



THE
AYLSHAM
CLUSTER
TRUST

It takes a Whole Community to Educate a Child

Saturday 5th October 2019
Blickling Estate
2pm - 4pm

The National Trust and Aylsham Trust Schools Friends and PTA groups will be offering families the opportunity of enjoying a large range of FREE activities in conjunction with '50 things to do before you're 11 3/4'.

Please join us for a variety of outdoor activities.

Come along for an hour or stay for the whole two hours.

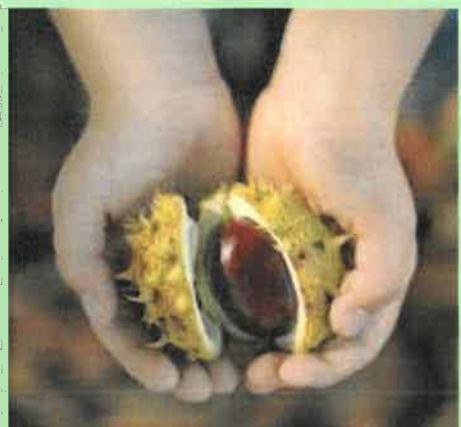
All children must be accompanied by an adult.

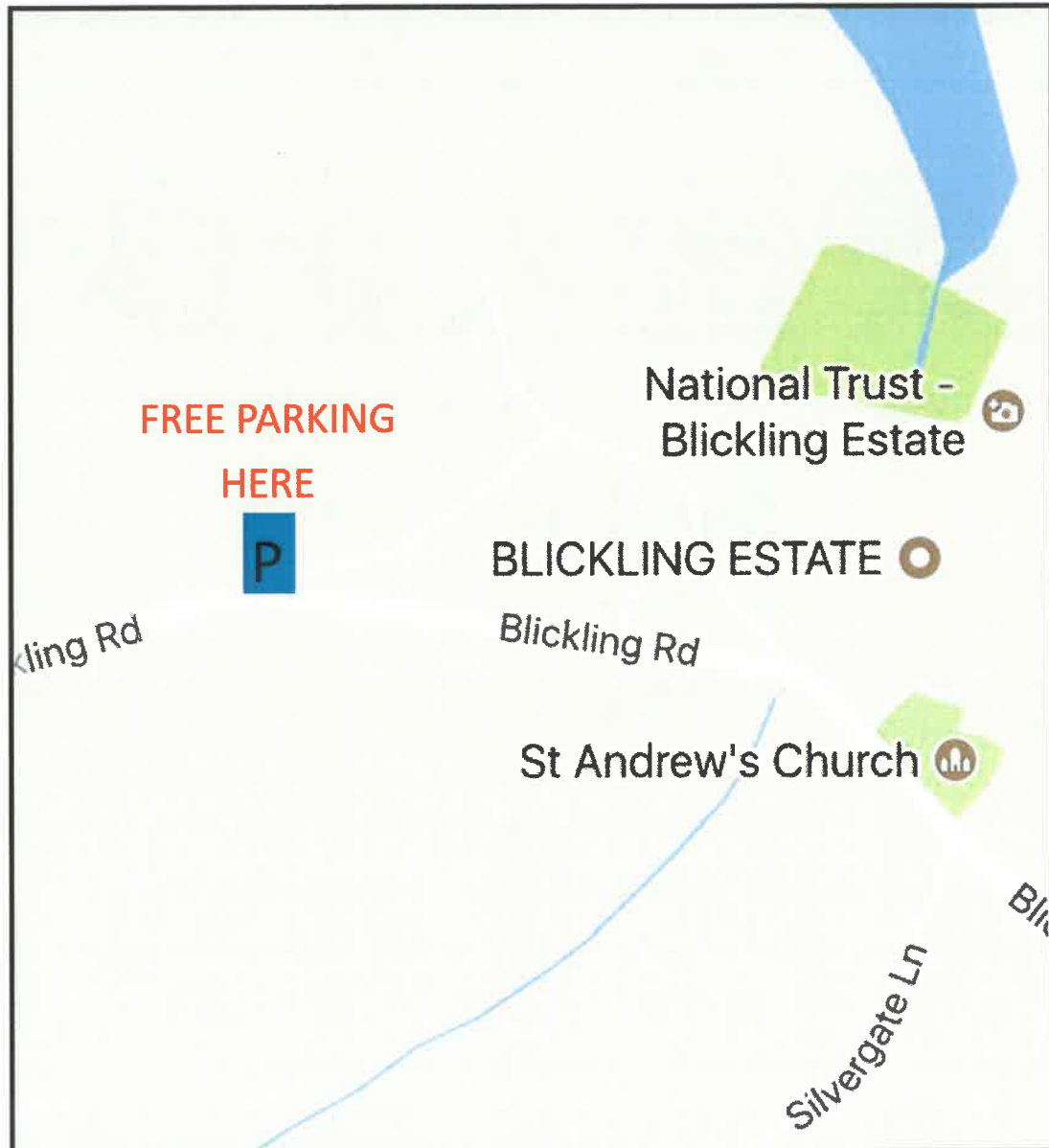
Please wear suitable outdoor footwear.

For FREE parking please ensure you follow the directions to the FREE car park which is close to the event.

There will be Aylsham Trust staff and volunteers on site to assist you.

Please note: If you park in the main estate car park there is a fee for all non National Trust members.





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Shopping List

Please help local people in crisis by buying items from the list below and leaving them at the **Norwich foodbank** collection point.

Thank you!

- Long life milk
- Long life fruit juice
- Sponge pudding (long life)
- Tinned meat and pies
- Instant mash potato
- Cereal snack bars
- Tinned carrots, peas, green beans
- Instant coffee
- Toiletries
- Supermarket gift vouchers

Thank you!

Norwich Foodbank is delighted to receive support from:



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The foodbank gives three days of emergency food to individuals and families in crisis. Local care professionals in the Norwich area refer people to us using a food voucher. At the foodbank centre clients exchange their voucher for food supplies; here they also receive a hot drink, a listening ear and signposting to other professionals who can help them out of their crisis. (In rural areas we deliver Emergency Food Boxes, or give boxes directly to local care workers.)

The foodbank also supports existing local agencies working with distressed and destitute people by donating food in bulk.

The foodbank allows the general public to contribute to and support local well-being in a simple practical way.

For further details of the work of the Norwich foodbank, contact:
Norwich foodbank,
Henderson Business Centre,
51 Ivy Road, Norwich NR5 8BF
tel: 01603 251733 or email:
admin@norwich.foodbank.org.uk
Twitter & Instagram:
@norwichfoodbank
Facebook: Norwich foodbank UK
www.norwichfoodbank.co.uk
Reg Charity No 1143528
Reg Ltd Company No 7051996
Ran in Ennland & Wales



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