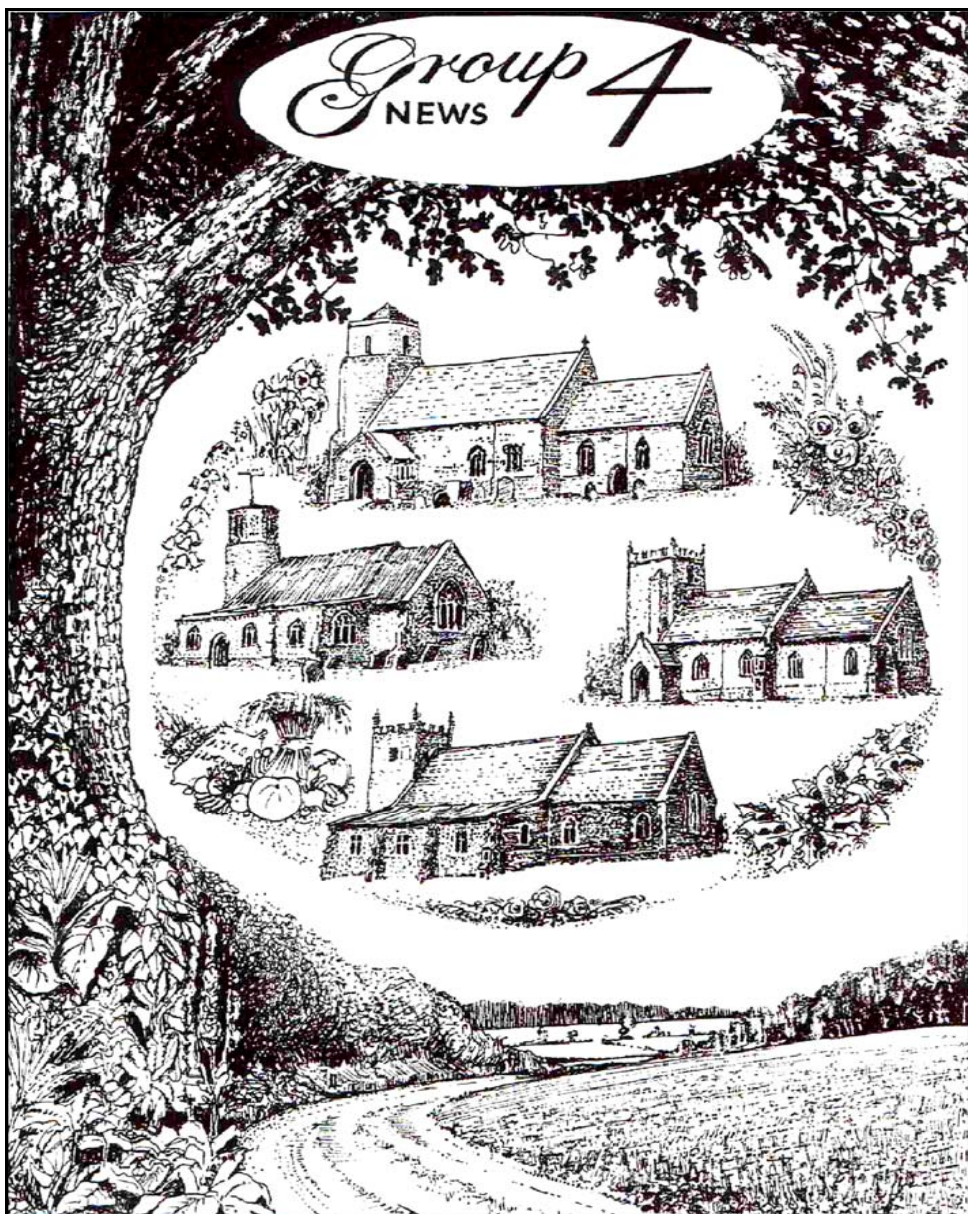


Group 4

NEWS



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

December 2013 & January 2014

Cover Illustration drawn by Mark Powell, Beachamwell ©

WELCOME

*Merry Christmas and a
Happy New Year!*

Writing that in November is a bit early, but many people will be looking forward to the festivities with varying feelings. Families, those with no families, or families on the other side of the world, the homeless, the poor, those affected by recent world events.....everyone's needs and thoughts will be different. May all go well with you over the festive season., however you spend it.

There are, as always, a variety of events in the villages—varying carol services in many different styles, films, coffee mornings, wine tasting, carol singing, wreath making.....

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 2013

GROUP 4 TEAM VILLAGE CONTACTS

Barton Bendish: Jill Mason
Sandmere, Church Rd, Barton Bendish
Tel: 01366 347 928
Masons@sandmere66.fsnet.co.uk

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
farthings@tiscali.co.uk

Please submit all information through your Village Contacts.

**Deadline for copy:
11th of each month**

ADVERTISING

Alan Pickering Tel: 01366 501035 or
07779 787499
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

‘FROM THE RECTORY’



New Rectory
High Street
Fincham nr. King's Lynn
Norfolk
PE33 9AP
01366 348079

Dear All,

I found myself having a little moan the other day, and someone said that we don't have it as bad as Mary and Joseph did. And that's right, isn't it? Joseph had to take weeks off work to go to Bethlehem to fill out registration papers. Mary, who was heavily pregnant, had to travel many miles, during winter, either on foot or riding on a donkey. And when they got to Bethlehem all they could find by way of accommodation was a stable – one whiff would probably have been enough for poor Mary. And then, after going through a gruelling labour, there is a knock on the door and some strange shepherds troop in. Not the ideal childbirth, you might say. But God did it for a reason. He wanted us to know that he shares in all our troubles and difficulties, and that he understands them. Life always has its downside, its annoyances and disturbances. And where is God when we are in despair? He was with Mary and Joseph in their troubles, and he is with you and me in ours – indeed, he is with us all the time, at this very moment. Christmas reminds us to look beyond our aggravations. God is doing something in our lives all the time, and if we raise our eyes we can always see his star, shining just for us.

Yours in God's service

Barbara

BENEFICE NEWS

Anne Clarke

Anne Clarke has been a Reader in the Fincham and Barton Bendish Group since 2004, but her time with us will come to an end in December when and she and her husband Michael move to a new home closer to Norwich.

I first met Anne when I was licensed as Priest-in-Charge in 2010, and was immediately impressed by her professionalism and prayerfulness as a Reader, and the depth of her Biblical knowledge. I have come to know Anne and Michael's family, and it has been a privilege to see first-hand the love they have for their children and grandchildren, who have often attended services in the Group over the my time here, and I have come to value Anne as a colleague and both of them as friends. I will miss them, and I know that they will be missed by many here. Anne intends to be licensed as a Reader in the Diocese of Norwich so that she can continue her work as a Reader, and I wish her and Michael every success and every blessing as they start this new phase in their life together.

Barbara Burton

Wanted!!

The benefice choir is looking for new members. We practise on Thursday afternoons from 2-3 pm and sing a range of music for services in the benefice. If you are interested in joining a friendly and informal group, please contact the choirmaster, Tom Golden on 01366 500 052.

Within the eight parishes, we are fortunate in having two churches with bells, Fincham and Shouldham. Both peals of bells are in good condition and not too heavy. New ringers, whether complete novices or returning ringers, are always welcome. Please contact either Brian Hullah (01366 347814) or Pam Wakeling (01366 500429) .

Please does anyone know anybody who works ferrets and would be willing to let my husband David go with them to take some photographs for the book I'm writing a book about wild rabbits .(*Jill Mason*)

VAL'S CURRIED PARSNIP SOUP

40g (1½oz) Butter

1 Medium Onion Skinned & Sliced

700g (1½lb) Parsnips, Peeled & Finely Diced

5ml (1 level tsp) Curry Powder

2.5ml (½ level tsp) Ground Cumin

1.4 litres (2½ pts) Chicken Stock

Salt & Freshly Ground Pepper

150ml (5 fl.oz) Single Cream

Paprika to Garnish

1. Heat the butter in the base of a large pan and fry the onion and parsnip together for about 3 minutes.
2. Stir in the curry powder and cumin and fry for a further 2 minutes.
3. Add the stock, bring to the boil, reduce heat and simmer covered for about 45 minutes, until the vegetables are tender.
4. Cool slightly, then use a perforated draining spoon to place the vegetables in a blender, add a little stock, puree until smooth.

Return to the pan. Adjust seasoning, add the fresh cream and reheat to serving temperature but do not boil. Serve sprinkled with paprika.

You may want to thin it slightly with extra water. The curry powder I used was mild strength so a hotter powder could be used if preferred. It freezes well even with the cream added and is lovely on a cold winters day & at Christmas.

Val Counter (Loddon bellringer)

COUNTRYSIDE NOTES

It's coming up to the time when we decorate our houses with holly, ivy and mistletoe but did you know this, like many of our other celebrations throughout the year, has pagan origins? Evergreens were regarded as sacred because unlike other trees they bore fruit in winter and did not shed their leaves. In pre-Christian times pagans celebrated with a three-day Yule festival shortly after the winter solstice. They believed that the return of the sun was encouraged by evergreen plants which to them were a symbol of ever-lasting life, so began the tradition of decorating our homes with holly, ivy and mistletoe at Christmas. There are more than 1,300 species of mistletoe across the world but only one grows wild in this country. Mistletoe prefers an open location and can grow as a parasite on any species of tree but is most prolific on apple and poplar and most commonly found in the West Midlands. For a century and a half December auctions have been held locally in that area to sell both holly and mistletoe most of which is gathered by gipsies. Tenbury Wells in Worcestershire is one such place and holds an annual Mistletoe festival during the first week of December. However most mistletoe sold in England is imported from France. The ancient Druids believed mistletoe had magical powers, was a symbol of peace and they valued its medicinal properties. In the Middle Ages it was hung from ceilings to ward off evil spirits. The tradition of kissing beneath the mistletoe dates back to an early Greek festival and was re-invented by the Victorians. However, because of its pagan connections, mistletoe was banned from being used to decorate churches.

Berries are only borne by female holly trees, these ripen in September and are much sought after by hungry birds throughout the winter. Because of its bright blood-red berries and waxy spiky leaves legend has long linked holly with Christ's crucifixion although it was being used as a decoration in pre-Christian times. It was considered unlucky to bring holly indoors before Christmas Eve. Ivy was a sign of friendship which would remain strong and true for many years.

A massive Yule log decorated with evergreens would be dragged to the house by horses or oxen. Like the Yule candle it would be lit on Christmas Eve and it was believed that misfortune would befall if both were not kept burning until Twelfth night. Afterwards the ashes would be spread on fields to improve soil fertility. The word Yule is thought to have been derived from either the old English word Geol or Norse word Jol both of which refer to the pre-Christian winter solstice festival. The Christmas tree however is a relatively new idea first adopted from the old German tradition by Queen Victoria and Prince Albert in 1841. The Feast of St Stephen on December 26th was the customary time to open alms-boxes kept in churches and distribute the contents among the poor of the parish hence the day was called

Boxing Day. My best wishes to you all for Christmas and a happy and healthy New Year. *Jill Mason*

DON'T FORGET YOUR FLU JAB

If you're an older person or have a chronic health problem, now's the time to have your seasonal flu jab.

Anyone aged 65 and over, care home residents, pregnant women and people with chronic illnesses such as asthma, diabetes, heart or kidney disease is entitled to receive a free jab.



And from this year, a nasal spray vaccine will also be available to children aged two to three years, as well as children aged two to 18 with long-term health conditions. Check the web link below to see if this affects your child.

Many GP practices will invite people automatically, but if you think you need the flu jab, talk to your GP or practice nurse.

An estimated 20 per cent of the population develops seasonal flu each year, and in some cases it can be fatal. The illness can also place a strain on hospitals, causing sudden rises in emergency admissions.

Lucy Macleod, Interim Director of Public Health at Norfolk County Council, explained: "Flu is not like a cold – it can be a really serious illness for some people and it doesn't just affect older people. If you're pregnant, have lowered immunity or a long term health condition such as severe asthma, a chest or heart complaint, or diabetes, then you should also get a free flu jab from your GP and get flu safe."

Norfolk County Council Public Health is also encouraging everyone in Norfolk who knows anyone who may be at risk from flu to tell them how important it is to get protected. Carers and frontline health and care workers are also encouraged to get a jab to protect themselves and those around them.

The flu vaccine changes every year to fight the latest strains of flu, so even if you had a jab last winter you need another one this year to stay flu safe. The jab doesn't contain the 'live' virus so it cannot give you the flu.

For more information, speak to your GP or local pharmacist, or visit www.nhs.uk/flu.

Barton Bendish Film Club

Proudly presents

Epic

A teenager finds herself transported to a deep forest setting where a battle between the forces of good and the forces of evil is taking place. She bands together with a rag-tag group characters in order to save their world -- and ours.. **Running time 102mins**

Showing at Barton Bendish Village Hall

2.30pm Saturday 7th December 2013

All Tickets £2- Accompanying Adults Free

Children Must be Accompanied by an Adult

Refreshments Included

Box Office

- (01366)347 849



Visit Our Website for more Information

www.bartonbendishfilmclub.btck.co.uk



Barton Bendish Film Club

Proudly presents

Song For Marion

Grumpy pensioner Arthur honours his recently deceased wife's passion for performing by joining the unconventional local choir to which she used to belong, a process that helps him build bridges with his estranged son, James. **Running Time 93 mins**

Showing at Barton Bendish Village Hall

7.30pm Saturday 7th December 2013

Tickets £4 in advance £5 on the door

Seasonal Refreshments Included

Raffle

BOUGHTON

All Saints' Centre



Coffee Mornings

Saturday 7th December
and Saturday 4th January

BOUGHTON

All Saints' Centre

January 18th

10 am—1pm

Visit and taster session
from

Active Norfolk

Visit to demonstrate sports
activities which could be part of

The Legend of the Robin's Red Breast



A little brown bird shared Bethlehem's stable with the holy family. One night as the family lay sleeping, she noticed their fire was going out. So she flew down from the rafters and fanned the fire with her wings throughout the night in order to keep the baby Jesus warm. In the morning, she was rewarded with a red breast as a symbol of her love for the newborn king



The Legend of the Christmas Balls

A little street boy in Bethlehem had no gift for the newborn king so he juggled for the baby and made him laugh. That is why we hang balls on the Christmas tree - to remember the laughter of God

Check on family

When Steve and I arrived in New Zealand, my Uncle Ray and Auntie Marion were a big part in helping us to settle. They offered help and advice, places to shop and explained the oddities that you come across such as:

Crisps are called chips

Flip flops are called jandels

Patio doors are called ranch sliders, helpful knowledge when house hunting

Postie is a shop which sells clothes and ornaments

Spotlight is a shop which sells craft items and bedding.

Alongside our new work colleagues, Ray and Marion made our adventure so much easier. Over this time, Marion had a problem with her walking. It was slowly getting worse and sometimes her hip would just give way. This meant Ray was doing more around the house as well as going to work two days a week as an electrician. They now did the shopping together and Ray often drove Marion to appointments while they were trying to get a resolution to the cause of the leg problem.

I guess it was early in 2013 that Ray started to comment that he felt tired something he blamed on work being busy, sometimes he worked a third day. He also put it down to helping Marion more in the house and lastly to his age, being 74. He kept going though, including helping us in the garden and helping his son sort all the electrics in his new extension.

If we had been more aware we would have noticed that he was slowing down a bit and resting more. Then he got a sore throat which in the end meant going to A&E because he wasn't eating and was so uncomfortable. They kept him in a few days and built him up and the sore throat died down. Blood tests were taken just to check things. The results usually go straight to your GP, however the hand writing was bad and the results went back to the A&E doctor. He noticed that the blood count was out of order and after a quick referral and hospital visits, Ray was diagnosed with leukaemia. This was a shock to all of us.

The hospital started on treatment straight away. Ray was told to slow down and stopped working for the time being. About two weeks later he was in hospital

again. The treatment had started while he was still a bit weak and the sore throat had flared up again meaning it was painful to eat. The treatment was stopped and the hospital worked at helping Ray get his strength back. He was positive and strong for us all. He enjoyed the time reading and chatting to visitors. Eventually he came home and was told to rest. Six weeks after his diagnosis, they told him on the Wednesday that he could start treatment again. On the Friday, Marion had to call an ambulance because Ray was delirious. He had developed pneumonia. On Saturday with family and friends with him, he passed away, three months short of his golden wedding anniversary.

Why am I writing this? First to acknowledge a great man who became like a second dad to Steve and I. Also to say don't overlook the carers. Don't let them assume that tiredness is just part of the role, it could need more investigation. Lastly visit your family. Don't put things off, see them face to face and check that all is Ok. Dig a bit further if you feel they are slowing down or not doing as much. Youngsters recognise that older people get older and do slow down, or should be. Your parents don't stay the same in terms of strength and ability to do things. Don't put off an evening sharing a drink or going away for a weekend together. You never know what is round the corner. *Moir*

The Legend of the Camel's Hump

In order to visit the newborn king, the three wise men travelled with a caravan across many miles of desert. Traveling as quickly as they could, to reach the baby before the star departed, they neglected to carry enough water for both man and beast. The wise men asked the camels to travel without water until the end of their journey so they might reach the baby in time. The camels were agreeable and raced across the desert without rest or water. When they finally reached the stable, the camels worshipped the baby and thanked God for giving them the strength for their waterless journey. Drinking their fill from the stable's trough, the camels were rewarded with humps to keep them from thirsting in the desert.



Denver Windmill

Why not treat yourself to an enjoyable experience?



1. Tea Rooms serving delicious hot and cold food.
2. Shop selling gifts, flour, preserves and cookery books.
3. Freshly made bread, cakes and speciality coffee.
4. Accommodation available
5. And much, much more

Monday - Saturday 9.00 am - 5.00pm

Sunday 10.00am - 5.00pm

denverwindmillimited@gmail.com

Denvermill.net

01366 389701

Nar Valley Ornithological Society (NarVOS)

Tuesday 28th January 2014, 7.30pm

at the Barn Theatre, Sacred Heart Convent School, Swaffham.

Access and parking from Sporle Road.

Please come along to this illustrated talk by Sue Bryan, entitled: Birding a Dream

Sue Bryan and Paul Jeffery, well-known local birdwatchers and NarVOS members, took a year out from work in 2010 to fulfil a life's dream, namely to have a year-long birding adventure around the world. Wow! Sue's talk will include many of the ups and downs of this challenging experience.

Visitors most welcome. Admission £2 on the night if you are not a NarVOS member. For more information about this meeting or NarVOS call Ian Black on 01760 724092

The Northwold Art Group needs you!

If you have any inclination to draw or paint then this is the time to join the Northwold Art Group. We are a very friendly bunch and we meet every Thursday evening from 7 to 9pm in the Village Hall, Northwold

It's only £4 per weekly session and that includes a cup of tea or coffee and a biscuit during the evening.

You can either be inspired by the subject set for that evening or simply do your own thing. The Group is a mixed bunch of experienced artists and beginners so no need to feel shy, there is always someone there to advise you and we have a small stock of different art materials and art books to inspire you to try your hand at something different. Occasionally, a Demonstration by a professional Artist is held at the Club or a Workshop on a particular medium is set up on a Saturday afternoon. We also hold an Exhibition each year which is always well received.

We always welcome new members. Come and join us and see for yourself if you like us!

Enquiries: Patsy Hood on 01366 727582 or patsyndave@waitrose.com

```

+ + + + S + + + + + + + S L +
+ + + + L + + + + + + + I O +
+ + + + E + + + J + + + L R +
+ + + + G + + O + + + + E A +
+ + + + N + S + + + + G N C +
+ + + + A E + + + S N L T S +
+ + + + P + M + H A + O N A +
B E T H L E H E M + + R I M +
+ + + + + P A S + + Y G T +
+ + + Y + H N + + I + T H S +
+ + + + E I + + + + W O T I +
+ M A R Y K + + + + + G + R +
+ + D A + + N + + + + O + H +
+ S W T + + + O + + + D + C +
+ A + S + + + + D + + + + +

```

(Over, Down, Direction)

ANGELS (5, 6, N)
 AWAY IN A MANGER (2, 15, NE)
 BETHLEHEM (1, 8, E)
 CHRISTMAS CAROL (14, 14, N)
 DONKEY (9, 15, NW)
 GLORY TO GOD (12, 5, S)
 JOSEPH (9, 3, SW)
 MARY (2, 12, E)
 SHEPHERDS (10, 6, SW)
 SILENT NIGHT (13, 1, S)
 STAR (4, 15, N)
 WISE MEN (11, 11, NW)

Solution to wordsearch on page 70

ST MARTIN AT SHOULDHAM SCHOOL

Stop Press!! The school won three awards in the recent Lynn News Education Awards

Congratulations !

Building Work Please note that building work for the new classroom to the rear of the school has now begun. The site has been set up to minimise contact between pupils and contractors/vehicles/machinery etc. However we are asking for your cooperation to ensure the Health and Safety of all in the community. Please ensure that you comply with our parking recommendations, especially at pick up times. Please also ensure that children are not allowed to play, cycle, scooter in the rear playground at the end of the day to avoid accidents. The work will continue until February 2014 but we are sure that the addition of another classroom will be worth the upheaval. Pupils will still have access to the rear playground for break times for the next few months. Please note that the side gate from Westgate street will be locked until the building works are finished. The side from the Crofts will be unlocked each day from 8.30am – 9.15am and 3.00pm until 3.30pm when there are no builders vehicles moving on the premises. **Academy Conversion Update** The Governing Body consulted parents/carers for their views about the Academy conversion proposal and sent out a letter with detailed information about this. The Department for Education have now given us approval to proceed with our conversion to an Academy. This comes at a time when several other primary schools are also actively seeking academy conversion under the Ely Diocese Multi Academy Trust. There will be no perceptible change for parents and pupils and the school uniform will not change at all. There will be a slight tweak in the school's name to include the word Academy. We do not have a date for the actual conversion yet but will

The Legend of the Lamb's Woolly Coat

A lamb named BaBa lived in the stable at Bethlehem. One night as the holy family slept, BaBa crept up to the manger to watch the baby sleep. While she watched, BaBa noticed how thin the infant's blanket was and that he was shivering from the cold. Filled with love for the child, BaBa warmed him with her own body throughout the night. When Jesus touched her rough, shaggy coat, it was transformed into a beautiful

THE SMALLHOLDING IN AUTUMN

The seed catalogues tell us that Butternut Squash is not comfortable in our normal summers and probably needs to be grown in poly tunnels or greenhouses. It also is the experience of growers that butternuts have the intriguing habit of putting on a spurt and belatedly setting fruits in September. I don't know what this has to say about this summer but for a change we have a good harvest of butternuts from both inside the tunnels and outside. This year's St.Luke's little summer has provided a few days of late sun that might have done just enough to ripen some of the September set fruit. Inside, the enchanting sweet dumpling has done very well while on the compost heap the sure-fire Crown Prince pumpkin (probably a development of Queensland Blue) has done very well. The investment in a walk-in vegetable cage seems to have paid off. At a little extra expense the anti-butterfly net has proved successful, well, not a 100% but the few intruders were not too difficult to catch. A useful observation is that white butterflies can lay their eggs through the net if brassica leaves are touching it! Apart from the investment of the butterfly net I also added on a wider mesh (pigeon proof) that will allow snow to fall through. Last winter's snow caused such havoc with the aluminium struts on the fruit cage that a little extra effort in changing the top net in time seems worthwhile!

Our apple crop didn't look too good early in the summer but August's sun with later rain improved the fruit size and we have a respectable crop, other local growers have a bumper one. This was good news for the juicing and apples from all around kept us busy for three days. The juice from the later two days seems better than from the earlier varieties. The enthusiastic group of helpers has definitely got the hang of the process and the excellent soup and cheese lunch provided by Pippa and Elizabeth (plus some Somerset cider) made for most enjoyable days. As I write there are still some apples on the trees, notably Winston, Sturmer and some Bramleys. The late keeping eaters are most useful but the trick is to leave them as late as possible but pick them before the autumn gales turn them into windfalls. It is surprising how soon an orchard can become mature. Hardly have we finished with the struggle of establishing the young trees and getting them in shape than we are faced with having to take the tops out of some of the larger trees to let in more air and light. The fight with rabbits will have to continue. It is always a joy to welcome back the winter thrushes and a good sized flock of fieldfares has taken up residence once again in and around Eastmoor. They have already discovered the Golden Hornet crab apples and are welcome to windfalls and other apples that we cannot reach.

As I see it this winter's challenge, apart from the inevitable tidying up, is to keep warm!
Robin Blackall



Beachamwell WI

Sunday December 1st

12.00 - 3.00pm

Beachamwell Memorial Hall

Christmas Fayre

You are very welcome to join us,
buy Christmas goodies and enjoy
festive refreshments.

Enquiries:

Vesna Hudson 01366 327030

or

Jenny Gabrielsen 01366 328297

Beachamwell

Book Group

Tuesday December 3rd

7.00 - 9.00pm

Beachamwell Memorial Hall

Book to be discussed at this meeting

'Love'

Toni Morrison

Note: no meeting in January

Next meeting Tuesday 4 February

£2.00 + Bring & Buy Bookstall
New members welcome

Enquiries:

Leah Spencer 01366 328536

Beachamwell

Wednesday Walkers

Wednesday December 4th

Meet at 10.00am outside
Beachamwell Memorial Hall

*This walk will be followed by a light
lunch in the Memorial Hall – please ring
Leah 01366 328536 to book.*

Walk will be approximately
2 hours

Dogs to be walked on a lead
Next walk: Wednesday 1 January

Enquiries:

Leah Spencer 01366 328536

Beachamwell

Craft Group

Thursday December 5th

2 – 4.30pm

Beachamwell Memorial Hall

Bring along something you are
already working on or start a new
hobby in a friendly group of like
minded people.

£1.00 + Bring & Buy
All welcome.

Enquiries:

Leah Spencer 01366 328536



Beachamwell WI

Thursday December 5th

7.30pm

Beachamwell Village Hall

**'Christmas Music'
Mr Tom Golden**

Enquiries:

Jenny Gabrielsen 01366 328297

Beachamwell

Christmas "Pop Up" Pub

Friday 6th December

6.30 pm onwards

Beachamwell Memorial Hall



Bring your friends

Licensed Bar with selection of beers,
wines and bar snacks

Enquiries

Susie Davis 01366 328249

*A Beachamwell Memorial Committee
Event*

Beachamwell

Scrabble

Wednesday December 11th

1.30 - 3.30

Orchard House,

Beachamwell

Enquiries:

Sonia Williams 01366 328774



Beachamwell Afternoon Tea and a Chat.....

Wednesday

December 18th

2 - 4pm

**Beachamwell
Memorial Hall**

Enquiries

Graham & Sonia Williams
01366 328774

Beachamwell

Carols by Candlelight

Monday December 23rd

6.30pm

St Mary's Church



Enquiries:

Gill Sanderson 01366 328818

Beachamwell

Scrabble

Wednesday January 8th

1.30 - 3.30

Orchard House,
Beachamwell

Enquiries:

Sonia Williams 01366 328774



Beachamwell WI

Thursday January 9th

7.30pm

Beachamwell Village Hall

**'Home Start'
Mr George Gearing**

Enquiries:

Jenny Gabrielsen 01366 328297

Beachamwell

Parish Council Meeting

Monday January 13th

7.30

Memorial Hall

Everyone is welcome to attend. If you have any items for the agenda please give them to me in writing at least a week before the meeting.

As always if you have a query or a problem, you can consult any of the Councillors at any time – they are more than willing to listen and help if they can.

Enquiries

Eileen Powell 01366 328648

Fincham Family History Group

Tuesday December 17th
2.00 - 4.00

Fincham Memorial Hall

An opportunity to begin to trace your family history or sort out what you already know at a new monthly group.
£2.00 per session

Enquiries:
Janet Lynskey 01366 347694
or
Leah Spencer 01366 328536



A Dickens of a Christmas

Shropfield Productions

Sunday December 8th 3.00
Swaffham Assembly Rooms

£7.00 for members
£10 non-members
Accompanied children free

Tickets from
Green Parrot 01760 724704
Ceres Bookshop 01760 722504
Enquiries
Eileen Powell 01366 328648



The Breckland Society

Friday December 13th
7.00 pm

'The Village Craftsman'

Stephen Pope of the Norfolk Museum
Service

Cockley Cley Hall

By kind permission of Sir Samuel and
Lady Roberts

Festive refreshments provided

Members: £10.00
Non-members £13.00

Booking is essential

info@brecsoc.org.uk or telephone
01366 328452



'Sally and the Sunflower' Puppet Show

Sunday January 19th
3.00

Swaffham Assembly Rooms

£7.00 for members
£10 non-members
Accompanied children free

Tickets from
Green Parrot 01760 724704
Ceres Bookshop 01760 722504
Enquiries
Eileen Powell 01366 328648

Wereham Village Hall



Family Christmas Bingo

Saturday 14th December

Doors open 6pm—eyes down 6.30pm

Refreshments sold

Prizes—Cinema tickets, Bowling tickets
and many more

Raising money for QEH Children's Ward

Contact

Sheena 01366 500192/07845 337168

or Louise 07512 750734

Wereham

Pop-Up Café



Tuesday 3rd
December

10.30 to 12.00

Fresh coffee/tea, home-made
cakes, sit and read papers or
have a natter....Just £1.00.



All proceeds go to Village Hall.

SPECIAL EVENT PLANNED?

NEW Range Cooker

NEW Larder Fridge

Music System....



All available when you hire

WEREHAM VILLAGE HALL!



Contact Doreen
on 500218 for
Bookings

Wereham Weekly Cash



Wereham Village Hall
Wednesdays

Doors open 6.45 pm

Eyes down 7.30 pm

Raffle and Refreshments
with complimentary biscuits



Enquiries: Roger Collins
01366 500088

All proceeds go to Village Hall
Registered Charity Number 1151336 Wereham Village Hall

Wereham Carols by Candlelight

Sunday 22nd December

4pm St Margaret's Church

Family Nativity service, play and reading by local children — no ticket, open to all



Ticket only

4.30pm



Carols by Candlelight

at Wereham Pond

On the last hymn, Dominic will lead us on his accordion to the Village Hall for food, kiddie's Story time and the 12 days of Christmas.

Tickets are £3pp or Family £10 (2 adults/2children, extra children £1) includes hotdog, wedges, mince pie/cake and a drink

Call Victoria 500127/07725 513583



Wereham Xmas Prize



Wereham Village Hall
Wednesday 4 December
Doors open 6.45 pm
Eyes down 7.30 pm

Enquiries: Roger Collins 01366 500088



All proceeds go to Wereham Village Hall
Registered Charity Number 1151336 Wereham Village Hall

Wereham Christmas Performance

Sunday 22 December

We are in need of actors for a Christmas sketch

Aspiring Actors NEED Apply Now

Produced by Debbie Rye

Intense but FUN rehearsal 10am-12pm

On Stage at 4pm Sharp in Church

Costumes & Heaps of Fun

Are you up for the CHALLENGE

Ring Debbie on 502083 or

Jacqueline on 500880.....

Or just turn up.



*O come, all ye faithful,
joyful and triumphant!
O come ye, O come ye to
Bethlehem;
Come and behold him
Born the King of Angels:
O come, let us adore
Him, (x3)
Christ the Lord.*

**THE
BERNEY
ARMS**



Church Road, Barton Bendish

**Traditional village Inn offering luxury accommodation
and restaurant with AA Rosette**

Open 7 days a week

Real ales, good food and a warm welcome



Open Monday to Saturday

from 12 noon to 11 pm

Sundays from 12 noon to 10 pm

**Locally sourced, home cooked food
served every day**

**Enjoy our extensive gardens & unique Children's Play Church Tower,
traditional deckchairs, & large multi coloured bean bags**

Free Wifi available in the pub, gardens & rooms

**Come and try out our speciality coffees and chocolate including
Nestle Grand Cru Coffee and Cailler Swiss Chocolate - even more
delicious served with homemade cakes**

**Check out the website for details of all the menus
and the diary of events - www.theberneyarms.co.uk**

or call 01366 347995

Phil, Sue and the team will be happy to help with any enquiries

Vets 1 Limited

Telephone (24/7): 01366 347239

Fair, ethical and in part-

Cattle

Sheep

Pig

Poultry

Small Animal Routine



www.vets-one.co.uk

Jen's Pet Care



Are you at work all day?

Do you need someone to pop in and feed your pet and let it out? Or keep your pet company for an hour? Does your cat need feeding while you're out? Or perhaps your puppy needs socialising during the day?



Contact Jen at Wretton on
07799 733 463

**Pet Sitting - Dog Walking - Home Visits
Livestock Care - Puppy Socialising**



30 years experience
working with animals

Reasonable Pricing - please
ask



Jen's Pet Care - Simply the best

**Drymere Lodge
Boarding Cattery**

Luxury 5 Star Hotel for your Cat

Large heated chalets and covered runs
Forest surroundings
Endless water bowls
New litter trays and fresh bowls every day
Fully heated
Cuddles guaranteed!!



Please come and look
Still low rates

www.drymerelodgecattery.co.uk

**Call Belinda or Kevin on
01760 723468 or 07825 002286**

Email drymerelodgeboardingcattery@btconnect.com

NATIONAL TRUST



Oxburgh Hall

Tel: 01366 328258

December

Wednesday 4th and Wednesday

11th December, 1pm

Beat the Rush!

Come and enjoy a roast lunch in the tea-room for £9.95 and do your Christmas shopping in peaceful surroundings.

Booking essential on 01366 328243
(Catering only)

Christmas Treats Workshop

Thursday 5th December

What to make for Christmas that you can eat too

All tickets £30

Booking essential

Festive Foliage Workshop

Friday 6th December

Create your own natural decoration to take home for Christmas, using willow, foliage, nuts and seeds from the Estate.

Coffee on arrival, light lunch and afternoon tea.

All tickets £35

Booking essential

Wreath-making workshop

Sunday 8th December

Enjoy a festive day making your own holly wreath with the expert help of Oxburgh's gardener Morning coffee, light lunch and

Afternoon tea included.

All tickets £35

Booking essential

NOTE This is an additional date as the event on the 7th is SOLD OUT

Meet Santa at Oxburgh Saturday 14th and Sunday 15th December

Come and see Santa in his Grotto

Price Child £5

Christmas Choir

Sunday 15th December

Enjoy a stroll around the property and take the opportunity to drop in to the Saloon to hear "Anglian Accents", a well-known ladies choir from Mildenhall—No admission charges

Yuletide at Oxburgh

Friday 20th, Saturday 21st and Sunday 22nd December

Travel back through time to Christmas past and experience the sights and smells of a traditional Tudor Yuletide. The Shop and Tearoom will be open. Free event (normal admission charges apply)

Father Christmas



will be at
Church Farm every
Thursday, Friday,
Saturday and Sunday
From 30th Nov - 23rd
Dec, 10am - 5pm.
Come and see our
Nativity with real
animals!

Christmas Shopping

at Church Farm. Come and browse our beautiful range of Christmas gifts for all the family. You may even find a few things to put on your own Wish List!



Open Thurs-Sun throughout the winter!

01366 382162

www.churchfarmstowbardolph.co.uk

Scotts Medals and Coins

WANTED...

World War Medals

Pre Decimal Coins

Old or Broken Jewellery



TOP PRICES PAID

Don't miss out on the best deal...

Call Joe on 01553 840124

or 07768 623596



Whitlock Computer Services
Computer Repairs & Upgrades

Downham Market based PC repairs covering Downham Market and the surrounding area. The services we offer include:

- Virus removal.
- Repairs (Desktops & Laptops).
- Upgrades.
- Data transfer.
- Tutoring.
- Website design.
- Business network design/installation.
- Plus many more.

For more information or a free quote contact Stephen Whitlock on:

Tel: 01366 502017

Mobile: 07786635092

E-mail: stephen.whitlock@virgin.net

Website: www.srwcs.co.uk

Jake Stansfield Ltd

Plumbing & Heating

All aspects of Plumbing & Heating to the highest standard.

Gas Safe registered.

Contact 07780463787 01366 500469

jakestansfield@live.com



BARTON BENDISH NEWS

It was lovely to see so many friends and families at our Harvest Thanksgiving on Sunday 20th of October. Rev Barbara took the service and Zach, James and Emily entertained the congregation with a song about fluffy cabbages! The donations of food were all given to the food bank in Swaffham and after the service everyone enjoyed refreshments. Thank you to all for the donations of food and for coming and sharing in our Harvest celebrations.
Mhari and Linda

Christmas is a time when our thoughts turn to other people and I think I speak for everyone in saying a big THANKYOU to all those, seen, unseen and unpaid, who organize and help at events, who put together and trudge round delivering our parish magazine (a vital source of local information) and those who help make our village special in so many other ways.
Jill

HALLOWEEN

Halloween, All Hallows Eve (Hallowe'en) is the night before All Hallows Day on November 1st. It is a spooky time when barriers between the earthly world and the spirit world are at their weakest and restless spirits return from the dead. This year there were some strange happenings reported in the village on the evening of October 31st. Two ghouls and the devil accompanied by a witch and a green dragon were seen mysteriously going from house to house soon after darkness fell. Some other shadowy figures were lurking in the background. When questioned the spokesman for the group said they had come from out of the churchyard. To hide their identity from these unearthly spirits many of the doors that were knocked on were opened by people wearing masks. Fortunately a small gift of sweets was enough to send these spooky figures on their way. Of further concern is the fact that two more were seen in the vicinity of Hatherley Gardens on the same night.

Please inform G4 of any future sightings which might require further investigation.

The Halloween spirit certainly prevailed in the village and those involved were all very grateful for the lovely reception they received at each of the houses visited.

(PS It wasn't that many years ago that there weren't any young children in Barton Bendish so it's really nice to see them now getting involved with things. Jill)

BARTON BENDISH FILM CLUB CHRISTMAS FILM SHOWINGS**Presents EPIC at 2.30pm and SONG FOR MARION at 7.30pm****Saturday 7th December 2013**

Barton Bendish film club proudly presents, two films this Christmas, both on Saturday 7th December at Barton Bendish Village Hall. Our Matinee performance at 2:30pm for our younger audience will be the film 'Epic', with a running time 102 minutes. Tickets at £2 for accompanied children, No charge for accompanying adults.

Our evening performance at 7:30pm will be the film 'Song for Marion' with a running time of 93 minutes. Tickets £4 in advance or £5 at the door. Festive refreshments will be included for both performances. For further details please refer to the posters and /or visit our website at <http://bartonbendishfilmclub.btck.co.uk> or email us at cinemabarton@gmail.com. Tickets are available from the Box Office on 01366 347849. Thank you to everyone who has supported us during 2013 and we wish you a very Merry Christmas.

CHRISTINGLE SERVICE 8th December 11am St Andrew's Church

Many people take part in this service that heralds the start of Christmas services for us in Barton Bendish – but what is Christingle? Even if you haven't heard of the word before you will probably recognise the decorated orange!

Christingle means 'Christ's Light' and at Christmas it symbolises the birth of Jesus, Light of the world. A growing number of churches hold Christingle services around Christmas time. The custom of giving out lighted candles in these services originates from the Moravian Church in Germany in 1747 but they weren't introduced to the Anglican Church until 1968. Christingles are made up of different parts, each one reminding us of something. The orange represents the world, the candle represents Jesus, the red ribbon going 'around the world' represents the blood Jesus shed for us, the four cocktail sticks represent the four seasons and the four corners of the world, and the fruit and sweets, Jesus' gifts to us. Children and adults alike find this a very special service to take part in and everyone is extremely welcome to join us. Please dress for warmth, - our Church is atmospheric but can be chilly!! Refreshments will be served following the service. For more information please contact Mhari 3475849 or Linda 347563

A VICTORIAN EVENING OF CHRISTMAS ENTERTAINMENT, MUSIC and CAROLS

Saturday 14th December 6pm Barton Bendish Village Hall

This has always been a popular evening and it has been wonderful to have so many people, young and old, who wanted to be part of it in previous years.... and we hope that this year will be no exception !! It's not long now but please think about 'treading the boards' with us, - new and 'experienced' performers are all encouraged!!

Following the 'first half' of entertainment there will be a short interval and then a chance to sing some of our traditional favourite carols.

We will certainly be treated to an evening to remember!

The one thing we will be short of are Victorian costumes and if anyone has anything that they would be willing to loan us we would love to hear from you. There is no charge for tickets to this event , a collection will be taken on the night but we will need to know numbers, so bear the evening in mind when you are planning your diary!.

Following the entertainment and the carols, seasonal refreshment will be served!!

For more details please contact Mhari 347849 or Linda 347563

PS A Costume and Fancy Dress Hire is opening soon at the old Hammond's Grammar School in Swaffham. Details from Wendy on 07761 390269.

NEWS FROM St ANDREW'S

Christmas Tree Festival and Hall of Stalls

Many of you have asked if we are holding a Christmas Tree festival and Hall of Stalls this year. We decided after a lot of arm twisting last year that we should have a year off to allow our hard working volunteers a break. However we have been overwhelmed by the amount of people contacting us, interested in taking part and we are planning to hold the event again next year.

Even though we are not having the Christmas Tree Festival, we have decided to still erect the Remembrance Tree in the chancel during December. This tree is always sought out by visitors where messages to lost loved ones can be

placed. The messages will be blessed at the service in St Andrew's closest to Christmas. St

Andrew's is open every day during daylight hours and anyone from anywhere is welcome to come and write a message. Tags for the tree will be found next to it.

Quiz Sheets

The current sheet's theme has answers that are peoples names where the first name and surname begin with the same letter. There is still time to get a quiz sheet and have a go - the deadline is 13th December.

The following quiz sheet with a theme of place names will be on sale at the end of January. Many thanks to Val Macallister who has devised this sheet for us.

A Victorian Evening of Entertainment, Music and Carols

Don't forget to put this event in your diary! The start of the evening will have us entertained by local talents, young and old (and Barton people do seem to be a very skilled group) and following a short break there will be the chance to sing some well loved carols and hear the familiar readings that herald Christmas. Following the carols, refreshments will be served. (If you are able to provide any refreshments we would be glad to hear from you!) Everybody is welcome, there is no charge. A collection will be taken during the c a r o l s .

T H A N K Y O U

As always we are indebted to the large group of people who are 'hands on' and help to look after St Andrew's and St Mary's churches and also those who help at our fundraising events and those too who come and support us on the day. Names are too numerous to mention but this huge effort that involves so many from our own village and beyond shows what can be achieved when a community works together. Thank you all so much. *Mhari and Linda*

FORTHCOMING EVENTS FOR 2013 See adverts for further details

SATURDAY 7th DECEMBER FILMS EPIC at 2.30pm SONG FOR MARION at 7.30pm

SUNDAY 8th DECEMBER CHRISTINGLE SERVICE St ANDREW'S 11.0am

SATURDAY 14th DECEMBER EVENING OF CAROLS and ENTERTAINMENT 6pm

BEACHAMWELL, SHINGHAM & DRYMERE VILLAGE NEWS

St. Mary's Church

As we approach the end of the first year that we have been able to open the church daily I would like to thank all those who give up their time to open and close the church. I would particularly like to thank Ian Phillpot for organising the weekly rota. We have had many very positive comments from visitors who welcome the fact that the church is open when they visit and they are able to see inside our historic church.

I am delighted to tell you that we have recently received a grant of £1,000 from the Bassham Charitable Trust who were one of the Trusts which we applied to for a grant towards the restoration of the porch. This is a very welcome boost to the funds we are trying to raise for this project.

I do hope you will join us for our Christmas Services. Our Carols by Candlelight Service will be held on Monday 23rd December at 6.30 p.m. The church will, as usual, be decorated beautifully and lit with many candles. We hope you will be able to join us for the traditional Lessons and Christmas Carols and then stay after the Service for mulled wine and mince pies. There will also be a Christmas Midnight Service in Beachamwell on Christmas Eve starting at 11.45 p.m.

Finally on behalf of John Sanderson and myself and all the PCC of St Mary's Church I would like to wish you all a very enjoyable Christmas and a Very Happy New Year. We would also like to sincerely thank everybody who has supported the Church in so many ways over the last year.

Graham Williams (Churchwarden) 01366 328774

Carol Service: We do hope you will be able to join us for Carols by Candlelight on Monday 23rd December at 6 30 pm. If anybody could produce any mince pies for this occasion it would be much appreciated as there will be mulled wine and mince pies after the service. **Gill Sanderson**

Flower & Brass Cleaning Rota

December: 1st Sonia Williams; 8th Carole Wilson; 15th Brenda Branch
22nd and 29th Christmas *[Several People]* *[Carol Service Monday 23rd]*

January: 5th Karen Butler and Jeanne Flynn; 12th Heidi Hale; 19th Jenny Gabrielsen; 26th Vesna Hudson

If anyone is interested in joining the Flower Rota please contact me and I will explain what is involved. **Eileen Powell**

BEACHAMWELL, SHINGHAM & DRYMERE VILLAGE NEWS

WI

The November meeting is traditionally the Annual Meeting when reports are presented and a new committee elected. Before this took place, we enjoyed a very tasty Halloween Supper which was served and provided by the Committee – Marie's apple pie was as delicious as ever.

The election of the new committee took place and the results were Jenny Gabrielsen, Heidi Hale, Vesna Hudson, Eileen Powell, Irene Ranner and Carole Wilson. Vesna was prepared to stand as President next year so was duly elected. Marie Rich and Val Sidey have stepped down. Special thanks to Marie who has been a Committee Member for many years but now feels it is the time to have a rest. We have really enjoyed having our committee meetings at your



house Marie around your lovely big table. Ann Lewing thanked the Committee for a wonderful year of friendship. Awards were presented to Brenda Branch for highest marks in the Competitions. Joan Forster won the Ann Berchem vase for flower of the month and I was absolutely delighted to receive the Ruth Rix vase for Craft Work. My mohair cardigan seemed to impress the judge.

Members were reminded to get knitting, sewing and baking for the annual Christmas Fayre on December 1st and we hope all readers will come and support us. See you at Beachamwell Memorial Hall 12-3pm, free mulled wine and lots of goodies to buy and eat. **Carole Wilson Photograph Eileen Powell**

BEACHAMWELL, SHINGHAM & DRYMERE VILLAGE NEWS

Beachamwell Memorial Hall (Charity registration number: 303900)

Since our AGM in March 2013 we have made several improvements to the hall. Most notably we have installed new heaters, so the hall should now be warm even in the coldest weather; we have increased storage space and have had the hall cleaned regularly. There has been a lot of positive feedback on these improvements from our regular users and from people who have hired the hall for private functions and parties.

After comparing our hiring charges with those of other village halls in the area, we have produced an updated list of charges e.g. as a resident of Beachamwell it will cost you £15 to hire the hall for half a day or for regular evening meetings and only £25 for a full day. The complete list of charges is displayed on the noticeboard outside the hall or can be obtained from Leah Spencer (01366 328536 or leah @wissey.co).

There are already 8 groups meeting regularly in our village hall, providing a welcomed opportunity for people in Beachamwell to socialise throughout the year. The hall is being well used, but the committee is keen to encourage even more people to take advantage of the facilities and add to the social life of our community. Perhaps you have a skill or interest you could share - Tai Chi perhaps or Bridge or Photography or Knit and Natter or Yoga or Zumba or Carpet Bowls or Music appreciation or Art or Children's Drama ... the list could be endless! If you have an idea you'd like to try, we can offer advice about setting up a group and how to advertise etc. We will not charge for the initial hall booking, so you can test the water without being out of pocket.

Don't forget to join us for the Pop up Pub event Friday 6th December from 6.30pm !

Peter Garner (Chair), Susie Davies (Secretary), Judith Blatchford (Treasurer), Caroline Sanderson, Mike Walker, Jayne Frost, Leah Spencer

Mobile Post Office

Monday, Tuesday, Wednesday, Thursday and Friday: 11.15 - 12.00

Parish Council

The next meeting will take place on Monday 13th January 2014 at 7.30 in the Memorial Hall. Everyone is welcome to attend.

Eileen Powell [Parish Clerk]

BEACHAMWELL, SHINGHAM & DRYMERE VILLAGE NEWS

Wednesday Walkers

On Wednesday 4 November a group of 13 walkers set off from the village hall and walked across the footpath beside the old school across to the Gooderstone



Road and then up Murgot Lane towards Barton Bendish. We turned south along a track and then followed footpaths across to St John's Farm and home. We were amazed to see the range of flowers still in bloom and the beautiful berries of sloe, wild rose, hawthorn and bramble in the hedgerows.

The December walk will leave the village hall at

10am on Wednesday 4 December and will be followed by a light lunch in the village hall (approx. £3.00). To book a lunch please phone 01366 328536

NB January walk will be on 8 January.

Leah Spencer Photograph Sue Pennell

Betty Bowman

For those of you who remember Joe and Betty Bowman who lived in Beachamwell for several years before moving to Swaffham, you will be sad to learn that Betty died recently.



They both took an active part in village life. Betty was particularly keen and organised several events including an Art and Craft Show and a very interesting Pancake Race one Shrove Tuesday
Condolences to Joe and the family.

Eileen Powell

COMMUNITY NOTICE BOARD

MOBILE LIBRARY VISITS - Please note changed days/times

DATE	VILLAGE	LOCATION	TIME
Thursday 19th December 16th January	Beachamwell	Post Office	10:05 am
	Drymere	Telephone Box	10:40 am
	Boughton	Sycamore House	15:20 pm
		Mill Road	15:35 pm
	Barton Bendish	Hatherley Gardens	9:40 pm
Thursday 5th, 19th December 2nd, 16th, 30th January	Wereham	The Pond	9:30 am
		Queen's Close	16:20 pm

For services to all 'Group 4' villages ring Mobile Library Information on 01603 222267 or look at the website - www.norfolk.gov.uk/Leisure_and_culture/Libraries/Mobile_libraries

VILLAGE BUS SERVICES

FROM	ROUTE	OPERATOR	DESTINATION
Barton Bendish	31 (Saturday)	Lewis Coaches	Swaffham
Beachamwell	31 (Saturday)	Lewis Coaches	Swaffham
	18 (Tuesday)	Eagles Coaches	King's.Lynn & Swaffham
Boughton	18 (Tuesday)	Eagles Coaches	King's.Lynn & Swaffham
Wereham	28 (Mon to Sat)	Coach Services	King's Lynn
	40 (Mon to Sat)	Coach Services	Thetford/Downham

Timetable requests:- (01603) 228888, Traveline (08706) 082608 (www.traveline.org.uk)

FARMERS' MARKETS

Ely	Second and Fourth Saturday 8:00-2:00pm
Fakenham	Fourth Saturday 8.30am to 12:00pm
RAF Marham	Third Friday 9:00am to 2:00pm
Swaffham	First and Third Sunday
Watton	Sadly no longer trading

For information:- www.farmersmarkets.net or your local Tourist Information Office

VILLAGE AND PARISH HALL BOOKINGS

Barton Bendish	Bill Tasker	01366 347432
Beachamwell	Caroline Sanderson	01366 328244
Boughton	Pam Wakeling	01366 500429
Wereham	Doreen Rolph	01366 500218

CAROL SERVICES 2013

Saturday 14th December

Barton Bendish Christmas Entertainment

Village Hall 7 pm

Sunday 15th December

Fincham village carol service 3.30 pm

Tuesday 17th December

Boughton Service of Nine Lessons and Carols 7 pm

Thursday 19th December

Shouldham Carol Service 7 pm

Friday 20th December

Shouldham Thorpe carol service 6.30 pm

Saturday 21st December

Fincham Carol Concert 7.30 pm

Sunday 22nd December

Wereham Carol Service with Nativity Play 4 pm

Marham Carols by Candlelight 6 pm

Monday 23rd December

Beachamwell Carol Service 6.30 pm



CHURCH SERVICES FOR DECEMBER

Sunday 1st December Advent Sunday

9.45 am Holy Communion Shouldham
10.30 am – 11.30 am Café Church at Marham
11 am Holy Communion Beachamwell
6 pm Evensong Wereham

Sunday 8th December

9.30 am Holy Communion Shouldham Thorpe
10 am Boughton (Breakfast Church)
10.30 am Morning Worship Marham
11 am Christingle Barton Bendish
6 pm Evensong Fincham

Sunday 15th December

9.45 am Morning Prayer Shouldham
10.30 am Holy Communion Marham
11 am Holy Communion Wereham
11 am Family Service Beachamwell
3.30 pm Family Carol Service Fincham

Sunday 22nd December

9.30 am Holy Communion Fincham
11.00 am Holy Communion Boughton
6 pm Holy Communion Barton Bendish
6.00 pm Carols by Candlelight Marham

Christmas Eve 24th December

4 pm Crib Service Boughton
11.00 pm Midnight Communion Marham
11.30 pm Midnight Communion Beachamwell
11.30 pm Midnight Communion Shouldham

Christmas Day 25th December

9.30 am Holy Communion Shouldham Thorpe
11.00 am Holy Communion Boughton

**SUNDAY 29TH DECEMBER 10 AM GROUP SERVICE OF HOLY COMMUNION
FINCHAM (NOTE CHANGE OF TIME)**

CHURCH SERVICES FOR JANUARY

Sunday 5th January

9.45 am Holy Communion Shouldham
10.30 am –11.30 am Sunday Café at Marham
11 am Holy Communion Beachamwell
6 pm Evensong Wereham

Sunday 12th January

9.30 am Holy Communion Shouldham Thorpe
10 am Morning Prayer Boughton (no Breakfast Church)
10.30 am Holy Communion Marham
11.00 am Family Communion Barton Bendish
6 pm Evensong Fincham

Sunday 19th January

9.45 am Morning Prayer Shouldham
10.30 am Morning Worship Marham
11 am Morning Prayer Wereham
11.00 am Family Service Beachamwell

Sunday 26th January

9.30 am Holy Communion Fincham
10.30 am United Holy Communion Marham (HT)
11.00 am Holy Communion Boughton
6 pm Evening service Barton Bendish

Thursday Services

2nd, 16th, 23rd , 30th Fincham, 9th Boughton

CHURCHWARDENS

Barton Bendish	Mhari Blanchfield	01366 347849
	Linda Webster	01366 347563
Beachamwell	John Sanderson	01366 328818
	Graham Williams	01366 328774
Boughton	Pam Wakeling	01366 500429
Wereham	Sheila Smith	01366 858165

BAPTISMS AND WEDDINGS

Please contact the Revd. Barbara Burton or the Churchwarden in your parish.

BOUGHTON VILLAGE NEWS

Bistro quiz.....a meal with a difference.

Seven teams from the surrounding villages gathered in All Saints' Community Centre for a meal with a difference. Pippa Blackall had provided and cooked an excellent meal, accompanied by cheese, home made grapes and preceded with hummus and pate. Tony Golds provided a range of wines, with apple juice from the Blackall establishment again. The meal commenced with four rounds of a quiz devised and presented by Barbara, ably assisted by May. After everyone had eaten well, the quiz continued with another four rounds. In the end, the team from Barton Bendish – with Boughton additions – won the contest. Everyone had a good time and we really appreciated the generosity which made it possible to raise £295 for church funds.

Two days later, All Saints' wore its church hat and we celebrated Harvest Festival. Rather later than normal, as so many events had been taking place in the village and in the building. We had enough people in the congregation to appreciate the singing of familiar hymns and to raise £107 for Crisis at Christmas. The packeted and tinned goods were later taken to Downham Market for transport to the Foodbank in King's Lynn. Many thanks to Wendy Roberts for decorating the church so beautifully for several recent events.

Christmas in Boughton

The annual service of Nine Lessons and Carols will take place on Tuesday 17th December at 7 pm. We will have the traditional readings and sing traditional carols with the choir in attendance, reviving the tradition of a village party after the service, with people bringing a plate of food to share. Mulled wine and coffee will be provided. Do come along and join us – it has always been good fun and in the new community space it should be even better!

We need to decorate the church before the carol service, so it will be done the weekend before. A Christmas tree has been promised and if you have seasonal greenery – holly with berries? – to bring along we would be very grateful. Boughton church dresses well with traditional leaves and greenery and this will stay fresh until the following week for the Crib service on December 24th at 4 pm. There will be a service of Holy Communion in the church at 11 am on Christmas Day itself. Everyone will be welcome.

BOUGHTON FEN REPORT TO PARISH COUNCIL MEETING 02.08.2013

As usual at this time of year, work on the fen is low key as we leave it to our summer visitors. We have, however, kept the wildlife walk clear with small working parties using our cutter and strimmers.

A team of moth recorders visited the fen recently, which I am sure would have looked rather spooky from above, with their bright lights dotted around the area, luring the varied species in to be recorded.

We are always pleased to let you know about youth involvement, and this has continued with further community work for the Duke of Edinburgh award, as well as the local cub pack meeting to learn about the fen.

The Fen Committee has reached the final four in the shortlist for the Lloyds Banking Group Community Fund for this area. Two of the four finalist will receive £3000 to spend on their projects. To win this, we need to be in the top two of the area public vote. It would be great to have your support in this, so watch this space for further details of how to make your vote.

With the sun shining and temperatures high, winter may seem a long way off but the team are already starting to plan this year's autumn and winter work on the fen. It would be great to see our regulars, plus some new faces later in the year.

The reed beds have grown higher and stronger than we have seen for a number of years, due to the very wet weather last winter. Often when down on the fen, you can see the marsh harriers, which we have almost taken for granted, but of course they only started to breed here successfully four or five years ago. A first for this year is that a family of bearded tits have nested in the reeds.

Finally, a group of us went to Norwich a few days ago to receive our Norfolk Biodiversity Partnership award in the Site Award Category. I would like to thank the Fen Committee, the Parish Council, and most of all the many people who have helped us achieve such high standards over the last six years. MARK POGMORE

Boughton Parish Council – Autumn Newsletter

So, what have the Parish Council been up to on your behalf for the last few months?

The on-going maintenance of our lovely Village Green continues to be a focus of activity. This facility is kept in pristine condition by the voluntary action of the councillors and parishioners, and includes mowing The Green, replacing posts around The Green and on-going maintenance of the flora around the pond. As well as regular tidy ups by the Council there was some willow regrowth that we had tried to clear a year or two ago which re-appeared and the council managed to get this removed without charge by a contractor working elsewhere in the village.

The Village street scene is kept tidy by regular checks of all signage, facilities including seats and the playground equipment also. Maintenance is carried out regularly to ensure we get the best life from all the village assets. Recently we replaced a worn swing seat, added some more steps and two additional handrails to the slide to make it more user friendly for the growing number of youngsters we have in Boughton.

The Annual Boughton challenge was held in August, with the challenge being 'bake a loaf' there were many superb entries and this year Barton Bendish nipped in to win. There was also teddy tossing from the church tower which turned out to be very interesting with many parachuting teddies flying across the churchyard. A definite must for next year!

The Parish Council have a very good relationship with the Borough Council and Highways. There is occasional fly-tipping in the parish, but once recorded a quick phone call and the Borough clean-up team usually remove it within 24 hours. If you see any fly tipping let a parish councillor know, and we will deal with it. Similarly if there are any issues with the roads through the village, the Highway rangers are notified and any works are added to their work schedule during their quarterly visits. Again if you have any highways concerns advise a parish councillor and we will act.

We are rightfully proud of our war memorial in Boughton and following the major refurbishment last year the memorial has received an annual clean to keep it looking as it should.

The Parish now owns the former BT phone kiosk and will maintain it in good condition. Although the telephony has been taken out, BT will maintain a power supply and it is good to see the light on again. Volunteers have come forward to

The Fen Committee is hoping to have been awarded a further grant of £3000 pounds via Lloyds Bank Community Fund. This is dependent upon votes cast for a number on community projects. We shall know by the time of the next update.

Dog fouling continues to be an irritant rather than a major problem. However our local PCSO now has the power to issue on the spot fines. Let's all try to keep Boughton free of the anti-social behaviour.

Looking forward your Parish Council will again be providing Christmas Trees to be placed on The Green and in All Saints' Village Centre. This at no cost to the parish and erected and maintained by volunteers. We have Boughton Village Caravan to thank for the additional lighting provided last Christmas which keeps the tree looking superb.

More next quarter! ***Boughton Parish Council***

Boughton Scarecrow Week 2013 - Report



Well, weren't we lucky with the weather! From a dismal start to the week with storm St Jude making itself felt, when few ventured to put scarecrows out for fear of them disappearing down the road, to lovely sunshine as we had the presentations and barbecue on Saturday 2nd November. We are definitely blessed in Boughton with good weather for most of our events.

This year we had a total of 20 scarecrows out, including our mascot Big Sam on Bell Corner, a great display throughout the village. The old grey matter must have been severely tested as the range and style of scarecrows was absolutely magnificent. Worthy of mention are 'Another Windy Day', a horizontal scarecrow clinging gamefully to a telegraph pole in Stoke Road. We noted that on the day after the St Jude storm even this well-constructed scarecrow was looking a bit windswept. The Dewhurst family had found that Peter Rabbit had escaped from the farmer at Manor Farm and alas there were no pies!

The judges Barbara Butler from Finchamfoot, Steg Badcock (house boss) from Wareham and our own Jane Tidy, updated the early cool weather to take a hayride round the village kindly provided by Geoff. Their task was made

extremely difficult such was the standard of scarecrows this year.

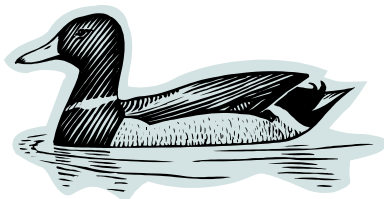


They were unable to separate the juniors so decided to award first first prize to Henry Simpson for 'Bonkers Conkers', first next prize to Charles Lankfer for 'The Lady Loves' and first next prize to The Hawley Family, who have recently moved into the village

Again with the adults two scarecrows proved inseparable so the joint winners were Ollie & Fiona Robinson with a magnificent 'Boughton Downhill Ski-club' suitably arranged on the only slope in the village! And Bryan & Pauline Bradley had obviously been hard at work for several days with their rendition of The Thinker, which following some graffiti had become 'The Stinker'. How many people have a full WC suite to hand for such an occasion?



Thanks are due to all those who made the effort to put out a scarecrow, and also to all the BVC-ers who helped before and on the day. Well done Boughton, another successful village event!



Boughton Village. Messages from the youngest members of our community.

To Frank and Peter,

Thank you very much for the modifications you have made to our playground. The new slide steps, toddler hand rail, and new swing seat are great and our mummies and daddies love the chain on the gate!

An extra thank you too to Frank for keeping the grass so nice all year round in the playground and around the pond, it gives us such a beautiful place to play, we love it! *The little people of Boughton*

Could Charles and I please say a big thank you to Frank Reid and the parish council for making suggested safety alterations to the children's play area in the village, I'm sure there are many other users of the equipment that have noticed the changes. Merry Christmas *Angela and Charles Lankfer*

WEREHAM VILLAGE NEWS

PARISH COUNCIL MEETINGS: The last meeting was held on 12th November. If you would like a copy of the Minutes from that meeting, please contact:-

Mrs. N. Cooper, Wereham Parish Clerk, Clavering House, Stoke Road, Wereham. Email: Werehampc@gmail.com. Telephone 01366 500527

The next meeting is Tuesday, 14th January at 7.30 pm. All welcome.

WEREHAM TOTS Friday mornings from 10.00am to 12.00 noon. All welcome. *Angela*

FAMILY CHRISTMAS BINGO

Saturday 14th December, Wereham Village Hall - doors open 6.00 pm, eyes down 6.30 pm. Refreshments sold. Prizes: Cinema Tickets, Bowling Tickets and many more. Raising money for QEH Children's Ward. Any enquiries to Sheena 01366 500192 or 07845337163, or Louise 07512750734

Wereham has a social group on facebook - **Wereham Village Group**. If you've lost something, have a question or something to share, come and join us!

Wereham Pop-Up Café

Another Fantastic Cafe took place on Tuesday Nov 5th, in fact the best so far,

you all raised £102.50p for the Village Hall. Well done and Thank you yet again to all involved. We had some lovely ladies with Craft Tables, who will be coming over again for December's Cafe. Please let's finish the year off with the best Cafe yet in December as well as the craft tables there will be a small raffle and oodles of festive cheer. So if you have not popped over for a while or are new to Village, come along and I promise you will have a lovely morning. Cafe is due to Pop-Up on Tuesday 3rd December at 10:30 onwards. Make that a date.

May I take this chance to say a truly heartfelt **Thank you to all** of our Customers over the last few months we have all made some lovely friends right on our door steps, without you this Cafe would not have Popped-up month after month and I wish you all a **Merry Christmas & Happy New Year....**

The Cafe will have a break over the festive holidays so January's Cafe will not take place, the first Cafe in 2014 will commence the first Tuesday in February. Thank you.

Jacqueline & Nicki...

Wereham Christmas Sketch Actors/Actresses Required for a "Play in a morning"

If you are between the ages of 10 - 16 , are up for a Challenge, and are available ON Sunday 22 December and want have lots of fun along the way - then read on. Wereham's very own Christmas Sketch will take place in the Village and we are after YOU to perform it.

Produced by our very own Debbie Rye the production will take place in Church at 4pm, as part of our Carols by Candlelight Sunday. Intense but fun rehearsals will take place 10 - 12 on Sunday 22 Dec in the Church. No experience necessary, so come along and enjoy, you will be surprised how much fun you will have. More information please contact **Debbie** on 502083 or **Jacqueline** on 500880.

Update from Wereham Village Hall Committee

Update from our Fund-raising meeting on the 22nd October –

Due to G4 copy deadline, the feedback on our request for the PC to approve the new Trust Deed and new PC representative will be in the next G4 issue. We've created a facebook page, log onto www.facebook.com/werehamvillagehall by

liking our page you will be kept up to date on events, pictures and the progress towards a new village hall.

We're also looking into a website, if you can help, please contact Helen on 07795006811.

We've booked lots of community events for 2014. These will be listed on our facebook page and on the notice board outside the hall.

A big thank you to –

- Jacqueline & Nicki who created a fantastic Halloween Party for all of our children and to Rosemary and Nikki from 'Friends' who helped in the kitchen. The kids had a great time dancing to DJ Bones and playing scary games with witches and vampires! Even Mums and Dad's dressed up. £140 raised.

- Jacqueline and Nicki who continue to create the lovely monthly pop up café. What a corker fundraiser they had this month - £102! Well done and thank you to all the ladies who supported with yummy cakes.

- John Eastgate and the rest of the Quiz Team who created October's quiz night. It was so popular we've added 2 dates for 2014. £180 was raised.

- The Loake Family for organising the 1st indoor car boot. Raised £56.

- Parents and children who attended and helped with the Kids Halloween craft morning on the 30th of October– the kids had great fun. Competition winners were Dexter for scariest face on a plate, Callum for most inventive creation, Jenny for scariest picture and Chloe for best effort. A great community event.

Wereham Village Hall Bonus Ball Club – The Winners of £50 each for the November Lotto draw were Liz Baddock and K Hunt – congratulations!

Many thanks, Helen Richardson, Secretary, Wereham Village Hall.

Ink Cartridges, Mobile phones & Bottle tops- collection boxes on the piano in the hall, open 10-12 Fridays or I can collect - Victoria 501277.

Events list -

Bingo - every Wednesday, doors open at 6.45pm, eyes down at 7.30pm.

Cash prizes, raffle, and refreshments with complimentary biscuits. Enquiries to Roger on 500088.

Xmas Bazaar – 24th November, 2-4pm, 20p entrance fee, Father Christmas will be in his Grotto, stalls from the Perfect Preserves, Norfolk Cottage Gardens, Phoenix Cards, Jewellery, Candles and lots more, craft stalls, raffle, refreshments, cake stall, tombola and our famous 'Bowling for a Turkey' – come along and join in the fun! If you'd like to book a stall – call Doreen on 500218. Donations of mince pies/cakes, tombola and raffle prizes, large or small, greatly appreciated.

Pop up Café – Next date is Tuesday the 3rd December. Call Jacqueline 500880.

Xmas bumper prize Bingo – 4th December. Doors open at 6.45pm, eyes down at 7.30pm. Bumper prize raffle – popular event, be sure to grab a space early. Warmed mince pies and treats during the break. Call Roger 500088.

Indoor/Outdoor Car Boot – This event will run every month. Next dates are Jan 26th & Feb 23rd. Call Nikki/Chris on 501111.



Christmas Carols – 22nd December, 4pm, short children's nativity play & service at the Church, followed by a ticketed event – 4.30pm Carols around the pond & hot food in the village hall. Tickets are £3p/p or £10 for family of 4 (2adult/2 children extra children £1). Price includes hotdog, wedges, drink, mince pie/slice of cake. This is a ticket only event, call Victoria on 501277 / 07725513583.

For events and pictures, log onto www.facebook.com/werehamvillagehall

If you have any queries with regards to the plans to get funding for a new village hall, or anything we're doing, please contact - Victoria Gray on 501277

Victoria Gray
Chair
Wereham Village Hall Committee
Registered Charity:1151336
Mobile: 07725513583

Changes to scrap metal collection – How will this affect you?

From 1 October 2013, a new law called the ‘Scrap Metal Dealers Act 2013’ commences across England and Wales.

As a member of the public who may come into contact with collectors in the area you live you need to be aware:

- Mobile collectors need a licence from every local authority in which they collect scrap metal.
- ‘A licensed Collector’ will display in their vehicle a valid photographic collector’s licence issued by Breckland Council – this notice should be visible to you from outside the vehicle and will include the Council logo.
- From 1st October 2013 a collector can no longer pay you in cash for any scrap metal he collects from you.
- Payment can only be made by cheque or electronic transfer.
- If you are taking scrap metal to a licensed site, you will need to take formal ID with you, and the site manager must record these details.
- A valid local authority site licence must be displayed in view of the public at any site that you take your scrap metal to.

If you think an offence is being committed please contact Norfolk Constabulary on telephone number 101.

Please contact Breckland Council’s Licensing Team for further information on 01362 656876

K.J.Catering Services

21 Main Road Brookville,
Thetford, Norfolk

**01366 728858
or 07542 923909**

kjcatering@btconnect.com

www.catererssuffolkandnorfolk.com

**Outside Catering
And
Hog Roast &
Bar-B-Q
Specialists**

K.J.Bar Services

**Fully Licensed
for all occasions**

K.J Catering is a
family business based on
quality food and service

South Pickenham Estate FIREWOOD

Barn stored seasoned split hard
and softwood

Free delivery in the Swaffham area
All of our firewood is from well man-
aged woodland and is fully sustainable

Softwood logs are over 40% cheaper
than hardwood logs

Will deliver 50% hardwood and 50%
softwood on one load in separate
sections if required



Contact
The Estate Office
01760 756376

Trailer shown holds 3 cubic meters

FIREWOOD LOGS

**All Dry and Seasoned
Hardwood**

Oak - Ash - Beech

Free Delivery

**Call Tim on
01366 347656
07867 764307**



Local Logs for Local People



The Bedingfeld Arms



A stone's throw from National Trust's Oxburgh Hall

BED & BREAKFAST

5 cosy & contemporary Coach Rooms & 4 Individual, feature rooms with Village views available from £60-£125 with optional breakfast at £9.50 per head

RUSTIC, CHIC RESTAURANT

Monday to Sunday 12-3 pm and 6-9 pm

We can make any occasion dazzle and surprise your guests

Warming log fire and Pretty candles everywhere

MONDAY MADNESS (meal deal £10 includes a pint/glass of wine)

RESTAURANT NOW OPEN ON SUNDAY EVENINGS

SET CHRISTMAS PARTY MENU AVAILABLE 1st-23rd DECEMBER

3-DAY CHRISTMAS and NEW-YEAR PACKAGES AVAILABLE

Suggestions for themes always welcome

WEDNESDAY COFFEE MORNING

Cake is included in price of coffee (latte, cappuccino, Americano)

LATEST WEBSITE OFFERS

www.bedingfeldarms.co.uk

Facebook/Twitter also on Oxborough Messenger Website

Phone Enquires – 01366 328300 (Best to call between 9-12 or 3-6 pm)



ktdesign

graphic design / web design
branding / marketing
print / photography / illustration

www.ktdesign-web.co.uk
01366 501509
info@ktdesign-web.co.uk
follow me on  @ktdesignweb

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

THE TEKKIE

PC AND NETWORK ENGINEER

- *PC repairs & upgrades.*
- *Viruses & malware removed.*
- *Internet problems resolved.*
- *Wireless Networking.*
- *Data recovery.*
- *Quality PCs built to order.*
- *Microsoft systems specialist.*
- *On-site support.*

Call: Joe Trattle 01366 347304 or 07760 118804
Web: <http://www.thetekkie.co.uk>
Email: joe@thetekkie.co.uk

Microsoft
CERTIFIED
Systems Engineer



SYSTEMS BUILT TO SPECIFICATION
MOTHERBOARD REPAIR
OPERATING SYSTEMS INSTALLED OR
RE-INSTALLED
WEB DESIGN / AD DESIGN
VIRUS REMOVAL
HARDWARE INSTALLATION & REMOVAL
LAPTOP & PC REPAIR



PC REPAIRS + UPGRADES

I AM BASED AT COCKLEY CLEY & WILL TRAVEL
FREE OF CHARGE WITHIN 15 MILE RADIUS
FREE PC COLLECTION-RETURN SERVICE

E-MAIL-pc-probs@hotmail.com

TEL-01760-725647
ASK FOR IAN





Methwold Nursery School and Pre-School

Experience for yourself the welcoming atmosphere of our nursery where exceptional care, homely surroundings and wonderful large garden are second to none. Our highly qualified experienced staff will ensure that each child's individual needs are met and provide them with the opportunity to make new friends, develop in confidence and become independent whilst;
learning through play!

**Open all year Monday to Friday 7am to 6pm
from age 3 months to 6 years**

Breakfast, After School and Holiday Clubs up to the age of 6
570 hours of Free Child Care* for all children residing in Norfolk/Suffolk
over the age of 3 and 4 years. Child Care Vouchers Accepted

Visit our website to view 'The Tardis' and learn more about us!

www.methwoldnurseryschool.co.uk

39 Stoke Road, Methwold, Thetford IP26 4PE Tel: 01366 728419

*Subject to Local Authority Terms and Conditions

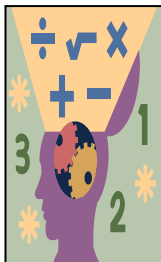
M.M.A. BOOK-KEEPING AND ACCOUNTANCY

Chartered Management Accountant

- ❖ Tax Returns
- ❖ VAT Returns
- ❖ Self Build VAT Claims
- ❖ Monthly Management Accounts Preparation
- ❖ Sage, Excel and Manual Systems Advice
- ❖ Computerisation of Records
- ❖ Home/On Site Visits Available

Call Keith Matthews (ACMA)

01366 347848 / 07818 438066



Maths Tutor (to GCSE level)

- unravel problems
- boost confidence
- improve numeracy

A Cambridge graduate offers
one-to-one tuition in your home
(one-off or ongoing)

£25 per hour

**For details, or to arrange a
£10 INTRODUCTORY SESSION**

**contact Katherine Shaw
07773 - 433180**

SJ SUPPLIES

GIBBET LANE, WEREHAM

KINGS LYNN, NORFOLK, PE33 9AA

07780663527

07767251284



FLO GAS

Agents for FLO GAS

Now supplying Gas Bottles

Give us a call to see if we can beat your current price

All size cylinders stocked

Delivery Service Available

**Premier
Holiday accommodation
in Wereham
overlooking the pond
4* very comfortable, well
equipped 4 bedroomed house
Sleeps 10, 2 bathrooms**

Ideal if you have family or friends visiting

Good discounts available for
Group 4 News readers!

For more details please Tel Debbie
or Ian Rye 01366502083 or
07506689800 or see website
www.wix.com/ryeholidays/theoldschoolhouse

Father Christmas



will be at
Church Farm every
Thursday, Friday,
Saturday and Sunday
From 30th Nov - 23rd
Dec, 10am - 5pm.
Come and see our
Nativity with real
animals!

Christmas Shopping

at Church Farm. Come and
browse our beautiful range of
Christmas gifts for all the
family. You may even find a
few things to put on your
own Wish List!



Open Thurs-Sun throughout the winter!

01366 382162
www.churchfarmstowbardolph.co.uk



**Quality
Service**

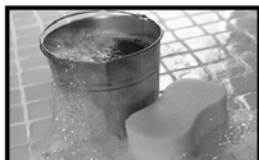
**Affordable
Prices**

**Trustworthy
Staff**

**Clean
Home**

**For Quality
Domestic
Cleaning**

Call 01366 384970



www.deftcleaning.co.uk

*Bed & Breakfast
Rose Cottage*

*Downham Road,
Fincham,
Norfolk,
PE33 9HF*

Reasonable Rates 01366 347426



*Featured in Which?
Good Bed &
Breakfast Guide*

Cognitive Behaviour Therapy, Counselling and EMDR

Do you suffer from:

- Anxiety
- Depression
- PTSD
- OCD
- Phobias
- Relationship Difficulties
- Self Esteem Problems
- Problems At Work
- Lack Of Direction
- Addictions



Then Cognitive behaviour therapy or EMDR may help. Both are recognised as successful treatments by the NHS

For more information or an appointment contact:

Rebecca Judge RNMH, BSc, MSc, MAREBT, BABCP

EMDR & Psychotherapist on:

Tel: 01366 320782 Mob: 07530 928070

Email: enquiries@cbtnorfolk.co.uk

Web: www.cbtnorfolk.co.uk

'The Wish' Hair Salon

Introducing 3 new services to achieve sleek, shiny, manageable hair for that special occasion.

Incorporating the all new 'Steam Pod' smoothing system, choose from the following:-

15 Minute Smoothout Express £10.00

Pro-Keratin Enriched Smoothout £22.50

Intense Shine-on Smoothout £32.50

For Further Details Contact The Wish

Norfolk House, High St, Fincham, PE30 4PR

01366-347999, www.thewishsalon.co.uk

As seen in Vogue magazine



CRYSTAL HEALING THERAPY & REIKI

*Complementary Therapies
that can enhance your life –
why put up with that pain
or stress?*

**Both therapies can assist
in reducing pain, the side
effects of medication &
improving everyday life.**



Advice or
Home Visits:
07769662697

*To book an appointment:
Downham Market
Complementary Health Clinic
93 Lynn Road. PE38 9QE
(01366) 383840*

Karen Taylor is a Practitioner member of PaCT
www.crystaltherapists.org.uk

Charlotte Rose LicAc, VTCT

Aromatherapy Massage
Acupuncture
Facial Cosmetic Acupuncture
Acupuncture for Pain
Hot Stone Massage

**Clinics in Wereham and Old Red
Lion, Castle Acre**

20 minutes aromatherapy
massage taster £5

Gift vouchers available

**Contact: Charlotte: 07855 513199
01366 501232**

charlotterose.charlotterose@gmail.com

www.charlotte-acupuncture.co.uk

“Petcutz” DOG GROOMER



Small/Medium Dogs
NVQ 2 and 3 qualified
in animal care - dog grooming

From bathing, nails trimming, clipping
and scissoring to hand stripping.

For all your dogs requirements
**ask for Rachel on
01366 501152 or 07584 279384**

Poppi Interiors



Curtains & Blinds, Fabrics, Poles
Furniture, Upholstery Trimmings & Wallpapers
Tel: 01366 348033 www.poppinteriors.net

**Opening December new showroom
at The Maltings, Narborough. See
website or call for details.**



**All abilities
welcome**

**Stretching,
postures and
breathing help to
improve mobility
and strength.**

**Please wear
loose clothing
and bring a
warm rug and/
or yoga mat**

British Wheel of
Yoga Tutor,
Ann Lewing
Contact number:
01366 328350

**STOKE
FERRY
VILLAGE
HALL**

Mondays
7.00pm—8.30pm
Please arrive no
later than 6.55pm

£5.00 per session
(pay as you go)
Under 18 yrs old must
be accompanied by an
adult

Michelle's Foot Care

Day, Evening & Saturday Appointments
Home Visiting

FOOT HEALTH PRACTITIONER

07723 427844

01760 755314

Corns – Callous – Verruca - Ingrown Nails
Thickened Nails - Fungal Nails - Diabetic
Trained – Many other Foot Problems

Fully Insured

Qualified: MCFHP MAFHP

Enhanced CRB

All instruments sterilized

*Registered Member of the British Association
of Foot Health Professionals*

Your local health food store & natural therapy centre

- Gluten free, vegan and sugar free foods
- Nuts, grains, seeds and cereals
- Quality vitamins & supplements
- Full range of Ecover cleaning products
- Natural bodycare and babycare sections
- Full range of treatments from Acupuncture to Homoeopathy in our natural therapy centre

Everything you need for healthy living!



Montpelier House, Market Place, Swaffham, tel. **01760 724704**

www.green-parrot.co.uk

NO MEAN FEET

CENTRAL TO THE GROUP 4 AREA
FOOT CARE IN YOUR OWN HOME



- ✓ **Nail Cutting**
- ✓ **Corns Removed**
- ✓ **Hard & Dry Skin Removal**
- ✓ **Cracked Heels Treated**
- ✓ **Callous Reduced**
- ✓ **Verrucae Management**
- ✓ **Ingrowing Toenails**
- ✓ **Infection Management Discussed**
- ✓ **Advice and Care for Clients with Diabetes**

Evening, Daytime and Weekend Appointments Available.

As you would expect, each and every client is treated with a sterilised set of instruments and full insurance is in place.

For The Best Feet In The Street

Call Steve on 07837 506 906

Steve Jones MBE, SAC Dip (Adv.), FHP, FHPP, FHPT
Member, The Volitional Register of Foot Care Practitioners.
Member, The Alliance of Private Sector Practitioners.

A.J. COGGLES

Family Funeral Directors

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

69 Bridge Street, Downham Market ☐ (01366) 384182

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



Golden Charter
Funeral Plans



Funeral Planner of the Year Regional Winner 2013

WWW.AJCOGGLES.CO.UK



PR Bowers & Son Funeral Directors (Est 1921)

Anmer Cottage Methwold Road Northwold IP26 5LN

01366 727432

07796 780270

**Private Chapels of Rest ~ 24 Hour Service
Upholding Traditional Family Values Of
Dignity & Respect For Your Loved Ones**



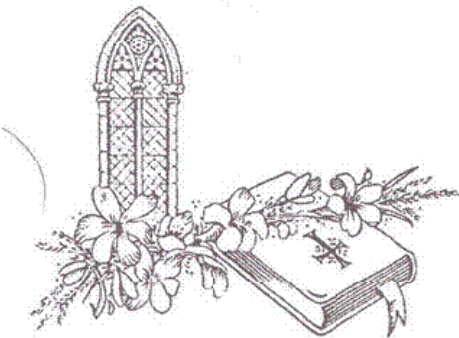
Privileged To Serve Families In The Area For 3 Generations

Family Funeral Directors ***R. H. BOND*** ***STOKE FERRY***

Formerly G.P. Riches & Son
Still family owned and now run by the
5th Generation
Est. 1872

Offering a Complete Funeral Service
24 hours a day, to all areas

Salisbury House
Lynn Rd
Stoke Ferry
PE33 9SW
Tel: 01366 500241
Mobile: 07861 671325



Help and
understanding
when you need it
most

WJA TILING

The Complete Wall and Floor Service

Ceramics, Porcelain, Mosaic
and Natural Stone
Under floor heating and Karndean

No job too big or small
All Work Guaranteed
15 years experience

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

NORTHWOLD TILE CENTRE

Retailers of wall & floor tiles



Established 23 years
Expert fixing service

SPECIAL OFFERS ALWAYS
AVAILABLE ON SELECTED TILES

Opening times:
Mon - Fri 9am - 1pm, 2.15pm - 5pm
Sat: 9am - 5pm, Sun - Closed
The Old Chapel, High Street,
Northwold, Thetford, IP26 5NF.

Tel/Fax: 01366 728325

NEW for 2011
MULTI-FUEL/WOODBURNING
STOVES



HETAS Registered
Solid Fuel, Gas & Oil Heating Systems
Solar & Bathrooms
Service & Repairs

01553 763589
07824 819015
info@heatsync.co.uk
www.heatsync.co.uk

BRYAN CATER Chimney Sweep

Guild of Master Sweeps certified

Clean and Reliable
Certificates Issued
Fully Insured
Fire Parts Supplied and Fitted

Call Gavin on

01366 728342

The Poplars, Thetford Rd,
Northwold, Thetford, Norfolk



Peckhams Plumbing

**John Peckham Friendly local
Plumbing and heating
engineer**



**All Work
Undertaken
Big Or Small**

**Fully Qualified
and
Insured**

**No Estimates
Just 1 Price**



**No Call
Out Fees**

- ✓ Full Heating Systems
- ✓ Heating system updates
 - ✓ Radiator changes
 - ✓ Oil Tank changes
- ✓ Fully Fitted Bathrooms
- ✓ Leaks And Repairs
 - ✓ Tilling
- ✓ Boiler replacements & repairs
 - ✓ Boiler Services

**Tel Feltwell: 01842 850576
Mobile: 07534892411**

GOT DIRTY WINDOWS?

G.COSTIN

WINDOW CLEANING

Windows, doors, frames &
sills cleaned as standard.

Gutters, fascias,
conservatories & more.

Reach & Wash
Pure Water System.

Reliable & friendly service.

Other cleaning services now available.

Call Gavin 07796 606607

gcostinwindowcleaning@yahoo.co.uk

Richard Pooley Cabinet Maker

Providing a Full Range of
Carpentry & Joinery

Bespoke Furniture

Kitchens Supplied & Fully
Installed

Wall & Floor Tiling

Tel: 01366 728791 or 07920 117784

Email: richypooley@gmail.com

RAY GRIBBLE

Antique Restoration & Traditional Upholstery

All aspects of antique furniture restoration, including French polishing, cabinet repairs and traditional upholstery

Traditional Upholstered Furniture

Footstools, Sofas and Chairs
made to commission

Picture Framing & Mirrors

** VISIT THE NEW WEBSITE **

www.raygribble.co.uk

Vine House, Church Road, Wereham

01366 500 387

D W SAVAGE

"CARPENTER/BUILDER"

25 Years Experience

For all your building requirements

EXTENSIONS

*Kitchens, Bathrooms supplied and
Fitted or just labour*

*Conservatory, fascias, guttering
Laminate or Oak flooring*

Patios, Decking etc.

Car Ports

All roof systems

Renovations

Ask for Darryl

Telephone 01366 501152

Mobile 07884 373315

CARPENTER

**For all types of
Carpentry work**

Renovations and Repairs

Cupboards and Shelves

Doors and Windows made/fitted

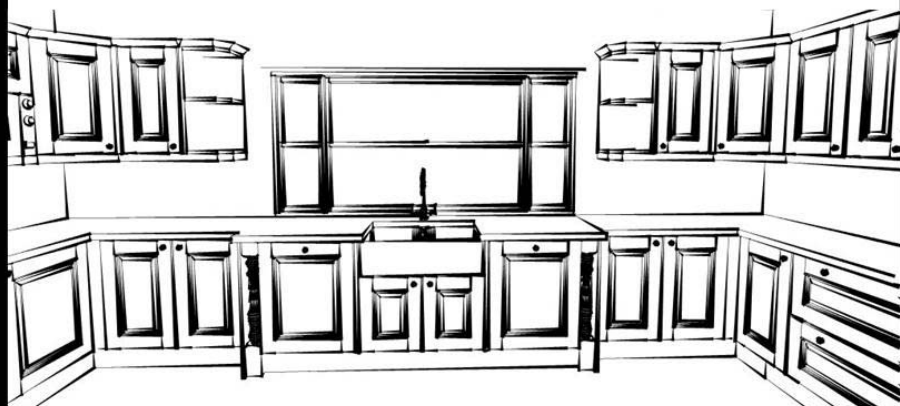
Also bespoke handmade
furniture

Call Terry Duncombe

01366 328608

For Consultation and Quote

Create your new look with newrooms.



From inspiration to installation we take care of everything
transforming your Kitchen, Bathroom, Bedroom
In to the room you always dreamt of.

For your free consultation call now on 01366 727417
Visit newroomsdesign.co.uk

or see our showroom at The Workshops, Brandon road
Methwold, Norfolk, IP26 4RH

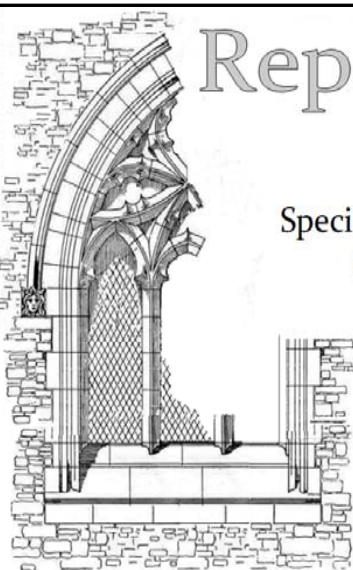
newrooms 
discover a new level of service



newroomsdesign



newroomskitchens



Repairing the past

JMR Conservation
Specialising in the restoration and conservation
of historic buildings and monuments

Mr Jack M Rolfe
Conservator Mason
Wereham
Norfolk
07827608216

www.jmrconservationnorfolk.co.uk

Eco Window & Door C O M P A N Y

- > **Windows**
- > **Doors**
- > **Conservatories**
- > **Porches**
- > **Carports**
- > **Garage Doors**
- > **Fasica**
- > **Guttering**

27 years in the industry
Friendly family business (No pushy salesmen)
I sell it, I fit it, and I guarantee it!
All work Guaranteed & Insurance Backed Inc Deposits
Call Jason on 01362 853242 or 07718 080778
Email ecowadc@hotmail.co.uk



We also repair all makes
of windows and doors !
How about replacing your
existing glass for energy A rated
Glass and start saving on
those heating bills?

certass
Quality & Evaluation for Construction
APPROVED INSTALLER

Improve your home with quality hardwood conservatories, orangeries, doors & windows



Whitley & Walford

HARDWOOD CONSERVATORIES, ORANGERIES, DOORS & WINDOWS



Tel: 01328 700161 enquiries@whitleyandwalford.co.uk
www.whitleyandwalford.co.uk

Create Space

M.B. Roofing

**Complete Re-Roof
UPVC Facias
Leadwork
Guttering
Repairs
Re-Pointing
Bird Proofing
Roof Cleaning
Chimney Rebuild
Dry Verge System**



01760 725047

07979 811260



mb-roofing.co.uk

Now Autumn's here it's time to prepare your garden for winter

Are you in need of getting your garden ready for winter? We can provide lawn care, cutting, scarification, aeration or rotovate a new bed ready for planting. Light hedge cutting, pruning and general tidy up.

We can also redesign your garden and provide plans, planting layout, and organise construction. Whatever your gardening needs, We can help. References available.

Just the JOB Gardening
Call Jamie on
07880948203
Or Jacquie on
07919371994
for a chat or quote



Garden Services John Adcock

For conifer, shrub
and hedge trimming

Garden Maintenance
and winter 'tidy ups'

Grass Cutting for large or small lawns

New fencing erected
or old fencing repaired

Mulch and Chippings available
Power Washing

Tel: 01760 337058 or 07909 785801
Fully Insured

ADE HARDY GARDENING SERVICES For all your gardening needs



Garden Clearances
Mowing and Strimming
Hedge Cutting
Tree Work
Fencing
Winter tidy ups
General Garden Maintenance



To discuss your requirements
call Ade on 07798 785663

No job too large or too small to be
considered

Seb Chaplin Garden Services

All aspects of Garden and Ground
Maintenance undertaken including:

Lawn care
Tree and Shrub Pruning
Hedge Cutting
Landscaping

Ring for more details
and a free quotation

01366 727041
07733210151

emmaandseb@hotmail.co.uk



Tim's Tree Services



Pruning
Topping
Felling
Clearing

All aspects of tree and hedge
work undertaken



Over 30 years
experience



Qualified - Insured

Call 01366 347656

or 07867 764307

For your free quote

LOCAL MAN - LOCAL RATES

D.J.B. LANDSCAPING

: Driveways : Paving : Fencing :
: Garden Clearance :
: Hedge Maintenance :
: Grass Cutting / strimming :
: Building Repairs / Maintenance :
: Concreting :

All jobs considered

David Bennett

Mobile 07795 833440

Fakenham 01328 700859



NORTHWOLD ROCKERY STONE

@ BRYAN CATERS

Suppliers of Natural Stone Paving,
Circles, Setts, Rockery Stone, Cobbles,
Pebbles and much more.

Check Out Our Prices!

www.bryancater.co.uk

The Poplars, Thetford Road, Northwold, Thetford,
Norfolk IP26 5LW. Tel: 01366 728342



P.G.M.S.

**Fabrication of a
variety of metals
Mechanical engineering**

Sparex *Agricultural
spares & accessories*

Peter Garner

Mechanical Services

Shingham Lane, Beachamwell,
Swaffham, Norfolk. PE37 8AY.

Tel: 01366 328823

E-mail: pgms@lineone.net

FENLAND GARAGE DOORS

The area's most
comprehensive range of
manual and automatic doors.
Plus repairs to all doors
and spares

PROUD TO SAY MORE THAN HALF
OUR NEW CUSTOMERS COME TO
US BY RECOMMENDATION

Swaffham 01760 790 009
Bexwell Showroom 01366 382815

www.fenlandgaragedoors.co.uk

PAUL FARRAR GENERAL PLUMBING SERVICES

ALL ASPECTS OF
PLUMBING UNDERTAKEN,
INCLUDING
MAINTENANCE AND
REPAIRS

AT COMPETITIVE PRICES

**PHONE 01366 328072
OR 07725 300624**

MHS SERVICES

For all your Plumbing, Electrical
and Building maintenance work

40 years in trade
Electrical certificates supplied
to BS7671



Call Mike
Shaw on



**07776 154474 or
01760 336739**

No job too small
Free estimates



Paul Braybrooke
Oil Fired Boiler Engineer
Boiler Servicing
Breakdown Service

Commissions
Tank Replacements

Phone 01353 777788
07946 735691

Doubledays Waste Disposal

Doubledays can assist with all waste problems, from domestic septic tanks and treatment plants to commercial/industrial liquid waste, interceptors and gulleys. We also rod-out or jet blocked drains.

Portaloo and Skip Hire also available

We offer a no obligation, FREE quote for the following:-

- ♦ Installation of new septic tanks and soakaways
- ♦ Repairs to damaged drains and pipe work



Look out for our Logo *'You make it – we take it'*

Telephone: 01366 500217
01945 773757

We take most major credit and debit cards, cheques and cash

Check out our facebook page to find out more about us and any special offers in your area

CHRISTMAS WORDSEARCH

L	K	F	M	S	M	D	M	H	F	O	U	S	L	F
N	Z	S	T	L	W	D	F	X	X	X	E	I	O	J
O	Y	O	A	E	U	D	N	J	Q	J	J	L	R	F
R	G	T	E	G	W	R	O	T	Q	E	B	E	A	A
Q	X	R	Z	N	R	S	J	A	B	G	G	N	C	J
X	Y	E	H	A	E	N	E	N	S	N	L	T	S	H
U	B	J	Q	P	A	M	N	H	A	O	O	N	A	P
B	E	T	H	L	E	H	E	M	X	S	R	I	M	N
F	O	K	U	R	X	P	A	S	W	I	Y	G	T	N
H	Z	I	Y	R	H	N	N	N	I	J	T	H	S	C
W	R	L	G	E	I	M	B	T	G	W	O	T	I	C
Q	M	A	R	Y	K	E	W	V	B	N	G	H	R	I
H	R	D	A	L	H	N	L	E	H	Z	O	V	H	W
S	S	W	T	D	H	D	O	K	C	T	D	X	C	X
H	A	C	S	I	K	T	G	D	O	B	C	L	P	G

ANGELS
AWAY IN A MANGER
BETHLEHEM
CHRISTMAS CAROL
DONKEY
GLORY TO GOD
JOSEPH
MARY
SHEPHERDS
SILENT NIGHT
STAR
WISEMEN

The Legend of the Christmas Bell

The shepherds gathered quite a throng in Bethlehem as they journeyed to meet the newborn king. A little blind boy sat along the side of the town's road and, hearing rumours of the angel's announcement, he begged the travellers to lead him to the Christ child. No one would take the time. After the crowd passed and the streets grew silent, the boy heard the faint tinkling of a cow's bell in the distance. He thought to himself, "Perhaps that cow is in the very stable where Christ lies," and followed the bell to the stable. There, the cow led the boy to the infant Jesus.



CHRISTMAS QUIZ

1. In which year was Charles Dickens's 'A Christmas Carol' first published? We shall accept two years each way!
2. "Twas the Night before Christmas when all through the house, not a creature was stirring, not even a mouse..." What is the next line? (18 words)
3. "Which famous writer wrote 'A Letter From Santa Claus', which he sent to his daughter, Susy Clemens?
4. Which famous Christmas ballet features the 'Sugar Plum Fairy'?
5. Who painted 'The Mystical Nativity' in 1500?
6. Which 1846 book tells the story of a little girl selling matches on the cold streets on New Year's Eve?
7. 'The Snowman' was turned into an animated film in 1982, but who wrote the original book?
8. In the song of 'The Twelve days of Christmas', what new gift was given on the 6th day?
9. Can you name all 8 reindeer, as listed in 'Twas the Night Before Christmas'?



2. Melchior (accept also Melchior)

1 Caspar (accept also Gaspar, Jaspas or Gathaspa)

2. There are different variations of these:

1. Dasher, Dancer, Prancer, Vixen, Comet, Cupid, Donner (or Donner – depending on version) and Blitzen

7. Raymond Briggs 8. Geese a-laying

4. Sandro Botticelli 5. The Little Match Girl – Hans Christian Andersen

3. Mark Twain 4. The Nutcracker

2. The stockings were hung by the chimney with care, in hopes that Saint Nicholas soon would be there.

1. 1843





**Saint John's Way
Saint John's Business Estate
Downham Market
Norfolk
PE38 0QQ**

Easy access, ample on-site parking, dedicated sterile operating theatre, dedicated dental suite, separate dog and cat wards, isolation ward, all staff and facilities on one site, x-ray suite, in-house laboratory, ultrasound facilities, Pet Passport, export services and 24 hour nursing cover.

A Personal and Professional service that our existing clients are accustomed to. We warmly welcome new clients who wish to register with us.

We are continuing to invest in equipment which allows us to offer a more comprehensive service to our clients and patients. We have recently invested in an ultrasound scanner and a state of the art digital x-ray system.

**01366 382219
www.crossingsvets.co.uk**

Our surgery times are listed below. Please note that appointments are now necessary for all evening surgeries.

Open surgeries

Monday to Friday	9-10am
Saturday	10-11.30am

**All other consultations will be by appointment only
so please ring in advance**

info@crossingsvets.co.uk