

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

July 2017

Cover Illustration drawn by Mark Powell, Beachamwell ©

WELCOME

Welcome to another edition of Group4News, put together as always with care and attention by your Editorial Team.

We would draw your attention to the many advertisers, without whom this magazine would not be possible and, whilst respecting that, when you make decision about choosing suppliers, many individual factors will be relevant, would ask, where possible, you choose businesses who advertise with us. The majority of them are local businesses rather than the larger concerns who advertise elsewhere but they do support our community by their adverts and our custom is a way of thanking them for that support..

It may be a truism, but if you don't use it you may lose it.

As always, 'Happy Reading'
The Editorial Team
Alan, 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 2017

GROUP 4 TEAM VILLAGE CONTACTS

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

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

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

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

Please submit all information through your Village Contacts.

**Deadline for copy for the
July 2017 edition:**

11th June

ADVERTISING

Alan Pickering 5 Old Town Close,
Downham Market PE38 9HJ Tel: 01366
386125 or 07779 787499
e:mail: group4news@gmail.com

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

WEBSITE

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

‘FROM THE RECTORY’



Contact details:
Rev'd Ken Waters

01366 727220

ken.waters@btinternet.com

God Spot:

I've recently been asking the question "What is the Trinity?" mainly because I had to do a sermon about that subject. I watched a programme where a priest was involved in a conversation with an Iranian Muslim who was convinced that Christianity had three gods. He tried to explain the Trinity to him, but he, like me, had great difficulty in comprehending how One God could be constructed of Three Persons. The Muslim was never convinced that Christians worshipped One God. But that experience did remind me of how difficult the concept of the Trinity is to explain, even to ourselves. The programme left me with more questions than when I first started. Like, "When we get to Heaven will we see just God or will Jesus be standing alongside and how does that work?". It actually does my head in! But to try and put it simply, I get by by thinking: God the Father creates; God the Son redeems; God the Spirit illuminates and equips. And in this divine dance of equality, each person of the Godhead complements and builds on the work of other members of the Trinity. So, let me encourage you today to think about the Trinity - God the Father, God the Son, and God the Holy Spirit. But don't go overboard and become obsessed with trying to fathom it out. We should just trust and believe because as followers of Jesus, we are loved by the Father, and led by the Spirit. All three persons of the Godhead are at work in our lives, in the life of this church, and in the life of our group of parishes and in this world. Thank God.

God Bless,

Ken Waters

CONTENTS

Page 2	Contacts
Page 3	From the Rectory
Page 5	From The Smallholding
Page 6	Countryside Notes
Page 7	Recipe of the Month
Page 8	Children's Page
Page 9	Quiz Page
Page 10	Humour
Page 11	Puns
Page 12 - 13	Downham Market Library
Page 14	Ramblings of a Retired Person
Page 15	Swaffham and Litcham Home Hospice Support
Pages 16 - 18	Community Pages
Page 19	National Trust
Pages 20 - 23	Notices
Pages 24 - 28	Barton Bendish Village News
Pages 29 - 31	Beachamwell, Shingham & Drymere Village News
Page 32	Community Page
Page 33 - 34	Church Services
Pages 35 - 37	Boughton Village News
Pages 38 - 42	Wereham Village News
Pages 43 - 68	Adverts



FROM THE SMALLHOLDING

JULY 2017

There can be some unseen compensation for allowing garden, orchard and shrubs to become somewhat over grown. It is that bird species that have become less noticeable in recent years have confidence to attempt to



re-establish. One such is the song thrush who from the depth of the foliage near the five-bar gate regales us with his confident, varied yet repetitive song which the poet Robert Browning described so well. The ever invasive elders, too near to the outbuildings, are at the time of writing, smothered in frothy flower bringing promise of cordial, fizz and even wine for the persevering. We pick the lower accessible flower heads and leave the top ones to become berries for the birds - I have a memory of a blackcap feeding happily on elder berries in France.

Wise counsel from one who cannot be denied is that if you cannot do those things you did in the past, is literally to sit and enjoy your surroundings and the Smallholding legacy. Since part of that legacy is Pippa who now does most of the vegetables (under supervision from the Director's chair) I am willing to conform!

From my observation post on the terrace I am aware that our swallows are with us but I have not yet located their nest. Watching others work also brings its rewards - Bob is back on the wall with great skill and further over, his roof continues to host quite a strong swift colony - the first hooligan flypasts entertain us - and the colony seems to have coped positively with roof repairs.

Nettles and cleavers are obscuring the progress of currants and raspberries; at least the birds will have to look too!



The raised bed is doing its stuff, with help; the salad, broad beans and peas being particularly productive. The polytunnels too are responding to Pippa's care.

Our real world seems a thousand miles from the horrific realities of London, so from behind the Rambling Rector roses, best wishes and the promise of prayers for our urban communities.

Robin.

COUNTRYSIDE NOTES

A few weeks ago I was asked if I'd look into which kinds of gulls are seen following the farmer's plough in autumn and winter. The answer is that any of the seven species found in Britain, with the exception of the kittiwake, may be part of the flock. In fact the name seagull is deceiving as, apart from the breeding season, more of them are to be found inland than around the coast. During the last century more and more gulls have forsaken the seaside. They move back to coastal regions only to nest and can now commonly be seen foraging not only on farmland in winter but also in vast numbers all year round on landfill sites. At night these inland gulls seek out large expanses of water, such as reservoirs, on which to roost. Numbers are boosted in winter by migrants from Scandinavia, northern Europe and the Baltic. The latest trend is for gulls, particularly the herring and lesser black-backed, to make their homes permanently in towns and cities not necessarily near the sea. They have been recorded as living and nesting on roof tops in places such as Worcester, Swindon, Cheltenham and King's Lynn.

The black headed gull is the species most often seen inland and will follow the plough very closely. There are about 130,000 resident pairs in Britain but in winter migrants swell the number to 2.2 million. In hard weather they can be seen in urban gardens, parks and on playing fields. They will also join bigger gulls foraging on rubbish tips. **Herring gulls** are real thugs snatching food from people sitting outside enjoying their lunch. Landfill sites are like a McDonalds to them and they're not averse to scavenging from sewage works either! The average life span of a herring gull is 20, the oldest recorded lived until it was 35.

Great black-backed gulls breed around the coast but the rest of the year can be found on farmland and rubbish tips. There are fewer of them than **Lesser black-backed gulls**. In summer these can be seen around the coast and on some high moors but in winter they desert the most northern areas of Scotland.

The Common gull is in fact not that common. It is similar in looks to a herring gull but is smaller and tends to stay nearer to the sea. It is resident in northern England and Scotland and occupies other areas of Britain in winter.

Mediterranean gulls are very similar in appearance to the black-headed gull only they are slightly larger. Prior to the 1950s it was rarely seen but is now becoming more common. In winter it is widespread across the east and south of England and increasing numbers are nesting around the coastal areas of south east of England

The Kittiwake really is a proper seagull and is very unlikely to be seen inland. It only comes to Britain to nest and raise its young on our coastal cliffs but spends each winter out in the Atlantic sea. **Jill Mason**

RECIPE OF THE MONTH

Banana and Nut Bread

Ingredients

4oz butter
8oz brown sugar
1 well beaten egg
8oz wholemeal flour
½ tsp. salt
1 ½ tsp. baking powder
4 tbsp. natural yoghurt
2 ripe mashed bananas
2oz raisins
4oz mixed nuts



Method

1. Preheat oven Electric 180C or 350F or Gas 4
2. Cream butter and sugar and add egg gradually.
3. Sieve flour, salt and baking powder together.
4. Add ½ yoghurt to the creamed mixture and then mix in ½ dry ingredients.
5. Beat in remaining yoghurt, flour, mashed banana, raisins and chopped nuts.
6. Mix well.
7. Put mixture into a greased loaf tin.
8. Bake for 1 hour.

Fancy Volunteering?

Life is one long adventure and at Oxburgh Hall we'd love to join in with your next one. Whether you want to put years of skills and experience towards our cause or just want to try something brand new, we'll have a role to suit you. Our team is full of inspiring people from all walks of life who get a real buzz from working and learning together.

Sound good? Then what are you waiting for! Get in touch with our

House Manager Lynsey at

lysey.coombs@nationaltrust.org.uk or 01366 327247

CHILDREN'S PAGE

Fruit and Vegetable Word Search

Words may go vertically and horizontally in either direction

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

Cabbage
Pomegranate
Orange
Carrot
Mango
Sweet-potato

Asparagus
Pumpkin
Pineapple
Turnip
Grapefruit
Raspberry

QUIZ PAGE

1. Name the first Carry On film
2. What was Northumberland gardener designer Lancelot Brown's nickname?
3. If an animal is edentate it has few, if any, what?
4. The Romans called Scotland Caledonia but what did they call Ireland?
5. In slang how much money is a monkey?
6. Pick the odd one out - saucepan, balti, wok, sampan, stockpot
7. What does a chef mean by a recipe that is devilled?
8. What is the male equivalent of a Dame?
9. Unscramble I'D NET WARM TRAY to locate a hospital department.
10. What is usually served in a demitasse?
11. Ethylene glycol is better known to motorists as what?
12. What is Tony Roper's play 'The Steamie' set in?
13. Who had a private plane called 'The Lisa Marie'?
14. The Americans call it a stroller, what do we know it by?
15. Is the Prime Minister also the Master of the Mint?
16. According to the nursery rhyme, who saw Cock Robin die?
17. His real name is Matthew Hall but how do we know this TV funny man?
18. What is the world's largest rodent - porcupine, capybara or groundhog?
19. Which is longer - a standard mile or a nautical mile?
20. What is Robbie Williams middle name?
21. How many halluces do we have?
22. What do the initials of the IBM company stand for?
23. What features on the badge of The Prince of Wales?
24. A browband is something you would fit before doing what?

Answers: 1. Carry On Sergeant in 1958. 2. Capability. 3. Teeth. 4. Hibernia. 5. £500. 6. Sampan - it is a Chinese boat, the others are cooking pots. 7. It's highly seasoned or coated in condiments. 8. A Knight. 9. Maternity Ward. 10. Coffee. 11. Anti-freeze. 12. A Glasgow wash-house. 13. Elvis Presley. 14. Pushchair. 15. No, it's the Chancellor of the Exchequer. 16. The fly. 17. Harry Hill. 18. The capybara. 19. Nautical mile 6082ft standard 5280ft. 20. Peter. 21. Two, they are your big toes. 22. International Business Machines. 23. Three silver or white feathers in a gold coronet with the motto 'Ich Dien' (I serve) on a dark blue ribbon. 24. Riding a horse.

LOVE THIS! I FEEL SO MUCH BETTER NOW!

Brains of older people are slow because they know so much. People do not decline mentally with age, it just takes them longer to recall facts because they have more information in their brains, scientists believe. Much like a computer struggles as the hard drive gets full, so, too, do humans take longer to access information when their brains are full.

Researchers say this slowing down process is not the same as cognitive decline. The human brain works slower in old age, said Dr. Michael Ramscar, but only because we have stored more information over time. The brains of older people do not get weak. On the contrary, they simply know more.

Also, older people often go to another room to get something and when they get there, they stand there wondering what they came for. It is *NOT* a memory problem, it is nature's way of making older people do more exercise.

SO THERE.

Now when I reach for a word or a name, I won't excuse myself by saying "I'm having a senior moment". Now, I'll say, "My disk is full!".



PUNS

1. The fattest knight at King Arthur's round table was Sir Cumference. He acquired his size from too much pi.
2. I thought I saw an eye-doctor on an Alaskan island, but it turned out to be an optical Aleutian.
3. She was only a whisky-maker but he loved her still.
4. A rubber-band pistol was confiscated from an algebra class, because it was a weapon of math disruption.
5. No matter how much you push the envelope, it'll still be stationery.
6. A dog gave birth to puppies near the road and was cited for littering.
7. Two silk worms had a race. They ended up in a tie.
8. A hole has been found in the nudist-camp wall. The police are looking into it.
9. Time flies like an arrow. Fruit Flies like a banana.
10. Atheism is a non-prophet organization.
11. Two hats were hanging on a hat rack in the hallway. One hat said to the other: 'You stay here; I'll go on a head.'
12. I wondered why the baseball kept getting bigger. Then it hit me.
13. A sign on the lawn at a drug rehab centre said: 'Keep off the Grass.'
14. The soldier who survived mustard gas and pepper spray is now a seasoned veteran..
15. In a democracy it's your vote that counts. In feudalism it's your count that votes.
16. When cannibals ate a missionary, they got a taste of religion.
17. If you jumped off the bridge in Paris, you'd be in Seine .
18. A vulture carrying two dead raccoons boards an airplane. The stewardess looks at him and says, 'I'm sorry, sir, only one carrion allowed per passenger.'
19. Two fish swim into a concrete wall. One turns to the other and says, 'Dam!'
20. Two Eskimos sitting in a kayak were chilly, so they lit a fire in the craft. Unsurprisingly it sank, proving once again that you can't have your kayak and heat it too.
21. Two hydrogen atoms meet. One says, 'I've lost my electron.' The other says, 'Are you sure?' The first replies, 'Yes, I'm positive.'
22. Did you hear about the Buddhist who refused Novocain during a root-canal? His goal: transcendental medication.
23. There was the person who sent ten puns to friends, with the hope that at least one of the puns would make them laugh. No pun in ten did.

DOWNHAM MARKET LIBRARY

For further information about these events, or to book where necessary, please contact Elena Parkin Community Librarian Downham Market - 01366 383073 Mobile: 07786198618 Email: elena.parkin@norfolk.gov.uk

Downham Market Library is now on Facebook. 'Like' us to find out more about what's happening at the library!

www.facebook.com/downhammarketlibrary

Regular events

Baby bounce and rhyme - Thursdays – 10-10.30 term time only

Come along and enjoy some songs and rhymes.

Scrabble Club – every Tuesday 10am – 12pm (term time only)

Enjoy a game of scrabble.

Knit and Natter – 1st and 3rd Wednesdays in month. 1.30 – 3pm

Brew and Banter – Every Friday 10am – 12 noon. 50p suggested donation.

Enjoy a chat over a tea or coffee.

Job Help – free help with using the universal Jobsmatch website. Wednesday mornings or Friday afternoons. Booking essential.

Special events

Summer Reading Challenge – Animal Agents!

Saturday 8th July 9.30am – 1pm. Come along and register for this year's Animal Agents reading challenge. Children must be accompanied by an adult.



Have you heard about the strange goings-on at your local library this summer? Meet the Animal Agents and join the Summer Reading Challenge – it's your chance to solve a mystery and catch a crafty crook!

Sign up at your local library where you'll receive a collector folder to start you off

As you read over the summer, you'll use your wits and power of observation to sift through the clues. You'll even pick up some stinky stickers along the way

And there is an Animal Agent adventure for pre-school children too

Enjoy your library this summer – reading and sharing books.

Visit any Norfolk Library or mobile library during the summer to start the adventure. There is something for all the family at your library this summer



DOWNHAM MARKET LIBRARY

A Talk by Careline Community Services Tuesday 4th July 1 - 2pm

Careline Community Service is part of the Borough Council of King's Lynn and West Norfolk. We offer: Careline Personal alarms, Assistive technology (falls and smoke detectors). Key Safes, Minor adaptations, Falls Prevention measures (grab rails and half steps), Home security measures
Contact 01553 760671 for further information about Careline.

Please note this event is part of the Downham Market Library In Good Company group session and so £1 will be payable on arrival, includes refreshments.

Searching for your Family Tree

Just starting your family tree...then let the library help. Wednesday 12th July 2-4pm. £5 per person Bookable in advance.

Amazing Creatures – A Story with Balloons!

Join Crazy Bananas for a storytime with balloons and get one to take home! Monday 24th July 2 – 3pm. £3 (accompanying adults free). Ages 3+. Booking essential. Tickets available from the library. Children must be accompanied by an adult.

Holiday Storytime

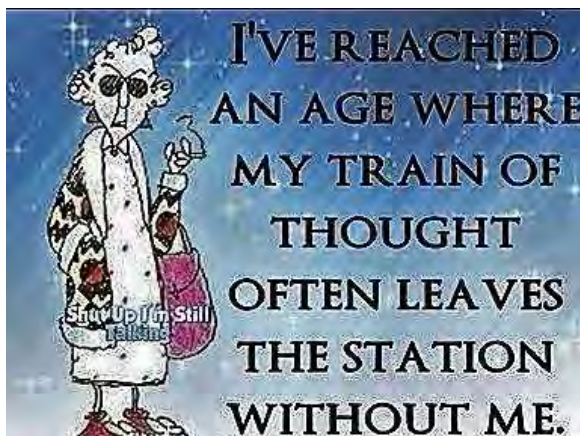
Come along for some stories and activities. Thursday 27th July 10.30am – 11.30am. Children must be accompanied by an adult.

Garlic Theatre Puppetry Company - Little Red Riding Hood

Garlic Theatre's funny and original new adaptation of the classic tale of Little Red Riding Hood. A merry mix up in the woods with slapstick glove puppets, clowning and a whacky old wolf. Monday 31st July 2 – 3pm.
Ideal for ages 3 – 8. Booking essential. Tickets £1.50 each or £5 family of 4 available from the library. Children must be accompanied by an adult.

Knitting for Beginners for Families

Come along and have a go at some knitting! Tuesday 1st August 1 – 2.30pm. £1 each. Ages 5+. Booking essential. Chn must be accompanied by an adult.



RAMBLINGS OF A RETIRED PERSON

Today I was in a store that sells sunglasses and only sunglasses. A young lady walks over to me and asks, "What brings you in today?" I looked at her and said "I'm interested in buying a refrigerator." She didn't quite know how to respond. Am I getting to be that age?

I was thinking about how a status symbol of today is those cell phones that everyone has clipped onto their belt or purse. I can't afford one so I'm wearing my garage door opener.

I was thinking about old age and decided that old age is when you still have something on the ball but you are just too tired to bounce it. I thought about making a fitness movie for folks my age and calling it 'Pumping Rust.'

When people see a cat's litter box they always say, "Oh, have you got a cat?" Just once I want to say, "No, it's for company!"

Employment and volunteer application blanks always ask who is to be called in case of an Emergency. I think you should write, 'An ambulance.'

The older you get the tougher it is to lose weight because by then your body and your fat have gotten to be really good friends.

The easiest way to find something lost around the house is to buy a replacement.

Did you ever notice that the Roman Numerals for forty (40) are XL.

The sole purpose of a child's middle name is so he can tell when he's really in trouble.

Did you ever notice that when you put the 2 words 'The' and 'IRS' together it spells 'Theirs'?

Aging: Eventually you will reach a point when you stop lying about your age and start bragging about it.

Some people try to turn back their "odometers." Not me. I want people to know 'why' I look this way. I've travelled a long way and some of the roads weren't paved.

You know you are getting old when everything either dries up or leaks.

Ah! Being young is beautiful but being old is comfortable.

SWAFFHAM & LITCHAM HOME HOSPICE SUPPORT

Some of the residents of Great Dunham organised two Pop up Shops with a share of the proceeds being donated to the Charity. We were supported by three of our Fundraisers who had a tombola stall at each of the events, which help to boost our monies with a total figure of £187.00.

Once again our Quiz held in the Conservative Club was well supported by a keen audience. One team, "the Invisibles" never turned up but had paid their dues. They had decided after two previous attempts bringing up the rear that they would allow another team to claim the booby prize. Thanks go to the teams who donated a sum of £520.00.

Our annual Street Collection once again surpassed all our expectations on May 13th. I have to thank each and every one who donated to our cause and we made a total of £660.00. Our thanks go to those who stood with their tins in what turned out to be a very cold day.

In July we are attending two Fetes in the locality, the first is being staged at Ashill on 23rd July and the second is at Narborough Village Hall on 30th July. Our volunteers will be there, so please make yourself known and have a chat, you will be made welcome.

The Swaffham & District Lions Club along with Swaffham Rotary Club are organising a joint race night on September 9th in the Assembly Rooms starting at 7.30pm. They are sharing the profits on a 50/50 basis and both clubs have indicated that they will then donate 50% of their share to us.

I just want to remind you that Peter Harris will in July being taking on his mammoth coastal walk, with monies being divided between the Swaffham Rugby Club and us. Further information will certainly be available in next month's Swaffham Newsletter and village magazines.

As a result of my retirement Adrian Adcock has stepped into the position of Chairman of the Fundraising Committee. This is on an interim basis until we find a successor. The Committee are certainly seeking out further volunteers, so if you have a few hours to spare each month or wish to discuss any matter appertaining to our work, then please do get in touch with us at 17-19 Brocks Road, EcoTech Business Park, Swaffham 01760 722937.

For my part, I will continue to draft a report each month for the magazines ensuring our message continues to reach you all. The Charity would like to take this opportunity in thanking you all who continue to support us in the work we do ensuring our patients are cared for to the highest standard possible.

David Gulliver

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

Free magazine inspires families to get active this summer

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

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

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

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

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

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

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

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

Volunteers Needed!

Home-Start
Support and Training 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

Wereham Village Hall

'Buy a Brick' Campaign

Britain's First Passivhaus Village Hall



This is no ordinary 'Buy a Brick' campaign (largely because there are no bricks) but this is no ordinary village hall! It's your village hall to support you, your events and your activities.

We're so close – our community fundraising is going well but we've not yet reached our target of £20,000 so please support us by visiting our website <http://www.werehamvillagehall.co.uk> and follow the link on the home page to our dedicated 'MyDonate' donations page.

Your donations will buy:

- £10 three breeze blocks
- £100 timber cladding
- £250 internal fire door
- £500 Passivhaus certified window

For further details contact Trustee John Millard on [01366 500790](tel:01366500790)

Thank you – Together, we'll do it!

DISCOVER DOWNHAM HERITAGE

Hundreds of years of history brought to life

Visit the new Heritage Centre

Find out about the history of Downham Market and the people who lived and worked here at our brand new Heritage and Learning Centre.

Displays show how Downham developed from a Saxon settlement to a thriving market town and the trades, industries and shops which have helped shape the streets.

Opening hours Thursday to Saturday 10am to 4pm

Free admission

School groups, workshops and drop-in research available on other days.

Large room available to hire for local community groups.

Find Us

The Old Fire Station, 30 Priory Road, Downham Market PE38 9JS

Telephone 01366 384428

MAGPIE CENTRE STAGES CRAFT AND COUNTRY FAIR

Roll up, roll up for the Craft and Country Fair, which the Magpie Centre, home of West Norfolk Riding for the Disabled Association, is to stage on Sunday August 20, 10.00 am to 5.00 pm, in the glorious grounds of Wallington Hall, South Runcton, PE33 0EP, courtesy of Mr and Mrs John Plaxton. Find Wallington Hall on the A10, about three miles north of Downham Market.

If you want a day out which appeals to everyone, whatever their age or interests, this is The One. If you have an interest in classic vehicles, be they lorries, cars, tractors or motorbikes – this is for you.

If arts and crafts are more your style, the Indoor Craft Fair will appeal, with stalls and demonstrations ranging from fused glass, paintings and art, to spinning and wool crafts.

Or if you prefer to enjoy the fresh air, in lovely surroundings, you can visit the llamas and alpacas, or enjoy a carriage drive, while, for the smaller ones, pony rides, meet the Magpie Centre ponies, face painting, children's entertainment and fairground rides will be the order of the day.

A Shire horse, in harness, will be on display, and Paralympic show jumper Susi Rogers-Hartley, remember her from the Lloyds Bank TV ad? is to give a demonstration, as is Aynsley Calvert, an RDA rider and carriage driver, who will illustrate, very capably, the benefits which those living with disabilities can gain from riding and carriage driving.

There will also be a well-shaded Pets' Corner, so, as this is a community event, if you have rabbits, hamsters, gerbils, ferrets, or other small furries, tortoises or other reptiles, that you might like to bring along, so that others can view them and learn about their habitats, please call 01553 672756.

We are also on the lookout for Tug o' War teams of eight (ladies or gents), to compete for a trophy and money prize. Time to ask your colleagues at work or mates down the pub, hmmm? Yes.

And if you are in business, and would like a trade stand to raise your profile, locally – again – this event is an ideal opportunity for you.

The Magpie Centre is delighted to have been chosen as KLFM's Charity of the Month for August, so switch on, tune in to KLFM 96.7 and get the latest updates as they occur.

Those wishing to book exhibitor, catering unit, trade stand or Tug o' War places, please call 01366 388478 or 07957 335104.

For Craft Fair stands or Pets' Corner exhibits, call 01553 672756 or 07725 163758.



Oxburgh Hall Events

Unless otherwise indicated, please call 08442 491895 to book tickets.

Saturday 1st July, 11.30am – 2pm

National Meadows Day - Meadows and Minibeasts

Celebrate National Meadows Day with the Outdoors Team by enjoying a ramble through the Wash Pit meadow. Go mini-beast hunting and discover the wildlife that lives amongst the grasses and flowers growing there. Suitable for children aged 3 and upwards. Children must be accompanied by an adult. There is no charge for this event but donations on the day will be welcome.

Normal admission charges apply.

Saturday 8th and Sunday 9th July, 10.30am to 4pm on both days

Costume Weekend

Come and meet the costumed volunteers who re-create 15th century life at Oxburgh. See who would have lived, worked and visited Oxburgh when Henry VII was king. Normal admission to house and gardens applies.

Friday 14th July 2017, 7:30pm – 10pm. Doors open at 6:30pm

Summer Outdoor Theatre – A Midsummer Night's Dream

What better way to watch a fairy tale play than at a fairy tale manor! Chapterhouse Theatre Company presents Shakespeare's best-loved romantic comedy at Oxburgh. Let yourself be whisked away on a thrilling journey to the most magical of forests and meet star-crossed lovers, playful fairies and hilarious travelling players. Beautifully designed Elizabethan costumes, a wonderful musical score and enchanting woodland creatures come together to make an evening of unmissable summer garden theatre.

Please bring your own rugs or low backed seating. All tickets are non-refundable. Picnics welcome and the Tearoom will be serving drinks and light snacks. Adult £15, child £10, under 5s go free.

Booking Essential. Call Central Booking Office on 0344 2491895. Tickets also available at www.seetickets.com.

Saturday 22nd July 2017, 10.30am to 4pm

Scything Day

Have a go at scything, the traditional way to cut grass rather than using mowers and trimmers. Not only that, it's a great way to keep fit! Our expert scythers will be cutting the meadow in our orchard. Richard from Emorsgate Seeds will be on hand to explain why this ancient art is important and how you can create a wildflower meadow from scratch.

Free of charge, but normal admission prices apply.

Wereham's Pop-Up Cafe

will 'pop up'
Twice Every Month
(initially on the 1st and 3rd Tuesday)

10.30 am till 1.00pm

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

£1.50

PLUS

A light lunch 'dish of the day'
For an additional £2.50

Beachamwell Wednesday Walkers

Explore the rights of way in and around
Beachamwell with us

We meet at the Village Hall at 10.00 am
FIRST WEDNESDAY OF EACH MONTH
Walks last between one and a half to two hours

All, including dogs on leads, are welcome

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

Further details please telephone
01366 328452 or 01366 328536

Wereham Weekly Cash



Wereham Village Hall
Wednesdays

Doors open 6.45 pm

Eyes down 7.30 pm

Raffle and Refreshments
with complimentary biscuits



Enquiries: Doreen Rolph
01366 500218

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

Beachamwell Book Group

Tuesday 4th July

7.30

Beachamwell Village Hall

Book to be discussed over a glass of wine

'The End of the Affair'
By Graham Greene

Annual Subscription £15.00

New members welcome

Enquiries: 01366 328536

Wereham Short Mat Bowls Club

Thursdays

7.00pm

Village Hall

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

For more information or for a chat telephone 01366 501330

Swaffham Jazz Club

Colin Mason Quartet with
Ed Reed on guitar and
Laura on vocals

**Tuesday 11th July
7.30pm**

Swaffham Conservative Club
23 London Rd PE37 7DD

Entry £6 on the door

Enquiries:
01366 328730 or 01760 722384

**Wereham
St. Margaret's Festival
Sunday 16th July
11.00 — 2.30**



**Please see pages 41 and 42
for more details**

Enquiries:

01366 500408

01366 858237

01366 5005762



Beachamwell WI Craft Evening

Learn, improve and share a
wide range of yarn and fabric
crafts

Tuesday 18th July

7.30 - 9.30

Beachamwell Village Hall
Non-WI members and
beginners very welcome

£3 inc refreshments

More details: 01366 328589

Beachamwell Afternoon Tea and a Chat.....

Wednesday
July 19th
2 - 4pm

Beachamwell
Village Hall



Enquiries
01366
347673

Beachamwell

Village Hall Committee
Celebrate Summer at our
Pop Up Pub and
Barbecue

Friday 21st July
7.00 - 10.30



Beachamwell Village Hall

Enquiries: 01366 328536

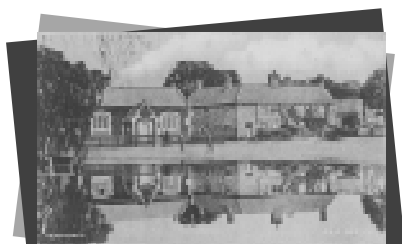
'Come and have a mardle'

Saturday 22nd July, 2-4pm
Wereham Village Hall

A successful Wereham Heritage Group event returns

Enjoy browsing our collection of old photographs, postcards,
newspaper clippings and original film footage

Refreshments available



In collaboration with a Wereham School Reunion

Nar Valley Ornithological Society (NarVOS)

Tuesday 25th July
7.30pm

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

'Midnight Sun To Norfolk Winter' by Dave Horsley

Dr David Horsley is a former teacher at Gresham's School in Holt. Dave is now a keen wildlife photographer with a particular interest in Norfolk. But he has also travelled extensively, including giving talks on cruise ships. We can guess a couple of the topics of Dave's talk from the above title – but will there be more? Please come and find out.

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

Enquiries: 01760 724092

Beachamwell

Craft Group

Wednesday 26th July

2.00 - 4.00

Beachamwell Village Hall

Bring along something you are already working on or start a new hobby in a friendly group of like minded people.

£2.00 + Bring and Buy

All welcome.

Enquiries:01366 328536

Boughton

Tenth Annual Jazz Picnic

Featuring

Barry Tyler's Original Dixieland Jazz Band

Saturday 29th July 2017

12:30 pm to 3:30 pm

Rectory House

Oxborough Road, Boughton, PE33 9AH

Come early, bring chairs and picnic and relax on the lawn to some live

Traditional Jazz

Real ale on sale, jive floor and ample parking

Admission £7 on the Gate (Children Free)

Enquiries 01366 500315

or paulcoulten@btinternet.com



Wereham

Indoor / Outdoor

Car Boot Sales and Café

The last Sunday of every month
excluding December.

9am until 1pm

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

A warm and friendly welcome
is given to everyone.

Please contact Philip on

07759033492 or 01366501330

e-mail

rosemary.pease@btinternet.com.

The dates for the rest of the year are
July 30th, Aug 27th, Sept 24th, Oct
29th and Nov 26th

Beachamwell

Barn Dance

Live Band and Caller

St John's Farm

Friday 1st September



Enquiries:01366 328244

BARTON BENDISH & EASTMOOR VILLAGE NEWS

Village Hall

An AGM of the Trustees of the Village Hall took place on May 10th. Jill Mason was appointed Chairperson with Philip Carter and William Chapman remaining as trustees. Robin Simon was appointed as a new trustee to replace Trevor English. Bill Tasker continues as caretaker and Maureen Tasker as Treasurer.

Under discussion were the condition of the old picnic tables and the installation of a sound system. The picnic tables have since been replaced but the decision was made to delay installation of the sound system as there is still some uncertainty about the future of the Village Hall. It needs to be used more often so please bear this in mind when you are organising any functions or events. It is well equipped and competitively priced. Expenditure for general running costs exceeds income from hiring so if you have any ideas for further fund raising please put them into action.

Jill Mason

Open Gardens

What a lovely day we had for our Open Gardens this year. There were 15 gardens on show in the village and what a show they put on. It was lovely to see so many visitors enjoying walking from garden to garden on a very sunny and pleasant Sunday. The refreshments in the village hall did a roaring trade with the ploughman's lunches selling out by the early afternoon. Maureen's home baking stall was very well supported as was the plant stand at Olly's. There was a wonderful show of classic cars on display at All Saints and the animal hunt kept the children amused while the adults looked round the gardens. It proved to be a very successful day for Barton Bendish.

The day would not have been possible without the help and support of so many people. Our sincere thanks go to everyone involved with the behind scenes running of the day. To all those who opened their gardens and for the hard work that they put in during the weeks leading up to the day itself. To the ladies who helped with the refreshments, be it preparing lunches, baking cakes or helping serve on the day. Special mention to Joan who was in the village hall all day helping with the refreshments. To Maureen for organizing the baking stall. To Olly for the wonderful plant stall. To everyone involved in the amazing display of classic cars and to Janice and Chris for hosting the cars at All Saints. To the outreach refreshments at Score House and to all the volunteers who sold tickets at the Church.

BARTON BENDISH & EASTMOOR VILLAGE NEWS

Thank you also to Olly and David who put up the signs advertising the day and Bill and Maureen for organizing the maps and the flags for the gardens. You did a wonderful job as we must have had nearly 300 visitors. Finally a big thank you to everyone of them who came to Barton Bendish and helped raise the unprecedented sum of £2,750 for St Andrew's Church.

Mhari and Linda

St. Mary's Churchyard

Special thanks must also go to Ernie Percival who, singlehandedly, has kept St Mary's churchyard trimmed out this year. This is no mean feat and being cared for in such a way makes this lovely little church look so much more attractive.

Jill

Phone Box

The Parish Council has now adopted the telephone box in Barton Bendish as it is part of the village's heritage. They would be interested to hear of anyone who would be willing to give it a coat of much needed paint and also if anyone has any ideas for putting it to good use.

Please contact Val on 01366 347570

Michael Horn

It was with great sadness that we heard that Michael had passed away. He lived in Lynn but was born and grew up here in Barton Bendish. His father, Hubert, was a wagon builder and wheelwright and, with wife Gladys, also ran the post office. His uncle Arthur was the third generation of village blacksmiths and Wilfred, another uncle, was once the blacksmith at Beachamwell and also ran the pub for many years.

A draughtsman by trade Michael very kindly offered to do some illustrations for my new book which is now at the printers. Drawing was a new venture for him and one which he discovered he enjoyed doing. He was intending to exhibit some of his work at our forthcoming Art and Craft Exhibition.

Michael was not only a great friend to us personally but also to the village. He loved coming back to Barton and was a popular figure supporting almost every event held here.

We offer our sincere condolences to his wife Pam and the rest of his family.

David and Jill

BARTON BENDISH & EASTMOOR VILLAGE NEWS

Gardener's Paradise

Having been in Barton Bendish for almost a year now, we have enjoyed our first experience of Open Gardens. We were not sure what to expect but were



completely unprepared for the numbers of people patrolling the village on the 4th of June. From ten thirty onwards, it was as if we had become a tourist attraction! The ploughman's lunches at the village Hall sold out. Indeed the place was overrun all day. Business was booming at the Berney and there were queues for tickets at the church.

It was fascinating for us to visit gardens in the village to give ourselves an idea of things we might try to grow in the wilderness that is Wits End. We saw courtyards, back gardens, cottage gardens and modest gardens. I particularly enjoyed one designed for wheelchair users and another dominated by colourful and scented roses. There was a very impressive line up of old classics, and cars, at All Saints House, where we tried to work out the exact location of the old church. I fully intended to visit a couple more locations, particularly the Pimms Bar at the former rectory but felt some need to be in my own garden. This was a great shame as I'm sure that every garden was well worth visiting and I'd long fancied a closer look at a fine Victorian building. Next year perhaps.

Back at Wits End we put up a display of photographs taken last year to show that, despite appearances, we have made progress. I was staggered by the number of interested visitors, some of whom plan to return. Many offered encouragement and a lot of very helpful hints. No one lamented the destruction of so many leylandii trees!

BARTON BENDISH & EASTMOOR VILLAGE NEWS

We were also trying out a BBQ on our new patio, partly as a thank you to people



who have helped us in so many ways since our arrival last July. One of the guests was Harry from the pub who we were sad to discover will work his last shift on Father's day. He has been the perfect host and I know will be missed very much by his staff and by those of us who regularly use the Berney. Some

villagers I know criticise the pub as expensive. I don't think they realise how fortunate we are to have such a good pub on our doorstep. I hope that Albanwise give Harry a good send off. He deserves it.

At five o'clock some of our neighbours came round and I reflected on what a close and creative community this is. Visiting the Hall gardens, including a personal tour from Anthony, has given us many ideas for our own garden, particularly the wildflower meadow we hope to develop. However little we know, there's always an expert to go to. All this and takings of over £2,700. A hugely successful day in anyone's terms.

Much to my surprise, I very much enjoyed La La Land at the last Film Club and I'm anticipating another enjoyable Quiz Night at the Berney on the 13th.

Finally, we were very sad to hear of the death of Michael Horn. We only met him a few times but he was delighted that we'd moved to Barton Bendish, the village he loved. He told us about jumping out of a bedroom window in the old Post Office in order to spend more time with his friends. His family ran the Post Office for years and one of the Horns brought many villagers into the world. I believe that his ashes are being brought to St Andrew's Church. He will be at home at last. **Andrew Stephen**

BARTON BENDISH & EASTMOOR VILLAGE NEWS

Organ Recital and the Barton Bendish Singers

Plans are being made for another organ recital in St Andrew's church this summer when it is hoped the Barton Bendish singers will also be entertaining us. This afternoon of music is scheduled to take place sometime in August.

Art, Craft and Photography Exhibition

Knowing how quick time flies by I think it's worth mentioning again that, this year, our renowned Art, Craft and Photography Exhibition will be taking place over the weekend of September 16th and 17th. Please bear these dates in mind if you are thinking of exhibiting your work as entries need to be made in advance.

Details from Linda 01366347563 or Mhari 01366347849.

Barton Bendish Annual Parish Council Meeting held on 22nd May 2017

At the meeting, the Parish Council elected Cllr Will Chapman as Chairman and Cllr Valarie McAlister as Vice-Chairman. Three members of the public were in attendance.

British Telecom have now returned the completed contract for adoption of the phone box on Church Road. Cllr McAlister is still interested in any ideas for alternative uses for the box; the only suggestion so far is a book exchange. Please contact the Clerk if you have any other options to put forward.

The Norfolk Records Office in Norwich currently hold the old historical map of Barton Bendish. It is in a very poor condition at the moment and the Parish Council is keen to see it restored. We are exploring options for assistance with the funding of this project to see if we can get any financial help with the cost.

Expressions of concerns over safety on Boughton Long Road were expressed by a parishioner at the meeting, after several near miss incidents. The Parish Council agreed to meet with the Highways Engineer to discuss the matter and see what options were available.

Resurfacing of Church Road is due to take place over the summer months.

The Annual Accounts for 2016/17 have been finalised and a report was given from the Internal Auditor. The Annual Return was approved and would now be sent to Mazars for the External Audit to be carried out.

The next meeting will take place on Wednesday 12th July, 2017. This will be an Ordinary Parish Council Meeting starting at 7.30 pm in the Village Hall.

Miss Sarah Thorpe, Parish Clerk

01945 430930 or bartonbendishparishcouncil@aol.co.uk or the Parish Council website at bartonbendishparishcouncil.norfolkparishes.gov.uk

BEACHAMWELL, SHINGHAM & DRYMERE VILLAGE NEWS

Wal Branch: 25.06.1924 – 31.05.2017

Wal and Brenda married in 1949 and moved to Clavering House, Oxborough where they lived for 39 years. He was employed by DD and AH Carter of Magdalen and then by DD and RG Carter, by which time he was farm foreman. He and Brenda moved to Beachamwell in 1988 and Wal retired when he was 65. He was interested in all sport and was an Arsenal supporter. He loved to go racing and had many a pleasant evening in The Great Danes Head playing dominoes. Quite often with his son-in-law, Robert.

He was a good supporter of all the village activities, enjoying the fetes and especially

the tea and cake afternoons.

Ill health made him move to Downham Market in October 2015 to be near daughter Judith and Robert.

Diana Lambert

(It was a privilege to know Wal – a true gentleman. Ed.)

Parish Council



Dates for future meetings are:

2017: July 10th, September 11th and November 13th

2018: January 8th, March 12th and May 14th

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

The new County Councillor for Beachamwell is Cllr. Fabian Eagle 07450 679838

fabian.eagle.cllr@norfolk.gov.uk

We would like to thank Ian Monson for all the work and support he has given Beachamwell Parish Council over the years.

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

The Parish Council website is beachamwell-pc.norfolkparishes.gov.uk

Eileen Powell (Parish Clerk)

BEACHAMWELL, SHINGHAM & DRYMERE VILLAGE NEWS

St Mary's Church

St Mary's PCC would like to thank Susie and John Rix for their very generous donation which completely covered the costs of the recent ceiling repairs. The repairs were carried out by a specialist plasterer who sourced all the correct materials to make good the ceiling.

Thanks again to Susie and John for stepping up and making such a generous gift to the church.

The next service at St. Mary's will be Holy Communion on July 2nd at 11am and will be conducted by Rev'd Robin Blackall. Please join us, all welcome.

Dick Wainer 01366 328706 or dickwainer@hotmail.co.uk

Beachamwell Village Hall (Charity registration number 303900)

Accessibility Project: We are expecting building work to begin in early August. The hall will be out of action until October, so be prepared for some groups to either be suspended or relocated. The end result will be that access to the hall will be greatly improved for people with mobility issues and that will be a very positive improvement.

Barn Dance: We can confirm that the biennial Barn Dance will now take place at St John's Farm on Friday 1 September. Put the date in your diary and let your friends know. More details about tickets will appear in the August edition of G4N.

Goal Posts: We are delighted to announce that we have received a grant from Breckland Sports Fund to pay for the installation of goal posts on the playing field. This will be great for all the children who meet every weekend to enjoy playing football together. We hope that the posts will be in place before the school summer holidays.

Pop up Pub: Before the village hall is closed for building work, we plan to have a Pop up Pub and Barbecue on Friday 21 July. This will be a great opportunity for people of all ages to get together for an evening of fun to celebrate summer. Please join us and make this an evening to remember!

Beachamwell Village Hall Committee

Contact: Leah Spencer 01366 328536 or leah@wissey.co.uk

Mobile Post Office

Monday and Thursday 12.55 – 13.15

Tuesday and Wednesday 11.10 – 11.40

BEACHAMWELL, SHINGHAM & DRYMERE VILLAGE NEWS

Half Marathon

I must admit I was a little disappointed when I looked for my Report on the annual Half Marathon in G4N. I did not expect to find the end on P30 and the start on P33. I hope you all managed to work it out. The event was a great success and the final figure was £1145 plus gift aid, an excellent start to the thatched roof ridge repair appeal.

Carole Wilson

Produce and Craft Show

Due to the proposed start date of the "Toilets for the Disabled Project" proposed for August 7th, the Committee have decided to cancel the Show for this year which was to be held on August 14th. We are sorry we have had to make this decision but there is no other choice. However we do thank those who purchased an onion from us in the hope to grow the "Biggest". On August 14th, the proposed date, at 3pm we plan to have the WEIGH IN and invite you to bring your Giant Onion (in a wheelbarrow if necessary) to the Old Rectory garden where it will be weighed. There will be a Trophy for the Adult and a Trophy for the Child with the heaviest onion. Watch out for Posters in the village. Our apologies again and we hope to organise the Produce and Craft Show again next year.

The Committee

Wednesday Walkers – June 2017

The June walk could be described as more than a little blustery perhaps – certainly we had the wind in our sails as we walked the four miles in record time! Ten Wednesday Walkers and three dogs (on their leads of, course) passed St John's and Walter's Cottages to walk up the Long Drove/Search Light Drove. That drove was a joy to behold with a beautifully cut swathe of grass up the middle of the bridleway. Thank you to whoever did that!

The walk continued south of the Warren Cottages, across a meadow, down besides the Warren Belt and back to the village.

In July we shall walk from Swaffham to Beachamwell along the lanes and rides that run parallel to metalled road. If you haven't discovered this route but want to find out just where the paths are, come along to the Memorial Hall at 10.00 a.m. on Wednesday 5th July. Do bring a drink and a snack with you as this walk is longer than usual, but we hope to be back in the village by 2.00 p.m.

For further details please telephone 01366 328536 or 01366 328452.

Leah Spencer and Sue Pennell

COMMUNITY NOTICE BOARD JULY

MOBILE LIBRARY VISITS

DATE	VILLAGE	LOCATION	TIME
Tuesday July 4th	Barton Bendish	Hatherley Gardens	9.55 am
	Beachamwell	Old Post Office	10:15 am
	Drymere	Telephone Kiosk	10:40 am
	Boughton	Mill Road	14:20 pm
Monday July 3rd, 17th & 31st	Wereham	Church Road opposite George & Dragon	9:30 am
		Queen's Close	16:20 pm

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

VILLAGE BUS SERVICES

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

Traveline (08706) 082608 (www.traveline.org.uk)

FARMERS' MARKETS

Ely Fakenham King's Lynn RAF Marham Swaffham	Second and Fourth Saturday 8:00 - 2:00pm Fourth Saturday 8.30am - 12:00pm 3 rd Friday of each month Third Friday 9:00am to 2:00pm No longer trading
--	--

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

VILLAGE, COMMUNITY and PARISH HALL BOOKINGS

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

CHURCH SERVICES SOUTHERN GROUP

DATE & TIME	LOCATION	SERVICE
Sunday 2nd July <i>Third Sunday after Trinity4</i>		
9.30 am	Methwold	Holy Communion
9.30 am	Wretton with Stoke Ferry	Service of the World
11.00 am	Beachamwell	Holy Communion
11.00 am	West Dereham	Family Service
6.00 pm	Wereham	Evening Service
Sunday 9th July <i>Fourth Sunday after Trinity</i>		
9.30 am	Methwold	Service of the World
9.30 am	West Dereham	Service of the World
9.30 am	Whittington	Service of the World
10.00 am	Boughton	Breakfast Church
11.00 am	Barton Bendish	Family Communion
Sunday 16th July <i>Fifth Sunday after Trinity</i>		
9.30 am	Methwold	Methodist Service
9.30 am	West Dereham	Service of the World
9.30 am	Wretton with Stoke Ferry	Holy Communion
11.00 am	Beachamwell	Family Service
Sunday 23rd July <i>Sixth Sunday after Trinity</i>		
9.30 am	Methwold	Service of the World
10.00 am	Whittington	All Age Service
11.00 am	Boughton	Holy Communion
6.00 pm	Barton Bendish	Evening Service
6.00 pm	West Dereham	Songs of Praise
Sunday 30th July <i>Seventh Sunday after Trinity</i>		
11.00 am	Stow Hall Gardens	Group Open Air Service

THURSDAY SERVICES of HOLY COMMUNION at 10am

Boughton: 13th and 27th

CHURCHWARDENS

Barton Bendish	Mhari Blanchfield	01366 347849
	Linda Webster	01366 347563
Beachamwell	Vesna Hudson	07854 261273
Boughton	Pam Wakeling	01366 500429
Wereham	Sheila Smith	01366 858165

BAPTISMS AND WEDDINGS

Please contact the Churchwarden in your parish.

CHURCH SERVICES NORTHERN GROUP

DATE & TIME	LOCATION	SERVICE
Sunday 2nd July	<i>Third Sunday after Trinity</i>	
10.00 am	Shouldham	Morning Prayer
10.30 am	Marham	Café Church (Methodist Chapel)
10.30 am	Stow Bardolph	Holy Communion
11.00 am	Runcton Holme	Holy Communion
Sunday 9th July	<i>Fourth Sunday after Trinity</i>	
9.30 am	Shouldham Thorpe	Holy Communion
10.30 am	Marham	Morning Prayer
10.30 am	Stow Bridge	Holy Communion
11.00 am	Tottenhill	Holy Communion
6.00 pm	Fincham	Evening Service
Sunday 16th July	<i>Fifth Sunday after Trinity</i>	
10.00 am	Shouldham	Holy Communion
10.30 am	Marham	United Worship (MC)
10.30 am	Nordelph	Holy Communion (Village Hall)
11.00 am	Watlington	Holy Communion
Sunday 23rd July	<i>Sixth Sunday after Trinity</i>	
9.30 am	Fincham	Holy Communion (said BCP)
10.30 am	Marham	Holy Communion (Holy Trinity)
10.30 am	Wimbotsham	Holy Communion
11.00 am	Runcton Holme	Patronal Festival
Sunday 30th July	<i>Seventh Sunday after Trinity</i>	
11.00 am	Stow Hall Gardens	Group Open Air Service

THURSDAY SERVICES of Holy Communion at 10 am

Fincham 6th and 20th

Morning service (lay led) Runcton Holme 6th

CHURCHWARDENS

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

BAPTISMS AND WEDDINGS

Please contact the Churchwarden in your parish.

BOUGHTON VILLAGE NEWS

All Saints' Church,

Open Gardens Day June 11th

It's impossible to thank everyone who made the day work so well, but a few



names must be mentioned. Sandy, Marion, Chris and Sue for producing the excellent lunches and teas for which Boughton is well-known, Angela and Andrew for posters, signs, marquees, plant emporium and much more, Tony for selling tickets most of the afternoon. Thanks also to Rosemary Wilkinson for printing off the tickets for us. Funds raised were for the church and, as churchwarden, I want to thank everyone who made any contribution. In the end, we had thirteen gardens open, in spite of a late withdrawal because of ill-health. The weather was kind to us and it was warm and dry, in spite of a strong breeze all afternoon. Thank you to all the people who opened their gardens and made people so welcome. I met people from Suffolk, Wymondham and Wisbech and I'm sure there were many more who felt it

worth travelling a considerable distance to visit our gardens. I hope some of the newer residents of the village took the opportunity to wander round and meet their neighbours and enjoy the afternoon, but it was disappointing that so many of the more established village residents seemed to be elsewhere. Perhaps they were supporting the cricket team.

BOUGHTON VILLAGE NEWS

The final total raised for the day was £1770.00 with a Gift Aid on a donation, which is a good result. Thanks again to everyone who gave so generously of their time and money and worked so hard to make the village so attractive.

As we said last month, there is work needed on the church guttering and the boiler house. We had a donation yesterday from one of the couples who opened their garden, for which we are very grateful. If anyone else can contribute, please contact our Treasurer Paul Coulten. He is actively pursuing the possibility of a grant, but they often require matched funding. Although the building is the village church, its reordering some years ago made it able to be used as Village Space/Village Hall, so the whole village needs to be involved in maintaining it in good order.

We were pleased to welcome the Rev'd Ken Waters to take the service on May 28th, his first as our new Priest in Charge. You will note that the magazine coverage of church services has been expanded to include the other parishes in the new group, as well as our previous group in the Shouldhams and Fincham, with Marham. We have also been informed of the appointment of a new part-time Rural Dean for the Deanery, but details of what he will do are not yet available. ***Pam Wakeling***



BOUGHTON VILLAGE NEWS

Boughton CC: Season 2017 Update

Exciting things have been happening down at Boughton Cricket Club this season! Fresh from our spectacular fundraising efforts to construct our new pavilion, we are now officially playing in the Norfolk Cricket League. We now have teams playing three formats: a 1st XI playing League matches most Saturdays, a Sunday XI playing selected friendly fixtures, and a midweek T20 side playing our extremely popular 20 over friendlies for a hit and a giggle.

Our big move this season into League Cricket saw us enter the Norfolk Division 4 West, after a very successful recruitment drive in the winter attracted some talented new players into the club. The new 1st XI, captained by Ash Legge, is off to a flyer and has already recorded 3 wins from the first 6 games. We are now ominously poised mid-table, ready to make our play for league leadership in the second half of the season!

The Sunday XI plays a more 'relaxed' brand of cricket on, you guessed it... Sundays, allowing youngsters to combine with our seasoned veterans to enjoy and develop their cricket. Fixtures include local teams such as Castle Rising and Gooderstone, with a prestige fixture against the dons of Jesus College, Cambridge! Amongst our biggest successes have been our midweek T20 games, playing fixtures against sides as exotic as Downham Curry Club, The President's XI (what, The Donald?), Albanwise and Fawcett Fen Farmers. Young and oldsters alike love this exciting fast-moving format played out on a summer's evening - followed by cheeky beers all round while the sun sets.

Of course, none of this could happen without the efforts of key people behind the scenes. The players owe a lot to the efforts of David Cooper and Steve Short for turning what was a ploughed field a few years ago into a stunning cricket ground - our "Theatre of Dreams" as we like to call it! Also our Club Patrons Rosemary, and the late Alan Wilkinson, without whose generosity and support we would not have been able to build the club, its fine new pavilion and our beautiful ground. Lastly, our illustrious committee that keeps the club rolling, raises the vital funding, decorates the new pavilion and puts lovely teas on the table at all our matches. Look out for our cricket 'event' fundraiser coming later in the season - you won't want to miss it!

Boughton CC is keen to attract new players, young and old and spectators too! Our ground can be found halfway down the Wretton Road, through the gate on the left. We also have regular Net practice most Tuesday evenings from 6pm. If you would like to play, or just start with some practice, please contact Club Chairman Steve Short on 07768 807534 info@boughtoncricketclub.co.uk - we would love to have you on the team!

WEREHAM VILLAGE NEWS

Wereham Heritage Group invite you to 'come and have a mardle': Join us in the Village Hall on Saturday 22nd July, 2-4pm for an afternoon of reminiscing and refreshments! Old photographs, postcards, newspaper clippings and original film footage are among the items on display for you to enjoy. *'Mardle' is an example of local dialect, meaning to gossip or chat.*

This is a much-requested follow-up from a very successful event held last year, which saw visitors of all ages explore Wereham-past. This mardle promises to be an afternoon of nostalgia, and a chance to meet up with familiar faces. Our collection is always expanding and we greatly appreciate new material. We have the facilities to make copies of documents, leaving you with the originals in a matter of days. For additional information about the mardle event, or to discuss donating or lending material please contact a member of the committee or email us –werehamheritagegroup@gmail.com. This event is taking place in collaboration with a Wereham School Reunion, which is being held in the George and Dragon the same afternoon. The event is open to anyone who attended the school and should be a brilliant opportunity to meet with old classmates. For school reunion enquiries please contact Richard Yallop on [01953889363](tel:01953889363) or richard@richardyallop.com.

Wereham Craft Group expect that by the time you read this we will have had our summer craft fair, but not to worry we are having another one [on November 4th](#). The craft group is still thriving and we had two new ladies join us last month. I am hoping to be able to arrange for a lady to come along and do a demonstration with her spinning wheel, spinning yarn. If any non members of our group would be interested in coming along to this event then please give me a call and I will give you more details, this applies to people who do not live in Wereham as well you are all very welcome. The craft group meet on the second Tuesday of each month [at 10.30am](#) in Wereham village hall. Please contact me for details. Rosemary [01366 501330](tel:01366 501330) or [07749240606](tel:07749240606). E-mail rosemary.pease@btinternet.com.

Short Mat Bowls: The bowls group is still quite small but we are a friendly group who just play for the enjoyment, we look forward to seeing more of you on a [Thursday evening](#) at 7pm. Please contact Philip Pease on [01366 501330](tel:01366 501330) or [07759033492](tel:07759033492).

June Update from Wereham Village Hall Committee

Yard Sale – Sunday 14th May. A briefly wet start didn't prevent the early risers from checking out the bargains. We had a record 26 yards this year!! Thank you to the FoWVH volunteers who co-ordinated the event, manned the kitchen and the buy a brick stand, and to all of you lovely Wereham people who booked

WEREHAM VILLAGE NEWS

a yard and donated cakes to the cafe. The whole event raised £297

Craft Fayre: Saturday 1st July from 10am to 4pm – pop down for lunch while you browse wonderful treats and gifts from Norfolk crafters. If you would like to book a stall or make a donation to the raffle, contact Rosemary on [07749 240606](tel:07749240606).

Quiz Night: Saturday 8th July 7.30pm. Book now to secure tickets for this popular quiz! Tickets £5 to include a hot supper, bring your own drinks and glasses. No need for a team, turn up and join another table, all welcome and everyone friendly. Contact Quizmaster John Eastgate on [01366 500766](tel:01366500766) for more details or for tickets.

Short Mat Carpet Bowls: Thank you to Phillip Pease who helped to launch the new bowls club. The club are looking to welcome more new members, no previous experience necessary and you're welcome to pop down for just a social and give it a whirl. Non playing friends and partners also welcome to pop down for a social and chat. If you'd like to find out more, call Phillip for a chat on [01366 501330](tel:01366501330)/[07759033492](tel:07759033492) or pop in to the hall on a Thursday night from 7pm.



Volunteering: If you would like to make new friends and have fun whilst helping the fund-raising efforts towards the new hall, then join our Friends of Wereham Village Hall volunteer group (FoWVH).

Call Doreen for a chat on [01366 500218](tel:01366500218) or email doreenirolph@talktalk.net for more information.

Update from the New Build Project Team

We're continuing to work hard to progress existing funding applications whilst placing new applications, there are so many worthwhile applicants, that it's proving difficult to get the awards. Other village halls are struggling and several have deferred their building programme more than once.

At present, providing we secure a yes from a significant funder during June, then we hope to make a start in July. Please check our Facebook page for the latest news.

The community and business 'Buy-a-Brick' campaign is progressing well and as a result, we received an offer for a donation in kind from local business CGM who have offered assistance/donations with landscaping or plant supplies for the grounds of the new village hall, thank you very much! If you or your business were intending to donate but have still not got round to it

WEREHAM VILLAGE NEWS

please log-on to our MyDonate page <https://mydonate.bt.com/charities/werehamvillagehallcio>

Individuals - donations for £50+ will be added to the donations plaque, donations below will be added to the donations book

Businesses - Monetary and in kind donations for £100+ will be added to the donations plaque, donations below will be added to the donations book

Donations can also be made as a gift or in memory (cards available).

Please talk to your place of work to ask if they can support your community with a donation.

For more information, contact Victoria on [0772551358](tel:0772551358) or darren.gray@tesco.net

Victoria, John E, John M & Rachel

Wereham Village Hall Bonus Ball Club: The lucky winners of £60 each in May was Sue Candler and Anna Bearman – congratulations! **Helen Richardson**

Additional Events List

Bingo - Wereham Village Hall "Cash Prize" Bingo every Wednesday, doors open 6.45, eyes down 7.30pm. Teas/coffees available with complimentary biscuits. For enquiries contact Doreen on [01366 500218](tel:01366500218).

Pop up Café – first and third Tuesday of the month, 10.30-1pm. Join us for a slice of homemade cake, a hot drink, a natter and a read of the daily papers all for just £1.50. Light lunches also available – look out for our monthly specials! Cake donations/queries to Doreen on [01366 500218](tel:01366500218). Next dates Sunday 4th and 18th July, 1st and 15th of August.

Car boot and Café – last Sunday of the month, 9am-1pm (café opens at 8am). Next dates Sunday 30th July, 27th August, 24th September. Café serving bacon butties, hot dogs and hot drinks. £5 per pitch. Contact Philip on [07759033492](tel:07759033492)/01366 501330 e-mail rosemary.pease@btinternet.com.

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

If you have any queries with regards to the plans for funding a new village hall, or anything we're doing, please contact Victoria Gray, Chair, Wereham Village Hall Management Committee Home: 501277 Mobile: [07725513583](tel:07725513583) Email: darren.gray@tesco.net or via www.facebook.com/werehamvillagehall

Wereham Parish Council

Next Meeting Date Tuesday 11 July 2017 (Ordinary Parish Council Meeting)

WEREHAM VILLAGE NEWS

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.

There is one Parish Councillor vacancy on the Wereham Parish Council please visit the parish council website or contact the Clerk for more information by email werehampc@gmail.com or telephone [07795006811](tel:07795006811).

Helen Richardson Wereham Parish Clerk and Finance Responsible Person **St Margaret's Festival**

Hello,



Ted E. Bare here...(if you only knew the times I have to spell my name to people...always they think it must be Bear!).

Just had to write and let you know how happy I am to be invited back to Wereham for St Margaret's Festival 16th July, 11.00 to 2.30.

You might remember that a couple of years ago a whole crowd of us bears came on a lovely picnic, to your church. We had a really wonderful afternoon; such a good reception from village families with music and laughter all the while. Well, it seems that there is to be another afternoon of fun and games. Included will be our special Teddy Bear Activity Display which will bring together Bears (and other Friends) to try new games and challenges inside the church. This sounds very exciting. I am just hoping that there will also be food involved because last time the cake and burgers were delicious.

All of us must be adventurous and brave and just 'have a go' at everything... the more of us... the more fun we can have...all ages and sizes welcome.

Visiting St Margaret's is such an honour because the village and church are so special and there are such marvellous tales of every sort of activity and effort within the community. We all feel very happy to be visiting again and are much looking forward to a fun filled adventure day.

Bears and Friends: -.....be ready... arrive early, remember to give your name, your family name/phone number. You can stay overnight or longer, before the event, with these kind folks:-

Pamela Walker at 'Albiza', 3 Church Road, 01366 500408

Sue Candler, at 'April Cottage', Cavenham Road, 01366 858237

Wendy Bruce at 'Brindy', The Row, 01366 5005762

WEREHAM VILLAGE NEWS

Then you will be ready on the day to enjoy all the fun. There will be signs on the houses. **BEARS FOR CHURCH.** All bears and friends can participate.

So, lots of us need to attend this lovely family day, we can bring all our family's and they can spend some time watching us enjoying ourselves and also have a great time themselves eating burgers, chatting and playing games too.

Please join the Celebrations on Sunday 16th July in Wereham....let your friends and families know and we shall make a great day out and raise funds to keep Wereham Village Church open and useful for the future.

We had such a great time when we visited before....let's do it again!

I am looking forward to seeing lots of you enjoying a happy day,

Best Wishes, Ted E Bare.

Event Highlights for Wereham Festival Day

Join us at St Margaret's Church for our special Festival Day.

Sunday 16th July at 11.00.....Lots to See and Lots to Do.

Traditional Games, Stalls, Raffle, BBQ/Drinks and something more!

Special event this year:-

Barry L. Hawkins: Auctioneers & Land Agents are coming to value your Antiques and Collectables'. Marcus Hawkins has kindly agreed to come to our village to 'Value' your precious items - we shall have our very own 'Antiques Road Show'. So, it's time to clear out the attic and discover what Aunt Grace's photo frame is worth? and then treasure it!

Enquiries to Sue or Gordon, 01366 858237

Teddy Bear Activity Display inside the church for Children and the Young at Heart;

Flowers for Church: We should value the support of the village to decorate the church. This year we ask that households might contribute by bringing a vase or container of garden flowers into church. Foliage only contributions can look marvellous against the stone walls so no real need for shop bought flowers or expense. Each vase can be dedicated to a person you wish to remember. To a loved family member or friend...living or passed away. Delivery time is best from Saturday in the morning, when the church will be open. Thank you.

Enquires to Sue Candler 01366 858237

* Donations for Prizes, Tombola and Raffle * will be much appreciated: -

Doreen and Nicola will be pleased to receive items and, where necessary, collect from your homes. **Enquiries; 01366 500218**

Please join with Wereham to Celebrate the Festival of St Margaret of Antioch.

Sunday 16th July at 11.00.....Lots to See and Lots to Do.



Church Road, Barton Bendish



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

Real ales, good food and a warm welcome.

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

Locally sourced, home cooked food served every day.

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

Free WiFi available in the pub, gardens and rooms.

**Check out the website for details of all the menus and the diary of events
www.theberneyarms.co.uk or call 01366 347995.**

The team will be happy to help with any enquiries.

JET ACCOUNTANCY & BOOKKEEPING SERVICES

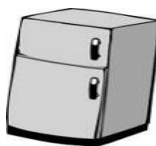
Professional and qualified service offering:

- ◆ Accounts
- ◆ Bookkeeping
- ◆ Self Assessment
- ◆ VAT Returns
- ◆ Payroll
- ◆ CIS Returns

Tel: Louise Scott (MAAT)

07806 792211

info@jetaccountancy.co.uk



**SPECIAL EVENT
PLANNED?**

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

WEREHAM VILLAGE HALL!

Contact Doreen
on 500218 for
Bookings



Bespoke Café and outside veranda offering a relaxing environment for parents and a natural, safe, shady garden for your children to enjoy.

"It's fun to play outside"!

www.stayandplaygardencafe.co.uk

Open School Holidays
and Weekends from
11am to 5pm

Ideal for children's birthday
or small private parties such
as anniversaries.

Call: 01366 727161

Visit: 39 Stoke Road,
Methwold, IP26 4PE

K.J.Catering Services

Contact Steve Bartram on

**01842 828505
or 07542 923909**

kjcatering@btconnect.com

www.catererssuffolkandnorfolk.com

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

K.J.Bar Services

**Fully Licensed
for all occasions**

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



HOLIDAY COTTAGE

Sleeps 6—8

Perfect for visiting friends & relatives.

Rural location on our farm in Beachamwell.

Contact:

Tom & Caroline Sanderson.

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

Tel: 01366 328244

Fax: 01366 328716

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

Marham Village Pre-school



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

Play With A Purpose

Opening Hours 8.30am til 3pm Daily Term Time

Places Available for children aged 2-4years

Contact us on 07950753877
or marhamvillagepreschool@hotmail.com

For more information visit our website
www.marhamvillagepreschool.co.uk

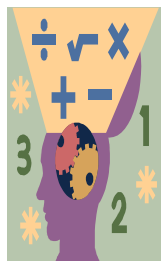


ESTABLISHED
44 years



We hold a monthly Bingo on the
3rd Wednesday of the month
please see our website for next
Bingo Date.

All proceeds go to the pre-school.



Maths Tutor (to GCSE level)

- unravel problems
- boost confidence
- improve numeracy

A Cambridge graduate offers
one-to-one tuition in your home
(one-off or ongoing)
£20 per hour

**For details, or to arrange a
£5 INTRODUCTORY SESSION
contact Katherine Shaw
07773 – 433180**



Methwold Nursery School

Learning through Play!

15 Funded hours per week for 2*, 3 and 4 year olds

30 Funded hours as of September*

Open Monday to Friday, 7.30—5.30, Term Time.

Ages 2 to 8 years

Call: 01366 728419 Visit: 39 Stoke Road, Methwold, IP26 4PE

Click: methwoldnurseryschool.co.uk *(subject to Status)



Your advert could be here!

Alan Pickering

Tel: 01366 386125 or 07779 787499

e:mail: group4news@gmail.com



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

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

Cognitive Behavior Therapy, Counselling, and EMDR

Do You Suffer From:

- Anxiety •Depression •PTSD •OCD •Phobias •Relationship Difficulties
- Self Esteem Problems •Problems At Work •Lack of Direction •Addictions



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

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

EMDR & Psychotherapist on:

Tel: 07530 928070 Email: enquiries@cbt-norfolk.co.uk

www.cbt-norfolk.co.uk

THE LEATHER SHOP

QUALITY AT A FAIR PRICE

43A HIGH ST DOWNHAM MARKET PE38 9HF

(NEXT TO THE OLD CINEMA)



JOHN AND CAROLE LOOK FORWARD TO WELCOMING YOU TO OUR SHOP.

Please feel free to come and browse through our selection of
high-quality bags, purses, wallets and much more...

Belts and other items can be handmade to your specification.



Shop: 01366 386178 Mobile: 07798 826733

Email: edwardsleathercraft@gmail.com Website: edwardsleathercraft.co.uk

Yoga with Julia Wynne

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**



**DO YOU FEEL VULNERABLE
OR ISOLATED?**

**DO YOU HAVE MOBILITY ISSUES
OR ARE YOU PRONE TO FALLS?**

**DO YOU FEEL SAFE & SECURE
IN YOUR OWN HOME?**



Careline
COMMUNITY SERVICE

We provide Carelines, key safes, and minor adaptations to reduce falls, keeping you safe and warm in your home. Ring today for a free home assessment.

Tel: 01553 760671
www.careline-cs.org.uk

Borough Council of
King's Lynn &
West Norfolk



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



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

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




Borough Council of
King's Lynn &
West Norfolk



NO MEAN FEET

FOOT CARE IN THE COMFORT OF YOUR OWN HOME

YOUR LOCAL CARE SPECIALIST



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



for the best feet in the street

CALL STEVE ON 07837 506 906

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

NO MEAN FEET

CARE IN THE COMFORT OF YOUR OWN HOME

YOUR LOCAL CARE SPECIALIST



✓ REMEDIAL MASSAGE

✓ THERAPEUTIC MASSAGE

✓ SPORTS INJURY

✓ BIO MECHANICAL
& GAIT ANALYSIS

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

✓ LYMPHATIC DRAINAGE

CALL STEVE ON 07837 506 906

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



Family Owned & Managed ~ Established 1851

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

24HR Personal Family Caring Service

Individually Tailored Funerals At A Competitive Price

5TH Generation Independent Family Service

Distance No Object

69 Bridge Street, Downham Market (01366) 384182

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

67 Lynn Road Wisbech (01945) 461112



WWW.AJCOGGLES.CO.UK



PR Bowers & Son Funeral Directors (Est 1921)

Anmer Cottage Methwold Road Northwold IP26 5LN

01366 727432

07796 780270

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



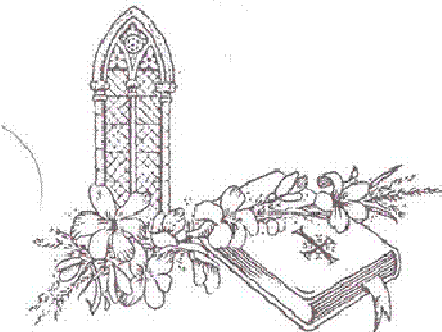
Privileged To Serve Families In The Area For 3 Generations

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

Are you in need of someone to look after your garden?

Are you finding it hard to keep on top of your garden? Or maybe all you need is someone to do an extensive or light tidy up? Or to look after the garden while you are on holiday? Do you need a gardener on a weekly or monthly basis, to trim the hedge or just cut the lawn?

We can also redesign your garden and provide patio, retaining wall or old beds, and organise construction. Whatever your gardening needs, we can help. References available.

Just the JOB Gardening

Call Jacqui on:

07919371994

for a chat
and quote



Garden Services John Adcock

For conifer, shrub
and hedge trimming

Garden Maintenance
and winter 'tidy ups'

Grass Cutting for large or small lawns

New fencing erected

Power Washing

Tel: 01760 337058 or 07909 785801

ADE HARDY GARDENING SERVICES

**For all your gar-
dening needs**



Garden Clearances

Mowing and Strimming

Hedge Cutting

Tree Work

Fencing

Winter tidy ups



Turn To Ted

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

**£15 per hour,
1hour min**

**No job too Small or
Large**

**Telephone
07967 796992**

D.J.B. LANDSCAPING

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

All jobs considered

David Bennett

Mobile 07795 833440

Fakenham 01328 700859



Tim's Tree Services



Pruning
Topping
Felling
Clearing

All aspects of tree and hedge
work undertaken



Over 30 years
experience



Qualified - Insured

Call 01366 347656

or 07867 764307

For your free quote

LOCAL MAN - LOCAL RATES

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



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

GOT DIRTY WINDOWS?

G.COSTIN WINDOW CLEANING

Windows, doors, frames &
sills cleaned as standard.

Gutters, fascias,
conservatories & Reach &
Wash

Pure Water System.

Reliable & friendly service.

Other cleaning services now available.

Call Gavin 07796 606607

gcostinwindowcleaning@yahoo.co.uk

BRYAN CATER



Chimney Sweep

Guild of Master Sweeps certified

Clean and Reliable

Certificates Issued

Fully Insured

Fire Parts Supplied and Fitted

Call Gavin on

01366 728342

**The Poplars, Thetford Rd,
Northwold, Thetford, Norfolk**



THE SOUTH PICKENHAM ESTATE CO LTD FIREWOOD

Barn stored seasoned split hard and softwood
Seasoned logs, ask our driver to moisture check your logs on delivery

Free delivery in the Swaffham area
All of our firewood is from well managed woodland and is fully sustainable
1.5m³ or 3.0m³ loads

We can deliver 50% hardwood and 50% softwood on one load in separate sections if required



Contact
The Estate Office
Tel 01760 756376 or
07776 178665
Trailer shown holds 3 cubic meters



NW
NORFOLK
WOODBURNERS

**SUPPLY & INSTALLATION
OF WOODBURNERS**

Norfolk's agent for Aga, Hunter & Parkray Stoves

AGA
CLASS 1000 STOVES

Hunter **PARKRAY**

01328 700161

www.norfolkwoodburners.co.uk

JANZ ELECTRICAL

Installation, maintenance, fault finding
and testing



For all your electrical needs contact

PAUL JANZ

on

07545 873262 or 01945 882156

janzelectrical@hotmail.co.uk

Cotswold, School Road,

Walpole Highway, Wisbech

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

Tank Replacements

Phone 01353 777788

07946 735691

**PAUL FARRAR
GENERAL PLUMBING
SERVICES**

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

**PHONE 01366 328072
OR 07725 300624**

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

M.B. Roofing

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



01760 725047

07979 811260



mb-roofing.co.uk

Roman Blinds

made by Hannah Elisabeth



**Bespoke Handmade Roman Blinds
made to measure...**

Supply your own fabric...

**I will supply lining, track, all fixings
and make your blind to your measurements**

For a free quote...

please contact me on: 07590 848175

Email: hannahchandler1@hotmail.co.uk

visit my ebay page for photos, a quote and more info.

ebay shop: [roman_blinds_hannah_elisabeth](#)



P.G.M.S.

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

Sparex *Agricultural
spares & accessories*

**Peter Garner
Mechanical Services**

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

Tel: 01366 328823

E-mail: pgms@lineone.net

R D VOUTT & SON

PLASTERING

All aspects of plastering & floor screeding

Contact Bob on 01366 328 545

mobile 07799514635

rdvoutt@yahoo.co.uk

Peckhams Plumbing

**John Peckham Friendly local
Plumbing and heating
engineer**



**All Work
Undertaken
Big Or Small**

**Fully Qualified
and
Insured**

**No Estimates
Just 1 Price**



**No Call
Out Fees**

- ✓ Full Heating Systems
- ✓ Heating system updates
- ✓ Radiator changes
- ✓ Oil Tank changes
- ✓ Fully Fitted Bathrooms
- ✓ Leaks And Repairs
- ✓ Tiling
- ✓ Boiler replacements & repairs
- ✓ Boiler Services

Tel: 07534892411



Geoff Dixon

The professional alternative to doing it yourself

Geoff Dixon Carpentry, Joinery and Handyman Services, Beachamwell

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 347718 **Mobile:** 07726 584502

Email: geoff@norfolkshandyman.co.uk

Web site: www.norfolkshandyman.co.uk



Swaffham Veterinary Centre

3 TOWER MEADOWS, SWAFFHAM PE37 7LT

The team at Swaffham are pleased to offer:

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

Please contact us by phone or email for more information.

Phone: 01760 722054

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



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 in the practice in Swaffham please phone the normal practice number in an emergency.



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

RAY GRIBBLE

Antique Restoration & Traditional Upholstery

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

Traditional Upholstered Furniture

Footstools, Sofas and Chairs
made to commission

Picture Framing & Mirrors

www.raygribble.co.uk

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

Vine House, Church Road, Wereham

D W SAVAGE

"CARPENTER/BUILDER"

25 Years Experience

For all your building requirements

EXTENSIONS

*Kitchens, Bathrooms supplied and
Fitted or just labour*

*Conservatory, fascias, guttering
Laminate or Oak flooring
Patios, Decking etc.*

*Car Ports
All roof systems*

Renovations

Ask for Darryl
Telephone 01366 501152
Mobile 07884 373315

Richard Pooley

Cabinet Maker

The Complete
Kitchen Design &
Installation Service

All Aspects of
Carpentry & Joinery

Bespoke Furniture

Wall & Floor Tiling

Tel: 01366 728791 - 07920 117784
Email: richpooley@gmail.com

newrooms

Kitchens Bedrooms Bathrooms



*Let us turn your dream
room in to a reality*

Newrooms, The Workshops, Brandon Road

Methwold, Norfolk IP26 4RH

01366 727417

newroomsdesign.co.uk



Traditional Values ...



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

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

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

Ashton Roberts

Letting Agents • Estate Agents

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



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

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

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

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

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

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

info@crossingsvets.co.uk

01366 382219

www.crossingsvets.co.uk