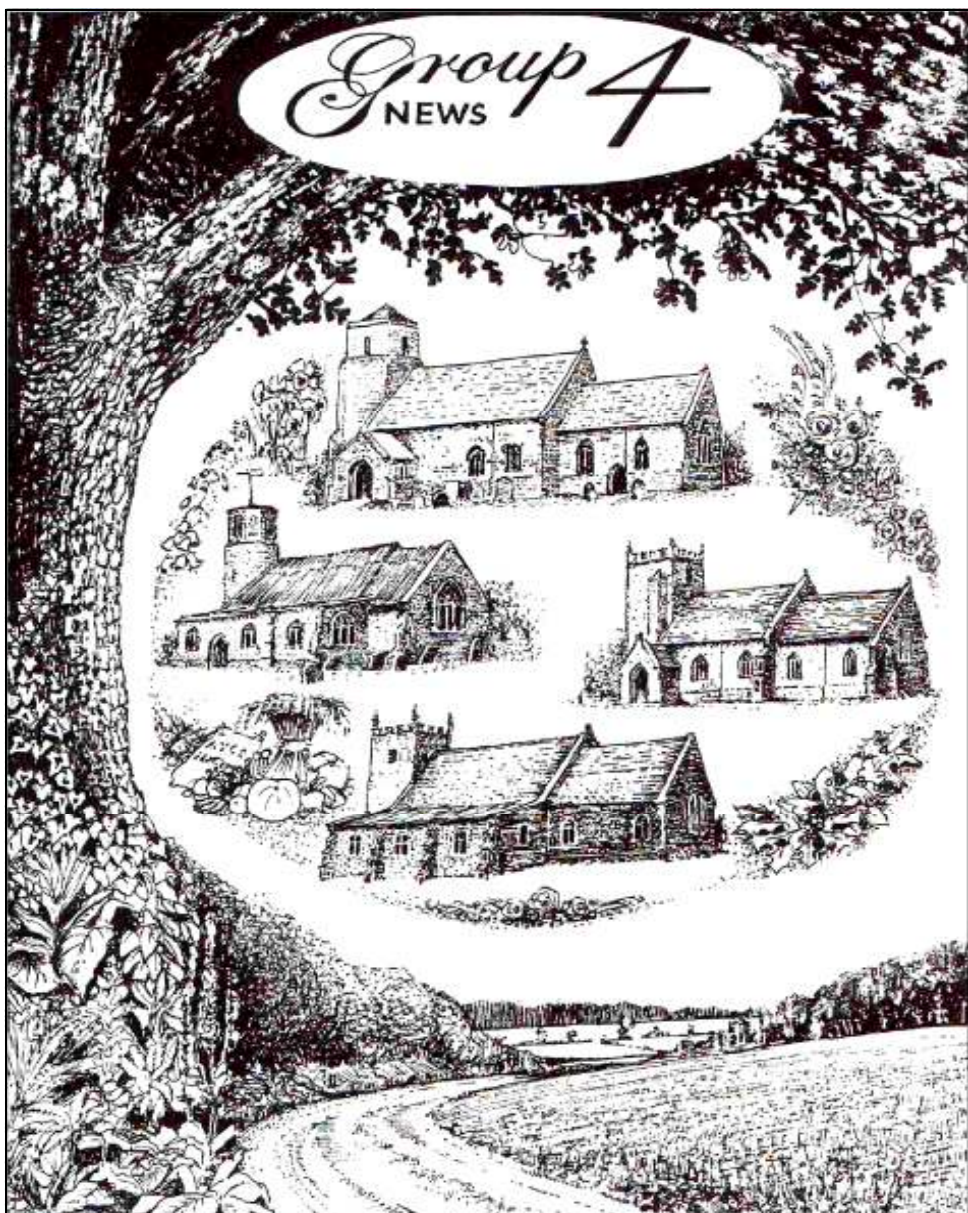


Group 4
NEWS



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

December 2020 & January 2021

Cover Illustration drawn by Mark Powell, Beachamwell ©

WELCOME



Well, here we are nearly at the end of this very strange year - can you believe how time has flown? We would like to thank Alan and everyone who has helped with G4N in any way - we do appreciate your continued support. Take care, stay safe and have a good festive season.



Happy Reading

Eileen and Pam

GROUP 4 TEAM VILLAGE CONTACTS

Barton Bendish: Jill Mason
Sandmere, Church Rd, Barton Bendish
Tel: 01366 347 928
masons.sandmere@btinternet.com

Beachamwell: Eileen Powell
20 All Saints Way, Beachamwell
Tel: 01366 328 648
powells@beechamwell.plus.com

Boughton: Pam Wakeling
Robot, Mill Hill Road, Boughton
Tel: 01366 500 429
p.wakeling621@btinternet.com

Wereham: Viv Scott
Orchard House, Flegg Green, Wereham
Tel: 01366 500346
vivienne.scott@gmail.com

Please submit all information through your Village Contacts.

Deadline for copy for the February 2021 edition:

11th January

ADVERTISING

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

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

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

WEBSITE

www.group4news.co.uk
Kevin Fisher, Tel 01366 502224

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 2020 /21

PRIESTLY RAMBLINGS FROM THE WISSEY VALLEY GROUP OF CHURCHES

Comprising the Parishes of: Barton Bendish & Eastmoor: Beachamwell with Shingham & Drymere: Boughton: Methwold: Wereham: West Dereham: Whittington: Wretton with Stoke Ferry



Well folks as I sit and write this missive we are back in lockdown. 2020 has been a year to remember for all the wrong and right reasons. When we look back in years to come I think we will be amazed at how well we all coped and how people pulled together. Sometimes I feel I am living in a dream that this can't really be happening - but it is!

Just lately I have been reminiscing about my childhood growing up in post war London. Our playground was the numerous bomb sites, rationing was still in place, my bedroom window was boarded up for 5 years through lack of building materials after a bomb had fallen in the next street; and yet as I look back everything seemed to be taken in our stride. Food was very basic - not much sugar or butter etc but I don't remember ever being hungry. Yes, living in lockdown too has been difficult - more so for some than others. Not being able to see or cuddle grandchildren, especially new- borns, has been particularly hard and this Christmas could be like no other. I hope and pray that we all will be able to, at least, see our loved ones at some time over the festive season.

But, and this is a real BUT maybe, just maybe, this is the year when we could stand back and remember what Christmas is all about. The CHRIST in Christmas seems to have been overtaken by a jolly man in a red suit, lots and lots of spending money and no thought as to why we celebrate it in the first place.

God came down on that first Christmas night as a wee helpless babe to bring His love to the world. The Christ Child, Jesus Christ lives on in the hearts and minds of all true Christian folk; we are His hands, His feet, His eyes and His love. It is all around us - the people helping other people, the food placed in the Food Bank collection points in Tesco, neighbours keeping an eye on their elderly and vulnerable neighbours. Look around and you will see that the Love that came down at Christmas is still here.

Dear Lord, thank you for the love that you have for each and every one of us. May we, your children spread that love wide and far this Christmas and every day of our lives. Give us peace this Christmas and help us to find rest and comfort in the knowledge that you are with us always.
Amen.

Merry Christmas Everyone.

Rev Carol Nicholas-Letch Parish Priest Wissey Valley Benefice

Honey Trees, Furlong Drove, Stoke Ferry, PE33 9SX

01366 500704

caroln153@hotmail.com

IMPORTANT VIRTUAL CAROL SERVICE



We're planning a Carol Service for the 21st December. At the recent Deanery Zoom service, there seemed to be support for such an idea.

It will be the traditional nine lessons and carols - plenty of carols, with the words onscreen so you can sing along vigorously.

I'm going to need readers and it would be good to have people from the parishes which take part in the service, representing the several benefices in our Deanery. I would send a copy of the readings out beforehand, so practice will be easy. If you would be interested/willing to read a lesson, please let me know. (With luck, I'll have enough to have spares!)

Many thanks

Pam Wakeling

CHURCH SERVICES

Details of services can be found on pages 38,39,40 They are correct at the time of going to print. However, things may / can change so please check with your church wardens and church notice boards if in doubt.....

WISSEY VALLEY GROUP CHURCHWARDENS

| | | |
|-----------------------|---------------------------|---------------|
| Barton Bendish: | Mhari Blanchfield | 01366 347 849 |
| | Linda Webster | 01366 347 563 |
| Beachamwell | Rev. Carol Nicholas-Letch | 01366 500 704 |
| | Canon William Burke | 07770 630 202 |
| Boughton: | Pam Wakeling | 01366 500 429 |
| Methwold | Alan Burbridge | 01366 727 002 |
| West Dereham | Graeme Pressley | 01366 501 179 |
| Wereham: | Sheila Smith | 01366 858 165 |
| Whittington | Susan Smith | 07849 157 080 |
| Wretton | Anita Horgan | 01366 500 785 |
| Whittington & Wretton | Elaine Taylor | 01366 500 948 |

PRIORY GROUP CHURCHWARDENS

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

BAPTISMS AND WEDDINGS

Please contact Mrs. Louise Vigus: louise.vigus@westnorfolkpriorygroup.co.uk



CHILDREN'S PAGE



LATERAL THINKING

1. Man

Board

2. stand

I

3. /r/e/a/d/i/n/g/

4. r

road

a

D

5. cycle

cycle

cycle

6. 0

M.D.

Ph.D.

7. Knee

Light

8. Ground

feet feet feet feet feet feet

9. he's X himself

10. ecnalg

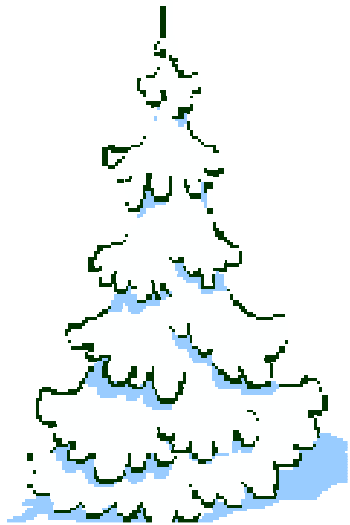
11. death Life

12. THINK

13. ababaaabbbbbaaabbbbababaabbaabbbb. .

| | |
|-----|---------------------------|
| 13. | Long time no 'C' |
| 12. | Think Big |
| 11. | Life after death |
| 10. | Backward glance |
| 9. | He's by himself |
| 8. | Six feet underground |
| 7. | Neon light |
| 6. | Two degrees below zero |
| 5. | Tricycle |
| 4. | Cross road |
| 3. | Reading between the lines |
| 2. | I understand |
| 1. | Man overboard |

Answers



COUNTRYSIDE NOTES

Pandemics

Covid-19 has come as a terrible shock to everyone, young and old. It's turned the world upside down and inside out. Pandemics aren't anything new; they've been about for centuries and killed hundreds of millions of people worldwide! With so many people now concentrated in small areas, along with the ease and speed of world travel, epidemics spread very quickly. However, when populations were a lot smaller the impact on them was far greater. Epidemics are often spread either through droplets in an infected person's breath or a common source, many originating from animals. The cause has to be fully understood before any effective remedial action can be taken but once this has been identified modern technology and drugs have enabled the medical profession to be better equipped to deal with outbreaks. Their problem is that no sooner have they got on top of one epidemic than nature launches a different one upon us.

Bubonic Plague aka **the Black Death** was a pandemic that hit Britain between 1346 and 1353 AD. The last major outbreak occurred in London in 1665. Fleas on rats spread the disease. It was brought under control by strict quarantine measures and improved sanitation but is still around. July 2020 saw an outbreak in Inner Mongolia but today it can be treated with antibiotics. It's estimated that more than 20% of the world population of 500 million died in the first pandemic. The impact would have been huge.

Smallpox was first recorded in 1520 and a third of people who became infected died. Even during the 20th century it claimed millions of lives but in 1980 the World Health Organisation declared smallpox had been entirely eradicated. It remains the only infectious disease where this has been fully achieved. Incredibly, as long ago as 1796, Dr Edward Jenner developed a vaccine against it! He discovered that milk maids infected with cow pox never caught smallpox and he progressed from there.

There was a major pandemic of **Cholera** in 1817 and people still die of it today. Infection comes through contaminated food and drinking water. Much improved hygiene, sanitation and water treatment has eliminated the threat of cholera in the western world but elsewhere it kills more than 100,000 people from impoverished families every year.

The dangers of **HIV/AIDS** were first brought to the world's attention in 1981. So far it has claimed 32 million lives and is still present. HIV severely damages the

COUNTRYSIDE NOTES

immune system and was described as a global epidemic but through a combination of a better understanding of the disease along with scientific research and improved diagnostic techniques and treatments survival rates have been greatly improved.

Influenza is highly infectious and a very difficult disease to deal with. At the end of World War 1 there was a dreadful outbreak which was frequently referred to as 'Spanish Flu'. It was estimated to have infected 500 million people, about a third of the world's population at the time, in four successive waves between February 1918 and April 1920. Spanish flu accounted for 50 million deaths, maybe more, worldwide. The situation in 1918 was worsened by the wide scale movement of military personnel from camp to camp and was rife amongst American troops arriving in Europe. Influenza continues to be a killer because it invariably mutates into different forms.

In 1968 **Hong Kong flu killed** one million people. It is a strain that still circulates as seasonal flu as does **Swine Flu** which infected 21% of the world's population in 2009 although resulted in few deaths.

SARS (Severe Acute Respiratory Syndrome) and **MERS** (Middle East Respiratory Syndrome) which were prevalent in 2003 are both strains of Coronavirus but death rates were low.

And now we have **Covid-19!!** Nature is always one step ahead of us humans and forever presenting new challenges to keep medical researchers occupied. They have worked miracles in 2020 by producing a vaccine in ten months when it would previously have taken ten years!

Jill Mason (Barton Bendish)



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

'THINKINGFUEL' - TAKING THE WORRY OUT OF BUYING HEATING OIL

At Community Action Norfolk we believe in fair outcomes for all Norfolk residents. '[ThinkingFuel](#)', our collective heating oil buying service, helps combat fuel poverty across the county.

We are asking for your help in raising awareness of ThinkingFuel.

Heating oil – helping the community

Because heating oil is not a price-regulated commodity like electricity and gas, consumers are vulnerable to the fluctuations of market prices. 'ThinkingFuel' has supplied low-priced heating oil to thousands of Norfolk residents who know and trust that we are able to supply oil at competitively and consistently low prices.

Members also know that in buying oil from us they are helping CAN support community development and local projects across the county, including the around 400 community buildings across our county.

You might also consider buying oil from 'ThinkingFuel' for your own premises. We supply oil to business and community premises as well as households, and we can also supply LPG and bottled gas. And as a charity you can of course complete a declaration to claim reduced VAT at 5%.

We can also post you a supply of A5 leaflets for display or distribution - contact steve.nunn@communityactionnorfolk.org.uk or call 01362 545027.

If you'd like to talk to us about 'ThinkingFuel' or indeed if you need advice and guidance on funding, governance or project planning for your organisation, please call 01362 698216 (you may need to leave a message but we will get back to you) or email office@communityactionnorfolk.org.uk

Thank you for your help in raising awareness of this important community support project.

Thank you

The Community Action Norfolk Team

Please direct all general queries to the main office by calling 01362 698216 or office@communityactionnorfolk.org.uk

Follow us on twitter [@CANorfolk](#)

Like us on [Facebook](#)

[Community Action Norfolk](#)

Registered Charity No 1056750 | Company No. 3190820

Company Limited by Guarantee Registered in England and Wales

Every minute, six people over 65 suffer a fall

are here to help.

out more, call us on 01553 616200
www.careline-cs.org.uk



Borough Council of
King's Lynn &
West Norfolk



© 2007 2008



Tel: 01553 616200
www.asklily.org.uk

**Helping adults in
west Norfolk get
involved in their
community**



**ask
lily
company**

in association with

Norfolk County Council

Borough Council of
King's Lynn &
West Norfolk



© 2007-08

Lily Has Changed!

From 1 July 2018, our Lily service expanded to include everyone over 18, not just those in later years.

Lily provides a comprehensive range of support in West Norfolk to combat loneliness and social isolation in adults of all ages. The project is linked to the 'No Lonely Day' initiative and encourages our residents to develop friendships and engage in their local communities.

The Lily online directory lists organisations, services and activities that help people to live healthy, active and independent lives. It includes information relevant to adults of all ages. If you would like your event or organisation to be included in the directory, get in touch asklily.org.uk

Lily Advisors from local charities are available to offer one-to-one support to people at home or in community locations.

Lily has a strong focus on community development, by helping groups to arrange activities and encouraging volunteering, and by providing community events, onsite information sessions, and support for employers, schools, and colleges.

If you, or anyone you know, would like to know how Lily can help, call 01553 616200 and choose option 6.

Free Home Assessments on Offer

Older, disabled or vulnerable residents of West Norfolk are being encouraged to book an appointment for a free home assessment from Careline Community Services.

The assessments, which are carried out by a team of qualified staff, will help residents, who may be living with a disability or dementia, or who are simply older and less mobile, to identify concerns in their property which may be affecting their day-to-day life.

The assessor, trained by the Disabled Living Foundation, will inspect the home to see whether measures could be introduced that would reduce the possibility of slips, trips and falls and generally make it easier for people to live safely and independently in their own homes.

Measures that could be considered include installation of a Careline personal alarm, improved lighting arrangements, heating checks, draught proofing, smoke detectors and easy-to-use taps along with recommendations for other adaptations that may reduce any potential risk to the resident. Practical solutions for those living with dementia are also available, this includes signage or colour differentiation for those who suffer with memory loss and are visually impaired.

The assessors will also be able to advise whether any grant funding is available for any works required.

To book an appointment call the Careline Community Team on 01553 760671

OBSERVATIONS

1. My young daughter was wearing a beat up old watch a friend had given her. Does it tell the time, I asked? My daughter looked at me and said, "No, you have to look at it."
2. When one door closes and another door opens, you are probably in prison.
3. To me, "drink responsibly" means don't spill it.
4. When I say, "The other day," I could be referring to any time between yesterday and 15 years ago.
5. Interviewer: "So, tell me about yourself.".... Me: "I'd rather not. I kind'a want this job."
6. Cop: "Please step out of the car.".... Me: "I'm too drunk. Can you get in?"
7. I remember being able to get up without making sound effects.
8. I had my patience tested..... I'm negative.
9. Remember, if you lose a sock in the dryer, it comes back as a Tupperware lid that doesn't fit any of your containers.
10. If you're sitting in public and a stranger takes the seat next to you, just stare straight ahead and say "Did you bring the money?"
11. When you ask me what I am doing today, and I say "nothing," it does not mean I am free. It means I am doing nothing.
12. Age 60 might be the new 40, but 9:00 is new midnight.
13. I finally got eight hours of sleep. It took me three days, but whatever.
14. I run like the winded.
15. I hate when a couple argue in public and I missed the beginning and don't know whose side I'm on.
16. When someone asks what I did over the weekend, I squint and ask, "Why, what did you hear?"
17. I don't remember much from last night, but the fact that I needed sunglasses to open the fridge this morning tells me it was awesome.
18. When you do squats, are your knees supposed to sound like a goat chewing on an aluminium can stuffed with celery?
19. I don't mean to interrupt people. I just randomly remember things and get really excited.
20. It's the start of a brand-new day and I'm off like a herd of turtles.
21. Don't bother walking a mile in my shoes. That would be boring. Spend 30 seconds in my head. That'll freak you right out.
22. That moment when you walk into a spider web suddenly turns you into a karate master.
23. Sometimes, someone unexpected comes into your life out of nowhere, makes your heart race and changes you forever. We call those people cops.
24. The older I get, the earlier it gets late.
25. My luck is like a bald guy who just won a comb.



RECIPE PAGE

Peach and Hazelnut Flan



Ingredients

- ◆ 2oz toasted and skinned hazelnuts
- ◆ 8oz sweet short crust pastry (6oz plain flour, 2oz hazelnuts, 2 tbsp icing sugar, pinch of salt, 4oz cold water, 1/4 teasp lemon juice)
- ◆ 1 – 1 1/4 fresh peaches
- ◆ 2 teaspoons cornflour
- ◆ 3 tablespoons Castor Sugar
- ◆ Milk

Method

- ◆ 1. Preheat oven 395 F, 190 C or Gas 5.
- ◆ 2. Grind the toasted and skinned hazelnuts to a uniform fineness.
- ◆ 3. Make pastry case
- ◆ 4. Place peaches in a bowl and pour boiling water over them – leave for 1 minute. Remove, skin and slice.
- ◆ 5. Mix cornflour with 3 tbsps castor sugar.
- ◆ 6. Line an 8" flan tin and use 2/3 of the pastry.
- ◆ 7. Place peaches in the flan case and sprinkle with cornflour and sugar mix.
- ◆ Glaze edge of pastry case with milk.
- ◆ 8. Roll remaining pastry and cover flan. Seal edges, decorate and glaze.
- ◆ 9. Bake for 45 minutes. Serve with warm cream.

Eileen Powell

ST MARY'S CHURCH HOUGHTON ON THE HILL



(Photograph taken in the Spring)

St Mary's Church at Houghton on the Hill succeeded in opening to visitors between July and October but lockdown rules required us to close again in November. The trustees and guides are hoping to open the doors again as soon as we can on the usual winter schedule: every Saturday and Sunday from 2pm to 4pm, until Easter.

We were unable to organise the concerts and recitals we had hoped to have this summer because of Covid 19 restrictions, but we welcomed visitors in the summer months and their donations were much appreciated.

We have also opened a Friends of St Mary's membership scheme and are very pleased at the response so far. If you would like to become a Friend and support the church and its wall paintings, please contact us via

- ◆ our website at www.houghtonstmarys.org.uk
- ◆ on Facebook
- ◆ by email to admin@houghtonstmarys.org.uk.

The Trustees

AN OBITUARY PRINTED IN THE LONDON TIMES.....ABSOLUTELY DEAD BRILLIANT!!

Today we mourn the passing of a beloved old friend, Common Sense, who has been with us for many years. No one knows for sure how old he was, since his birth records were long ago lost in bureaucratic red tape. He will be remembered as having cultivated such valuable lessons as:

Knowing when to come in out of the rain; Why the early bird gets the worm; Life isn't always fair; Maybe it was my fault.

Common Sense lived by simple, sound financial policies (don't spend more than you can earn) and reliable strategies (adults, not children, are in charge).

His health began to deteriorate rapidly when well-intentioned but overbearing regulations were set in place. Reports of a 6-year-old boy charged with sexual harassment for kissing a classmate; teens suspended from school for using mouthwash after lunch; and a teacher fired for reprimanding an unruly student, only worsened his condition.

Common Sense lost ground when parents attacked teachers for doing the job that they themselves had failed to do in disciplining their unruly children. It declined even further when schools were required to get parental consent to administer sun lotion or an aspirin to a student; but could not inform parents when a student became pregnant and wanted to have an abortion.

Common Sense lost the will to live as the churches became businesses and criminals received better treatment than their victims.

Common Sense took a beating when you couldn't defend yourself from a burglar in your own home and the burglar could sue you for assault.

Common Sense finally gave up the will to live, after a woman failed to realize that a steaming cup of coffee was hot. She spilled a little in her lap, and was promptly awarded a huge settlement.

Common Sense was preceded in death by:

his parents, Truth and Trust; his wife, Discretion; his daughter, Responsibility and his son, Reason.

Common Sense is survived by his 5 stepsons:

I Want It Now; I Know My Rights; Someone Else Is To Blame I'm A Victim; Pay me for Doing Nothing

Not many attended his funeral because so few realized he was gone.

CONTINUATION OF A RURAL CHILDHOOD IN THE 1950S CELEBRATING THE QUEEN'S DIAMOND JUBILEE 1953

Society

Manners were a priority. We sat up to the table as a family to eat our meals and definitely no elbows on the table!! We were brought up to say 'thank you' for everything. It was fashionable to smoke and no-one was then aware of the dangers. If you went to the cinema you had difficulty in seeing the picture through the smoky fug. There was no contraceptive pill and to have a child out of wedlock was taboo. Couples in those days got married **before** they had kids although many a bride's bouquet was used to camouflage a 'bump'.

Somehow the 1950s seemed to be a time when people felt safer. Young kids played on the streets or ran freely around the village with little to be afraid of so long as they didn't get into too much mischief. If they did and the local bobby noticed, he was often about on his bike, they might get a clip round the ear. Worse still he might tell their mum or dad. Corporal punishment was an accepted form of discipline. We learnt quickly from having a few bumps, bruises and scrapes and experience taught us common sense.

School

There were four ways of getting to school – walking, biking, on a service bus or a train. There were no such things as taxis. Teaching was very formal. Discipline was strict - enforced at times with the use of the cane or a well aimed black board rubber. Teachers were addressed as Miss or Sir and, unlike today, could easily be told apart from the students. They stood at the front of the class with all the pupils facing them and wrote on a big blackboard with chalk. Biro's were a new invention and their use was not encouraged so it was a fountain pen and ink – each desk had an inkwell.

At mid-morning break every child was given a third of a pint of milk. Nearly all the kids had school dinners even though there was no choice. Desserts were often semolina or tapioca which was better known as 'frog spawn'. As at home you were expected to eat what you were given. The school leaving age was 15 and only the very brightest children, who were positive they knew what profession they wanted to follow, went to university. The academically inclined continued to sixth form but the intention for most of us was to get a job and earn some money.

The Countryside

The countryside in the '50s was a place of work rather than leisure. Most people living in Barton would have been associated with the land in one way or another. Rows of sugar beet were thinned by men with hoes, hedges cut by hand and gangs of women worked on the land. Children on farms worked as well as played. They helped with the horses, cows, pigs, hens, sheep and even tractors which were a fraction of the size they are today. With no health and safety rules once a farm kid was long enough in the leg to drive a tractor they did.

Cows had horns and were kept in stalls all winter but were turned out to grass from April until October. Taking them to and fro their pastures, often along lanes, was a job that farm kids often did. The arrival of electricity meant machines took over from hand milking and churns of milk were collected every morning from the farms. Bottled milk had a layer of cream which rose to the top. Bluetits, somehow, learned to peck through the foil tops to get at the cream. If you didn't shake up the bottle it was very nice poured over your cornflakes but not so good for the ones who came after you! Wild flowers grew in the meadows and cornfields but this idyllic scene was marred when myxomatosis appeared decimating the rabbit population in the most obnoxious way. Big horses could still be found working on farms, ponies were still pulling carts and working down coal mines.

Work could always be found for an extra pair of hands at hay making and harvest time. Hay was carted loose on wagons; silage was a new invention that hadn't really caught on. One job for kids was that of 'ho-gee' boy, riding on the horse making sure it stopped and stood still while the crop was loaded onto the wagon. Combine harvesters were yet to arrive on farms. Instead a binder cut the corn and tied it into small bundles known as sheaves. They were then stooked up in groups of eight or so and left in the field to dry. When they were fetched in on wagons the sheaves, like the loose hay, were built into big stacks which were then thatched. Later in the year a great threshing machine arrived on the farm, powered either by a tractor, or more exciting still a huge steam engine, to thresh out the corn from the straw. One thing was for sure – children on farms never dared say they were bored for they were very soon found a job.

Days Out / Holidays

Wages were low, long hours worked and paid holiday entitlement was only two weeks a year so holidays, as we know them, were pretty much out of the question, unless perhaps you went to stay with a relative. Butlin's holiday camps were just beginning to open and offered workers an affordable holiday but it was complicated to travel very far using only public transport. Days out

were few and far between and for children the highlight of the summer holidays was the annual Sunday School outing to the seaside. In fact it was a contributing factor as to why Sunday schools were so well attended in those days! No doubt everyone has memories of gritty sandwiches and elderly men laid back in deck chairs with a handkerchief knotted in each corner to protect their bald heads from the sun – that's if it wasn't blowing and raining! If you were very lucky you might have a trip to the zoo. In 1950 Brumas made headlines as the first polar bear cub to be raised in the UK.

Entertainment

There were no such things as CD or DVD players, wi fi or hi fi, i pods or i players.

Can you imagine life without a television set. Well, not many people had a TV before 1953 although it's estimated that one million sets were bought to watch the Coronation. These were tiny little things with a twelve inch screen, only in black and white and BBC was the only channel. ITV wasn't launched until 1955. Transmitting times were limited to a few hours each day. Panorama made its debut in 1953. Billy Cotton's Band Show entertained us and for young kids there was Watch with Mother, Andy Pandy, Bill and Ben and Muffin the Mule. TV in the 50s was not full of the violence, sex and swearing that it is today.

Radio played a huge part in people's lives with programmes such as Mrs Dale's Diary, Workers Playtime, Forces Favourites, the Goons and Dick Barton, special agent. There was also Women's Hour and the Archers, which are still running, and of course Radio Luxembourg.

Then there were records. Brittle, fragile, things that scratched easily so you heard a click each time they revolved. From 12 inch 78rpms with a single track they progressed to vinyl 45 EPs and 33 LPs. Now that was progress to have more than one track on a record!

The New Musical Express paper kept us in touch with the pop scene and Top of the Pops was launched on TV in 1953. Featured that year were Perry Como with 'Don't let the stars get in your eyes', Guy Mitchell's 'She wears red feathers', Lita Rosa's 'How much is that doggy in the window?' and Frankie Lane was in the charts for 18 weeks with 'I Believe'.

The cinema, or flicks, too provided entertainment and there was a wealth of war and cowboy films. The Cruel Sea was released in 1953; others that came out that year included 'Invader from Mars', 'Shane', 'From Here to Eternity', 'Genevieve', and 'Calamity Jane'. On Saturday mornings there were special children's film shows.

In the 1950s families made much of their own entertainment. A lot of homes had a piano and the family would gather round for a sing-song. Sheet music

sold well in those days. Villages held regular social evenings when everyone mucked in and did a turn. There were also dominoes and whist drives and the pub was the social hub of any village.

Reading was popular and books like Enid Blyton's 'Famous Five' or 'The Adventures of Noddy' kept kids amused. There were comics as well - remember Beano? And what about the Eagle with Dan Dare - Pilot of the future? Fiction that was to become fact within our lifetimes!

Like generations before us we had soft toys, dolls, string puppets and card games but the model soldiers, animals, Cowboys and Indians we played with were made out of lead!!! However did we survive that?

Gardens weren't filled with gigantic plastic contraptions – there weren't any such things. Instead we made mud pies and swung on ropes.

Gadgets

There were very few gadgets to keep us occupied. Phones were old fashioned. You dialled O for the operator to connect you with the number you wanted. Few people had one. Red phone boxes like Barton's, where you put in money then pressed buttons A or B, were very well used. There were no such things as mobile phones. Cameras used film which you had developed at the chemist and all the pictures were in black and white. It was the 1960s before colour film became widely available.

There were no calculators; they weren't used generally until 1975 so we used fingers and mental arithmetic to work things out.

There were no computers. How on earth did the country run without them? In the '50s a mouse was a pesky, small animal and Amazon was somewhere in South America. Tell me, how are us oldies supposed to remember all the passwords we need to register? It wasn't quite so bad when it was just a simple word but now we're asked to incorporate numbers, capital letters and symbols!!

Life was so much less complicated 70 years ago, so much simpler and gentler. There wasn't the envy or greed there is today, no-one had much anyway. In our youth we seemed to enjoy a freedom denied to youngsters today.

Don't you sometimes wish you could turn the clock back? Well think again. If it wasn't for modern medicines and treatments such as replacement hips and knees, stents and pacemakers, our villages would be seriously congested with mobility scooters and some of us wouldn't even be here!!

Jill Mason (Barton Bendish)



MAGPIE CENTRE NEWS



Winter is upon us, along with a new lockdown, just as the Magpie Centre, home of West Norfolk Riding for the Disabled Association was resuming activities after the last set of restrictions.

With 12 horses and ponies to maintain, and no donations from riders and carriage drivers, the need for funds has never been more urgent.

The ponies live out, with field shelters, but in winter they need hay to supplement the grass in their paddocks, plus weatherproof rugs to help them withstand the elements.

Colin Perriss, chairman of WNRDA has set up a Go Fund Me campaign, with a target of £995 to help towards these expenses.

To donate, visit www.gofundme.com, click on 'SEARCH' in top left corner, and then insert Magpie Centre Winter Feed & Horse Essentials or visit our website: www.rda-westnorfolk.org.uk.

As soon as Covid-19 regulations allow, we shall be expanding our portfolio of activities to include riding experiences for able-bodied riders as well as those with disabilities. These will include:

1. First rides – aimed at able-bodied would-be riders looking to ride a horse for the first time;
2. Experience rides – for those returning to riding after a break, or who want to regain confidence after a fall or incident which has caused them a setback;
3. Carriage driving – taking the reins through a course of cones in a paddock environment, and
4. Carriage driving on tracks through the delightful woodlands at Wallington Hall.

Surely this programme offers something for everyone, and would make a wonderful Christmas or birthday present for a friend or relative. To book, call the Magpie Centre on 01553 810202, email magpiecentrewnrda@hotmail.co.uk or visit our website: www.rda-westnorfolk.org.uk.

And lastly, don't forget to stock up on our Christmas cards. Again, visit our website to order, or pop into West Winch Post Office, on A10 or Shouldham Antiques and Gifts, 1 Eastgate Street, PE33 0ED (open Thu/Sun 11 am – 4 pm), where stocks are held.

If any queries, or for more information, call Caroline Dudley on 01553 828935 or email c.dudley@success-in-english.co.uk.

SWAFFHAM & LITCHAM HOME HOSPICE SUPPORT



As we near the end of what has been an unprecedented year with the onset of Covid-19, our thoughts go out to all of you and your loved ones. The difficulties and challenges faced this year are like nothing we have known before and as always, we have been humbled by the resilience and immense courage shown by those we continue to have the privilege to help support.

This year has meant that we may not have been able to be with you in the normal way that we would wish to. We have had to adapt to new ways of working remotely. We have missed seeing you, being with you and physically sharing the good times and the difficult times along the way, but you are never far from our thoughts. We have missed the hugs greatly!

As a charity organization we have continued throughout to provide our services as much as restrictions will allow and following government guidelines, but we could not do this without the continued support of the local community. We thank everybody wholeheartedly who has remembered us by way of kind donations. Our Fundraising Team has faced its own challenges this year and are planning new ways of raising vital funds for the Home Hospice, which we will advertise locally for your information. In this current climate every penny counts. On behalf of all of the Home Hospice Team, we wish you all a safe and peaceful Christmas and New Year, and we look forward to the future when we can all be together again.

Adrian Adcock (Treasurer and Fundraising Committee Chairman)

Our wireless doorbells
sitting on their chargers....



BARTON BENDISH & EASTMOOR VILLAGE NEWS

Remembrance Day Service

In November 1920 a service was held at St Andrew's when our war memorial was unveiled but, after one hundred years of commemorations, we thought it very unlikely that we'd be there this year to mark its centenary. However, at the very last minute, the powers-that-be issued a reprieve for the holding of Remembrance Day Services. And so a group of people, strictly observing the guidelines of social distancing and wearing face masks, gathered in front of our war memorial on what was a warm, sunny morning. Reverend Ray Burman took the service, and, although it was brief and no singing was permitted, it was as poignant as ever. The names of those commemorated were read out by Lt Col



Ian Berchem. John Sanderson, representing Beachamwell, also read the names of those from his village who had given their lives.

BARTON BENDISH & EASTMOOR VILLAGE NEWS

I find it particularly moving that, as we stood in the road outside St Andrew's, we were in a place which those we honoured would have been very familiar with. They would once have walked in our footsteps.



This photograph shows the unveiling of Barton War Memorial in November 1920

Jill Mason

For Sale:

General purpose quarter-ton car trailer;
can be viewed at Holly House, Fincham
Road, Barton Bendish. £200.00.

Contact: Ian Berchem

Tel No: 01366 347759

E-mail: berchems@btinternet.com



BARTON BENDISH & EASTMOOR VILLAGE NEWS

Well, 2020 has certainly been a year of extremes - mostly extremely concerning!!

The weather has been no exception. Following the fifth wettest autumn on record we had a winter without snow. A mild start to 2020 woke all the plants up early; spring flowers were a most welcome sight in a wet and dreary February. Then, on March 23rd when Lockdown was imposed, the weather changed and the sun shone – and kept shining through ‘til June. We ended up having the hottest, and driest, spring on record resulting in drought conditions, just when the crops in the fields all needed some rain to make them grow. When restrictions were eased in late June the weather changed and the rest of the summer seemed generally cool and wet apart from a few days at the end of July when temperatures were in the 30s. Changeable weather continued for the rest of the year. We hardly saw the sun throughout October and Saturday the 3rd was the wettest day on record for the UK. Coincidentally the sun came out again when Lockdown was imposed for the second time. One unusual weather feature has been the number of unseasonal gales we had in the summer.

And now there’s all the uncertainty over Christmas. Will lockdown really be eased in early December? How much freedom will be allowed if it is? My family live far away, the grandchildren are now grown up so no longer come to stay for Christmas. Family time won’t be any different for us but for the majority of families Christmas is the time to get together and I feel so very sorry for them. And then there are the presents. Buying online is OK for some things but most people choosing gifts like to see what they’re buying; both giving and receiving is very much part of their Christmas. Then there are the minor details. Is it worth bothering to make a normal sized Christmas cake if you can’t invite visitors round to help eat it? How many, if any, Christmas puds should I make? What about sausage rolls and mince pies? What about putting up Christmas decorations? Will it be worth all the bother of getting the tree down from the loft and decorating it if there’s only him and me to look at it? It has also been very strange, not having any events to either report on or promote. In the lead up to Christmas there are normally so many things going on in Barton.

I’d like to say special thanks to all those who have helped others during these testing times. Not only the NHS and other key workers but also those in our villages who offered practical help when it was needed.

However you end up spending your Christmas I hope you enjoy it as best you can. Don’t dwell on the deficiencies of this one but be positive and look forward

BARTON BENDISH & EASTMOOR VILLAGE NEWS

to the next when hopefully everything will be more or less back to normal and Covid 19 will just be like a bad dream.

I wonder what 2021 has in store! *Jill Mason*

Message from the PCC

What an extraordinary year 2020 has been. It was not how any of us could have possibly imagined and yet the village rose to the challenge, kept calm and carried on.

How lucky we are to live in such beautiful countryside and in the villages that we do with plenty of places to walk in the fresh air and open spaces. The community came together with the formation of Barton Aid, where help and assistance was provided to anyone needing it. Thank you in particular to Chris and Janice for coordinating this. Thank you to everyone who offered help in the form of shopping, collecting prescriptions etc or just being available for a chat.

As with everyone else, regular fundraising events were postponed but we did manage to squeeze in a couple of things!

The quiz sheets were very popular with keeping the grey matter working during lockdown and a huge thank you to all who not only took part but also distributed the sheets on to others far and wide. Although the quiz sheets were not sold there was a request to make donations and the latest total was just short of £1000 which is just amazing.

It was so good to see all who came to the socially distanced Breakfast morning earlier in the summer. The weather was kind and clearly everyone enjoyed seeing one another after such a long time in lockdown. Thanks to our American friends, we had good old US style pancakes with bacon and syrup. Burman gave us good reasons to pause, reflect and be thankful.

In November the village community gathered in the open, socially distanced air, at the War Memorial. This was to take part in the Act of Remembrance with the laying of a poppy wreath. Not the usual cold frosty morning but a bright, warm, clear day. It is always made more poignant when during the two minutes silence the various songbirds continue with their chorus. A good number of people paid their respects and the names of the fallen from both Barton Bendish and Beachamwell were read out. Thank you to all who came, to Burman for conducting the short service and to Vicky for the beautiful flower arrangement at the church gate.

As we write it is unclear as to whether we can hold any form of collective

BARTON BENDISH & EASTMOOR VILLAGE NEWS

Christmas celebrations as a village community this year. We do hope that we can do something but in the meantime the PCC would like to wish you all a very happy, healthy Christmas and every blessing for a good and safe New Year. We are most grateful to you for all your continued help and support. We look forward to better times in 2021.

St Andrews PCC

Message from Reverend Ray Burman

"Hope is being able to see that there is light despite all of the darkness."

Archbishop Desmond Tutu

As I write this in my study at home, we are about to enter another four-week lock-down, the television and newspapers are full of reports that because of Covid19, Christmas this year is cancelled.

This dreadful virus has led to retailers cancelling Santa's grottos and Harrods have announced that Santa will not be in their store this year, for the first time in 65 years.

A friend of mine tells me that the weeks running up to Christmas are the most important and lucrative time of the year for his retail business. Industry refers to the last three months of the year as the 'golden quarter'.

So, I have a question for you: what will your Christmas look like this year - how are you and your family celebrating the birth of Jesus Christ?

Now, don't get me wrong, I love Christmas, the tree, decorations, lights, advent wreaths, nativity plays, carols singing, holly, presents round the tree and an angel perched on the top - I just love it all. But during all the commercial, frantic build-up to Christmas, do you find yourself longing for something more? In this disposable, get-it-now, can't wait, hi-tech 21st Century, do you find yourself longing, searching for something else? When you realise that stuff doesn't bring you happiness, contentment or peace, do you have a yearning for something simpler, something eternal?

Maybe for you, the story of a baby born in a stable in Bethlehem is just a scene that appears on Christmas cards or is sung about in Christmas carols. But have you ever wondered what the truth of that very special birth is and what that truth means to you today? Have you ever wondered why the birth of this child, born into poverty, is still celebrated around the world, two thousand years later? Why would the birth of a child, in a stable, who wasn't famous, wasn't wealthy, was of

BARTON BENDISH & EASTMOOR VILLAGE NEWS

no real interest at all, why was what happened so noteworthy? It was when Jesus was born in Bethlehem that God came to dwell with us here on earth. The promise, the meaning, the glory of that moment still remains today, at the very centre, the very heart of our Christmas celebrations. It is only because of the birth of Jesus that Christmas is celebrated today.

So, whatever effect Covid19 has on your Christmas this year, all of us who worship at St. Andrew's church, wish all of you, 'tidings of comfort and joy' and a very safe and Happy Christmas.

Ray Burman (Reverend St. Andrew's Church)

Update from Barton Bendish Parish Council

The Clerk, Chairman and Vice-Chairman continue to manage the day-to-day running of the Parish Council during the Coronavirus outbreak. Please contact the Clerk on the details below if you have any matters to bring to our attention.

The Parish Council has received advice that it should not be holding face to face meetings for the foreseeable future and therefore scheduled meetings will be taking place virtually.

The Parish Council has received information on possible funding to assist residents and businesses to improve their broadband speed in more remote parts of the parish. This funding could be available for properties which have a download speed of less than 10Mbps. To try and build up a picture of the situation in the parish we are asking residents to check their download speed on www.speedtest.net and then let us have the details. Please make sure you give us your address when providing the information. Please pass these details to the Clerk.

The next Parish Council meeting will be on Wednesday 13th January 2021 from 7.30pm. This meeting will be virtual via Zoom. All meetings are open to the public, and information on how to join the meeting will be available on the Parish Council website approximately seven days before the meeting, or alternatively contact the Clerk for details.

Miss Sarah Thorpe, Parish Clerk

Telephone number: 01945 430930

Email: bartonbendishparishcouncil@aol.co.uk

Further information is available on the Parish Council website at bartonbendishparishcouncil.norfolkparishes.gov.uk

BARTON BENDISH & EASTMOOR VILLAGE NEWS

Barton Bendish Village Hall

As I write in mid-November, the refurbished and extended hall is really taking shape with completion anticipated in the next few weeks despite the best efforts of a global pandemic to slow it down. The last few trades are busy completing the fit out, with the last operation planned to be the laying of the oak floor in the main hall, for which we need to be sure the building is fully dried out. MJB Building Contractors continue to do an excellent job and it's really exciting to see the fruits of so much hard work by everybody come to fruition. Even though the community has raised over £250k, budget constraints still forced us to take on the decorations as a volunteer effort and we are gradually working where we can whilst maintaining a Covid safe environment. At least the Covid situation has removed pressure from any completion dates because we are still unsure if and when we can organise a formal re-opening, but hopefully we will be welcoming everyone back to the new facility early in the new year.

Chris Parsons
Trustee (Secretary) Barton Bendish Village Hall Trust
07769 720976



[Looking impressive - well worth the wait.... .Ed.]



BEACHAMWELL, SHINGHAM & DRYMERE VILLAGE NEWS

Beachamwell Parish Council



The Parish Council has been advised that it should not be holding face to face meetings for the foreseeable future, due to the Coronavirus outbreak. Meetings will therefore be held virtually via Zoom. Members of the public are still able to take part in these meetings. Information on how to access meetings will be provided on our website or you can contact the Clerk on the details below.

The Councillors and Clerk will continue to manage the day to day running of the Parish Council during this period and you can still get in touch with us in the usual way if you have any matters to bring to our attention.

The Parish Council held a virtual meeting on 18th November. The Parish Council was very pleased that the Village Sign was now back in place and thanks was expressed to a resident for his help with sandblasting and repainting the sign. A letter would be issued to the resident to thank him personally.

A draft budget for 2021/22 was also discussed at the meeting and the matter will be considered further at the next meeting, when a decision will be made on setting the Precept for 2021/22

Date for the next Parish Council meeting is:

Wednesday 20th January 2021 Ordinary Meeting Starting at 7.30pm

Clerk to the Council:

Miss Sarah Thorpe

01945 430930

beachamwellparishcouncil@gmail.com

Councillors:

Cllr. Tom Sanderson (Chairman)

01366 328244 / 07803 963804

tomsanderson@btconnect.com

Cllr. Diana Lambert (Vice Chairman)

01366 328227

Cllr. Richard James

01366 328968

rj1james@gmail.com

Cllr. Pat O'Donnell

01366 328385

BEACHAMWELL, SHINGHAM & DRYMERE VILLAGE NEWS

Remembrance Day Service

A Service was held in Barton Bendish on 8th November (see pages 24/25). John Sanderson, representing Beachamwell, Shingham & Drymere, read the names of those who fell in the two Great Wars.

Friends of St Mary's Beachamwell (FOSM)



*(Photograph - Sqd Ldr **Ralph Bateman** MBE formerly of Beachamwell)*

I am pleased to report we have been successful in getting another grant towards the cost of the repair to the thatch. We have been lucky to have had £3000 from the Norfolk Churches Trust, £3000 from the Round Tower Churches Trust and now £3500 from the Headley Trust. We are now holding £22,108 in our fund towards the cost of the thatch. Thanks to all who have helped with these grant applications which are detailed and time consuming. We are still aiming for the thatch repair to be undertaken in April 2021. There is one more grant application pending from the Heritage Lottery so fingers crossed we will hear from them soon. We need to raise just under £30,000 in total so although we are getting close we still have a way to go. Every little bit helps so please if you

BEACHAMWELL, SHINGHAM & DRYMERE VILLAGE NEWS

can donate anything it would be very helpful and go towards keeping our lovely ancient church standing.

In relation to the lead roof, the cost of this replacement is covered by insurance although the PCC has to pay the excess. It is hoped that it will be done before Christmas but we are now going to have to have it alarmed to avoid having it stolen again. We are investigating the most effective way of doing this and whether there are any possible grants available to help pay for it. If it is repaired in time we could think about a pop up event around Christmas in the church - it would be lovely to have some sort of Christmas gathering after all this time.

FOSM are due to have its AGM soon. The last one was in November 2019 and was very well attended in the village hall. We have decided to have it as late as allowed by our constitution to see if it is possible to have an actual meeting. We have decided to have the AGM on the 15th January 2021 and it will either be by way of a Zoom meeting to which everyone is invited, or in the village hall if that is a realistic and safe option. Please treat this notice as formal notice of that meeting. We will have to appoint the officers of FOSM at the meeting so that is the Chair, Vice Chair, Secretary and Treasurer. Nominations for all of these are welcome so please consider if you would like to help in any way. We will send out a formal agenda and reports nearer to the time.

Despite the current challenges we have been thinking of possible ways of fundraising. There hopefully will be an Open Gardens event in 2021 on the 6th June, and the ever popular quizzes I hope can be restarted eventually. We are thinking of perhaps having a Christmas raffle and a Christmas themed tea towel which would make a lovely Christmas gift. We will keep you informed... but in the meantime I hope you all have a lovely Christmas and Happy New Year!



Peggy Ray Chair FOSM

Mobile Post Office

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

BOUGHTON VILLAGE NEWS

Boughton Parish Council

As I write this the country has just entered a second lockdown due to Coronavirus and the numbers of infections and deaths in our area is creeping upward. With the promise of a vaccine becoming available soon, there is at last a glimmer of hope at the end of this dark tunnel. As we move to a potentially dark and miserable winter with limited access to our loved ones, it is more important than ever to look after our friends and neighbours. If there is anything you feel the Parish Council can help with, please call on 01366 683017.

The work on controlling the reeds in Boughton Pond has begun, with the first treatment of herbicide applied at the end of October. It is planned for a second application in April as part of this contract.

By the time you read this, the Boughton Parish Council speed awareness sign will have been deployed. This SAM2 device collects data on passing vehicles, recording the time and speed. We will have access to reports and the council will share summary data on the website at regular intervals. The sign was purchased with the help of a Parish Partnership grant (of half the cost) after the last Annual Parish Meeting concluded that speeding vehicles in the villages was its highest priority. The sign will be moved between a number of sites in the villages on a roughly monthly basis.

At its meeting on 3rd November the Parish Council discussed a number of regulatory changes that will affect the council and the village.

The first is that changes to planning regulations to streamline them, to make decisions more quickly, and remove restrictions on how and where developers can build, may well mean that your Parish Council will have less say, or even no say, in planning applications that affect the village. While we have objected to these changes along with many other local councils we suspect the changes will go ahead. If they do, we will have to rely on individuals in affected areas to make representations.

The second is a proposed County Council boundary change. From time to time the Boundary Commission (and others) look at the size and primarily the populations of parliamentary seats, county council divisions and borough council wards. The principle is to reflect population change and ensure that each area has close to the same number of residents. A proposal due to come into force at the end of next year will alter Norfolk Council Council division boundaries (keeping the number of divisions and hence councillors the same, at 84) and Boughton will no longer be in the Feltwell division (with Stoke Ferry, Hilgay, Southery and so on), but in the Airfield division (with Barton Bendish, Shouldham, Marham and so on). If you have any strong views on this change

BOUGHTON VILLAGE NEWS

please get in touch.

At its January 5th meeting the Parish Council will be setting its budget for 2021/22. At this time we will be considering projects for the coming year. As we were unable to hold an Annual Parish Meeting this past May we are asking for suggestions for residents now. If you have any ideas or comments on how the Parish Council should be using its funds, please get in touch. The meeting itself will be open to the public as usual, even if held virtually. Look out for joining details on the website, Facebook page and notice board nearer the time. In the meantime if you have any questions about how the Parish Council is run, its obligations, policies, procedures, legal and regulatory frameworks please check out the website or get in touch by email.

Finally, we still have a casual vacancy on the Parish Council. If you feel you have something to contribute to the work the council does, can spare a few hours a month to help out, why not apply to be considered as a councillor? While often frustrating as things can take a long while to get done, it can also be rewarding to volunteer to help make your community a better place to live.

Stay safe.

Have a peaceful Christmas and a happy New Year.

Neil Matthew (Chair Boughton Parish Council)

Mail: chair.boughtonpc@gmail.com Facebook: @boughtonpc

Web: boughtonparishcouncil.norfolkparishes.gov.uk

Boughton News

Very disappointing to see the church closed again. We had been planning for a visit from the Bishop of Ely at the end of November but that had to be cancelled. We've had some Sunday services, but our congregation has been badly affected, as we rely on people coming from outside the village and most of us are of a certain age and being careful. If you are able to support the church financially and help keep it open for the village please try to do so. The church continues to be open on Wednesdays for private prayer.

We have been offered a quantity of daffodil bulbs for the churchyard and we are grateful to Tony Curtis of Mill Hill Road for this generous donation.

At the time of writing, I do not have any idea of what provision will be available for Christmas services, but we will not be able to hold our usual carol service or crib service. Many local services are held online and are easily accessed. There will be some 'live' services, so look out for the information as it comes. If you would like to be added to an email list, please let me know.

Pam Wakeling

COMMUNITY NOTICE BOARD

MOBILE LIBRARY VISITS

| DATE | VILLAGE | LOCATION | TIME |
|---------------------|----------------|-------------------|----------|
| 1 & 29 Dec. 26 Jan. | Barton Bendish | Hatherley Gardens | 11:10 am |
| 1 & 29 Dec. 26 Jan. | Beachamwell | Old Post Office | 09:45 am |
| 8 Dec. 5 Jan. | Drymere | Telephone Kiosk | 09:45 am |
| 1 & 29 Dec. 26 Jan. | Boughton | Mill Road | 10:45 am |
| 22 January | Wereham | Queen's Close | 12.25 am |
| | | Village Hall | 12:45 am |

For services to all 'Group 4' villages ring Mobile Library Information on 01362 693184 (Barton, Beachamwell, Boughton & Drymere) or 01366 383073 (Wereham) or look at the website - <https://www.norfolk.gov.uk/libraries-local-history-and-archives/libraries/your-local-library/mobile-library-routes-and-timetables>

MARKETS - Farmers' and Indoor

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

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

VILLAGE, COMMUNITY and PARISH HALL BOOKINGS

| | | | |
|----------------|--|-------------------------|-----------------|
| Barton Bendish | Mary Simons | 01366 347 790 | |
| Beachamwell | Cathy Friend | 01366 328892 | |
| Boughton | Pam Wakeling | 01366 500429 | |
| Wereham | Angie, Lyn or Sara | 07497 430005. | weekdays 10 - 3 |
| | www.werehamvillage | hall.co.uk/ hallhire | Anytime |



West Norfolk Community Transport provides door to door transport for the local community allowing access to the market towns for medical appointments, shopping or visiting friends.

| Village | Day | Destination | Price | With Concessionary Pass | Office |
|----------------|---------|----------------|-------|-------------------------|------------|
| Barton Bendish | Friday | Downham Market | £5.50 | £4.00 | Swaffham |
| Beachamwell | Tuesday | Swaffham | £5.50 | £4.00 | Swaffham |
| | Friday | Downham Market | £6.00 | £4.00 | |
| Boughton | Tuesday | Downham Market | £5.50 | | Kings Lynn |
| Drymere | Tuesday | Swaffham | £4.50 | £3.00 | Swaffham |
| | Friday | Downham Market | £5.00 | £3.00 | Swaffham |
| Wereham | Tuesday | Downham Market | £4.50 | | Kings Lynn |

**You need to be a member and you must prebook your seat.
For more information please call
Kings Lynn - 01553 776971
Swaffham – 01760 720906**

CHURCH SERVICES IN DECEMBER (Wissey Group)

These are the currently planned services during December but all are subject to change or cancellation as the pandemic situation changes. Any queries contact Church Wardens see page 5 or Janet Tanton janet.tanton@gmail.com for zoom link.

January Services - see church notice boards.

Sunday 6th December

9.30 am Methwold
9.30 am Whittington
11.00 am Wereham

Second Sunday of Advent

Service of the Word
Holy Communion
Holy Communion

Sunday 13th December

9.30 am Methwold
9.30 am Wretton with Stoke Ferry

Third Sunday of Advent

Service of the Word
Service of the Word

Sunday 20th December

9.30 am Methwold
9.30 am Whittington
10.00 am Boughton
6pm Wereham

Fourth Sunday of Advent

Holy Communion
Service of the Word
Morning Prayer
TBA

Thursday 24th December

11.50 pm Methwold
11.50 pm Whittington
3.00 pm Wretton with Stoke Ferry

Christmas Eve

H C by Extension
Midnight Mass
Crib & Carols via Zoom

contact Elaine Taylor elaine@estaylor.co.uk for link

Friday, 25 December

9.30 am Wretton with Stoke Ferry
See Notice Board Methwold

Christmas Day

Holy Communion
Eucharist

Sunday, 27 December

9.30 am Methwold
9.30 am Whittington
11.00 am Boughton

First Sunday of Christmas

Service of the Word
Service of the Word
Holy Communion

Midweek Services

Tuesdays 9.00 Wretton with Stoke Ferry
Thursdays 10.00 Wretton with Stoke Ferry
Wednesday 5.30 via zoom

Morning Prayer
Eucharist
Compline

contact Elaine Taylor elaine@estaylor.co.uk for link

CHURCH SERVICES IN DECEMBER

(Priory Group)

These are the currently planned services during December, but all are subject to change or cancellation as the pandemic situation changes.

Any queries contact Church Wardens see page 5

For January services, see our website:

<http://finchamgroupnews.co.uk/>

Sunday 6th December

9.30 am Runcton Holme
10.00 am Shouldham
11.00 am Marham
11.00 am Watlington

Second Sunday of Advent

Holy Communion
Morning Prayer
Holy Communion
Morning Prayer

Sunday 13th December

9.30 am Shouldham Thorpe
11.00 am Fincham
11.00 am Watlington

Third Sunday of Advent

Holy Communion
Morning Prayer
Holy Communion

Sunday 20th December

9.30 am Wormegay Mission Room
11.00 am Marham
11.00 am Shouldham
11.00 am Stowbridge
11.00 am Watlington
3.00 pm Watlington

Fourth Sunday of Advent

Holy Communion
Morning Prayer
Holy Communion
Carol Service
Morning Prayer
Crib & Carol Service

Thursday 24th December

11:30pm Fincham

Christmas Eve

Midnight Communion

Friday, 25 December

9:30am Shouldham Thorpe
9:30am Watlington
11:00am Stowbridge

Christmas Day

Family Service
Holy Communion
Holy Communion

Sunday, 27 December

10.00 am Fincham
11.00 am Watlington
11.00 am Wimbotsham

First Sunday of Christmas

Holy Communion
Morning Prayer
Holy Communion

ONLINE SERVICES IN DECEMBER

Online Zoom services are due to take place as below:

Every Wednesday

10.00 am Morning Prayer See link 3 below

Every Thursday

10.00 am Holy Communion See link 1 below

Every Sunday except Sunday 27th December

9.30 am Service of the Word See link 2 below

11.00 am Holy Communion See link 1 below

11.00 am Online Service See link 3 below

Sunday 27th December

11.00 am Holy Communion See link 1 below

11.00 am Online Service See link 3 below

6.00 pm Service of the Word See link 2 below

Link 1 - [https://us02web.zoom.us/j/3119595155?](https://us02web.zoom.us/j/3119595155?pwd=dy9nNzRjby91OVprZG9nSzlMSEIPZz09)

[pwd=dy9nNzRjby91OVprZG9nSzlMSEIPZz09](https://us02web.zoom.us/j/3119595155?pwd=dy9nNzRjby91OVprZG9nSzlMSEIPZz09)

Link 2 - [https://us02web.zoom.us/j/82822775006?](https://us02web.zoom.us/j/82822775006?pwd=eU12TDNOVTJpZFVocld4WltpvZEM4dz09)

[pwd=eU12TDNOVTJpZFVocld4WltpvZEM4dz09](https://us02web.zoom.us/j/82822775006?pwd=eU12TDNOVTJpZFVocld4WltpvZEM4dz09)

Link 3 - [https://us02web.zoom.us/j/84842560875?](https://us02web.zoom.us/j/84842560875?pwd=Ym82ajBzWlZzdXRoYVNiUW1JSWRsQT09)

[pwd=Ym82ajBzWlZzdXRoYVNiUW1JSWRsQT09](https://us02web.zoom.us/j/84842560875?pwd=Ym82ajBzWlZzdXRoYVNiUW1JSWRsQT09)

Deanery Services

[https://us02web.zoom.us/j/3119595155?](https://us02web.zoom.us/j/3119595155?pwd=dy9nNzRjby91OVprZG9nSzlMSEIPZz09)

[pwd=dy9nNzRjby91OVprZG9nSzlMSEIPZz09](https://us02web.zoom.us/j/3119595155?pwd=dy9nNzRjby91OVprZG9nSzlMSEIPZz09) Password Wanda123

Regular Thursday Communion at 10am and Sunday Communion at 11 am

Any queries, please email me or phone 01366 328663 (Pippa Blackall).

WNPG: They are directing all churches to the Church of England's Virtual Sunday Service at <https://www.churchofengland.org/more/media-centre/churchonline/virtual-services/virtual-services>.

Bexwell: The 8pm Sunday service is a recurring Zoom meeting which means the same link can be used each time. And here, for those of you who are assured to see endless digits, is the 'raw' view:

[https://us02web.zoom.us/j/88587728714?](https://us02web.zoom.us/j/88587728714?pwd=QU1pSUo0ajRaWGRVYmx6OWNLeWdZQT09)

[pwd=QU1pSUo0ajRaWGRVYmx6OWNLeWdZQT09](https://us02web.zoom.us/j/88587728714?pwd=QU1pSUo0ajRaWGRVYmx6OWNLeWdZQT09)

(Both are links to the same recurring event) Meeting ID: 885 8772 8714

Password: 493178



WEREHAM VILLAGE NEWS

Mobile Post Office will park near the village pond on the following days/times,
Monday and Thursday 14.00 – 14.15
Tuesday and Wednesday 12.25 -12.55

St Margaret's Church - Corvid Church Plea

Four years ago my husband and I were house hunting in the area and called in at The George and Dragon for a pint. As soon as we entered the village we were wowed by its beauty....The Church, the pond and surrounding buildings. From then on our search was directed towards Wereham. We eventually found our home and then found another WOW!....The community spirit in this village is amazing. We have never lived anywhere feeling so loved and cared for. The reason for this note is that part of the village WOW is in trouble. Every year lots of you attend the Open Gardens and the Church Festival which helps to keep our dear old lady of St. Margaret's going. Because of Covid, we have been unable to hold these events and this has brought a situation whereby we could lose her. Once we are able to hold more events, we can keep her going, but in the meantime, do any of you have any covid restricted fund raising ideas? Or maybe, you are saving cash on travelling to work and could spare a little to keep her going for now. You can contact Ian Rye, Treasurer at ian_rye@msn.com or 07863 049677 to see if you can help her. Once we lose St. Margaret's, she will be gone forever. Many thanks for reading. **Chris Murray**

Gravestone in Wereham Churchyard

Does anybody know of any relatives of a Mr Edward Crowe who died in 1886?
Would they please contact **Sheila Smith (Churchwarden) 01366 858165**

It's Not all Doom and Gloom!



It was all treats and no tricks at Wereham MacMillan Prize Bingo on Saturday 31st October.

It takes a heck of a lot of prizes to run a Prize Bingo together with a big raffle but, as always, the good folk of Wereham and neighbouring villages rallied to

this most worthwhile cause and prizes and donations poured in.

The whole event was organised in strict accordance with Covid 19 regulations which created an atmosphere where everyone, players and helpers, felt safe and comfortable.

Many thanks to those players who came to support us, the George and Dragon who ran a competition, the organisers and helpers and the many generous people who gave prizes and donations.

This most successful evening raised a grand total of £1,000.

WEREHAM VILLAGE NEWS

Wereham Village Hall

In line with the recent guidelines from both the government and the NHS, and as part of the second national lockdown, Wereham Village Hall will be closed from Thursday 5 November until Wednesday 2 December. This period of closure may be extended by the government in light of any further developments in respect of the current COVID 19 situation. Please keep checking our website and facebook pages for the latest updates.

Having only recently reopened our doors and welcomed back a number of groups and activities to the Hall, it is disappointing to have to once again close. However, our primary concern is and will always be to protect all of our staff, volunteers and customers. We apologise for the disruption but want to say a huge thank you to everyone for their support and understanding. We pride ourselves on being an integral part of Wereham and the surrounding communities and want to ensure that we continue to support each other and develop ways of caring for every part of our community.

We look forward to reopening our doors again and to welcoming you back as soon as we possibly can.

The Wereham Village Hall Management Committee

www.werehamvillagehall.co.uk

Wereham Craft Group

Unfortunately we had to cancel our craft fair for 7th November due to Covid restrictions. Two new dates will be decided in January 2021 so please keep an eye on all the usual sites for information i.e. G4N, Village Pump, Local posters, Facebook book etc. We very much look forward to seeing you all next year. Please stay safe everyone.

Short Mat Bowls

We aim to start again in the new year, but the sessions will be in the afternoon. Details will be in all local publications as above.

New players will be very welcome, no experience needed.

Car Boot and Cafe.

Unfortunately the November car boot had to be cancelled due to Covid restrictions. January 2021 is the next car boot, allowing for Covid restrictions. Please see local publications or media sites for confirmation.

***Rosemary 01366 501330, 07749240606, Philip 01366 501330, 07759033492
e-mail rosemary.pease@btinternet.com.***

WEREHAM VILLAGE NEWS

Wereham Parish Council Next Meeting Tues 12 January 2021 at 7.00 pm

Agenda items must be received before the end of the month prior to each meeting, items received after this time will not be possible to discuss - send to the Parish Clerk at werehampc@gmail.com. Agendas are always published on the Wereham Village Notice Board three clear days before the meeting, and notified via the Wereham Parish Council Facebook Page and on the website www.werehamparishcouncil.co.uk Minutes of all meetings are here too. Please contact the Clerk should you wish to attend virtually once the agenda is public for joining instructions. The Council are meeting via Zoom virtually until further notice and in following guidance issued to it by authority bodies, invitation information and how to attend is placed on each meeting agenda.

Coronavirus – Covid-19 (As at 06.10.20) - Volunteers and Assistance with Shopping Any volunteers who could help residents with essential shopping please contact the Parish Clerk. Any residents, affected by covid-19, who still need help with essential shopping or medical prescriptions with no family or friends network please also get in touch with the Parish Clerk.

Please continue to keep to the social distancing guidelines, for the latest Government Advice view the following websites:

The HSE have now created a dedicated Coronavirus page for businesses here:

<https://www.hse.gov.uk/news/coronavirus.htm>

This should be used in conjunction with the NHS information here:

<https://www.nhs.uk/conditions/coronavirus-covid-19/>

Wereham Cemetery – Memorials Next of Kin Any members of the public known to be the next of kin for memorials within the Wereham Cemetery please contact the Parish Clerk. We need to ensure that our contact database is up to date. Memorials that have been laid down for safety reasons can be reinstated by commissioning a stone mason to install what is called a NAAM bar.

Highways – Paths and Roads – Defects Please report any problems that you see re verges, trees, pot holes, main holes, drains to Norfolk County Council Highways via their defects page of their website. You need to set up a login, and once on the site you can easily report issues and upload pictures of the issue. They will then arrange inspection. You are also able to track the report. Should a report not be resolved as you wish please then contact the Parish Council. The Parish Council will report issues that it finds, but if residents do this also we can increase the repairs that we notice need doing. <https://apps.norfolk.gov.uk/HighwaysDefect/>

Helen Richardson Wereham Parish Clerk and Finance Responsible Person
[Emailwerehampc@gmail.com](mailto:werehampc@gmail.com) or Phone/Text: 0779 500 6811



YOUR GRANDMA WORE:

**Mini Skirts, Hot Pants,
Go Go Boots, Bell Bottoms,
& No Bra.**

Listened to:

**Led Zep' The Beatles, Hendrix,
Janis Joplin & The Stones.**

Drove:

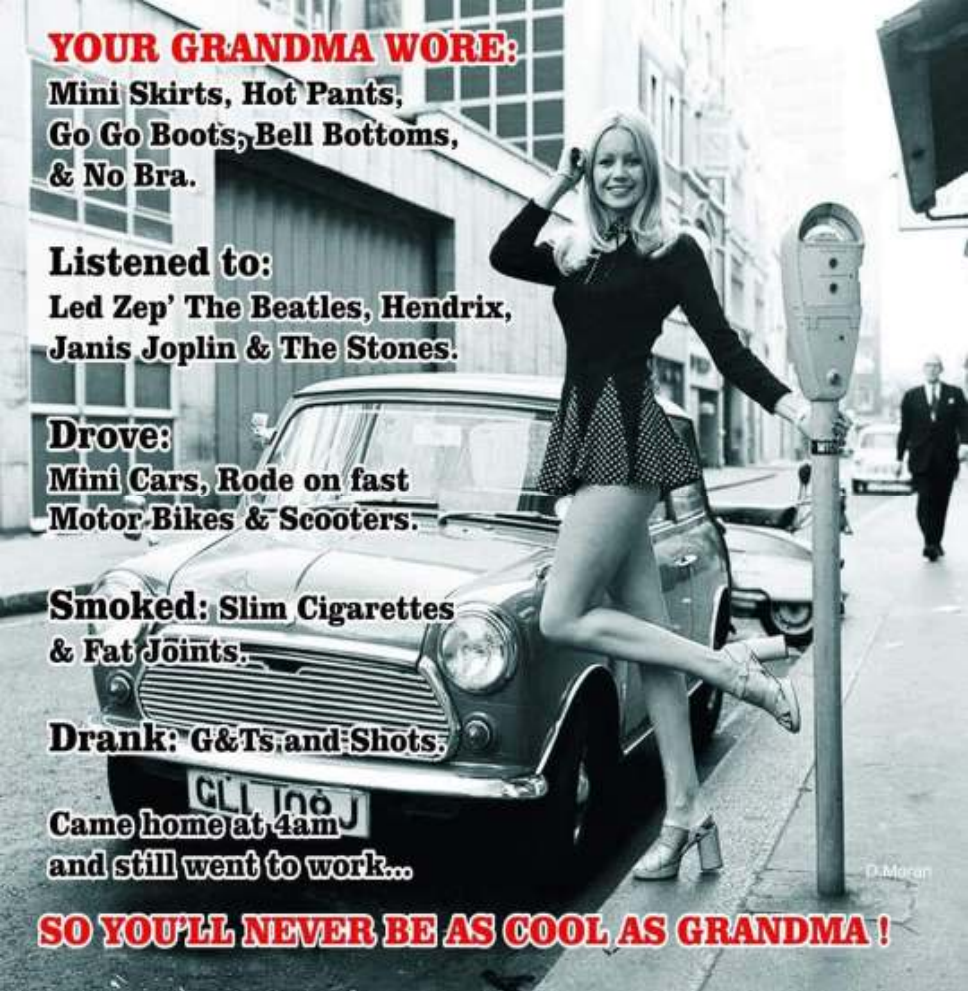
**Mini Cars, Rode on fast
Motor Bikes & Scooters.**

**Smoked: Slim Cigarettes
& Fat Joints.**

Drank: G&Ts and Shots.

**Came home at 4am
and still went to work...**

SO YOU'LL NEVER BE AS COOL AS GRANDMA !



CARPET CLEANING
OVEN CLEANING

Sofas & curtains cleaned

Quality, reliability, & unbeatable service

**Conservatory Cleaning, Window Cleaning,
 Patio Cleaning, Gutter & Facia Cleaning,
 Conservatory & Patio Cleaning**

cleantech Professional Cleaning www.cleantech-norfolk.co.uk

(Card & cheque payments accepted) **Call Mike on 01485 609223**
daily 7am - 10pm • 7 days a week



Would you like your Oven, Range or AGA Gleaned?

then contact
OvenGleaners
 The Oven Cleaning Service

FREE GIFT
 when you Book
 in next 7 days
Call NOW!
 Quota "PEP02"

We'll come to your home and deep clean your Oven, AGA, Range, Hob, Grill and Extractor until they Glean. We can also clean your BBQ. Our unique process is mess, odour and fume free using only organic products within your home. All work is covered by the OvenGleaners Satisfaction Guarantee.

Call Now: 01336 308068

www.ovengleaners.com

Ovens | Ranges | AGAs | Hobs | Extractors | BBQs

Merry Christmas

Merry Christmas

Merry Christmas

Volunteers Needed!



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



Driving Miss Daisy
We're family when family can't be there

Driving and Companion Service
Downham Market / Swaffham and
surrounding villages



- We are:
- DBS (Police) checked
 - Private hire licensed
 - First-aid trained
 - Dementia Friends

- Our service is:
- Safe and secure
 - Reliable
 - Friendly and personal
 - Cost effective

Call Melanie or Natalie on
07458 005575
for a free quote

kingslynn@drivingmissdaisy.co.uk

Facebook: [DrivingMissDaisyKingsLynn](https://www.facebook.com/DrivingMissDaisyKingsLynn)

- We can:
- Do you shopping for you or with you
 - Collect your prescriptions
 - Take you to appointments
 - Run errands
 - Take your pet to the vet
 - Socially distance outings
 - Companionship in the home

Our Daisies are following strict guidelines on hygiene
Our cars are maintained to strict NHS protocols
Don't worry Daisy can help!



**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](http://www.wix.com/ryeholidays/theoldschoolhouse)



HOLIDAY COTTAGE

Sleeps 6—8

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

Contact:

St. John's Farm, Beachamwell, Swaffham, Norfolk
PE37 8BE

Tel: 01366 326244

Fax: 01366 326716

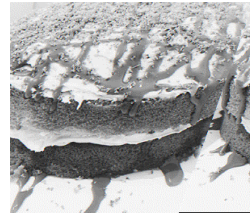
SPECIAL EVENT PLANNED?



**Think Wereham Village
Hall!**

Beautiful facilities:
full catering kitchen, 3 separate
rooms available for hire (main hall,
community room and meeting room).
Visit www.werehamvillagehall.co.uk
or call Angie, Lyn or Sara on
07497 430005 to find out more.

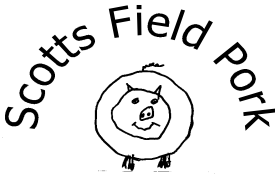
BOBBIN'S BAKES



Free local delivery to Boughton,
Stoke Ferry, Barton Bendish and
surrounding villages

*Traditional bakes, cakes and
afternoon tea delivered to your door*

CHARLOTTE 07873 355671
FIND US ON FACEBOOK!



FREE RANGE # RAREBREED

MADE IN NORFOLK

FREE DELIVERY

SUPPLIED FROZEN

MINIMUM SPEND £20

Remember how pork used to taste when you still had proper crackling? Fancy some handmade sausages with more meat than filling? Love thick cut bacon with the rind on that has been dry cured? All delivered to your door?

Call Rob Simonds on 07940800275 to arrange a delivery.

Traditional & Gluten Free 85% meat sausages £12 for 3 packs of 8 sausages

Dry Cure Smoked & Unsmoked Bacon £6 a pack – approx 500g

Rolled Shoulder of Pork - £10 a joint – approx 1.5 kgs

Pack of 2 pork chops - £5

Smoked Gammon Joints £12 a joint – approx 1.5 kgs

Native Breed Lamb Boxes available in season Dexter Beef Boxes available upon request

Available now native breed Wissey Valley Lamb, born and reared here

in The Brecks by Rob of Scotts Field Pork.

Each half lamb box will contain 2x half leg, 2x half shoulder, approx 8 chops and 1kg of mince.

The price is £8/kg, half a lamb will weigh 8-10 kgs.

Whole lamb boxes available at £7.50 /kg

Boxes can be supplied fresh or frozen to your door.

For more details please call Rob on 07940 800275



Your advert could be here.....

Alan Pickering

01366 386125 or 07779 787499

group4news@gmail.com



K.J.Catering Services

Contact Steve Bartram on

01366 727797

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

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

Central Norfolk Dog Training Club



"No wonder they wag their tails"

Kennel Club Registered

**Classes are held at The Mills Memorial Hall
Westgate Street, Hilborough, IP265BN**

**Monday evenings from 6-30 pm - 8-45pm
Specialist puppy training class 6-30**

Clicker Training, positive reinforcement, have fun with your dog, absolutely no harsh methods, check chains or noose collars are not allowed, we train using food or toys

For more information please call

Chris Phillips on 07745 892417 or email seffejadestan@btinternet.com

Doggie Style Grooming



07 800 800 995

No Cages...No Mess... No Stress!

**Fully Equipped Mobile Salon
Covering a 15 Mile Radius Of
Swaffham**

Qualified & Insured

Please Note: I require space to park and easy access to an electrical point within 25 meters of the parking area. This is essential to carry out the full grooming process.

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

Breckland Pest Control



Wasps, moles, rats, mice & more

Professional & friendly service

01760 756 405

0777 600 7201

brecklandpestcontrol@gmail.com



All 4 Paws Pet Services

we're there when you can't be

dog walking

cat care

small animal care

reptile care

horse care



Abigail Desborough

01366 347605

07957 965623

abs567uk@yahoo.co.uk





Swaffham Veterinary Centre

VER MEADOWS, SWAFFHAM PE37 7LT

at Swaffham are offer:
ents to suit you
e diagnostics
ng facilities
of hours
udies
ative
ng

OPENING HOURS:
Mon-Fri 8.30am - 5.30pm
Sat 9.00am - 12pm

We provide our own out of hours service where you will be seen by one of our vets or the practice in Swaffham. Please phone the normal practice number in an emergency.

The
plea
• App
• Culti
• Full o
• Emerg
care at
• Nurse p
health cl
• Accessible



Please contact a phone or email for more information
Phone: **01760 72205**
www.swaffhamvets.com
info@swaffhamvets.com

Like us on Facebook for updates and news



Ethical Mole Management

within 10 miles of
PE37 8AZ

Call Geoff on
07597 912389 or
01366 328204

Fully Insured - No mole
no fee - Find me online at
www.guildofbritishmolecatchers.co.uk
geoffsidons1.wixsite.com/norfolkmolecatcher

I have 45 years
experience limiting crop
damage - call me if you
need help

L.D. Pest-Control

City & Guilds
NPTC
Qualified





For all your pest problems.

**MOLES, RATS, MICE, WASPS,
CLUSTER FLIES AND MOTHS**

Contact Les Donnelly
01366 500800 / 07958 677665
E: les.donnelly@icloud.com

newrooms

Designed just for you....

kitchens

bedrooms

bathrooms

flooring

*showroom is located on the
road, Methwold IP26 4RJ*

*Our new s
Brandon R*



wroomsdesign.co.uk

01366 727417 • ne

*Frustrated by technology?
Confused by the experts?
Problems with your: Computer; Tablet;
Mobile Phone; Broadband; WiFi; Printer;
Digital Camera; Television?*

I can help!

ade

Ade Jordan

Indy Technology Solutions

Frie

in Wreham, West Norfolk

Based

*ing; Repairs; Installations;
figuration; Training*

*Fault-find
Con*

07980 140000

Tel: 0

ade@adejordan.com

email: hel

adejordan.com

www.ade

arge. No fix, No fee

No call out cha



Nursery places available at St Martin's at Shoddham Primary Academy

Experienced and qualified staff in a primary setting

The ideal start for your child's educational journey

15 and 30 funded hours for eligible 3 and 4 year olds

Contact us to find out more on 01366 347260 or office@st-martin.norfolk.sch



Little Oaks

Preschool

& Holiday Club

Ofsted Registered EY246821

A Warm, friendly welcome is waiting for you.

Accompanied sample sessions for you and your child the first Wednesday of every month 9:30-11:00

Term time age 2-5
Holiday clubs for
age 2-8
year olds

Open 50
weeks of
the year

15hrs a week
funded places
from the
age of 2

A Variety of hot
and 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.lk.org

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



Zoom Maths Years 6 to 11 (GCSE)

Interactive video maths sessions

- boost knowledge
- increase confidence
- improve technique

A Cambridge graduate with 16 years of tutoring experience offers individual tuition

£25 (50 mins)

**For details and availability contact Katherine Shaw
07773 - 433180**

Cognitive Behavior 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 my help and both are recognised as successful treatments by the NHS
For More Information or an appointment, contact:

Rebecca Judge RNMH, BSc, MSt, MSc, MAREBT, BABCP

EMDR & Psychotherapist on:

Tel: 07530 928070 Email: enquiries@cbtnorfolk.co.uk

www.cbtnorfolk.co.uk

PROFESSIONAL FOOT HEALTH PRACTITIONER



Peter Stanley
MAFHP. MCFHP

Treatments include:

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

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

Charlotte Rose LicAc



Acupuncture
Acupuncture for Pain
Facial Acupuncture

Reflexology
Aromatherapy Massage
Cupping Therapy



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

Clinics in Stoke Ferry + Castle Acre

Gift Vouchers Available

Contact: Charlotte: 07855513199 /
01366 501232

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

YOGA

COME AND JOIN US

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 (there will be a few mats and blankets available for loan).

British Wheel of Yoga Tutor:
Ann Lewing

Contact number:
01366 326350

**STOKE FERRY
VILLAGE HALL**

Mondays
7.00pm - 8.30pm

Please arrive no later than
6.30pm

Under 18 yrs old must be accompanied by an adult.

NO MEAN FEET

FOOT CARE IN THE COMFORT OF YOUR OWN HOME

YOUR LOCAL CARE SPECIALIST



- ✓ NAIL CUTTING
- ✓ CORNS
- ✓ CALLUS
- ✓ DRY SKIN
- ✓ INFECTION
- ✓ VERRUCAE
- ✓ CRACKED HEELS



for the best feet in the street

CALL STEVE ON 07837 506 906

**STEVE JONES MBE, SACDip FHP(Adv) , Dip C Tec, Dip Bmec, Dip RM
Fellow of The Alliance of Private Sector Practitioners
Member, Accredited Register of Foot Health Practitioners**

NO MEAN FEET

CARE IN THE COMFORT OF YOUR OWN HOME

YOUR LOCAL CARE SPECIALIST



✓ REMEDIAL MASSAGE

✓ THERAPEUTIC MASSAGE

✓ SPORTS INJURY

✓ BIO MECHANICAL
& GAIT ANALYSIS

✓ THERAPY FOR PAIN IN LOWER
BACK, LEG JOINTS & MUSCLES

✓ LYMPHATIC DRAINAGE

CALL STEVE ON 07837 506 906

**STEVE JONES MBE, SACDip FHP(Adv) , Dip C Tec, Dip Bmec, Dip RM
Fellow of The Alliance of Private Sector Practitioners
Member, Accredited Register of Foot Health Practitioners**



**L.B.R LANDSCAPING
& GROUNDS MAINTENANCE**
EST 1986

- **GARDEN & SITE CLEARANCE**
- **HEDGE CUTTING - REDUCTION - REMOVAL**
- **FENCING SUPPLIED & ERECTED**
- **GRASS CUTTING - PRIVATE - COMMERCIAL**
- **TURFING & SEEDING**
- **TREES & SHRUBS PRUNED - REMOVED**
- **STUMP GRINDING - PLANTING**
- **DIGGER & DUMPER WITH OPERATORS**
- **TRACTOR - HEDGE - VERGE CUTTING**
- **LOG SALES**

Mob: 07774 724366
Tel: 01553 849802

West Norfolk Landscaping

A full landscaping service
available including

Fencing

Driveways

Pathways

Patios

Turfing

Mini digger services

A Commercial & Domestic grass
cutting service is also available

Contact me on 07392 150290

Email: westnorfolklanscaping@gmail.com

Turn To Ted

Friendly, Hardworking,
Handyman, Gardener,
DIY

£15 per hour,
1hour min

No job too Small or
Large

Telephone
07967 796992

Tim's Tree Services



All aspects of tree and hedge
work undertaken

Hedges Removed

Stump Grinding

Over 30 years experience
Qualified - Insured

Call 01553 813140
or 07867 764307

For your free quote
LOCAL MAN - LOCAL RATES

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**

D.J.B.

LANDSCAPING

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

All jobs considered
David Bennett

07795 833440
01328 700859



CLAUDIA MORLEY

Garden & Commercial Landscape Designer

City & Guilds - Amenity Horticulture

- Garden Design - over 16 years experience

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

FREE NO OBLIGATION VISIT & QUOTE

www.fig-forestryandgardendesign.co.uk

01760 338400 / 07824 397727



PETER MORLEY

**Landscape Construction,
Planting & Forestry Maintenance.**

**Fully certified & liability insurances.
30 years experience.**

**Garden project - fencing
or commercial landscaping.**

All forms of forestry & maintenance.

email:pringlepete@gmail.com

07981 419338

www.fig-forestryandgardendesign.co.uk



**07552
450522**

anglialandscapesltd@outlook.com

Turf Suppliers

Domestic/Commercial Mowing & Hedge Cutting

Hedgerow and Tree Planting

Driveways and Patios

Fencing

01366 500803



DAVID THOMPSON MASTER CHIMNEY SWEEP

All chimneys, flues & appliances swept

Brush and vacuum used

CCTV Chimney surveys

Bird/rain guards, vent caps
and cowls supplied and fitted

NVQ qualified chimney engineer

Certificates Issued

01328 851081

www.the-sweep.co.uk

D. Thompson Chimneys Ltd



FOREST & FEN CHIMNEY SWEEP



17/054



City & Guilds

ACCREDITED

Experienced, Qualified Professional

07749 257770 or 01366 727537

forestfensweep@aol.com

All appliances swept. Fully insured & certificates issued.

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

PAUL FARRAR GENERAL PLUMBING SERVICES

ALL ASPECTS OF
PLUMBING UNDERTAKEN,
INCLUDING
MAINTENANCE AND
REPAIRS
AT COMPETITIVE PRICES

PHONE 01366 328072
OR 07725 300624

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



NEED A WINDOW CLEANER?

WE ALSO CLEAN
Fascias, Gutters, Frames,
Hard To Reach Windows,
Conservatory Roofs,
Solar panels

Call now for a free quote from

PJWINDOWS
01553 761985

Professional Window Cleaning Services
Est. since 1994 Fully Insured
Using the Waterfed Pole System
Est. since 1994 Fully Insured

Jake Stansfield Ltd

Plumbing, Heating & Building Services

All aspects of Plumbing, Heating & Building services to the highest standard.

Gas Safe registered

Contact 07780463787 or

01366 327029

jakestansfield@live.com



Paul Braybrooke



Oil Fired Boiler Engineer

**Boiler Servicing
Breakdown Service**

Commissions

Phone 01353 777788

Tank Replacements

07946 735691

www.norfolkwoodburners.co.uk



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

- Wood Burners & Multi-Fuel Stoves
- Main agents for Aga, Hunter & Cleanburn Stoves
- Chimneys Lined
- No Chimney, No Problem
- Fireplaces Enlarged



For a FREE site visit and quotation contact us on:

t: 01328 700161

m: 07966 661175



e: norfolkwoodburners@outlook.com

Taylor's Solid Fuels

Family run since 1946

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

“Don't Shiver We Deliver”

Quality top soils and aggregates.

Bulk bags and Tipperloads from 1-20 tonnes

Tel: 01842890568 or see us on

www.taylorssolidfuels.co.uk

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: 07534892411



Geoff Dixon

The professional alternative to doing it yourself


Geoff Dixon Carpentry, Joinery and Handyman Services, Beachamwell

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, treatment/ treatments; gates made; doors and locks repairing and replacing; refitting and replacement of kitchen cupboards; shelving; and general maintenance jobs around the house.

Any 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  **Mobil: 659828 784502**

 **Email: geoff@norfolkshandyman.co.uk**

 **Web site: www.norfolkshandyman.co.uk**

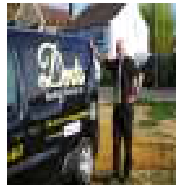
M J DENT HEATING SERVICES LTD

OIL AND GAS HEATING ENGINEER

SERVICING, MAINTENANCE, BREAKDOWNS, LANDLORD CERTIFICATES,

Why have your boiler serviced?

The importance of **having your boiler serviced**. Having a reliable and dependable boiler to provide hot water and heat is a daily essential. ... An annual boiler service can prevent potential problems, avoid unwanted disruption, ensure maximum central heating efficiency and keep energy costs to a minimum.



Call on

01366 387595

01366 383661

07957357480

Check us out on

checkatrade.com



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: peter@pgms.co.uk



R D VOUTT & SON

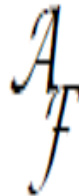
PLASTERING

All aspects of plastering & floor screeding.

Contact Bob on 01366 328 545

mobile 07799514635

rdvoutt@yahoo.co.uk



Andrew Francis Funeral Services

25 London Road, King's Lynn

Tel: 01553 762242

*Award Winning Independent Family Funeral Director
ring you a 24 hour 7 days a week professional personal service.*

Cremated or Pre planned Funerals available

Office



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

67 Lynn Road Wisbech (01945) 461112



Funeral Planner of the Year Regional Winner 2012

WWW.AJCOGGLES.CO.UK



PR Bowers & Son Funeral Directors (Est 1921)

Anmer Cottage Methwold Road Northwold IP26 5LN

01366 727432

07796 780270

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



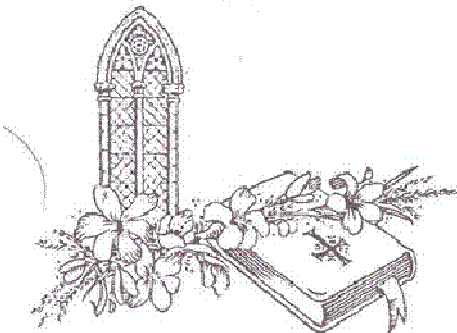
Privileged To Serve Families In The Area For 3 Generations

Family Funeral Directors
R. H. BOND
STOKE FERRY

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

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

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



Help and
understanding
when you need it
most



Eastern Gas

Your local plumbing and heating specialist

Our fully qualified plumbing and heating engineers cover the following:

- ☑ Boiler Servicing
- ☑ Boiler Repairs
- ☑ Boiler Replacement
- ☑ Boiler Installation
- ☑ All Plumbing and Central Heating Work

Finance
options
available on
boiler
installations



Eastern Gas are one of West Norfolk's top plumbing and heating companies working with gas, oil and LPG systems.



T: 01553 750060 | M: 07940367529

E: admin@easterngasltd.co.uk

W: easterngasltd.co.uk

Traditional Values ...



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

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

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

Ashton Roberts

Letting Agents • Estate Agents

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



St. Johns Way, Downham Market, PE38 0Q0

01366 382219

(24 Hour Emergency Contact)

Purpose built practice with easy access and ample parking on the outskirts of town

- Dedicated sterile operating theatre & dental suite*
- Full digital x-ray, endoscopy & ultrasound facilities*
- 'State of the Art' laboratory equipment including haematology, biochemistry and our new urinalysis machine - the first in East Anglia*

Independent Emergency Care provided onsite by our highly experienced Veterinary Surgeon of 32 years, 24 hours a day, 365 days a year...

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

***"Independent, Professional
& Personal"***

