

Strumpshaw Coffee Break Annual Report January 2026



4th Annual Report of Strumpshaw Coffee Break 20th January 2026

Introduction

Much like the start of any New Year for many of us, the annual AGM and the need to provide a report of the past year, provides a welcomed opportunity to take stock and reflect on the past year from a SCB perspective. In this regard, it is really refreshing to realise that throughout the year we've been able to welcome new faces as regulars to our Tuesday mornings and to acknowledge that our annual events, like Pancake Day and Macmillan Coffee morning, have reached out to others beyond our immediate community – primarily through word-of-mouth. **56** people are now signed up as SCB friends and receive monthly email updates, as well as some event reminder emails, whilst print copies are available to others. We also take pleasure in the informality of the role SCB has developed as a place where local information is shared on our 'Village Matters' white board – e.g. events being run at Strumpshaw Community Hall.

The nature of attendance at SCB is completely random - so much so that those on the coffee rota never quite know how many cups of coffee or tea will be needed and/or how busy they will be. In fact, this unpredictability continues to be one of the unique aspects of SCB – adding to what we've argued in previous reports as the organic nature of Coffee Break. Additionally, we feel deep pleasure and satisfaction that guest speakers have mentioned the friendliness and energy apparent at Tuesday Coffee Break – a real tribute to our SCB community.

Looking outwards and beyond SCB, perhaps it is important to note that amidst very turbulent times on the geo-political landscape and the rise of intolerance closer to home, the SCB community joins together to simply enjoy each other's company and through our donations to various causes brings a little bit of goodness to the lives of others.

Following the format used in previous annual reports, the annual report for 2025 is divided into the four seasons and includes a brief account of happenings, as well as the donations made during these seasons.

1. Winter: December 21st 2024 - March 19th 2025

Despite the chillier weather after a festive break, we were delighted to welcome so many of you at Coffee Break. It was lovely to see everyone chatting away with established SCB friends and/or getting to know others whose paths may not have crossed before. Our first event of the new year was Pancake Day which took place in brilliant sunshine at the beginning of March. We had a really wonderful turn out, with eight participants running over two heats and a final. Bob Cameron pipped last year's winner, Michael Green, to the finishing line and raised the trophy. We were also able to have a separate race for the little ones too - they did really well to run while holding onto their little frying pans! The Pancake Race has truly become an annual community event and Bob very kindly donated all the money taken for the pancakes to our SCB charity pot.

In the run up to our Easter break, we managed a lovely collection of Easter Eggs for The Food Bank – adding a little bit of early Spring cheer for those less fortunate.

Donations made in Winter 24/2025

The following organisations received **£100** donations

Norfolk Zipper Club is a cardiac patients' association. It acts as a support group to help others, and their families and friends, who have had, or about to have, cardiac surgery. It also raises funds to purchase additional equipment for our local specialist hospital: The Royal Papworth Hospital.

Emmaus: Norfolk & Waveney provides a home for as long as is needed, support and meaningful work opportunities for up to 32 formerly homeless people. See: <https://emmaus.org.uk/norfolk-waveney/>

Hemsby Life Boat: is a fully independent Lifeboat operating at sea, off the Hemsby Coast in Norfolk. All donations help to ensure that lives are saved at sea. They have a Facebook page at: https://www.facebook.com/p/Hemsby-Lifeboat-100064876592538/?locale=en_GB

Finally, £100 to a very local charitable cause: **Tiny Tots in Lingwood**. Tiny Tots is entirely run on a volunteer basis and is a vital asset for young families in our community. They offer a variety of activities and toys for children from 0-4 as well as a place for carers and families to connect and receive any support they may need.

2.Spring: March 20th - June 20th 2025

Our weekly seed swap started in Spring, with donated seeds – vegetables or flowers – exchanged for other seeds and/or for a small donation earmarked, specifically, for Norwich Food Bank. As the season developed, the seed swap was gradually replaced by surplus produce from our vegetable gardens for others to select – also in return for a donation.

Our first speaker of the New Year was from the local **First Responders** who provided information regarding their role, as well as some practical suggestions of strategies useful to all of us should we find ourselves in a position where we may need to take some action during a health challenge. Feedback suggested this was a very well received event.

In April, SCB committee members attended a new style Annual Parish Meeting, along with other community groups in the area. We produced a visual overview of Coffee Break and also engaged with members of the local community who responded to the open invite to the Parish meeting.

In May we were delighted to be joined, once again, by Tami Evans from **The Central England Co-op**, Brundall, who have supporting us as a community group by providing us with vouchers for coffee for over 6 years. This time, the Fairtrade foundation's relationship with the Co-op was the subject of her interactive talk – supported by various samples of chocolate, of course. The support provided by the Co-op means that we are not only able to make as many cups of coffee as our attendees need each week, but are also able to continue our practise of asking for donations for coffee rather than making a charge.

Donations made in Spring 2025

Spring saw £100 donations to the following community groups/ causes:

The Hamlet Centre Trust: The trust provides support for children, young people and adults with disabilities and complex health needs in Norwich and across Norfolk. See: <https://thehamletcharity.org.uk/>

Norfolk Lowland Search and Rescue: provide the emergency services and the community with specialist expertise to search for vulnerable missing people throughout Norfolk. See: <https://norlsar.org.uk/>

Norfolk Greyhound Rescue. This is a small local non-profit organisation whose main aim is finding caring people to rehome Irish greyhounds – ex racers and also those that never made it to the track. See: www.norfolkgreyhoundrescue.co.uk

Norfolk Accident Rescue Service (NARS) provide life-saving volunteer clinicians for emergencies such as cardiac arrest, serious falls, road traffic collisions and seizures. See: <https://www.nars.org.uk/>

Street Forge Workshop: Located just over the border in Thornham Magna, Suffolk, Street Forge provides a day service for Adults with Disabilities with workshop facilities where wooden items such as bird boxes and garden planters are made. See: <https://streetforameworkshop.uk/>

Hebron Housing is a small Norwich-based charity which provides temporary housing and on-going support for women who face challenges in their life. See: <https://hebronhousing.org/>

Finally, £100 donation made to our Strumpshaw friends Stuart and Carole Blyth for their fundraising walk for **Parkinson's** which took place in June.

3. Summer: June 21st - September 22nd 2025

We held our lovely summer event in mid-July this year. The summer event aims to provide the space to create and then share posies made up on the day. There is something really special about creating posies together in the summer sunshine and many of us went away with a lovely posy to brighten our day. With Lorna's guidance, posies were presented to Dani – a small token of appreciation for her and Bob's ongoing support - and also to Gail who makes sure that our cups are out; our coffee jugs filled with water and that milk is available before those on coffee duty arrive. All donations taken during the morning went to the Food Bank.

Donations made in Summer 2025

£ 100 to each of the following charities/community causes

Caring Matters Now This charity provides support to children and adults affected by Congenital Melanocytic Naevus, a type of birthmark that may appear in newborn babies. See: <https://www.caringmattersnow.co.uk/>

Project Ithaca is the flagship project of Circus Head - a Norfolk-based charity run mostly by paramedics and provides respite and 'decompression' boat cruises to clinicians who might be vulnerable or at risk. The project helps to not only reduce burnout and mental health crises among paramedics, but also promote recovery. See: <https://circushead.co.uk/the-ithaca-project/>

4. Autumn: September 23rd to December 21st 2025

In September we were pleased to hold a **Macmillan Coffee Morning** during our regular Tuesday coffee morning. We had a delightful morning where we enjoyed the company of SCB regulars alongside some new faces. During the morning, we collected a fabulous £435. This was topped off with a further £35 in donations, giving us a grand total of **£470** – an absolutely wonderful amount of money sent directly to a cause that has touched the lives of many of us.

In October, we were joined by a representative from **Norwich Food Bank's** distribution centre who told us about the wonderful work they do to help those less fortunate. This was a return visit from Hannah and an opportunity not only to show her appreciation for donations made, but also to let us know what happens when an item once it is donated to the Food Bank. We also have a Foodbank donations box where monetary donations are made for the seed swap and produce swap, described above. All monetary donations for the

Foodbank are noted as restricted funds in the accounts. For information, between January '25 and December '25 a total of **£256.60** was donated to Norwich Food bank.

In October, we were delighted to hear the news that Bob and Dani our wonderful hosts at The Shoulder, won Broadland District Council's 'Business in the community award' for 2025. Given this award showcases businesses that go above and beyond for their community, we couldn't be more pleased for them. Truly deserving winners. On a Saturday at the end of October, The Shoulder held an Apple Day and, whilst SCB was unable to commit to help organise the day, the marquee remained in full swing with coffee served and cakes made by dedicated SCB friends.

Prior to the summer break, SCB was alerted by Strumpshaw Parish Council of funding available to support community groups through the **Norfolk Community Fund**. The fund backs community-led projects that: ... *"make Norfolk a better place to live"*. As coffee-making is at the heart of our group, we made a successful application to secure funding for a new coffee machine which now takes pride of place at our gatherings.

Our final meeting of 2025 included our traditional wreath and table decoration making event - perhaps our most joyful annual event. Skillfully guided by Lorna Clark and family members, with more participants than ever, this event continues to have a real collaborate, festive and creative feel. There is no charge for this event and, this year, Lorna and family asked for our donations to the Foodbank. The total amount collected for the event (**£111.15**) will therefore will go to the Foodbank in January 2026.

Donations made in Autumn 2025

£ 100 to each of the following charities/community causes

Keeping Abreast: Is a Breast Cancer Reconstructive Support Charity. Established locally in 2007, founders recognised a great need for women, both newly diagnosed with breast cancer and facing the possibility of mastectomy, and also women considering reconstructive surgery, to be able to meet and talk to other women who have been through similar experiences. See:

https://keepingabreast.org.uk/2025/08/18/boghoppers_santa_fun_run/

Wish Makers Motor Cycle Association is a dedicated not-for-profit fund-raising organisation based in Norfolk. The group organise heartfelt and impactful events for children going through a hard time. See: <https://www.wishmakers.co.uk/about-the-wish-makers>

Anon Street Team, Norwich: Teams of volunteers cook hot food each week and distribute this, as well as other essential items, to the homeless and vulnerable in Norwich. Most food items are donated by local supermarkets and other charitable donations. See: <https://anonstreetteamnorwichuk.wordpress.com/about/>

Norwich Open Christmas: This is a yearly event which takes place on 25th December to give people who are alone, homeless &/or in need a Christmas celebration. See: <https://www.norwichopenchristmas.org.uk/>

5. Looking Forward. Events for our 2026 calendar will include:

- **Pancake Day: February 17th 2026.**
- **Seed swapping** at every Coffee Break in March/April.
- **Surplus home-grown produce** exchange starts in May.
- **Mid-Summer celebrations** in June/July. **Exact date TBC.**
- **Macmillan Coffee morning: Tuesday 22nd September 2026**
- **Apple Day** in October. **Exact date TBC.**
- **Proposed invited speakers:** in March; in May and in November. **Exact dates TBC.**
- Additionally, we plan to continue to act as a collection point for items for the **Norwich Food Bank** on a weekly basis.

Finally, SCB is indebted to a few people/organisations who play a significant part in helping to keep the show on the road.

- To the Central England Cooperative supermarket in Brundall. The Co-op has been supporting us as a community group by providing us with coffee for over 6 years.
- To the volunteers who make up the coffee rota for Tuesday mornings and to SCB friends on the ad hoc coffee makers' group.
- To all those who regularly provide delicious cakes and/or biscuits for the events that we have. We are really grateful for your collective response. What a wonderful set of bakers you are!
- To the multi-talented **Lorna Clark** who ran both the summer posy- making and Christmas wreath-making event again in 2025.
- To **Pauline Terry** who audited our 2025 accounts.
- And, of course, to **Bob and Dani and staff** at The Shoulder for letting us use this space; for always being so welcoming; and for their community focus and inclusivity: we simply couldn't do it without them.

Note: Full financial accounts, full details of Trustees and other statutory information can be obtained by contacting the Trustees of Strumpshaw Coffee Group.

