NORWICH NATIONAL CONFERENCE – WORKSHOPS

Thursday, 24 September 2026

Session 1: between 11am – 12pm

Session 2: between 12.15 - 1.15pm

Workshop - Board Games

Details

Join up with others to enjoy a board game or two. A selection of games will be available to choose from, including Scrabble, Backgammon, Mah Jong and Rummikub.

Dictionaries will be on hand!

Session 1: between 11am – 12pm

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Workshop - Chair Yoga, with Michelle Cheesbrough

Details

This workshop is designed for those who are looking for a gentle and accessible approach to staying mobile while promoting flexibility, strength and relaxation.
If you have limited mobility or have trouble getting up and down, this session may be ideal for you as we will mostly be sitting on a chair, with the option to stand up for some poses.
No yoga experience required.

Session 1: between 11am – 12pm

Session 2: between 12.15 - 1.15pm

Workshop - Dancing, with Julie Ash

Details

Julie Ash is a dance teacher running a very busy dance school In Norfolk. She has been teaching for just over 37 years now so has an abundance of experience! She currently teaches Ballet, Tap, Disco, Lyrical and Adult dance and fitness classes.

She can't wait to meet you all to have a boogie and some fun. The session involves doing a little routine to a classic Disco tune which will be suitable for all levels of fitness, so dust off your leg warmers!

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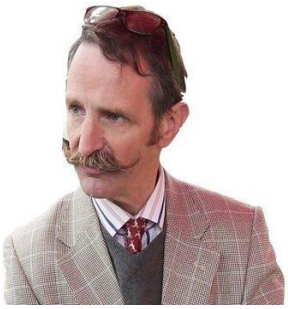
Workshop - Handbells, with Walland Express

Details

Mark and Sue Walland are a husband-and-wife duet handbell team.

They use the "off the table" English style of handbell ringing to enable them to utilise their 3 Octave (37 bells) set of American bells. They have represented the East Anglian region of the Handbell Ringers of Great Britain (HRGB) at various local, regional and national rallies and this year will be going to an International Symposium being held in Scotland.

The session will include history and facts about handbells through performance of their eclectic music before they invite you to have a go.



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Workshop - Tales from The Antiques Roadshow, with Robert Tilney

Details

Robert Tilney is one of the Antiques Roadshow experts and will be talking about life behind the scenes on the popular programme. An interesting raconteur, he is both entertaining and amusing, talking with real warmth about the amazing people he meets whilst filming.

Whilst obviously being very knowledgeable about his subject, his real skill is storytelling; a précis of the unpredictable world of dealing with an optimistic public.

Session 1: between 11am – 12pm

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Workshop - The Mustard Story and Tastings, with Condimentum

Details

Come and hear the fascinating story of Mustard. Condimentum processes the mustard ingredient from English Mustard Growers to produce the traditional flavour profile we know and love. Condimentum, headquartered on the outskirts of Norwich, is the world's leading vertically integrated producer of mustard and mint ingredients.

Tastings are available for anyone brave enough!!

Session 1: between 11am – 12pm ONLY

Workshop - Poetry, with Elizabeth Bracken

Details

It was a workshop run by the Aldeburgh Poetry Trust for Beccles National Women's Register in the late 1990's which inspired Elizabeth to go back to writing poetry.

A winner of the Suffolk Poetry Society's George Crabbe Award and the Waveney and Blyth Arts poetry prize, she has been actively involved in local poetry groups and workshops for over twenty-five years, running the Waveney Poets in Beccles for fourteen of those.
Elizabeth has published three poetry pamphlets, Unhurried Voices (2012), Appreciating the Place (2017) and There for the Poetry (2025).
Whether you are a beginner or an old hand at creative writing, expect to take away a handful of budding poems.
Pen and paper will be provided or bring your own if you prefer.

Session 1: between 11am – 12pm ONLY

Workshop - The Gut Biome and Wellbeing with Dr Amisha Modasia

Details

Dr Amisha Modasia is a post-doctoral research scientist at the Quadram Institute Bioscience specialising in gut microbiology and dietary fibre in health and disease. For this workshop she will be focusing specifically on gut health, with an emphasis on irritable bowel syndrome and how dietary fibre and the gut microbiome influence symptoms and wellbeing.
This workshop will include discussion and questions.

Session 2: between 12.15 - 1.15pm ONLY

Workshop - Relaxation and Facial, with Rachel Keal

Details

Rachel is a member of Norwich 2 NWR.

This workshop is a chance to step away from the busy pace of the day and focus on you. It will give time to relax, unwind, and understand your skin a little better.

You'll be guided through your skin's needs and have the opportunity to experience a range of products, helping you build a simple, effective routine that truly complements your skin, not someone else's.

We'll be using TEMPLESPA, a British luxury spa brand that is 100% vegan and results-driven. It's science-led skincare, inspired by and bathed in Mediterranean sunshine.

TEMPLESPA is built on three core pillars:

Performance – proven formulations that deliver visible results

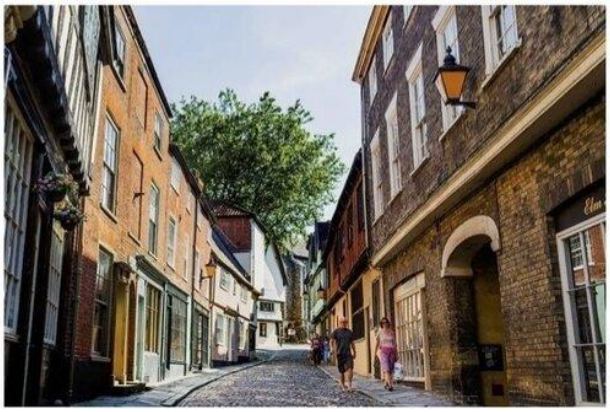
Experience – sensory rituals that feel indulgent and restorative

Texture – products that feel as good as they perform on the skin

This is more than skincare, it's a moment of wellbeing, confidence, and connection, designed especially for women.

DOUBLE WORKSHOP

PLEASE NOTE THAT THIS IS A DOUBLE SESSION & COUNTS AS 2 WORKSHOPS.



Double workshop - Guided walk around Norwich with Jan

11am – 1:15pm

Details

Discover more than 1000 years of Norwich's history.

Explore the ancient Cathedral Quarter and find out about the city's historic woollen cloth and shoe-making industries. Hear stories of Norwich Castle, walk through the late Victorian shopping arcade, then see Norwich Market, the 15th century Guildhall, City Hall and Jarrold's department store.

Pass the Museum of Norwich, where you hear about Norwich's former chocolate factory, followed by Cinema City and St Andrews & Blackfriars Halls – a former Dominican Friary, and visit picturesque Elm Hill and the River Wensum.