

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

December 2014/January 2015

WELCOME



Well, here we are nearly at the end of another year - can you believe how time flies?

We would like to thank Alan and everyone who has helped with G4N in any way - we do appreciate your continued support.

Well, all that is left for us to say is.....

“A very Merry Christmas and a Happy New Year to everyone”



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 2010

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 for the
February edition:
9th January**

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
Kevin Fisher, Tel:01366 502224

‘FROM THE RECTORY’



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

Dear All,

I wonder if you are a “Christmas” person or a “Xmas” person? I never feel really comfortable in using the word “Xmas”. It always seems as if I have crossed out the name of the person Christmas is all about. I know some charities have decided to keep all reference to the true meaning of Christmas out of their Christmas cards – is this political correctness gone mad? But before we start to get too high and mighty perhaps we should ask ourselves how easy it is for all of us to push Jesus to the sidelines at this time of year when in truth He should be at the very centre. As we rush around the shops frantically trying to find just the right present for those we love, I wonder whether we realise that we are mimicking God who loved the world so much that he gave His Son, the best Christmas present we can ever have. When we decorate our Christmas trees with lights does it remind us of how the night sky was suddenly shining with angels praising God after the shepherds had been told of the birth of Jesus? And when we send Christmas cards to those we care about who are far away, what a resemblance there is with One who is always more ready to hear than we are to pray. So I do not really think it is possible to cross Christ out of Christmas – but the trick is to recognise Him, and then to allow the love of the Christ child to transform not just your Christmas but the whole of your life.

May the joy of the angels,
The eagerness of the shepherds,
The perseverance of the wise men,
The obedience of Joseph and Mary,
And the peace of the Christ child
Be yours this Christmas.
Yours in his service.

Barbara



CHRISTMAS 2014 AND EPIPHANY 2015



Sunday 7 th December	3.00pm	Barton Bendish Christingle Service
Sunday 14 th December	3.30pm	Fincham Carol Service with Christingle
Tuesday 16 th December	7.00pm	Boughton Carol Service
Wednesday 17 th December	6:30pm	Shouldham Thorpe Carol Service
Thursday 18 th December	7.00pm	Shouldham Carol Service
Saturday 20 th December	4.00pm	Shouldham Ringers' Carol Service
Sunday 21 st December	4.00pm	Wereham Carol Service
Sunday 21 st December	6.00pm	Marham Carols by Candlelight
Monday 22 nd December	6:30pm	Beachamwell Carols by Candlelight
Wednesday 24 th December	4.00pm	Boughton Crib Service
	11.00pm	Marham Midnight Service
	11.30pm	Wereham Midnight Service
	11.30pm	Fincham Midnight Service
Thursday 25 th December	9:30am	Shouldham Thorpe HC
	11:00am	Beachamwell HC
Sunday 28 th December	10.00 am	Boughton Group Service of Holy Communion
Sunday 4 th January	10.30 am	Wereham Group Service Celebration of Epiphany with Carols and Communion



BENEFICE NEWS

Remembrance Day Service

Group Remembrance Commemorations Service at St. Martin's Fincham Church We Will Remember Them – Our Church was full, capacity standing room only, with the St. Martin's Academy School children, Boy Scouts and Flag Bearers, Fincham Choral Group, then our Main Church Choir, all played their part in the Service, we wish to thank all those who attended from our other Parishes and to those who read out the names, from their own Parishes, who lost their lives serving their Country in both World Wars, plus I would also like to remember those Nurses and Doctors who helped to heal the sick and wounded, the music was well chosen and very much enjoyed. Thank you Rev. Barbara for making this such a memorable Morning Service and the hard work that you had put into all the organisation. For the children from the St Martin's Academy School who had worked so hard doing the wonderful display on Lady Chapel - it was very much admired by all who viewed it. Many thanks also for the Bell Ringers who rang at the Service, they were heard but not seen.

We wish to thank everyone who helped, and the refreshments side too, well done May and Jackie, and our flower arrangements made by our regular ladies a big thank you to you all. You all gave very generously and total collected during the Service was £580 which will be going to the British Legion Branch. Thank you everyone that attended the Service. **Babs Porter (Fincham)**

The Remembrance service was one for the entire group of parishes, held this year at Fincham to mark the centenary of the start of World War I. Led by Reverend Barbara Burton, assisted by Reverends Blackall and Higton, the well-attended service began with a colour procession, headed by a Scottish piper. Barbara then blessed the poppy wreaths (where available) from the respective villages and the names of the Fallen were read out by representatives of each place. During the service, anthems were sung by the children of Shouldham Academy, Fincham Chorus and the Church Choir. In her address, the vicar reminded the congregation that the Queen would be leading the nation's tribute at the same time at the Cenotaph in Whitehall. A cenotaph represents an empty tomb, symbolic of all those who had given their lives in the many theatres of conflict in the Great War. Jesus's empty tomb, she emphasised, represented the ultimate sacrifice and the enduring hope for all mankind amid a world where constant strife seems endless. Some welcome refreshments were served at the conclusion of the service. **Ann Hullah (Shouldham)**

RECIPE PAGE

Peter's Chilli Tomato Chutney

This is my variation of one I found on the web, using chillies, lime juice and balsamic vinegar. It's got a nice bite to it!

Ingredients:

1kg ripe or semi-ripe tomatoes
1 large onion (I used several small ones, 150g)
A knob of butter
A pinch of salt
100ml cider wine vinegar
130g Demerara sugar
1 tbsp Balsamic sauce
1 tbsp wholegrain mustard
2 finely chopped red chillies – medium size
Optional, the juice of a squeezed lime

Kitchenware:

A large pan
2 400ml jars
Something to stir with

Method:

Chop the onions fairly finely. Melt a knob of butter in the pan with a pinch of salt. Add the onions to the butter and fry gently until soft. Roughly chop all of the tomatoes. Add them to the pan.

Add the rest of the ingredients then stir. Bring to a gentle boil and then simmer on a low heat with the lid off for 40 minutes to 1 hour. The aim at this stage is to reduce the tomato chutney until its thick and changes colour to a more golden brown.

At this point you'll want to put your jars in the oven at 140°C, just enough to kill any germs from your pre-cleaned jars and remove any water you haven't dried out.

Pot into hot jars and seal immediately.

Peter Agate (Boughton)

COUNTRYSIDE NOTES

At the time of writing once again the press is clamouring that the price of petrol and diesel should be further reduced following a 25% reduction in the cost of crude oil. However it seems odd to me that so far, following a bumper harvest, there has been no outcry that the price of bread and beer should be lowered. I know there are many costs to factor in such as processing and transport besides the value of the raw product but even so farmers are receiving up to 25% less for cereals than this time last year. Obviously it must be the middle men and supermarkets who are cashing in instead of us benefiting. However supermarkets have slashed the price of milk which the dairy industry can ill afford because it takes a while for any reduction in cereal prices to filter through to producers. Superficially a bumper harvest should mean that farmers are better off but when the income they receive from cereals is reduced because there is a surplus this obviously isn't necessarily the case. It's amazing how much difference there is in the price of anything between when it's in short supply and when there's a surplus, after all production costs are pretty much the same either way.

Norfolk is very much an arable area so grassland and cattle are not a common sight round here with dairy and beef herds being few and far between, pigs however seem to be flourishing. Our area is ideally suited for growing cereals with about equal amounts of wheat and barley being grown and British sugar beet growers, all situated in the East of England, produce about half of the sugar consumed in the UK; the rest is from imported cane sugar. A few decades ago farming was relatively simple which was why the old boys could make a living although admittedly they lived from hand to mouth; but now to run a small farm efficiently other than as a hobby is well nigh impossible and a very shrewd business head is required to run a big one profitably. With the EU pulling the strings British agriculture has become little more than a puppet with various grants, subsidies and quotas dictating how best to make arable farming pay. Because of this so much of our agricultural land these days is no longer used specifically for growing food and the old traditional ways of farming are becoming obsolete. You may have noticed this year there have been many fields of maize grown locally. Apparently this is intended for use as bio-fuel. It was harvested in October and the most enormous clamp of it appeared in a field close to the A47 at West Bilney. Presumably it's to be processed to produce bio-fuel in an anaerobic digestion plant somewhere but I haven't yet been able to find out where. Some of the sugar beet grown is also being used for this purpose. Times are a'changing - and very quickly. **Jill Mason**

THE SMALLHOLDING AT THE TURN OF THE YEAR DECEMBER 2014/JANUARY 2015

“....all is safely gathered in, ere the winter storms begin; ...”, so we sing in the favourite harvest hymn. Our harvest thanksgivings are behind us and we have moved into the more sombre season, first of All Saints and now of Remembrance, (as I write Armistice Day is tomorrow), and winter is on the way. In reality most of the apple harvest is “in” with one or two later varieties still on the trees namely D’Arcy Spice and Winston and a rich carpet of windfalls for the geese, hens and winter thrushes to enjoy.

The three juicing days kept a small enthusiastic group busy, and at times frustrated, as we had to cope with mechanical breakdowns. Patience and perseverance prevailed and a good flow of juice resulted for freezing, pasteurising and for cider. A mixture of all the apple varieties makes a perfectly drinkable apple juice but a recent visit to Somerset’s cider area has revealed the benefit (and pleasure) of using only one or two dedicated cider varieties. I am now looking at our half-dozen young cider apple trees with some anticipation; but first some formative pruning to give them a good start. The tubs of cider in the making under the kitchen table are happily glurping their CO2 into our household atmosphere!

As the days become shorter so the seeds catalogues fall competitively onto the door mat. I am naturally attracted to varieties that offer an organic option but in many cases find that a higher price and fewer seeds per packet make a crop failure doubly disappointing. However we do try to grow everything ‘organically’ so to save seed from certain home grown subjects would make sense. There is of course a price to pay for observing the organic code and that is the challenge of perennial weeds and pests in the orchard. Organic traps and tree bands can be helpful but you may have to put up with a few blotches on the fruit. In the vegetable garden the butterfly proof netting cage has been quite successful and enviro--mesh for brassicas outside the cage works quite well but is not cheap, an advantage of this mesh is that it rises up with the plants as they grow.

This year has been good for butterflies and the lodger bees did there stuff in the orchard and else where in the garden but the wider picture is that DEFRA allows the use of insecticides whose safety record with bees is far from proven. What happens on farms and along the migration routes taken by our summer bird visitors does have an affect on our gardens and this smallholding. During the winter we can expect fifteen or more species at the bird feeding station but our

THE SMALLHOLDING AT THE TURN OF THE YEAR DECEMBER 2014/JANUARY 2015

swallows and martins did not breed here this year. The comparatively safe



habitat provided within our boundary hedges has been seized upon by refugee pheasants from local shoots, certainly safer than on our country lanes which shortly after their release from rearing pens become killing fields.

One of the benefits and pleasures of living in the country is the darkness of the

nights. In the winter dark the natural world slows down some species actually sleep or hibernate and many plants need the bellow soil dark and cold to begin their germination, the growing again of seed. Being in tune with the rhythms of the seasons, particularly winter helps to restore energy for the exciting demands of spring. However large or small our patch it will benefit from a period of sharp frosts to slow grow down and clean things up.

Robin Blackall

Photographs

Eileen Powell



COULD YOU HELP A YOUNG PERSON WITH A DISABILITY TO THINK ABOUT THEIR FUTURE?

The CSV Futures Project supports young people with learning disabilities to explore their options as they think about leaving education.

Volunteer Mentors provide one to one support to a young person to help them develop a personal profile of their skills and interests, their likes and dislikes and their future goals. The Mentor can then support the young person to start working towards these; this can include accessing work experience and training opportunities plus the chance to try out volunteering and new social activities.

CSV needs volunteers who can offer a couple of hours of their time each week to mentor the young people as they make choices about their futures, raising aspirations by exploring together the young person's skills, interests and abilities.

We are looking for people ages 16+ - Mentors can come from all walks of life and no experience is needed but patience, the ability to listen and a sense of humour are all useful skills. Mentors receive full training and support and out of pocket expenses are paid.

If you would like to find out more about becoming a Volunteer Mentor for the CSV Futures Project please contact:

Vicki Howling, the project co-ordinator for an informal chat.

Telephone 01366 386972 or 07926 044845

Email vhowling@csv.org.uk

CSV (Community Service Volunteers) is the UK's leading volunteering charity. Social justice is at the heart of what we do; empowering people to have a positive stake in society and tackle barriers to community participation through creating volunteering and learning opportunities.



CSV, 237 Pentonville Road, London, N1 9NJ

Find out more at www.csv.org.uk

Like CSV UK' on Facebook: www.facebook.com/CSVUK

Follow @CSV_UK' on Twitter: www.twitter.com/@CSV_UK

LOCAL NHS CAMPAIGN URGES PATIENTS IN WEST NORFOLK AND WISBECH AREAS TO 'CHOOSE ME NOT A&E' THIS WINTER

A high-profile campaign has been launched across West Norfolk and the Wisbech area to help people choose the right NHS service for them.

The 'Choose Me Not A&E' campaign aims to provide people with vital information about which health care service is right for the symptoms they have.

Figures show that about 250 people a month attend A&E at The Queen Elizabeth Hospital, KL (QEH) but are sent home requiring no treatment.

This means, every year, about 3,000 local people wait for hours in A&E when they could have got quicker and more appropriate treatment closer to home.

Not only are residents wasting hours of their valuable time waiting, but they potentially block access to services for other people in more urgent need.

The *Choose Me Not A&E* campaign is being led by NHS West Norfolk Clinical Commissioning Group and Wisbech Local Commissioning Group in collaboration with the QEH.

Dr Ian Mack, Chair of West Norfolk CCG, said: "This campaign has a powerful, local message: Help the QEH save lives this winter. We want people to understand that A&E is for serious, life-threatening emergencies only. Inappropriate use of A&E increases waiting times for those patients who are genuinely in need of urgent medical attention.

"Many people could easily be treated by a local pharmacist, GP, or even just by staying at home and looking after yourself. Our message is simple - if it's not a serious medical emergency, A&E is not the right choice."

"If you are not sure which service to use log on to our new website Choose-MeNotAandE.co.uk to find out more, or pick up one of the campaign leaflets to see your options. You can also use the NHS 111 number which can put you in touch with the best service for you."

The first defence against ill health is self-care and prevention. Here are some top tips from local GPs for staying healthy over the winter:

Eat healthily – food is vital for keeping you warm.

Take some exercise – we know it's getting cold but even staying active in your home makes a difference.

Wrap up warm when you go outside – it's often a good idea to layer your clothing.

Continued on page 13

GARDENING TIPS NUMBER 52

Another year in the garden is coming to a conclusion. In this part of the country quite a good year weather-wise. Fortunately we were spared the terrible conditions experienced by some of our countrymen in the West Country. We had a high rainfall in the latter part of 2013 and in January this year but with very mild temperatures. February saw a marked improvement with less precipitation and continuing mild conditions – absolutely ideal for the slug population to multiply! All this culminating in a very early spring in March. A precursor to everything in the plant world coming into season that much earlier than usual throughout the ensuing year. We had a slight blip in August with some unexpected autumn like conditions and occasional thunder storms at other times, but the weather resumed its pleasant conditions right through to the end of October. All in all, a very good growing season with bountiful and good quality crops right across the board. However, all good things have to come to an end and they did this morning (November 6th) with a widespread frost, so I hope you heeded the advice in my previous notes to put your tender plants safely away in a frost proof place!

Work in the garden through December and January is very dependent upon the weather. Try to progress the winter digging in the vegetable garden as quickly as possible and keep the last of the fallen leaves under control. Left on the lawns encourages moss and left on the garden will only help the slugs survive even the hardest frosts.

If not already done now is the time to clean up the green house, wash any remaining pots and plant trays ready for the new season. It is also very important to clean the green house glass and that in the cold frame. Natural light through the winter months is poor at the best of times but if the glass in the green house and frame is dirty then your plants will struggle and stretch to reach out to what light there is. All to their detriment. Condensation is always a problem in the green house and cold frame at the best of times, but in the winter much more so. Watch the weather forecasts for the better days so that both can be ventilated safely. Paraffin heaters can be a real problem in this respect but propping a top light open can bring some relief.

If you are working with a 'cold house' then keeping frost at bay is difficult. However, a few sheets of newspaper laid over and around tender subjects will give some protection, but do remember to remove the paper as soon as the frost

GARDENING TIPS NUMBER 52

danger has passed. I suggest you look over your plants in green house and frame regularly to check for aphid colonies and damaged leaves. If you find a colony then, in my opinion, the only real answer is an insecticide spray. In the case of suspect leaves and general plant matter just carefully remove the affected parts – left to decay will bring botrytis in their wake which will not only cause severe damage to the host plant but will spread to others as well!

Early January, on frost free days, is an ideal time to prune apple and pear trees and any shrubs that are getting too big. In the case of the latter you may lose a season's flowering but sometimes the job has to be done, and carrying out the work in January when the conditions are right will give the plant its best chance of an early recovery.

Snow on greenhouse lights fitted with automatic vent openers can be a problem. If this happens then I recommend you carefully remove that snow because if you get a bright sunny day following a snow fall the light may want to open causing probable damage to the piston in the automatic system. An expense that can so easily be avoided! Conversely, I always leave snow on frame lights to go naturally as bright sunlight can again cause a problem particularly if you are overwintering autumn sown sweet pea plants.

A very Happy Christmas to all my readers and may this be followed by a healthy, happy and prosperous New Year. I wonder what the coming winter will bring? So far, I have not seen or heard any prognostications from any of the well-known pundits. Perhaps they have learnt a lesson from their previous mistakes and are keeping quiet, but I doubt it! **Roy Coughtrey**

LOCAL NHS CAMPAIGN

Continued from page 11

Stock up on medicines – paracetamol, aspirin, ibuprofen decongestant and aspirin.

Get a flu jab – the vaccine is free for those in an eligible group. To find out if you are in an eligible group visit www.nhs.uk

Keep your home warm – your main living room should be between around 18-21C (65-70F) and the rest of the house at a minimum of 16C (61F). For more information about Warm and Well visit www.norfolk.gov.uk

DOWNHAM MARKET LIBRARY

For further information about these events or to book where necessary, please contact the library on 01366 383073

Fix it Friday with Lily and the U3A. Friday 5th December 10am - 12 pm

Come along and find out about the services on offer from LILY (Living Independently in Later Years) and the U3A (University of the Third Age)

Picturing the Past: Tuesday 9th December 9.30 - 3.30pm

A free creative workshop for residents of Downham Market and the surrounding area to explore and tell their local history in pictures. **BOOKING ESSENTIAL.**

Christmas Carols with Hillcrest School Choir

Tuesday 9th December 1.30 - 3pm.

Come along and get into the festive spirit by listening to some seasonal songs and carols from Hillcrest School Choir. Please note this is part of the Friendship group session and so £1 will be payable on arrival for refreshments.

Christmas Storytime: Saturday 13th December 10.30 - 11.30am

Children must be accompanied by an adult.

Regular events

Scrabble Club: Fortnightly on Tuesdays 1 - 3pm - 2nd and 16th December

Knit and Natter: 1st and 3rd Wednesday of each month (term time only)

3rd and 17th December 1.30 - 3pm

Bounce and Rhyme: Thursdays 10.30am (Term time only)

4th, 11th and 18th December

Come along and join in with some stories and rhymes. Children must be accompanied by an adult.

Reading Group: Tuesday 16th December 3 - 4pm. 30p per person per session.

Contact the library to find out which book we're currently reading.

Coming in January

Road Safety and Driver's Eyesight Checks

Join Sandy Reid from the Road Safety team who will be carrying out driver's eyesight checks and also providing road safety information.

Tuesday 13th January 1.30pm

No need to book, just come along. Tea and coffee available from 1pm.

Please note this event is part of the Downham Market Library Friendship group session and so £1 will be payable on arrival.

Elena Parkin Community Librarian



Downham Market Town Council



Dates for your Diary

Thursday, 18th December 2014 2:30pm & 7:30pm
Downham Market Town Hall Cinema Showing - Chef

Thursday, 29th January 2015 2:30pm & 7:30pm
Downham Market Town Hall Cinema Film to be confirmed

Thursday, 19th February 2015 10:00am
Celebrate Chinese New Year on the Town Square with a
Lion Dance performance

Thursday, 26th February 2015 2:30pm & 7:30pm
Downham Market Town Hall Cinema Film to be confirmed

Friday, 6th & Saturday, 7th March 2015 10:00am - 5:00pm
Downham Market Town Hall Spring Craft Fair

Friday, 20th March 2015 09:00am
Downham Market St Winnolds Parade

For any more information on the above events please contact
Nikki on 01366 387770 nikki@downhammarkettc.co.uk

Downham Market Town Council would like to take this opportunity to wish you
a very merry Christmas and a Happy New year.

CHILDREN’S PAGE

Christmas Word Search

Words may go vertically and horizontally in either direction only

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

SANTA CLAUS
MINCEPIES
CAROL SERVICE
CHRISTMAS TREE
PRESENTS
TURKEY

MISTLETOE
CHURCH
HOLLY AND IVY
CARDS
STOCKING
FAMILY AND FRIENDS

QUIZ PAGE

1. Which company was the first to introduce the Tea Bag to The UK?
2. In the USA what is celebrated on February 2nd and is also a film?
3. Which castle is on the Isle of Anglesey?
4. What is the world's most popular non alcoholic drink?
5. Illustrated on its logo, the product Marmite is named after a French word meaning what?
6. Which trade would use a cambrei?
7. Which country has the largest malt whisky distillery in the world?
8. What is the name of Snoopy's yellow bird friend in the comic strip Peanuts?
9. Name 5 of the original moving pieces in a Monopoly game.
10. In Australia, what is a kylie?
11. Which organisation's insignia bears the inscription 'Blood & Fire'?
12. In what year did the Channel Tunnel open?
13. In Roman numerals, what is the letter M with a bar over it?
14. Who is Bibendum better known as?
15. What did Dr. John S. Pemberton concoct in a three-legged pot in his backyard in 1886?
16. What is the colour of the black box in a commercial airplane?
17. In which month do the Russians celebrate the October Revolution?
18. Which fictional family in a Disney film live at Cherry Tree Lane?
19. What type of fish is also something you might find in a cage?
20. The murderer Christie's three forenames were?
21. Which area in Burgundy produces only white wine?
22. Which country makes Panama hats?
23. We call it Japan but how do the Japanese know it?
24. What colours did Norwich City play in before adopting the yellow & green strip?

Answers: (1) Tetley; (2) Groundhog Day; (3) Conway; (4) Coffee; (5) Stew Pot; (6) Butcher [it's a butcher's block]; (7) Japan; (8) Woodstock; (9) Shoe, Iron, Ship, Top Hat, Racing Car; (10) A bird; (11) The Salvation Army; (12) 1994; (13) 1000000; (14) The Michelin Man; (15) Coca Cola; (16) Orange; (17) November; (18) The Banks Family in Mary Poppins; (19) A perch; (20) John Reginald Halliday; (21) Chablis; (22) Ecuador; (23) Nippon; (24) Blue & white

CHRISTMAS POEM

It's the month before Christmas
I rang Santa's place
To set up a meeting
A wee chat face to face.
An elf's voice recording
Said "Good morning to you
Your call is important
You've been placed in a queue.
If you are now using
A touch telephone
Press button one
After the tone.
If you want elves,
Please press button two,
Then wait a mo'
While I transfer you through.
Press button three
For toymaker's United
We'll play you some music –
Just listen, don't fight it.
If it's Santa you want
Then press button eight,
If it's complaints department
You'll have a long wait.
If you've missed this message
Just press number ten,
I'll go over the options
Again.....and again.
Irritated by now,
I press button eight,
At last I get Santa
After a bit of a wait.
"What's going on?"

I asked the old guy.
"Rudolph's idea"
He replies with a sigh.
"Says we must modernise,
Update things fast,
We cannot continue
To dwell in the past.
It's all about image –
A look for today,
He's brought in Ferrari
To re-model the sleigh.
He says my red suit
Is just over the top
He's taken it down
To the charity shop.
Trinny and Susannah
That horrendous twosome,
Are now going to dress me
In something quite gruesome,
The humiliation
I just can't express
As in front of the mirror
I had to undress.
They prodded and pokes
In the most personal places,
With determined frowns
Engraved on their faces.
Finally they've come up
With an outfit in green,
Which I have to admit
Looks completely obscene.
A girdle has hidden
My fat stomach, no doubt,
But where was the harm
In it all hanging out?
Apparently my curls

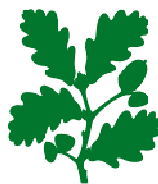
Went out with the ark
To complete the make-over
“They’ve engaged Nicky Clarke.
He’s straightened my hair
With straighteners, I think,
Applied serums and mousses –
And boy! Do I stink.
He’s pulled bits of hair
Through a wee rubber hat
To give me green hi-lights-
How appalling is that!!!
But it gets worse”
Santa says with emotion,
“Rudolph’s on fire
With this Santa promotion.
He’s got me a place,
On that jungle TV show,
With the bugs and the flies
And the stars you don’t know.
You live with the slimy
The disgusting, the low,
And that’s just the people
Involved in the show!”
I could see that old Santa
Was in quite a state,
After all said and done
He’s a really good mate.
“Whoa, Santa” I said,
“Remember – you’re boss-
Let’s show old Rudy
You don’t give a toss”
So we put the green outfit
In the recycling bin,
We’ve re-curled his hair
And the beard on his chin.
We sold the Ferrari,

Knocked up an old sleigh,
The TV contracts -
We just threw away.
We hurried on down
To the charity store
Bought back the old suit-
Re-cycled once more.
The telephonist elves
With their airs and graces
Have been re-employed
In those call centre places.
And Santa is happy
With the old things restored,
Traditions at Christmas
Cannot be ignored.
Far more important
Than things we can buy,
He’s wiser than most
That ‘canny’ old guy.
He gives not a fig
For these fashions or trends
More important by far –
Are your family and friends.





National Trust Oxburgh Hall



December *A small booking fee applies to bookable events

Friday 5th 10am – 4pm Festive Foliage Workshop

Create your own woven wreath ring with candle centrepiece as a table decoration made from hazel, willow and bird cherry and decorate with pine cones and beech nuts.

£30 (materials and refreshments provided) Booking essential – 08442 491895*

Saturday 6th and Sunday 7th 10am – 4pm Wreath-making Workshop

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. Please bring apron and secateurs.

£30 (all materials provided) Booking essential - 08442 491895*

Friday 12th 10am – 3pm Christmas Treats Workshop

Join us for a day of making sweet Christmas treats.

£35 including lunch. Booking essential - 08442 491895*

Saturday 13 and Sunday 14 11am – 4pm

Meet Father Christmas

Join in the fun at Oxburgh's grotto. Last tickets sold at 3.30pm

Free entry to estate, £5 per child to meet Father Christmas

Christmas Tree Festival

See Oxburgh decorated for Christmas, as our staff and supporters display trees based on different themes in the Hall.

Normal admission.

January *A small booking fee applies to bookable events

Garden Bird Walks

Sunday 11th and Sunday 18th 10.30am -12.30pm

Get ready for the National Garden Bird Watch Survey on 24th and 25th January. Take a walk with our Outdoors Manager and learn about the many species of birds found in the gardens and woodland of Oxburgh. Discover how a National Trust property's different trees and habitats help to support certain species of birds.

£6 per person, or £15 for a family. Bring warm clothes and binoculars. Limited numbers, booking essential 08442 491895*

ONE LINERS

1. John Glen: As I hurtled through space, one thought kept crossing my mind - every part of this rocket was supplied by the lowest bidder.
2. David Letterman: America is the only country where a significant proportion of the population believes that professional wrestling is real but the moon landing was faked.
3. Howard Hughes: I'm not a paranoid, deranged millionaire. God dammit, I'm a billionaire.
4. Italian proverb: After the game, the king and the pawn go into the same box.
5. Jean Kerr: The only reason they say 'women and children first' is to test the strength of the lifeboats.
6. Zsa Zsa Gabor: I've been married to a communist and a fascist - neither would take out the garbage.
7. Prince Philip: When a man opens a car door for his wife, it's either a new car or a new wife.
8. Emo Philips: A computer once beat me at chess but it was no match for me at kickboxing.
9. Harrison Ford: Wood burns faster when you have to cut and chop it yourself.
10. Spike Milligan: The best cure for sea sickness, is to sit under a tree.
11. Robin Hall: Lawyers believe a man is innocent until proven broke.
12. Jean Rostand: Kill one man and you're a murderer, kill a million and you're a conqueror.
13. Arnold Schwarzenegger: Having more money doesn't make you happier. I have 50 million dollars but I was just as happy as when I had 48 million.
14. Johnny Carson: If life were fair Elvis would still be alive today and all the impersonators would be dead.
15. Steve Martin: Hollywood is the only place on earth where you can be fired by a man wearing a Hawaiian shirt and a baseball cap.
16. Jimmy Durante: Home cooking - where many a man thinks his wife is.
17. Doug Hamwell: America is so advanced that even the chairs are electric.
18. George Robert: The first piece of luggage on the carousel never belongs to anyone.
19. Jonathan Winters: If God had intended us to fly he would have made it easier to get to the airport.



Wereham

Pop-Up Café



**1st Tuesday
every month
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.

Beachamwell

Book Group

Tuesday December 2nd

7.00 - 9.00pm

Beachamwell Memorial Hall

Books to be discussed at this meeting

'Pure'

Andrew Miller

£2.00 + Bring & Buy Bookstall
New members welcome

Enquiries:

Leah Spencer 01366 328536

Beachamwell

Wednesday Walkers

Wednesday December 3rd

Meet at 10.00am outside
Beachamwell Memorial Hall

Walk will be approximately
2 hours

Dogs to be walked on a lead

Enquiries:

Sue Pennell 01366 328452

Wereham

Christmas Family Prize Bingo

Wednesday December 3rd

Village Hall

Doors open 6.45
Eyes down 7.30

Brilliant prizes suitable for all ages

Enquiries:

Roger Collins 01366 500088



Beachamwell WI

Thursday December 4th
7.30pm

Memorial Hall

'A Christmas Theme Sketch'
Mrs Leah Spencer and Friends

Visitors Welcome

Enquiries:
Jenny Gabrielsen 01366 328297

Barton Bendish Christmas Tree Festival

Saturday 6th December

10am - 4.00pm

Please come and join us at
St Andrew's Church
to see an amazing display of
imaginatively decorated trees.
There is also a Remembrance Tree to
leave your own thoughts for loved
ones and a tree for children's letters
to Father Christmas

Enquiries:
Mhari Blanchfield 01366 347849
Linda Webster 01366 347563

Barton Bendish Hall of Stalls

Saturday December 6th
10am -4.00pm

Village Hall

Come and buy your Christmas gifts.
A wide range of handmade crafts,
cards and ideal presents available.

Refreshments and light lunches.

Enquiries:
Mhari Blanchfield 01366 347849
Linda Webster 01366 347563

Barton Bendish

Christingle Service

By Candlelight

Sunday December 7th 3pm
St Andrews Church

Come and join us at this special
Christmas service for all ages
surrounded by the beautifully
decorated Christmas Trees
Everyone is very welcome.
Refreshments will be served after the
service

Enquiries:
Mhari Blanchfield 01366 347849
Linda Webster 01366 347563

Fincham

Coffee Morning

Wednesday December 10th

10.00 - 12 noon

St Martin's Fincham

Enquiries:

May Pinches: 01366 347228

Beachamwell

"Pop Up" Pub

Friday December 12th

6.30 - 11.00 Last Orders 10.45



Beachamwell Memorial Hall

Bring your friends

Licensed Bar with selection of beers,
wines and bar snacks

Enquiries

Susie Rix 01366 328249

*A Beachamwell Memorial Committee
Event*

Beachamwell

Scrabble

Wednesday December 10th

2.00 - 4.00

Orchard House, Beachamwell

Enquiries:

Sonia Williams 01366 328774

Barton Bendish

St Andrew's invites you to join in their
Christmas Celebrations and carols at
a Victorian Evening of Christmas
Entertainment, Music and Carols



Saturday 13th December

6pm

Village Hall

Entrance is free but please book your
place to avoid disappointment !!

Mhari Blanchfield 01366 347849

Linda Webster 01366 347563



The Breckland Society

Friday December 12th

7.00 - 9.00

Oak Lodge Community Building, High
Lodge Forest Centre, Brandon, IP27 0AF
(off the Brandon/Thetford Road - B1107)

After a short introduction on what we hope to
see, we will venture into Thetford Forest for a
winter night's walk in the company of the
Forestry Commission's Wildlife Rangers and to
stargaze through a telescope with a member of
the Breckland Astronomical Society.

Cost: Breckland Society Members: £10.00,
non-members £13.00 to include soup, rolls and
mince pies.

Places must be booked and paid in
advance.

Enquiries: Sue Pennell 01366 328452

info@breksoc.org.uk

Beachamwell Afternoon Tea and a Chat.....

**Wednesday
December 17th
2 - 4pm**

**Beachamwell
Memorial Hall**

Enquiries
Sonia Williams
01366 328774

Wereham

Nativity Service

Sunday December 21st

St Margaret's Church

0-8years

Traditional Nativity,

8 + years

Devised piece (play in a morning).

"We've lost him again"

Rehearsals Tuesday December 16th
4pm,

Rehearsals Play in a morning 10am -
12noon Sunday December 21st

Performance in the service Sunday
December 21st 4pm followed by Carols
by the pond and village hall 'do'

Enquiries:

Debbie Rye 01366 502083 for further

Wereham

Carols By Candlelight

Sunday 21st December at 5pm
Wereham Pond

With the Hilgay youth brass band
Come and see our pond in the soft glow of
100 nightlights and the trees decked with
baubles. Join in with the carol singing and
then come to the hall for food, kiddie's
craft table, story time and a chance catch
up with friends!

This event starts after the Wereham
Nativity service.

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

Call Victoria 07725513583 or Nikki
07789695783

Registered Charity:
1151336 WEREHAM
VILLAGE HALL



Beachamwell

Carols by Candlelight

Monday December 22nd

6.30pm

St Mary's Church



Enquiries:

Gill Sanderson 01366 328818

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

Beachamwell

Wednesday Walkers

January 7th

10.30pm

Beachamwell Memorial Hall

Enquiries

Sue Pennell 01366 328452

Beachamwell

Parish Council Meeting

Monday January 12th

7.30pm

Beachamwell Memorial Hall

Enquiries

Eileen Powell 01366 328648



Beachamwell WI

Thursday January 8th

7.30pm

Memorial Hall

'Grandma's Story'

Mrs Maggie Mackenzie

Visitors Welcome

Enquiries:

Jenny Gabrielsen 01366 328297

Beachamwell

Local History Group

Tuesday January 13th

7.30

Beachamwell Memorial Hall

First Annual General Meeting
and

Illustrated Talk by Anne Mason
'The Warrens of Breckland'

All welcome

Enquiries:

Mike Walker 01366 328242

or

Maggie Mackenzie 01366 327023

Fincham

Coffee Morning

Wednesday January 14th

10.00 - 12 noon

St Martin's Fincham

Enquiries:

May Pinches: 01366 347228

Beachamwell

"Pop Up" Pub

Friday January 16th

6.30 - 11.00 Last Orders 10.45



Beachamwell Memorial Hall

Bring your friends

Licensed Bar with selection of beers,
wines and bar snacks

Enquiries

Susie Rix 01366 328249

*A Beachamwell Memorial Committee
Event*

Beachamwell

Scrabble

Wednesday January 14th

2.00 - 4.00

Orchard House, Beachamwell

Enquiries:

Sonia Williams 01366 328774



Garlic Theatre Puppets

Sunday January 18th 3.00pm

Swaffham Assembly Rooms

£7.00 for members

£10.00 non-members

Accompanied children free
2 per adult]

Tickets from

Green Parrot 01760 724704

Ceres Bookshop 01760 722504

Enquiries:

Eileen Powell 01366 328648

Beachamwell Afternoon Tea and a Chat.....

**Wednesday
January 21st
2 - 4pm**

**Beachamwell
Memorial Hall**

Enquiries

Sonia Williams

01366 328774

Barton Bendish



Burns Supper

**Saturday
January 24th
7.00pm for 7.30pm
Village Hall**

Tickets £12.50

Includes "a wee dram" to toast the
Haggis

Please bring your own refreshments

Enquiries:

Mhari Blanchfield 01366 347849

Linda Webster 01366 347563

Nar Valley Ornithological Society (NarVOS)

Tuesday January 27th 7.30pm
The Barn Theatre

Sacred Heart Convent School, Swaffham.
Access and parking from Sporle Road.

RSPB Titchwell

Many of you will have visited the famous nature reserve, just 'down the road' at Titchwell. So, NarVOS is delighted to welcome Paul Eele, the warden, to give us the inside story on Titchwell, the RSPB's most-visited reserve in the country. This NarVOS meeting will start with a short AGM, prior to Paul's talk but we request that everyone turns up for 7.30pm

Admission £2 on the night for non-member and visitors are most welcome.

Enquiries:

Ian Black 01760 724092

Beachamwell Craft Group

Thursday January 29th
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.

£1.50 + Bring & Buy

All welcome.

Enquiries:

Leah Spencer 01366 328536



Wereham Messy Church

Thursday January 29th 4pm -5.30pm
Starts in the church followed by activities
and a free meal in the Village Hall

It will again be informal, fun and
enjoyable. It will include stories, singing,
activities and FOOD. Don't miss it. We
are looking forward to seeing you there.

Please also put these dates in your diary
Thursday 26th March 4.00pm-5.45pm
Thursday June 11th 4.00pm -5.45pm
Thursday Sept. 24th 4.00pm-5.45pm
Thursday 26th Nov. 4.00pm-5.45pm

Enquiries:

Debbie or Ian Rye telephone 502083
or call in at The Old Chapel by the
pond.

BARTON BENDISH & EASTMOOR VILLAGE NEWS

Halloween

On Halloween Night, soon after it got dark, Barton was once again visited by some spooky figures making weird noises, one of whom had glowing eyes. It was a clear night but even with a half-moon shining brightly it was impossible to identify them; they were not all that big, in fact some were quite small, but what is most concerning is there were more of them than there was last year – they've been multiplying!! Fortunately a small gift of sweets was sufficient to persuade them to leave but I've an idea that we weren't the only people in Barton to have them on their doorsteps. This appears to be becoming an annual event and next year it will be almost a full moon on Halloween Night so if it is clear perhaps we may eventually be able to find out who these ghouls are and where they have come from.

Jill and David Mason

Barton Bendish Film Club

Barton Bendish Film Club laid on another successful evening with the recent film 'The Love Punch' proving a popular choice and drawing a large audience. Thanks to all the people who bring the cinema to our doorstep as well as providing refreshments.

BBQ and Bonfire

Once again Luca and his team organized a brilliant evening. After a wet and windy day just in time the rain stopped raining, the clouds cleared away and the full moon showed itself. The wine and hot dogs were delicious and with great ceremony and bell ringing Luca led the crowd of children and grown ups, rather like the Pied Piper, out into the paddock for the lighting of the bonfire - and what a good one it was.

A big thank you to Luca and all those who helped make the evening so enjoyable.

Christmas Tree Festival and Hall of Stalls December 6th 10am-4pm

Once again we are holding a combined 'Hall of Stalls' (in the Village Hall) and Christmas Tree Festival (in St Andrew's Church) between 10am and 4pm on December 6th. If you are interested in having a stall please let us know.

Enquiries please contact Mhari – 01366 347 849 or Linda – 01366 347 563.

BARTON BENDISH & EASTMOOR VILLAGE NEWS

The more Christmas trees in the church the merrier so please if you can spare a little time to decorate one do join in. Electricity is now available to light up your lights should you want to add them.

Christingle Service

Everyone is welcome to the Christingle Service which will be held in the church amidst the beautiful decorated trees at 3pm on Sunday December 7th.

A Victorian Evening of Christmas Entertainment, Music and Carols

Saturday 13th December at 6pm. Come and join in the Christmas celebrations at this evening of entertainment for all ages!

Victorian dress is optional for the audience but if you have any 'suitable costumes' you could lend us for the 'cast' we would be very pleased to hear from you! If you would like to take part, we would also be very pleased to welcome you to the 'concert party'!

The entertainment will be followed by light refreshments and mulled wine. Entrance is free but donations are gratefully appreciated.

For more information and to book your seat please contact Mhari 01366 347849 or Linda 01366 347563

Burns Supper

Saturday 24th January, 7pm for 7.30. Something to look forward to in the middle of winter. Mhari and Linda are once again organizing a traditional Burns Night Haggis Supper in the Village Hall. Tickets are £12.50 each and need to be booked with either Mhari 01366 347849 or Linda 01366 347563

Once again I think I speak for everyone in the village and beyond by saying a big THANK YOU to all those kind people who organize and help at events and who put together and deliver our parish magazine (such a vital source of local information). We also much appreciate the conscientious way in which Maureen and Bill manage our Village Hall which makes organizing events there so much easier. There are unknown people too who less obviously contribute in different ways to making the village such a pleasant place to live.

HAPPY CHRISTMAS EVERYONE

Jill Mason



BEACHAMWELL, SHINGHAM & DRYMERE VILLAGE NEWS

St Mary's Church

First of all I would like to thank everyone who provided the lovely flower arrangements for our Harvest Festival. The church looked beautiful and we are very grateful to all the ladies who give their time and creative talent on these occasions.

As most of you know we have a serious problem with the roof of the church porch which is in very urgent need of repair. As a result we have decided to spend every penny we have available from our funds, including the funds raised specially for this repair, to proceed immediately with this work at a cost of over £12,000. We hope the contractor will be able to start within a few weeks.

This means that we have no funds at all available for other repairs now or in the immediate future and in particular for the repair of the noticeboard and the

church bench (which was originally in the school grounds). As you can see from the photographs they are both in dire need of repair. If there is anyone who would be prepared to either repair or sponsor the repair of either the noticeboard or the church



bench we would be very grateful indeed. If you would like to discuss this please contact me.

BEACHAMWELL, SHINGHAM & DRYMERE VILLAGE NEWS

Our Carols by Candlelight Service will be held on Monday 22nd December at 6.30 p.m. and we hope you will be able to join us for this very special service and stay afterwards to enjoy mulled wine and mince pies.

May I take this opportunity on behalf of the churchwardens and the PCC to thank everyone who has supported St Mary's this last year with so much generosity both in time and financially.

On behalf of the Churchwardens and PCC I would like to wish you all a Very Happy Christmas and a Happy, Healthy and Prosperous 2015.

Graham Williams williamsoldies@gmail.com 01366 328774

Carol Concert



We do hope you will be able to join us for the carol concert on December 22nd. at 6 -- 30 p.m.

We would very much appreciate gifts of mince pies for the refreshments after the service.

Gill Sanderson

Flower and Brass Cleaning Rota

December

7th Eileen Powell, 14th Karen Butler and Jeanne Flynnne,
21st and 28th Christmas [*Several People*]

January

4th Jenny Gabrielsen, 11th Heidi Hale, 18th Vesna Hudson, 25th Diana Lambert.

If anyone would like to join or have more information about this Rota, please let me know. We would appreciate your help if possible as there will be some vacancies in the near future.

Eileen Powell

Thank you

Rose is now home and we would both like to thank everyone very much for all cards, telephone calls and cakes. Your kindness and thoughtfulness is much appreciated. We look forward to seeing you soon.

Dave and Rose Guild

BEACHAMWELL, SHINGHAM & DRYMERE VILLAGE NEWS

WI

Fifteen members and one visitor enjoyed an excellent supper cooked and



served by the Committee before the Annual Meeting. Vesna Hudson, President, Jenny Gabrielsen, Secretary and Heidi Hale, Treasurer all gave their annual Reports. Awards were presented to Val Sidey (the Ann Berchem Vase for most points gained in the Flower Competition) and Joan Forster (the Silver Plate for most points gained in the Monthly Competition). The Ruth Rix Vase will be judged next month.

The new Committee will be Irene Ranner (President), Jenny Gabrielsen (Secretary), Heidi Hale (Treasurer), Carole Wilson, Eileen Powell, Maggie McKenzie and Helen Ranger.

Vesna Hudson stood down and we would like to thank her very much for being an excellent President these last two years.

The thought of the month provided by Eileen

"No relationship is ever a waste of time.

If it didn't bring you what you want, it taught you what you don't want".

Next meeting will be Thursday December 4th, come and join us for our Christmas meeting. **Carole Wilson. Photograph Eileen Powell**

BEACHAMWELL, SHINGHAM & DRYMERE VILLAGE NEWS

Beachamwell Memorial Hall (Charity registration number 303900)

On 31st October pumpkin lanterns decked the hall for a Halloween party. A group of children aged 10 and under, played games and had great fun. Lots of treats and no tricks! Our hall is a great place for getting the community together, young and old.

The Great Beachamwell Sewing Bee took place on 12th November and the village hall now has a set of chair cushions and some new tablecloths. A big thank you to all who helped!



Last year we borrowed a Christmas tree for the hall, but this year we have decided to buy our own. This month we have also replaced the urn and have started to buy new crockery as part of our plan to update and improve facilities.

Many visitors comment on how attractive the hall is looking and this probably

accounts for the fact that it is being used by more groups. Every week people are able to enjoy pilates and yoga sessions (including a new evening yoga group). There is also a new weekly quilting group. Monthly groups include WI, book group, craft, decoupage, afternoon tea and now local history. The hall is also used for day workshops and private functions. Who says nothing ever goes on in villages?

We hope to see a lot of people at the last Pop up Pub of the year on 12th December. Come along with family and friends to celebrate the festive season and enjoy a great village social evening. You might like to put Friday 16th January on your calendar too, when we hope to banish post-festivities blues with the first Pop up Pub of 2015.

Beachamwell Memorial Hall Committee

Contact: Susie Rix, secretary (suedavis@afiweb.net)

BEACHAMWELL, SHINGHAM & DRYMERE VILLAGE NEWS

Local History Group

In November, a dozen history detectives attended the launch meeting of Beachamwell's new Local History Group. In a hands-on activity, we pored over the village's census return from 1901. Deciphering the handwriting was not easy but the document gave a vivid picture of Beachamwell at the time - the families, their jobs and where they came from. We hope to examine all the available registers in time and Nevyn Ranner has already begun the mammoth task of transcribing them. The plan is to make them available in an online archive to all who are interested. Brian Wilson also brought along a handful of objects from his collection of "treasures" found in the area, including an ancient stone tool that he described as a "Stone Age Swiss army knife".

We would like to take photographs of items that have been found locally to add



to the archive, so if you have any interesting objects (or photos and documents), we would love to hear from you. Other future plans include a visit to the Norfolk Record Office.

The next meeting will be on Tuesday, 13th January at 7:30 in the Memorial Hall. Anne Mason will give an illustrated talk on "The Warrens of Breckland". This will also be the first AGM. See notice

on page 27. All are welcome.

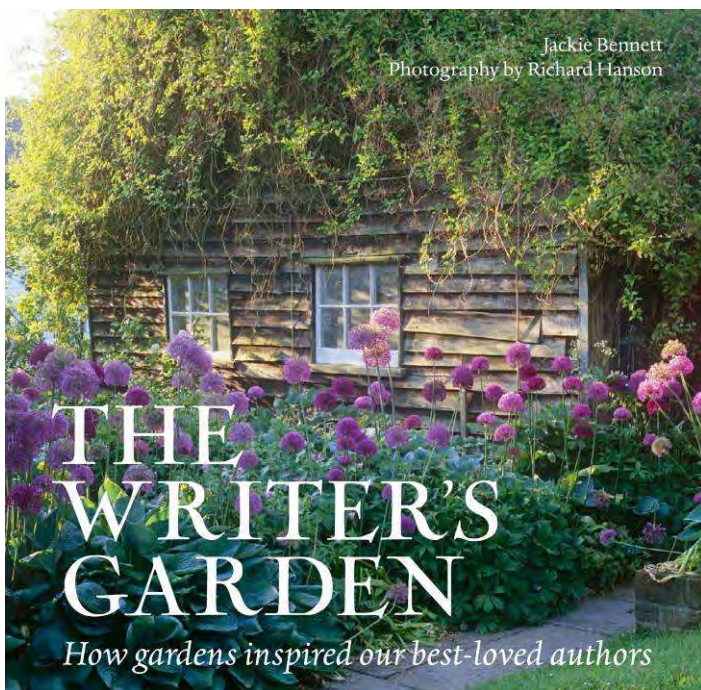
Photograph, by Sue Pennell, shows pottery, Thetford-type late 9th to 11th century dug up by Mark Powell whilst digging a pond in his garden.

Maggie Mackenzie

BEACHAMWELL, SHINGHAM & DRYMERE VILLAGE NEWS

The Writer's Garden 20th November

Hotfoot from the Cheltenham Book Festival, Westminster Cathedral and other prestigious venues, award winning local author Jackie Bennett spoke about her



new book to an appreciative audience in Beachamwell Memorial Hall.

She took us to the gardens of some of our literary giants, showing us what their gardens meant to them and how they often appeared in the writing e.g. Agatha Christie and Roald Dahl. We peeped into the garden retreats where people like Virginia Woolf and

George Bernard Shaw wrote many of their masterpieces.

Illustrated with readings and stunning photographs taken by Richard Hanson, the evening was a great success.

Leah Spencer

Photographs Richard Hanson



BEACHAMWELL, SHINGHAM & DRYMERE VILLAGE NEWS

Mobile Post Office

The opening hours are as follows:-

Monday and Thursday: 11.30 - 12.00

Tuesday, Wednesday and Friday: 11.15 – 12.00

Parish Council



As you know glass can now be put into our recycling bins. At the November Parish Council meeting this was discussed and the following decision was made:

The scheme to use the recycling bin for glass started in October. However, the Parish Councillors would like you to continue using the bottle bank as this brings in extra income for the Village.

On Monday, December 8th there will be an Extraordinary Meeting of the Parish Council in the Memorial Hall at 7.30. This is to discuss the Planning Application 3PL/2014/1113F- Erection of eco lifetime home with stables, paddocks, grass riding area, all weather riding surface and new trees.

On Monday, January 12th there will be an Ordinary Meeting of the Parish Council in the memorial Hall at 7.30.

As always, everyone is welcome to attend.

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

Cllr. John Adcock [*Chairman*] 01760 337058

Cllr. Matthew Adcock 01366 328848

Cllr. Patricia Clarke 01366 328983

Cllr. Brian Cockerill 01366 328218

Cllr. Diana Lambert [*Vice–Chairman*] 01366 328227

Cllr. Mark Powell 01366 328648

Cllr. Tom Sanderson 01366 328244

Eileen Powell (Parish Clerk)

Facebook

Karen Bridge has kindly created a Beachamwell Page on Facebook where all can contribute.

COMMUNITY NOTICE BOARD

MOBILE LIBRARY VISITS - Please note changed days/times

DATE	VILLAGE	LOCATION	TIME
Tuesday	Barton Bendish	Hatherley Gardens	9.55 am
23rd December	Beachamwell	Old Post Office	10:15 am
20th January	Drymere	Telephone Kiosk	10:40 am
	Boughton	Mill Road	14:20 pm
Monday		The Pit	9:30 am
8th & 22nd December 5th & 19th January	Wereham	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) 18 (Tuesday)	Lewis Coaches Eagles Coaches	Swaffham King's.Lynn & Swaffham
Boughton	18 (Tuesday)	Eagles Coaches	King's.Lynn & Swaffham
Wereham	28 (Mon to Sat) 40 (Mon to Sat)	Coach Services Coach Services	King's Lynn 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

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

VILLAGE, COMMUNITY and PARISH HALL BOOKINGS

Barton Bendish	Bill Tasker	01366 347432
Beachamwell	Leah Spencer	01366 328536
Boughton	Pam Wakeling	01366 500429
Wereham	Doreen Rolph	01366 500218

CHURCH SERVICES IN DECEMBER

DATE	TIME	LOCATION SERVICE
Sunday 7 th	9.45 am	Shouldham: Holy Communion
Advent 2	10.30 am	Marham: Café Church
	11 am	Beachamwell: Holy Communion
	3.00pm	Barton Bendish: Christingle
	6 pm	Wereham: Evensong
Sunday 14 th	9.30 am	Shouldham Thorpe: Holy Communion
Advent 3	10 am	Boughton: Breakfast Church
	10.30 am	Marham: Morning Worship
	11 am	Barton Bendish: Family Communion with Baptism
	3.30 pm	Fincham: Carol Service with Christingle
Sunday 21 st	9.45 am	Shouldham: Morning Prayer
Advent 4	11 am	Beachamwell: A Service for All the Family
	4 pm	Wereham: Carol Service
	6 pm	Marham: Carols by Candlelight
Sunday 28 th	10 am	Boughton: Group Service Holy Innocents
	10.30 am	Marham: Holy Communion

Thursday Communions

Short service of Holy Communion followed by coffee (or tea!)

4th and 18th at Fincham, 11th at Boughton, 25th No service

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.

CHURCH SERVICES IN JANUARY

DATE	TIME	LOCATION SERVICE
Sunday 4 th	10.30 am	Marham: Café Church
Epiphany Sunday	10.30 am	Wereham: Celebration of Epiphany with Carols and Communion
Sunday 11 th	9.30 am	Shouldham Thorpe: Holy Communion
Baptism of Christ	10. am	Boughton: Breakfast Church
	10.30 am	Marham: Morning Worship
	11 am	Barton Bendish: Family Communion
	6 pm	Fincham: Evensong
Sunday 18 th	9.45 am	Shouldham: Holy Communion
Second Sunday of Epiphany	10.30 am	Marham: United Service of the Word (MC)
	11 am	Beachamwell: A Service for all the Family
	11 am	Wereham: Morning Prayer
Sunday 25 th	9.30 am	Fincham: Holy Communion (BCP said)
Conversion of Paul	10.30 am	Marham: Holy Communion
	11 am	Boughton: Holy Communion
	6 pm	Barton Bendish: Evensong

Thursday Communions

Short service of Holy Communion followed by coffee (or tea!)

1st, 15th, 22nd at Fincham, 8th at 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

Boughton Parish Council – Activity Update



The Council has been busy since the last update and here are a few of the items carried out.

Chestnut Tree on The Green. The Council was granted permission to remove the diseased tree, which may have been carried out by the time you read this. A suitable flowering alternative will be placed in an adjacent position in due course.

Village Gateways. After an extensive village consultation the council is proceeding with obtaining firm costs from Highways. Please see elsewhere in G4 for a full report.

The Village Green. During October a group of volunteers including councillors carried out the now annual tidy up around the pond. Rogue ash and willow were removed and the large group of bushes near the picnic bench were cut back.

Village Ducks. You may have noticed a significant increase in the number of ducks on the pond this year. It is likely that the benign weather conditions earlier in the year have meant that many more youngsters than normal have survived. Also feeding by some residents may have had an effect. The PC asks that you do not encourage ducks to come to your property for feeding as this is detrimental to the ducks health, encourages rats and may be a nuisance to your neighbours. Please refer to the document 'The Dangers of Feeding Waterfowl' on the G4 website in the Boughton Parish Council section.

The Village Pond. At the last PC meeting on 24th October it was agreed that we would ask the Environment Agency to check the water as we are concerned that its condition has deteriorated during the year. This may be due to the increased number of ducks.

Playground. A fundraising 'muckathon' was held recently, please see elsewhere in G4 for the report on how much was raised for the Playground Fund.

Boughton Fen. The fen committee are currently carrying out volunteer working parties and arranging contractors to carry out scrub clearance and reed cutting/removal. We have recently had the current instalment of the Higher Level Stewardship from Natural England which will contribute greatly to the costs of the planned works. A note to all parishioners, all monies spent for works on the Fen is raised from Grants and Awards and none is raised through your precept for Council Tax.

BOUGHTON VILLAGE NEWS

Verge Damage. As is so often the case at this time of year we are seeing more damage to verges through the village. The PC is in contact with highways to see what action can be taken to prevent vehicles driving over and damaging verges. One solution appears to be that the higher the verge the less damage, generally, that is done.

PC Procedures. Now that we are a full council again we have taken the opportunity to review our procedures and ensure we continue to remain up to date with regulations. Once complete each councillor will receive an updated folder with a complete set for ongoing reference.

If you have any issues on parish matters that you wish to bring to the Councils attention please see the noticeboard for a list of councillors and contact details.

Boughton Parish Council – December 2014

A Hallowe'en to Remember!

What a great evening! About forty people gathered in All Saints' for the Bistro Quiz 2014. Barbara had prepared the quiz and acted as quizmaster, ably assisted by her glamorous assistant – who will find it difficult to live down that tag (bestowed on May by her friend!) Pippa had prepared a feast as usual, coq au vin, tarte au pomme, crème caramel, cheeses, coffee, wine (provided by

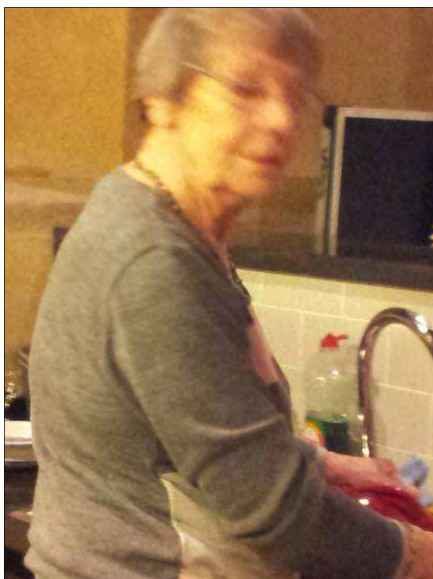
Tony and Maryse). The quiz was won by ABBA – Brian and Ann Hullah and their friends from Shouldham.

We raised £440 for the church, which included the raffle. It wouldn't have been possible without the generous donations from Pippa, Robin and the Golds or without Barbara's contribution of time and talents. An important contribution of time and talents was from Janet Tidy, who worked tirelessly throughout the evening getting on with the washing up.

Thanks to everyone including those who have booked a table in the hope that there will be another quiz next year!

More photographs on page 44

Pam Wakeling



BOUGHTON VILLAGE NEWS



Boughton Playground Action Group Update

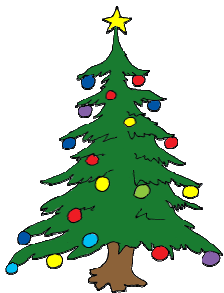
We have received a fantastic response to the surveys conducted over the last few months. Several people, some living outside the parish, have pledged financial support for the upkeep of the playground and provided some useful suggestions for improvements or additions to the area. Thanks to all who have taken the trouble to complete the surveys, we will keep you informed of future developments. Anyone wishing to have an input either financially or helping at future fund raising events please contact me, andy-beeston@hotmail.co.uk or on 01366 500731.

Our fund raising "muckathon" has been completed, orders taken, muck bagged up and delivered, all to raise £120 for the fund. My thanks to Ed Lankfer for supplying the muck, Helen and Mathew for bagging it up and to Angela for delivering the goods to the lucky gardens. Thanks also to all who supported this venture, hopefully we will repeat this event next year.

Andy Beeston

BOUGHTON VILLAGE NEWS

Boughton's traditional Christmas service of Nine Lessons and Carols will be held on Tuesday 16th December at 7 pm.



We use the well-known readings and carols and the church will be decorated. Even if you are not normally a churchgoer, this is a service that appeals to many. It may bring back memories of childhood, or perhaps you watch the service of Nine Lessons on TV on Christmas Eve. We haven't any boy trebles, but we hope for some good singing. Our readers are always excellent! If anyone feels that they would like to read a lesson, please contact me. If not, I'll contact you! Decorating the church will take probably place

on the morning of the 16th, but do check first if you want to take part as circumstances may change before then and it may need to be some other time. If you can offer holly, (berries would be good!) or any other suitable greenery, please bring it down to the church. We are hoping to have a Christmas tree. After the service, we are hoping people will stay for a Christmas get – together with mulled wine and food. If you are able to bring a plate of food along — savoury or sweet, please do. Boughton is famed for food at most events and this is always an enjoyable occasion. Our friends from outside the village are welcome.

If you are new to the village and think 'I don't know anyone' come along and meet some of your neighbours. The service and party are a good way to break the ice. We are a friendly bunch.

Christmas services are listed on page 3. There will not be a service in Boughton on Christmas Day, but the much-loved Crib service will take place on Christmas Eve as usual. This year it will be slightly different, as it will take place in Geoff Proctor's barn near the pond. He has promised to have animals there and heating and it will be a jolly and uplifting service. Come along and join us — wrap up well but it will be worth coming.

Thanks, Geoff.

After Christmas there will be a fifth Sunday Group Service in the church, when we hope to be joined by our friends from the other churches in the group. Do come along.

Pam Wakeling

BOUGHTON VILLAGE NEWS

Boughton Exiles v Foldgate Inn ~ 21st September 2014

The Boughton Exiles in a moment of diminished responsibility accepted the challenge of providing a team to take on the might of the Foldgate Inn. The Boughton Exiles team comprised of the elderly and infirm of Boughton supported by members of the local and not so local farming community!

The Exiles batted first and after a slow start, Sam McDonnell showed great resolve to steady the ship. Bandy accelerated the innings (not out 51) supported by Reid and Faherty. Canadian agricultural student Adam Van Der Zaag, aged 20 from Toronto who was playing his first ever game of cricket, took a brief net and learnt a few basic techniques and rules. He then entered the fray and showed a great eye for the ball, striking it cleanly and hard to all parts eventually retiring for 16 to allow others to have a bat. It must have been the last thing Adam expected when he boarded the plane to start his work placement! Boughton Exiles closed their innings for 120. Accurate bowling by Thomas Bishop prevented a higher total.

After a wonderful tea, provided by the good ladies of Boughton ably served by Sandy and Angela, The Foldgate Inn commenced their reply. Harvey Wardel demonstrated superb technique in scoring 12, later returning to add another 16 to his run collection. Wickets fell at regular intervals and the Inn never quite managed to achieve the required rate despite great attempts by Jack Langford and Jack Bishop. Eventually the Foldgate Inn closed their innings 8 runs short of Boughton.

Following the close of play players from both sides retired to the Foldgate Inn to sample a lovely spread kindly provided by the landlord Glen Bishop, a magnanimous contribution having been run out for nought earlier in the day!

Our thanks to Gooderstone CC for allowing us to use their superb pitch and facilities.

A great game played in the true spirit of Cricket ~ roll on next year!

The Boughton Exiles



WEREHAM VILLAGE NEWS

Wereham Parish Council

Met on 11th November. Minutes are available from the Clerk Mrs N Cooper on 01366 500527 / werehampc@gmail.com and via our Wereham Parish Council Facebook Page.

As a Parish we have quarterly visits from the Highways Rangers. Highway Rangers aim to help communities improve the places where they live.

They carry out highway maintenance and 'streetscene' improvements requested by town and parish councils. These can include:

1. Trim overgrown vegetation from a road or footway.
2. Clear mud and soil from the road (non urgent).
3. Hand sweep road or pavement (District councils will continue to do routine sweeping).
4. Soil and seed verge.
5. Cut verge grass.
6. Clean out highways ditches, gullies and offlets.
7. Wash signs, bollards or reflector posts.
8. Repair minor kerb damage and footway surface defects.
9. Basic repair, remove obstruction and some cutting and clearing where necessary on the Public Right of Way network.

If you notice anything along these lines that needs to be tackled within Wereham please let the Clerk know so that a list of essential tasks can be passed to the Rangers before each visit to make sure that we maximise our use of this valuable asset. *Let's work together to keep the village tidy!*

The next meeting will be on Tuesday 13th January, 7.30pm at Wereham Village Hall. As always members of the Parish are very welcome to attend. If you have any issues in the meantime or would like something specifically discussed in the January meeting please contact the Clerk. Any business for discussion at the meeting should be with the Clerk by the end of December. The Agenda will be published 8th January and will be available to view on the village notice board and on the Wereham Parish Council Facebook page.

All the very best Season's Greetings from Wereham Parish Council



WEREHAM VILLAGE NEWS

Wereham World War 1 Commemoration

Eighty people braved the elements to attend the re-dedication of the Wereham War Memorial led by our Vicar, Rev. Barbara Burton.

The memorial has recently been renovated thanks to the generosity of Bertie and Jane Vince.



The evening then continued in the village hall with a First world war commemoration evening that included, poetry, drama, singing and hearing the stories of the men named on the Wereham War Memorial who gave their lives in WW1. Special thanks to our Bugler, piper and guest singers.

The were rousing choruses of songs of the time including 'Pack up your troubles' and 'Its a long way to Tipperary'. We enjoyed an excellent first World War picnic.

Karl Butcher wore an authentic WW1 uniform for his sketch where underage Lestyn tried to join up!

It was a real team event with over Twenty people contributing to making it such a success. Many, many thanks to all involved, not forgetting the pigeon and all who attended.

Debbie and Ian Rye



WEREHAM VILLAGE NEWS

November Update from Wereham Village Hall Committee

As Christmas fast approaches, our next wave of fundraising events and schemes are never far away.....

Wereham Calendar 2015

Stina Burger has co-ordinated the creation of a beautiful 2015 Wereham

WEREHAM CALENDAR 2015



Paintings and drawings by local artists.

Calendar. It contains paintings of views of our village painted by adults and children and has been expertly designed by Trevor Sturrock to raise funds for the village hall. I've had a sneak preview and it's full of beautiful works of art! We're taking orders now, available for £6 each.

An example calendar is on display in the hall and the

following Friends of Wereham Village Hall will have a copy for viewing and taking orders - Stina at Horseshoe Cottage, Church Road call 501253, Tom at Inglebright, Cavenham Road call 500052 or Chandra at Acacia House, Flegg Green call 500005. The last order date is 8th December and we think it's a perfect Christmas present! Thank you to all the adults and children who contributed! A taster of what you can expect from the Wereham 2015 Calendar.

Wereham Village Hall Christmas Family Prize Bingo

This annual family event is on Wednesday 3rd December. Doors open 6.30, eyes down 7.30pm. Children are welcome – there will be prizes suitable for all ages as well as festive refreshments and a raffle. Any donations of prizes or refreshments (mince pies or other festive fare) would be very much appreciated – please contact Doreen on 01366 500218 or Angela on 01366 500115.

Christmas Carols at the Pond with Supper at the Hall

Sunday 21st December at 5pm (co-ordinated to start as the Nativity service finishes at the church). See the pond lit by the Christmassy glow of 100 nightlights and the trees bedecked in baubles and join us for festive carols around the pond supported by the Hilgay Youth Brass Band. Then make our

WEREHAM VILLAGE NEWS

way to the hall for tea time; there will be a Christmas crafts table for the kids, festive story and a chance for the rest of us to catch up with friends and enjoy the Christmas spirit. Tickets are limited to 90, so grab them while you can! Call or text the following people to purchase your tickets - Victoria 07725513583 or Nikki 07789695783. Again, donations of mince pies, cakes and raffle prizes gratefully received! Tickets are £3 each or £10 for a family ticket (2 adults and 2 children, extra child £1ea) Includes hot-dog, wedges and a mince pie/cake.

Update from the Project Team

To enable us to complete the costings for the lottery application, we've requested formal tenders from three Architects with community building and funding experience and with good eco credentials. These were assessed during November with the winning bid being announced shortly. We've also requested quotes from Accountants to support our stage 3 application and manage the project finances and associated lottery paperwork. We have deferred our application submission to January 2015 to ensure we can get all the costings in place and re-check the application prior to submission. To keep up to date on our progress, please 'Like' our Facebook page www.facebook.com

Werehamvillagehall

Victoria, Helen, John and Rachel

Wereham Village Hall Bonus Ball Club

The lucky winners in October were Vi Whitehead and Nicola Cooper, congratulations to you both! We currently have a few spare numbers costing £2 each per month so if you are interested in becoming a member, please call Helen on 01366 500174 or 07795006811.

Helen Richardson, Secretary

Ink Cartridges - collection boxes for ink cartridges are on the piano in the hall, open 10-12 Fridays. Or alternatively, leave them in a bag at the door of the village hall. Please note that we are no longer able to collect bottle tops.

Regular Events List

Bingo - See adverts on page 23 and 27

Pop up Café – See advert on page 23. Cake donations/queries to Jacqueline 500880.

WEREHAM VILLAGE NEWS

Indoor/Outdoor Car Boot – last Sunday of the month, 9am-1pm but taking a break over Christmas and returning 25th January. Café, bric a brac and book stall. £5 pitch, to book call Nikki/Chris on 01366 501111.

Thank you to all of our FoWVH volunteers who co-ordinated and supported events during November.

For all the pictures and feedback from our events, log onto www.facebook.com/werehamvillagehall. By clicking on the 'Like' option, you will be kept up to date on events, pictures and the progress towards a new village hall.

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, Chair**

Home: 501277 Mobile: 07725513583

Email: darren.gray@tesco.net or via www.facebook.com/werehamvillagehall



Wereham Nativity 21st December

Do you remember last year's Christmas Nativity service at Wereham Church? We all had such a good time we are going to do it all again this

year but different!!!!

We will have 2 drama items:

- 1) A traditional Nativity play for 0-8 year olds (yes we really do mean 0)
- '2) A play in a morning' for 8 year olds onwards.

I would like to meet both groups at 4pm on Tuesday 16th December in the church. This will enable us to rehearse the nativity and cast the older children.

The older group will then meet at 10am on the morning of Sunday 21st December to prepare their play in 2 hours (eat your heart out Royal Shakespeare Company).

As last year the service will be followed by Carols by Candlelight by the pond and a 'do' in the village hall.

We hope that everyone will come and join the fun at the service. You are all welcome not just those connected to the performers.

Christmas is for everyone not just the children.

But remember children, we can't do it without you.

Debbie Rye Tel 502083

WEREHAM VILLAGE NEWS

December's Pop-Up Cafe Tuesday 2nd 1030-1200 noon

Come to our last Cafe of the year, on Tuesday December 2nd. It will be full of mince-pies, Festive Cheer and bacon rolls so get yourselves all down here..... We are having a small Raffle, with a fantastic Belgium Chocolate Log, home made by Gordon - as the top prize along with a signed apron from Marco Pierre White. It's been a great year for the Pop-Up, meeting new people, enjoying the Community Spirit and having lots of fun along the way. A massive Thank-you to each and everyone of you for supporting us, we couldn't go on without you. Have a fantastic Christmas and a Prosperous New Year as we look forward to 2015.

With thanks from Jacqueline and Karen

Pop-Up Cafe 2015

I just want to say a **Huge Thank-you** to my right-hand lady, Karen Ratsey, for helping me throughout the year at the Pop-Up, couldn't do it without you girl. To all the cake makers, dishwashers, table arrangers. Thank-you, cakes yummy as ever.

No Cafe in January as our children's first day back at school, but return in February with Diane & Doreen at the helm...

Jacqueline and Karen back in March...see you all then...

Jacqueline

G4N

A big thank you to everybody who gives a some of their time to deliver G4 in Wereham. We have lost a couple of volunteers this year and have replaced them almost immediately which is a great help. Thank you to Janet and her helpers for sorting the magazines each month.

Thanks,

Lizzie



See page 29 for details

For further information please telephone 502083 or call in at The Old Chapel by the pond.

Debbie or Ian Rye

LAWS THEY DON'T TEACH IN PHYSICS

1. Law of Mechanical Repair: After your hands become coated with grease, your nose will begin to itch and you'll have to pee.
2. Law of Gravity: Any tool, nut, bolt, screw, when dropped, will roll to the least accessible place in the universe.
3. Law of Probability: The probability of being watched is directly proportional to the stupidity of your act.
4. Law of Random Numbers: If you dial a wrong number, you never get a busy signal; someone always answers.
5. Variation Law: If you change traffic lanes, the one you were in will always move faster than the one you are in now.
6. Law of the Bath: When the body is fully immersed in water the telephone will ring.
7. Law of Close Encounters: The probability of meeting someone you know INCREASES dramatically when you are with someone you don't want to be seen with.
8. Law of the Result: When you try to prove to someone that a machine won't work, IT WILL!!!
9. Law of the Theatre and Sports Arena: At any event, the people whose seats are furthest from the aisle, always arrive last. They are the ones who will leave their seats several times to go for food, beer, or the toilet and who leave early before the end of the performance or the game is over. The folks in the aisle seats come early, never move once and stay to the bitter end of the performance. The aisle people are very surly folk.
10. The Coffee Law: As soon as you sit down to a cup of hot coffee, your boss will ask you to do something which will last until the coffee is cold.
11. Law of Physical Surfaces: The chances of an open-faced jam sandwich landing face down on a floor are directly correlated to the cost of the carpet or rug.
12. Law of Logical Argument: Anything is possible IF you don't know what you are talking about.
13. Law of Commercial Marketing Strategy: As soon as you find a product that you really like, they will stop making it OR the store will stop selling it!
14. Doctors' Law: If you don't feel well, make an appointment to go to the doctor, by the time you get there, you'll feel better. But don't make an appointment and you'll stay sick.



Church Road, Barton Bendish



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

Real ales, good food and a warm welcome.

Open 7 days a week, Monday to Saturday 12 noon to 11pm, Sunday's 12 noon to 10pm.

Locally sourced, home cooked food served every day.

Enjoy our extensive gardens & unique Children's Play Church Tower, traditional deck chairs & large multi-coloured bean bags.

Free WiFi available in the pub, gardens and rooms.

**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.

**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 on 01366502083, 02476 742077 or
07863 049677 or see website
www.wix.com/ryeholidays/theoldschoolhouse



HOLIDAY COTTAGE

Sleeps 6—8

Perfect for visiting friends & relatives.
Rural location on our farm in Beachamwell.

Contact:

Tom & Caroline Sanderson.
St. John's Farm, Beachamwell, Swaffham, Norfolk
PE37 8BE
Tel: 01366 328244
Fax: 01366 328716

Grassmere

Holiday home & spa retreat, Boughton



www.grassmerenorfolkholts.co.uk

SPECIAL EVENT PLANNED?

NEW Range Cooker
NEW Larder Fridge
Music System....



All available when you hire

WEREHAM VILLAGE HALL!



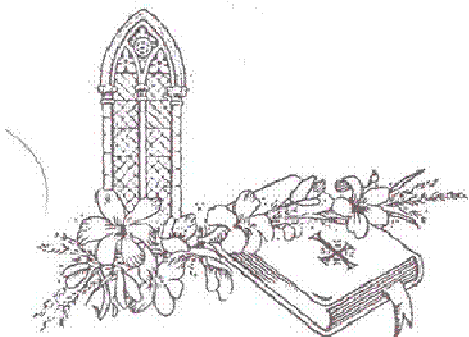
Contact Doreen
on 500218 for
Bookings

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



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

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

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

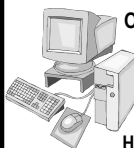
RE-INSTALLED

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





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

Volunteers Home Needed! START

Support and friendship
for families

**Do you remember those early years?.....
Sleepless nights, tantrums & teething.**

If you have parenting experience Home-Start Swaffham & District would love to hear from you. We have families waiting for support and all we ask is for a couple of hours a week commitment. We offer a prep course accredited through the Open College Network which takes place one day a week for 10 weeks. Term time 10am-2pm. So, if you think you can make a difference to a family needing a little help call us today to find out more.

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

Home-Start Swaffham & District
The Community Centre, Campinglands,
Swaffham, PE37 7RB
Tel: 01760 721271
Email: admin@homestartswaffham.org.uk

Jen's Pet Care



Are you at work all day?

Do you need someone to pop in and feed your pet, let it out and keep them company for an hour?

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

Contact Jen at Wretton on 07799 733 463

Pet Sitting - Dog Walking - Home Visits

Livestock Care - Puppy Socialising - Pet Care

30 years experience working with animals

Reasonable Pricing - please ask

www.facebook.com/JensPetCareWretton

Freelance Groom

All stable and yard duties undertaken
Long term, short term or holiday
cover

Trustworthy, experienced, caring and
reliable

British Grooms Association member with
Intermediate Certificate

BHS Stage 1 and RRS
NVQ Horse and Yard Safety

Equine Health (Moreton Morrell College)

References available

Call Holly on 07731 395142

or

e-mail hollyweb92@gmail.com

Wereham Village Hall is now a member of SPICE



Volunteering with us entitles you to collect time credits to be used across the county and beyond.

See www.west-norfolk.gov.uk/default.aspx?page=26770 for more details or contact Nikki Loake, our time credits facilitator on 01366 501111

Registered Charity: 1151336 Wereham Village Hall

Beachamwell Lamb



Our delicious lamb is now available to you by the joint, frozen so you can enjoy it whenever you fancy!

Whole or half legs & shoulders for parties or lunch for 2.

Mince & chops for BBQs or casseroles & tagines.

Telephone me first to come & have a butchers!

Caroline Sanderson
01366 328244

K.J.Catering Services

Contact Steve Bartram on

01842 828505
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

Father Christmas

will be at
Church Farm every
Thursday, Friday,
Saturday and Sunday
From 4th December plus
22nd & 23rd Dec.
10am - 5pm. Free entry
to our Nativity with real
animals and tea room
and gift shop!

Christmas Shopping

Come and browse our beautiful range of
Christmas gifts for all the family.
From toys and games to candles
and bags; decorations and
china to Christmas cakes and
puddings. There's something
for everyone!



Open Thurs-Sun throughout the winter!



01366 382162

www.churchfarmstowbardolph.co.uk

BOOKINGS NOW BEING TAKEN

FOR ART CLASSES



Learn to paint in oils and acrylics

Mornings and afternoons any date to suit.

All equipment provided

Classes start 24th February in Oxborough.

Contact 01366 328874



ARTS LOUNGE

*Wishes everyone a very
Happy Christmas.*

*The gallery is staying open until 8pm on the
7th December for the Swaffham Christmas
Lights switch on and funfair.*

*Come and see the wonderful creations the
artisans have on display and all for sale.*

Also come to our:

Ladies Only Night on Friday 12th December open until 8pm

Men Only Night on Friday 19th December open until 8pm

*Free glass of mulled wine and canapés
whilst you shop in the relaxed atmosphere for something
different for that special person in your life.*

Arts Lounge, 15 Market Place, Swaffham, Norfolk PE37 7AB, 01760 723624

Little Oaks

Preschool
& Holiday Club

15hrs a week
funded places
from the
age of 2

A warm, friendly welcome
is waiting for you

Holiday Clubs for
2 - 8
year olds

Open 50
weeks of
the year

School Term Time
Children
aged
2 - 5

A variety of hot
& healthy
meals
provided

Places available
for special
educational
needs

Contact Debbie - 01366 502150

47 Wretton Road, Stoke Ferry, Kings Lynn, Norfolk, PE33 9QJ

www.little-oaks-preschool.uk.org

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



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**

THE LEATHER SHOP

QUALITY AT A FAIR PRICE

43A HIGH ST DOWNHAM MARKET PE38 5HF

(NEXT TO THE OLD CINEMA)

John Edwards

welcomes you to browse round his new
shop for a great selection of Belts, Bags,
Wallets, Purses and much more.

**Items also made to order
& Leather for Sale**



Mobile: 07798 826733

Shop: 01366 386178

Email: john@edwardsleathercraft.co.uk

Website: www.edwardsleathercraft.co.uk

SCOTT'S MEDALS & COINS

World War Medals and pre-decimal Coins
Old or broken jewellery

FREE VALUATION WITH NO OBLIGATION TO SELL
CONFIDENTIAL SERVICE GUARANTEED



THOSE OLD COINS, JEWELLERY AND MEDALS ARE
PROBABLY WORTH A LOT MORE THAN YOU THINK

CALL JOE ON

01553 840124 OR 07768 823696

or

Email him at "scottioe00@gmail.com"



**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 advert
could be here!**

Alan Pickering

Tel: 01366 501035 or 07779
787499

e:mail: group4news@gmail.com

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

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.

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

ARE YOU 65 OR OVER? NEED INFORMATION OR ADVICE ON THINGS TO DO,
GETTING OUT AND ABOUT, STAYING SAFE AND WELL OR CARING FOR
SOMEONE, THEN...

ASK LILY



**Living Independently
in Later Years**
a directory of services,
activities, advice and
guidance for older people
living in West Norfolk

Available online at
www.asklily.org.uk
or by calling 01553 616200



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**
Displayed in store



Ethical.

In everything that we do.

Telephone 01366 384644

WE ARE NOW OPEN!



Vets Jon Mills, Liam Manson and Practice Manager Helen Manning are pleased to announce they have opened a new, independent, small animal veterinary practice in Swaffham.

The team are excited to be able to offer: -

- * Appointment times to suit you.
- * Cutting edge diagnostics
- * Full operating facilities
- * Emergency out of hours care at the practice
- * Nurse preventative health clinics
- * Accessible easy parking.

Telephone 01760 722054

Opening times: Monday-Friday 8:30-6:30pm & Saturday 9-12pm

info@swaffhamvets.co.uk
www.swaffhamvets.co.uk



Visit us on
Facebook

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**



FIRE BRIQUETTES FOR SALE

- Ideal for wood burning stoves
- Made from hardwood
- <10% moisture content
- Burns hot like brown coal
- No binder.
- Made in Kings Lynn
- 40 x 10Kg bags / pallet

FREE LOCAL PALLET DELIVERY

01553 776835
info@reevewood.com

South Pickenham Estate FIREWOOD

Barn stored seasoned split hard
and softwood

Free delivery in the Swaffham area
All of our firewood is from well managed 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



Geoff Dixon

The professional alternative to doing it yourself

Geoff Dixon Carpentry, Joinery and Handyman Services, Beachamwell

Over 45 years experience in this industry. I have experience and am happy to carry out jobs such as; fascia and guttering repairs or cleaning; external fence panelling repairs, replacement/ treatments; gates made; doors and locks repairing and replacing; refitting and refurbishment of kitchen cupboards; shelving; and general maintenance jobs around the house.

No job is too small, if there's something you'd like doing that I haven't listed, Please get in touch and ask.

☎ Telephone: 01366 328330 📱 Mobile: 07726 584502

✉ Email: geoff@norfolkshandyman.co.uk

🌐 Web site: www.norfolkshandyman.co.uk

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

FIREWOOD LOGS

**All Dry and Seasoned
Hardwood**

Oak - Ash - Beech

Free Delivery

**Call Tim on
01366 347656
07867 764307**



Local Logs for Local People

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

www.raygribble.co.uk

Contact
ray@raygribble.co.uk
or phone
01366 500387

Vine House, Church Road, Wereham

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

Richard Pooley

Cabinet Maker

The Complete
Kitchen Design &
Installation Service

All Aspects of
Carpentry & Joinery

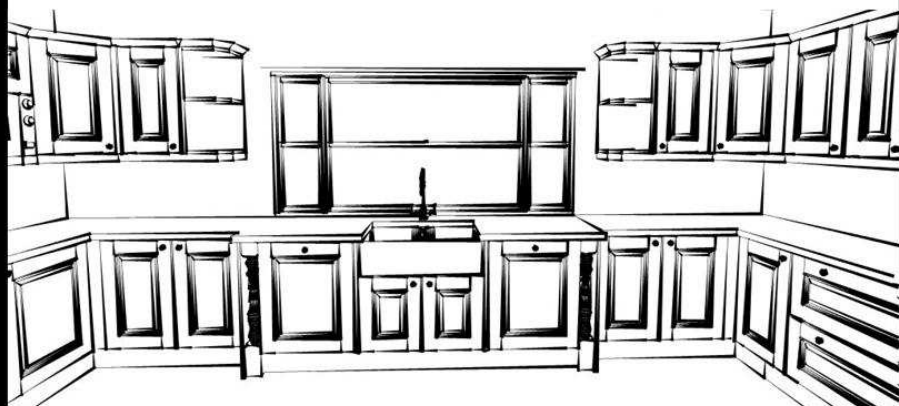
Bespoke Furniture

Wall & Floor Tiling

Tel: 01366 728791 - 07920 117784

Email: richypooley@gmail.com

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

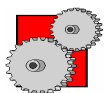
newrooms 
discover a new level of service



newroomsdesign



newroomskitchens



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

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



Norfolk Stove Installers offer the best local service for the supply and installation of:

- Wood Burners & Multi-Fuel Stoves
- Main agents for Aga, Hunter & Cleanburn Stoves
- Flexible Chimney Liners
- Twin Wall Chimney Systems
- Fireplaces Opened Up

For a free site visit and quotation contact us on:

t: 01508 498393 m: 07847 426953

e: norfolkwoodburners@outlook.com

www.norfolkwoodburners.co.uk

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 Jacque 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

Power Washing

Tel: 01760 337058 or 07909 785801

Fully Insured

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

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



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**



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

01553 763589 / 07824 819015

info@heatsync.co.uk

www.heatsync.co.uk

Find us on....



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
 - ✓ Tiling
- ✓ Boiler replacements & repairs
 - ✓ Boiler Services

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

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

Phone 01353 777788

Tank Replacements

07946 735691

Jake Stansfield Ltd

Plumbing & Heating

All aspects of Plumbing & Heating to the highest standard.

Gas Safe registered.

Contact 07780463787 01366 500469

jakestansfield@live.com



S J 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



BEDINGFELD ARMS
SINCE 1783

The Bedingfeld Arms

01366 328300



BEDINGFELD ARMS
SINCE 1783

Opposite National Trust's Oxburgh Hall

Find a Friendly Welcome at the Fully Restored Bedingfeld Arms

Fresh flowers, candles and relaxing seating in the main bar

A traditional pub with a 'rustic-chic' restaurant.

Homemade favourites & exciting seasonal dishes.

Served Monday to Saturday 12pm-3pm & 6pm-9pm

Sundays 12pm-4pm & 6pm-9pm

Pop in for a frothy coffee (free Wi-Fi) & check us out.

Game Evening Dinner

3 course meal and wine only £29.95 per person

Thursday 27th November 6pm-9pm

Christmas Parties

1st-23rd December - 12pm-3pm / 6pm-9pm

2 Courses Mince Pies & Coffee £25.00

3 Courses Mince Pies & Coffee £29.50

Ring for more information and to book your party.

Accommodation - Bed (£69-£125 per room/ night)

Breakfast (£9.50 per person)

5 refurbished, cosy, contemporary coach rooms.

Also 4 individual feature rooms in the main house
and even 4 poster beds.

E-mail – info@bedingfeldarms.co.uk

www.bedingfeldarms.co.uk

BEDINGFELD ARMS, OXBOROUGH, NR SWAFFHAM, PE33 9PS



**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.

Many practices now use other veterinary surgeries for their out of hours work. This means that you will have to travel to an unfamiliar practice which is likely to be much further away. Despite being only a two vet. practice we continue to do all of our own on call cover. The phones are diverted directly to the vet on call as we know that clients appreciate a familiar voice at the end of the phone, 24 hours a day, who knows their pets and, if treatment is necessary, then they prefer to travel to their own practice to be seen. This is part of our Professional and Personal service that our existing clients are accustomed to and we warmly welcome new clients who wish to register with us.

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

01366 382219

www.crossingsvets.co.uk