# Norwich robbery suspect banned from Norfolk shops except Iceland in Essex



Heather Cunningham, 40, has found herself subject to stringent bail conditions after being charged in connection with an alleged robbery incident on May 25. Appearing at Norwich Magistrates’ Court, Cunningham faces serious allegations, including the robbery of a One Stop Shop and strangulation of a shop assistant during the attempted theft of confectionery and cleaning products valued at £132. The court heard that when store staff tried to prevent her from leaving without paying, Cunningham reportedly resorted to violence, punching and pinning an assistant by the throat.

In light of these charges, magistrates imposed a series of strict bail conditions on Cunningham, which include a 12-hour curfew and a prohibition from entering Norfolk entirely. Interestingly, she has been permitted to visit only one retail location: a branch of Iceland in Essex, where she is allowed to shop. This unusual stipulation raises questions about the judicial system’s approach to preventing repeat offences while accommodating the needs of individuals facing financial and personal challenges.

Cunningham's defence attorney, Ryan Creek, indicated that she would argue her involvement in the alleged robbery stemmed from duress and threats, suggesting that circumstances outside her control may have compelled her to commit the crime. While the full details of her background remain undisclosed, the context of her actions reflects a broader issue within society regarding economic hardship and crime. This situation is not isolated; it resonates with recent trends indicating an uptick in retail crimes within the region.

The case also underscores the gravity of violent crime in retail settings. For instance, just weeks prior, two women were sentenced for a knife-point robbery at a store in Lowestoft, which demonstrates an alarming pattern of aggressive thefts. According to police reports, such incidents are increasingly prevalent in areas like Norwich and Lowestoft, highlighting a growing concern over public safety and the welfare of shop workers. The rapid response from law enforcement in that instance, along with the evidential footage leading to quick arrests, illustrated the police's commitment to tackling retail crime.

Overall, Cunningham's case is a part of a broader narrative involving escalating shoplifting incidents, with varying degrees of violence and desperation manifesting in different forms. Recent statistics have shown that shoplifting incidents have surged, putting immense pressure on both law enforcement and retail staff. As communities grapple with the implications of these offences, the judicial outcomes will likely raise continued discussions about effective preventative measures and the support systems available for individuals at risk of resorting to crime.

Cunningham's next court appearance is scheduled for June 24, where the allegations will be heard further in Norwich Crown Court. The court's approach in her case and similar incidents will undoubtedly contribute to ongoing debates surrounding crime, punishment, and societal support structures, as stakeholders from law enforcement to community leaders seek effective solutions to a growing concern.

## Reference Map:

* Paragraph 1 – [[1]](https://www.edp24.co.uk/news/25194523.city-robbery-suspect-banned-shops-except-iceland/?ref=rss), [[2]](https://www.edp24.co.uk/news/25194523.city-robbery-suspect-banned-shops-except-iceland/?ref=rss)
* Paragraph 2 – [[2]](https://www.edp24.co.uk/news/25194523.city-robbery-suspect-banned-shops-except-iceland/?ref=rss), [[6]](https://www.lynnnews.co.uk/news/court-in-review-part-one-child-abusers-drug-drivers-and-d-9397701/)
* Paragraph 3 – [[3]](https://www.suffolk.police.uk/news/suffolk/news/news/2023/october/lowestoft-pair-jailed-for-shop-robbery/), [[4]](https://www.norfolk.police.uk/news/norfolk/news/news/2025/january/man-charged-over-norwich-incidents/)
* Paragraph 4 – [[5]](https://www.nottinghamshire.police.uk/news/nottinghamshire/news/news/2024/january/shoplifting-pair-targeted-stores-across-the-east-midlands/), [[6]](https://www.lynnnews.co.uk/news/court-in-review-part-one-child-abusers-drug-drivers-and-d-9397701/)
* Paragraph 5 – [[7]](https://www.edp24.co.uk/news/crime/20633542.jailed-norfolk-january-sex-offenders-drug-dealer-among/)

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## Bibliography

1. <https://www.edp24.co.uk/news/25194523.city-robbery-suspect-banned-shops-except-iceland/?ref=rss> - Please view link - unable to able to access data
2. <https://www.edp24.co.uk/news/25194523.city-robbery-suspect-banned-shops-except-iceland/?ref=rss> - Heather Cunningham, 40, has been banned from entering Norfolk as part of her bail conditions following an alleged robbery incident in Norwich on May 25. Appearing at Norwich Magistrates’ Court, she faced allegations of robbery at a One Stop Shop and of strangulation of a shop assistant. Prosecutor Katherine Newsom stated that staff had attempted to stop Cunningham from leaving the store without paying for £132 worth of confectionery and cleaning products when she allegedly punched and pinned an assistant by the throat. Cunningham, of Northbourne Road in Clacton-on-Sea, Essex, did not enter pleas as the charges were committed to be heard at Norwich Crown Court on June 24. Defending, Ryan Creek said she would claim to have been forced into stealing due to duress and threats. Magistrates granted bail with conditions including a 12-hour curfew, a ban from Norfolk, and a ban from any store in the UK except one branch of Iceland in Essex.
3. <https://www.suffolk.police.uk/news/suffolk/news/news/2023/october/lowestoft-pair-jailed-for-shop-robbery/> - Two women, Heather Ellis, 21, and Misha Goddard, 29, both from Norwich Road in Lowestoft, were sentenced to 32 months in jail each for a knife-point robbery at Pammy’s Store on Beresford Road in Lowestoft. The incident occurred on May 14, 2023, when one offender entered the store and threatened a shop worker with a knife while the other remained outside. A large quantity of cash was stolen. The shop worker was unharmed but shaken. Ellis and Goddard were arrested the following day, and evidence including CCTV footage and items matching descriptions from the robbery were found during searches of their homes and vehicle. Detective Inspector Jamie Rose stated that the swift arrests were due to thorough police enquiries and compelling evidence.
4. <https://www.norfolk.police.uk/news/norfolk/news/news/2025/january/man-charged-over-norwich-incidents/> - Stuart Brooke, 29, of William Kett Close, Norwich, was charged in connection with several incidents in Norwich, including an attempted robbery in Magdalen Road on January 7 and the assault of a woman in Cunningham Road on January 11. Brooke appeared at Norwich Magistrates Court and was remanded in custody to appear at Norwich Crown Court on February 11. The charges include attempted robbery, attempted theft of a motor vehicle, intentional strangulation, threats to kill, possession of a knife, two counts of possession of class B drugs (cannabis), assault, and robbery.
5. <https://www.nottinghamshire.police.uk/news/nottinghamshire/news/news/2024/january/shoplifting-pair-targeted-stores-across-the-east-midlands/> - Amanda Cunningham, 44, and Gemma Beeby, 39, targeted multiple Tesco stores across the East Midlands between March and July 2023, stealing approximately £15,000 worth of products. They also stole alcohol and detergent from a Sainsbury’s store in Kimberley on June 1, 2023. Cunningham usually entered stores alone, filled trolleys with spirits, removed security tags, and left without paying, while Beeby acted as the getaway driver. The pair targeted stores in Alfreton, Clowne, Hucknall, Kettering, Kimberley, Mansfield, Mickleover, and Oakham. On June 13, 2023, they stole £1,403.35 worth of alcohol from the Tesco Express store in Jubilee Way South, Mansfield. Cunningham pleaded guilty to 18 counts of theft, three attempted thefts, and two common assaults, receiving an 18-month custodial sentence, suspended for 18 months, and ordered to complete a nine-month drug rehabilitation programme. Beeby admitted 12 thefts and received a 12-month custodial sentence, suspended for 18 months, with a 25-day Rehabilitation Activity Requirement. Both were also ordered to pay a £187 victim surcharge.
6. <https://www.lynnnews.co.uk/news/court-in-review-part-one-child-abusers-drug-drivers-and-d-9397701/> - A review of notable court cases in King’s Lynn and West Norfolk from 2024 highlights various incidents. In January, Danny and Tyler Goodson assaulted two pub staff members and a police officer during a drunken argument at a Wetherspoon beer garden in Lynn. Both pleaded guilty to assault by beating, with the father, aged 38, admitting an additional charge of assault by beating of an emergency worker. In February, Samantha Shaw sent a dead pig’s head and fragments of dead birds to a former friend as part of a neighbourhood feud. The court imposed a two-year restraining order preventing Shaw from contacting the victim. In March, Alexander Thompson was sentenced for harassment after making multiple phone calls to his ex-partner, leading to a 12-month restraining order and a fine. In April, Kirsty Mills was jailed after assaulting a woman twice and attempting to gouge her eyes out. In May, Imogen Cronin was ordered to pay compensation after entering a stranger’s home while drunk, believing it was her own. In June, drug-driver Shane Harvey was banned from the roads after being caught 16 times over the legal limit while his young son sat in the back of a van. These cases reflect a range of criminal activities addressed by the courts in the region.
7. <https://www.edp24.co.uk/news/crime/20633542.jailed-norfolk-january-sex-offenders-drug-dealer-among/> - Several individuals were jailed in Norfolk and Waveney in January for various offences. Mark Moulton, 26, of Norwich Street, Dereham, pleaded guilty to five charges of being concerned in the supply of Class A and Class B drugs and was sentenced to 27 months in prison. Andrew Reilly, 33, of Notley Road, Lowestoft, admitted false imprisonment and assault of emergency workers, receiving a sentence of five years and four months in prison. Carl Horth, 34, of Denmark Road, Lowestoft, was jailed for breaching a Criminal Behaviour Order related to aggressive begging. Ross Smith, 33, of Banham Road, Beccles, was sentenced to 10 years in prison for sexually abusing a young girl. Rhys Phillips, 27, of Bullard Road, Norwich, was sentenced to two years imprisonment for breaching a stalking prevention order and other offences. These cases highlight the range of criminal activities addressed by the courts in Norfolk and Waveney.