



NWR NATIONAL CONFERENCE 2026

“CUTTING THE MUSTARD”

Norwich Programme

Venue: Norwich City Football Club, Carrow Road, Norwich, NR1 1JE

WEDNESDAY 23rd September - The bar will be open from 5pm for members to enjoy a pre-dinner drink. Time to catch up with old friends and make new ones!

18.00 for 18.30	Registration / Check in for Evening Meal	Maids Head Hotel Minstrel Room
20.30 – 21.30	After dinner entertainment with Brian O’Leary, a member of The Magic Circle	

THURSDAY 24th September

08.30 – 09.15	Conference Registration & Coffee	Norwich City Football Club The Gunn Club (Level 1)
09.15 – 09.30	Conference Welcome & Housekeeping	
09.30 – 10.30	First Speaker Sarah Sands In Conversation with Sarah Sands, journalist and editor	
10.30 – 11.00	Break for refreshments	
WORKSHOP 1 11.00 – 12.00	Board Games	
	Chair Yoga with Robyn Lee	
	Dancing with Julie Ash	
	Handbells with Walland Express	
	Poetry with Elizabeth Bracken	
	Tales from The Antiques Roadshow, with Robert Tilney	
	The Gut Biome and Wellbeing with Dr Amisha Modasia	
	The Mustard Story and Tastings with Condimentum	
11.00 – 13.15	Double workshop - Guided walk around Norwich	
These count as two workshops	Double workshop - Musical Theatre, with Katie Leggett	

12.00	Comfort Break
WORKSHOP 2 12.15 – 13.15	Board Games
	Chair Yoga with Robyn Lee
	Dancing with Julie Ash
	Handbells with Walland Express
	Tales from The Antiques Roadshow, with Robert Tilney
	The Mustard Story and Tastings with Condimentum
	Relaxation and Facial with Rachel Keal
13.15 – 14.45	Lunch by Delia's Eatery at The Top of the Terrace
15.00	Claire Kendrick, CEO
15.15	Lesley Smith is Boudicca
16.15	Deirdre McCarthy, Chair of Trustees. Closing remarks and thanks
<p>Suggested activities / places of interest to visit in Norwich – visit the conference page</p>	

Remember to bring your paperbacks to swap!

In an effort to be as sustainable as possible, we will not be providing handouts at the Conference but will instead display the programme and other useful information for attendees.

Please note, members will be required to register themselves in person. This is due to fire and safety regulations.