testament to the strength and compassion of our Brundall parkrun family.



Interested in joining us? Find all the details at parkrun.org.uk/brundall or drop us a line at brundall@parkrun.com or on FB @Join the Vibe



IN THE SPOTLIGHT THE MENS (& LADIES) SHED

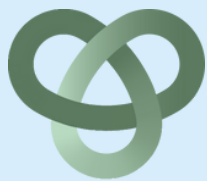
Brundall Men's Shed (BMS) is a safe space for men to Connect, Converse & Create, and we now welcome women to some sessions. Wednesdays are exclusively for men, but all social activities are open to all members. We offer well-equipped areas for woodworking, metalwork, computing, electronics, and various crafts. If you prefer, just come for a chat and a cuppa!

Our aim is to reduce isolation, promote social inclusion, and provide a place for creative and recreational activities while supporting one another. While our name includes Brundall, we invite members from Brundall, Blofield, and the surrounding areas to join us for fun and camaraderie.

To find out more email us at hello@brms.org.uk or take a look at our website www.brms.org.uk



Brundall Memorial Hall



NORWICH
FREEMEN'S
CHARITY

The Trustees of the hall have successfully obtained a substantial grant from the Norwich Freemans Charity which enable us to complete work at the front of the hall to repair the guttering and roof, we will also be replacing the fencing between the carpark and the playing field. We are also in the process of planning and starting the upgrade of the access to the playing field and hard standing area to make it accessible to all.

Community groups at the hall! This edition focuses on....



A chilled and friendly parent and toddler group suitable for ages 0-4. Run by volunteers for 12 years - we offer toys, games, activities and crafts every Thursday 9-11am term time.

Find us on Facebook or giggletoddlergroup@gmail.com

Following the AGM the Trustees of Brundall Memorial Hall would like to thank retiring Trustees for all their help and commitment over the years and extend a warm welcome to new Trustees.



Brundall Memorial Hall

Wednesday Community Café - Open to everyone!

Brundall Memorial Hall,
Links Avenue,
NR13 5LL
9am to midday
1st drink and snack FREE

Brundall Parish Church



SUMMER FAMILY FUN!

During August there will be two Family Fun events, Wednesday 6th August and Saturday 30th August from 2.00pm – 3.30pm.

We will be meeting on the grassed area in the St Laurence churchyard where there will be a range of games, activities, craft and fun for children to get involved with.

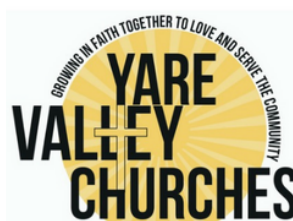
There will also be a refreshment area for parents to sit and keep an eye on their children while meeting with other parents. There will also be a short talk for the children related to our theme. Come along and join the fun!



A NEW YOUTH GROUP

There is a new Youth Group starting in September for current Y6 – Y8.

It starts on Thursday 18 September and will be from 7.00pm – 8.30pm each week. The group will meet in the St Laurence Centre (SLC) next to Brundall Church and will be a place to meet friends and make new ones, have fun, join in the discussions and chill out with your mates.



A PLACE
FOR
EVERYONE

www.yarevalleychurches.org.uk

THURSDAY COMMUNITY CAFE

Are you feeling isolated or wanting to make new friends?

Come alone to the 'new look' Thursday Community Café starting Thursday 4th September from 10am to 12 noon. Tea, coffee and cake available with a craft table, games table and quiet place to read the newspaper or just chat with others.

Everyone
welcome!



Brundall Parish Council

On June 14th, Cremer's Meadow and Marty's Marsh hosted a successful family Orchid event!

Throughout the afternoon, families enjoyed a variety of free activities, including treasure hunts and pond dipping, which led to the discovery of newts! This is fantastic news, as it indicates an improvement in the health of the pond.

A big thank you to everyone who attended and to our amazing volunteers; it was a delightful afternoon immersed in beautiful natural surroundings.

WOULD YOU LIKE TO VOLUNTEER IN BRUNDALL?

If you would like to volunteer at any of our sites, we'd love to hear from you! Please email deputy.clerk@brundall-pc.gov.uk - there are all sorts of things to get involved with, and a great way to be active and meet new friends.



ROAD SAFETY

Brundall Parish Council prioritises road safety in the village and has introduced several initiatives, including the installation of SAM2 machines, a pedestrian crossing, and a dedicated volunteer-led Speed Watch team that regularly monitors traffic. This year the council have worked together with Highways, who will be installing new village gates at all entrances to Brundall. In addition, a feasibility study is in progress to determine if an additional pedestrian crossing would benefit the community.

**HAVE YOUR SAY ON
PLANNING BRUNDALL'S
FUTURE**



**BRUNDALL
SURVEY**



Fill in online by 31st August 2025

www.tinyurl.com/brundall-survey



B R U N D A L L

PARISH COUNCIL

Village directory

1st Brundall Guides

1stbrundallguides@gmail.com

Acle Academy

01493 750431

Acle and Brundall Lions

07779 067305

Badminton (Tuesdays)

brundallmemorial@gmail.com

Broadland District Council

01603 431133

Brundall & Blofield Good

Neighbours Scheme

0800 688 9677 or email

brundallandblofieldgns@gmail.com

Brundall & Braydeston WI

Mariannehelenegibson@gmail.com

Brundall GP Surgery

01603 712255

Brundall Memorial Hall

01603 715005 or email

brundallmemorial@gmail.com

Brundall Parish Council

07769 972902 / 07809144342

Brundall Primary School

01603 712597

Brundall parkrun

brundall@parkrun.com

Brundall Short Mat Bowls Club

crocketdjb@gmail.com

Cancer Community Chest

01603 712472

Childline

0800 11 11

Domestic Abuse Helpline

0300 561 0077

Giggles Toddler Group

gigglestoddlergroup@gmail.com

Jerome Mayhew MP

020 7219 3000

Brundall History Group

enquiries@brundallvillagehistory.org.uk

NHS

111

Police - non emergency

101

Ready, Set, Baby! Antenatal and Postnatal class

hello@readysbaby.co.uk

Samaritans

116 123

Snowy's Nursery

01603 211445

Table Tennis (Mondays)

jude_rob2000@yahoo.co.uk

Table Tennis (Wednesdays)

marion@gabillia.co.uk

Thorpe St Andrew

High School

01603 497711

Walk to Run Wellness CIC

"Get Moving"

charles@walktorun.co.uk

Well Pharmacy Brundall

01603 713120

WI (Evening)

wendypotts127@gmail.com

Yare Valley Churches

01603 715136

Yoga (Mondays)

barleyyoga.co.uk

Brundall homehardware

YOUR LOCAL, AWARD WINNING STORE

At Brundall Home Hardware we pride ourselves on quality products and outstanding customer service. We stock a variety of different products from DIY to home and Garden.

We offer delivery to local villages.
Pop in store and see what you can find.

Find us on:  

Links Avenue, Brundall, Norwich NR13 5LL. 01603 714341



 **Gedge & Sons**
Independent Family Funeral Directors est. 1866

Our Family Caring For Yours
Serving Local Communities Since 1866

24 Hour Personal Service
Unlimited Visits to Loved Ones Free of Charge

01603 712276  mail@jgedgeandsons.co.uk

 Garden Rd, Blofield, NR13 4JL



LET'S BOUNCE TOGETHER!

Train, transform, and have a blast while you bounce!

 Scan me!

SPROWSTON COMMUNITY ACADEMY
Cannerby Ln, Norwich NR7 8NE
WEDNESDAY 18:30 - 19:30

THE GARAGE
14 Chapel Fld N, Norwich NR2 1NY
WEDNESDAY 10:00-11:00

BRUNDALL MEMORIAL HALL
19 Links Ave, Brundall, Norwich NR13 5LL
MONDAY FRIDAY 10:00-11:00 18:15-19:15

 07843 765 327 

78 THE STREET CAFE BRUNDALL

 **COFFEE**

**BREAKFAST
BREAKFAST BAPS
ICE CREAM
SHAKES
ROAST YORKIES
WAFFLES
BAGUETTES
HOT & COLD DRINKS**



PILATES FOR ALL LEVELS
From Friday 5 September @ 11:30am
£9 (£20 for 3)
Bring a mat (8mm+)
Contact: rosie_farrell@hotmail.com
Mobile & Whats App 07958169528
Book in Advance

ADVERTISE HERE

If you'd like to advertise in future issues, please get in touch to book a spot!

Small ads (6cm x 3.5cm) are £14 per issue and the larger ads (9.5cm x 5.5cm) are £28 per issue.

For all enquiries, please email brundallnewsletter@gmail.com

Please note that artwork will need to be supplied at the correct size.

  **yoga ALLIANCE**

 **BARLEY YOGA & DANCE IN BRUNDALL**

Monday 6-7pm Yoga for all for harmony & strength

Tuesday 11.15-12am Zumba
Gold to dance yourself fit, with easy smiley routines from all around the world

Tuesday 2pm-3pm Chair yoga
accessible class to build mobility at all levels.

Friday 9.15-10.30am Yoga for all, bring ease to mind & body
Social tea & coffee after the above two classes to raise money for charity

From September 8th
Classes suitable for all levels



Booking Advised **WWW.BARLEY YOGA.CO.UK**
See you at Brundall Memorial Hall NR13 5LL

WHERE TO PICK UP A COPY

Issues will be printed every two months and be available to pick up from the following places:
Brundall Home and Hardware - The White Heron Public House - Manor Garage - The Street Café
Brundall Medical Centre - St Laurence Church - The Ram Inn - The Charity Shop
Post Office (inside the Co-op) - Well Pharmacy - Brundall Library - The Frock Exchange

If you would like to help deliver any newsletters, please get in touch by emailing brundallnewsletter@gmail.com