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## HOLT WI



June was our members meeting.

One member spoke very movingly about growing up in a communist country. Another about the great time she has had on courses run for WI members at Denman Hall in Oxfordshire. Nineteen members had a great time when they went to see Calamity Jane at Cromer pier.

A highlight of the meeting was President Wendy's report from the National Federation of Women's Institutes Annual Meeting. Their strapline this year was 'WI Inspiring Women' and from what we heard they are really doing just that. 92 new WIs have opened this year so far and 18,863 new members. We are given plenty of opportunities to effect change not just locally but nationally. This year two resolutions were passed. One to transform hospital dementia care and the other to cut food waste and tackle food poverty, not only the supermarkets but also food waste in the home.

A small group of our members beavered away to contribute to the Royal Norfolk show on the theme 'Fairies'.

Our meetings are very full, with something for each member.

If it's on in Holt and District you can't help but learn about it on the third Tuesday of every month at Holt WI 2.00pm at the Community Centre.

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## LLOYD COURT SUMMER FESTIVAL

On 31st July Lloyd Court in High Kelling, are holding their first summer festival, raising money for worthy charities.

This year, funds are being split between the East Anglian Air Ambulance, The fire-fighter's charity, The Alzheimer's Society and the Lloyd Court amenity fund.

There is going to be so much going on, with something for all the family.

Stalls include craft and jewellery stalls, sweets, pet products, Neal's Yard, Forever living, Body shop, a Craft ale brewery stand and more! There will be a bouncy castle, kiddie's corner, rodeo bull, face painting and games.

There is hot and cold food and drink, and a licenced bar.

The entertainment programme includes demonstrations from Parallel dance troupe, The Norfolk Taekwondo association, Holt firemen and music from a fantastic ukulele group.

There will be a dog show open to all (£1.00 entry per category) kindly sponsored by Claws N Paws of Sheringham.

There is also a children's fancy dress competition which is being sponsored kindly by Starlings of Holt.

And to cap it off, there is our grand raffle with amazing prizes donated by businesses across Norfolk.

We have been overwhelmed by the support we have been given by local businesses and really wish to thank them all for their generosity.

[www.holtchronicle.co.uk](http://www.holtchronicle.co.uk)



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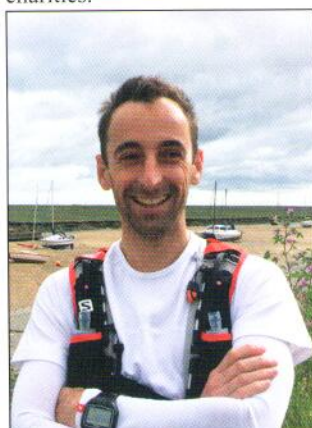
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## GRESHAM'S TEACHERS GO THE EXTRA MILE FOR CHARITY



Gresham's teachers, Chris Cox, Ben Green and David Saker will take on their first 'Ultra Marathon' in August to raise money for two charities.

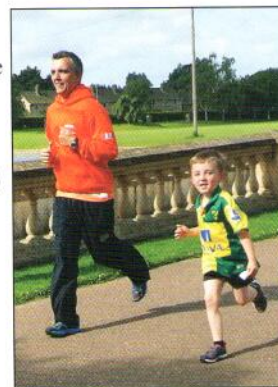


Chris, Ben and David (left) have signed up to take part in the 'South Coast Challenge' during the August Bank Holiday weekend and are hoping to complete the gruelling off road 100kms from Eastbourne to Arundel in less than fifteen hours. Chris and Ben are running for 'Thinking of Oscar', a charity which aims to improve the experiences of young children and their families while they are in hospital care and to provide for the development of research and development into and the provision of improved diagnostic

techniques and technology for paediatric care.

David is taking part in the challenge to raise money for The Alzheimer's Society which seeks to support people suffering from dementia and to fund world-class research with the ultimate goal of defeating it.

With the enormity of the task now looming large, the three men have been upping their training with six hour (plus) training runs and strength training in the gym to try to prevent injuries. Chris, Ben and David have found that finding suitable terrain in north Norfolk to train on in anticipation of the hills of Beachy Head and the South Downs Way is a challenge in itself! The three have been experimenting with nutrition and how best to sustain energy levels during the challenge and Chris' five year old son, Alfie (father and son above), has been supporting his Dad's efforts with his very own park run.



To support the teachers as they prepare to undertake the South Coast Challenge, donations can be made to <https://www.justgiving.com/Chris-Cox-SCC2016>, <https://www.justgiving.com/David-Saker>, <https://www.justgiving.com/fundraising/benjaminngreenTOO>

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