

NORFOLK VEGETARIAN & VEGAN SOCIETY

The Norfolk & Norwich Vegetarian Society was formed in 1969 to serve the County of Norfolk and the City of Norwich.

In 2001 this was changed to the Norfolk Vegetarian & Vegan Society.

Regular meetings/lunches are held, mainly at Frettenham Village Hall, near Norwich (see rear of this leaflet).

Aims of the Society

1. To promote the knowledge and practice of vegetarianism and veganism in Norfolk.
2. To provide opportunities for vegetarians and vegans to meet.
3. To provide recipes and advice for those wishing to become vegetarian or vegan.
4. To encourage links with like-minded bodies in Norfolk seeking to follow a compassionate way of life conserving the earth's resources and living in harmony with all other forms of life.
5. To encourage the production of pure food without the use of chemical pesticides and fertilisers.

Various summer outings to places of beauty and interest are held. For details contact Alicia Howell (Treasurer) on 01603 620784.

We support Hillside Animal Sanctuary.

Membership and Subscriptions

Send To: Mrs Alicia Howell (Hon Treasurer)
13 Ipswich Grove
Norwich
Norfolk
NR2 2LU
Tel: 01603 620784

Single: £4.50 OAP's and concessions: £3.50
Joint: £8.00 OAP's and concessions joint: £6.00
Due 1st April annually (donations welcome)

Non members made welcome at all meetings/lunches. Adults £1.00 to cover the cost of room hire.

Membership Form

I wish to join the Norfolk Vegetarian & Vegan Society.
I eat no Flesh, Fish or Fowl.

Name _____
Address _____

Postcode _____
Tel No. _____
Email _____

Map to Frettenham Village Hall

