

Church feeds 7,000 a month in Norfolk

New research has revealed that Christian groups and churches across Norfolk feed an incredible 7,000 people every month of the year, following the example and command of Jesus Christ to 'feed the hungry'.

The Norfolk Feeds 5000 survey of Christian organisations and churches right across Norfolk, by the team behind the website Network Norfolk, has shone a light on scores of different groups who are engaged in nightly soup runs, weekly community meals, emergency food parcels and lots of other initiatives.

The ubiquitous foodbank networks, all co-ordinated by churches and Christian groups, supply thousands of emergency three-day food parcels to families and individuals who are in desperate need, usually due to circumstances beyond their control.

The survey has spotlighted dozens of churches across Norfolk which run cafes or hold weekly or monthly community meals, mostly for free or a nominal donation, bringing together vulnerable and lonely members of their communities for breakfast, lunch or dinner and offering other activities and services alongside them.

The well-known nightly Norwich Soup Run provides hot food and drinks to around 40 people every single night of the year and other similar initiatives, on a smaller scale, are run in King's Lynn and to Big Issue sellers in Norwich for example.

Messy Churches, aimed at young families and offering different activities, and usually a meal of some sort, are run by dozens of churches across Norfolk.

Lunch clubs during the school holidays, youth clubs



Soup Run - Norwich

The Norwich Soup Run functions every night of the year, except Christmas day. Based at the charity stall at the bottom of the Haymarket (opposite Primark), teams of volunteers serve food and drink to people in need from 8.30pm. The Soup Run is co-ordinated by the Norwich Citadel Salvation Army and involves 14 different churches on the rota as well as numerous individual volunteers.

Numbers vary from 30-50 guests each evening, and a range of sandwiches are available, as are cakes, soup, hot chocolate, tea and coffee. This "staple" menu is sometimes reinforced by gifts of fresh fruit and other goodies.

This community initiative is made possible by more than 180 dedicated volunteers divided into teams. Regular supporters include Waitrose, the Co-op, Pret a Manger and Greggs.

In addition to food, volunteers offer a listening

ear and compassionate support as well as warm clothing, footwear, sleeping bags and blankets as they are available.

Major Barry Willson, The Salvation Army's Soup Run Volunteer Co-ordinator, said: "The Soup Run is a great example of local people working together to support local people in need. Our guests have a variety of needs – some may be experiencing homelessness, some may be sleeping rough, while others may be living in accommodation but struggling to make ends meet.

"Our volunteers come from a variety of backgrounds – some belong to a local church, others do not. Anyone is welcome to volunteer, although we do have a short waiting list. If you'd like to see how you can support our work we'd love to hear from you."

Contact: barrywillson46@btinternet.com

including free food, schemes that give surplus food to the homeless and simply taking people to a supermarket and then paying for the food they want to buy, are other examples of innovative activities run by Christian groups.

The research project is named after one of the well-known Bible miracles performed by Jesus - the feeding of the 5,000.

Network Norfolk publisher Keith Morris, who helped to co-ordinate the research, said: "Christians do not have a

monopoly on this kind of activity and there are other non-faith based groups in Norfolk doing similar things, but our research shows that the Church is more than pulling its weight.

"Collectively the Christian community has come up with dozens of innovative and inspirational projects to meet the basic needs of vulnerable and sometimes desperate people in our towns and villages, through the simple activity of sharing a free meal with them or providing food for their families."

Of the 90 plus responses to the survey, Christian and church-led projects that involve hundreds of volunteers (some Christian and some not) reported that every month of the year, an average total of around 7,020 people are either fed or provided with food to cook for themselves.

You can see the full results and project case studies at www.norfolkfeeds5000.co.uk

Follow a social media campaign about the project at [#norfolkfeeds5000](https://twitter.com/norfolkfeeds5000)

West Norfolk

King's Lynn foodbank

The King's Lynn foodbank started in October 2011 as an initiative of Churches Together in King's Lynn and now feeds over 300 people a month, providing emergency food to local people in crisis and providing support that is clear, practical and full of compassion.

Chairman, Adam Whittle, said: "We see people with some really big needs. They come to us because they need help with food but it's much more than that. Sometimes the problems are more than we can humanly process, but we have a big God and we have the opportunity to pray with people and we've seen some wonderful testimonies. We achieve incredible, life-changing things on the budget we have."

www.kingslynn.foodbank.org.uk



King's Lynn FISH Club

King's Lynn foodbank also runs a 'Fun and Food In School Holidays' (FISH) programme to support children who receive free school meals in term time, but whose parents may struggle to provide nutritious meals during the holidays. Hot lunches plus fun and games are provided for around 35 children each day.

Contact: adam@kingslynn.foodbank.org.uk

The Fountain at Shouldham

The Fountain at Shouldham is a 'fresh expression' of church with a focus on children, attracting around 40 people who don't go to a traditional church. This includes Messy Church and Breakfast Church in Shouldham Village Hall, Forest Church in Shouldham Warren and an all-age church service at Shouldham School. The gatherings involve food, such as bacon rolls, pizza and barbeque.

Angela Caley, who leads the Fresh Expression with her husband Tom, said: "Because we do always make a point of having food, people always know that that social aspect is going to be something at least that they will like even if they are not so keen on the other activities. By eating together I think it provides that community that people feel that they can belong to with the events we put on. It is nice to give people that experience at a Christian event."

Facebook: [@thefountainatshouldham](https://www.facebook.com/thefountainatshouldham)

Mary's Kitchen

Volunteers at Our Lady of the Annunciation Catholic Church in King's Lynn run a weekly soup kitchen in the town which feeds over 30 people a time.

Contact: parishpriest763@gmail.com

St Mary's Church at Heacham puts on quarterly community lunches (donations only) for around 30 people.

St Peter's at Upwell and St Mary's in Syderstone run regular Messy Church events which include an afternoon tea (donation only) for around 30-40 people.

South Norfolk



Community Lunch

■ Cell Church Community Outreach Worker, Andy Cox, initiated a monthly Community Lunch in Newton Flotman Church Room, which he runs with a team of local volunteers.

Andy said: "There is a regular bunch of people from the village who just like to get together to have a meal and have a chat with their friends. There is nowhere else in the village that is a meeting place."

A minibus full of residents at the local care home, Olive House, attend through the Norwich Door-to-Door service.

Catering staff at Newton Flotman CE Primary School, cook the meal which is enjoyed by around 25 people each month for a nominal cost.

Facebook: @newtonflotmanvillage

Village Vending Shop

■ St Mary's Church in Newton Flotman, is fundraising to become the first church in the country to provide a village shop vending machine within its building after it identified the lack of a village shop as one of the biggest needs.

There is a two-year plan to raise funds and redevelop an area within the church to provide an accessible, community facility that will house the Village Vending Shop to sell a full range of groceries, milk and eggs.

Rev Canon Sally Gaze said: "Our hope is that it will be stocked by a local business and would be the first one to go to a church. The vending machine will be a pull for people to drop-in to church, and we will provide other activities, tea and coffee alongside it."

<https://my.give.net/StMarysFuture>

First Sunday Breakfast

■ For the past five years, St Mary's Church in Newton Flotman has been hosting a free drop-in breakfast on the first Sunday of each month, which attracts around 25 people each month. It leads into a lively all-age, family friendly service starting at 9.30am. Rev Canon Sally Gaze said: "We just think that serving food relaxes people and gives them the opportunity to chat and to share with each other." www.tasvalley.org

Friends and Neighbours

■ Retired minister Rev Joan Evans, a member of the Church in Loddon (Holy Trinity and St John's Chapel), started and runs Friends and Neighbours which meets monthly in St John's Lecture Hall to share a communal lunch or afternoon tea.

The group was set up in September 2003, six months after Joan's husband died, and she identified a group of others who had lost their spouses.

"What they really enjoy is having food prepared for them and having someone to eat it with. I thought initially that people would come just in the aftermath of bereavement, but they said 'please could we meet every month' so we've been going ever since." The lunches attract around 30 people each month and the cost is divided between them. email: joanevans936@btinternet.com

■ Waveney foodbank, based at Eye Airfield near Diss, distributes 200 boxes of emergency food every month.

Do Drop In - Sheringham

■ 'Do Drop In' community cafe is located in Sheringham's St Andrew's Methodist Church and meets every Wednesday serving tea and coffee from 11am then a hot lunch.

Those who attend are a cross-section of the community and they include lonely, vulnerable older folk and adults with learning difficulties.

Team Leader Barbara George said "We seek to express the love of God in action which is the basis for building a strong community. We have seen the growth of love and care for each other among the members which is an inspiration."

The community meal attracts 30 to 40 each week and serves 140 meals per month. There is no charge but donations mean it is self-funding.

www.sheringhammethodist.org.uk



Community matters

North Norfolk

The Community Matters Cafe is a free meal facility for anyone in the community, but predominantly for the socially excluded, those in financial difficulty and those with issues related to substance abuse and/or poor mental health and the elderly who wrestle with isolation.

Though overseen by the Methodist Church, it is run by volunteers from several churches and the core service team come mostly from the wider community. There are links with and support from Cromer & District Foodbank.

The cafe is now open twice a week, serving over 30 meals a week and 3000 in the last year. Donations come mostly from members of several churches who come to offer conversation and support.

The cafe is a hub for other areas of support, including sign-posting and advocacy. The newest project is a Support Store where clothing and household goods are available to those who find themselves in need.

Methodist minister, Rev Sharon Willimott, who runs the café, said: "Early in my ministry in Cromer I became aware of the very large, usually hidden, numbers of local people who suffer social disadvantage and loneliness, as evidenced by the need for the Foodbank that we host. I therefore wanted to give them access to good food as a gift from the church, dispel some of the social stigma surrounding exclusion by providing a safe space to enable such people to interact together."

"Clients say that the cafe is a lifeline for them, and for some the only place where they feel accepted and included. We have found that the non-judgmental service of all has transformed the confidence of many, and enables the community to see that the church still has relevance today as we express God's love and grace in action." www.northnorfolkmethodist.org.uk

■ Reepham CofE Messy Church provides an hour of Bible story related crafts and activities, then a short time with songs, puppets and a prayer, followed by a two-course meal. There is no charge but donations are welcome and it attracts around 50 people every month.

Rachel Richmond, co-ordinator, said: "Having a cooked two-course meal as part of our Messy Church, where helpers and families eat and chat together, builds our



Aylsham MakeLunch

■ MakeLunch is a national initiative that works with churches to help fill the holiday hunger gap. Aylsham Community Church offers a free hot meal and fun activities to families struggling on tight budgets at its Jubilee Centre. They work together with the schools in the community to make sure the families that need it the most get invited.

Children and Families worker Ann Gallagher said: "Current statistics say that

1 in 4 children in the UK are living in poverty, and many of them receive free school meals. During the school holidays many children are left without regular hot meals. MakeLunch @ Jubilee is about more than just meeting a very real practical need, it's also about showing God's heart for family and friendship and demonstrating his love in action.

The weekly sessions during school holidays attract around 50-60 children each week. <http://aylshamcommunitychurch.org/>

sense of community, gives the mums a break and provides a good nourishing meal for families who are struggling to cope." [facebook.com/MessyChurchReepham](https://www.facebook.com/MessyChurchReepham)

■ Meet and Eat is a community meal offered by Lighthouse Community Church in Sheringham and is available every Thursday lunchtime. The meal comprises a two-course set meal for only £5 (to cover costs), is open to anyone in the community and now serves 100 meals a month.

"This is more than just turning up at the café for a meal" explained café manager Maggie Rothe, "The idea is that everyone sits together, chats, and gets to know each other". www.lighthousesheringham.org

■ Christians in Holt work together to run a weekly community meal for up to 250 people under the title Holt Community Café. www.holt-christians.net

■ The Trimmingham Lunch Club provides a monthly community meal for 20 people at the Pilgrim Shelter.

■ St Nicholas Church in Blakeney runs a monthly Messy Church with the help of Holt Christians providing around 40 meals as part of the event.

■ St Margaret's Church Sea Palling runs a First Wednesday community lunch for around 10 people.

CAP Food Shop

■ This food project, run by Christians Against Poverty (CAP) from Surrey Chapel in Norwich does exactly what it says on the tin... people who are struggling are taken for a food shop.

CAP clients who are unable to make ends meet financially, often in quite desperate situations, are accompanied to the supermarket with one of the CAP volunteers who will pay for the shop. Project Manager John Graver explains: "We try to go to one of the discount supermarkets, so the money goes further, and the clients put what they need in the trolley. We'll spend a minimum of £50 and it could be up to £150 for a family". In some cases, clients are on such a low income that CAP Food Shop will continue to buy food for them until their situation has stabilised.

"A common response to CAP Food Shop is for people to burst out crying. People are amazed and always ask, 'Why are you doing it?,' said John. "We just want to bless our clients and show God's love in practical ways."

Doorway Drop-in

■ The Magdalene Group in Norwich provides a lifeline for women working in sex work and prostitution in Norfolk. One of its support services is a thrice-weekly lunchtime drop-in at its King Street premises. The team provide a hot meal and any other support the women may need such as help with housing, form filling, access to a computer or sign-posting to other support services.

Group CEO Suzi Heybourne said: "Our drop-in offers a safe and positive place with the opportunity to share a hot lunch, experience a rare sense of belonging, access a listening ear, support and friendship."

One woman who accessed the service said: "You're there for me when no one else is. You're like the family I never had."

In brief

■ For more than 30 years, The Salvation Army has been transforming Christmases across Norfolk through its Toys & Tins appeal. Last year's appeal touched 4,793 people including 12,845 toys and 1,773 food parcels.

■ Oak Grove Community Church runs a weekly community meal project called Just Us regularly attended by over 100 people a month.

■ Norwich Elim Church runs a weekly drop-in community meal.

■ Community Action Norwich at the New Hope Christian Centre runs a twice weekly community meal for up to 60 people.

■ St Elizabeth's Church and the ENYP youth project runs a community meal and foodbox distribution project reaching hundreds of people each month.

■ Witard Road Baptist Church runs a monthly Messy Church project and a weekly community meal called The Link.



Loaves and fish

Norwich foodbank is a phenomenon. In the last 12 months it has given out 8,790 food parcels to families in crisis – that represents an amazing 79,100 meals (nine per box).

It was the first foodbank to launch in Norfolk, back in October 2010, and now receives donations from 150 churches plus scores of schools, businesses, supermarkets and community groups. It operates through distribution centres based in ten city churches.

Project Manager, Hannah Worsley, said: "A sudden crisis such as an illness, family breakup, death, benefit delay or redundancy can leave people unable to feed themselves and their families. Such situations can quickly deteriorate sometimes leading to relationship breakdown, housing loss, crime and health problems.

"Norwich foodbank supports individuals and families who find themselves on the edge of disaster through the provision of emergency food supplies. They take the form of nutritionally balanced emergency foodboxes to cover an individual or family's basic needs for 72 hours: the critical time

gap before other support services kick in."

■ The FISH Food (and Fun) In School Holidays project runs school holiday clubs for low income families at multiple sites around greater Norwich, mostly linked to local churches.

The key elements are providing fun and food for children who normally rely on having free school meals and over the last year, the clubs have served around 2,000 meals to 300 different youngsters

Hannah said: "In the same vein as the foodbank model, I am saddened that FISH is needed, but encouraged and uplifted by the support we have received from volunteers, churches and businesses. It is a very practical response to a problem the foodbank identified - holiday hunger - and seemed a natural progression to try and address the issues.

"We have developed relationships with local families and been able to provide emotional as well as practical support, including inviting them along to other events the church or community is putting on, which is a great way to build up communities and friendships."

www.norwichfoodbank.co.uk



Big Issue Soup Run

■ Norwich Vineyard church runs two food projects - a weekly Soup Run for Big Issue sellers in Norwich city centre and a monthly Foodstore project, collecting food donations from church members and creating two-day boxes for local families.

Peter Elwick, who organizes the Soup Run, said: "We walk a route through the city centre seeing the Big Issue vendors. We also look out for rough sleepers and offer them hot drinks and sandwiches.

"It is an opportunity to have a chat with somebody and just see how they are doing. It is really good to develop a relationship with them. Part of the motivation for me is the scripture in Matthew 25 where Jesus is saying very clearly, 'if you are not doing this for these people then you are not doing it for me'. I want to try to be a bit of Jesus really as we go around."

Contact: peterelwick@gmail.com

Norwich

Wednesday Lunch Club

■ St Luke's Church runs a Wednesday lunch club which provides a nutritious two-course meal for around 20 elderly people in the community, as well as good company and a varied programme of entertainment. Transport is provided if needed.

Roy and Mary Hansell have run the club for over 30 years, a commitment which was recognised in the Queen's birthday honours list in 2013.

Vicar of St Luke's Rev David Austin said: "I am proud of the volunteer work which has been established by church members who sacrificially offer their time in food preparation, fundraising, transport and befriending."

Lunch for vulnerable

■ St Augustine's Church host a lunch club every Monday for up to 50 vulnerable or homeless members of the community. The club is run by volunteers from the church and from local Christian charity City Saints in Action.

The club provides a safe, welcoming, non-judgemental environment to people who are deprived both materially and relationally. There is no charge for the hot meal served, but a suggested donation of £1.

Vicar, Rev David Austin, said: "It is more than 'tea and sympathy' - but genuine friendship and concern for the welfare of those who attend - who often feel isolated, stigmatised or stressed."

Free community meal

■ Every Friday, SOUL Church in Norwich serves a free hot meal to the community – and transport from the city centre so people are able to access it.

The meal, for around 70 people, is prepared by volunteers with mainly donated food from Tesco's Fareshare scheme, which aims to reduce waste and alleviate poverty.

Outreach Leader Katie Allen said: "We hope in the future to develop what we offer by running courses alongside, which would be of use to people. We do have a washing machine and shower available for the homeless community that visits."

Messy Church meal

■ Messy Church, at Sprowston Methodist Church, provides a home-cooked early evening meal for around 30 people every month. Both the Messy Church team and the families that attend say that the meal is the most important part of the session. The adults can relax and spend time with other families over food and coffee or tea. Nobody is ever in a hurry to leave!

Boxing clever

■ The Box is a long-running weekly youth group run by Sprowston Methodist Church. This year, along with the games, group activities and Christian based talk, the team started to trial serving a free sit down evening meal for the young people who attend.

Kirsty Deary, the Families Networker for Sprowston Methodist Church, said: "I thought that the kids would come, eat quickly and want to get on with the games, but actually they really enjoy just sitting and chatting while they are having their tea."

www.rockyroad.org

East Norfolk

Minster Mission - Yarmouth

■ A three-course dinner is served on weekdays at The Pathway café and Resource Centre with soup and a one dish main course on Saturdays.

Barbara Rowe, of the Great Yarmouth Team Ministry, said: "Our aim is to provide a safe and comfortable space offering friendship, respect, support and a hot meal to the vulnerable, lonely, displaced and homeless within our community."

"Sadly, we have recently been experiencing an upsurge in the number of clients requiring our services and advice – around 90 meals are served each session and an increased number of clients are seeking advice and/or signposting to local support agencies."

A hot meal and the breakfast is also provided at the Living Room night shelter to a dozen people daily. This project is run in conjunction with Imagine Norfolk Together (CUF).

Contact: teamvicar@gtyarmouthminster.org

The Well – Gorleston

■ The Well is a caring community which aims to be a place where people feel accepted, loved and valued. They work with partners to support people with different needs. The services are all free and include a foodbank, a community lunch, mental health support, and a group to help with addiction.

Manager Liz Townson says "The Well is part of Gorleston Baptist's 'Drop in' initiative; a place where our local community can receive support, compassion and a free meal. It is a place of refuge and friendship to those who have perhaps fallen on hard times or who are struggling through a variety of reasons to support themselves."

"The Well aims to help and encourage the most hard-to-reach and disadvantaged members of our local area by being witnesses of God's love and demonstrating this through acts of service and compassion."

Up to 100 are served at each session.

Contact: liztownson400@yahoo.com



Poppies Community Cafe

■ The café is part of St Andrew and St Peter Church in Blofield's community outreach, open once a week, offering food, friendship and company to the lonely.

It meets in the old Blofield Court House in the centre of the village, allowing those from the nearby sheltered housing complexes and care home to walk or be brought by wheelchair and those starting on the dementia pathway are phoned with a reminder and lifts.

Around 30 people attend each week aged from 46 to 95 years and are offered a savory and sweet buffet with soft drinks. There is no charge, just a bowl for voluntary donations.

Organisers John and Elizabeth Stokes said: "During the last half hour we enjoy a sing-song of old familiar songs which is great fun, so we all go home laughing. We are learning 'to love our neighbour as ourselves'."

Contact: elizabeth@johnstokes.co.uk

■ Great Yarmouth foodbank now provides up to 1000 people with emergency food supplies each month, up from just 100 a year ago.

■ St Mary's Martham and All Saints in Belton both run a monthly Messy Church including a meal for around 40.

■ The TLC project in Great Yarmouth until recently ran a monthly community meal called Open Door for around 15 people and a weekly Craft Café serving meals to around 60.

Surplus food donations

■ The Horstead Centre is a residential youth activity centre set on the edge of the Norfolk Broads, run on behalf of the Diocese of Norwich.

Feeding up to 60 residents a day can lead to the problem of surplus food but Centre Manager, Josie Barnett ensures that this is not wasted as they donate any surplus food to Bishopbridge House night shelter in Norwich, providing around 20 meals twice a week.

Josie said: "As a family we have always taken food to the night shelter when we have over catered. When I came to work at The Horstead Centre it seemed a natural thing to take surplus food in the same way."

www.horsteadcentre.org.uk



Foodbanks feed 100s

Mid Norfolk

Foodbanks across Mid Norfolk are helping hundreds of people every month with emergency food supplies.

The Mid Norfolk foodbank began in 2012 and last year supplied 1,849 emergency three-day food parcels to people in financial crisis across Dereham, Swaffham and Fakenham. It currently supplies around 180 parcels a month.

Its three distribution centres at Wellspring Family Centre in Dereham, Swaffham Baptist Church and the Salvation Army in Fakenham are run mostly by volunteers of the local Churches Together groups in the three towns. Those who access the foodbank are welcome to a drink and a chance to chat as well as redeeming their foodbank voucher for a food parcel.

The foodbank can only operate because of the huge level of community commitment to the cause within the three towns. Supermarkets including Waitrose, the Co-op and Tesco have hosted collections, and donations have been received from many churches and schools in the area as well as RAF Marham.

Project Manager David Pearson said: "We are so grateful for the ongoing support from over 100 local organisations and many individuals which enables us to help those in short term financial crisis locally. Without that support and the commitment from our volunteers we would not be able to be there when people need us. Thank you."

www.midnorfolk.foodbank.org.uk

■ Thetford foodbank was launched in October 2011 as a Thetford Christians Together project and is headed up by Liberty Church.

Last year Thetford foodbank distributed 719 emergency food packages for 1,397 people living in Norfolk in desperate need (392 of which were children). This equates to around 13.5 tonnes of food distributed by the team of volunteers.

As well as meeting increasing need within Thetford, the project works with the local church networks to enable foodbank distribution centres in Watton, Attleborough, and Brandon in Suffolk. Each month the project dispenses around 60 packages within its Norfolk distribution centres.

The warehouse for Thetford Foodbank is



Messy Church

■ The Church of the Nazarene in Thetford hosts a Messy Church which always includes a home-cooked evening meal and has turned into a fully functioning church appealing particularly to families.

One of the key elements of the successful Messy Church model includes providing hospitality in the form of a sit-down meal.

This, along with Biblically themed crafts and the celebration of God through songs and story, provides an accessible

way for families, who generally don't belong to another church, to come to church.

Mary Welham, who leads the Messy Church along with husband Paul, said: "The meal often attracts people because we have a really, really good cook who prepares home-cooked, beautiful food. It creates a good time of fellowship."

On the first Saturday of each month around 40 people gather for Messy Church in Thetford for a nominal costs of £1 per person.

www.thetfordnazarene.co.uk

based in the old science block of a former high school building, the Charles Burrell Centre, which is now used as a community and business centre.

The Foodbank can only run because of the generous donations received from local churches, schools, community groups and individuals via donation trolleys in supermarkets plus designated donation points around the towns said Voluntary Project Manager Ali James.

www.thetford.foodbank.org.uk

■ The Salvation Army in Dereham run a weekly Memory Café for a dozen people.

King's Care in Norwich

■ Each week King's Community Church in central Norwich hosts a Sunday lunch from 2pm – 4pm giving those who are sleeping rough, or have other needs, a place of friendship to go to.

The King's Care project also provide clothes, laundry facilities and showers to people who do not have ready access to these things. Consultation with other services in the city indicated a gap in provision on Sundays and so this became the focus for the work.

Ralf and Linda Bowes, who lead King's Care, said: "We very much see King's Care as part of the hospitality of the church. The guests who come include those who are homeless, others are sofa surfing, some are elderly and come for company, some struggle with addiction and other challenges."

Around 60 people attend each week and there is often a queue to get in.

www.kingsnorwich.com/kings-care