



## The perfect blend

We're big fans of Norwich aromatherapist Kathy Webb's gorgeous range of **Palm and Sole** beauty products here at Resident, so we were thrilled to discover she was opening her own shop in Bridewell Alley. Created to benefit body and mind, each product is hand blended by Kathy and they're made in small batches so that they haven't been hanging round on the shelves for months. The whipped body mousses are definitely going on our Christmas list!

❖ [www.palm-and-sole.com](http://www.palm-and-sole.com)



## Cheers!

Pairing food with beer is rapidly growing in popularity and Norfolk's only beer sommelier, London Beer Academy graduate Bruce Ash, passed on his knowledge about blending textures, notes, aromas and flavours at a **Brewer's Table** event hosted by Woodforde's.

Held at the Woodforde's brewery tap, The Fur and Feather, during the Norfolk Food and Drink Festival and Cask Ale Week, five courses of delicious food were each accompanied by distinctive, Norfolk craft ales, hand picked by Bruce to heighten the flavours of each dish.



## At the Hub

The Cringleford Hub Cafe's grand opening gala was held on Saturday October 11.

Run for the community by the community, Rev Heather Cracknell, pictured, says: "There are so many ways for people to join in, from helping in the cafe to getting involved in some of the groups. And, of course, coming along to enjoy a coffee, tea and some delicious cake."

## Norwich Fashion Week 2015

A special screening of the **Norwich Fashion Week 2014** documentary took place at Fusion in The Forum last month.

The documentary, filmed and produced by students from the UEA, highlighted the main catwalk shows and events from earlier this year.

Guests included potential sponsors, including Resident, which we are proud to report, has affiliated itself with the week. So expect more fashion week news over the coming months!

❖ Norwich Fashion Week returns next year from March 5.



## Having a ball

The lifesaving **East Anglian Air Ambulance** is set to celebrate its 15th anniversary with a glittering occasion. A Crystal Ball is being held at Sprowston Manor on Saturday, November 15 with a sparkling drinks reception and a three-course meal, music from local band the Yow Yows, a crystal raffle from Norwich-based jewellers and event sponsors Tilletts with a £2,500 top prize and a fun casino with prizes up for grabs including a night at Sprowston Manor.

East Anglian Air Ambulance fundraising manager, Klara Mears, says: "We are looking forward to seeing everyone dressed up in their fancy frocks and smart suits, ready for an evening full of entertainment."

❖ Tickets cost £35 and are available from 01603 489406. For more information about the EAAA, visit [www.eaaa.org.uk](http://www.eaaa.org.uk)

