

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

December 2021/January 2022

WELCOME

This edition has been put together with some difficulty. At the moment, we don't know if changes to Covid precautions will be ordered, so all services, carol services and other events may be subject to change. **Please check with the venue/church/hall before setting out for anything.** Many places will require the wearing of masks if events do go ahead. Let's all be responsible for our own safety and that of others, and realise how difficult planning ahead can be.

Have a happy and safe Christmas and New Year.

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

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

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

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

© Copyright Group4 News 2022

GROUP 4 TEAM VILLAGE CONTACTS

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

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

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

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

Please submit all information through your Village Contacts.

**Deadline for copy for the
February 2022 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

Are you ready for Christmas?

Are you ready for Christmas? This was the question I was often asked in my surgery by many patients in the weeks leading up to December 25th. But what does it mean to be 'ready for Christmas'?

Does it mean having written and posted all the Christmas cards to family and friends? Or having bought and wrapped carefully chosen presents? Or indeed having ordered all the food and drink for the Christmas and Boxing Day meals, perhaps ready to honour family traditions that go back several generations.

But where do we find the space to be ready in ourselves for Christmas? Away from the hustle and bustle and the stress that sometimes Christmas preparations can cause?

Many of our traditions were disrupted by the impact of Coronavirus last Christmas. I recall it as a Christmas when there were so many absent from around the Christmas table, some due to keeping themselves isolated, others due to illness and death.

I spent time over the Christmas season completing online modules preparing to be a vaccinator in the New Year, as the NHS prepared to roll out an ambitious vaccination programme. To help to deliver the hope that Covid vaccination offered to people whose lives were severely limited by social isolation, many fearful of severe illness and death from infection.

So, this year I am looking forward to restoring some of my family traditions of Christmas, and building new ones as well, some learnt from the experiences of lockdown. Valuing even more the joys of being able to meet up and gather together, sharing precious time and experiences with each other. But also remembering those whose circumstances mean that they will still be on their own over Christmas, and to find ways to offer them Christmas cheer.

How will you get ready for Christmas? What are you looking forward to?

For many people Christmas traditions include coming to church for a carol service, or Midnight Mass or on Christmas Day itself. This helps us to remember what Christmas is all about – the hope brought about by the birth of a baby who was to grow up to give a message of Good News to all people and all nations. Offering a new way of living that would transform the lives of those who heard it.

Here in the Wissey Valley group of churches we have ensured that in every open church there will be services over the Christmas season, offering in each village the chance to sit quietly in the calm and tranquillity of the building, sing carols and to listen again to the Christmas story.

I hope that you may decide to come, and make this part of your being 'ready for Christmas'.

Revd. Dr. Ian Mack

Wissey Valley at Christmas Carol Services:

14th December 7 pm Boughton Nine Lessons and Carols

18th December 6 pm Barton Bendish Christmas Celebration

19th December 4 pm Wereham

6 pm Methwold

6.30 pm West Dereham

9.30 am online carol service

Christmas Eve

4 pm Boughton Crib Service

4 pm Methwold Christingle

4 pm Whittington Crib service tbc

11 pm Wereham Midnight Mass

11.30 pm Wretton Midnight Mass tbc

Christmas Day

9.30 am Methwold Holy Communion

9.30 am Wretton Holy Communion

10.00 am West Dereham Christmas Day service

10.30 am Boughton Holy Communion

Recipe from the WI

Cheese and Vegetable Muffins



An excellent way of using up old pieces of cheese and root vegetables

Ingredients:

- • 250g SR flour or wholemeal +1 tsp baking powder
 - • ½ tsp mustard powder
 - • ½ tsp salt
 - • 1 egg, beaten
 - • 250ml milk
 - • 50g melted butter
 - • 200g cooked, chopped carrot and parsnip
 - • 125g mix of grated cheddar, blue cheese or brie
- 1 tsp dried mixed herbs

Method:

1. 1. Heat oven to 200oC
 2. 2. Fill 12 hole muffin pan with paper cases
 3. 3. Mix flour, mustard and seasoning in a large bowl
 4. 4. Mix together the milk, egg, butter, chopped veg, cheese and herbs
 5. 5. Stir this into the flour and stir gently. Do not mix too much
 6. 6. Spoon into the paper cases
 7. 7. Bake for 17-20 minutes until golden, risen but springy to the touch
- Cool on a rack. Best eaten warm

Christmas Quiz

1. When was the first Christmas card printed?
2. Which country donates the Christmas tree in Trafalgar Square?
3. The first royal Christmas broadcast – which monarch made it?
4. Who invented the [Christmas cracker](#)?
5. What birds are popular on Christmas cards?
6. Shakespeare wrote a play for Elizabeth I, as a Christmas present. Which one is it?
7. What did Scottish nationalist students take from Westminster Abbey on 25th December 1950?
8. When was the first ever organised Christmas Day swim?
9. Where did Joseph, Mary, and Jesus travel after leaving Bethlehem?
10. Who is the patron saint celebrated on the 26th of December?
11. What gifts did The Three Wise Men give Jesus on his birthday?
12. When does the Russian Orthodox Church celebrate Christmas?
13. In what country was eggnog invented?
14. Who banned Christmas carols after the English Civil War in 1647?
15. Where does the name “Boxing Day” come from?
16. When was Christmas first celebrated in the UK?
17. What are you supposed to do when you find yourself under the mistletoe?

Answers on page 63



Saturday 4th December 2021

7.30pm start

A fun evening of questions music and film

Entry by ticket only £5 per person

(maximum 6 persons / table)

Ticket price includes hot dog during interval but please bring your own drinks and glasses.

Tickets available from Village Hall 01366502214

or website <https://www.werehamvillagehall.co.uk/events>

All proceeds for Wereham Village Hall charity No 1168472

COUNTRYSIDE NOTES

Christmas is the time when memories are at the forefront and it kicks off with writing cards. I dwell on the names of people I haven't seen for ages and think of the times we spent together. David and I have moved six times in 50 years ending up in Barton via West Sussex, Hampshire and south Norfolk. Wherever we've been we've made new friends and acquaintances but then moved on only keeping in regular touch with a few, that is apart from at Christmas. I keep threatening to stop sending cards but it seems disloyal and a betrayal of their past friendship to do so. It seems incredible to me just how many people have meandered in and out of my life. Christmas cards certainly give an annual boost to stirring memories.

Christmas too raises mixed emotions, the older you get the more it triggers. Sadness, frustration, resentment and obligation - but hopefully happiness will be the one to prevail. Kids enjoy Christmas most but parents feel pressured. Grandparents generally like to be included but great grandparents find a whole day of noise and festivities tiring. A quick visit from relations so they know they're not forgotten is often appreciated more than being part of a large family gathering.

Hopefully there won't be any restrictions on celebrating Christmas and New Year this year. Us oldies though, are still mindful of the continuing threat from Covid. The best example of this is out shopping. It seems about 90% of people under 40 are not wearing masks while 90% of over 60s are wearing them! My New Year wish this year is that everyone would get vaccinated so we could all feel safe.

The whole country is going through turbulent and unsettling times. Brexit would have been bad enough but add Covid and climate change to the mix and its bordering on chaos, yet life in our villages appears more or less unscathed. Everything seems nearly back to normal and there are many events marked in the diary, unlike this time last year when there were none.

Christmas also offers an opportunity to say thank you to those who make our villages such pleasant places. We should be thankful we have our post, papers and groceries delivered and bins emptied. We should appreciate those who put time and effort into organising events. We're grateful to those who keep our villages and churches tidy and who collect and deliver our Group 4s and here in Barton we were helped during lockdowns by Barton Aid. Back in June a gang of villagers, aided by some American service men, put a lot of hard work into making St Andrew's Churchyard spic and span. The final accolade however, must go to Ernie Percival who singlehandedly removed shrubs invading St Mary's churchyard and has kept it mowed out. The church may be redundant but the churchyard certainly is far from neglected.

Within our communities are unsung heroes and it is so easy to take them all for granted.

Season's Greetings to one and all.

Jil

Westacre Theatre needs your help please. Its programme of performances and events are very carefully planned. So there should always be something to suit most tastes. Indeed, many of the people who regularly support the Theatre live in your area. After all, it is only about a half-hour's drive in the car.

For a whole variety of reasons, a number of the helpers from before the pandemic are unable to return which has left several gaps in the roster. But each activity needs volunteers to ensure it runs smoothly.

Just a few hours now and again would make all the difference; you would become part of a well-oiled team.

Open all year round and standing in rolling Norfolk countryside complete with landscaped lagoon, this is a wonderful facility to have close-by. As with so many things in life, it's a two-way street. The well-equipped rooms and beautiful grounds are ideal for use by local communities.

But the Theatre does need those willing hands to keep everything on an even keel. They hope you may consider giving a little of your time to making the venue sustainable for you, your children and grandchildren to enjoy.

You can easily get in touch with them by phoning 01760 755007 or by emailing admin@westacretheatre.com

Thank you.



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.



Maths Tuition

Years 6 to 11
(GCSE)

One-to-one
sessions

(in person or via
Zoom)

**expand
knowledge**

**boost
confidence**

**improve
technique**

A Cambridge graduate with
17 yrs of tutoring experience
offers individual tuition **£25**
(45 mins)

term time & holidays

**FOR DETAILS AND
AVAILABILITY CONTACT
KATHERINE SHAW 07773 –
433180**



News from the Nicholas Hamond Academy

We are now well into our autumn term featuring Remembrance Day when the country remembers those who fought in the World

Wars and later conflicts.

The academy fell quiet at 11am for a two-minute silence joined by those students in Cadet, Scouts, Guides and St. Johns Ambulance Uniforms, who marched out proudly to join the rest of their peers. Our Year 8 & 9 students joined a workshop facilitated by the Never Such Innocence Charity where they worked with singer/songwriter Otto to write their own song. This was recorded by those students involved and played to the whole cohort on the day. (*Youtube link on our website & social media*).

Furthermore, two of our students represented children of servicemen and women at a meeting, via Zoom, with the Chief of the Defence Staff, General Sir Nick Carter, when they asked questions around life after conflict, remembering those who represented our country and service life. It was truly a day full of pride and reflection!

Despite the weather turning cold and damp as expected this season, we have run a series of trips out of school. Geography students went to Norwich to study various changes and their effects on the surrounding area, as part of the 'human study' portion of their course. P.E students enjoyed a mountain biking trip to High Lodge in Thetford as part of the skills they needed to master and demonstrate. A trip seeing 3 coaches full of students will be making its way to see Dick Whittington at the Theatre Royal in Norwich in early December. This has certainly turned out to be one of our most popular events and students will be sure to set off full of excitement and anticipation to see this classic 'rags to riches tale'.

Finally, as always, we are delighted when visitors ask to meet us and our students. We were very pleased to welcome back Cllr. Judy Anscombe, Mayor of Swaffham, who was joined by Cllr. Graham Edwards on his first visit. They toured the site with Student Leaders eager to show off their academy and answered various questions of interest to the local councillors. Feedback from the visit was extremely positive and it is evident that we are absolutely demonstrating that we are determined to be the best that we can be and doing a great job of it! We would invite you to follow our social media platforms on either Facebook, Instagram or Twitter, to be kept informed of just some of the wonderful things that we are so very proud to share at TNHA.

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.

Nursery places available at St. Martin at Shouldham Primary Academy

Experienced, well 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 34-7260 or office@st-martin.norfolk.sch

Fully Licenced Taxi

Wherever and whatever your destination, airport, station, shops, pub, restaurant, holiday, home, work, leisure etc., call for a reliable, professional service.

Carlos' Cab Service

Phone: 07923 460597

Email: carlosthecab@gmail.com

Facebook: Carlos's Cab Service Norfolk or <https://en-gb.facebook.com/carlosthecab/>



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

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!



Beachamwell

Creative Writing Group



Meets every
second Monday
Afternoon

2.30pm

Everyone with an interest in
putting pen to paper welcome.

Enquiries: 01366 328895
or
james@jamesknoxwhittet.plus.com

Beachamwell

Wednesday Walkers

Not sure where the footpaths are?
Come, walk and explore with us.

We meet at the Village Hall
10.00 a.m.

First Wednesday of the month.

Walks are free, lasting
between one-and-a-half and
two hours.

All are welcome
(dogs too but they must be kept
on leads at all times)

Further details from
01366 328452.

Beachamwell



Saturday

December 4th

11.00 – 2.00pm

Beachamwell Village Hall

'Mini Christmas Bazaar'

There will be refreshments including
mulled wine, raffle, cakes for sale and
crafts.

Any profits from this event will go
towards the Kitchen Fund.

Enquiries: 01366 328892

Beachamwell

Book Group

Tuesday 7th December

7.30

Beachamwell Village Hall

Book to be discussed over a glass of
wine

'The White Tiger'

Aravind Adiga

New members welcome
Enquiries: 01366 328960

Beachamwell Afternoon Tea and a Chat.....'

**Wednesday
December 15th
2 - 4pm**

Village Hall



Enquiries:
01366 328108

Beachamwell Pop Up Pub



They will be taking place on the 3rd
Friday of each month.

The next one is on
Friday 17th December at 7.00pm

Beachamwell Village Hall

Christmas Nibbles
will be provided



Enquiries:
01366 328892

Beachamwell Pop Up Pub



**NEW YEAR'S EVE
Starting at 8.00pm**

Beachamwell Village Hall



Please bring a
plate of food
to share. This
worked well
last time we
did it.

Enquiries:
01366 328892

Wereham

Mobile Post Office

Please note that Mobile Post
office will park near the Village
Pond on the following days/
times

Monday 14.00-14.15

Tuesday 12.25-12.55

Wednesday 12.25-12.55

Thursday 14.00-14.15

Group4 News

Please find public transport information links below. This is to assist with finding the latest information about what public transport services are operating in your area. It may also help when advising your constituents or parishioners. These links provide the best source of information as operators have been changing services at relatively short notice as they react to government guidance and the latest situation. In addition, if a member of the public in Norfolk is having trouble accessing essential services or supplies please call 0344 800 8020.

Broadland

First - <https://www.firstgroup.com/norfolk-suffolk/news-and-service-updates/coronavirus-covid19-service-information>

Konectbus - <https://www.konectbus.co.uk/coronavirus/>

National Express - <https://www.nationalexpress.com/en/help/live-service-updates>

Our Bus - <https://www.ourhire.co.uk/our-bus>

Sanders Coaches - <https://sanderscoaches.com/alerts>

Breckland

Coach Services - <https://www.coachservicesltd.com/2020/03/update-limited-timetable-from-30th-march-until-further-notice/>

First - <https://www.firstgroup.com/norfolk-suffolk/news-and-service-updates/coronavirus-covid19-service-information>

Konectbus - <https://www.konectbus.co.uk/coronavirus/>

National Express - <https://www.nationalexpress.com/en/help/live-service-updates>

West Norfolk Community Transport - <https://www.gtt-online.co.uk/news/2020/03/coronavirus-update/>

Great Yarmouth

Border Bus - <https://www.border-bus.co.uk/coronavirus-info/>

First - <https://www.firstgroup.com/norfolk-suffolk/news-and-service-updates/coronavirus-covid19-service-information>

Mega Bus - <https://uk.megabus.com/service-alerts>

National Express - <https://www.nationalexpress.com/en/help/live-service-updates>

Sanders Coaches - <https://sanderscoaches.com/alerts>

King's Lynn & West Norfolk

Coach Services - <https://www.coachservicesltd.com/category/news/>

Lynx - <https://www.lynxbus.co.uk/news/covid-19-timetables-monday-30th-march-until-further-notice/>

Mega Bus - <https://uk.megabus.com/service-alerts>

National Express - <https://www.nationalexpress.com/en/help/live-service-updates>

Stagecoach - <https://www.stagecoachbus.com/regional-service-updates/east-midlands/the-fens>

West Norfolk Community Transport - <https://www.gtt-online.co.uk/news/2020/03/coronavirus-update/>

North Norfolk

Our Bus - <https://www.ourhire.co.uk/our-bus>

Lynx - <https://www.lynxbus.co.uk/news/covid-19-timetables-monday-30th-march-until-further-notice/>

Sanders Coaches - <https://sanderscoaches.com/alerts>

Norwich

Border Bus - <https://www.border-bus.co.uk/coronavirus-info/>

First - <https://www.firstgroup.com/norfolk-suffolk/news-and-service-updates/coronavirus-covid19-service-information>

Konectbus - <https://www.konectbus.co.uk/coronavirus/>

Mega Bus - <https://uk.megabus.com/service-alerts>

National Express - <https://www.nationalexpress.com/en/help/live-service-updates>

Norwich Park & Ride - <https://www.norwichparkandride.co.uk/updates/>

Our Bus - <https://www.ourhire.co.uk/our-bus>

Simonds Coaches - <https://www.simonds.co.uk/latest-news>

Sanders Coaches - <https://sanderscoaches.com/alerts>

South Norfolk

Border Bus - <https://www.border-bus.co.uk/coronavirus-info/>

First - <https://www.firstgroup.com/norfolk-suffolk/news-and-service-updates/coronavirus-covid19-service-information>

Konectbus - <https://www.konectbus.co.uk/coronavirus/>

Our Bus - <https://www.ourhire.co.uk/our-bus>

Simonds Coaches - <https://www.simonds.co.uk/latest-news>

West Norfolk Community Transport - <https://www.gtt-online.co.uk/news/2020/03/coronavirus-update/>

BARTON BENDISH
soup and talk
evening

Friday, Dec 3rd
2021 6.30pm

Village hall (PE33 9GF)
Homemade Soup and Crusty Roll will
be served

A volunteer from Alzheimer's Society
will be presented with a cheque for
our donation and will talk to us
about the work of the
society Contact: [bartonbendishevents
@gmail.com](mailto:bartonbendishevents@gmail.com) or Linda 01366
347563Mhari 01366 346849

Barton Bendish

Community Christmas Celebration

St Andrew's Church

Saturday December 18th at 6pm Music,
poetry and festive readings by candlelight
followed by a party in the Village Hall

Book your place on 347563 or
347849

St Martin's church, Fincham

Coffee Morning Wednesday
8th December 10 – 12 Please
join us for the last Coffee
Morning of the year. Coffee
mornings will resume in April
2022 once the weather starts
to warm up, but books and
puzzles will still be available at
the back of the church.



Beachamwell



Quiz

Saturday
15th January
7.30

Beachamwell
Village Hall

Bring your own refreshments
Tables must be pre-booked

All proceeds to The Friends of
St. Mary's Church
Beachamwell

Beachamwell

Afternoon Tea and a Chat.....'

Wednesday
January 19th
2 - 4pm

Village Hall



Enquiries:
01366 328108

Beachamwell



Traditional Burns Supper

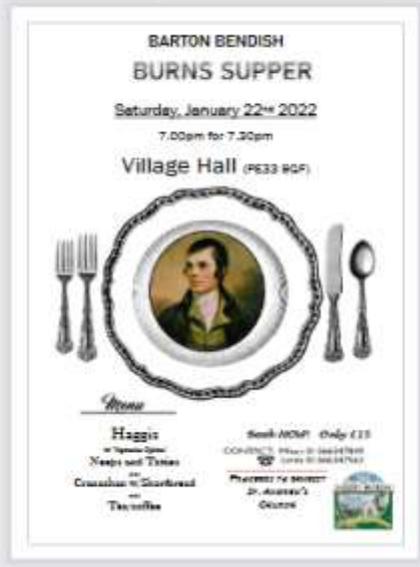
Friday 21st January
7.00pm for 7.30pm

Village Hall
Tickets £17.50
Three Course Meal
Piper

There will be a Bar and Raffle

Enquiries:
01366 328892

- + 30% ▾



WEREHAM VILLAGE HALL

CAR BOOT AND CAFE

Car Boot Sale will be on Sunday 30th
January from 8.00am to 1pm

Cafe open from 8am for hot break-
fast rolls, snacks, and drinks.

£5.00 a pitch

to book indoor/outdoor pitch, call
or text Phillip on 07759 033492

SHORT MAT BOWLS

Every Thursday 2pm until 4pm
for further details contact Phillip on
01366 501330

ZUMBA

Every Wednesday
and Friday mornings
9.30am to 10.30am

Followed by strength,
stretch, and relax
Friday's 11:00am to
12:00pm contact Do-
monique 07769
341680

BADMINTON

Friday nights 7 to 9pm, except when
the hall is being used for other func-
tions e.g Film nights.
Racquets and shuttlecocks provided
£3 per session
contact Kevin Adcock 07747

YOGA with Amy

Mondays 9.30am to 10.30am contact
norfolkyoga@yahoo.co.uk

DODGEBALL

Every Thursday 4.30pm to 5.30pm
age 5 upwards ICS Coaching
07765601690

QUIZ NIGHT

Saturday 4th December Entry by
Tickets only – £5 per person
(Maximum 6 persons / table)

Ticket price includes for a snack dur-
ing the interval but please bring your
own drinks and glassware

Tickets available from: - Village Hall
– 01366 502214 or online at [https://
www.werehamvillagehall.co.uk/
events/category/all-events/](https://www.werehamvillagehall.co.uk/events/category/all-events/)

CINEMA NIGHTS ARE BACK!

Tickets £5 adults. Juniors £3
under 15 accompanied by adult.

For details visit

Bar open from 6:45pm

[www.werehamvillagehall.co.uk/
events](http://www.werehamvillagehall.co.uk/events)

CASH BINGO

Every Wednesday

Doors open at 6.30pm Eyes down at
7.30pm Café open before and during
the break

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

PJ WINDOWS

01553 761985

PROFESSIONAL WINDOW CLEANING SERVICES
EST. SINCE 1994 FULLY INSURED

USING THE WATER-FED POLE SYSTEM
EST. SINCE 1994 FULLY INSURED



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

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

SOUND BATH



WITH GONGS AND CRYSTAL BOWLS

2022 DATES

WEREHAM VILLAGE HALL - PE33 9AP

Sundays at 6pm

16th JAN, 13th FEB, 13th MAR

BARTON BENDISH VILLAGE HALL, PE33 9GF

Thursdays at 11am

13th JAN, 10th FEB, 10th MAR

Please arrive early to allow time to get settled.

Cash payment on arrival. £12 per adult & child 14+

Please bring a sun-lounger cushion or yoga mat to lie on and blanket/pillows for comfort as needed. Unfortunately, children under 14 not permitted.

Check website for updates.

Find out more at www.soulstarstories.com Tel: 07873 558175

Instagram [@soulstarstories](https://www.instagram.com/soulstarstories) and [@kyushiwellness](https://www.instagram.com/kyushiwellness)

Paul Fieg
Katie Thompson

Hugh
Clarke

Robert
Goddard

Michael
Fook

James
Thompson

George Michael and His Boyfriends

sometimes
you've just
gotta have
faith

Barton Bendish Film Club
\$3.00 at the door
01666 207622
thomasbaron8@gmail.com

Last Christmas
Kate Winslet, Chiwetel Ejiofor, James McAvoy, Hugh Clarke
George Michael and His Boyfriends, Michael Fook, Robert Goddard, James Thompson

Friday 17th December 2021 Doors Open 6:00pm



The Village Cinema



Friday 28th January '22
Bar opens 6.45pm
Programme begins 7.30pm
Tickets (over 15s only) £5

available on line at www.werehamvillagehall.co.uk,
or on the door

Wereham Village Hall CIC, Registered Charity Number 1108472
Funding for the cinema project was provided through WRDF's FDC Community Action Fund



BARTON BENDISH NEWS

Bonfire Night in Barton Bendish.....

My diary reminds me that on the 5th November 2020, the only thing that was to mark the occasion of Bonfire Night was that it was the beginning of a new Covid lockdown. Once more we were tucked up in our homes, not even allowed the dubious luxury of standing around in each other's gardens, or practising social distancing on pavements and street corners. Events were being cancelled, plans were being changed, and winter was coming in with a masked snuffle rather than a bang.

So, it was a welcome experience this year to be able to return to a village tradition, to gather at the Hall and meet up with fellow villagers and workers, friends and neighbours.

The weather was kind to us, we had a mild and still evening for it, which probably accounted for the good size of the gathering. It was wonderful to see children running around and people chatting and generally enjoying a get together. The catering was very well received, sterling work being delivered at both the bar and the Barbie. The sparkling red wine was a fun experience, and provided an excellent accompaniment to the pork and venison sausages.

There's nothing quite like a great big bonfire to banish the darkness and raise the spirits. Perhaps we should be grateful that good old Guy Fawkes chose the state opening of Parliament for his Gunpowder Plot, which happened to be in the dark month of November. Somehow it just wouldn't be the same if we had to do it in June.

Teri McAleer

Words from the Church Wardens

WOW! Another 12 months has gone by and Christmas can be seen twinkling over the horizon! Such a cliché but where does the time go?

What a year. The slight easing of lockdown allowed us to hold an extremely successful Open Gardens in June and an equally prosperous Arts & Crafts Exhibition in September. We appreciated that our various services were so well supported, with everyone adhering to Covid rules and regulations. Our Community Library got off to a great start and the quiz sheets, thanks to the internet, were the only national and international travellers during lockdown. Covid did not prevent our annual Church and Churchyard tidy ups and we were so lucky to have a little help from our American cousins from Lakenheath!

We personally and particularly want to thank the members of the PCC of St Andrew's for all the hard work that they do. Most of this is behind the scenes so you don't see how committed they are and how much of their own time they give up to the smooth running of the church and all the fundraising events. Thank

you guys and gals. We appreciate what you do and we couldn't do it without you!

The help and support we receive from our little village and beyond is quite astounding and we are truly thankful for everything the community does to support our events. Thank you.

Finally, we would like to express our gratitude to everyone and wish you all a peaceful, safe, Covid free, happy and healthy Christmas.

With very best wishes for the New Year and all that 2022 may bring you.

Merry Christmas!

Mhari & Linda

Soup and a Talk Friday December 3rd at 6.30pm

Barton's 'Soup and a Talk Evening' is back and in the comfort of our new and improved Village Hall. A volunteer from the Alzheimer's Society will be presented with a cheque for the donation raised from the Arts and Crafts Exhibition in September and will talk about the work of the society.

Barton Bendish Film Club presents Last Christmas on Friday 17th December at 7.00pm As announced, we will be showing Last Christmas as a seasonal offering on Friday 17th December 2021. Please note this is a Friday screening but will be at the usual time, with doors opening at 6:30 for 7:00pm £5.00 on the door.

'Last Christmas' is a romantic comedy written by Emma Thompson and starring Emilia Clarke, Henry Golding, Michelle Yeoh and Emma herself. The film features (you might expect) a soundtrack of George Michael/Wham music and is a light, fluffy but entertaining movie to lift the spirits. As usual, complimentary popcorn, beverages and cake will be on offer so why not come along and enjoy a festive cinematic treat.

Running time 1hr 43mins

Reservations on 01366 347849 or cinemabarton@gmail.com although often not necessary to book.

Christmas Celebrations Saturday December 18th at 6pm There is a new format this year for Barton's Christmas Celebrations. Instead of the Victorian Evening there will be music, poetry and festive readings by candlelight in the church followed by a party in the Village Hall

Book your place with Linda on 347563 or Mhari on 347849

Burns Night 2022 January 22nd 7.0pm for 7.30pm

Barton's ever-popular Burns Supper is back. Everyone is welcome but it is

essential to book your tickets in advance from Linda (347563) or Mhari (347849).

-

Barton Bendish Poor's Charity

The trustees for the Charity are considering making grants for winter fuel to senior citizens, who are in receipt of state pension, and widows/widowers. All applicants must have resided in the parish for a minimum of 2 years. One grant will be issued per household.

Residents who completed a form previously will need to contact the Clerk, on the details below, to confirm they are still eligible and wish to receive a grant this year. Residents who have not contacted the Clerk previously, but believe they are eligible to receive a grant should contact the Clerk on the details below, to confirm their eligibility and complete a form which will authorise the Charity to hold their personal information.

The deadline for contacting us to receive a grant this year is Friday 14th January 2022

Miss Sarah Thorpe, Clerk to the Trustees.

84A Smeeth Road, Marshland St James, Wisbech, Cambs. PE14 8JF

Telephone number: 01945 430930

Email: bbpoorscharity@gmail.com

Trees in St Andrew's Churchyard

Due to increasing concern over the deteriorating condition of two trees in St Andrew's churchyard, the PCC commissioned a tree health and safety survey which was carried out by AT Coombes Associates.

Recommendations have been made for the following works to be carried out:

Western Red Cedar – near the entrance gates

Reduce height by 25%. This will in turn reduce lever arm weight on a number of stems.

Raise crown above 2m over graveyard.

Blue Atlas Cedar – on eastern boundary close to church

Fell to ground – due to poor condition

Consent for the work has been sought and granted by the Diocese of Ely and the work has been scheduled to be carried out in the coming months.

Update from Barton Bendish Parish Council

Memorial Token. The memorial token will be presented to the parish in honour of the community efforts made in the pandemic year immediately

before the next Parish Council meeting on Wednesday 12th January at 7.30pm. All residents are most welcome to attend the presentation.

Community Infrastructure Levy funds. The Parish Council is now considering some of the options which have already been put forward, but we are still looking for more suggestions from residents on how we can spend the Community Infrastructure Levy payment from the Borough Council of £2356.65. There are limitations on how this money can be used as it must be on a project or projects which is for the benefit of the community. If you can think of something that you feel we should consider, please get in touch with the Clerk.

Volunteer Drivers Needed. Are you interested in making a difference in your local community? Do you have time to spare? Do you have a full UK driving licence and fully comprehensive car insurance? West Norfolk Community Transport are looking for Volunteers in our area to drive passengers to medical appointments, shopping trips and more. Mileage is paid for at 45p per mile. For more information, please contact them on: 01553 776971 or volunteers@wnct.co.uk

The date of the next meeting will be on Wednesday 12th January 2022. The meeting will start immediately after the presentation of the memorial token at 7.30pm in Barton Bendish Village Hall. All meetings are open to the public to attend.

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

Forthcoming Events

Friday 3rd December
Friday 17th December
Saturday 18th December

Saturday 22nd January 2022

Soup and a Talk at 6.30pm Village Hall
Film **Last Christmas** at 6.30 for 7pm
Christmas Celebration at 6.30pm
St Andrews Church and Village Hall
Burns Supper 7.0pm for 7.30pm (Village Hall)
Booking essential

Remembrance Day in Barton Bendish

Our service this year was particularly poignant after the long 19 months of the pandemic. St Andrew's Church attracted a good congregation, which was able to sing, mix together and read the names of the Fallen facing the Congregation. This service is always very moving and this year the fact that it brought together people from the village and from Beachamwell seemed richly symbolic. After all, those who died in droves did so to guarantee our freedom to associate whenever and however we wish. Thanks to the PCC, the church looked marvellous, a varied array of poppies being supplemented by pictures of some of those commemorated on the War Memorial outside. It is a unique service which brings the past to life and helps us to identify with the young people who left for France never to return. We have quite an inheritance to live up to.

It was particularly pleasing to see young people taking a part in the service. We are told that soon, as generations die out and the World Wars fade into history, Remembrance Day will be forgotten. I am sure that this will never happen. The lessons learned from those two terrible wars must never be forgotten and courage must always be celebrated. It is always a profound moment when the final bars of Last Post die away and the sound of birdsong becomes audible again. This year a lone plane circled briefly during the silence, hinting at a wider world. It is strange to think that those troops to went to France during the Great War travelled further than any farmhand could have imagined in those far off days. We live in a different world but some values never change.

After the silence we returned to the church where Ray Burman lead the conclusion to a memorable service. Fittingly, he thanked his wife Vicki for another outstanding flower display. It was marvellous to see that everyone stayed on afterwards to share coffee and Fellowship. In the coming weeks we will have the opportunity to meet again as a community, either at the Barton Bendish Breakfast Club, The Soup Evening and many other events to be held at the Village Hall. We owe it to the Fallen, particularly after the pandemic, to build as strong and united a community as we can, one in which we look out for each other and share whatever gifts we have.

We're really excited to be screening the new James Bond Film, 'No Time To Die' on Saturday January 29th, doors open at 6:30 pm. As usual tickets will be £5.00 on the door and reservations should be made through 01366 347849 or in reply to this email.

COMMUNITY NOTICE BOARD

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 or 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.

MASSIVE FUEL BILLS?



INEFFICIENT OIL FIRED & LPG BOILER? STORAGE HEATERS NEED HOME INSULATION?

On any of these Governments benefits?

- Child Tax Credit
- Working Tax Credit
- Universal Tax Credit
- Pension Guarantee Credit
- Income Support
- Income Based Job Seekers Allowance
- Income related Employment and Support Allowance

PRIVATE HOME OWNER OR TENANT?

GOLDEN GLOBE will do all the hard work for you using government grants funded by all the big energy companies under the watchful eye of OFGEM.

- Confirm your benefits with DWP
- Book your free survey for you
- Install your new fuel efficient oil boiler

Look forward to **A Warmer Winter, Lower your fuel bills.** A home with added warmth and an **Energy Efficient New Boiler** with an **OFTEC Certificate**



Call Golden Globe today on 020 7096 5097
and book your appointment free of charge





West Norfolk Aviation Society

The vision one received when first arriving at the Mundford Bowls Club this month was not that of a band of riotous aeronautical enthusiasts but instead, gave the impression one had mistakenly joined a gathering at a catering exhibition with tables adorned with mouth-watering morsels all created by the fare-hostess, Val. After our last meeting it

had been anticipated that we would be brandishing our own cinema environment but, unfortunately, this was not to be. Following a delivery hitch the problem was overcome by crew members Steve and Jean who came to the rescue with their own set-up consisting of a ten foot screen with hi-fi sound and vision equipment. This, in conjunction with David's video recording of 'The World's Greatest Air Shows' compensated for any disappointments.

Not only did the film depict clips of barnstorming pioneers in action – some out of action -- but also, aeronautical participants from all periods leading up to the modern day.

Described as well, were the comments made about the psychology of entertainment; a PR exercise in allowing exponents to show off and provide an audience with what it seems to need: thrill producing images of risk-taking aeronauts challenging themselves, their machinery and the environment but, *not* each other; a team of performers working together without animated opponents.

It was interesting to contrast this with other thrill producing scenarios. Take football for instance: another spectacle with audience appeal but, with a difference; losers as well as winners. It has to be asked whether it is as satisfying to witness humiliation as it is to witness victory.

Wikipedia sites the figure of 90,000 paying supporters at Wembley on FA cup final days whereas 185,000 tickets were sold to spectators at the Royal International Air Tattoo, RAF Fairford. Perhaps this is an unfair comparison if one doesn't take every parameter into account.

We would also like to thank bartender Len who always fronts an exemplary side-show on our behalf.

BEACHAMWELL, SHINGHAM & DRYMERE VILLAGE NEWS

Mobile Post Office

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

Beachamwell Parish Council



During this year, it had become apparent to the Parish Council more vehicles were driving through the parish at speeds in excess of the 30mph speed limit. Residents had also contacted the Parish Council to express concerns regarding road safety from speeding vehicles. At the November meeting, the Parish Council approved an application to the Norfolk Parish Partnership scheme to part fund a Speed Awareness Monitor (SAM2). If successful the flashing 'slow down' sign will be installed in the parish during 2022.

A draft budget for 2022/23 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 2022/23.

Date for the next Parish Council meeting is:

Monday 10th January 2022 Ordinary Meeting Starting at 7.30pm

Clerk to the Council:

Mrs Sharon Sweet

07823 772 270 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

Breckland District Councillor Message

What another uncertain year we have endured together. The Covid 19 was a frightening unprecedented blight on our lives and after a successful Government vaccine program we can get back to living a normal life again and spend a great Christmas with family and friends.

I, as your Conservative Breckland Councillor with the full support of Breckland officers, continued an uninterrupted service to the residents for Beachamwell, Shingham and Dymere. I supported residents who came to me about Housing, DWP, Environmental and Planning, along with other issues which affected their daily lives. As a Norfolk community volunteer I carried out shopping and food parcel deliveries for worried and isolating residents. In supporting the Parish council I kept them informed of all resident supporting Breckland Council projects, supported the Village Hall with Covid 19 Government grants to cover loss of income and ongoing maintenance. The Breckland Council inspiring communities program is a Breckland council fund to fund local groups, this program will continued again in the new year if any residents have any ideas for future village projects, please let your Parish Council know, I will then take these forward.

Please contact me if you feel I can help you with any problems.

peter.wilkinson@breckland.gov.uk 01760 338819 or Mobile 07788381796

Can I take this opportunity to wish you all a Great/Merry Christmas and a Happy New Year. **Councillor Peter Wilkinson**

Beachamwell Wednesday Walkers November 3rd, 2021

A very cold and misty morning, not the best for exploring. Would anyone want to walk in such conditions? Yes, is the answer!

It was a surprise to see the large number of cars parked by the Village Hall, surely not all Wednesday Walkers? No, many were Ramblers visiting Beachamwell, but 14 intrepid folk were W.W.'s.

It took us a couple of hours to walk cover just over the four miles around much of the Warren to Larchwood and home through the arboretum and Shingham. By the time we got back to Beachamwell the sun was shining on us, and making the autumn colours glow with every shade of gold and bronze – a beautiful end of a foggy start.

Wednesday, 1st December, we will walk again - ten o'clock from the Village Hall. Do come and walk with us, we should be delighted to have your company.

Sue Pennell (Photograph—Simon Smith)



BEACHAMWELL, SHINGHAM & DRYMERE VILLAGE NEWS

St Mary's Church, Beachamwell

By the time you read this we will have had our AGM which I hope those of you who were able to attend found informative and helpful. There was a pre work meeting at the Church on the 17 November but sadly the work itself will now not start until the 4 January 2022 (the building work to the underlying structure, timbers etc) with the leadworker due to start his work on the 17 January. Anglia Thatching will start in March following the installation of the new lead roof. We hope that the work will be completed by May/June factoring in possible delays for weather etc. It will have been 3 years since the lead was stolen. We are all as frustrated as you all are



that we have had to have the Church under scaffolding so long. Thank you again to the FoSM committee who have helped moan, nag, complain and generally been a thorn in the side of the insurers and others to inch this project on. We are communicating with Historic England who awarded us the generous grant of £30,000 towards the thatch as that grant was to have been spent by September 2021. I am hopeful they will understand there have been various reasons why there has been this delay, none of which is down to the village or PCC and the insurers have confirmed this with them. We have also obtained a competitive quote for an alarm to protect the lead roof once on. (£2000) It will work as a movement detector over the span of the lead roof which will not only ring bells (very loudly) but also alert nominated villagers via an App. We are renewing our fund raising efforts to meet this cost (and thank you to Eileen and Peggy and all those who attended the quiz as this was a very good start!). The next quiz will take place on January 15th. FoSM will have a table at the Christmas Fayre on December 4th so please consider donating anything you can to help raise funds for us. We need the roof alarmed to avoid this whole sorry saga happening again.

It is sad that we will be unable to arrange Christmas festivities of any kind this year at the Church. I am hoping we will turn a corner in 2022 and by spring or early summer be able to enjoy our lovely Church again. The issue of its status has been more or less suspended for the last year or so - once it is repaired and ready to open again, maintaining it as a viable building is some form of legal status or another is the next thing on the to do list. The idea of it being a Festival Church is still an option which will be actively considered. Merry Christmas to all

Peggy Ray

BEACHAMWELL, SHINGHAM & DRYMERE VILLAGE NEWS

Beachamwell Memorial Hall



The Trustees at present are:

Pete Garner (Chairman)	pete@pgms.co.uk
Colin Friend (Vice Chairman)	colinjfriend@gmail.com
David Snodgrass (Treasurer)	davidysnodgrass@outlook.com
Ann Knox Whittet (Secretary)	annknoxwhittet@hotmail.com
Allan Butler	thebutlers@btinternet.com
Cathy Friend (Bookings)	cathyagfriend@yahoo.com

Committee Members at present are:

Tim Hudson, Mark Lusby, Helga Corey-Wright, Graham and Jackie Hood
Any queries re Village Hall please contact Cathy Friend 01366 328892

The Korean street food proved popular at October's pop up pub and it was great to see so many people enjoying the food and drinks.

Emma and Tim would like to thank all who came and sampled the food, this was the second event they've been to and appreciated all the support on their new business venture.

Kim Begg

Our Pop Up Pubs seem to be proving popular. Anyone out there got any special requests for food or know of any good suppliers then please pass details onto me for future evenings.

Talking of the future The Fete is being held on Sunday 4th September. Can you help on the day? Can you help setting up/pulling down? Can you bake a cake? Do you want a stall or know of anyone who might? Bric-a-brac will also be needed for the infamous Beachamwell tent! The committee is having a fete meeting on Thursday 20th January at 7.30pm and all of you are welcome to attend and share ideas. Let's try and make the 2022 Fete the best ever!!

January means Burns Night. Tickets are selling fast for this. Please let me know if you would like to attend and any special dietary requests. The cost is £17.50 per head and includes a 3 course meal with a Piper. There will be a bar and raffle. The date is Friday 21st January 7pm for 7.30pm.

BEACHAMWELL, SHINGHAM & DRYMERE VILLAGE NEWS

There will be a pop up pub on New Year's Eve starting at 8pm. Please bring a plate of food to share. This worked well last time we did it.

Our next pop up pub is on Friday 17th December. There will be Christmas nibbles on the night.

Saturday December 4th the Hall is hosting a mini Christmas bazaar. This was always a popular event when hosted by the WI and 2 ex members who are on the committee thought it would be a nice idea to continue the tradition. (Hopefully not a decision we will regret!!). There will be refreshments including mulled wine, raffle, cakes for sale and crafts. Please try to attend and support this new venture. If you would like a stall, it's not too late. Just let me know. Any profits from this event will go towards the Kitchen Fund.

Hall hire charging will be resuming in 2022. At the moment we are looking at electricity prices so have not worked out if the fees need to increase but I will let group leaders know as soon as it is decided.

Finally I would like to thank all who have supported the Hall over the past 2 years. Times have been strange.

Merry Christmas to you all and a Happy and Healthy 2022.

Cathy Friend

07818453323 or 01366 328892 email cathyagfriend@yahoo.com

Beachamwell Afternoon Tea and Chat



When Sonia Williams decided to retire after Lockdown and many successful years of her, Graham and Gill Sanderson providing this very welcome and enjoyable event we wondered what would happen. We are very fortunate that Gaye Patterson has decided to continue organising it. It really is a very enjoyable couple of hours once a month when people can meet and chat.

The homemade cakes are delicious.....

Why not come and see for yourself if you have never been - you won't regret it.

Thanks must go to Sonia, Graham, Gill and Gaye for being the organisers but thanks also to all who help and have helped behind the scenes. Well done. **Eileen Powell**

Beachamwell Book Group

This takes place on the first Tuesday of the month. 7.30 in the Village Hall. Why not come along? New members welcome.

Enquiries: 01366 328960

SERVICES IN DECEMBER = WISSEY VALLEY

Sunday 5th December

- 9.30 am Methwold Service of the Word
9.30 am Wretton/Stoke Ferry Service of the Word
11.00 am West Dereham Holy Communion
6.00 pm Wereham Evensong

Sunday 12th December

- 9.30 am Whittington Service of the Word
11 am West Dereham Family Service
10.00 am Boughton Breakfast Church – please book with Pippa
(328663)
9,30 am Methwold Holy Communion

Sunday 19th December

- 6 pm Methwold Carol Service
6.30 pm West Dereham Carol Service
9.30 am Wretton/Stoke Ferry Holy Communion
4 pm Wereham Carol Service

Every Sunday 6.30 pm online service

Midweek Services

Tuesdays and Wednesdays 9.00 am **Wretton with Stoke Ferry** Morning Prayer

Thursdays 8.30 am **Methwold** Morning Prayer

Thursdays 9.00 am **Wretton with Stoke Ferry** Holy Communion

Third Thursday each month 10 am Boughton Holy Communion

Churches Together Carol Singing

Outside the Tesco store in Downham Market from 7pm

Friday 17th December

Monday 20th December and

Thursday 23rd December

Wissey Valley at Christmas

Carol Services:

14th December 7 pm Boughton Nine 10 and Carols

18th December 6 pm Barton Bendish Christmas Celebration

19th December 4 pm Wereham

6 pm Methwold

6.30 pm West Dereham

9.30 am online carol service

Christmas Eve

4 pm Boughton Crib Service

4 pm Methwold Christingle

4 pm Whittington Crib service tbc

Wereham – 11 pm Midnight Mass

Wretton – 11,30 pm Midnight Mass

Christmas Day

9.30 am Methwold Holy Communion

9.30 am Wretton Holy Communion

10.00 am West Dereham Christmas Day service

10.30 am Boughton Holy Communion

SERVICES IN DECEMBER (WNPG GROUP)

Sunday

5th Dec - 9.30am, Runcton Holme HC

5th Dec - 10am, Shouldham Morning Prayer

5th Dec - 11am, Marham HC

5th Dec - 11am, Watlington Morning Prayer

5th Dec - 6pm, Online&Phone - Evening Prayer

Sunday

12th Dec - 9.30am, Shouldham Thorpe Holy Communion

12th Dec - 11am, Fincham Morning Prayer

12th Dec - 11am, Stowbridge Holy Communion

12th Dec - 11am, Watlington Holy Communion

12th Dec - 6pm, Online&Phone - Evening Prayer

Sunday

19th Dec - 9.30am, Wormegay Mission Room Carol Service

19th Dec - Shouldham Holy Communion

19th Dec - Stowbridge Joint Carol Service with Methodists

19th Dec - Watlington - Morning Prayer 11am

19th Dec - 6pm, Marham Carol Service (No Morning Service that day)

19th Dec - 6pm, Online&Phone - Evening Prayer

20th Dec - 6.30pm, Shouldham Thorpe Carol Service

Christmas Eve

24th Dec - Church Farm Stow Bardolph, Crib Service 3pm

24th Dec - Watlington Carol Service 3pm

24th Dec - 11.30pm - Fincham Midnight Mass

Christmas Day

25th Dec - 9.30am, Christmas Day Service - Shouldham Thorpe (Non-Eucharistic)

25th Dec - 10am, Christmas Holy Communion - Watlington

25th Dec - 12pm to 6pm, Home Communions and Visits

Sunday

26th Dec - 9.30am, TBC

26th Dec - 11am, Wimbotsham @ Stow Holy Communion

26th Dec - 6pm, Online&Phone - Evening Prayer

Sunday 2nd January 2022

9.30am, Runcton Holme HC

10am, Shouldham Morning Prayer

BOUGHTON VILLAGE NEWS

The Parish Council held its regular meeting on 2nd November. In summary:

1. Our county councillor briefed the meeting on his “Members’ Fund” and a new Road Safety fund.
2. The council resolved to apply for verge and drainage improvements at Cavenham Corner, road surface “SLOW” signing on the corner of Stoke Road, and potentially some kerbing on The Green.
3. We will apply for an additional site for the speed sign on Stoke Road.
4. The pond throwline is now fully installed with a dedicated instructions sign.
5. An initial budget for 2022/23 has been drawn up and will be confirmed at the January 4th meeting. Members of the public are encouraged to submit questions and suggestions to the clerk before then.

We noted the two recent haystack fires, and would urge residents to report any suspicious activity at or near agricultural sites.

It would seem that the Fire Brigade’s policy is to allow haystack fires to burn themselves out if there is no immediate danger. However, given the levels of particulates recorded at my house on 13th October, I would advise residents to remain up-wind or stay indoors if there is a recurrence.

Finally, may I wish you all everything you hope for during the Christmas period, and a happy, peaceful and healthy New Year.

Regards
Neil Matthew
Chair, Boughton Parish Council

All Saints’ Church

We are hoping to start Breakfast Church again this month, on December 12th. If you are interested in coming—warm welcome, good food and good company—please contact Pippa Blackall (01366 328 663) leaving your contact details. If you are able to help, please let her know.

The Boughton traditional Nine Lessons and Carols will be at 7 pm on 14th December, and I’m looking for readers as usual. I’ve had one offer—I hope he remembers! But need several more. We won’t have a choir, unfortunately, but Tom Golden has agreed to play and everyone sang so well at last year’s carols round the Green that I’m sure we will make a joyful sound.

Crib service at 4 pm on Christmas Eve if everything goes well, and we will have a Christmas Day service at 10.30 am, as Brian Redgers has agreed to come. It will be a communion service, but EVERYONE will be welcome, whether you are a regular churchgoer or not.

It's the end of the year, so a good time to thank the PCC , without whom we would have to close. They all work so hard, and I couldn't manage without them. Without the work of the PCC, we wouldn't have a church. I don't think people realise the amount of work that goes on behind the scenes. Angela and Andrew, as well as doing the vital work of treasurer, do the physical work of setting up, moving chairs etc that I can no longer do. Pippa is our lay minister, but as most people know, this has not been an easy year for her and yet she still gives so much. Sue is our safeguarding officer, and also runs our page on 'A church near you'. Carol has agreed to be PCC secretary. Contrary to what some people appear to think, Ely does not give us money! Everything we need at the church has to be paid for by fundraising and the regular contributions of the congregation. Thanks also to those who don't come, but continue to support us with regular bank payments. If a lot of people give a little, it adds up. We don't have a lot of people, so if anyone else could help, let Angela know. We are also grateful to the people from other villages who support our church.

Pam Wakeling



**Nine Lessons
and Carols
In Boughton
Church**

At 7 pm on

Tuesday 14th December

**Come and hear the story, sing the
traditional carols.**

Everyone welcome

WEREHAM VILLAGE NEWS

Wereham Parish Council

Next Meeting Date – Tuesday 11 January 2022 at 7.00 pm (To be held in the St Margaret's Church, St Margaret's Hill, Wereham pending covid safety – check Agenda on Website for the most up to date meeting details, if deemed unsafe the meeting will be cancelled). The Church will be the venue for Parish Council meetings until further notice whilst we air on caution in social distancing ourselves during the meeting, the room at the Village Hall that is usually used for meetings is not of the right size and the main hall has ongoing activities planned.

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

Budget 2022/23 – The Council will be considering approving the budget for 2022/23 and Precept at their January meeting. If you have ideas or anything you think should be considered, please attend a meeting to share by emailing the Clerk on werehampc@gmail.com who will share with the Council at the meetings.

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

Helen Richardson

Wereham Parish Clerk and Finance Responsible Person

Email werehampc@gmail.com or Phone/Text: 0779 500 6811

MOBILE POST OFFICE will park near the village pond on the following days/times,

Monday and Thursday 14.00 – 14.15

Tuesday and Wednesday 13.05 - 13.30

By the time you read this the **last Car Boot of 2021** will have been and gone, there is no car boot in December so the next car boot will be on 30th Jan 2022, we look forward to seeing you all there, the cafe will be open as usual in Jan. With very best wishes to you all. Philip and Rosemary,
Contact details for 2022 are tel 01366 501330, 07759033492, e-mail rosemary.pease@btinternet.com.

Short Mat Bowls.

The last session for 2021 will be on Thursday 16th December 2pm until 4pm and we will resume on Thursday 13th Jan 2022. We are a friendly little group who play purely for fun and we would welcome new players, no experience needed as we will show you what to do. With very best wishes to you all. Philip and Rosemary. Contact details 01366501330, 07759033492, e-mail rosemary.pease@btinternet.com.

Craft Group.

Our December meeting is our little Christmas party so our next open meeting will be on 11th Jan 2022, 10.30am in the village hall. We hope you all enjoyed our Craft Fair held on 13th November, all being well we will have two craft fairs next year one in May / June and pre-Christmas one in November, dates to be announced in the new year. Very best wishes to you all. Rosemary. Contact details 01366501330, 07749240606, email rosemary.pease@btinternet.com.

POP-UP CAFÉ

There will be a Pop-up Café at the Village Hall on Tuesday 7th December, 10.30am.

St Margaret's Church Festival

Sunday 17th July 2022

We have been unable to have a festival or open gardens for 2 years . Consequently, fundraising is essential .

Therefore, we should like to invite all who are interested to come to a planning meeting in the church on Tuesday 8th February at 7.00 pm .The meeting will last no longer than an hour .

We hope to see you there . If you need any further information , please contact either Chris Murray on 500976 or Tom Golden on 500052

Wanted Angels and Shepherds.



Christmas just wouldn't be Christmas without seeing children with tea towels on their heads or tinsel in their hair. Don't miss an opportunity to sing some of your favourite carols. St. Margarets Church Wereham carol service with nativity is on Sunday 19th December 4 pm. Everyone welcome . Children of all ages please come as a Shepherd or an Angel if you want and join in the nativity play.

Please also note in your diary.

Christmas Eve 24th December 6 pm Carol singing at St. Margaret's

Christmas Eve 24th December 11 pm Christmas service at St. Margaret's

We need you!!!!

DRAMA GROUP RELAUNCHING AT WEREHAM VILLAGE HALL

After long periods of lockdown, we are delighted to announce that the drama group is re-launching at the Village Hall. This is a great way to meet new people, have fun and get involved in putting on plays and shows. No previous experience required, just plenty of enthusiasm. If you would like to find out more then give Keith or Chris a call on 01366 500976 for a chat. We look forward to hearing from you.





GUTTERING SERVICES NORFOLK

LOCAL EXPERT

Guttering cleared, repaired & replaced from £35.

Free quotes, fully insured.

Professional quality work.

Contact Neill:

01485 572 002 / 07856 568 433

neilmurray@gmail.com

Fincham Memorial Hall Diary Dates - December 2021/ January 2022

THE HAPPY DOG CLUB will meet on Sunday 5th & 12th December when it will break until the New Year

FINCHAM CHORUS will meet on Tuesday 7th December and will then take a break until the New Year

FINCHAM HISTORY GROUP will meet on Wednesday 1st December & Wednesday 5th January at 7.30pm.

ZUMBA takes place every Monday & Thursday at 6.30pm. Contact Russ at rmwelch13@hotmail.co.uk for information.

Our CHRISTMAS QUIZ will be on Friday 3rd December at 7.30pm with the first quiz of the New Year on Friday 7th January Entry £2 per person. 50/50 Raffle. Bring your own nibbles & drinks.

Our CASH BINGO will be on Friday 10th December. Doors open 7.30pm eyes down 8.00pm. Entry £2 per person. £6 book of 6 Bingo tickets. 50/50 Raffle. Bring your own nibbles & drink. THE SNOWBALL MUST BE WON.

Advance warning of forthcoming events: Saturday 4th June 2022 - Fincham Fete Check our Facebook page and Next-door as well as the notice board outside the hall for the latest information.

We also have 3 ways that funds can be raised for the hall: BOTTLE BANK - the bottle bank collection unit in the hall car park is organised by Fincham Parish Council who generously make a donation to the Memorial Hall each time it is emptied. So please keep filling it up with your jam/ marmalade/ mayonnaise etc. jars as well as your beer and wine bottle empties - and any other empty bottles that you may have.

EASY FUNDRAISING has links to over 4000 participating retailers who offer donations to charity and we are one of those charities. So when you do your on-line shopping just start by going to easyfundraising.org.uk and select Fincham Memorial Hall and then continue to your favourite stores knowing that you are helping to raise much needed funds for us.



Eastern Gas

Your local plumbing and heating specialist

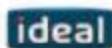
Our fully qualified plumbing and heating engineers cover the following:

- ☑ 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

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

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

**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



OAK TREE COTTAGE
THE BEACHAMWELL

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 328244
Fax: 01366 328716

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

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

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: westnorfolklandscaping@gmail.com

Breckland Pest Control



Wasps, moles, rats, mice &
more

Professional & friendly service

01760 756 405

0777 600 7201

brecklandpestcontrol@gmail.com



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

FOREST & FEN CHIMNEY SWEEP



Experienced, Qualified Professional

07749 257770 or 01366 727537

forestfensweep@aol.com

All appliances swept. Fully insured & certificates issued.

CARPET CLEANING OVEN CLEANING

Sofas & curtains cleaned

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



www.cleantech-norfolk.co.uk

*(Card & cheque
payments accepted)*

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

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

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



R D VOUTT & SON

PLASTERING

All aspects of plastering & floor screeding.

Contact Bob on 01366 328 545

mobile 07799514635

rdvoutt@yahoo.co.uk

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.



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



**07552
450522**

anglialandscapesltd@outlook.com

Turf Suppliers

Domestic/Commercial Mowing & Hedge Cutting

Hedgerow and Tree Planting

Driveways and Patios

Fencing

01366 500803

Mobile library timetable

Route number: DOW503

Calls on: Friday

Normally every: 28 Days

14 West Dereham 11:45 12:00 Telephone Box PE33 9RE
16 Wretton 12:05 12:20 Oak Tree PE33 9QT
18 Wereham 12:25 12:40 Queens Close PE33 9AX
20 Wereham 12:45 13:05 Village Hall N/A

2022 Visit dates:

- 21 January 2022

Route number: EDE208

Calls on: Tuesday

Normally every: 28 Days

2 Beachamwell 09:45 10:00 Old Post Office PE37 8BD
8 Boughton 10:45 11:00 Mill Road PE33 9AJ
10 Barton Bendish 11:10 11:20 Hatherley Gardens PE33 9DR
20 Marham 14:10 14:20 Donato's Pizza Hse - The Street PE33 9JP
22 Marham 14:25 14:40 Hillside PE33 9JJ
24 Marham 14:45 15:00 Villebois PE33 9JD
26 Marham 15:05 15:20 Village Hall PE33 9JA
28 Shouldham 15:30 15:45 Woodward Close PE33 0DE
30 Shouldham 15:50 16:05 Hallfields PE33 0DN
32 Shouldham 16:10 16:20 Ryes Close PE33 0AG
34 Shouldham Thrpe 16:25 16:40 Telephone Box PE33 0DP
36 Fincham 16:45 17:00 Village Hall PE33 9EN
38 Fincham 17:05 17:15 Churchill Crescent PE33 9EU

2021 Visit dates:

- 30 November 2021
- 25 January 2022
-

Please note this information is subject to change or amendment both on a permanent and temporary basis. For all enquiries about this route please call 01603 222303.

Every minute, six people over 65 suffer a fall/

We're here to help.

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



Careline
COMMUNITY SERVICES



**Care &
Repair**

Borough Council of
King's Lynn &
West Norfolk



777027 0244



Tel: 01553 616200
www.asklily.org.uk

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



in
good
company

In association with

 **Norfolk** County Council

Borough Council of
King's Lynn &
West Norfolk



2010-0-0

BOBBIN'S BAKES

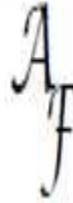


Free local delivery to Boughton, Stoke Ferry, Barton Bendish & surrounding villages

Traditional bakes, cakes & afternoon tea delivered to your door

CHARLOTTE 07873 355671

FIND US ON FACEBOOK!



Andrew Francis Funeral Services

25 London Road, King's Lynn
Tel: 01553 762242

*Award Winning Independent Family Funeral Director
Offering you a 24 hour 7 days a week professional personal service
Pre paid or Pre planned Funerals available*

[Swaffham Vets 100x180 Advert_Layout 1 20240926-22:04 Page 1

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



Swaffham Veterinary Centre

3 TOWER MEADOWS, SWAFFHAM PE37 7LT

The team at Swaffham are pleased to offer:

- Appointments to suit you
- Cutting edge diagnostics
- Full operating facilities
- Emergency out of hours care at the premises
- Nurse preventative health clinics
- Accessible parking

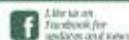
OPENING HOURS:
Mon-Fri 8.30am - 6.30pm
Sat 9.00am - 12pm

We provide our services 24 hours a day wherever you will be seen by one of our vets at the practice in Swaffham. Please phone the normal practice number in an emergency.

Please contact us by phone or email for more information:

Phone:
01760 722054

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



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

All 4 Paws Pet Services

we're there when you can't be

dog walking

cat care

small animal care

reptile care

horse care

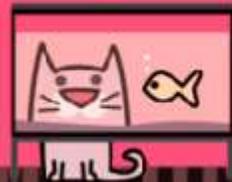


Abigail Desborough

01366 347605

07957 965623

abs567uk@yahoo.co.uk



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

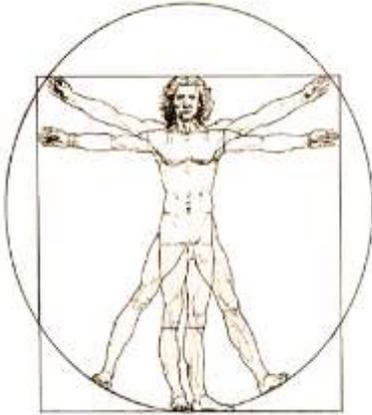
✓ THERAPEUTIC MASSAGE

✓ 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



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



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

R. H. BOND

Funeral Directors

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

Office Hours:

Monday to Friday 9am - 4pm

Saturdays by appointment only

Sundays closed - 24 hour phone service

Under new management - Debbie Stewart

Tel: 01366 500241

Email: enquiries@bondfunerals.co.uk

Web: www.rhbondfunerals.co.uk



Answers to quiz on page 6

1. 1843 – a man called John Calcott Horsley printed the first Christmas card for the friend that gave him the idea, Sir Henry Cole.
2. Norway – the city of Oslo, Norway, donates the Trafalgar Square Christmas tree to the people of Britain each year since 1947.
3. It was started by The Queen's grandfather, King George V, in 1932.
4. Tom Smith, a 19th-century London sweet shop owner.
5. Robins
6. The Merry Wives of Windsor
7. The Stone of Scone – on Christmas Day 1950, four students took the stone from Westminster Abbey in London back to Scotland. The 2008 film called Stone of Destiny illustrates the incident.

8. Christmas Day 1864 – the Boxing Day Dip is now a popular charity event that takes place each year.
9. Egypt
10. Saint Stephen
11. Gold, Myrrh, and Frankincense
12. January 7th – the Russian Orthodox Church uses the old 'Julian' calendar for religious celebration days. Only a few Catholics might celebrate it on the 25th of December.
13. England
14. Egypt
15. Back in the days, Boxing Day was a traditional day off for servants in which they received a 'Christmas Box' from their master. They would also go home on Boxing Day to give presents to their families.
16. 6th century
17. Kiss – according to the well-known holiday tradition, it's bad luck to refuse a kiss beneath the mistletoe.

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

L.D. Pest-Control

City
Guilds
NPTC
Qualified



NPTA
NATIONAL
PESTICIDE
TECHNICAL
ASSOCIATION

PROMPT
Response

THINK
GREEN
Environmentally
friendly products

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

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



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
Friendly Technology Solutions

Based in Wereham, West Norfolk

Fault finding; Repairs; Installations;
Configuration; Training

Tel: 07980 140000

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

No call out charge. No fix, No fee



*Merry
Christmas
and
A Happy New
Year from the
G4N team*



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](http://geoffsidons1.wixsite.com/norfolkmolecatcher)

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

newrooms

Designed just for you....

kitchens

bedrooms

bathrooms

flooring

**Our new showroom is located on the
Brandon Road, Methwold IP26 4RJ**



01366 727417 • newroomsdesign.co.uk

Jake Stansfield Ltd

Plumbing & Heating

All aspects of Plumbing & Heating 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

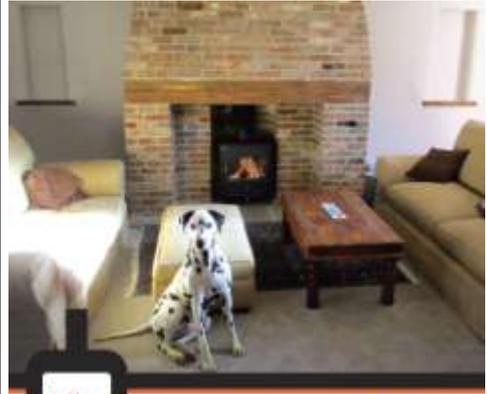
Taylor's Solid Fuels
Family run since 1946

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 Tipper loads from 1-20 tonnes

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



NW
NORFOLK WOODBURNERS

SUPPLY & INSTALLATION OF WOODBURNERS

Norfolk's agent for Aga, Hunter & Parkray Stoves

AGA
HUNTER
PARKRAY

01328 700161

www.norfolkwoodburners.co.uk





**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 supplied fresh or fro-
zen to your door.

**For more details please call Rob
on 07940 800275**

**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**



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

D.J.B. LANDSCAPING

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

All jobs considered

David Bennett

Mobile 07795 833440

Fakenham 01328 700859



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

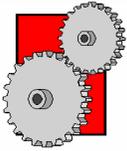
01366 387595

01366 383661

07957357480

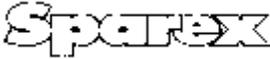
Check us out on

checkatrade.com



P.G.M.S.

Fabrication of a variety of metals
Mechanical engineering



Agricultural spares & accessories

Peter Garner
Mechanical Services

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

Tel: 01366 328823

E-mail: peter@pgms.co.uk



**Would you like your Oven,
Range or AGA Gleaned?**



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

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

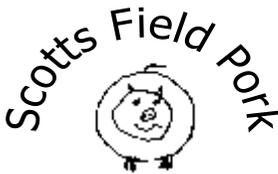
Over 45 years experience in this industry. I have experience and am happy to carry out jobs such as; fascia and guttering repairs or cleaning; external fence panelling repairs, replacement/ treatments; gates made; doors and locks repairing and replacing; refitting and refurbishment of kitchen cupboards;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

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

☎ Telephone: 01366 659828 ☎ Mobile: 07726 584502

✉ Email: geoff@norfolkshandyman.co.uk

🌐 Web site: www.norfolkshandyman.co.uk



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 hand-made 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



**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

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 00Q

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"***

