

The Parishes of Barton Bendish & Eastmoor; Beachamwell, Shingham & Drymere; Boughton; Wereham

April 2024

Cover illustration drawn by Mark Powell, Beachamwell ©

WELCOME



Once again we would like to thank

- ♦ Alan Pickering for dealing with the adverts
- Kevin Fisher for the website
- Andrew and Liz Stephen for collecting and delivering to the villages.
- Limetree Printers for their super efficiency.
- Everyone who has helped with G4N in any way

We do appreciate your continued support.

As always, 'Happy Reading ' The Editorial Team Eileen and Pam

Thanks to all contributors and apologies to any whose work has not been shown in this issue.

We promise to include your articles wherever and whenever possible. Please do keep them coming.

Many thanks to the distributors, we couldn't do without you!!!

© Copyright Group4 News 2024

GROUP 4 TEAM VILLAGE CONTACTS

Barton Bendish: Jill Mason

Sandmere, Church Rd, Barton Bendish

Tel: 01366 347 928

masons.sandmere@.btinternet.com

Beachamwell: Eileen Powell 20 All Saints Way, Beachamwell

Tel: 01366 328 648

powells@beechamwell.plus.com

Boughton: Pam Wakeling Robet, Mill Hill Road, Boughton

Tel: 01366 500 429

p.wakeling621@btinternet.com

Wereham: Viv Scott

Orchard House, Flegg Green, Wereham

Tel: 01366 500346

vivienne.scott@googlemail.com

Please submit all information through your Village Contacts.

Deadline for copy for the May 24 edition:

11th April

ADVERTISING

Alan Pickering 16 Tinkers Way, Downham Market, PE38 9TQ

Tel: 07779 787499 or 01366 386125 e:mail: group4news@gmail.com

If you use any of the advertisers in the magazine, please mention where you have seen their advertisement.

WEBSITE

www.group4news.co.uk

Kevin Fisher, Tel 01366 502224

LIGHTEN OUR DARKNESS

With the passing of the Spring Equinox on the 20th March the days are lengthening; what are often referred to as 'light evenings'. With that the signs of spring seem to increase with daffodils and other plants flowering and also birdsong becoming more evident. Understandably, many of us enjoy this time of year more than any other. We do appear to favourably respond to the increase in the amount of natural light. That despite the profusion of the artificial sort. However, are we leaving darkness behind altogether? After all, one of our primeval instincts is to sleep during the hours of darkness. With which artificial light and 24-hour media do compete.

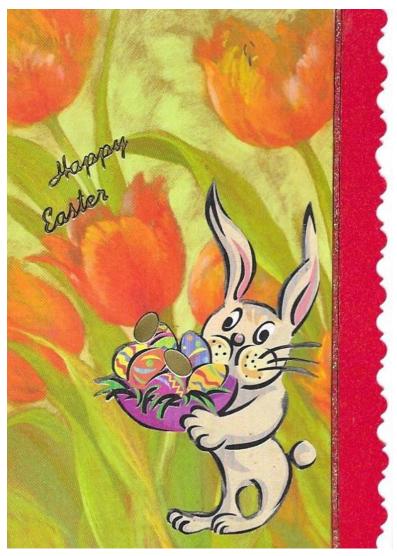
Darkness and light are used metaphorically to represent evil and goodness. The latter being referred to in the Bible as *righteousness*. As with the competition between artificial light, 24-hour media are our sleep patterns, there is also a competition between our propensities to being bad or good. Again. these appear to be instinctive in character. Although there is always a debate about nature and nurture. In other words whether our behaviours are indeed instinctive or has been learned. The former giving credence to the doctrine of original sin. This being derived from Adam and Eve's disobedience to God in the Garden of Eden.

We may not be aware of this competition at all times. Some may feel it more acutely than others whilst some may even dismiss it or choose to ignore it. But, like it or not, it is there. The majority are not drawn to extremes, of course, we may not be particularly saintly nor yet have criminal intentions. Even so, there is a potential for a battle to take place within us. Perhaps the classic temptation comes when we are driving. That of exceeding the speed limit. At the time you may not even be aware that you are doing so. On the other hand, there is a powerful feeling of having got away with something when you deliberately break the law. I wonder if that is how Adam and Eve felt?

If we are tempted to do something wrong or even exceed to that temptation, how are we to come to terms with that we have done wrong? It would, fairly obviously, be remiss of me not to mention confession. Do we confess to someone else? If so, we need to be certain that it would not cause more harm than good. Many people rely on therapists and, in the right circumstances, such help and support can be invaluable. Christians make their confessions to God. This may be in the form of a Sacramental Confession before a priest as practiced in the Roman Catholic Church. In other denominations it is principally in the form of the General Confession which is part of the liturgy within a Service.

LIGHTEN OUR DARKNESS

In the fourth Gospel St. John makes ample use of the metaphors of light and darkness. In chapter 12 Jesus says, "Walk while you have the Light, so that the darkness may not overcome you" Let us not become enveloped the darkness of sin; let us put it behind us. Rather walk in the Light of Christ. Our life is in that Light for 'Life is eternal and Love is immortal'. **Tony Mills**



RECIPE OF THE MONTH

Easter Biscuits

4oz margarine
4oz sugar
1 small egg
8oz plain flour
1tsp grated lemon rind
1/4 tsp cinnamon or mixed spice
2oz currants
A little milk



- Cream margarine and sugar together, add beaten egg, flour and rest of ingredients and mix to a stiff dough.
- Roll out 1/4" thick and cut into 4" rounds. Brush with egg white and dredge with sugar (optional)
- Bake until golden brown in a moderate oven.

Simnel Cake

1 6" rich fruit cake - bought or made 1/2 lb marzipan - bought or made

- Cut off 1/3 marzipan and roll out into a round slightly less than the diameter of the cake.
- Cut the cake across the centre and place the marzipan between the two pieces.
- Using half the remaining marzipan, roll out into a round and cover the top of the cake.



- Using the other half of marzipan make 12 small balls—they represent the apostles. Place them evenly around the top edge of the cake. Brush these over with a little egg wash.
- Put into a hot oven until the balls are browned. When cool, pour glace icing into the centre and decorate with chicks, chocolate eggs etc.

Eileen Powell

COUNTRYSIDE NOTES

For nearly a year previous to February a pair of moorhens were regular visitors to our garden which was surprising in several ways. As with many things that occur in nature which differ from the norm you wonder why. Firstly, moorhens are wetland birds, in other words water, or being close to it, is their natural The nearest ponds to us are about 300 yards away in opposite directions which is quite a distance for a smallish bird that's not a strong flyer to travel. I don't think they were inhabitants of either. Yes, we have a pond in our garden but they were unable to access it because we keep it covered with weld Secondly, our garden is enclosed mesh to protect the fish from herons. meaning they had to negotiate a 6ft fence or wall to get in. They'd fly up onto it and look to see if the coast was clear before dropping down. They came in several times a day, sometimes together, sometimes singly, to pick about under the bird table or poke about in the flower borders. They were guite shy although they'd stand up to a woodpigeon if it came too close. Then they'd be off to visit neighbouring gardens or even take a stroll a little way down the road. Last summer they had a baby but it didn't last long, I expect the local cats saw to that! I loved seeing them as they are neat and tidy and did no damage. As moorhens are omnivorous they may have even earned their keep by disposing of slugs and snails. Maybe, with so much water laid on the fields in February they found a more convenient place to live.

Moorhens and Coots are similar in appearance the former being about the size of a pigeon and the latter a bit larger, both are very territorial. They share similar habitats in that they inhabit ponds, lakes, streams and rivers with dense vegetation on the banks but can also be seen foraging on nearby grassland. Although quite timid in the wild they become tame when living in public places such as town parks. Both have very large feet with Coots having partially webbed toes. Neither are very strong flyers and taking off from water appears somewhat laborious.

Moorhens have nothing to do with moorland. Their name is derived from 'merehen' or bird of the lakes. Most common and widespread of British water fowl they have black plumage but are easily identified by a white stripe along their flank and red on their beaks which extends up the forehead. They also flick their tail when they walk the underside of which is also white. Coots are predominately black with just a white flash above their beaks and a small white wing bar which only shows in flight. They can be very aggressive but will often gather in large flocks during the winter in such places as the Norfolk Broads and even stretches of the coast if inland waters are frozen.

Jill Mason (Barton Bendish)

PUNS TO PONDER

A joke exploiting the different possible meanings of a word or the fact that there are words which sound alike but have different meanings

- 1)I've just finished reading a book about the world's greatest basement... It was a best cellar.
- 2) It's my first week working at the bicycle factory and they already made me a spokesperson.
- 3) My laptop caught pneumonia, apparently, because I left Windows open.
- 4)I thought swimming with Dolphins was expensive until I went swimming with sharks... It cost me an arm and a leg.
- 5)The main function of your big toe is to make sure all the furniture in the house is in the right place.
- 6) Horses have lower divorce rates. It's because they are in stable relationships.
- 7)It's pretty obvious that if I run in front of a car, I will get tired, but if I run behind a car I will get exhausted
- 8) My teachers told me I'd never amount to much because I procrastinate so much. I told them you just wait.
- 9) 90% of bald people still own a comb; they just can't part with it.
- 10) Every morning I get hit by the same bicycle.. It's a vicious cycle.
- 11) The word "incorrectly" is spelt incorrectly in every dictionary.
- 12) I've been experimenting with breeding racing deer. People have accused me of just trying to make a fast buck.
- 13) The other day I yelled into a colander and I strained my voice.
- 14) I went to a fish restaurant last night and ordered the Octopus.

The waiter told me it takes 4 hours to cook. "Why", I asked. He said, "It's because it keeps turning the gas off"

- 15) What do you call a row of rabbits hopping backwards? A receding hare line.
- 16) When I was a kid, we played spin the bottle with the girls. If they didn't want to kiss you, they would have to give you a dollar. By the time I was 12, I owned my own home.
- 17) Always trust a nudist, they have nothing to hide.

PICTURE FOR YOU TO COLOUR



QUIZ PAGE

- 1. How many bones are there in the human face 4, 14, 24 or 34?
- 2. What was John Lennon's middle name?
- 3. Boris Spassky is a famous name in which sport?
- 4. When a surgeon performs a myectomy what is removed?
- 5. Which member of the Royal Family's Christian names include Elizabeth, Alice, Louise?
- 6. Which boy's name appears in most nursery rhymes?
- 7 According to the proverb, what can't you do if you don't speculate?
- 8. Zemmiphobia, equinophobia and bufonophobia are phobias relating to what?
- 9. Which is the longest book in the Bible Joshua, Proverbs, Leviticus or Psalms?
- 10. MacKechnies Stores features in which popular TV drama?
- 11. Where did the catchphrase 'Are you sitting comfortably' originate?
- 12. 'Pure & Simple' was the number one debut single of which pop band?
- 13. How many bathrooms are there in Buckingham Palace 28, 48, 78 or 108?
- 14. Ceilidh is the Gaelic word for what dance, dream, entertainment or visit?
- 15. In Star Trek what is Captain James T. Kirk's middle name?
- 16. Which 1960's singer named his daughter Tulip after the song that made him famous?
- 17. Solve the following clues to flowers a) vulpine attire b) partygoer without partner c) Remembrance Day flower d) fragrant Prince.
- 18. Which district was designated as Britain's first National Park?
- 19. What is the 49th state of America?
- 20. What is the ideo locator on an outdoor map?
- 21. How did denim get it's name?
- 22. What are Rocky and Bull winkle in the children's cartoon?
- 23. How many US states have a land border with Mexico?
- 24. Why is it called plaster of Paris?
- 25. Which actor's name means 'cool breeze over the mountain's' in Hawaiian?

Answers: (1) 14; (2) Winston; (3) Chess; (4) Part of a muscle; (5) The Princess Royal; (6) Jack; (7) Accumulate; (8) Animals - the great mole rat, horses and toads; (9) Psalms; (10) Monarch of the Glen; (11) In the Radio programme 'Listen with Mother'; (12) Hear'Say; (13) 78; (14) Visit; (15) Tiberius; (16) Tiny Tim [the song was 'Tiptoe through the Tulips']; (17) a - foxglove, b - wallflower, c - poppy, d - sweet william; (18) The Peak District in 1951; (19) Alaska - admitted in 1959; (20) The 'you are here' arrow; (21) It is derived from serge-de dimes, a fabric made in Nimes, France; (22) A squirrel and a moose; (23) Four - Arizona, New Mexico, California and Texas; (24) It was mined at gypsum quarries in Montmartre, Paris; (25) Keanu Reeves

Barton Bendish Community Library and Second Hand Bookshop



Open every day 10am – 4pm St Andrew's Church PE33 9GF

Everyone, including people from surrounding villages, welcome to borrow or buy books

Beachamwell

24 Public Rights of Way? Where are they?

Come and explore with the

Wednesday Walkers

On the first Wednesday each month,

leaving the Memorial Hall at 10.00 a.m.

All welcome

dogs on leads please



Enquiries: 01366 328960

Beachamwell



St. Mary's Church

Short Service of Worship on the Green

[If wet in the Village Hall]

Saturday 13^{0h} April 11.00am

Do come and join us.

Enquiries 01366 328 779

Beachamwell



St. Mary's Church / Village Hall

Light Lunches

Saturday 13^{0h} April 12 noon — 2.00

Money raised will go to funds for continuing restoration work

Enquiries 01366 328 779

Beachamwell



Afternoon Tea and a Chat.....'

Wednesday April 17th 2 - 4pm

Enquiries: 01366 328108

Village Hall

Barton Bendish Community Breakfast



Saturday 20th April 9.30 Barton Bendish Village Hall

Join us for an informal gathering over breakfast with friends to discuss thoughts prompted by faith & spirituality, to motivate and inspire us.

Enquiries 01347 849 or 01347 563 Donations for St Andrews Church

Barton Bendish Film Club

Proudly Presents:

'Wonka'

Saturday 20th April 6.30 [D/O] For 7.00pm [S]

Barton Bendish Village Hall Tickets £5 Free refreshments during interval

included

To reserve your seat please contact Box Office: 01366 347849 email: cinemabarton@gmail.com www.bartonbendishfilmclub.btck.co.uk/

Barton Bendish Pop Up Café

Friday April 26th
12 noon - 3.00
Village Hall
Drop by for lunch or
afternoon tea and have a
chat with friends!
Everyone welcome, no
need to book
All profits will be donated
to RSPCA

bartonbendishevents@gmail.com

Beachamwell



Pop Up Pub

Friday 26th April

7.00pm until Last orders 10.30

Village Hall

Enquiries: 07818 453 323

Barton Bendish



Quiz & Supper Night

Saturday 27th April 7.00pm Village Hall

Teams of up to 6
£10 per person including
jacket potato (various fillings)
with side salad, tea or coffee
(bring your own drinks)
Bookings:

bartonbendishevents@gmail.com 01366347563 or 01366 347983

Proceeds in aid of St Andrew's Church



POETRY

A COUPLE OF POEMS BY **ANDREW STEPHEN**

That's Bleak

Onion wrapped And mapped like a palm My mind is cast like a net Wide like a Norfolk sky Black like the Earth And blown with portents And pasts born like leaves. Among the stone porches' drip And stump which singing sits Beneath the rainbow smile And splits the sky's Limits of horizon And lowering cloud. We wait and wonder As the fierce winds Tear our loves to pieces.

Foggy and grey Fresh and vital The Sun's motion Frames the frozen fields. Ice and furrow slope Dimly remembering As we peer into the past And find ourselves Right here

Andrew Stephen

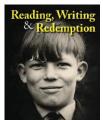
Shapes in the Shadows

All those years I was waiting for the door to slam Shut on lonely dreams. The silence which once filled my head Is groping towards words to still the ache Of endless energy And restless searching For meaning And something more Than mere memory Which burns on Like a solitary bulb Revealing only part Of our separateness

We imagine our irrelevance Hide in the fog And noise Of uncertainty. Not sure about promises made Pictures seen Or words which Expose us.

Sad whistles Echo outside. The slow moving river Is whipped by the wind. Cold feet tramp Along wet pavements As we are called to consciousness. Each moment is precious Each hurt worthwhile Your spirit hangs still in the air Your promises have brought me life

Andrew Stephen



BARTON BENDISH & EASTMOOR VILLAGE NEWS

Maureen Buck-80 Not Out

"I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel."

Maya Angelou.

It's hard to imagine how anyone could be more respected than Maureen by the



community she lives in. It was a great joy to us all to have the opportunity to celebrate the beginning of her ninth decade in our wonderful Village Hall. It was no surprise that a small army of people turned up to set up tables, chairs and bunting or that they waited to clear up at the end. Everyone wanted the occasion to be a memorable one — and it was. Maureen has been part of the village all her life, one way or She was married in St another. Andrew's Church and lives in the

house where she grew up as a child. Her guests included people she has known all her life and some like me who were lucky enough to get to know her after moving to Barton Bendish. As I said during the Toast, she and Val Mcallister did their level best to keep me on the straight and narrow, advising me that the ways of West Norfolk are a little different to those of the big city. Indeed, Maureen is still doing it. The occasion was marked by smiles and laughter and a tribute by Brian Reynolds which through some light on her work at the Hall. She was clearly a worker of miracles. The catering was superb and a performance from the Barton Bendish Choir very impressive, as it always is. I was relieved that having started to sing Happy Birthday, they all joined in and quickly drowned out my discordant notes. Community in action. I know that Maureen was delighted with the way that it went and what a pleasure it was to see our community come together to celebrate with a lady who is an example to us all. I have never heard her say a bad word about anyone. She is kind and willing to accept people as they are. She is an example to us all.

Andrew Stephen

BARTON BENDISH & EASTMOOR VILLAGE NEWS

The Community Hub

We will be running the Hot Hub on Wednesday afternoons until the end of April and intend to continue into May and June on a Tuesday afternoon, in order to avoid clashes with Beachamwell and other events. I have applied for a new grant to support this. If I am not successful, we will perhaps have to think again. We are renaming the Hub as the Community Hub because its function is to support the whole community rather than provide a warm space in response to the cost of living crisis. I know that one lady was put off attending the Hot Hub because she thought she would have to wear a swimming costume. Not so. The Hub is for everyone who likes to meet, talk, drink tea, eat cake and enjoy company. It is also for those who knit, sew ,embroider, create tapestry, paint- or indulge in any Art or Craft. I am very grateful to Linda Webster for leading this particular initiative which has certainly attracted people who didn't come before.

The trick now is to encourage everyone to realise that the hub really is for everyone. They are drop in sessions, they are free and many people enjoy coming. Please spread the word. I am enormously grateful to the Village Hall Trustees for their help and encouragement, as I am to Liz Stephen and Maureen Buck for the endless hours they put in. If we are able to make the Community Hub more or less permanent, we will need some more volunteers. I believe the sessions do a lot of good and it is in everyone's interest to make them as popular and successful as possible. We are always happy to receive suggestions about activities to try. We are hoping to organise more help with technology and we are open to other ideas which could benefit the community. Let us know if you have any. This is a remarkable community. It is flourishing. Let's build on that. **Andrew Stephen**

Forthcoming Events

Candle Lit Celtic Service April 7th at 6pm St Andrew's Church

Annual Parochial Church Meeting – April 17th 7.00pm in St Andrew's Church

Barton Bendish Film Club: We plan to show The Great Escaper on Saturday 1st June, starring Michael Caine and Glenda Jackson.

Barton Bendish Village Open Gardens this year takes place on Sunday June 23rd

Barton Bendish Art and Craft Exhibition is over the weekend of 21/22 September.

Barton Bendish Parish Council

Please contact the Parish Clerk for any matters concerning the Parish Council

Mrs Sharon Sweet, Locum Parish Clerk

Email: bartonbendishparishcouncil@aol.co.uk

Further information is available on the Parish Council website

BEACHAMWELL, SHINGHAM & DRYMERE VILLAGE NEWS

Beachamwell Village Hall



Diary Dates

- 1. April 26th Friday Pop Up Pub
- 2. May 24th Friday Pop Up Pub
- 3. May 11th Saturday 'Dance the Night Away' Disco/Dance from 7pm [see page 18]
- 4. June 2nd Sunday Open Gardens -
- 5. June 8th Saturday D D Celebrations Village BBQ from 4pm [see page 19]

Have you had a chance to browse the new website yet www.beachamwell.org.uk

If you would like to submit any news or event information for consideration, please fill in the website contact form.

Here's advance notice for a D-Day BBQ on Saturday 8th June from 4pm. It's a chance to come together to remember and celebrate 80 years! 1940s themed dress encouraged. If possible please bring a dessert to share.

Would you like to get involved with village activities? Can you spare a few hours every month? We are looking for people to volunteer with our events and general Village Hall activities. All input gratefully received. Drop us an email via the website contact form or have a chat with Cathy Friend. We'd love to encourage more helpers to expand our activities.

Do you have any ideas or comments on what you'd like to see at Beachamwell Village Hall? Input from Beachamwell residents is hugely important to us so please do let us know if you have any thoughts or feedback. We'd love to hear from you.

Not sure how to contact us? The new website has a helpful contact page where you can submit your enquiry and a member of the Beachamwell Village Hall Committee will endeavour to reply in a timely manner.

Clare Millar

BEACHAMWELL, SHINGHAM & DRYMERE VILLAGE NEWS

Mobile Post Office

Monday and Thursday 13.00 – 13.15: Tuesday and Wednesday 11.10 – 11.30

St Mary's Church

The PCC of St Mary's Church, Beachamwell is holding their APCM on Thursday 18th April 2024 at 7.30 pm in the Village Hall. **Susie Rix**

Beachamwell Parish Council

The Annual Parish Meeting this year was rather fabulous and very well attended.

The next meetings are May 14th Annual Parish Council Meeting at 7pm, July 9th at 3pm, September 10th at 3pm November tbc.

Don't forget to check the website.

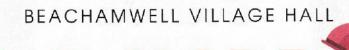
Sarah Hunt (Parish Clerk and Responsible Financial Officer) 07355694133





A BEACHAMWELL BOP
AT BEACHAMWELL VILLAGE HALL

SATURDAY 11TH MAY



D-DAY BB

SATURDAY 8TH JUNE 4PM TO 9PM

Village BBQ event, 1940s themed dress encouraged. If possible please bring a dessert to share.

REMEMBERING | CELEBRATING







Rural Dial - a - Bus

We offer a Rural Dial - a - Bus weekly service from a variety of villages into local towns. All our vehicles are wheelchair friendly and we provide a door to door service. Please see timetable below for the day of the week each service runs and the destination.

Village	Monday	Tuesday	Wednesda	Thursday	Friday
			<u>¥</u>		
Beachamwell		Swaffham			
Cockley Cley		Swaffham			
Crimplesham				Downham	
Drymere		Swaffham			
Feltwell					Brandon
Foulden		Swaffham			
Gooderstone		Swaffham			
Hockwold					Brandon
Methwold				Downham	Brandon
Northwold				Downham	Brandon
Oxborough		Swaffham			15-00/25 CHILIF
Southery	Ely*				Downham
Stoke Ferry				Downham	
Weeting					Brandon
Wereham				Downham	
Whittington				Downham	
Wretton				Downham	

Locations marked with a * are not every week.

Please call us on 01553 770310 for more information on dates and times

for our Rural Dial-a-Bus

Volunteer Community Car Scheme

Our Community Car Scheme offers short or long-distance transport for medical or wellbeing appointments with our friendly volunteer drivers. All Volunteers are DBS checked and transport is provided from 50p a mile. For more information or to book transport please call 01553 770310

Volunteers Needed

We urgently need volunteer drivers to help out a busy charity to provide transport around West Norfolk, Mileage is paid.

TEMPORARY BANKING HUB



Temporary Banking Hub



Have you visited the new Banking Hub yet?

Downham Market Town Council is proud to be able to provide a temporary home to the Banking Hub in the Town Hall, helping to maintain banking services in the town for the benefit of residents.

Cash Access UK, the organisation set up to protect nationwide access to cash, has opened a temporary home for the Banking Hub in Downham Market. The Hub is located at the Downham Market Town Hall on Bridge Street and will provide local residents and businesses with basic banking and cash services.

Open from Monday to Friday, 9am to 5pm, it offers a counter service operated by the Post Office, where customers of all major banks and building societies can carry out regular cash transactions. It also offers a community banker service, where customers can talk to their own bank about more complicated issues.

Community Bankers will work on rotation, with a different bank available on each day of the week:

Monday: HSBC

Tuesday: Lloyds (from week commencing 04th

March)

Wednesday: Santander Thursday: NatWest Friday: Barclays

If you would like to know more about the Banking Hubs, please contact: cashaccessuk@cicerogroup.com

COMMUNITY NOTICE BOARD

MOBILE LIBRARY VISITS

DATE VILLAGE		LOCATION	TIME
Tuesday	Barton Bendish	Hatherley Gardens	11:10 am
Tuesday	Beachamwell	Old Post Office	09:45 am
Tues day	Drymere	Telephone Kiosk	09:45 am
Tuesday	Boughton	Mill Road	10:45 am
Friday	Wereham	Queen's Close	12.25 am
i iluay	vveiciiaiii	Village Hall	12:45 am

For services to all 'Group 4' villages ring Mobile Library Information on 01362 693184 or 01603 222303 or look at the website - https://www.norfolk.gov.uk/libraries-local-history-and-archives/libraries/your-local-library/mobile-library-routes-and-timetables

MARKETS - Farmers' and Indoor

Ely (Farmers')	Second and Fourth Saturday each month 8.00am		
	to 2.00pm		
Fakenham (Farmers')	Fourth Saturday each month 8.30am to 12.00pm		
Kings Lynn (Farmers')	Second and Fourth Saturday each month		
Swaffham (Indoor)	Every Friday 9.00am to 1.00pm		
Wisbech (Farmers')	Alternate Fridays 8.30am to 2.00pm		

For information: www.farmersmarkets.net or your local Tourist Information Office. Check to see if they are actually taking place.

VILLAGE, COMMUNITY and PARISH HALL BOOKINGS

Barton Bendish	Mary Simons	01366 347 790
Beachamwell	Cathy Friend	01366 328892
Boughton	Pam Wakeling	01366 500429
Wereham	karen.villagehallwerehamr@ Gmail.com	013665022214
	Ginali.com	

CHURCHWARDENS AND CONTACTS

WISSEY VALLEY GROUP

Barton Bendish:	Mhari Blanchfield Linda Webster	01366 347 849 01366 347 563
Beachamwell	Peter Berendt	01366 328 779
	Sue Pennell	01366 328 452
Boughton:	Pam Wakeling	01366 500 429
Methwold	Alan Burbridge	01366 727 002
West Dereham	Graeme Pressley	01366 501 179
Wereham	Karen Sams	01366 501 428
Wereham:	Sheila Smith	01366 858 165
Whittington	Susan Smith	07849 157 080
Wretton	Anita Horgan	01366 500 785
Whittington & Wretton	Elaine Taylor	01366 500 948

PRIORY GROUP

Fincham	Cathy O'Brien	01366 347279
Marham	Philip Fay	01760 444199
	Glenda Jayes	01760 339688
Shouldham	Brian & Ann Hullah	01366 347814
ShouldhamThorpe	Gordon Reid	01366 347253



ONLINE SERVICES IN APRIL

Weekly Online Services

Sunday 6.30 Service of The Word (West Dereham Cell)

Tuesday 5.00 Prayer Group Wednesday 5.30 Compline

Full details (including the links) from <u>janet.tanton@gmail.com</u> or

pickwickclub.cc@btinternet.com

APRIL 2024 CHURCH SERVICES WISSEY GROUP

Sunday 7th April Easter 2

9.30 amWretton/Stoke FerryService of the Word9.30 amMethwoldHoly Communion6.00pmBarton BendishCeltic Service6.00pmWerehamEvensong

Saturday 13th April

11.00am Beachamwell Outdoor Service

Sunday 14th April Easter 3

9.30 amMethwoldService of the Word9.30 amWest DerehamHoly Communion9.30 amWhittingtonBreakfast Church

Sunday 21st April Easter 4

9.30 am Methwold Holy Communion
9.30 am West Dereham Celtic Service
9.30 am Wretton/Stoke Ferry Holy Communion
11.00 am Wereham Holy Communion
6.00pm Barton Bendish Evensong

Sunday 28th April Easter 5

9.30 amMethwoldMorning Worship9.30 amWhittingtonHoly Communion9.30 amWest DerehamBreakfast Church

Every Sunday 6.30 pm online service West Dereham Cell [see page27]

Details of all Services on Wissey Valley Benefice Website https://www.wisseyvalleybenefice.co.uk/

Midweek Services

Wednesdays	9.00 am	Wretton /Stoke Ferry	Morning Prayer
Thursdays	8.30 am	Methwold	Morning Prayer
Thursdays	9.30 am	Wretton/Stoke Ferry	Holy Communion
Thursdays	5.00 pm	Methwold	Evening Prayer







APRIL 2024 CHURCH SERVICES PRIORY GROUP

Sunday 7th April

9.30amRuncton HolmeHoly Communion10amShouldhamMorning Prayer11amMarhamHoly Communion6pmOnlineEvening Prayer

Sunday 14th April

9.30am Shouldham Thorpe Holy Communion 11am Fincham Morning Prayer 11am Marham Morning Prayer Morning Praver 11am Stow Bridge Holy Communion 11am Watlington Online **Evening Prayer** 6pm

Sunday 21st April

9.30amWormegayHoly Communion11amMarhamMorning Prayer11amShouldhamHoly Communion6pmOnlineEvening Prayer

Sunday 28th April

9.30am Fincham Holy Communion
9.30am Tottenhill Holy Communion
11am Marham Holy Communion
11am Wimbotsham Holy Communion
6pm Online Evening Prayer

Details of all Services to be found at https://

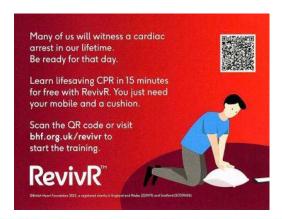
www.westnorfolkpriorygroup.co.uk/Groups/381492/ West Norfolk Priory.aspx

Midweek Services

Wednesdays 10.00 am Watlington Morning Prayer



BOUGHTON VILLAGE NEWS



Boughton Parish Council, in association with the British Heart Foundation, have installed a Defibrillator in the telephone box on Chapel Road.

It has voice instructions to guide users and prompts and will not allow it to shock unless appropriate.

There is short online familiarisation video available by visiting the BHF website on the poster via the address or QR code.

Please take a look, in the time it takes to have a coffee you could become confident to carry out CPR and save a loved one's or friends life

Boughton Parish Council, in association with the British Heart Foundation, have installed a Defibrillator in the telephone box on Chapel Road.

It has voice instructions to guide users and prompts and will not allow it to shock unless appropriate.

There is short online familiarisation video available by visiting the BHF website on the poster via the address or QR code.

Please take a look, in the time it takes to have a coffee you could become confident to carry out CPR and save a loved one's or friends life!

BOUGHTON VILLAGE NEWS

All Saints' Church



Progress on the church seems incredibly slow, although Ian Mack has been chasing it up as much as possible. We now have a preliminary quote for the survey to discover what has caused the problem, and the date of May 1st has been set for the survey to take place. Fingers crossed that it goes ahead. We are going ahead with planning for Open Gardens Day on the second Sunday in June, in the hope

that we'll be able to use the kitchen, so please put the 9th June into your diaries. It would be wonderful to see the usual support from the village on that day, especially as we'll be fundraising more than ever. It's the only open space in the village, not just the church, so everyone's support is needed

Pam Wakeling (Church Warden)



WEREHAM VILLAGE NEWS

Village Hall

Monthly activities

All activities and regular weekly events now also featured in the separate inserted sheet, for Wereham residents. Also details for mobile Library and Post Office.

Parish Council

Next Meeting Date Monday 13th May 2024 at 6.30 pm (To be held in the Wereham Village Hall – Community Room). It is the Annual Parish Meeting followed by Annual Meeting of the Parish Council.

Agenda items must be received before the end of the month prior to each meeting, items received after this time will not be possible to discuss. Please send to the Parish Clerk at werehampc@gmail.com. The Agendas for meetings are always published on the Wereham Village Notice Board three clear days before the meeting (seven annual meetings), and notified via the Wereham Parish Council Facebook Page and on the website www.werehamparishcouncil.co.uk You will also find minutes of all meetings here too.

Wereham Cemetery, The Row – Interment Area - The Parish Council would like to trace the family/next of kin for some of the interment ashes plots in the Wereham Cemetery as it would like to make improvements Autumn 2024, with gravel inlay and edging. If you are next of kin or know family of those loved ones in the interment area of the Wereham Cemetery, The Row please contact the Parish Clerk, contact details below. The Parish Council would like to seek endorsement from the next of kin for the improvements prior to going ahead.

Highways – Paths and Roads – Defects Please report anything that you see verges, trees, pot holes, main holes, drains to Norfolk County Council Highways via their defects page of their website. You need to set up a login, and once on the site you can easily report issues and upload pictures of the issue. They will then arrange inspection. You are also able to track the report. The Parish Council will report issues that it finds, but if residents do this also we can increase the repairs that we need doing.

https://apps.norfolk.gov.uk/HighwaysDefect/

Helen Richardson

Wereham Parish Clerk and Finance Responsible Person Email werehampc@gmail.com or Phone/Text: 0779 500 6811

WEREHAM VILLAGE NEWS

St. Margaret's Festival - 21st July

We begin preparing for the above Festival very early in the year. We had one meeting in February, and we have planned another on Tuesday 9th April 2024 in the Church at 7pm.

If any one would like to join us, to offer a hand either on the day or beforehand, we would be most grateful. We would love prizes for any of the stalls. May we ask if any of our villagers still have their bridal dresses? We would like to hold an exhibition of bridal wear in the Church on the day of the Festival. Please contact Chris Murray on 01366 500976 if you can help with any of the above, or better still, join us on the 9th April.

Chris Murray



B.R LANDSCAPES

EST 1986

- Garden and site clearance
- Turf supplied and laid
- Hedge removal planting
- Fencing supplied and erected
- Trees shrubs pruned or removed
- Digger and dumper with operators
- Stump grinding Landlord tidys
- Company owned equipment machinery

MOB: 07774724366 / 01553849802

Tim's Tree Services



All aspects of tree and heage work undertaken

Hedges Removed

Stump Grinding
Over 30 years experience
Qualified - Insured

Call 01553 813140 or 07867 764307 For your free quote LOCAL MAN - LOCAL RATES

Your advert could be here.....

Alan Pickering 01366 386125 or 07779 787499 group4news@gmail.com





CLAUDIA MORLEY

Garden & Commercial Landscape Designer

City & Guilds - Amenity Horticulture - Garden Design - over 16 years experience

Full A1 Scale Plans, any size from a small garden to estates & commercial landscape projects.

FREE NO OBLIGATION VISIT & QUOTE

www.fig-forestryandgardendesign.co.uk 01760 338400 / 07824 397727

SPRING INTO SEASON



THE FARMHOUSE AT FINCHAM

Full of character and charm, our West Norfolk venue is versatile with indoor/outdoor dining, comfy bedrooms, and function space for weddings, wakes, baby showers and all sorts of special occasions. We're totally dog friendly too!

2 COURSE MID-WEEK LUNCH MENU

Served Mon to Fri, throughout March & April

EASTER AFTERNOON TEA £22.95 per person

Served 28th March - 13th April. Mon - Sat. Pre-booking required.

KIDS UNDER 12 EAT FREE with every accompanying ADULT

Available Mon to Sat during Easter School Holidays, when ordering from the Children's Menu.

Excludes Set Menus, Sundays, Afternoon Teas and Events







Bookings Recommended. Walk-Ins Possible. Quote Group4News Tel: 01366 347747. Lynn Road, Fincham, PE33 9HE

www.thefarmhouseatfincham.co.uk

EMBOTILES



NEW 70cl Bottles - Now Available!





Hello! From Matt & Steph Brown

Since 2001, we have made Beachamwell our home and run Wild Knight Distillery from here. You are invited to stop by, say hello and taste some of our award-winning spirits!

Each month, we'll show you something new... This month it's the arrival of our new 70cl bottles. To buy your bottle visit www.wildknightdistillery.co.uk or call us: 01366 32 70 70.

Thanks & Cheers!

PROFESSIONAL FOOT HEALTH PRACTITIONER



Peter Stanley MAFHP. MCFHP

Treatments include:

- Nail trimming/reduction
- Verruca
- Callus/corn removal
- Ingrown
- Fungal nail/athletes foot
- Diabetes foot care
- Neurovascular assessment

To book your home visit, please call Peter on Freephone 0800 066 5499 or 07842 553554

Charlotte Rose LicAc



Over 10 years experience as a therapist. Fully Insured with Balens.

Clinics in Stoke Ferry + Castle Acre

Gift Vouchers Available

Contact: Charlotte: 07855513199 /

01366 501232

charlotterose.charlotterose@gmail.com www.charlotte-acupuncture.co.uk

Volunteers H(Needed! St



Do you remember those early years?.....
Sleepless hights, tantrums a teething.

If you have parenting experience Home-Start Swaffham & District would love to hear from you. We have families waiting for support and all we ask is for a couple of hours a week commitment. We offer a prep course accredited through the Open College Network which takes place one day a week for 10 weeks. Term time 10am-2pm.

So, if you think you can make a difference to a family needing a little help call us today to find out more.

Volunteers will be subject to an enhanced CRB check. We are also looking for trustees, for more info contact us on:

Home-Start Swaffham & District The Community Centre, Campinglands,

Swaffham, PE37 7RB Tel: 01760 721 271

Email: admin@homestartswaffham.org.uk



MARK WILLCOCKS
INCLUDING GENERAL
HOME MAINTENANCE
Fully insured
all for free quotation
01366 500057 or
07716493476

Warner Pianos

www.warnerpianos.co.uk
Malcolm Webb CGLI, NTC Dip
PIANO TUNER
Over 30 years experience
Action regulation and small

Action regulation and small repairs carried out on site. 01366 328920 or 07973 263609

As well as private tuning Customers I tune for a Number of theatres, Concerts, music societies, schools and music venues.

Every minute, six people over 65 suffer a fal/

We're here to help.

To find out more, call us on 01553 616200 or visit www.careline-cs.org.uk







1170-97-004N



FOR BOOKINGS CALL, TEXT, FACEBOOK MESSAGE OR WHATSAPP, 07856 787424 (24 HOURS)

EMAIL:

INFO@ANNIETHEVETNURSE.CO.UK

FULLY INSURED, DBS CHECKED AND REGISTERED VETERINARY NURSE: 7262949

SERVICES INCLUDE:

- . DOG CARE PACKAGES & DOG WALKING
- CAT CARE VISITS
- PET SITTING
- SENIOR PET SITTING & MEDICATION ADMINISTRATION
- . BREEDING BITCHES & WHELPING ASSISTANCE
- . WEDDING DAY PACKAGES
- . SMALL HOLDING & HORSE VISITS
- NAIL TRIMS & ANAL GLAND EXPRESSION

FOR MORE INFORMATION & A FULL LIST OF SERVICES PLEASE VISIT MY WEBSITE: WWW.ANNIETHEVETNURSE.CO.UK

@AnnieTheVetNurse





Jen's Pet Care



Does your puppy need socialising and some basic training? Maybe you're an older person who needs help exercising and caring for your dog?

Contact Jen at Wretton on 07799 733 463

Pet Sitting - Dog Walking - Home Visits

Livestock Care - Puppy Socialising - Pet Care

30 years experience working with animals Reasonable Pricing - please ask

www.facebook.com/JensPetCareWretton



Barking Basics Home Boarding and Dog



Training Services

Luxury dog holidays. Bespoke home from home dog boarding. Fully licensed and insured.

One to One dog training, tailored to you and your dog's needs.

Kennel Club Accredited Instructor (KCAI CD).

We work towards the Kennel Club Good Citizen awards and have Listed Club status via the Kennel Club.

Weekly lessons held at the following locations and times.

Tuesday Evenings Southey Village Hall:

6.30pm Puppy Class

7.30pm Improvers

Wednesday Evening Tottenhill Village Hall:

6.30pm Puppy Class

7.30pm Improvers

For more info please visit our website:

https://barkingbasics.co.uk/

or call Abigail Desborough on: 07957965623







Family Owned & Managed ~ Established 1851

A complete caring and personal service offered by a local family business providing advice and guidance at your time of need when you need it most

24HR Personal Family Caring Service
Individually Tailored Funerals At A Competitive Price
5TH Generation Independent Family Service
Distance No Object

 13 Bridge Street, Downham Market
 (01366) 384182

 1 Blackfriars Street, King's Lynn
 (01553) 766795

 67 Lynn Road, Wisbech
 (01945) 461112

 40 Greevegate, Hunstanton
 (01485) 534421



WWW.AJCOGGLES.CO.UK



R. H. BOND Funeral Directors

Salisbury House, Lynn Rd, Stoke Ferry, King's Lynn, Norfolk PE33 9SW

Office Hours:

Monday to Friday 9am - 4pm
Saturdays by appointment only
Sundays closed - 24 hour phone service

Under new management - Debbie Stewart

Tel: 01366 500241

Email: enquiries@bondfunerals.co.uk Web: www.rhbondfunerals.co.uk



Andrew Francis

Local Family Owned Funeral Service Our Family serving yours 24/7 Swaffham:01760 720 200 King's Lynn: 01553 762 242

Multi Award winning family business. Direct Cremation, Traditional Funerals, Fully Guaranteed Pre Paid Funeral plans

www.afrancisfunerals.co.uk



JET ACCOUNTANCY & BOOKKEEPING SERVICES

Professional and qualified service offering:

- Accounts
- ♦ Bookkeeping
- Self Assessment
- VAT Returns
- ♦ Payroll
- CIS Returns

Tel: Louise Scott (MAAT) 07806 792211

info@jetaccountancy.co.uk



Maths Tuition

years 6 to 11 (GCSE)

One-to-one sessions (in person or Via zoom)

- expand knowledge
- boost confidence
- •improve technique

A Cambridge graduate with 18 years of tutoring experience offers Individual tuition £30 (45 mins)

term time and holidays

For details and availability Contact Katherine Shaw 07773 – 433180



Frustrated by technology? Confused by the experts?

Problems with your: Computer; Tablet; Mobile Phone; Broadband; WiFi; Printer;

Digital Camera; Television?

I can help!



Ade Jordan Friendly Technology Solutions

Based in Wereham, West Norfolk

Fault finding; Repairs; Installations; Configuration; Training

Tel: 07980 140000

email: help@adejordan.com www.adejordan.com

No call out charge. No fix, No fee



Breckland Pest Control

Wasps, moles, rats, mice, cluster flies, clothes moths & more

Professional & friendly service

Ring Paul on 01366 328 470 or 0777 600 7201

brecklandpestcontrol@gmail.com

Bryan Cater Ltd

Your Local Chimney Sweep

Our Services Include:

Chimney Sweeping, Stove / Wood Burner Installations, CCTV Inspections, Chemical Treatments, Repairs & more.

www.catersweeps.co.uk

Fully Insured - No Mess - No Fuss





Ethical Mole Management

Within 10 miles of PE37 8AZ

Call Geoff on 07597 912 389 or 01366 328 204

Fully insured - No mole no fee
- Find me on lineat

www.guildofbritishmolecatchers. co.uk

geoffsidons1.wixsite.com/ norfolkmolecatcher I have 45 years experience limiting crop damage—call me

if you need help

CARPET CLEANING OVEN CLEANING

Sofas & curtains cleaned

Quality, regular, reliable service Conservatory Cleaning, Window Cleaning, Patio Cleaning, Gutter & Facia Cleaning, Conservatory & Patio Cleaning



www.cleantech-norfolk.co.uk

(Card & cheque payments accepted)

Call Mike on 01485 609223 daily 7am - 10pm • 7 days a week

OvenGleamers

Professional, Eco-Friendly Deep Oven Cleaning

Ovens, Cookers, Hobs, Extractors Ranges, Agas & Everhots

Fully Insured (King's Lynn & West Norfolk)

Peter Edge-Partington YOUR LOCAL CHAP FROM DOWNHAM

Call 01366-308068//07946-455645

More 5***** Reviews on Yell and Google than anyone else



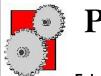
Shane Walker

Electrical Engineer

S. Walker Electrical Services

Phone number: 07540 378332

Email: s.walker-elec.serv@outlook.com



P.G.M.S.

Fabrication of a variety of metals

Mechanical engineering



Agricultural spares & accessories

Peter Garner Mechanical Services

Shingham Lane, Beachamwell, Swaffham, Norfolk. PE37 8AY. Tel: 01366 328823

E-mail: peter@pgms.co.uk

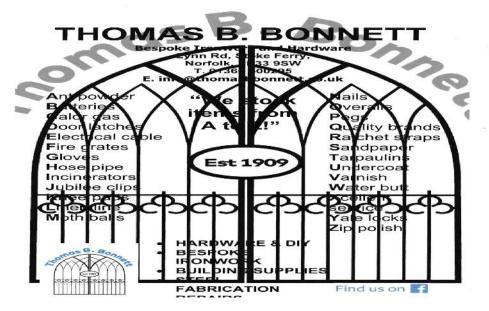


R D VOUTT & SON

PLASTERING

All aspects of plastering & floor screeding.

Contact Bob on **01366 328 545** mobile **07799514635** rdvoutt@yahoo.co.uk





Boiler Servicing Breakdown Service

Commissions
Tank Replacements

Phone 01353 777788 07946 735691

Taylors Solid Fuel Family run since 1946

Regular fortnightly Solid Fuel deliveries in your area. Competitive prices and a full range of products.

"Don't Shiver WeDeliver"

Quality top soils and aggregates. Bulk bags and Tipperloads from1-20 tonnes

Tel: 01842890568 or see us on www.taylorssolidfuels.co.uk

WJA TILING

The Complete Floor and Wall Service

Ceramics, Porcelain,
Mosaic
and Natural Stone
Under floor heating and
Karndean
No job too big or small
All Work Guaranteed

For a free quote, measure up or advice Phone Will on: 07884 446257

newrooms

From inspiration to installation we are an independent company looking to take care of transforming your



HOME **OFFICE**

BEDROOMS







Come and visit us in our showroom... The Workshops, Brandon Road Methwold, Thetford, Norfolk, **IP26 4RJ** Call us on 01366 727417 info@newroomsdesign.co.uk newroomsdesign.co.uk







Traditional Values ...



Life has changed so much since this photograph was taken...

But the traditional values of honesty, integrity and service associated with the time are an essential part of our business.

So if you are thinking of buying, selling, letting or renting and seek the reassurance of an Agent practicing these traditional values, yet with a modern approach, please call us on 01366 388991



19a High Street, Downham Market, Norfolk, PE38 9DA info@ashtonroberts.co.uk www.ashtonroberts.co.uk



St. Johns Way, Downham Market, PE38 000 01366 382219

(24 Hour Emergency Contact)

- Purpose built practice with easy access and ample parking on the outskirts of town
- Dedicated sterile operating theatre & dental suite
- Full digital x-ray, endoscopy & ultrasound facilities
- 'State of the Art' laboratory equipment including haematology, biochemistry and our new urinalysis machine - the first in East Anglia
- Independent Emergency Care provided onsite by our highly experienced Veterinary Surgeon of 32 years,
 24 hours a day, 365 days a year...

To view our opening hours and for more information visit our website www.crossingsvets.co.uk or find us on Facebook at www.facebook.com/CrossingsVets

"Independent, Professional & Personal

