

Group
NEWS 4



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

February 2019

WELCOME

Welcome to the first issue of 2019!

There are plenty of one off events and regular classes, services, opportunities in the villages. Do take a good look and see if you can join in.

How lovely to see signs of spring—the days ARE longer, there are daffodils in the gardens and the birds are beginning to sing. Even if we get the usual February and March snow and cold, we know it won't last for ever!

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

Stoke Ferry Post Office
Our Last day of trading will be Friday 1st March 2019
Also starting on **Wednesday 30th January** we will be closed every Wednesday and Saturday until final closure date.

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 2016

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 March 2019 edition:
11th February**

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

‘FROM THE RECTORY’

01366-727220

Ken.waters@btinternet.com

Dear All,

The weather hasn't been too bad really; but there have been a few mornings where I've worn a beanie hat to keep my head warm (especially as my parting is getting wider by the day). I've had to stop wearing my snazzy hat with fur bits on, (which makes me look like I'm more suited to being an inmate in a gulag in Siberia rather than just walking the area), as my dog, Floki, has taken to barking at me every time I wear it. Now for the God spot. I know it's February but I still want to hanker on the Christmas story. To notice the very *ordinariness* of how God chooses to come; to be illegitimately and mysteriously born in a mucky stable for goodness sake, in the backwaters of Palestine; with a bunch of foreigners and riff-raff for company. The very detail we *do* know from the gospel writers says something amazing: here's a message that's good, no GREAT, news for all people whose faces wouldn't naturally fit! We are invited, indeed strongly encouraged, to become God's children. Sons and daughters of a whole new order of things; witnesses to God's love for the world he made and has always passionately loved. In Jesus is the glory of real human living; the chance to have life as God always intended it to be. And we're all invited to join in. He promises to transform frail, grey lives and bring instead colour and vibrancy, hope and purpose. Much, much more than survival and merely making it through. Christ didn't even come to invite us to just attend church services on a Sunday or special festival days; but to share in his wider purposes to bring justice and peace, forgiveness and grace to a needy world. To enable us to take part in the adventure of living and share something of what he's like. No matter where we are in life, no matter what condition we find ourselves in, no matter how far we might have strayed away, or messed up, or how unfaithful we think we are. God pursues us with a love that can forgive, restore and transform us. So we celebrate a love that never stops bringing its light into the darkness. Let us pray - "Heavenly Father, you gave us this world and a freedom of choice with how we live on it and in it. Help us as we go through this new year using that freedom to help those who are worse off than ourselves, to do those things that will help our earth so that we can ensure that our children, their children and the children to come can enjoy what it has to offer. And as we face the political difficulties of the times ahead, help us to be caring, unselfish and generous with ourselves to all that we meet. Amen."

God Bless, **Ken Waters**

BENEFICE NEWS We welcome the Reverend David Karoon as the new Priest in Charge of the West Norfolk Priory Group. This is a large group, stretching from Nordelph, to Watlington, to Marham and back down to Stow Bardolph, so he will be a very busy man. Let us wish for a happy and fruitful ministry for him and for his wife, Shirley. His licensing will be on 26th January at Watlington, before most of you will see this magazine.

This is a good place to recognise and thank the work done by the retired priests and lay readers who do so much to keep the parishes alive. I've done the rotas for this group since David Pomery left, and I couldn't have done it without Robin and Pippa Blackall, Brian Redgers, David Yabbacome, Pat Blyth, Tony Porter and William Burke. Several of them have had health issues during this time, but have carried on steadily. I've spoken to David Karoon and for the moment the rotas will continue as they have done. I have enjoyed doing it and hope to work with him in the future. Pam Wakeling

Deanery Synod 27 March 2019 The Deanery Synod on 27 March at All Saints Academy at 7-pm will be an open synod to discuss how we meet the future of our churches and building and congregations. In addition to members of the synod all churchwardens and LLMs/ALMs and any members of PCCs or indeed anyone is invited to join in the discussion. The church has been in survival mode for many years it feels. Expressions such as "bailing out the ship" and "thumb in the dyke" are used quite frequently to describe what we do. There have been many heroes who have been "bailing hard", many who have done heroic things to keep the roof on, but as our congregations in many cases grow older and fewer we now have to think about the future. We need to think about the care of our ancient church buildings and the sort of help we need to raise the money and find the expertise to help look after these lovely buildings, the repository of our nations local history. We need now think about how we maintain the ministry of the church of England, how we fund it and what shape it might take in the future. We need to think about our ministry and how we carry out the Great Commission given to us by Jesus in Matthew Chapter 28, his final words to the Disciples " And Jesus came and said to them, 'All authority in heaven and on earth has been given to me. 19. Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, 20 .and teaching them to obey everything that I have commanded you. And remember, I am with you always, to the end of the age.' How do we reach, let alone teach people all Jesus has commanded us , how do we reach out to families and young people and bring them into the fold of the church, baptising them in accordance with our Lord's will. How do we bring them to his table, to "to do this in remembrance of me". The Synod will not deliver answers, but will offer and look at ideas, seek views and discuss them. All are welcome *William Burke*

2018 Quiz of the Year

1. The 2018 Eurovision Song Contest was won by which country?
2. Prince William and Catherine, Duchess of Cambridge had their 3rd child in May and named him Louis Arthur Charles but what title does the child hold?
3. Calvin Harris & Dua Lipa had one of the biggest selling singles of the year with which song?
4. Michael D. Higgins was officially declared President of which country in October
5. Which country won the most medals in the 2018 Winter Olympics? a) USA b) Austria c) Norway
6. Who did Angelique Kerber beat to become the women's Wimbledon champion?
7. One of the biggest selling singles of the year was the song 'God's Plan' by which Canadian rapper?
8. The final of the 2018 FIFA World Cup was played in July between which 2 nations?
9. Name the goalkeeper who made 306 appearances for Liverpool up until 1971 and died in January 2018.
10. Considered one of the most influential chefs in the world, he was also an author and television personality and travel documentary maker who took his own life in June
11. Celebrity nightclub owner born in Sheffield who was the first club owner to gain a fully nude licence from Westminster City Council
12. Much loved TV presenter who hosted the National Lottery 'In it to win it' between 2002 and 2016 as well as the 2008 'Hole in the Wall' game show.
13. 5 times world champion he was known by his nickname of 'The Crafty Cockney'
14. British theoretical physicist, cosmologist, and author of 'A Brief History of Time' he was awarded the Presidential Medal of Freedom, the highest civilian award in the United States
15. Arguably the best comedian of his generation whose long stand up shows were legendary
16. Dolores O'Riordan who died as a result of accidental drowning in January is best known as lead singer with which band?

Answers on page 49

GERMAN APPLE CAKE

Recipe from the Food Aid Cookery Book compiled by the BBC in 1986, proceeds from sales going to the Band Aid charity. Recipe contributions were sent in by various celebrities with members of the public invited to submit cherished recipes too – this one is attributed to Pauline Wheeler from Surrey.

I have always served this cold as a cake, but it is suggested that it might also be served hot as a dessert with cream.

Ingredients

1 lb (450 g) cooking apples (peeled cored and sliced)
4 oz (110 g) butter
4 oz (110 g) granulated sugar
8 oz (225 g) self-raising flour (sifted)
Pinch of salt
1 egg (beaten)
4 oz (110 g) sultanas
½ level teaspoon ground cinnamon – be generous if you like spice
2 oz (50 g) demerara sugar
Icing sugar

Pre heat oven to gas 5, 190° (fan 170°)

You will need a 7 inch (18cm) cake tin, well-greased

Method

Melt butter in a large saucepan, remove from the heat and stir in the granulated sugar, S.R. flour, salt and egg and, using a wooden spoon, mix everything to a stiff, smooth dough

Place half of the dough into the prepared tin and press out as evenly as possible using your hands

Mix together the sliced apples, sultanas and cinnamon and place the spiced fruit over the dough

Sprinkle over the demerara sugar and level the surface as much as possible using the back of a teaspoon

Carefully distribute the remaining dough over the apple mixture

Bake for 50-55 mins (40 mins fan) until the top is golden brown

Leave to cool in the tin for 10 mins before turning out, then dust with icing sugar

COUNTRYSIDE NOTES FEBRUARY 2019

Sugar beet

Sugar beet was first grown in Britain in the early 1900s and the first factory opened at Cantley near Norwich in 1912. Gangs of men and women harvested it by hand. It wasn't until the 1950s that machines replaced them. Now, modern mechanical giants harvest up to twelve rows at a time chopping off the tops, lifting and loading it. Approximately 60% of the sugar we consume comes from home grown sugar beet; most of the remainder is imported cane sugar.

Other than cursing all the mud left on the road by tractors carting the beet, do you ever wonder what happens after its left the farm? It all goes to the factory at Wissington, identified from afar by large plumes of steam emerging from its chimneys. Wissey is the largest and most modern in Europe and is one of only four remaining in the UK, the others being at Newark, Cantley and Bury St Edmunds. It's efficiently powered by a system producing both steam and electricity and operates from late September until early March, working 24-7 during this period which is known as 'The Campaign'. On arrival samples are tested to determine the sugar level, normally averaging about 17%. It is then washed before processing begins. Once inside the factory it's sliced into thin strips known as 'cosettes' before being diffused, a procedure similar to brewing tea in a teapot. The water is kept at 70C for a period of time to extract the sugar. This juice is then purified by mixing with milk of lime and carbon dioxide gas before being filtered off and going through an evaporation process to concentrate it. The actual crystallisation procedure is carried out in giant vacuum pans. After having been further reduced minute sugar crystals called 'seeds' are introduced. These 'seeds' form the nucleus for larger crystals to form. The resulting mix of crystals and syrup is separated by being spun in a 'centrifuge'; to extract as much sugar as possible the syrup is spun twice more. The crystals are then washed and dried ready for storage. This method of processing results in several by-products, none of which are wasted. Soil washed off the beet is screened and sold as topsoil, extracted stones as an aggregate and the lime as a soil improver. Residual beet pulp and molasses go for animal feed. The factory also produces bio-ethanol fuel. For several years tomatoes were grown in the 44 acres (18h) of glasshouses adjacent to the factory but in 2017 the decision was made to grow medicinal cannabis instead used to produce a drug for treating epilepsy. Excess electricity and waste carbon dioxide from the factory are used for this purpose along with rainwater collected from the roofs for irrigation. Any surplus electricity generated is fed into the National Grid.

Yet another by-product is utilised by the 100,000 pink-footed geese wintering in Norfolk. They feed on the green tops and beet chips left lying in the fields after harvesting. Buy British – Buy Silver Spoon *Jill Mason*

KING'S LYNN FESTIVAL CHORUS

Present a concert, on **Saturday 9th February 2019 in St Nicholas' Chapel, King's Lynn, at 7 pm**, of two contrasting works, written five years apart in the same decade (1860s), in which the modern piano plays a central part.

Brahms' Liebesliederwaltzer Op. 52, for soloists and piano duet, inspired by Schubert's lieder, are based on the Ländler, an Austrian country dance in three time. In Brahms' Liebeslieder, however, don't expect the regular oom-pah-pah of the Strauss Viennese waltz which were also the rage at this time; Brahms the craftsman incorporates interesting rhythms and harmonic tensions.

These songs will be performed by our soloists for the evening, **Angela Brun, Freya Jacklin, Ben Thapa and Jolyon Loy**.

Rossini, with whom we instantly associate the 'William Tell' overture, was a prolific composer of mainly operas mostly in a lighter vein, whose style was much influenced by Mozart. **Petite Messe Solennelle** was written some 30 years after he had composed a major work, having retired to Paris to pursue the good life of food, wine and company! The original version is performed this evening, scored for 4 soloists, chorus, 2 pianos and Harmonium, and is conducted by Music Director **Tom Appleton**.

Feast your eyes and ears on not one, but two matching, gleaming Steinway concert grand pianos, put through their paces by our own **Ben Horden**, and **Nick Tudor**. And the Harmonium played by **Matthew Searles**, an unusual accompaniment to a piece such as this.

The work does follow the general form of a Mass, with many different styles of writing starting with the Renaissance. Was this to demonstrate that his skills were still finely honed? And what does 'petite' refer to? Whatever it is, the irrepressible Rossini opera composer is never far away - listen out for his comic operatic touches every now and then!

Tickets £20 (free for under 12s) are available from the Corn Exchange, Tel. 01553 764864, online, or on the door.

Further details of this concert, forthcoming events and how to contact the chorus is on its website www.kingslynnfestivalchorus.co.uk

Mike Walker, Beachamwell

SWAFFHAM & LITCHAM HOME HOSPICE

We were unable to hold our annual Tree of Lights event in December due to the closure of the Green Britain Centre earlier in the year. We therefore had to rethink what we could do to remember those who are no longer with us. We decided to have a new Memory Tree which was created in our meeting room at 17 Brocks Road by 2 very talented people.



Matt Colman of Green Man Woodlands designed and produced the tree trunk and the amazing owl which sits proudly on the tree top. The rope design of the tree was created by Assistant Co-ordinator Georgie Roberts, an accomplished artist, assisted by Linda Lines, one of our volunteers. This wonderful tree was adorned with hundreds of dedications from relatives remembering their loved ones. We very much missed our evening service but the new arrangements were very well received. The Memory Tree will be left in place all year and will be available to relatives for dedications.

As we have done for many years, we organised a Christmas Draw with 3 cash prizes of £250, £150 and £100. Tesco allowed us to be instore selling tickets for a 5 day period prior to the draw. The lucky winners were drawn by Candy Chapman from Tesco at 5pm on the 8th December. After printing costs and prize monies, we raised over £1000. We also took part in the Christmas Tree Festival at St Peter and St Paul Parish Church. Our thanks to David and Kay Gulliver for all their work in decorating the tree prior to the event and for stewarding on our behalf during the event. Our fundraising team will shortly finalise our fundraising programme for the next 12 months. 22nd March a Quiz, £5 per head, at Swaffham Conservative Club starting at 7.30pm. To enter teams (up to 6 persons), contact Adrian Adcock on 01760 724304 or 07741418781 or by e-mail – adran.adcock@talktalk.net. 11th May, we will be holding our annual Street Collection in Swaffham. We still need volunteers – if you are interested then please ring our Co-ordinator, Wendy Martin on 01760 722937 or call in at our office at 17-19 Brocks



Beachamwell WI

‘Know Your Shape’

A talk by Penelope Watkins

Thursday February 7th

7:30pm

Beachamwell Village Hall

Beachamwell Table Tennis



Every Friday at
3.00pm
Village Hall

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

Beachamwell Wednesday Walkers

Explore the rights of way in and around
Beachamwell with us

We meet at the Village Hall at 10.00
am

**FIRST WEDNESDAY OF EACH
MONTH**

*Walks last between one and a half to
two hours All, including dogs on leads,
are welcome*

Some paths may be rough underfoot,
there may be stiles or fields may be
ploughed: come at your own risk and
please wear suitable clothing and
shoes for the outdoors

Further details please telephone
01366 328452 or 01366 328536

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 Book Group

Tuesday 5th February
7.30

Beachamwell Village Hall

Book, read December and January,
to be discussed over a glass of wine

'Lucky Dip'

Member's own choice

Book we will read in February and
discuss in March is

C J Sansom's 'Dominion'

New members welcome

Enquiries: 01366 327 023

Beachamwell

Friends of St Mary's Pop-up Lunch Club

Beachamwell Village Hall
Wednesday 6th February
12.00 - 2.30



soups, jacket pota-
toes, filled rolls, sau-
sage rolls, tea/coffee
and cakes)

Please come along
and help with fundraising
for the thatched roof repairs

No need to book!

Enquiries 01366 327030

Beachamwell Afternoon Tea and a Chat.....

Wednesday
February 20th
2 - 4pm

Beachamwell
Village Hall



Enquiries
01366
347673



Lewis Buxton and Friends

(Reading a selection of Poetry)

Sunday February 24th
3.00pm,
Swoffham Assembly
Rooms

Tickets from
Green Parrot 01760 724704
and Ceres Bookshop 01760
722504

Enquiries: 01366 328648

SWAFFHAM JAZZ CLUB

Conservative Club, London Street PE37 7DD

£8 on the door

Tues 12-Feb at 7.30

The Colin Mason Quartet with Ryan McCaffrey on Saxophone.

Norman 01760 722384. Geoff 01366 328730

NAR VALLEY ORNITHOLOGICAL SOCIETY (NARVOS)

Tuesday 26 February 2019, 7.30pm at the Barn Theatre, Sacred Heart Convent School, Swaffham. Access and parking from Sporle Road.

Please come along to this illustrated talk by Dan Pollard, entitled:

Managing the Denver Complex

Denver Sluice has played a vital role in the drainage of The Fens since the 1600s. And who better to talk about managing the present Denver Complex than Dan Pollard from the Environment Agency who own the site.

Dan lives and works at Denver Sluice dealing with all the responsibilities of floodrisk, navigation, conservation, water abstraction, land drainage and fisheries. Quite a challenge.

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

Congratulations To the King's Arms, Shouldham

Winner of the East Anglia section in the

Parliamentary Pub of the year Awards Well done!

Thirteen members and 1 guest met in the Memorial Hall for the January meeting, Mrs C Dungay presiding. There were no birthdays for this month. The table flowers were donated to the raffle.

The evening's entertainment was provided by the popular "Three's Company," a trio of ladies, (Leah, Irma and Lesley,) who regularly perform, individually, at West Acre Theatre. Their theme, this time, was "The Seven Ages of Women," and they each performed a series of amusing, sometimes poignant poems and prose about each of the ages, ranging from Baby to Old Woman. Some of the poems were by well known poets, such as William Shakespeare, Dylan Thomas, Victoria Wood, Wendy Cope and Pam Ayres, some were by unfamiliar ones. The ladies never fail to impress and had members crying with laughter or sighing with nostalgia. Fees for the evening were given, at the ladies request, to the ACWW.

The raffle, organised by Wendy Baines, was won by I Delderfield. The table flowers, organised by I Delderfield, were won by C Stringer.

The Competition – A Poem about New Year's Resolutions – was won by I Delderfield. C Dungay was 2nd. Both poems were read aloud and admired by all members.

Tuesday 26 February: 7:45: Shouldham Village Hall: Local Paramedic and Emergency Medical Technician (Carole and Pete) have kindly agreed to come along to our Ladybirds' meeting and carry out demonstrations on resuscitation and the use of a defibrillator. Carole and Pete will give a very interesting and knowledgeable insight into the **"day in the life of"** this looks like being a very interesting evening ... with Carole and Peter giving expert advice and demonstrations on life-saving aids. This evening is open to all: refreshments included. Interested call Lorna on 01760 337089 or email: lorna.mackay@hotmail.co.uk. Or call or call in and chat with Sandra in Shouldham Post Office: 01366 347789.

Tuesday March 19th: 7:45: Shouldham Village Hall: "Blood Bikes Norfolk" have kindly agreed to come along and give a talk to Shouldham Ladybirds.

"Service By Emergency Rider Volunteers (SERV)" is a registered charity and was started by a group of Surrey motorcyclists in 1981. They learnt that hospitals spent very significant sums of money on out of hours transport and decided to set up a professionally run medical transport service, to be offered completely free of charge, and allowing the NHS to divert funds back into patient care.

Marham Village Pre-school



We are a small and friendly Pre-school and place a strong emphasis on

Play With A Purpose

Opening Hours 8.30am til 3pm Daily Term Time

Places Available for children aged 2-4years

Contact us on 07950753877
or marhamvillagepreschool@hotmail.com

For more information visit our website



ESTABLISHED
44 years



We hold a monthly Bingo and all proceeds made go to the pre-school.
Next Bingo 21st November 2018
doors open 6.45pm eyes down 7.30 pm
Refreshments Available

At Marham Bowls Club



WEREHAM

SHORT MAT BOWLS CLUB

Thursdays 7.00pm

at the Village Hall

Come and meet our friendly club,
find out what's involved, try a new
activity, help grow our club and
have some fun!

For more info or for a chat contact

Phillip on 501330

WEREHAM'S POP-UP CAFÉ

will 'pop-up'

TWICE EVERY MONTH

(initially on the 1st and 3rd Tuesday)

from 10.30am till 1.00pm

The café will continue to serve
a hot drink and a pastry or
slice of home-made cake for just

£1.50

PLUS

a light lunch 'dish of the day'
for an additional £2.50

COMMUNITY NOTICE BOARD

MOBILE LIBRARY VISITS - Please note changed days/times

DATE	VILLAGE	LOCATION	TIME
Thursday 12th February	Beachamwell	Post Office	10:05 am
	Drymere	Telephone Box	10:40 am
	Boughton	Sycamore House Mill Road	15:20 pm 15:35 pm
	Barton Bendish	Hatherley Gardens	9:40 pm
Thursday 11th and 25th February.	Wereham	The Pond	9:30 am
		Queen's Close	16:20 pm

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

VILLAGE BUS SERVICES

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

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

VILLAGE, COMMUNITY and PARISH HALL BOOKINGS

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



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

Yoga with Julia Wynne

BWYD ip, AYS Therapeutic Practitioner Cert.



High quality yoga classes based on traditional methods & teachings from an experienced & highly qualified teacher.

Individual tuition based on your own abilities & needs also available on request. This will take place in my private studio

If you want to experience or improve any of these: *Relaxation, Concentration, Strength, Flexibility, Balance, Breathing...* then this is for you!

Tuesdays in Beachamwell Village Hall (PE37 8BB) from 10.00am to 11.45am email: julia.juliannewynne2@gmail.com Tel: 01366 328617

Individual tuition based on your own abilities & needs also available on request. This will take place in my private studio

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

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



WEREHAM'S POP-UP CAFÉ

will 'pop-up'

TWICE EVERY MONTH

(initially on the 1st and 3rd Tuesday)

from 10.30am till 1.00pm

The café will continue to serve a hot drink and a pastry or slice of home-made cake for just

£1.50

PLUS

a light lunch 'dish of the day' for an additional £2.50

Wereham Weekly Cash



Wereham Village Hall

Wednesdays

Doors open 6.45 pm

Eyes down 7.30 pm

Raffle and Refreshments
with complimentary biscuits



Enquiries: Doreen Rolph
01366 500218

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

SPECIAL EVENT PLANNED?



**NEW Range
cooker and
spacious larder
fridge/freezer
available when you
hire**

**WEREHAM
VILLAGE
HALL!**



Contact Doreen
on 500218 for

Wereham

Indoor/outdoor
car boot sales and cafe.

**The last Sunday of every
month**

excluding December.

9am until 1pm

**Cafe serving bacon rolls,
sausage in a roll or egg in
a roll, with plenty of tea and
coffee.**

**A warm and friendly welcome
is given to everyone.**

**Please contact Philip on
[07759033492](tel:07759033492) or [01366501330](tel:01366501330)**

e-mail

**[rose-
mary.pease@btinternet.com](mailto:rose-mary.pease@btinternet.com).**

Free magazine inspires families to get active this summer

Together with Active Norfolk, NCC Public Health has launched a free magazine which aims to inspire families in Norfolk get more active this summer.

Packed with ideas for cheap, fun activities and days out, **Get into Summer** aims to support cash-strapped families struggling to keep kids entertained during the summer holidays.

From free outdoor gyms and guided cycle rides, to park theatre and pond dipping, the magazine features activities to suit all ages, abilities and budgets.

Pick up your copy to find out more about a FREE six-week programme of family activities, starting this summer, with courses like Family Dance at The Garage, Norwich; Cycle Confidence on the Great Yarmouth seafront; and Swimming at St James, King's Lynn.

There's also a chance to win Halfords bikes for a family of four and a glamping holiday in West Norfolk courtesy of West Lexham, as well as money-saving vouchers to help you cut the cost of keeping your family active.

Launched in the Eastern Daily Press and some of Archant's weekly titles on June 26, copies of the free magazine are also available at Norfolk libraries and children's centres.

Part of a joint campaign by Norfolk County Council Public Health and Active Norfolk, **Get into Summer** is being launched in response to the falling levels of activity in Norfolk among adults and children and the impact of this on their health and wellbeing – now and in the future.

You can find out more and view the magazine online at www.norfolk.gov.uk/getinto

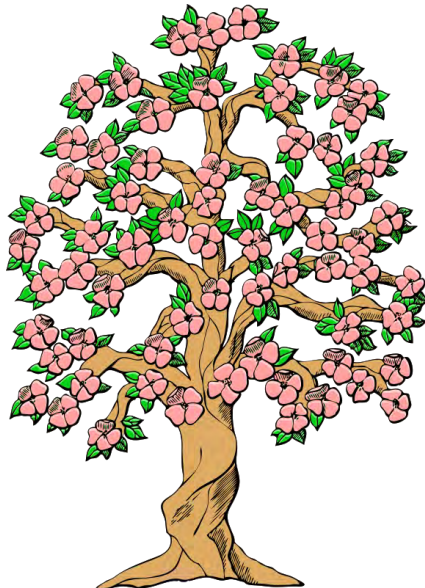
Free home assessments on offer

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

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

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

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



DOWNHAM MARKET LIBRARY

This February....

2 February: Code Club come along a learn to code or improve your existing skills – for children of all ages – under 8s must have an adult to work with them – FREE but booking essential as places are limited

5 February: Create your own Lego animated film 4.30pm till 6pm
FREE session for 8- 11s booking essential.

5 February: Chair Yoga 14:00 till 15:00 booking essential £3 per session

9 February: Code Club come along a learn to code or improve your existing skills – for children of all ages – under 8s must have an adult to work with them – FREE but booking essential as places are limited

12 February: Chair Yoga 13:00 till 14:00 booking essential £3 per session

12 February **14:00 till 15:30** FREE Author Visit – chance to meet and talk to

Ali Carter author of 'Blood List'-'Deeply buried psychological issues haunt G.P. Charlotte Peterson from her youth; a philandering doctor husband, and a past adversary who turns up in her small Cumbrian town just add to her paranoia. The questions are – will she succumb to a burning desire to destroy this person, and who will be able to stop her toppling right over the edge?'

The clock is ticking and the Lakes are deep.

16 February: Code Club come along a learn to code or improve your existing skills – for children of all ages – under 8s must have an adult to work with them – FREE but booking essential as places are limited

19 February: Chair Yoga 14:00 till 15:00 booking essential £3 per session

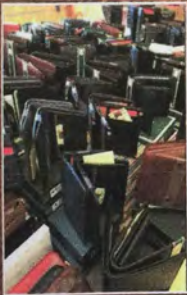
23 February: Code Club come along a learn to code or improve your existing skills – for children of all ages – under 8s must have an adult to work with them – FREE but booking essential as places are limited

26 February: Chair Yoga 14:00 till 15:00 booking essential £3 per session

Welcome to our store in Hunstanton

THE
LEATHER
SHOP

QUALITY AT A FAIR PRICE

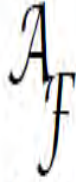


Unit 1 Harlequin House (corner of main car park)

Le Strange Terrace PE36 5AJ

Tel: 01485 535486

www.edwardsleathercraft.co.uk



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



All abilities welcome

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

Please wear loose clothing and bring a warm rug and/or yoga mat (there will be a few mats available for loan/buy).

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

**STOKE
FERRY
VILLAGE
HALL**

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

**£5.00 per session
(pay as you go)
Under 18 yrs old
must be**

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**

BARTON BENDISH NEWS

Eddie Riches RIP

Very sadly Eddie died on Saturday December 15th. He was a lovely man, modest, quick witted, musically talented and always smart in appearance. When he was younger he supported the village in many ways as well as keeping the shop. Back in those days, when village social life was centred round the Spread as it was then known, many a night he would be in there playing the piano. It was very sad to see his health deteriorate during the last few years and after losing his wife Marge back in October, having been married for more than 66 years, he was finding life increasingly difficult.

Eddie's family originated in Barton but moved to East Ham, London where he was born in 1920. On leaving school at fifteen he worked in an office but in the spring of 1940 was called up to serve in the Second World War. After training in Wales and defence duties in Essex he was despatched to Iraq before eventually ending up at Tobruk where, in 1941, he was captured by the Germans. Eddie was sent to a Prisoner of War camp in Italy and, when the country capitulated, was transported to Lamsdorf Stalag 344 camp in Poland. In the sub-zero temperatures of January 1945 he was consigned to becoming part of 'The Long March' from Poland to Kassel in Germany which he was forced to endure for three months. Having survived the indescribable horrors, atrocities and deprivation of being a POW for four years he returned to civilian life in London but plagued by ill health eventually came to Barton where, helped by wife Marge, he took over the shop that his grandmother had once run. He gave this up in 1972 and, prior to retiring, took an office job in Lynn. Three years ago Eddie and Marge moved into Downham but he yearned to be back in Barton.

To hear Eddie's story of being a POW makes us realise just how much respect we should have for all those who were captured during the Second World War and, in particular, those who were forced to participate in 'The Long March'. In common with many of his generation he very rarely talked about any of his wartime experiences and at the age of 98 Eddie was one of the last remaining survivors.

Jill and David

Talk on Swifts

I only got to find out at the last minute but I was glad I didn't miss it because I found the talk by Dr Richard Newell about swifts very

interesting and informative. It was organised by the Rev Ken and Ray Burnham and held in Barton Bendish Village Hall in aid of St Andrew's. The evening began with delicious home-made soup and crusty bread prior to Dr Newell telling us about swifts, their status in this country (in serious decline), their migration and what can be done to help them in way of providing artificial nests boxes as loss of nesting sites is believed to be one of the causes of their falling numbers.

Further information can be found on actionforswifts.blogspot.com
Special thanks to Wendy, Ken's wife, for spending much of the evening hard at work in our very cold kitchen and to Rev Ken, Ray and helpers, for organising everything else.

Christingle Service

2018 was the 50th year of Christingle being celebrated within the Church of England.

Being raised American and Catholic, I might be forgiven for not knowing much about Christingle in advance of my time living here in England. I attended my first Christingle service here in Barton Bendish a good few years back when my son was quite young. It was all explained within the service and I found the symbolism charming. It included all the most important things:

The world (an orange), God's love, Christ's sacrifice (red colored ribbon surrounding the earth/orange), God's creations and the four seasons (dried fruit and sweets on tooth picks)

and then, of course, Jesus as the light of the world bringing hope to people living in darkness (candle light).

Since then, we've made it a point to attend the Christingle service here in Barton Bendish whenever our schedules would allow. This year we imagined it all being much the same; yummy oranges and treats and candle light within St. Andrew's on a quiet Sunday afternoon followed by mince pies and other assorted Christmas season yumminess. An opportunity to spend a bit of time with neighbors in that lovely relaxed Barton Bendish kind of way. Well, this year didn't disappoint. In fact, this year will stand out to both me and my, now 9 year old, son. Reverend Ken Waters manages to bring his own unique style to any event he leads. He had all those in attendance, young and old, but mostly on the older end, up on their feet and letting their inner child enjoy all the silliness, the beauty, and

the camaraderie that is there to be enjoyed during this time of year. Thank you as ever Barton Bendish magic (i.e. all those who work so tirelessly to make it all look so effortless) for helping us take a bit of time out of our busy lead-up-to-Christmas schedule to stop, pause, giggle, and remember the true reason for the season.

Robin Kornmuller

Barton Bendish Victorian Evening.

Why the very words warm the soul! Six sharp and the company assembled on a soaking, shivery December night in the warmth of the ever-welcoming village hall - what for? What for, my dears? Why, entertainment of the most seasonal sort. And what a stylish and well-dressed company it was - such elegant and effective efforts of costume in keeping with the times. Then the grandest of entrances as the Queen and Prince Albert (God bless 'em) graced us with their august and regal presences! Her majesty introduced the entertainment in ringing and portentous tones and the show was underway.

They are a musical community in and around Barton Bendish. They know what they are about with a Glee, Catch or Carol. We raised the rafters with the traditional tunes. Gusto wasn't in it! The choir trilled deliciously under an expert baton. Some ragamuffin cockney chap bawled his way through songs his muvver had carelessly handed down - and again the company responded to the vocal challenge. But songs alone were not the full story. The tinkling and twinkling of the hand bell group left us dazzled by their highly-polished virtuosity. Such harmonies and such co-ordinated Christmas melodies! What a pleasure! Then a talented young fellow tinkled the ivories with considerable confidence and craft - a work by the German master JS Bach was a particular peach. And for myself, dear reader, the mellifluous flute of Phyllis offered a sound so round and warm that I could not have wished for more.

But there was more! Readings of "In the Bleak Midwinter", most suitable; from some scribbling by a chap called Dickens - "A Christmas Carol" I think, but rendered most ably. And others too numerous for my old memory, but wonderful and well-told. Some old shepherd chap now wandered in. He may have mistaken the hall for the hostelry across the way? At any rate he regaled the

company with rural tales in rural tones, most amusing, if in somewhat basic, bucolic taste. He concluded with a song of war and loss - most affecting it was - scarcely a dry eye in the house.

I cannot conclude without mention of the virtuosic keyboard played so skilfully by Tom. Nor must I omit the wit and wisdom of the vicar who led us through the evening with both pace and grace. Finally, the organisation, the thought, the travail and, ultimately, the triumph engineered by Linda and Mhari in bringing off the whole thing, must be admired and praised throughout the village and beyond.

This is the 4th Victorian evening we have attended since we moved to Norfolk. We have always been made so welcome in Barton Bendish. Thank you all for your hospitality!

Andy Howe Shouldham

Carol Singers

There's something magical about hearing carols being sung outdoors so it was delightful to have the Barton Carol Singers come round just before Christmas. I'm sure many people in the village will join me in thanking them for making the effort.

Jill

Breakfast Church Saturday 9th February 2019

As the Church is very cold in February there will be no services held there during

this month. However, we'll be meeting for Breakfast Church at 9.30am on Saturday

February 9th. Don't miss this opportunity to break bread with your neighbours and enjoy a thoughtful start to the day. Contact Linda 347563 or Mhari 347849 to book your breakfast!

Supper and Talk on Rural Crime Issues

Amongst other groups, we intend to approach Big Lottery, Sport England, Mick George, Tesco, Leader, The Princes Countryside Fund and the Borough Council, who have already indicated their support for the scheme. It is important to coordinate the grant applications, which are many and varied in their requirements. Often grant money must be spent within a given time period so it is vital to coordinate applications. The Village Hall Management Committee

are working very hard to maximise the chances of raising the amount of money required and believe it is only a question of time before this goal is achieved.

In addition we are proposing a number of fund raising events including:

Gardeners' Question Time on April 24th; a **Live Music and BBQ Event** in May; **Quiz and Chips** on October 19th and a **Car Boot Sale and Table Top sale** in the garden of All Saints House and the adjacent field in June.

These events and dates are provisional but we are keen to hold as many fund raising activities as possible and do what we can for ourselves. Please let us know of any suggestions you might have. And if anyone knows of any good live bands.....

Finally, we would urge you all to support the West Norfolk Wins Lottery. You can win up to £25,000. It costs as little as £1 per week to play. 50p of that goes to the Village Hall and 10p to other local causes. 25 players would raise £700 per annum for the Village Hall. Apply for tickets online at westnorfolkwins.co.uk and nominate Barton Bendish. Having fun and doing a bit of good at the same time is a winning combination!

A famous politician once said "We are all in this together" but we actually mean it. We hope that we will leave our children and grandchildren the legacy of a fine Village Hall which is capable of serving all the needs of a wonderfully sociable community. Please support us.

Andrew Stephen (Chair of Village Hall Management Committee) -
acstephen@hotmail.com

Wednesday 13th February

Following on from our successful 'Soup and Bread' evening last November, Ken and I are organising a similar evening at Barton Bendish Village Hall on 13th February - Homemade Soup and Crusty Bread will be served. We will be starting at 6.30pm.

Our speaker is Police Constable Dave Armstrong who will be telling us about the latest issues facing rural communities and how the Norfolk Constabulary Rural Policing Team is responding to issues such as Church Lead Theft, Hare Coursing, Most Wanted People, Mental Health Issues, On-line Scams etc.

Booking is essential

Please book your place by emailing ken.waters@btinternet.com

Or rayburman@me.com or phone 01842 828891

Ray Burman

Village Hall Update **Your Village Hall Needs You**

Following the phenomenal support for the proposed refurbishment and extension of the Village Hall, as shown by the public consultation evening (100% support!) and the gaining of planning permission, the search for funding is now in full swing. This search has the full support of Liz Truss MP and recently Barton Bendish Parish Council donated an initial £500 towards the fund. This is in addition to support promised by Albanwise Ltd. Detailed costing has now been arranged, which will make the process of winning funding much more achievable. We have also received considerable help and advice from the successful fund raisers of Wereham Village Hall for which we are very grateful.

Calendars

David has donated £250 to the Norfolk Hospice, Tapping House from the sale of his calendars

Excerpt from a newspaper dated 1 February 1922

Elderly Cyclist's Fall in Dark Country Lane

How a man was killed by a thorn was told yesterday at a King's Lynn inquest.

Jonathan Pealing, 61, an insurance agent of Barton Bendish, was pedalling in the dark along a country lane when his bicycle lamp failed, and he fell in a ditch.

A thorn pierced his eye. He quickly pulled the thorn out, but orbital cellulitis set in and Pealing became unconscious. He died in hospital after an operation.

A verdict was returned in accordance with the facts given

FORTHCOMING EVENTS

SATURDAY FEBRUARY 9th Breakfast Church
9.30am Village Hall see advert

WEDNESDAY FEBRUARY 13th Rural Crime Issues 6.30 pm
Village hall see advert

APRIL TBC Barton Bendish Quiz night

BEACHAMWELL, SHINGHAM & DRYMERE VILLAGE NEWS

Mobile Post Office

Monday and Thursday 12.55 – 13.15

Tuesday and Wednesday 11.10 – 11.40

Parish Council



With the elections looming in May 2019, some of you may be interested in becoming a District or Parish Councillor; with this in mind, Breckland Council are holding a Prospective Councillor event on Tuesday, 12 February 2019 from 6.00pm at the Breckland Council Conference Suite in Dereham (light refreshments will be available from 5.30pm).

These two websites will be helpful

<https://www.breckland.gov.uk/article/3404/How-to-become-a-Councillor>

<https://www.breckland.gov.uk/prospectivecouncillor>

Don't forget to look at our website website

beachamwellpc.norfolkparishes.gov.uk and the Parish Notice Board.

The next Parish Council meeting will take place on March 11th at 7.30pm.

If you have any items for the agenda please give them to me in writing at least a week beforehand.

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

Eileen Powell (Parish Clerk)

St Mary's Church

The church looked beautiful during the carol service which was held this year on a Saturday afternoon. Days before, members of the community came together to clean the building which with its layers of dust and its many cobwebs is no mean task. Other people provided a colourful array of flowers or made mince pies and cakes. A number of children gave readings which always enhances the occasion. The flickering flames of candles cast moving shadows along the ancient walls and were mirrored on the stained glass windows. The highlight of the service was the impressive singing of the choir whose voices reverberated within the stone walls which have echoed with prayer and praise for century after century. The well-known carols, however trite their words, never seem to lose their

BEACHAMWELL, SHINGHAM & DRYMERE VILLAGE NEWS

sense of wonder is so often lost through the getting and spending of adulthood so that life becomes grey and meaningless and thoughts of death put to one side.

It was wonderfully appropriate that the moon should glow and that stars should pierce the clouds as we walked to the church, lit like a beacon in the winter darkness, for the midnight Communion on Christmas Eve. The rows of people had returned to their usual state of emptiness but the sparsity of the congregation gave a sense of intimacy to the proceedings. There was no organist but a handful of uncertain voices sang some carols as best they could. The Reader stumbled his way through the Biblical readings but the various imperfections of the service gave one a deeper sense of flawed human beings striving to grasp that which lies beyond their understanding. The church clock tolled midnight to mark the beginning of Christmas Day some three minutes later than it should: like St. Mary's itself, the clock is beginning to lose its way forward.

James Knox Whittet

Flower and Brass Cleaning Rota for February

3rd Sonia Williams; 10th Diana Lambert; 17th Olwyn Locke; 24th Mary Riches

The Friends of St Mary's

I hope all the supporters of St Mary's Church have had a good start to their year. The Friends executive committee met on the 4 January to make plans for our activities for 2019. Our bank balance now stands at £5,444.08 and we agree that our focus for this next year would be to build on the fund raising success of 2018 with a view to reaching what is needed to start the actual repair to the thatched roof of the Church. We are in the process of getting a range of quotes and we will confirm our actual target as soon as we can. In the meantime there are a host of exciting activities planned. We will have had the first of the ever popular quizzes by the time this gets out (thanks again to Peggy and Eileen) and Vesna and Pat are arranging the first of a number of "pop-up lunches". We also have the annual half marathon and are planning to possibly organise a concert and a craft exhibition.

As always, thanks go to the army of dedicated helpers and organisers for all these activities.

Peggy Ray (Chair of FoSM)



BEACHAMWELL, SHINGHAM & DRYMERE VILLAGE NEWS

Beachamwell's Countryfile Ramble

This is a copy of the thank you certificate for our Countryfile Ramble. Although the total reads £50.00, with gift aid we actually gave £62.50



BEACHAMWELL, SHINGHAM & DRYMERE VILLAGE NEWS

Wednesday Walkers

The last walk of 2018 was the now traditional route along the Green Drove and back to the Village Hall for mince pies and mulled wine and for some unio entertainment.



Mike, who makes a restores old musi instruments, brought alo his 3-string Pringolian Fid (manufactured from Pringles carton and a bro handle) and a viola ma from a Bread Stick car and more broom han These instruments were t of the four he made professional musicians perform a Hayden conce at the Brandon Festival I autumn.

The Wednesday Walk listened to Mike as he play the lively *Horses Brawle* the Pringolian. This 1

century tune was a great favourite of Elizabeth I to which she and a part performed a semblance. A semblance is a sort of dance, but with no set ste instead the 'dancers' make shapes and actions related to the sort of brav being played – in this case a horse.

Mike also played Irish jigs for us. It was a very special and unusual way round off 2018.

The New Year brought us back to normality as we wandered along the Lo Drove (older residents of know it as 'Search Light Drove'), across meadows the Warren Belt and back to the village – just over three and a half miles.

Do join us if you too want to explore the rights of way in and arou Beachamwell. We meet next on Wednesday, 6th February, and walk from Village Hall at 10.00 a.m.

Further details from 01366 328536 or 01366 328452

BEACHAMWELL, SHINGHAM & DRYMERE VILLAGE NEWS

Beachamwell WI

In December, we celebrated Christmas with musical and humorous entertainment from the West End Waiters, a group that supports Motor Neurone Disease Research. We were delighted to welcome lots of visitors and we hope they enjoyed the evening as much as the members did.

We started the New Year, as usual, with its Resolutions Evening where we discussed the proposals for this year's national WI campaign focus. In this year's shortlist, three of the proposals concerned women's health issues; "Ending the taboo around menstrual health", "Pelvic floor education" and "Don't fear the smear". Two proposals had an environmental theme; "Improving plant biosecurity" and "Trees – improving the natural landscape". Lastly, there was "A call against the decline in local bus services". Lively and frank discussions ensued and members will now vote for the resolution they wish to be taken forward at a national level. The evening finished with a quiz.

At February's meeting there will be a talk by Penelope Watkins on "Know your shape, enjoy your assets." It promises to be an uplifting evening! In March, local writer, Jackie Bennett will give us an illustrated talk on the subject of her latest book, "Britain's Island Gardens".

Beachamwell WI meets at 7.30 on the first Thursday evening of each month in Beachamwell Village Hall. The group is friendly and informal. Prospective new members and visitors are very welcome to join us. Just turn up on the night or phone Leah Spencer (01366 328536) or Helen Ranger (01366 328589)

Maggie Mackenzie



**SUNDAY SERVICES IN FEBRUARY
(Priory/Northern group)**

Sunday 3rd February The Fifth Sunday before Lent

10.00 am Fincham Eucharist
 10.00 am Shouldham Morning Prayer
 10.30 am Marham United Worship (Methodist Chapel)
 10.30 am Stow Bardolph Holy Communion
 11.00 am Runcton Holme Holy Communion

Sunday 10th February The Fourth Sunday before Lent

9.30 am Shouldham Thorpe Holy Communion
 10.30 am Stow Bridge Holy Communion
 10.20 am Marham Morning Worship (Holy Trinity)
 11.00 am Tottenhill Holy Communion
 6.00 pm Fincham Evensong

Sunday 17th February The Third Sunday before Lent

10.00 am Shouldham Holy Communion
 10.30 am Marham United Worship (Methodist Chapel)
 10.30 am Nordelph Holy Communion
 11.00 am Watlington Holy Communion

Sunday 24th February The Second Sunday before Lent

9.30 am Fincham Holy Communion (said BCP)
 10.30 am Marham Holy Communion (Holy Trinity)
 10.30 am Wimbotsham Holy Communion with baptism
 11.00 am Wormegay Holy Communion

THURSDAY SERVICES at 10am

HOLY COMMUNION **Fincham** 7th and 21st.

BAPTISMS AND WEDDINGS

Please contact the Churchwarden in your parish:

Fincham	Cathy O'Brien	01366 347279
Marham	Philip Fay	01760 444199
Shouldham	Brian & Ann Hullah	01366 347814
Shouldham Thorpe	Gordon Reid	01366 347253
Shouldham Thorpe	Gary Eggleton	01366 347829

VILLAGE, COMMUNITY and PARISH HALL BOOKINGS

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

SUNDAY SERVICES IN FEBRUARY
(Wissey Valley/Southern Group)

Sunday 3rd February The Fifth Sunday before Lent

9.30 am	Methwold	Service of the Word
9.30 am	Wretton	Service of the Word
11.00am	Beachamwell	Holy Communion
11.00am	West Dereham	Family Service
6.00 pm	Wereham	Evensong

Saturday 9th February

9.30 am	Barton Bendish	Breakfast Church (Village Hall)
---------	----------------	---------------------------------

Sunday 10th February The Fourth Sunday before Lent

9.30 am	Methwold	Service of the Word
9.30 am	West Dereham	Holy Communion
9.30 am	Whittington	Service of the Word
10.00 am	Boughton	Breakfast Church

Sunday 17th February The Third Sunday before Lent

9.30am	Methwold	Holy Communion
9.30am	West Dereham	Service of the Word
9.30am	Wretton	Service of the Word
11.00am	Beachamwell	Service of the Word
11.00am	Wereham	Morning Prayer

Sunday 24th February The Second Sunday before Lent

9.30am	West Dereham	Service of the Word
9.30 am	Methwold	Service of the Word
10.00 am	Whittington	All Age Service
11.00 am	Boughton	Holy Communion

MIDWEEK SERVICES

Holy Communion 10.00am **Boughton** Thursdays 14th and 28th

Holy Communion 10.00am **Wretton** with Stoke Ferry Tuesday 19th

Compline 5.30pm **Whittington** Thursday 21th

Churchwardens

Barton Bendish	Mhari Blanchfield	01366 347849
	Linda Webster	01366 347563
Beachamwell	Vesna Hudson	01366 327030
Boughton	Pam Wakeling	01366 500429
Wereham	Sheila Smith	01366 858165

BOUGHTON VILLAGE NEWS

News from All Saints' Church

It seems a long time ago, but we had our now traditional services at Christmas. The carol service was well attended, although illness prevented at least one regular member of the congregation, and the enduring popularity of the traditional readings and carols was once again revealed. It was Ken's first time as celebrant over the Boughton carol service, and all went smoothly. Thanks to Angela and Tony for their help in decorating the church, which looked beautiful as usual, to Sandy and Frank for providing the mulled wine, with Tony's help, and to the volunteers who made sure the chairs were put out. We can't run the church without all these people giving their help and service.

Although we didn't have a service on Christmas Day itself, we had a well attended communion service on the 23rd and the equally traditional Crib Service on Christmas Eve. Traditional, but different, as our lovely donkey Bubbles had died earlier in the year and we had two beautiful alpacas, living in the village, to take his place. They were beautiful and well behaved, and as Pippa said ' If Jesus had been born in South America, he would have had alpacas around the manger!' Many thanks for them, and to Pippa for taking the service, with Tom Golden on the organ.



Collections were made at the Carol Service and at the Crib service. A total of £291.77 was shared between Crisis at Christmas and Embrace.

Samaritan's Purse Shoebox Appeal 2018

Many thanks to those of you who filled a shoebox or two and made a difference to children in need throughout the world. We are pleased to report that we delivered 20 shoeboxes from Boughton to the local collection point in Wretton. You all expressed a wish to fill a shoebox again this year so look out for details in the autumn. Angela & Andrew

Poppy Appeal 2018

The British Legion Poppy Appeal house-to-house collection in Boughton raised £218.05. Many thanks for your generosity.

Angela Faherty

All Saints' Church – Preparation of New Electoral Roll in accordance with 6 year rule

In accordance with the Church Representation Rules, 2019 is a year in which an entirely new church electoral roll must be prepared.

Whether or not a person has their name entered on the existing electoral roll, anyone wishing to be enrolled on the new roll must complete a fresh form of application.

The Church Electoral Roll is completely separate from the civil electoral roll. To be included persons should be over 16 and baptised and fulfil the requirements stated on the application form. Please contact me for an application form which must be completed and returned to me by 3rd March 2019.

Angela Faherty (501335) – Electoral Roll Officer

Boughton Fen Report for Parish Council Meeting 11.01.2019

The past three months have been quite eventful, with six successful working parties taking place over the three months. A number of new volunteers have come on board,

and we have been able to progress quite a bit of work that was thwarted last winter due to the terrible weather.

Another major change that has occurred is the installation of the second outfall, again frustrated by the weather over the previous two winters. Given the very limited window of the year in which work is permitted, all taking place in the winter, this kind of thing is always difficult, but with all permits in place and the contractor lined up and ready to go, the dry summer gave us an early opportunity to get this significant job done. The contractor was able to access the site without any difficulty at the end of October, and left the area in immaculate condition. I was then able to ask for the access platforms to be fitted, and would like to thank Bonnet's for their incredibly swift response. I am sure they were pleased to get them out of their workshop after all this time.

Immediately before Christmas, the new Countryside Stewardship paperwork finally arrived, and I am now just awaiting the final documents. The Stewardship commenced on 1st January, with just under £6000 per annum to be used as directed by Natural England. There are some changes as to how they wish some of the work on the fen to be done, but it is itemised very clearly as to how much can be spent on what. All of the hardwork done by our Natural England Advisor, in conjunction with ourselves, has paid off, and things are very much better than we had expected this time last year.

It was disappointing, then, to find that the EA had been to clear the reed from the river, and in so doing had taken a significantly larger cut down the bank than they are entitled to, mulching it in a manner that contravenes our stewardship arrangements, leaving mud and slurry on our side of the river bank as well as other damage.

Fortunately, we have been able to meet with EA, and all parties are now working on measures to prevent such a lot of environmental damage being created in the future. Clearly we are happy for them to maintain their watercourse, but in a manner that does not jeopardise the fen, or our stewardship funding.

On a brighter note, Norfolk Wildlife Trust met with us, and our two professional contractors regarding the CWS section of the fen. They have funds derived from their members which may only be spent on sites with public access, so we are very pleased to have been awarded a substantial grant to pay for both grass cutting and scrub clearance.

Bill Miller

Many people will remember Bill Miller, who lived in the village for most of his life, before moving to a retirement home in Ripon. He cared devotedly for Joan after her stroke, and was one of the nicest men one could wish to meet. As Frank Reid said recently 'Bill was a real gentleman' Bill died early in January and his memorial service was on Wednesday 30th January in Boughton church. I'm writing this before the event, but I am sure the church will be full with his friends.

STRINGSIDE DRAIN – BOUGHTON FEN – ADVICE FOR WALKERS

Recently, the Environment Agency have been doing some remodelling work to the bank of Stringside Drain, to repair the deep ruts and damage that occurred when they cleaned out the river. This has left some areas quite muddy and slippery in the short term. They have done their best to leave some sort of path for most of the length of the bank, but in places this has not been possible. Once the Spring growth starts to come through, this will start to re-stabilise, but in the meantime this part of the circular walk will need to be treated with caution .

Mark Pogmore

Chair – Boughton Fen Committee

WEREHAM VILLAGE NEWS

Wissey Valley Players is an exciting new drama group that has recently been set up for residents of Wereham and all of the surrounding villages. It is already proving to be very popular, but we are keen to attract new members from across the local community. The group meet every Thursday evening from 7.30pm to 9pm at Wereham Village Hall. The group is open to all ages, and is a great way to meet new people and enjoy play reading in a relaxed and fun way. We are currently working on two comedies by Alan Ayckbourn and some new pieces written by members of the group. We are not only looking for people who enjoy acting and singing, but also those who would like to try their hand at directing, stage management or set design. Can you help to make sets and costumes or props? Or perhaps you have skills in lighting and sound which would be invaluable to us. Why not come along to one of our meetings to find out more and join in.

Message from Santa Many thanks to all the children who came to see me at Wereham village Hall. Thanks also to the Elves that helped get all your presents ready. I hope you liked the presents I left for you on Christmas morning.

Be good in 2019. See you next year. *Santa*

Wereham Craft Group The craft group had our first meeting of 2019 on Tuesday 8th Jan and we will continue to meet in the village hall on the second Tuesday of every month. We have set the dates for this year's craft fairs, the summer craft fair is to be on Sat June 1st at 10am until 4pm, and the pre Christmas craft fair is to be on Sat November 2nd, 10am until 4pm. Any crafters out there who think they might like a stall please get in touch with me as soon as you can as the tables get taken up quite quickly. My contact details are, tel 01366 501330, or 07749240606, email rosemary.pease@btinternet.com.

Car Boot and Cafe. Our regular car boot sales will be taking place on the last Sunday of every month throughout 2019. Cafe selling bacon rolls etc will be open every month. Please come and give us a look and try one of our bacon rolls, a warm and friendly atmosphere is always here and there is a children's playground outside. For details please contact Philip on 01366 501330 or 07759033492. E-mail rosemary.pease@btinternet.com.

Short Mat Bowls. Short mat bowls resumes on Thursday Jan 10th 2pm until 4pm. But as from THURSDAY April 4th we return to evenings 7pm until 9pm. New players always welcome, no experience needed, just come along and enjoy yourself. £2 per player with tea, coffee and biscuits served at half time at no charge. For details please contact

Philip on 01366 501330 or 07759033492, e-mail rosemary.pease@btinternet.com.

Wereham church festival

The time is fast approaching for us to start thinking about the 2019 church Festival. A successful day helps us to remain solvent and to continue to pay all the bills. On behalf of the PCC, I am pleased to invite all who are interested to come to a planning meeting in the church on Tuesday 5th February at 7.00pm. We welcome new ideas and offers of help. Many thanks, *Tom Golden*

Wereham Village Hall For queries about events, bookings or activities, please contact Jo, Lyn or Sara in the office via email villagehallwereham@gmail.com or call 07497 430005 or pop 10am to 3pm Monday to Friday.

Events for Feb - Valentines dance – Feb 16th - Valentines Dance Dancing to live music from Gravel Road Bar Buffet Raffle Tickets £8 per head including finger buffet Under 11's free. Tickets can be purchased online at <https://www.werehamvillagehall.co.uk/event/valentines-dance/> or by popping in to Jo, Lynn or Sara in the office 10am to 3pm Mon-Fri to purchase your ticket.

Cinema – 22nd Feb – Doors and bar open from 7pm. Film to be confirmed by end of Jan, go to <https://www.werehamvillagehall.co.uk/events/> for more info or to purchase tickets on line, alternatively, pop into the office.

Pop up café – 10.30am to 1pm on the 5th and 19th of Feb and March – delicious cakes and a hot drink £1.50 and homecooked light lunches – check our facebook page or website for more info. Cake donations/queries to Doreen on 01366 500218.

Car boot and Café – Feb 24th 9am-1pm (café opens at 8am). Café serving bacon butties, hot dogs and hot drinks. £5 per pitch. Contact Philip on 07759033492/01366 501330 e-mail rosemary.pease@btinternet.com

Weekly Groups (for more info go to <https://www.werehamvillagehall.co.uk/whats-on/> or pop into to see the notice boards)–

Vivienne Scott vivienne.scott@gmail.com

Whenever a club holds an annual general meeting it is quite common to assume that the event will be received with less enthusiasm than normal but, not on this occasion; the westnorfolkaviationsociety.co.org and its members enjoyed an evening in the spirit of what would normally be regarded as a party, with food and liquor being supplied by our host and hostess at the Mundford Bowls Club. Entertainment was provided by a comedy double act comprising the Chairman, Chris Halliday, and the proxy secretary, David Allen.

A motion to re-elect all current officers was proposed and seconded. To confirm solidarity, the chairman light-heartedly bestowed upon the worthy, hand crafted medals he had constructed himself from non-negotiable UK currency.

Fred Miller, our technical officer, proposed the introduction of a logo to help others identify our organisation; this could be used as a transfer to emblazon various garments we might wish to adorn. The motion was carried and new member, Mem Memet, a graphics designer, agreed to undertake the assignment.

David Tyler, our treasurer, reported that we had a healthy set of accounts and it was agreed by all that the current annual club subscription of £10 per member should stand for the coming year. It would appear that this is not a deterrent to prospective recruits especially when the buffet each month is all inclusive. There is no restriction on membership and it's particularly nice to welcome a growing number of lady members and, lady speakers too.

After the meeting ended the rest of the evening was devoted to a video presentation, courtesy of Fred Miller and projectionist Andrew Barnes. This was entitled 'The Gimli Glider'. This aeroplane turned out to be a Canadian B767 airliner which ran out of fuel at 40,000ft and managed to land without loss of life on a disused airstrip actively being used for car racing events. The air accident report claimed that it was not pilot error or an aircraft fault but a situation brought about by lack of training i.e. an administration blunder; confusion over whether the fuel was measured in gallons or litres. Steve de Rouke, long standing member and retired airline pilot, then took the floor and spoke of similar experiences he had encountered himself.

At the end of the evening the secretary thanked the chairman for executing his duties so well and in return the chairman thanked the secretary for having been responsible for 'holding the club together' during the last twenty five years. In recognition of this David was presented with his favourite tippie, a bottle of Dalwhinnie malt whiskey together with a little light reading material; 12kgs worth of vintage aviation history.

Chris went on to thank our charming hosts, Val and Len, for their contribution and participation throughout the year and, likewise, were presented with tokens of our gratitude.

West Norfolk Aviation Society Whenever a club holds an annual general meeting it is quite common to assume that the event will be received with less enthusiasm than normal but, not on this occasion; the westnorfolkaviationsociety.co.org and its members enjoyed an evening in the spirit of what would normally be regarded as a party, with food and liquor being supplied by our host and hostess at the Mundford Bowls Club. Entertainment was provided by a comedy double act comprising the Chairman, Chris Halliday, and the proxy secretary, David Allen.

A motion to re-elect all current officers was proposed and seconded. To confirm solidarity, the chairman light-heartedly bestowed upon the worthy, hand crafted medals he had constructed himself from non-negotiable UK currency.

Fred Miller, our technical officer, proposed the introduction of a logo to help others identify our organisation; this could be used as a transfer to emblazon various garments we might wish to adorn. The motion was carried and new member, Mem Memet, a graphics designer, agreed to undertake the assignment.

David Tyler, our treasurer, reported that we had a healthy set of accounts and it was agreed by all that the current annual club subscription of £10 per member should stand for the coming year. It would appear that this is not a deterrent to prospective recruits especially when the buffet each month is all inclusive. There is no restriction on membership and it's particularly nice to welcome a growing number of lady members and, lady speakers too.

After the meeting ended the rest of the evening was devoted to a video presentation, courtesy of Fred Miller and projectionist Andrew Barnes. This was entitled 'The Gimli Glider'. This aeroplane turned out to be a Canadian B767 airliner which ran out of fuel at 40,000ft and managed to land without loss of life on a disused airstrip actively being used for car racing events. The air accident report claimed that it was not pilot error or an aircraft fault but a situation brought about by lack of training i.e. an administration blunder; confusion over whether the fuel was measured in gallons or litres. Steve de Rouke, long standing member and retired airline pilot, then took the floor and spoke of similar experiences he had encountered himself.

At the end of the evening the secretary thanked the chairman for executing his duties so well and in return the chairman thanked the secretary for having been responsible for 'holding the club together' during the last twenty five years. In recognition of this David was presented with his favourite tippie, a bottle of Dalwhinnie malt whiskey together with a little light reading material; 12kgs worth of vintage aviation history.

Chris went on to thank our charming hosts, Val and Len, for their contribution and participation throughout the year and, likewise, were



Come and join us to hear from Police Constable Dave Armstrong about the latest issues facing rural communities and how the Norfolk Constabulary Rural Policy Team is responding.

**Church Lead Theft Hare Coursing
Most Wanted People Mental Health
Issues
On-line Scams**

**Organised by St Andrew's church, Barton
Bendish
Wednesday 13th February 6.30pm
Barton Bendish Village Hall**

Homemade Soup with Crusty Bread will be served

**Booking is essential
email Rev Ken Waters on
ken.waters@btinternet.com
or Ray Burman on rayburman@me.com Tel
01842 828891**

**Premier
Holiday accommoda-
tion
in Wereham
overlooking the pond
4* very comfortable, well
equipped 4 bedroomed
house Sleeps 10, 2 bath-
rooms**

Ideal if you have family or friends vis-
iting

Good discounts available for
Group 4 News readers!



HOLIDAY COTTAGE

Sleeps 6—8

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

Contact:

Tom & Caroline Sanderson.

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

Tel: 01366 328244

Fax: 01366 328716

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 Home
Needed! Start**

Support and friendship
for families

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

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

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

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

**Home-Start Swaffham & District
The Community Centre, Campinglands,
Swaffham, PE37 7RB**

Tel: 01760 721271

Email: admin@homestartswaffham.org.uk

Events for February 2019

Saturday 2nd February to Sunday 10th March, 11.30am and 2pm

Snowdrop Walks

Walks on Saturdays and Sundays and every day during half term (18th to 22nd February).

You can either join one of our garden stewards for a walk, taking in the beauty of the snowdrops and aconites carpeting the ground beneath the trees or you can take yourself on a stroll to view them through the gardens and woodlands. Please be aware that the weather conditions may impact on the number of snowdrops that there are.

The walk with a garden steward is free of charge but the standard charge applies for entry to the gardens and estate. No need to book, just turn up.

Wednesday 20th February, 11am – 3pm

Junior Ranger Day

Come and join the Ranger and team in Home Covert woodland. Activities may include wood carving, making fires, toasting marshmallows and identifying trees species and creatures in the winter woodland. Wear clothes you don't mind getting muddy in plus sturdy boots or wellies.

Please note there is a walk of about 20 minutes from the car park to the event area.

Visitors should bring their own lunch, but drinks are provided.

£10 per child. (Includes entry into the grounds). This is a bookable event.

To book please ring 0344249 1895. Up to two parents/guardians per family. All accompanying adults will be charged entry to the grounds on the day (£7.00 standard price).

FARMERS' MARKETS

Ely	Second and Fourth Saturday 8:00-2:00pm
Fakenham	Fourth Saturday 8.30am to 12:00pm
RAF Marham	First Thursday 12.00pm to 5.00pm
Swaffham	Second Saturday

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



6th April 2019
18:30 hrs.' for 19:00 hrs.'



1940's Desert ★ Rats



★ D-Day★ Dinner & ★ ★ Dance



On 6th April 2019
18:30 hrs.' for 19:00 hrs.'
£44.00 per person,
advance booking required
Period or Smart Dress



Tickets include: 3-course meal with tea/coffee,
1940's Swingtime Sweetheart singers,
Piper, DJ - AndyV8
Carriages at 00:59 hrs.'



To be held at: Lynford Hall Hotel,
Mundford, Thetford, Norfolk. IP26 5HW

Visit the Website for details:

<http://www.desertrats.org.uk/dance>

contact Debbie Wells Tel: 01366 347316

email : desert.rats.events@gmail.com



FOREST & FEN CHIMNEY SWEEP



Experienced, Qualified Professional

07749 257770 or 01366 727537

forestfensweep@aol.com

All appliances swept. Fully insured & certificates issued.



Ethical Mole Management with-
in 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
geoffsiddons1.wixsite.com/
norfolkmolescatcher**

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

1. Israel
2. Prince Louis of Cambridge
3. One Kiss
4. Ireland
5. Norway
6. Serena Williams
7. Drake
8. France and Croatia
9. Tommy Lawrence
10. Anthony Bourdain
11. Peter Stringfellow
12. Dale Winton
13. Eric Bristow
14. Professor Stephen Hawking
15. Sir Ken Dodd
16. The Cranberries

Answers to the quiz

on page 5

Fancy Molecatching

PRESSED FOR TIME

Go let off some steam... and let me iron out one of life's little chores

Domestic Ironing

75p for first 10 items thereafter 50p per item.
Local delivery and collection available minimum order £10.

Holiday Let laundry and ironing

Please phone for information and pricing.

Call Sarah Today

01366 501317
07870 768781

SL Ironing Services
12 Buckenham Drive
Stoke Ferry



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 DVOUTT & 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

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

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 SERVICE



**Care &
Repair**

Borough Council of
King's Lynn &
West Norfolk



1170-97-3G4N



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



2018-9-2

Methwold Nursery School and Pre-School


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

Open all year Monday to Friday 7am to 5pm
from age 3 months to 5 years

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

Visit our website to view 'The Topics' and learn more about us!
www.methwoldnurseryschool.co.uk

39 Stoke Road, Methwold, Thetford PE26 4PE Tel: 01368 728419
*Subject to availability terms and conditions



Maths Tutor

(Year 6 to GCSE)

- unravel problems
- boost confidence
- improve numeracy

A Cambridge graduate offers one-to-one tuition in your home (one-off or ongoing)
£30 per hour

For details, or to arrange a **£10 INTRODUCTORY SESSION** contact Katherine Shaw
07773 - 433180

Swaffham Vets 130x190 Advert_Layout 1 30/03/2016 22:54 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 own out of hours service where 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

 Like us on Facebook for updates and news

PUT YOUR BEST FOOT FORWARD IN 2019

As you read this, the weather may still be cold but nothing can stop the evenings from drawing out! Before long spring will be here and with it scope for new activities and challenges.

Here at the Magpie Centre, home of West Norfolk Riding for the Disabled Association, based at Wallington Hall, South Runcton PE 33 0EP. we are on the hunt for volunteers who can help with riding lessons on Tuesdays, 4.00 pm to 7.00 pm and provide support for carriage driving lessons on Wednesdays 11.00 am to 3.00 pm.

No previous experience with horses, nor of helping people with disabilities, is required as full training is provided. For the riding lessons, we require leaders for the ponies and “sidewalkers”. The role of a sidewalker is to support a rider’s leg to help them maintain balance plus relay instructions from the coach to the rider. This is most rewarding as it helps riders to improve their communication skills.

For those helping with carriage driving lessons, the role involves preparing the horses, learning how to harness them, assisting the drivers into the carriage, and/or following behind on a bicycle to help in case of emergency. All this in the spectacular grounds of Wallington Hall.

If you’ve “always wanted to learn about horses”; want to “get back into it”, want to “make new friends”, or just want to learn new skills while enjoying fresh air and exercise, call the Magpie Centre on 01553 810202 for an informal chat about joining our friendly team. If you can’t manage the times stated but might be able to help at other times, call anyway!

And if numbers are more “your thing”, we are still seeking a new Treasurer to join our team of Trustees. This role would suit a person, maybe newly-retired, who has book-keeping and/or accountancy skills. For more details, call our Chairwoman, Rosie O’Grady on 01366 500104.

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

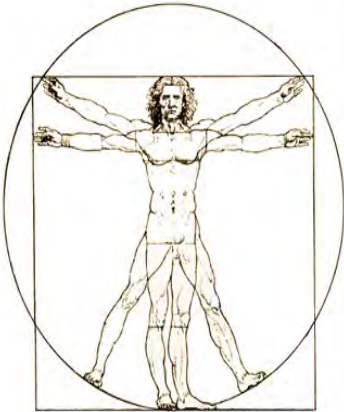
NO MEAN FEET

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**

 **A.J. COGGLES** 
Family Funeral Directors

Family Owned & Managed ~ Established 1851
A complete caring and personal service offered by a local family business providing advice and guidance at your time of need when you need it most

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

69 Bridge Street, Downham Market (01366) 384182
1 Blackfriars Street, King's Lynn (01553) 766795
67 Lynn Road Wisbech (01945) 461112

 
Golden Charter Funeral Plans
Funeral Planner of the Year Regional Winner 2013

WWW.AJCOGGLES.CO.UK

 **PR Bowers & Son**
Funeral Directors (Est 1921)
Anmer Cottage Methwold Road Northwold IP26 5LN

01366 727432
07796 780270

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



Privileged To Serve Families In The Area For 3 Generations

***Family Funeral
Directors***

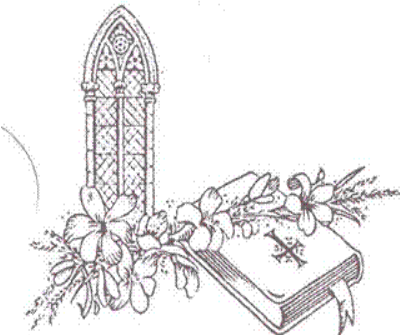
***R. H. BOND
STOKE FERRY***

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

*Offering a Complete Funeral
Service*

24 hours a day, to all areas

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



*Help and
understanding
when you need
it most*

WJA TILING

The Complete Wall and Floor Service

Ceramics, Porcelain, Mosaic
and Natural Stone
Under floor heating and Karde-
an

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

GOT DIRTY WINDOWS?

G.COSTIN WINDOW CLEANING

Windows, doors, frames &
sills cleaned as standard.

Gutters, fascias,
conservatories & Reach &
Wash
Pure Water System.

Reliable & friendly service.

Other cleaning services now available.

Call Gavin 07796 606607
gcostinwindowcleaning@yahoo.co.uk

BRYAN CATER



Chimney Sweep

Guild of Master Sweeps certified
Clean and Reliable
Certificates Issued
Fully Insured
Fire Parts Supplied and Fitted

Call Gavin on
01366 728342

The Poplars, Thetford Rd,
Northwold, Thetford, Norfolk



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

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.

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

RAY GRIBBLE

Antique Restoration & Traditional Upholstery

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

Traditional Upholstered Furniture

Footstools, Sofas and Chairs
made to commission

Picture Framing & Mirrors

www.raygribble.co.uk

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

Vine House, Church Road, Wreham

People like **YOU** stand for election!
Local elections are being held in May 2019



How to become a councillor



Tuesday, 12 February

Find out more about local government
and how you can stand for election

Breckland Council, Anglia Room, Elizabeth House,
Walpole Loke, Dereham, Norfolk, NR19 1EE.

Refreshments from 5.30pm
Event commences 6.00pm



To book your place or for further information, email:

Democraticservices@breckland.gov.uk

or telephone: 01362 656343

Breckland Council Democratic Services

Richard Pooley Cabinet Maker

The Complete
Kitchen Design &
Installation Service

All Aspects of
Carpentry & Joinery

Bespoke Furniture

Wall & Floor Tiling

Tel: 01366 728791 - 07920 117784

Email: richypooley@gmail.com

newrooms

invites you to...
the launch of our
**BIGGER, BETTER
SHOWROOM**

champagne greeting

product demos  tea and coffee
home economist  tasty nibbles

meet the designers

raffle tickets in aid of a local cancer charity

Friday 18th January 2019 10am - 8pm

Saturday 19th January 2019 10am - 6pm

The Workshops, Brandon Road, Methwold IP26 4RJ
t: 01366 727417 e: info@newroomsdesign.co.uk

Jake Stansfield Ltd

Plumbing & Heating

All aspects of Plumbing & Heating to the highest standard.

Gas Safe registered.

Contact 07780463787 or

01366 500469

jakestansfield@live.com



Paul Braybrooke

Oil Fired Boiler Engineer

Boiler Servicing Breakdown Service



Commissions

Phone 01353 777788

Tank Replacements

07946 735691

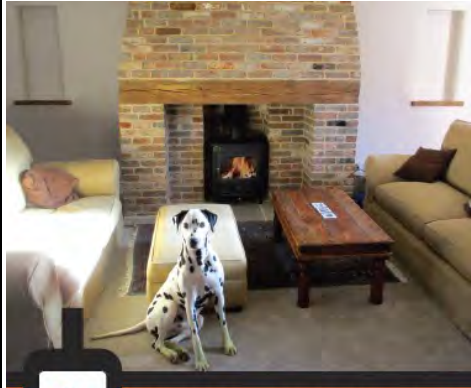
Taylor's Solid Fuels Family run since 1946

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



**SUPPLY & INSTALLATION
OF WOODBURNERS**

Norfolk's agent for Aga, Hunter & Parkray Stoves



01328 700161

www.norfolkwoodburners.co.uk

M.B. Roofing

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



01760 725047

07979 811260




mb-roofing.co.uk

RETIRED ELECTRICIAN

Available for small works
Phone John on 01366 501327
or 07889187820



**WARNE
ELECTRICAL**



**Garden
Services
John Adcock**

For conifer, shrub
and hedge trimming
Garden Maintenance
and winter 'tidy ups'

Grass Cutting for large or small lawns

New fencing erected

Power Washing

Tel: 01760 337058 or 07909 785801

**ADE HARDY
GARDENING SERVICES**
For all your gardening needs



Garden Clearances
Mowing and Strim-
ming
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

Turn To Ted

**Friendly, Hardworking,
Handyman, Gardener,
DIY**

£15 per hour, 1hour min
No job too Small or Large

Telephone
07967 796992

Tim's Tree Services



All aspects of tree and hedge work undertaken

Hedges Removed

Stump Grinding

**Over 30 years experience
Qualified - Insured**

**Call 01366 347656
or 07867 764307**

**For your free quote
LOCAL MAN - LOCAL RATES**

D.J.B. LANDSCAPING

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

All jobs considered

David Bennett

Mobile 07795 833440

Fakenham 01328 700859



dlux-Hire

For all your private hire requirements

Tel. 01362 652707

Email. richard@dlux-hire.co.uk

Website. www.dlux-hire.co.uk

Travel in style in our Mercedes E-Class, as we seamlessly take you from A to B in comfort.

Our service is designed around your requirements, offering a quality service at a great price.

We are a Mid-Norfolk based company, serving the local area and beyond.



Airports



Weddings



Events



Corporate



Seaports



Hospitals



P.G.M.S.

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

Sparex Agricultural
Accessories

**Peter Garner
Mechanical Services**

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

Tel: 01366 328823

E-mail: pgms@lineone.net

Want to put an ad in? We go to over 700 houses in four villages and to friends outside as well.

Phone Alan
Pickering

Full details on
page 2 of this

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

FREELANCE GROOM

All stable and yard duties undertaken

Long term, short term and holiday cover

Trustworthy, experienced, caring and reliable

British Grooms Association member and

Intermediate Certificate

BHS Stage 1 and RRS

NVQ Horse and Yard Safety

Equine Health (Moreton Morrell College)

References available

Contact Holly on 07731 395142,

Facebook or

Email: hollyweb92@gmail.com



- Canvas Prints
- House Signs
- Bin Numbers
- Outdoor Signs
- Safety Signs
- Banners
- Roll Up Displays
- Vehicle Graphics
- Stickers
- Dog Tags
- Memorial Plaques
- Business Cards
- Control Panels
- Labels
- Nameplates
- Badges
- Valve Discs
- Brass Plaques

For ALL your LITHO & DIGITAL printing

t 01553 886 123

m 07818 053 129

nathan@v9signsltd.co.uk

www.v9signsltd.co.uk

Traditional Values ...



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

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

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

Ashton Roberts

Letting Agents • Estate Agents

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



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

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

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

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

Open surgeries: Monday to Friday , 9-10am, Saturday 10-11.30am

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

info@crossingsvets.co.uk

01366 382219

www.crossingsvets.co.uk