- EXHIBITION

Pinch: Homebody

The Norwich artist debuts their first solo exhibition, exploring the notion of home through a powerful collection of figurative paintings and drawings. Pinch has practised as a fine artist for a decade and describes art as a 'remedy' and 'focus' to help with their recovery after receiving a diagnosis of ME.

May 28-June 9, Anteros Arts, Norwich

- OPEN GARDENS -

St John Open Gardens

Three gardens are opening in aid of St John this mouth. Sheringham Hall (open June 1, 12-5pm) has undergone a huge restoration in the last few decades - see the rebuilt glass houses and cold frames, berbaceous borders, and enjoy walks through woodland and a wild flower meadow. Hoe Hall, next to St Andrew's Church in Hoe (open June 2, 12-5pm), has a white wisteria walk and mosted manor house. Elsing Hall (June 23, 12-5pm, also June 9, 10am-4pm for the National Garden Scheme) has an avenue of ginko trees, formal gardens, viewing mound and masses of roses.

OPEN GARDENS — National Garden Scheme Open Gardens

The National Garden Scheme's June openings include three new west Norfolk gardens on Sunday, June 9: Wensum Farmhouse, Pockthorpe, West Rudham (1-5pm). Two acres consisting of a walled cottage-style garden with mixed shrubs, perennial plants and bulbs surrounding the farmhouse, and an adjoining wild meadow with mown paths, nonds, shrubs and species trees. The White Cottage, Pockthorpe, West Rudham (1-5pm). A newly renovated garden designed by its owners in its infancy. The turalistic planting is influenced by designers Nigel Dunnet and Noel Kingsbury, Wensum House, Station Road, East Rudham (1-5pm). A historic Georgian house and garden, approximately two acres with lawns, mature trees and woodland areas.

MUSIC

Academy of St Thomas Midsummer Concert

Anna Douglass has been asked to play Mozart's Horn Concerto No 2 and a short melodic ldyll for horn and strings by Glazanov at this magical evening of summer music. The Academy of St Thomas wind players will perform a Petite Symphonie by the French composer Gounod and the concert will finish with Schubert's Symphony No 6 The Little C Major.

June 22, Salle Church, near Reepham

FESTIVAL

First Light Festival

The two-day festival returns to celebrate midsummer on the UK's most easterly beach with a feast of music, dance, theatre, science, comedy and more. Highlights include performances by DJ Colleen 'Cosmo' Murphy, comedian Shaparak Khorsandi and poet Hollie McNish. The festivities will begin with First Light's Resonance! opening parade featuring the Hackney Colliery Band, The Marina Samba Band, schools and community groups. A dawn sunrise programme will run from 3-30am on the Sunday with yoga, music by Alex Groves and a Balearic breakfast music and feasting experience.

June 22-23, Lowestoft venues

- MUSIC

Fakenham Choral Society: Songs of the Sea

A programme of sea-themed music will be performed by Fakenham Choral Society at the final concert of its 50th anniversary season. Mark Jones, the choir's musical director and head of chapel music at Gresham's School, will conduct the concert with Justin Harmer, cantor at the Roman Catholic Shrine of Our Lady of Walsingham, as accompanist. June 22, Fakenham Parish Church

MUSICAL

Everybody's Talking About Jamie

The acclaimed coming of age musical returns to Norwich. Jamie New is 16, lives on a council estate in Sheffield and doesn't quite fit in. Supported by his loving mum and surrounded by his friends, Jamie overcomes prejudice, beats the bullies and steps into the spotlight. The show stars lvano Turco as Jamie, plus Rebecca McKinnis, Sejal Keshwala, Talia Palamathanan,



X Factor winner Sam Bailey and Strictly Come Dancing royalty Kevin Clifton.

June 24-29, Norwich Theatre Royal

THEATRE

Shirley Valentine

North Norfolk actor Loraine Metealfe is preparing to play Willy Russell's rom com heroine for the fifth time to raise money for a venue that has played a key role in her life. The story sees the housewife escape her boredom in Liverpool to find adventure, and romance, on a Geeck island. June 27-29, Sheringham Little Theatre

- SEASIDE SPECIAL -Cromer Pier Show

The curtain raises on the world's only full-season end-of-the pier show, promising song, dance, circus, sparkle and lots of laughs. Hosted by comedian Phil Reid, guest acts during the run include Britain's Got Talent 2020 finalist Steve Royle, magicians Danny Lee Geev and John Archet, and comedian Kev Orkian.

June 29-September 28, Cromer Pavilion Theatre



IN CONVERSATION -

Keith Brymer-Jones: Life, Clay and Everything

The Great Pottery Throw Down judge will be sharing stories of life in front of and behind the potter's wheel in conversation with his partner, actor Marj Hogarth – including his previous career as frontman in an almost-famous band. He'll also give a demonstration and share his advice for working with clay.

Norwich Theatre Royal