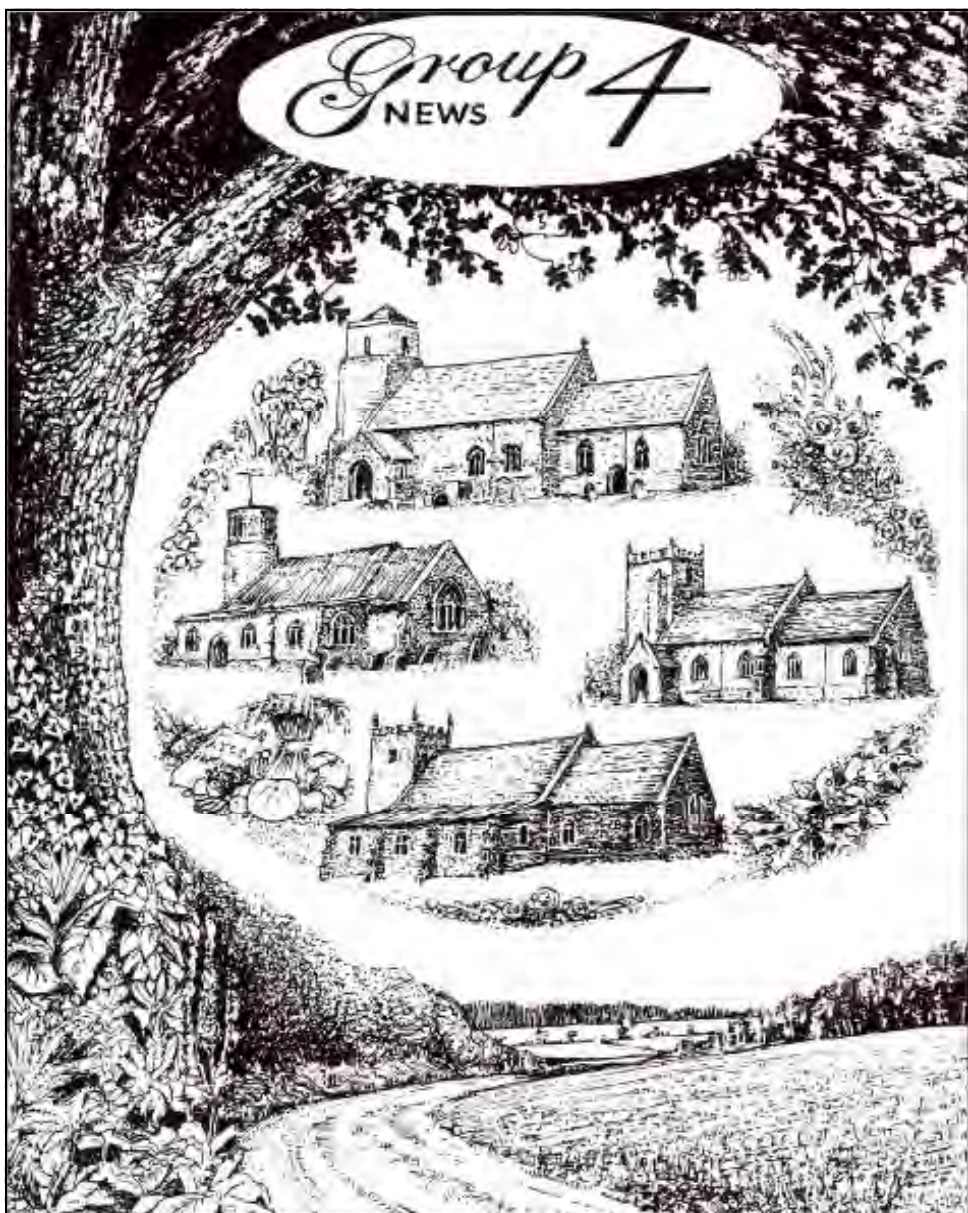


Group 4
NEWS



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

February 2020

Cover Illustration drawn by Mark Powell, Beachamwell ©

WELCOME



Hopefully you will enjoy this latest edition of G4N.

Once again, there are so many events taking place in the villages and surrounding area we are spoilt for choice.

If you are able to attend any of those advertised the organisers will be more than pleased and appreciate your support.

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

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

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

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

© Copyright Group4 News 2020

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@beechemwell.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 2020 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

NOTES FROM THE RECTORY

6 The Avenue

Brookville

IP26 4RF

01366 727220

ken.waters@btinternet.com



A belated Happy New Year.

By the time you read this it will be almost time to start getting excited about Christmas again! Or not (as Wendy hits me round the head). All our Christmas services saw more people than usual, which was great. I was chatting to some people and the topic of holidays came up, which took me by surprise as I am still enjoying Christmas. But it set me thinking about white sands, palm trees and blue sea, which was rudely stopped by the phone ringing. It was our Norwegian friends telling us how lovely it was over there, with blue skies, -12C and 3 foot of snow. I immediately went back to dreaming about white sand, palm trees and blue sea. My truthful thinking is that I don't want to think about holidays yet as I like to savour the time I am in first, before jumping ahead

God created this world for us to live in, not to survive on. Take a deep breath. Put down this magazine for a minute and stare out of the window. Enjoy what you see. Whatever it is, see it and value it as the precious gift of the created universe presented to you in this gracious moment. What a gift!

God put us on this wonderful planet, gave us the tools to do something with it – we just don't appear to have found out how to prioritise our needs as humans yet. Lord help us.

And finally, something all vicars should take note of:

“The secret of a good sermon is to have a good beginning and a good ending and to have the two as close together as possible.” (George Burns)

God Bless,

Ken Waters

FROM ADVENT TO CANDLEMAS VIA CHRISTMAS AND EPIPHANY

OR

“YOU THINK IT’S ALL OVER? WELL IT ISN’T YET!”

For most of us Christmas is receding rapidly into the past; decorations and trees put away, recycled or planted out ages ago. But in the rich seasonal tapestry which is the church’s year we are living a parallel existence in which on the 6th of January we celebrated Epiphany (the visit of the Magi/Wise Men/ Kings to the infant Jesus) with candlelight and some lovely hymns and carols.

An epiphany is a revelation or revealing of something; in this case, God himself, come to make his home among us, specifically in the wider world beyond the boundaries of Jesus’ own people the Jews.

The themes of the next few Sundays show how this revelation was worked out in Jesus’ teaching and healing and then comes the great celebration to end the festivals of Christmas; Candlemas on 2nd of February. It turns out that as I write in mid January we are still in the Christmas season!

Candlemas celebrates the recognition of the baby Jesus with prophetic vision by



two elderly people, Simeon and Anna, when he comes to be presented in the Temple according to the law of Israel. He is the ‘Light to lighten the Gentiles’ and the ‘Glory of his people Israel’ so we light many candles again before we turn our attention to Lent ‘God’s Springtime’ and the mysteries of Easter.

We are joining in the celebrations of the worldwide church with a festive candlelit evensong at Wereham at 6pm on Sunday 2nd February; you might see this in time to come and join us! You will be most welcome; who knows what unexpected blessings may await us all.

Pippa Blackall

*Crêpes are a traditional food on Chandeleur
or Candlemas*



CHINESE NEW YEAR THE YEAR OF THE RAT



COUNTRYSIDE NOTES

There is always local opposition when a new motorway or road is planned especially in relation to wildlife and yet once construction is completed the verges and embankments become mini nature reserves. They are very often set with plants and berryed shrubs sympathetic to wildlife and popular with birds, Guelder rose being one. Bull finches and waxwings are two species which love the berries when they get soft and sticky. As a finishing touch to new roads many local Councils seed parts of the verges and embankments with wild flowers beneficial to bees such as cowslips and oxeye daisies. In time naturally growing plants will become established providing a habitat for a variety of insects and winter food for birds.

Because these roads are part of a network designed to keep traffic moving as quickly as possible the roadsides are left pretty much undisturbed. Muntjac, a small species of deer that live in forests, can frequently be seen feeding on road verges, notably the A134 Mundford to Thetford road. Mice, voles and rabbits make their home in untrimmed roadside vegetation and are all a food source for birds of prey. The population of voles fluctuates from year to year and is reflected in the breeding success rate of barn owls and kestrels, common locally but which are on the conservation amber list as in many places there numbers are declining. These two species are very dependent on voles. Sadly road casualties occur such as hedgehogs and barn owls but this is an indication of the numbers attracted to the adjacent rich source of food. There must also be millions of unseen insects killed by traffic each year.

Another unexpected nature reserve can be found close to some major road junctions. There, lagoons have been constructed to collect surface water to prevent the roads from flooding. Even though this is probably polluted it still attracts wildlife and in dry times can provide an important source of water. The lagoons are often inaccessible to the public and, in time, natural vegetation grows round them making them a haven for all kinds of birds, amphibians and water loving insects. Locally, the Hardwick Flood Lagoon attracts migrants of all kinds who drop in for an undisturbed rest on their journeys. Besides gulls, which are only to be expected, more uncommon visitors recorded are wigeon, little grebes, a family of rare black-necked grebes, avocets, black-tailed godwits, sandpipers, yellow wagtail, greenshank and golden and ringed plovers.

It is no coincidence that owls are often associated with churchyards for they provide a secluded home to mice and voles, their primary source of food. There is minimal disturbance to church yards, and wild plants and insects also thrive in that environment. Many churches are inhabited by bats; at least eight of the seventeen species of bats breeding in Britain have been recorded as roosting in churches. They are not always welcome guests but because they are legally protected their roost sites are mostly left undisturbed. **Jill Mason (Barton Bendish)**

RECIPE PAGE

Budget Liver Casserole for Kids

This recipe was created as a matter of necessity when I had 4 very hungry and rapidly growing brothers to feed on a very low budget. They had previously been subjected to a version of shoe leather which had somewhat tainted, justifiably, their view on liver. **Geoff Siddons, Beachamwell**

Ingredients

500g pig's liver; 1 tin chopped tomatoes; 30ml tomato puree; 4 medium onions (white or red, it does not matter, whatever you have to hand); 2 cloves of garlic; 1 tsp mixed herbs (whatever you have, mixed, Italian or 'de Provence'); 2 tsp sweet paprika; 15ml Worcestershire sauce; 5ml rich soy sauce (dark or light, both will work); 5ml fish sauce; salt and pepper; flour; vegetable oil (sunflower is also fine)

Method

The liver preparation is the key to this recipe and needs a little time and care with a sharp knife. Discard the chewy bits. Cut the liver into 5mm x 5mm strips, approx 50mm long then pat dry with kitchen towel.

Place some seasoned flour on a plate and lightly coat a few pieces of liver at a time placing them all into a sieve. When you have coated all the liver gently shake the sieve to get rid of excess flour.

Add a little vegetable oil into a very hot frying pan and quickly brown a few pieces of liver - you are not trying to cook them through just get some colour on them. Place them into your casserole dish.

Reduce the heat in your frying pan and add your finely chopped onions and cook gently until translucent, add a little water to prevent burning of all the bits on the bottom if needed. When the onions are nearly done add the garlic if you are using it. Add all to the casserole dish.

Add your tomatoes to your frying pan and fill the can to half way with water and swill around to get the last of the tomato, add in the tomato puree and stir to dissolve then add to the frying pan to get all the remaining tasty bits off the bottom and heat through until bubbling.

Add whatever herbs/seasonings from above you like to use to the tomatoes and stir in, in the original recipe I used an oxo cube, if that is all you have then use one, it is the economy option.

Add the tomatoes and seasonings to your casserole and stir gently.

With the lid on cook at 150C fan, 320F, gas mark 3 for an hour, then check it is done as the time will vary depending on your casserole dish.

I used to serve this with finely shredded Savoy cabbage lightly sautéed in butter so still slightly crispy and either brown rice or mashed potato.

CHILDREN'S PAGE

Disney Word Search

v i r w d m d i a i s a t n a f
i y t u a e b g n i p e e l s i
g n o m e o a n d j u l i e t x
t n j y o g y h n t r t p d q b
w w c u m n v c j o a l e d x r
c i n d e r e l l a e m t p d p
a k o p t j m i o k b e e w d r
v g w n j h y p v z r l r t w m
s a t n o h a c o p e o p t x o
p t m p n d k a s y h d a r g b
g q z t i n k j r v t y n o g m
p d r a d v e w s y o t f p x u
q n a r d a h p y i r i q i v d
n t q z a q i b b d b m y s q l
p h r a l l f i s i p e j l h q
h j y n a a j m w r n a l u m h

Words may go vertically and horizontally in either direction only

cinderella

peter pan

sleeping beauty

aladdin

fantasia

pocahontas

tarzan

mulan

brother bear

gnomeo and juliet

dumbo

melody time

QUIZ PAGE

1. Which is Scotland's only Cavalry regiment?
2. Who has a best friend called Ron Weasley?
3. Which British Prime Minister said "One man's wage increase is another man's price increase"?
4. Why are rugby balls oval?
5. Which is the older rail bridge - Tay or Forth?
6. What percentage of an iceberg is usually under water—55, 60,75 or 90?
7. Standing by a baobab are you looking at a snake, a tree, a rock pool or a drum.
8. Who is older - David or Victoria Beckham?
9. Do you have more, less or the same number of teeth in your bottom and top row?
10. What colour is a peridot stone?
11. Which member of the Royal Family celebrates their birthday on April 21st?
12. What was founded by The Rochdale Pioneers?
13. Name four feature films containing the names of birds.
14. For security reasons receipts from Banks autotellers only give which part of your card number?
15. In which year was George Best named Footballer of The Year - 1966, 1967,1968 or 1969?
16. Which herb can be told by a clock?
17. Dooley Wilson played which movie character in a famous film starring Humphrey Bogart?
18. Stableford rules apply to which sport?
19. What did The Duke of Cambridge study at University?
20. What was the name of Lulu's backing band in the 1960's?

Answers: 1. The Royal Scots Greys (they trace their origins back to troops of horsemen raised in 1678 as the Royal Regiment of Scotch Dragoons to hunt down strict Presbyterians who revolted against attempts to impose an English-style church in Scotland); 2. Harry Potter; 3. Sir Harold Wilson; 4. Originally they were an oval pig's bladder inserted into a hand-stitched leather cover; 5. The Tay (opened in 1887 - The Forth in 1890); 6. 90%; 7. A tree, native to tropical Africa; 8. Victoria (April 17 1974, David May 2 1976); 9. A full set of teeth contains 16 in each row; 10. Green; 11. Queen Elizabeth 11; 12. The Co-operative Movement; 13. The Eagle Has Landed, Father Goose, The Raven, Robin and The Hoods etc.; 14. The last four digits; 15. 1968; 16. Thyme; 17. Sam in Casablanca; 18. Golf; 19. History of Art; 20. The Luvvers;

THE MAGPIE CENTRE

JOIN THE MAGPIE CENTRE'S COFFEE MORNING WEEK!



Winter always takes its toll on the Centre's funds, with extra hay and rugs required for the 12+ horses and ponies in the care of West Norfolk Riding for the Disabled Association, based at the Magpie Centre, Wallington Hall, plus carriage driving lessons can be suspended because of bad weather.

Could you hold a Coffee Morning to raise funds for the Centre? Magpie Coffee Morning Week is scheduled for Sun Feb 9 – Sat Feb 15, 2020, so no excuses if you work fulltime!

This could be your chance to catch up with friends you haven't seen for a while, plus raise money for a worthy cause.

How you run it is your choice: maybe a modest charge for admission, and/or a price for tea/coffee/cakes, or possibly a Bring and Buy, in which visitors bring, for example, baked goods, jams, chutneys, etc. for sale, the profits from which go to the Magpie Centre.

You might also decide to run a raffle or tombola, which could boost your profits considerably, but don't forget to get a float so you can give people change.

We are aiming for 100 Coffee Mornings, throughout West Norfolk, Wisbech, Fakenham and Ely and if each one made even £20 – that would be £2,000 – which equals 500 bales of hay for our ponies - so if you could host one, need advice on how to do it, or need posters/flyers printed, we can help. Do let us know: 01553 810202. We'd be truly grateful.

For your information, West Norfolk Riding for the Disabled Association Charity No is:1143390. Company No: 765610.

To boost your publicity, inform your local radio station.

Visit klfm.co.uk. click on What's On and then Submit Your Event.

For Radio Norfolk it's radionorfolk@bbc.co.uk/What'sOn

For the press:news@yourlocalpaper.co.uk and newsdesk@lynnews.co.uk .

They'll be delighted to hear from you.

And –be sure to share plans for your event on social media!

Caroline Dudley c.dudley@success-in-english.co.uk or 01553 828935.

WEST NORFOLK AVIATION SOCIETY



At the beginning of our meeting at the Mundford Bowls Club on Tuesday the 7th January, Mundford champion of good causes, Rod Billen, began the evening's programme by announcing that, after a red-tape dispute, his considerable efforts had not been in vain and consent has been given for a permanent memorial to be erected at the WW2 Lancaster Bomber crash site in Thetford Forest (MR 52.493126 – 0.639661). An inaugural ceremony is to be held at the site on 21st March at 1-00pm and all are invited to attend this and the Bowls Club later, between 2pm and 3pm, for tea and cakes.

After the raffle and bowls club banquet, Techie Fred proposed the idea of registering the attendance of members with the employment of a card reader system. There were no formal objections to the concept being trialled.

Fred preceded his own presentation by giving a résumé of his personal interesting background and then proceeded to illustrate, with the assistance of 'Powerpoint' and accompanying downloads, various instruments, their advantages and weaknesses; this included the pitot tube and the angle of attack sensor.

Viewers were then invited to watch a cartoon depicting a race between various animated antique aeroplanes; it was easy for them to be recognised by such a well-informed audience.

Fred's final showing depicted a lone pilot of a light passenger aircraft flying from Tampa Executive Airport to St. Peters, Clearwater FL. This demonstrated the intensity of concentration necessary to control an aeroplane and, at the same time, maintain a continual dialogue with air traffic control.

The evening ended peacefully and we were invited to return to the venue next month, Tuesday the 4th, to sample 'David's Mystery Movie Night'.

More information is available on the website:

<http://www.westnorfolkaviationsociety.org.uk/>

LILY HAS CHANGED!

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

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

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

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

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

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



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



through friends of
King's Lynn &
West Norfolk

2018-0-0

FREE HOME ASSESSMENTS ON OFFER

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

The assessments, which are carried out by a team of qualified staff, will help residents, who may be living with a disability or dementia, or who are simply older and less mobile, to identify concerns in their property which may be affecting their day-to-day life. The assessor, trained by the Disabled Living Foundation, will inspect the home to see whether measures could be introduced that would reduce the possibility of slips, trips and falls and generally make it easier for people to live safely and independently in their own homes. Measures that could be considered include installation of a Careline personal alarm, improved lighting arrangements, heating checks, draught proofing, smoke detectors and easy-to-use taps along with recommendations for other adaptations that may reduce any potential risk to the resident. Practical solutions for those living with dementia are also available, this includes signage or colour differentiation for those who suffer with memory loss and are visually impaired.

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

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

**Every minute,
six people over
65 suffer a fall**

We're here to help.

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



Careline
COMMUNITY SERVICES



Care &
Repair

WELSH CYMRU
KING'S LYNN &
WEST NORFOLK



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

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

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

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

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

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

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

Telephone 01366 386972 or 07926 044845

Email vhowling@csv.org.uk

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



CSV, 237 Pentonville Road, London, N1 9NJ

Find out more at www.csv.org.uk

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

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

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



APHORISM

Aphorism is a statement of truth or opinion expressed in a concise and witty manner. The term is often applied to philosophical, moral and literary principles. To qualify as an aphorism, it is necessary for a statement to contain a truth revealed in a terse manner. Aphoristic statements are quoted in writings, as well as in our daily speech.

1. The nicest thing about the future is that it always starts tomorrow.
2. Money will buy a fine dog but only kindness will make him wag his tail.
3. If you don't have a sense of humour you probably don't have any sense.
4. Seat belts are not as confining as wheelchairs.
5. A good time to keep your mouth shut is when you're in deep water.
6. How come it takes so little time for a child who is afraid of the dark to become a teenager who wants to stay out all night?
7. Business Conventions are important because they demonstrate how many people a company can operate without.
8. Why is it that at Class Reunions you feel younger than everyone else looks.
9. Scratch a cat and you will have a permanent job.
10. No one has more driving ambition than the boy who wants to buy a car.
11. There are no new sins - the old ones just get more publicity.
12. There are worse things than getting a call for a wrong number at 4am. It could be a right number.
13. No one ever says: 'It's only a game' when their Team is winning.
14. I've reached the age where the Happy Hour is a nap.
15. Be careful reading the fine print. There's no way you're going to like it.
16. The trouble with bucket seats is that not everybody has the same size bucket.
17. Do you realize that in about 40 years we'll have thousands of old ladies running around with tattoos - and rap music will be the 'Golden Oldies'!
18. Money can't buy happiness - but it's more comfortable to cry in a Mercedes than in a Kia.
19. After 50 if you don't wake up aching in every joint you are probably dead!!
20. Always be yourself because the people that matter don't mind and the ones who mind, don't matter!

PONDERISMS

1. Why do peanuts float in a regular coke and sink in a diet coke? Go ahead and try it.
2. I used to eat a lot of natural foods until I learned that most people die of natural causes.
3. Can you cry under water?
4. How important does a person have to be before they are considered assassinated instead of just murdered?
5. Why do you have to "put your two cents in"... but it's only a "penny for your thoughts"? Where's that extra penny going?
6. Once you're in heaven do you get stuck wearing the clothes you were buried in for eternity?
7. What disease did cured ham actually have?
8. How is it that we put man on the moon before we figured out it would be a good idea to put wheels on luggage?
9. Why is it that people say they "slept like a baby" when babies wake up like every two hours?
10. Why is "bra" singular and "panties" plural?
11. If a deaf person has to go to court is it still called a hearing?
12. Why are you IN a movie, but you're ON TV?
13. Why do doctors leave the room while you change? They're going to see you naked anyway.
14. Why do toasters always have a setting that burns the toast to a horrible crisp, which no decent human being would eat?
15. Can a hearse carrying a corpse drive in the carpool lane?
16. If the professor on Gilligan's Island can make a radio out of a coconut, why can't he fix a hole in a boat?
17. If corn oil is made from corn and vegetable oil is made from vegetables, what is baby oil made from?
18. If electricity comes from electrons, does morality come from morons?
19. Why do the Alphabet song and Twinkle, Twinkle Little Star have the same tune?
20. Why did you just try singing the two songs above?
21. Why do people pay to go up tall buildings and then put money in binoculars to look at things on the ground?
22. Did you ever notice that when you blow in a dog's face, he gets mad at you, but when you take him for a car ride, he sticks his head out the window?
23. How did the Man who made the first clock know what time it was?
24. How can you trust someone who says hold on a second, I'll be back in a minute!



Settle in Service

BE A VOLUNTEER – MAKE A DIFFERENCE!

We are looking for dedicated volunteers who wish to give something back to their local community.

Volunteers meet patients on their day of discharge home to help settle them back in to their own environment with tasks including:

Companionship

Checking heating

Making cup of tea

Food shopping



Please contact Troy Smith Settle in Service
Co-ordinator on **01603 647837** or
volunteers@nnuh.nhs.uk for more information



ROYAL AIR FORCE LAKENHEATH 48th Fighter Wing



I have the honour and pleasure of being an Honorary Commander at RAF Lakenheath and part of my role is to notify the local community of news that may be of interest.

Residing in Oxborough means that it is just another normal day seeing, hearing and enjoying the 'air shows' of aircraft going off to the range and returning to base.

11th-13th February 2020 (although it may be earlier) there will be an exercise which will mean extra flying during the day and night flying from Lakenheath. The noise level will be kept at a minimum wherever possible.

In the last exercise October 2019 there was no difference in the air activity compared to the activity we normally experience.

“During these readiness exercises our Airmen are training to operate in all conditions” Col. Marshall said. “On behalf of the Liberty Wing and our partners at RAF Mildenhall, we appreciate the patience and understanding of our local communities during this short period of important training.”

Please contact the RAF Lakenheath Station Commander with any aircraft-related flying concerns at

RAF.CC@us.af.mil or the MOD at SWK-lowflying@mod.gov.uk

Colin Mason (RAF Lakenheath Honorary Commander)

FIT MAMAS & CO

Approx. 1
hours brisk
walking...



PLEASE
BRING
COMFY
FOOTWEAR
& A SMILE!!

**Fitness walking group for all
ages!**

Mama's, Papa's, Nanna's, Grandad's,
Children & Pushchairs all welcome!

Mondays @ 10.30am!

Starting location will vary weekly from surrounding
villages (Wareham, Winton, Broughton, Stoke Ferry,
Osborne, Barton Bendish)

For information please contact Charlotte on
07873355671 or follow Fit Mamas & Co on
facebook!!

Wareham Village Hall Café

The Village Hall Café is open from 10am to 3pm every weekday, serving a range of hot and cold drinks, cakes, pastries and biscuits, a selection of filled rolls with a choice of fillings, toasted tea cakes and more.

The Café is the perfect place to relax and meet friends, browse our pre-loved bookstall and enjoy our free Wi-Fi.

If you can spare a few hours and would like to join our team of volunteers helping to run the Café, please contact us on 09747 430005 or just pop in to the Hall for a chat.

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 4th February

7.30

Beachamwell Village Hall

Book to be discussed over a glass of wine

'Mystery Book'

Annual Subscription £20.00
New members welcome

Enquiries: 01366 327023

Wereham Pop-Up Café

Tuesday 4th and 18th February

10.45 am till 1.00pm

Selection of hot drinks and a slice of
home-made cake for

£1.50

or

Our Tasty Light Lunch for

£2.50

See Facebook or call 01366 500218
for the latest menu

March dates 3rd and 17th

Beachamwell Wednesday Walkers

Explore the rights of way in and
around Beachamwell with us.

We meet at the Village Hall at 10.00
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 328960

Beachamwell

**Friends of St Mary's
are holding a Winter
Lunch**

**Beachamwell Village Hall
Wednesday 5th February**

12.00 - 2.00



Choice of soups, filled
rolls, sausage rolls,
and cakes)

Join us for lunch and help
raise funds
for the thatched roof repairs
No need to book!
Enquiries 01366 327030

Wereham



**Weekly Cash Bingo
Village Hall**

Every Wednesday

Doors Open 6.30pm

Eyes Down 7.30

Café open before and during the
break

Weekly prize money and jackpot

Enquiries: 01366 500798

Wereham

Short Mat Bowls

Thursdays

7.00 - 9.00 pm

£2 per player includes free tea/coffee
and biscuits

Enquiries: 01366 501330

Badminton Club

Fridays

7.00 - 9.00 pm

£3 per player and all equipment
provided

Enquiries: 07747 861011



Beachamwell WI

Thursday 6th February

7.30pm

Beachamwell Village Hall

Michael Willett will give a talk and
demonstration on the Magic of
Making and Playing Period Musical
Instruments

Visitors very welcome

Enquiries 01366 328589

Beachamwell

Table Tennis



Every Friday at

3.00pm

Village Hall

Enquiries: 01366 328895

or

james@jamesknoxwhittet.plus.com

Barton Bendish



Community Breakfast

Saturday February 8th

9.30am

Barton Bendish Village Hall

Join us for an informal gathering over
breakfast with friends to discuss thoughts
prompted by faith and spirituality to
motivate and inspire us

Everyone Welcome

To book your breakfast call
01366 347849 or 01366 347563

Barton Bendish Film Club

Proudly Presents

'Downton Abbey' Saturday 8th February

Doors open 6.30 for 7.00 screening

Barton Bendish Village Hall

Tickets £5

Free post screening refreshments
included

To reserve your seat please contact
Box Office: 01366 347849
email: cinemabarton@gmail.com
www.bartonbendishfilmclub.btck.co.uk/

Barton Bendish



Soup and Talk

The speaker is from
the Friends Of
Norfolk Dialects

'A humorous take on the Norfolk accent'

Village Hall

6.30

Wednesday February 12th

For booking, which is essential, or
further details contact

ken.waters@btinternet.com

or

rayburman@me.com

01842 828891

Wereham Valentine's Dance



With Ricky Solo
from The Voice and
Britains Got Talent

**Saturday 15th
February**

7.30 pm to 11pm

Village Hall

Tickets £6, under 16's £3

Includes Raffle and Bar

Enquiries 01366 500218

or book online at

Werehamvillagehall.co.uk/events

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

**Wednesday
February 19th**

2 - 4pm

Village Hall



Enquiries:

01366

347673

Wereham Village Hall Cinema

Proudly Presents:

‘Downton Abbey’

Friday 21st February

6.45pm for 7.30pm

Wereham Village Hall

Tickets £5 Children £3

On line at

[www.werehamvillagehall.co.uk/
events](http://www.werehamvillagehall.co.uk/events), village hall (10-3) and on the
door

Next feature Friday 20th March
‘The Good Liar’

Wereham

Car Boot and Café

A Happy New year to Everyone

**Car Boot Sale will be on
Sunday 23rd February**
8.30am until 1pm

Cafe open from 8.00am for hot
breakfast rolls, snacks and
drinks.

£5.00 a pitch.

To book indoor/outdoor pitch call or
text 07759 033492

**Future dates for your diary:
29th march and 26th April**



Musical Offering - a String Ensemble

**‘Fathers, Sons and Friends
Featuring the Bachs and the
Mozarts ‘**

**Sunday February 23rd
3.00 pm**

Swaffham Assembly Rooms

Tickets £12.00

(£9 members / under 18's free)
from

Ceres Bookshop 01760 722504

Green Parrot 01760 724704

Available on the door

Enquiries: 01366 328648

Nar Valley Ornithological Society (NarVOS)

Tuesday 25th February at 7.30pm

The Barn Theatre

Sacred Heart Convent School, Swaffham.

Access and parking from Sporle Road.

Please come along to this illustrated talk
by Allan Hale, entitled:

Birding the High Andes of Colombia

Allan Hale always conjures up a
fascinating talk for NarVOS and this one
is no exception. It delves into Allan's trip
to Colombia, searching for the endemic
birds of the Andes, from the river valleys
to the mountain tops. There are colourful
birds, including an array of hummingbirds,
and, quite bizarrely, a Crab-eating Fox
half way up a mountain.

Visitors most welcome. Admission £4 on the
night if you are not a NarVOS member.

For more information about this meeting or
NarVOS call 01760 724092.



The Breckland Society

“Stoke Ferry – Breckland’s Inland Port”

A talk by author Richard L. Coates. Richard spent much of his childhood in Stoke Ferry where his parents were school teachers. His mother researched and wrote about the history of Stoke Ferry and Richard has added to and updated her work.

Friday March 6th - 7.30 pm
Wereham Village Hall

Breckland Society Members £7.00,
non-members £10.00 (include a glass
of wine)

Book through the Breckland Society
website [http://www.brecsoc.org.uk/
upcoming-events/](http://www.brecsoc.org.uk/upcoming-events/)

Barton Bendish



Quiz



Saturday March 14th

7.00 for 7.30

Barton Bendish Village Hall

£4.00 per person

Teams up to 6 people

Tea or coffee will be served but
please bring your own food and drink

To book your table please contact
01366 347563 or 01366 347983

Proceeds to St Andrews Church

**You can't go back and
change the beginning,
but you can start where
you are and change the
ending.**

C. S. Lewis

BARTON BENDISH & EASTMOOR VILLAGE NEWS

Valerie McAlister RIP

I am very sad to report that Val, as we all knew her, passed away peacefully in her sleep on January 4th. She will be sorely missed as she was a key figure in the village. Apart from helping out with Coffee Mornings etc she was also Vice Chairman of our Parish Council, the organiser of various Jubilee and Centenary celebrations, a member of the Village Hall Management Committee and a keen supporter of many village events. Barton Bendish held a special place in her heart and she always took a great interest in whatever was going on in the village. It was only a few months ago that we gathered in the Village Hall to celebrate her 80th birthday.

Our heartfelt sympathy goes out to John her husband, Nikki her niece and the rest of Val's family.

Hall Bonfire November 15

A good number of people braved the weather to gather at Barton Bendish Hall for the annual bonfire. It had rained for most of the day but relented in time for the lighting of the bonfire which must have been well and truly sodden. When I wandered round to take a look, having previously very much enjoyed a glass of wine and a huge hot dog, by some miracle it was well ablaze and warming everyone up.

Very many thanks to Luca for once again staging what has now become an extremely popular annual event, the proceeds of which are shared between St Andrew's and the Village Hall. It was especially nice to meet up again with Carolyn and their son Camillo whom we don't see very much of these days

Wreath Making

Once again the Wreath Making workshops proved as popular as ever, not really surprising when all the greenery, wires and frames are supplied plus mulled wine and mince pies!! Linda and Mhari, aided and abetted by Janice, must have worked so hard not only helping people to put their wreaths together but gathering all that was required beforehand. I think sometimes they must feel like they are victims of their own success; their only reward being the amazing amount they are able to donate to church funds. This year about 100 people came to make wreaths raising approximately £1690. Apparently, for the sixth year running, a lady who lives in Kent timed visiting her relations, who live locally, to coincide with the wreath making!! Linda and Mhari would like to pass on their thanks to Joan for the vast amount of mince pies she made as well as all the people who had their gardens ransacked for greenery!

BARTON BENDISH & EASTMOOR VILLAGE NEWS

Christmas Fayre November 30

It was immediately obvious Christmas was on the horizon when you entered the Village Hall. The stalls and decorations created a festive atmosphere and the place was a buzz of chat.

The Christmas Fayre raised £521.50 for the Village Hall Improvement Fund. A result like that makes all the work worthwhile. Well done to Mary who organised it. She and her team of helpers did a brilliant job.

Thank you

Soup and a Chat December 11

We are beginning to expect that the homemade soup and crusty bread will be of the highest quality and once again Ray and Rev Ken didn't fail us. This time it was followed with an illustrated talk by Andy White a retired RAF armourer. It was interesting to hear about the logistics of maintaining a constant supply of bombs to the RAF during the Gulf War.

Carol Singing December 17

Once again we were entertained by the Barton Bendish Choir when they braved the elements to come round the village carol singing. There is something magical about hearing carols being sung in the dark quiet of a winter's evening and I'm sure they not only gave me a lot of pleasure but everyone else as well.

A big thanks to them all for turning out.

Jill Mason (Chair of the Village Hall Trustees)

A Very Victorian Evening December 14

The Victorian Evening of Christmas entertainment, music and carols, held at the Barton Bendish Village Hall was very well attended.

We were greatly honoured by the attendance of Her Majesty Queen Victoria, with her Consort Prince Albert. The attendance by some of our number in attire reminiscent of the era also added to the festive and traditional ambience. A wide ranging and highly talented number of performers enchanted us, with seasonal song and entertaining poetry. We sat in rapt attention as stories unfolded, jokes were told and beautiful music was played and sung. The choir of St Andrew's Church performed two sets of songs, carols and lullabies which were both soothing and uplifting. Her Majesty revealed her previously unknown regal talents as an accomplished flute player, delightfully accompanied on the piano by the Prince. She was also pleased to introduce us to Kinga, a wonderful soprano, hailing from Transylvania.

Christmas is a busy time of year for Reverend Ken Waters, which may go some way to explaining the fact that he managed to arrive a little late, however all was forgiven due to his very dashing appearance in top hat and frock coat, to add a Dickensian flourish to the proceedings. His duties as Master of Ceremonies for the evening did weigh quite heavily upon him at times, being as he was at the whim of her Majesty and her desire to entertain her gathered subjects. More

BARTON BENDISH & EASTMOOR VILLAGE NEWS

than once he was required to retake his seat by her Majesty, having risen to attempt to introduce the next performer on his list, only to be informed that Her Majesty had not quite concluded her repertoire!

The community carol singing was undertaken with joy and gusto by the entire assembly, what we may have lacked in pure tone we made up for with sheer festive enthusiasm. Festive refreshments were provided, of the usual delicious and generous nature that seems to be a trademark of Barton Bendish events.

All in all, a very festive and friendly event which encapsulated the true spirit of Christmas. As a comparative newcomer it was another welcome opportunity to meet people from the village and the surrounding area, and enjoy warm and friendly company. I am sure that all who attended would join me in extending a heartfelt thank you to all those who organised and participated in this timeless event.

Teri McAlee

Barton Bendish Choir

I knew that Christmas had finally arrived when our choir reached our end of the Village and sang to me. It was a beautiful harmony, simple and lovely. They don't collect money; they simply go from home to home dispensing joy and the spirit of the season. We are blessed to have them. Like so many people in this village, they enrich our lives.

Community Breakfast

Whilst the Church is too cold to hold conventional services, these breakfasts are a very enjoyable alternative. Breaking bread with your neighbours is a very good way to get to know them better. All ages are welcome, religious or not. It was interesting to hear the Rev Ken talking about how we all tend to worry unnecessarily. We even have a word for it - Psychologists call it catastrophising. We worry that, whatever it is we must do, will go wrong instead of just doing our best and waiting to see. Some people study mindfulness in order to learn how to live in the present and enjoy whatever life brings at that time. Sharing a meal with those who live in the same community is a great way to do this. Come to the next one on February 8th. You just have to like people – and good food.

Anglian Water – An Update

It would seem that we have won a pyrric victory against Anglian Water, who have also distinguished themselves by flooding properties in Milton Keynes. I wrote to the Parish Council and Liz Truss about the latest assault on our environment by tankers damaging verges which they themselves had repaired

BARTON BENDISH & EASTMOOR VILLAGE NEWS



last year. They promised, quite reasonably, that we would be kept informed of any problems at the water treatment centre which were likely to result in nocturnal visits or extra tanker activity. The agreed curfew wasn't observed and none of us knew about any problems other than the damaged roads and mud pies being made outside our homes.

We have been assured that the latest damage will be fixed, the repairs protected and that the night-time curfew will be extended, which is great news. Surely working with customers is better than responding to their justified and repeated complaints?

Village Hall Update

We now have £171,067 towards the cost of improving and extending the Village Hall. We are currently waiting to hear about two sizeable grant applications and have reason to be optimistic. We will know by February. Work has gone out to tender now and will begin in April. Initially, the improvements to the Hall will be the focus and if we manage to get enough grant the extension will be done as well. I am grateful to Chris Parsons who has done so much work on grant applications, preparing drawings, making estimates and getting us to this stage.. without his expertise, the project couldn't have proceeded as smoothly as it has. As I write, I have just heard that Garfield Weston have agreed to grant us £25,000 which brings the total to £197,067 – 71% of the required amount, which is brilliant. Thanks are also due to Robin Simon and Anthony Blanchfield who have put in hours of work on bids for grants. The Tenders for the work are due back on February 14th.

Finally, it would be remiss of me not to mention the sad loss of Valerie, our fellow committee member. She shared our vision and was asking me how the project was going a matter of days before her death. It is profoundly sad that she didn't live long enough to see the work completed but I know how pleased and proud she would have been. When the day comes we will raise a glass to her.

PS I should add that we are very grateful to Plandescil Ltd, Consulting

BARTON BENDISH & EASTMOOR VILLAGE NEWS

Engineers from Attleborough. Engineering work has been carried out by them pro-bono. Contributions like this from local companies will help us to reach our target. We hope to have a public meeting in late February or early March to help us with final decisions once our funding position is clearer.

Andrew Stephen (Chair of Village Hall Management Committee)

Voices from the Vestry

Community Breakfast - February 8th 9.30am (Advert page 22)

Soup and Talk - February 12th 6.30pm (Advert page 23)

Barton Bendish Quiz – Saturday March 14th 7.00pm (Advert page 25)

We are grateful for any help with or publicity for our events. Please encourage your friends to 'pass the word' and to join in. All our events are also advertised on two Facebook pages: 'Barton Bendish' and 'Friends of Barton Bendish'

Liz Stephen (PCC Secretary)

Barton Bendish Film Club proudly presents 'Downton Abbey' February 8th

The continuing story of the Crawley family, wealthy owners of a large estate in the English countryside in the early twentieth century. (Advert page 23)

IMPORTANT NOTICE: Barton Bendish Poor's Charity

The trustees for the Charity are considering making grants for winter fuel to senior citizens, who are in receipt of state pension, and widows/widowers. All applicants must have resided in the parish for a minimum of 2 years. One grant will be issued per household. Residents who completed a form last year will still need to contact the Clerk, on the details below, to confirm they are still eligible and wish to receive a grant this year. Residents who did not contact the Clerk last year, but believe they are eligible to receive a grant should contact the Clerk on the details below, to confirm their eligibility and complete a form which will authorise the Charity to hold their personal information.

The deadline for contacting us is Friday 28th February 2020 as the Trustees will be considering making the grants at their next meeting on Wednesday 4th March 2020.

Miss Sarah Thorpe, Clerk to the Trustees.

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

Telephone number: 01945 430930 Email: bbpoorscharity@gmail.com

BEACHAMWELL, SHINGHAM & DRYMERE VILLAGE NEWS

Mobile Post Office

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

The Friends of St Mary's

Happy New Year from the Friends of St Mary's.



I am looking forward to real progress being made in 2020 both in terms of sorting out a sustainable future for the church and to getting the thatch work started. We are going to start the new year applying for grants to help with the cost of the thatch and help the PCC with the issues with the bats and the replacement of the (now non) lead roof. We will keep you all informed as to progress.

In the meantime we started the year with another Beachamwell Quiz which cheered up a dreary January. Thank you to Eileen and Peggy E for keeping us all in order with those really hard questions! We raised £304.00 which is a great contribution towards the cost of the thatch. We are also starting to fill up the 2020 calendar with more fun activities to continue our fund raising efforts. Many thanks to all for your continued support!

We are looking for help with the running of our Open Gardens on the 7th June 2020. We would love to hear from anyone who could help with baking a cake to sell that day - thank you to all who have already volunteered at the recent quiz To help with the running of the Open Gardens on the day can you please contact Vesna on Vesna1956@gmail.com

To help with baking, please contact Pat Clark on beachamwell1@tiscali.co.uk

All offers are very much appreciated..

Peggy Ray (Chair of FoSM)

Beachamwell Wednesday Walkers

2019 finished with the now traditional December walk along the Green Drove before enjoying mince pies, mulled wine and a good natter in the Village Hall.

2020 saw the Wednesday Walkers setting off on New Year's Day to walk via St John's, up to the Warren Belt and back down Chestnut Walk. It was not a long walk but an excellent and gentle way to recover from the excesses of the festive season and to prepare for longer walks during the coming year.

We will meet again on February 5th, leaving at the Village Hall at 10.00 a.m. All are welcome to come along. **Sue Pennell**

BEACHAMWELL, SHINGHAM & DRYMERE VILLAGE NEWS

Beachamwell Parish Council

The Parish Council held a meeting on 6th January 2020. Below is a summary of some of the matters which were discussed at the meeting:

Precept

The Precept is the annual income the Parish Council receives from Breckland District Council who collect it from residents as part of your Council Tax. It was agreed to set the Precept at £6000 for 2020/21, which will be a reduction of £1500 from 2019/20, when the Precept was set at £7500. Councillors were able to reduce the Precept as the cost of repairs to the church wall will now be significantly less than had been expected. It was noted that we may need to increase the Precept again in future years as expenditure is likely to be above income, which will mean reserves decreasing each year.

Village Sign

You may have noticed that the village sign has been removed. It was taken down as we were advised that it was looking quite unstable. A new oak post has been obtained and the sign is currently being sandblasted and then repainted prior to being reinstalled. It is hoped that it will be back in place by the end of February.

Annual Parish Meeting

The Annual Parish Meeting will take place on Monday 2nd March at 7.30pm. This is a meeting for residents and even though it is arranged by the Parish Council it is not a Parish Council meeting. It is an opportunity for residents to raise any concerns or issues relating to the village. Please come along to the meeting if you wish to let the Parish Council have your comments on matters relating to the parish.

If you would like to contact the Parish Council on a matter which you feel we may be able to help with then please see contact details below. To ask for an item to be placed on the agenda for a meeting please contact the Clerk at least 10 days before the date of the meeting.

Dates for the next two meetings which start at 7.30pm are:

Monday 2nd March (Annual Parish Meeting followed by an Ordinary Parish Council Meeting)

Wednesday 6th May (Annual Meeting of the Parish Council)

Clerk to the Council:

Miss Sarah Thorpe 01945 430930 beachamwellparishcouncil@gmail.com

Councillors:

Cllr. Tom Sanderson (Chairman) 01366 328244 / 07803 963804
tomsanderson@btconnect.com

Cllr. Diana Lambert (Vice Chairman) 01366 328227

Cllr. Richard James 01366 328968 rj1james@gmail.com

Cllr. Pat O'Donnell 01366 328385

Sarah Thorpe (Parish Clerk)

BEACHAMWELL, SHINGHAM & DRYMERE VILLAGE NEWS

Breckland District Councillor's New Year 2020 Report

The Christmas message had the same sentiment but not the correct message for Beachamwell. This will be the 6th year as your D.C. for Beachamwell, Shingham, Drymere, once again thank you to all who voted for me in the 2019 local election, in what was an unprecedented time in Parliament, to be returned with an increased majority was very humbling, and not to say very pleasing. Work continued with supporting the parish council and residents with planning application, and Breckland funding, supporting all positive services which benefit residents. It has been satisfying helping residents with planning, housing, footpaths, broadband, in particular supporting the planning application for replacing the church roof after a despicable theft, also I feel it was the correct decision to oppose a 19 house development in the middle of your village thank you again, can I wish everyone a Happy and prosperous new year.

Peter Wilkinson District Councillor

Beachamwell WI

The January meeting of Beachamwell W.I saw an in depth and lively discussion about the proposed national WI resolutions for 2020. We looked at

- The lack of regulations in the UK for using female crash test dummies in car safety tests.
- The need to encourage more people to register as potential stem cell donors.
- A national campaign to end modern slavery.
- The need to encourage people to talk more openly about death and dying.
- Protecting the earth's rapidly diminishing helium deposits, a gas which cannot be produced artificially.

We all learnt so much about each of the subjects and came away with the urge to learn more.

On February 6th our speaker will be Michael Willett who will be giving a talk and demonstration on the Magic of Making and Playing Period Musical Instruments. March 5th sees Simon White giving a presentation on the Gardens of East Anglia.

If you are thinking about joining the WI, do come along on the first Thursday of each month at Beachamwell Village Hall starting at 7.30pm and try us out for free. Other visitors are always warmly welcome. There is a small charge of £3.50 per visitor (refreshments are included).

Any enquires, please contact Maggie 01366 327023 or Helen 01366 328589.

Maggie Mackenzie



BEACHAMWELL, SHINGHAM & DRYMERE VILLAGE NEWS

Beachamwell 'Afternoon Tea and Chat'

Sonia Williams and friends once again provided a super spread for Christmas 'Tea and Chat' so many thanks to all who were involved - greatly enjoyed and welcomed.



It is a wonderful way to meet friends and neighbours from the village and surrounding area and to catch up with people who have moved to other areas of the country.

The January Afternoon Tea was a great success with 38 people, including pupils returning from school, turning up to enjoy the delicious cakes, good company and a feeling of well being.

A big 'Thank You' to Sonia who month in and month out organises this excellent event. It is greatly appreciated and people do look forward to it.....

Eileen Powell

BEACHAMWELL, SHINGHAM & DRYMERE VILLAGE NEWS



COMMUNITY NOTICE BOARD

MOBILE LIBRARY VISITS

DATE	VILLAGE	LOCATION	TIME
Tues. 25 February	Barton Bendish	Hatherley Gardens	11:10 am
Tues. 25 February	Beachamwell	Old Post Office	09:45 am
Tues. 4 February	Drymere	Telephone Kiosk	09:45 am
Tues. 25 February	Boughton	Mill Road	10:45 am
Fri. 21 February	Wereham	Queen's Close	12.25 am
		Village Hall	12:45 am

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

MARKETS - Farmers' and Indoor

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

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

VILLAGE, COMMUNITY and PARISH HALL BOOKINGS

Barton Bendish	Andrew Stephen	01366 347549	07748015464
Beachamwell	Cathy Friend	01366 328892	
Boughton	Pam Wakeling	01366 500429	
Wereham	Angie, Lyn or Sara	07497 430005.	weekdays 10 - 3
	www.werehamvillage	hall.co.uk/hallhire	Anytime

VILLAGE BUS SERVICES

FROM	ROUTE	OPERATOR	DESTINATION
Barton Bendish	See notice below		
Beachamwell	Tuesday 10.00	Dial a Bus from your door	Swaffham
	Friday 10.00		Downham Market
	Saturday 10.00	Swaffham Flyer Service bus from The Church	Swaffham
Boughton	Tuesday 10.00	Dial a Bus from your door	Downham Market
Wereham	Tuesday, Thursday and Friday 10.00	Dial a Bus from your door	Downham Market
	Wednesday 10.00	Dial a Bus from your door	King's Lynn

Traveline 0871 200 22 33 or (www.traveline.info) Calls cost 12p per minute

Anyone with a health appointment can ring WNCS anytime Monday to Friday in office hours, for a lift with volunteer drivers, on 01553 776971/01760 720906 . The cost will be advised, usually 45p per mile

Well Being Community Car for all Villages call 01553 776971



WEST NORFOLK/SWAFFHAM COMMUNITY TRANSPORT

We currently provide a dial-a-bus service for Barton Bendish residents:

Every Friday into Downham Market from the following areas:

Barton Bendish, Foulden, Oxborough, Drymere, Gooderstone and Cockley Cley

Start time approximately 10.15am: Return time approximately 1.30pm

Cost £5.00 or £3.00 for Members with a Concessionary Pass

Please call the Swaffham Dial-A-Bus weekdays during office hours on

01760 720906 for further information/bookings

CHURCH SERVICES (WISSEY VALLEY/SOUTHERN GROUP)

NB St Mary's Church, Beachamwell - No Services until further notice

Sunday 2nd February

9.30 am Methwold
9.30 am Whittington
11.00 am West Dereham
6.00 pm Wereham

The Fourth Sunday of Epiphany

Holy Communion
Service of the Word
Family Service
Evensong

Saturday 8th February

9.30 am Barton Bendish

Breakfast Church

Sunday 9th February

9.30 am Methwold
9.30 am West Dereham
9.30 am Wretton with Stoke Ferry
10.00 Boughton

The Fifth Sunday of Epiphany

Service of the Word
Holy Communion
Service of the Word
Breakfast Church

Sunday 16th February

9.30 am Methwold
9.30 am West Dereham
9.30 am Whittington
11.00 Wereham

The Second Sunday before Lent

Service of the Word
Service of the Word
Holy Communion
Morning Prayer

Sunday 23rd February

9.30 am Methwold
9.30 am West Dereham
10.00 am Wretton with Stoke Ferry
11.00 am Boughton

The Sunday next before Lent

Service of the Word
Service of the Word
All Age Service
Holy Communion

Wednesday 26th February

7.30 pm Methwold

Ash Wednesday

Imposition of Ashes

Thursday Services

Holy Communion 10am: Boughton Thurs 13th & 27th.

Baptisms and Weddings - Please contact the Churchwarden

Barton Bendish:	Mhari Blanchfield	01366 347 849
	Linda Webster	01366 347 563
Beachamwell	Rev Ken Waters	01366 727 220 (see above)
Boughton:	Pam Wakeling	01366 500 429
Wereham:	Sheila Smith	01366 858 165

CHURCH SERVICES (PRIORY/NORTHERN GROUP)

**For the foreseeable future, services for Wimbotsham will take place at Stow Bardolph Church.*

Sunday 2nd February

9.30 am Runcton Holme
10.00 am Shouldham
11.00 am Marham
11.00 am Stow Bardolph

The Fourth Sunday of Epiphany

Candlemas and Baptism
Morning Prayer
Holy Communion
Holy Communion

Sunday 9th February

9.30 am Shouldham Thorpe
10.30 am Marham
11.00 am Watlington
11.00 am Stowbridge

The Fifth Sunday of Epiphany

Holy Communion
United Methodist Worship
Holy Communion
Holy Communion

Sunday 16th February

9.30 am Wormegay
10.30 am Marham
11.00 am Shouldham
11.00 am Nordelph

The Second Sunday before Lent

Holy Communion
Service of the Word
Holy Communion
Holy Communion in the village hall

Sunday 23rd February

9.30 am Fincham
10.30 am Marham
11.00 am Stow Bardolph*
11.00 am Tottenhill

The Sunday next before Lent

Holy communion (BCP)
United Methodist Worship
Wimbotsham Holy Communion
Morning Service

Thursday Services

Holy Communion 10am: Fincham 6th and 20th.
Runcton Home 6th.

Baptisms and Weddings - Please contact Mrs. Louise Vigus
Church Office, 27/29 Bridge Street, Downham Market, PE38 9DW
07596 707469 louise.vigus@westnorfolkpriorygroup.co.uk

Churchwardens

Fincham	Cathy O'Brien	01366 347 279
Marham	Philip Fay	01760 444 199
	Glenda Jayes	01760 339 688
Shouldham	Brian and Ann Hullah	01366 347 814
Shouldham Thorpe	Gordon Reid	01366 347 253

BOUGHTON VILLAGE NEWS

Parish Council

Hello again and may I wish all readers a happy, healthy and prosperous New Year.

This month I would like to update you on the last Parish Council meeting that took place on 7th January. But first, can I remind you that the public are more than welcome at our meetings. The regular, or “ordinary”, ones are held in Boughton Church at 7pm on the first Tuesday of odd-numbered months - the next will therefore be on 3rd March. Why not come along and see what your council does for you?

We have received a letter of resignation from our long-serving councillor Andy Beeston whose support will be sorely missed. Andy is heavily involved in other activities, notably the Riding for the Disabled Association and feels he needs to prioritise his time. We wish him well, and I'd like to record the council's heartfelt thanks for all the effort he has put in over the years.

Cllr Beeston's departure means that we now have a casual vacancy on the council, which will be advertised in due course. If you would like to be considered as a councillor, please contact me, our clerk or the Borough Council as soon as possible.

The meeting discussed several points relating to the village marquee, including its maintenance and relevant insurances.

We confirmed that our application for grant part-funding of our vehicle-actuated speed sign has now been acknowledged and we shall hear if we have been successful in mid-March. Once the grant is received we can order and commission the equipment.

We are in receipt of several submissions by Albanwise to Norfolk County Council concerning the public rights of way across their land. These submissions indicate that Albanwise do not plan to add any further rights of way across their land in the future. We understand that these submissions are a formality simply to confirm the definitive maps being drawn up by the county and do not imply any loss of current public rights of way. Similar submissions are being presented by landowners all over the country in readiness for 2026 when the new definitive maps will be adopted. However, it is unclear to what extent, if any, these submissions affect existing permissive paths. We have written to Albanwise for clarification. In addition we will be looking at historic routes with Norfolk County Council to see if any might be re-instated on the definitive maps.

A Boughton resident asked if she might be allowed to place some planters in front of the white village gateways, using funds she has raised though various

BOUGHTON VILLAGE NEWS

social events. The council were pleased to allow this, having already gained the appropriate permissions from the County Highways Department.

From time to time the village is visited by the Highway Rangers - a County Highways group able to undertake small maintenance tasks affecting the roads and verges in the village. In previous visits they have trimmed hedges obscuring speed signs, straightened sign posts and rebuilt verges. If you see any maintenance tasks that need attention please bring them to our notice and we'll pass them on.

On a more sombre note, the Parish Council soon needs to make some decisions on how to respond in the event that 2020 sees the passing of a senior public figure, especially the Duke of Edinburgh or Queen Elizabeth. We intend to work with the church to make sure that facilities are made available for residents to pay their respects as they would wish. There are national guidelines for this, called Operation London Bridge. This will be an agenda item for the next meeting on 3rd March.

As is customary the January meeting agreed the council budget for the coming financial year, covering all aspects of the council's work such as pond and playground maintenance, administrative tasks supporting it and its committees, equipment maintenance and projects (such as the seed sign) that are raised at the Annual Public Meeting each May.

Finally, I intend to arrange another village litter pick, probably towards the end of March when the weather has improved. The last pick in July saw a good haul but the verges are again suffering from the actions of the ignorant.

Neil Matthew (Chair, Boughton Parish Council)

All Saints' Church

It was a very busy fortnight for the church community. We decorated the church on Monday 16th and, as usual, it looked beautiful. Thanks to Tony, Angela and Sue, and many thanks to Karen Short and Elizabeth Hager for the wonderful greenery which helped so much. Thanks also to Geoff Proctor for providing a beautiful tree and to Wendy Roberts for the lovely Advent ring.

The annual Carol service took place on the 18th, although attendance was disappointing. We haven't had it on a Wednesday recently, so there might have been other events which clashed. It's always good to gather together and we shared party food and mulled wine afterwards, so those of us who were there were rewarded. We remembered those friends who could not join us: Mark, Sue and Janet, who had died during the year, and Frank, who has been in

BOUGHTON VILLAGE NEWS

hospital so much. We wish him a better 2020. Thanks to the choir, to Tom and to the readers who did so well. It was good to include representatives from Beachamwell, whose church is out of action even for special services.

We had our normal Sunday service on the 22nd and then the real pressure began!! Crib service on Christmas Eve was lovely as usual, although the beautiful Hazel hadn't quite grasped the idea that the donkey is supposed to be



inside the church for this. It was her first time and she wasn't keen on the step into the porch. Steve and Sandra also brought two of their beautiful alpacas along. Thanks to Pippa, Hannah-Lou and all who took part. After the service, it was all hands to the deck to rearrange the furniture and clear the straw to accommodate a Christmas Day service the next day. We welcomed a large contingent from Beachamwell and groups from Wereham and Fincham as well as many villagers. There were nearly fifty people in the church, which was wonderful and they did justice to Dom Rye's playing as well. It was a lovely service taken by Brian Redgers and William Burke, with contribution from Robin, Carol and Pippa. The full works! I hope everyone who was there had as happy a Christmas as I did.

As if all that wasn't hectic enough, for the first time we hosted the benefice service on the fifth Sunday of the month, where all the churches in the benefice are invited to gather at one service. Many of the churches were represented and refreshments were served afterwards. Thanks to Tom Golden for playing and to

BOUGHTON VILLAGE NEWS

Sally Taylor of Fincham, who came to help me with the refreshments. Others also helped, but Sally came from outside the benefice, proving that links between Boughton and Fincham are still strong.

Happy New Year and good health to all.

Pam Wakeling

Rainfall since October 2019

As I write this (15th Jan), we have just experienced a horrendous night with gale force winds and heavy rain for hours. I understand that the road in Crimplesham is closed again, for the second time in less than a month with flooding, and anyone driving around some of the country roads cannot have failed to notice large areas of road underwater as the ditches cannot cope and are just overflowing.

Following my previous report, October continued very wet, with a further 26.7mm from the 12th until the end of the month, by which time the total reached 77.2mm November carried on the same way, with 72.3mm falling during the month; and December was worse with a total of 82.9mm.

Already in January, we have been deluged with 46.7mm, which includes two heavy falls of 9.5mm, and 15.5 last night.

My notes frequently state torrential rain, or rain all day and night. 20th December was particularly memorable day with continuous rain over more than 24 hours amounting to over an inch of rain. I spent the entire day wading about in 2 inches of water – thank goodness for a decent pair of wellies.

Sue Pogmore

Boughton Fen through the Winter

At last there is water back in the fen. It is not called a wetland for nothing, but over the past eighteen months it has been incredibly dry. Whilst it may make it easier to work, it is not a good thing. The reed beds need clean water for part of the year in order to thrive, and a prolonged period of dryness allows other plants and scrub to take over, and if it were to continue like this, the reed bed would eventually disappear under a mass of scrub, bindweed and the like.

The marsh harriers have been present almost continuously. It is always worth stopping to watch them as they swoop and soar over the fen and the surrounding land.

The fen committee, aided by a band of volunteers, have been busy over the past few months resulting in some significant repairs to the boardwalk being

BOUGHTON VILLAGE NEWS

achieved.

We were fortunate that one of our committee, Paul Smith, was able to bring his colleagues on a volunteer day from their workplace. They managed to clear a considerable amount of scrub and blackthorn – in fact we have not had to do any more scrub clearance ourselves, so thanks go to them for their hard work.

It will not be long now before we start on the annual reed cutting. Aside from the services of the reed cutter, this requires a lot of assistance to collect and burn the reed. If you would like to help with this, please contact me on 01366 500461.

Sue Pogmore

Cricket Club

On 10th December Clare, Wendy and Karen organised a Christmas Wreath making workshop to help raise funds for Boughton Cricket Club. It was held at



the church in Boughton and was attended by over twenty willing wreath makers. Wendy did a short demonstration to get things started and then assisted as the wreath makers got to work. The previous Sunday Steve, Hugh, Tom and the ladies collected greenery and berries locally to provide materials for the wreaths. During the evening itself a raffle was held with many prizes being generously donated from the village and cricket club and the All in

BOUGHTON VILLAGE NEWS



all it was a great community evening and all expressed their gratitude to the organisers and many said they would definitely sign up for the next one. evening was helped along with some light refreshments and for those really wanting to get into the Christmas spirit some mulled wine! By the end of the evening all those attending had produced their own individually styled wreath and there were some stunning examples on show and everyone agreed that it had been a very enjoyable and productive evening as well as raising some funds for the cricket club. The greenery that was left over was then not wasted but used for decorating the church for Christmas.

Poppy Appeal 2019

The British Legion Poppy Appeal house-to-house collection in Boughton raised £187.76. Many thanks for your generosity.

Angela Faherty

Samaritan's Purse Shoebox Appeal 2019

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 22 shoeboxes from Boughton to the local collection point in Wretton.

Angela and Andrew Faherty

WEREHAM VILLAGE NEWS

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

Village Hall Activities

See Community Advert. More details are featured in the website www.werehamvillagehall.co.uk and on the Facebook page Wereham V/H

Guide Dog Christmas Tea Party – 14th December 2019

As you read this, we're already into the 2nd month of the year, Christmas has been and I hope you all enjoyed it. I'd like to thank all who contributed, helped and visited my first Guide Dog Christmas Tea Party. We raised a lovely £568.52 which will go towards helping blind and visually impaired members of our community.

Thank you again and I wish you all a Happy and Healthy 2020.

Pauline Holland

75th Anniversary of VE Day



As part of National and International events taking place in May 2020, Wereham Heritage Group are organising our own shared moment of celebration on Sunday 10th May. Time and ticket details to be confirmed nearer the date.

Please put this date in your diary now. The event, which will take place in Wereham Village Hall will include : - A tribute to Wereham's WW2 soldiers; Dad's Army re-enactors; our own 'Winston Churchill'; Drama Group sketch; 1940s songs and readings; Doing the Lambeth Walk; Vera Lynn and George Formby sound-alikes; community singing....and more.

Bring your own food and cold drinks ready for an afternoon tea 'street party style' picnic. Do come dressed in 1940s costume if you can.

**Event enquiries to Ian Rye –
email: ian_rye@msn.com**

Wereham Church Festival , Sunday 19 July 2020

The PCC would like to invite as many interested people as possible to come to a meeting in the church on Tuesday 4th February at 7.00 pm to plan our next Church Festival. The meeting will last no longer than an hour. Festival Day, together with Open Gardens provides most of the income needed to keep our church open and available to all. Please help us if can.

Tom Golden

WEREHAM VILLAGE NEWS

Wereham Parish Council

Next Meeting Date Tuesday 10 March at 7.00 pm in the Wereham Village Hall
Agenda items must be received before the end of the month prior to each meeting, items received after this time will not be possible to discuss. Please send to the Parish Clerk at werehampc@gmail.com. The Agendas for meetings are always published on the Wereham Village Notice Board three clear days before the meeting, on the Wereham Parish Council Facebook Page and on the website www.werehamparishcouncil.co.uk You will also find minutes of all meetings here too.

Dog Walkers

There has been instances of dog waste not being removed from outside people's properties and pathways in the village by dog walkers. There are five dog bins available at the playing field; off Cavenham Road, Lamas Lane; End of the Row/Wretton Row and on Church Road. So this is plenty of points to deposit their waste plus the option to take it home.

Please respect the village and clean up after your dog.

Wereham Cemetery – Memorials Next of Kin

Please could any members of the public known to be the next of kin for memorials within the Wereham Cemetery please contact the Parish Clerk to agree to share their contact details. We need to ensure that our contact database for the purposes of contacting next of kin, where we need to discuss memorials is as up to date as possible. Memorials that have been laid down for safety reasons can be reinstated by commissioning a stone mason to install what is called a NAAM bar.

Streetlights

The streetlights in the village are owned by the Parish Council if you notice they are out please report it to the Clerk who can arrange for a contractor to maintain it. The contact details are below.

Highways – Paths and Roads – Defects

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

Helen Richardson, Wereham Parish Clerk and Finance Responsible Person
Email werehampc@gmail.com or Phone/Text: 0779 500 6811

NB For more information on activities, cinema listings or to book go to www.werehamvillagehall.co.uk/whats on or call 07947 430005/01366 502214 or pop in to the hall on weekdays 10am to 3pm

**Premier
Holiday Accommodation
in Wereham
overlooking the pond**

**4* very comfortable, well
equipped 4 bedroomed
house. Sleeps 10.
2 bathrooms**

Ideal if you have family or friends
Visiting

Good discounts available for
Group 4 News readers!

For more details please Tel Debbie
or Ian Rye on 01366502083,
02476 742077 or 07863 049677
or see website

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



HOLIDAY COTTAGE

Sleeps 6—8

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

Contact:

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

Tel: 01366 328244

Fax: 01366 328716

Enjoy a delicious
Sunday Roast with
us.

The perfect excuse
for a well-deserved
treat.

Reservation
essential

b

the berney

INSPIRED FOOD

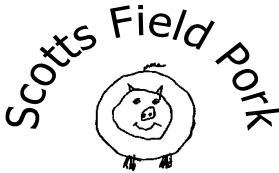
RELAXED ATMOSPHERE

The Berney, Church Road, Barton Bendish,
King's Lynn, PE33 9GF. 01366 347995

Enjoy a delicious
lunch or dinner
in our beautiful
Grey Partridge
Restaurant or
cosy snug

Ring for
availability





FREE RANGE # RAREBREED

MADE IN NORFOLK

FREE DELIVERY

SUPPLIED FROZEN

MINIMUM SPEND £20

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

Call Rob Simonds on 07940800275 to arrange a delivery.

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

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

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

Pack of 2 pork chops - £5

Smoked Gammon Joints £12 a joint – approx 1.5 kgs

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

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

in The Brecks by Rob of Scotts Field Pork.

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

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

Whole lamb boxes available at £7.50 /kg

Boxes can be supplied fresh or frozen to your door.

For more details please call Rob on 07940 800275



Your advert could be here.....

Alan Pickering
01366 386125 or 07779 787499
group4news@gmail.com



K.J.Catering Services

Contact Steve Bartram on

01366 727797

or 07542 923909

kjcatering@btconnect.com

www.catererssuffolkandnorfolk.com

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

K.J.Bar Services

Fully Licensed
for all occasions

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

WANTED Drymere Horse Livery or Grazing

Having recently moved to Swaffham we are really hoping to find somewhere in Drymere for our lovely well-mannered horse so he is as close to home as possible.

We would be delighted to consider either livery or stables and grazing on a long-term agreement.

We are very conscientious owners and can provide references including one from World Horse Welfare - our horse is a rescue and we have loaned from them for 11 years.

Any possibilities please do get in touch on 07919 106366.



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



Central Norfolk Dog Training Club



"No wonder they wag their tails"



Kennel Club Registered

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

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

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

For more information please call

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

Doggie Style Grooming



07 800 800 995

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

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

Qualified & Insured

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

Jen's Pet Care



Are you at work all day?

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

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

Contact Jen at Wretton on 07799 733 463

Pet Sitting - Dog Walking - Home Visits

Livestock Care - Puppy Socialising - Pet Care

30 years experience working with animals

Reasonable Pricing - please ask

www.facebook.com/JensPetCareWretton

All 4 Paws Pet Services

we're there when you can't be

dog walking

cat care

small animal care

reptile care

horse care



Abigail Desborough

01366 347605

07957 965623

abs567uk@yahoo.co.uk



CARPET CLEANING OVEN CLEANING

Sofas & curtains cleaned

Quality, regular, reliable service

Conservatory Cleaning, Window Cleaning,

Patio Cleaning, Gutter & Facia Cleaning,

Conservatory & Patio Cleaning



www.cleantech-norfolk.co.uk

(Card & cheque
payments accepted)

Call Mike on 01485 609223

daily 7am - 10pm • 7 days a week

newrooms

Designed just for you....

kitchens
bedrooms
bathrooms
flooring

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



01366 727417 • newroomsdesign.co.uk

Breckland Pest Control



Wasps, moles, rats, mice & more

Professional & friendly service

01760 756 405

0777 600 7201

brecklandpestcontrol@gmail.com



**best advice
I've been given:
"Don't take
criticism from
people you
would never go
to for advice."**

Volunteers **Home Start** Needed!

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



Ethical Mole Management

within 10 miles of
PE37 8AZ

Call Geoff on
07597 912389 or
01366 328204

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

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



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

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

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

Little Oaks

Preschool

& Holiday Club

Ofsted Registered EY246821

A Warm, friendly welcome is waiting for you.

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

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

Open 50
weeks of
the year

15hrs a week
funded places
from the
age of 2

A Variety of hot
and healthy
meals
provided

Places available
for special
educational
needs

Contact Debbie - 01366 502150

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

www.little-oaks-preschool.lk.org

Yoga with Julia Wynne Winter

BWY Dip., AYS Therapeutic Practitioner Cert.

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



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

Charlotte Rose LicAc



Acupuncture
Acupuncture for Pain
Facial Acupuncture
Reflexology
Aromatherapy Massage
Cupping Therapy



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

Clinics in Stoke Ferry + Castle Acre

Gift Vouchers Available

Contact: Charlotte: 07855513199 / 01366 501232

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

YOGA

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 accompanied by an adult

PROFESSIONAL FOOT HEALTH PRACTITIONER



Peter Stanley
MAFHP. MCFHP

Treatments include:

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

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



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**

West Norfolk Landscaping

A full landscaping service
available including

Fencing

Driveways

Pathways

Patios

Turfing

Mini digger services

A Commercial & Domestic grass
cutting service is also available

Contact me on 07392 150290

Email: westnorfolklanscaping@gmail.com

CLAUDIA MORLEY

Garden & Commercial Landscape Designer

**City & Guilds - Amenity Horticulture
- Garden Design - over 16 years experience**

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

**FREE NO OBLIGATION VISIT & QUOTE
www.fig-forestryandgardendesign.co.uk
01760 338400 / 07824 397727**



PETER MORLEY

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

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

**Garden project - fencing
or commercial landscaping.
All forms of forestry & maintenance.**

**email:pringlepete@gmail.com
07981 419338
www.fig-forestryandgardendesign.co.uk**



**07552
450522**

anglialandscapesltd@outlook.com

Turf Suppliers

Domestic/Commercial Mowing & Hedge Cutting

Hedgerow and Tree Planting

Driveways and Patios

Fencing

01366 500803



Garden Services John Adcock

For conifer, shrub
and small hedge trimming

Garden Maintenance
and winter 'tidy ups'

Grass Cutting for large or small lawns

Power Washing

Tel: 01760 337058 or 07909 785801
Fully insured

Tim's Tree Services



All aspects of tree and hedge
work undertaken

Hedges Removed

Stump Grinding

Over 30 years experience

Qualified - Insured

Call 01553 813140

or 07867 764307

For your free quote

LOCAL MAN - LOCAL RATES

ADE HARDY

GARDENING SERVICES



For all your
gardening needs

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

To discuss your requirements
call Ade on 07798 785663



No job too large or too small to be
considered

D.J.B.

LANDSCAPING

:Driveways : Paving : Fencing :

: Garden Clearance :

: Hedge Maintenance :

: Grass Cutting / strimming :

:Concreting :

: Building Repairs/

Maintenance :

All jobs considered

David Bennett

07795 833440

01328 700859



Turn To Ted

Friendly, Hardworking,
Handyman, Gardener,
DIY

£15 per hour,
1hour min

No job too Small or
Large

Telephone
07967 796992

RAY GRIBBLE

Antique Restoration
&

Traditional
Upholstery

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

Traditional
Upholstered
Furniture

Footstools, Sofas and Chairs
made to commission

Picture Framing &
Mirrors

www.raygribble.co.uk

Contact

ray@raygribble.co.uk

or phone

01366 500387

Vine House, Church Road, Wereham

SPECIAL EVENT PLANNED?



Think Wereham Village Hall!!

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



DAVID THOMPSON MASTER CHIMNEY SWEEP

All chimneys, flues & appliances swept

Brush and vacuum used

CCTV Chimney surveys

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

NVQ qualified chimney engineer

Certificates Issued

01328 851081

www.the-sweep.co.uk

D. Thompson Chimneys Ltd



FOREST & FEN CHIMNEY SWEEP



17/054



City & Guilds

ACCREDITED

Experienced, Qualified Professional

07749 257770 or 01366 727537

forestfensweep@aol.com

All appliances swept. Fully insured & certificates issued.

WJA TILING

The Complete Wall and Floor Service

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

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

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

PAUL FARRAR GENERAL PLUMBING SERVICES

ALL ASPECTS OF
PLUMBING UNDERTAKEN,
INCLUDING
MAINTENANCE AND
REPAIRS

AT COMPETITIVE PRICES

PHONE 01366 328072
OR 07725 300624

BRYAN CATER



Chimney Sweep

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

Call Gavin on
01366 728342

The Poplars, Thetford Rd,
Northwold, Thetford, Norfolk



NEED A WINDOW CLEANER?

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

Call now for a free quote from

PJWINDOWS
01553 761985

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

Jake Stansfield Ltd

Plumbing & Heating

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 Tipperloads from 1-20 tonnes

Tel: 01842890568 or see us on

www.taylorssolidfuels.co.uk

www.norfolkwoodburners.co.uk



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

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



For a FREE site visit and quotation contact us on:

t: 01328 700161

m: 07966 661175



e: norfolkwoodburners@outlook.com

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

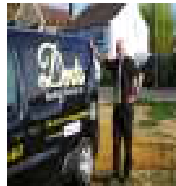
M J DENT HEATING SERVICES LTD

OIL AND GAS HEATING ENGINEER

SERVICING, MAINTENANCE, BREAKDOWNS, LANDLORD CERTIFICATES,

Why have your boiler serviced?

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



Call on

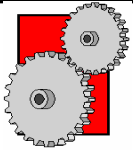
01366 387595

01366 383661

07957357480

Check us out on

checkatrade.com



P.G.M.S.

Fabrication of a variety of metals
Mechanical engineering

Sparex

Agricultural spares & accessories

Peter Garner Mechanical Services

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

Tel: 01366 328823

E-mail: peter@pgms.co.uk

RETIRED ELECTRICIAN

Available for small works
Phone John on 01366 501327
or 07889187820



WARNE ELECTRICAL



R D VOULT & SON

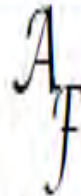
PLASTERING

All aspects of plastering & floor screeding

Contact Bob on 01366 328 545

mobile 07799514635

rdvount@yahoo.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.

Cremated or Pre-planned Funerals available



Family Owned & Managed ~ Established 1851

A complete caring and personal service offered by a local family business providing advice and guidance at your time of need when you need it most

24HR Personal Family Caring Service

Individually Tailored Funerals At A Competitive Price

5TH Generation Independent Family Service

Distance No Object

69 Bridge Street, Downham Market (01366) 384182

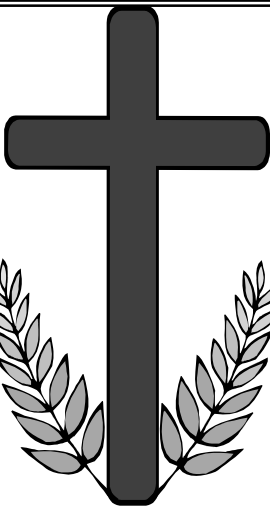
1 Blackfriars Street, King's Lynn (01553) 766795

67 Lynn Road Wisbech (01945) 461112



Funeral Planner of the Year Regional Winner 2012

WWW.AJCOGGLES.CO.UK



PR Bowers & Son Funeral Directors (Est 1921)

Anmer Cottage Methwold Road Northwold IP26 5LN

01366 727432

07796 780270

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



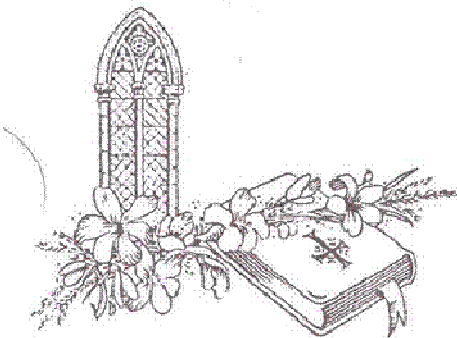
Privileged To Serve Families In The Area For 3 Generations

Family Funeral Directors
R. H. BOND
STOKE FERRY

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

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

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



Help and
understanding
when you need it
most



Eastern Gas

Your local plumbing and heating specialist

Our fully qualified plumbing and heating engineers cover the following:

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

Finance
options
available on
boiler
installations



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



T: 01553 750060 | M: 07940367529

E: admin@easterngasltd.co.uk

W: easterngasltd.co.uk

Traditional Values ...



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

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

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

Ashton Roberts

Letting Agents • Estate Agents

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



St. Johns Way, Downham Market, PE38 0Q0

01366 382219

(24 Hour Emergency Contact)

- Purpose built practice with easy access and ample parking on the outskirts of town
- Dedicated sterile operating theatre & dental suite
- Full digital x-ray, endoscopy & ultrasound facilities
- 'State of the Art' laboratory equipment including haematology, biochemistry and our new urinalysis machine - the first in East Anglia
- Independent Emergency Care provided onsite by our highly experienced Veterinary Surgeon of 32 years, 24 hours a day, 365 days a year...

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

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

