

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

July 2019

Cover Illustration drawn by Mark Powell, Beachamwell ©

WELCOME



Hopefully you will enjoy this latest edition of G4N.

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

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

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

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

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

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

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Please submit all information through your Village Contacts.

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NOTES FROM THE RECTORY



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Dear All,

Recently I had to fill out an annual review form and one of the headings had "Leisure Activities (what do you do for fun?)". And it totally stumped me. What do I do for fun? I thought I should be putting lots of things down like, skiing, running marathons, dancing and saving the world. But I don't do any of those. I don't even garden or socialise. Panic started to set in. These people are going to think I'm a really dull person if I don't put anything in the box. Oh my. What do I do for fun? So I had a cup of tea, which is a good cure for all ailments and sat back down with this application form. Nope, still nothing. I asked Wendy what do I do for fun and her answer was 'when do you have time to have fun?'. That was it! My answer. I have a full time job, I spend about 10-12 hours a week studying and reading, I'm a member of a few committees, I research and write up my sermons and I take a few services at church, oh yes, and occasionally I bump into Wendy and my sons around the house and we catch up on things going on. Apparently Wendy has retired and my son is working for a living – when did all that happen? I think my fun is learning new things on, attending committee meetings, leading services and bumping into my family every now and then. Mind you, I also have time to watch films, listen to music and I can't miss Biffa on You Tube. God made us all different, which is great, and that is something I thank him for daily. We all have just this one chance on earth and we have to live life to the full or we make a mockery of what God has given us. I for one thoroughly enjoy my type of fun – how do you enjoy yours?

God Bless,

Ken Waters

NEW BISHOP OF HUNTINGDON

The newly appointed Bishop of Huntingdon, Revd Canon Dr Dagmar Winter, is being consecrated on 3rd July. Please keep her in your prayers as she prepares to help Bishop Stephen in leading this Diocese.

A PICTURE FOR YOU TO COLOUR



QUIZ PAGE

1. Facing the door of 10 Downing Street is no 11 to the right or left?
2. When the Queen was crowned how many children did she have?
3. Name one of the two types of apples crossed to create the Pink Lady variety.
4. Which popular crisp snack features a smiling face with a huge moustache?
5. How many years of marriage do you celebrate on your China Anniversary?
6. The name Steinway and Sons is chiefly associated with the manufacture of which musical instrument?
7. Rearrange OH RULE OUT SIX to identify a BBC TV documentary presenter.
8. If you flew to America's Lone Star State where would you be?
9. How many Prime Ministers did Britain have during the late Queen Mother's lifetime?
10. Where is your trapezium bone?
11. Identify these pop groups - female monarch, with no charge, lawmen, birds and aeroplanes have them.
12. What kind of pet is a Red Self?
13. If someone gave you a piece of applewood what would you do with it?
14. Which top snooker player is known as 'The Nugget'?
15. Actors Brian Cox and Sir Anthony Hopkins both played which infamous character in films?
16. Why do we say older people are getting long in the tooth?
17. Is the Atlantic the world's deepest ocean?
18. Was there ever really a pirate called Captain Kidd?
19. Name the supermarket in TV's 'Coronation Street'.
20. If you visit Fingal's Cave, which Scottish Island are you on?

Answers: (1) Left; (2) Two - Prince Charles and Princess Anne; (3) Golden Delicious or Lady Williams; (4) Pringles; (5) 20 years; (6) Piano; (7) Louis Theroux; (8) Texas; (9) 20, from the Marquess of Salisbury in 1900 to Tony Blair; (10) In your wrist; (11) Queen, Free, The Police, Wings; (12) A long haired cat; (13) Eat it - it's cheese or bacon; (14) Steve Davis; (15) Hannibal Lector; (16) Gums recede making teeth look longer; (17) No - it is the Pacific; (18) Yes - William Kidd was born in Greenock in 1645; (19) Freshcos - formerly Bettabuy's; (20) Staffa

COUNTRYSIDE NOTES

Basketry dates back twelve thousand years and baskets were made in many different shapes and sizes to carry and store things and catch aquatic creatures such as crabs, lobsters and eels. Traditional wicker baskets were made from plants and trees growing locally with willow, which is widespread, being the primary source. Hazel, oak, ash, sweet chestnut, pine, elm, reed and straw were also utilised and methods included looping, knotting, plaiting, coiling, weaving, and twining.

The Somerset wetlands were the heart of Britain's willow (also known as osier or withy) industry. Willow grows rapidly with the new flexible growth being harvested in the winter. Sometimes it's used with the bark on but more often it is stripped. The rods are then left to dry for storage but need immersing in water for several days before use to regain their flexibility. Baskets are made by using rigid willow rods to create the shape and weaving thinner, flexible ones round the structure. The Industrial Revolution created a high demand, in 1891 there were 14,000 professional basket makers producing household shopping and storage baskets as well as trays, hampers, delivery baskets on bicycles and hot air balloon baskets. Traditionally there were a few rural variations of basket types made from local grown wood. These involved using larger timber cut or cleaved into thin strips. This method required the wood to be boiled or steamed prior to use.

The Sussex trug became very popular after Queen Victoria purchased several when she visited the Great Exhibition in 1851. Willow, cleaved to preserve the natural wood grain, was cut into thin boards, shaved smooth with a draw knife and soaked in rainwater for half an hour to make them pliable. Two split sweet chestnut hoops, previously steamed and shaped round a block, with the ends nailed together, created the frame. One was used horizontally to form the rim, the other vertically for the base and handle. The boards were fixed lengthways with copper nails to these and the ends trimmed to shape with a knife.

Swills were made in the southern Lake District. Coppiced oak 6 inches in diameter was used which was sawn into the required lengths then split by hand so the natural fibres of the wood were followed. The strips were then boiled in water for several hours so they became flexible before being split (riven) again while still hot thus reducing them to only a fraction of an inch thick. Hazel rods were bent into an oval shape to form the frame of the basket and the thin oak strips woven in and out. A space was left either end as a handhold. No nails were used.

The Devon Maund

Splints of pine were attached to a wooden base. Traditionally this was made from elm but following Dutch elm disease other wood had to be used. These were nailed vertically to three bands of ash to give it its shape. *Jill Mason*

WEST NORFOLK AVIATION SOCIETY

Two members both delivered talks this month contemporary with a bygone era: Marconi, Alcock and Brown by Nigel Tooth and David Allen.

Firstly Nigel gave an entertaining account of his interest in electronics which began as a schoolboy when he spotted the enormous Chain Home radar defence masts at Bromley Heath in Essex from the windows of the school bus.

After leaving school he recounted stories of attempts he'd made to get a job at the Royal Aircraft Establishment, the BBC and Marconi. He failed twice as a result of bad timing and flippancy at the interview. The Marconi radar research interview was more successful, probably, he said, as a result of nepotism.

He met a number of characters there who had their own stories to tell: older colleagues who had met Marconi and his clever engineer Charles Franklin; another who might have witnessed the bombing of Dublin Bay by the Germans as a result of the British 'beam bending' techniques and another who claimed the E1189 won the war and not the Lancaster, the Spitfire or Winston Churchill. The E1189 was a cavity magnetron which was an essential component used in airborne radar systems during the battle of Britain in WW2. To add flesh to some of these characters, several comparisons were made between Hollywood actors and music hall artistes.

At this juncture, Nigel took a more serious direction and explained how the magnetron operated using props he'd taken from a microwave oven. He then mentioned the radar system on which he had worked at Marconi's which was so large that power consumption was capable of draining a small power station. He concluded by saying that research in this particular field was largely made redundant by advances in technology relating to signal detection rather than generation.

After an interlude when refreshments were enjoyed and a raffle took place, David gave an account of his experiences visiting a heritage site, on the West Coast of Ireland, dedicated to the memory of Guglielmo Marconi, his achievements and his legacy of being the first person to transmit a radio signal across the Atlantic in 1901. He mentioned the coincidence of the location of another momentous occasion when in 1919 two military men, John Alcock and Arthur Brown became the first men to fly across the Atlantic in an aeroplane, landing close to the site of the first radio transmission.

With questions about the aforementioned topics David concluded the evening with a competition designed to pit his wits against those of the audience – nobody knows who won.

All welcome to the meets which can be found on www.westnorfolkaviationsociety.org.uk

Simon Booth

THE MAGPIE CENTRE



May 16 saw a very successful Bingo evening at Tilney St Lawrence Village Hall, which raised more than £330 for the Magpie Centre, home of West Norfolk Riding for the Disabled Association.

This was followed, on June 2, by a Fun Run and Walk in the lovely grounds of Wallington Hall, organized by Trinity Rotary, Kings Lynn. In perfect weather, hazy sunshine accompanied by a light breeze, runners pounded round the course, followed at a more leisurely pace by families out for a stroll.

As you read this, preparations will be in full swing for the Magpie Open Show, to be held at Wallington Hall on Sunday July 7. Offering classes in dressage, show jumping, in hand and ridden showing, plus a handy pony competition, this is a chance for all equestrians to strut their stuff. Classes include Equifest and Senior Showing and Dressage first round qualifiers and schedules can be downloaded from our website: www.rda-westnorfolk.org.uk. Just click on our Events Calendar.

Moving on to August, the Craft and Country Fair, scheduled for Sunday August 18, 10 am – 5 pm, at Wallington Hall PE33 0EP promises to be an exciting event, with the Indoor Arena packed with crafts of all kinds, plus, in the Main Arena, a display of carriage driving, returning for the third year by popular demand.

Have you seen a Shire horse being ridden? If not, now's your chance to see these gentle giants under saddle. Want to have a go at archery? It's here for you. Carriage and Pony Rides will be available and motor enthusiasts can marvel at the Classic Car, Bike, Commercial Vehicle and Tractor Show. A variety of trade stands and food and drink outlets will ensure that nobody goes hungry. Admission is excellent value at £18 for a family (two adults plus two children), adults/children £6 each and under-5s free. Sorry, no dogs except service/assistance dogs.

Setting up events such as the Horse Show and the Craft and Country Fair requires a huge amount of work, and following our appeal, we are delighted that UK Power Networks have agreed to send teams to assist with setting up both events. Your help is very much welcomed, and, as we say of all our volunteers: 'We couldn't do it without you.'

If you need more info or have any queries, please email me on c.dudley@success-in-english.co.uk or call 01553 828935.

Caroline Dudley

SWAFFHAM & LITCHAM HOME HOSPICE

On the 11th May, we held our Annual Street Collection in Swaffham. At 8.30 that morning it was raining hard and continued to do so for the next couple of hours or so. We carried on with the collection with members of our team braving the conditions. The weather improved as the morning went on with a marked increase of the number of people seen around town. Despite the wet start, we raised a total of £612.74. Our grateful thanks to all the people of Swaffham and its surrounding villages who supported us. Thanks also to our team of collectors who this year included 4 members of Swaffham Lioness Club, a member of Swaffham & District Lions Club, several of our volunteers and a former volunteer and her husband.



Swaffham Rugby Club under 14's recently presented us with a cheque for £410 raised at their Awards evening when they celebrated their victory in the County Finals for their age group. Pictured are Barney Smith and Logan Claxton from Swaffham Rugby Club Under14's presenting the cheque to Sarah Leggett, our deputy co-ordinator.

We have also received a donation from the Yorkshire Building Society in the sum of £1773 towards the cost of replacing carpeting within our office. A presentation took place on the 23rd May. Pictured with staff from the Society are Wendy Martin and Adrian Adcock. Our grateful thanks to the Yorkshire Building Society for their support.



We are in the throes of organising a Frugal Lunch in September and will again be organising our Christmas Draw selling tickets throughout the autumn – more news on these events in future editions.

If you would like to learn more about what we do or would like to volunteer, then please contact Wendy Martin, our co-ordinator, on 01760 722937 or call in at our offices at 17-19 Brocks Road in Swaffham – just up the road from Tesco.

Adrian Adcock (Treasurer)

LILY HAS CHANGED!

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

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

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

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

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

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



Tel: 01553 616200
www.asklily.org.uk

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



**in a
good
company**

in association with



Norfolk County Council

through funding of
King's Lynn &
West Norfolk



2018-0-0

FREE HOME ASSESSMENTS ON OFFER

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

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

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

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

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

We're here to help.

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



Careline
COMMUNITY SERVICES



**Care &
Repair**

WELSH CYMRU
King's Lynn &
West Norfolk



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

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

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

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

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

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

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

Telephone 01366 386972 or 07926 044845

Email vhowling@csv.org.uk

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



CSV, 237 Pentonville Road, London, N1 9NJ

Find out more at www.csv.org.uk

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

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

MASSIVE FUEL BILLS?



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



HORSES ON THE ROAD

Whilst out riding recently I encountered a cyclist on an electric bike going very fast and was worried for myself and my horses safety. This is advice from British Cycling

Navigation:

Home » Insight Zone

If you're cycling on rural roads and lanes, you are likely to encounter horses. Follow this advice to ensure that both you and the horse riders can continue with a safe and enjoyable ride.

Communicate

The most important thing is to make the rider aware of your presence. If approaching from behind, horses have a very large blind spot and won't see you until you're practically level with their heads. It's vital therefore to let the riders know you're there with a clear "good morning" or similar. Don't shout overly loudly but don't be too tentative either. A horse is far less likely to be spooked by the sound of your voice than by being suddenly surprised by you appearing next to them. Wait until they've acknowledged your presence and follow any instructions they may give you for passing.

Slow Down

Whether approaching horses from behind or head on, slow right down and be prepared to stop. This applies whether you're out for a training ride or taking part in an event. Allow plenty of time and distance for the horse and rider to become aware of your presence.

Avoid Unexpected Noises

Don't shift gears or brake hard when approaching horses as these sort of mechanical noises can easily spook them.

Pass Wide

Most horses being ridden on the road are used to passing traffic so, as long as you give them plenty of room and pass to the right as you normally would, they'll be fine. Allow room in case they are surprised or startled, this is as much for your safety as it is for the horse and rider. If there isn't space to pass safely, wait until a suitable opportunity arises, just as you'd hope a car would do the same for you.

Be Visible

The more warning a horse rider has of you approaching, the better. Make sure you are visible and have suitable lights fitted to your bike, although avoid flashing front lights as these can scare horses.

HORSES ON THE ROAD

Be Observant

Keep an eye out for signs that there may be horses around. Fresh dung, bridledways that cross the road and nearby stables are all fairly clear indicators. Look out for horses being ridden two abreast as this can indicate a younger or nervous horse. Some riders will also wear tabards indicating a young or nervous horse or if they're an inexperienced rider.

Groups

Large groups of cyclists can be especially alarming for horses so, if you're out on a club run or taking part in an event with other riders, be especially aware of this. Follow all the advice above, [communicate through the group](#) that you're slowing down and split into groups of four or five riders to pass. The horse riders may be able to find a safe place, stop and let you pass as one group but you have to allow them the time to do this.

Be Polite

It can be frustrating to have to slow down but always be polite and pleasant. We are all sharing the roads so we need to work with each other and respect other road users. Don't take offence if a horse rider doesn't appear to acknowledge your consideration, they are probably concentrating on controlling their horse.

For further information take a look at [the code of conduct for horse riders and cyclists](#) from the British Horse Society.

Thanks to all cars who slow down and pass wide and slow.

Rachel Bond-Green (Beachamwell)

British Horse Society Accredited Coach



METHWOLD TRACTOR RUN

What a Success!

On Sunday 19th May, we set out early to cause chaos on Norfolk's rural roads. A convoy of over 50 tractors, both vintage and new, set off from St George's Hall Complex in the small village of Methwold. All in order to raise well needed funds for the local MacMillan Cancer Support Group. The route saw us travelling through Methwold Hythe, passing Wissey Sugar Beet Factory, following down into West Dereham before making our way for a well earned pit stop at Church Farm Rare Breeds Centre in Stow Bardolph.



A picturesque moment where each tractor lined up, each driver indulged in their well deserved ploughman's lunches whilst the children from the farm ventured out to look at the tractors in all their glory. We were also met by Chairlady of the local Downham Market Macmillan Support Team, Sue Sampson.

Sue congratulated everybody on their hard work and wonderful

fundraising efforts and picked the winner of the best dressed tractor.

Shortly after lunch, we once again hit the road, this time headed for Boughton and Eastmoor before following then winding roads through Fouliden, Northwold and eventually back to Methwold in record timing.

On arrival at Methwold a crowd had gathered to welcome us back and again congratulate us on our antics. Freshly made cakes had been made and on sale for everybody to enjoy. Family and friends flocked in to offer their support to the fundraiser.

In true fundraising style, an auction was held in a bid to sell off the remaining 'stock' and engage the final push to boost our profits. Potentially the most expensive bread and cheese anybody has ever paid for, but all for a good cause.

We are still awaiting the last few sponsorships to come in, but to date we are sat at an amazing £3000... proving a brilliantly successful day and worth annoying the commuters of Norfolk's roads just a little.

On a final note, it truly couldn't have been possible without my Dad, Steven Bruce, the other wonderful and supporting committee members (you know who you are!), our avid volunteers and Marshall's - who without them the event

METHWOLD TRACTOR RUN

would never have happened, the superb support from each and every one of our sponsors for their generous donations, our exceptional photographers, the absolutely incredible drivers for setting out (some all the way from Beecles and Holt!) and a very patient Mum (or wife in Dads case)!

Many thanks to you all once again... roll on next year! If you want to see more photos of the event, or find out further details then please search for us on Facebook. www.Facebook.com/MethwoldTractorRun

Annie Bruce, Wereham (well done - excellent work. Ed.)



DOWNHAM MARKET LIBRARY

Volunteers needed!

Could you support our new Lego club, encouraging creative play with Lego?
Could you help develop ideas for events held at the library as a **Library Friend** and promote the library and its services within the local community?
Do you play Bridge? Would you like to be involved in setting up a bridge club?
Please contact Fran at the library on 01366 383073 or email fran.valentine@norfolk.gov.uk if you'd like to find out more.

Regular events:

Mondays:

Community Job Club - 9:30am till 1pm drop in for CV support, job applications, interview Techniques and more

Tuesdays:

Mini Movers – Fortnightly. Let's get active with the music from the Sticky Kids. Mini Movers is for preschool age to encourage movement to music and song whilst developing numeracy and literacy skills. For further information and to book, talk to a member of staff or call 01366 383073. Booking Essential

Need help with your computer or tablet? 1 to 1 sessions with our Computer buddies are available, booking essential

Chair Yoga –2 pm till 3pm booking essential £3 per session

Wednesdays:

Diamond Art Club Diamond Art Club - 10am till 12 noon, call the branch for more details, booking essential

Knit and Natter - 1st & 3rd in month, 1.30pm – 3pm, drop in [except during school summer holidays]

Thursdays:

Baby bounce and rhyme - Thursdays – 10:00am till 10:30am, come along and enjoy some songs and rhymes. Drop in no need to book.

Stay and Chat after bounce and rhyme – enjoy a cuppa and chat while the little ones play

English Course for speakers of other languages 12.30 till 2.30 – FREE booking essential.

Need help with your computer or tablet? 1 to 1 sessions with our Computer buddies are available, booking essential

Fridays:

Just a Cuppa –10am till 12noon 50p suggested donation. Enjoy a chat over a tea, coffee and a biscuit. Drop in no need to book

DOWNHAM MARKET LIBRARY

NEW

Hardy Perennials Gardening group - let your green fingers get to work turning some of library grounds into a vegetable garden plus enjoy a cuppa, biscuit and gardening chat in the library. Ask in branch for more details

This July....

Saturday 13 July - Summer Reading Challenge Launch join up to this years Space Chase Reading challenge 9.30 till 1

Saturday 13 / 20 July - Code Club come along a learn to code or improve your existing skills – for children of all ages – under 8s must have an adult to work with them – FREE but booking essential as places are limited

Monday 22 July - 2pm - The Real Life Silent Witness

Leisa Nichols-Drew, Forensic Science Senior Lecturer talks about forensic science from the crime scene to the laboratory, to court - based on her career experiences in a major crime casework unit

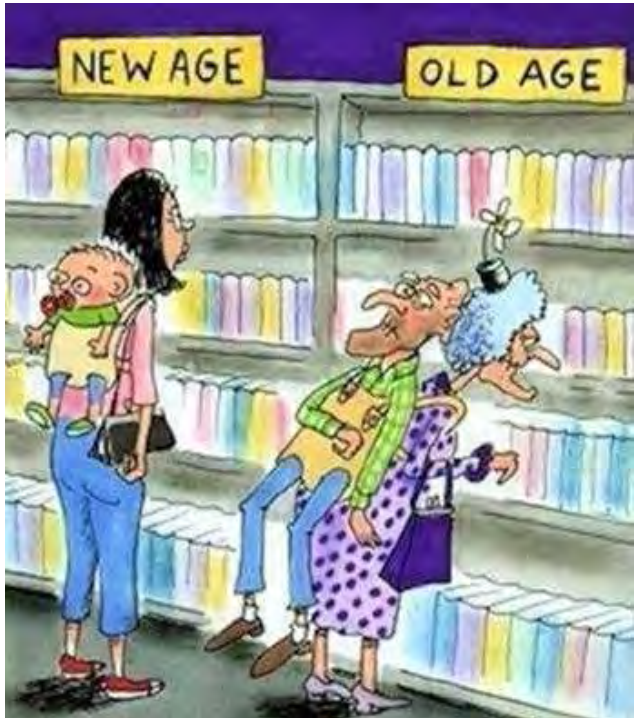
Tickets £5 - Refreshments included

Coming Up

Lots of great
Summer Reading
Challenge activities
Including:

Galaxy slime making,
Space Mission Adventure,
Junk modelling rockets and
jet packs,
Botleys in Space

For further information
about events or to book
where necessary please
call 01366 383073



RURAL AUSTRALIAN COMPUTER TERMINOLOGY A LITTLE BIT OF AUSSIE KULCHA...

Log On:	Adding wood to make the Barbie hotter.
Log Off:	Not adding any more wood to the Barbie.
Monitor:	Keeping an eye on the Barbie.
Download:	Getting the firewood off the Ute.
Hard Drive:	Making the trip back home without any cold tinnies.
Keyboard:	Where you hang the Ute keys.
Window:	What you shut when the weather's cold.
Screen:	What you shut in the mozzie season.
Byte:	What mozzies do.
Megabyte:	What Townsville mozzies do.
Chip:	A bar snack.
Microchip:	What's left in the bag after you've eaten the chips.
Modem:	What you did to the lawns.
Laptop:	Where the cat sleeps.
Software:	Plastic knives and forks you get at Red Rooster.
Haedware:	Stainless steel knives and forks from K-Mart.
Mouse:	The small rodent that eats the grain in the shed.
Mainframe:	What holds the shed up.
Web:	What spiders make.
Website:	Usually in the shed or under the verandah.
Search Engine:	What you do when the Ute won't go.
Cursor:	What you say when the Ute won't go.
Yahoo:	What you say when the Ute does go.
Upgrade:	A steep hill.
Server:	The person at the pub who brings out the counter lunch.
Mail Server:	The bloke at the pub who brings out the counter lunch.
User:	The neighbour who keeps borrowing things.
Network:	What you do when you need to repair the fishing net.
Internet:	Where you want the fish to go.
Netscape:	What the fish do when they discover the hole in the net
Online:	Where you hang the washing.
Offline:	Where the washing ends up when the pegs aren't strong enough.



RECIPE PAGE

Fresh Apricot Ice Cream

Ingredients

1lb fresh apricots halved and stoned

1/4 pint dry white wine

2oz castor sugar

Ingredients for the Custard

1/2 pint single cream

Piece of vanilla pod 1" long

3 egg yolks

2oz castor sugar

1/4 pint double or whipping cream



Method

1. Apricots, wine, 2oz sugar cooked until tender.
2. Bring single cream and vanilla pod to the boil. Remove from heat.
3. Lightly whisk egg yolks with 2oz sugar and gradually whisk into the strained scalded cream.
4. Transfer mixture to top of double pan or a bowl over a pan of water. Stir until the mixture is thick enough to coat the back of a wooden spoon.
5. Beat apricots to a puree and combine with the custard.
6. Whip cream until thick but not stiff and fold into custard.
7. Freeze for 1 - 2 hours in a shallow dish until mixture is solidified at edges.
8. Mash ice cream with a fork bringing outer mixture into the centre.
9. Return to the freezer for 2 more hours



'We're open for hot drinks 10am-3pm weekdays, when you can browse the pre-loved book stall and enjoy our free Wi-Fi!'

Activities and Community Groups, extend a warm welcome to all new visitors

Monday -

- **Hatha Yoga** - Monday 9.30am to 11am. Main hall. Become more aware of how we conduct ourselves, physically, emotionally, mentally and spiritually. Call Gail 07938978980
- **No Mean Feet**, foot care specialist – 22nd July, 10am to 3pm, meeting room. Call Steve 07837 506906
- **Friends of Wereham Village Hall (FoWVH)**, fundraising events group – 7.30pm. Monthly meet to discuss new ideas and organise events. Call Doreen 01366 500218 or email doreenirolph@talktalk.net

Tuesday -

- **Pilates** - 9.30am to 10.30am. £5 Increase flexibility, joint mobility and circulation. Main hall. Call Christine 07796 102677
- **Pop Up Café** - 1st and 3rd Tuesday of every month 10.45am – 1pm. Main Hall. Selection of hot drinks and a slice of homemade cake £1.50. Light lunch £2.50. See Facebook or call Doreen 500218 for latest menu.
- **Craft Group**, social fundraising group - 2nd Tuesday of every month, Community Room, 10.30am – 12.30pm. Meet for a social, drink, cake and try different crafts. Call Rosemary 01366 501330
- **Restore and More Yoga**, 7pm to 8.15pm, Vinyasa Flow, main hall. Call Gemma 07943 848431

Wednesday

- **Zumba** - 9.30am to 10.30am, main hall. A fun dance-fitness programme. Call Domonique 07769 341680
- **Cash Bingo** - doors open 6.30pm, eyes down 7.30pm, main hall. Café open before and during the break. Weekly prize money + jackpot with prize Bingo's at Easter and Christmas. Call Diane 01366 500798.

Thursday

- **Line dancing** 9.30am to 11.00am, main hall, beginners welcome, £5. Call Ron 01406 350732
- **Short Mat Bowls** 7pm to 9pm, main hall. £2 per player, spectators are free, includes tea/coffee and biscuits. New players welcomed. Call Philip 01366 501330
- **Youth Club** (Term Time) 4.45pm to 6.45pm, main hall. Age 8+, free of charge. Call Swann Project 01366 386259. Tuck shop including hot dogs 50p, drinks and snacks.
- **Drama Group 'Wissey Players'** every other Thursday 7.30pm to 9.00pm, community room. Call Keith 01366 500976

Friday

- **Wereham Tots**, (Term Time), parents and toddler group 10am to 12.00pm, main hall. £2 per session for up to 2 children (50p per additional child). Call Angela 01366 500115.
- **Tai Chi**, 12.30pm to 1.30pm, £3, main hall. Helps with breathing and relaxation. Call Pete 01945 700222
- **Cinema Night, 'Green Book' 12A** Friday 26th July. Bar open from 7.00pm. £5. Loyalty card, 5 for the price of 4. Book www.werehamvillagehall.co.uk/events or call the office 07497 430005. See trailers on Facebook.
- **Mobile Library** – stops by Fridays, monthly, at 12.45pm next visit is 12th July. Call in for a cuppa while you wait.

Saturday

Sunday

- **Car Boot and Café** 28th July, 9am to 1pm, Café open 8am with hot breakfast rolls, snacks and drinks. To book a £5 pitch indoor/outdoor call/txt Phillip 07759033492.

For more information on activities, cinema listings or to book, go to

<https://www.werehamvillagehall.co.uk/whats-on> or

or pop in weekdays 10am–3pm to speak to Angela, Lyn or Sara or call us on

07497 430005, www.facebook.com/werehamvillagehall



FIT MAMAS & CO

Approx. 1
hours brisk
walking...



PLEASE
BRW
COMFY
FOOTWEAR
& A SMILE!

**Fitness walking group for all
ages!**

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

Monday's 10.30/30am

Starting locally with many walks from surrounding
villages (Wardham, Writton, Bighton, Beba Ferry,
Oxton, Barton Broadham).

For information please contact Charlotte on
07878355677 or follow Fit Mamas & Co on
(facebook)

Beachamwell

Creative Writing Group



Meets every
second Monday
Afternoon

2.30pm

Everyone with an interest in
putting pen to paper welcome.

Enquiries: 01366 328895

or

james@jamesknoxwhittet.plus.com

Beachamwell Wednesday Walkers

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

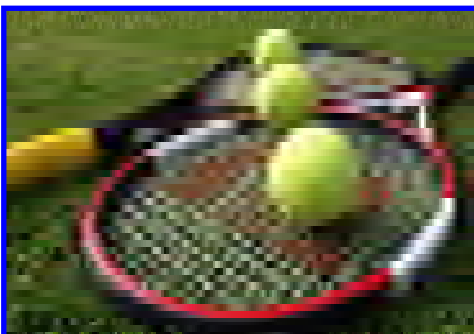
We meet at the Village Hall at 10.00
First Wednesday of each month

*Walks last between one and a half to two
hours*

All, including dogs on leads, are welcome

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

Further details please telephone
01366 328960



ANYONE FOR TENNIS ?

*Whether you currently play or are looking to get
back into tennis again, then check out the tennis
facility at:-*

NORTHWOLD TENNIS CLUB
Hovells Lane, Thetford IP26 5LX

For further details please contact:
Jacqueline Baldwin, Membership Secretary
Tel: 01366 500810
eMail: jcqlnbldwn@yahoo.co.uk

Beachamwell Table Tennis



**Every Friday at
3.00pm
Village Hall**

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

Beachamwell Book Group

**Tuesday 2nd July
7.30**

Beachamwell Village Hall

Book to be discussed over a glass of
wine

**'Towards a World
Unknown'**

[Oxford, Cambridge and RSA
Examinations new poetry anthology]

Annual Subscription £20.00

New members welcome

Enquiries: 01366 327023



Beachamwell WI

**Thursday 4th July
7.30pm**

Beachamwell Village Hall

**'The Life and Times of a
Transsexual Poet and Lesbian,
Rolled into One'**
with

Poppy Rose

Visitors very welcome

Enquiries 01366 328589

Beachamwell Pop Up Pub and Barbecue

**Friday 12th July
7.00 - onwards**



Beachamwell Village Hall

Enquiries: 01366 328892

Barton Bendish Film Club

Proudly Presents:

'Mary Poppins Returns'

*Starring Emily Blunt as Mary Poppins
who is once again helping the Banks
family through some difficult times.*

Saturday 13th July

7.00pm

Barton Bendish Village Hall

Tickets £5

Free post screening refreshments
included

To reserve your seat please contact

Box Office: 01366 347849

email: cinemabarton@gmail.com

www.bartonbendishfilmclub.btck.co.uk/



Afternoon Concert

Last Night of The Proms

Kavolini Chamber Orchestra

*Music by Vivaldi, Elgar, Bach,
Handel, Purcell, Holst, Parry
and Arne*

Sunday July 14th 3.00 pm

Swafttham Assembly Rooms

£12.00

(£9 members / £5.00 under 18)

Tickets from

Green Parrot 01760 724704

Ceres Bookshop 01760 722504

Enquiries: 01366 328648

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

Wednesday

July 17th

2 - 4pm

Village Hall



Enquiries:
01366
347673



Boughton

Greetings by Oscar

Come and visit our pop-up
'Greetings Cafe' and browse our
selection of greetings cards.

We will be serving light lunches.

Wednesday 17th July 2019
at All Saints' Church, Boughton
between 11:30 am and 2:00 pm.

A Boughton Village caravan Production

Boughton

Twelfth Annual Jazz Picnic

Featuring
Barry Tyler's Original Dixieland Jazz Band

Saturday 20th July 2019

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 £8 on the Gate (Children Free)

Enquiries 01366 500315
or paulcoulten@btinternet.com



Nar Valley Ornithological Society (NarVOS)

Tuesday 30th July at 7.30pm

The Barn Theatre

Sacred Heart Convent School, Swaffham.

Access and parking from Sporle Road.

Please come along to this illustrated talk
by Jason Moss, entitled: **Birding Around
the Islands of Britain**

Jason Moss is a tour leader with local
company Oriole Birding. He has a wealth
of birding knowledge and experience
having travelled extensively in the UK
and abroad. Before joining Oriole Jason
worked as a warden on such islands as
the Farne Islands, Fair Isle and Skomer
Island amongst other locations.

Admission £2 on the night for non-
member and visitors are most welcome.
Enquiries: 01760 724092

Beachamwell Pop Up Pub



**Friday 9th August
7.00 - onwards**

Beachamwell Village Hall

Enquiries: 01366 328892

Boughton



Fincham Chorus Concert

Friday
13th September

Boughton Church

More details next month

BARTON BENDISH & EASTMOOR VILLAGE NEWS

Open Gardens: Once again we were extremely fortunate that the weather stayed fine; it was a bit breezy which was a good thing as it might have been too hot otherwise. The weather forecasters warned of possible showers in the afternoon and, maybe because of this, there were a lot of people who came early and the village was extremely busy. With 13 gardens open, including the Hall with its impressive display of blue flag irises, there was something to suit all tastes. David and I spent all day talking to visitors to our garden most of whom were not only interested in the plants we grew but also how we managed it. Two things we asked were where did they come from and how did they hear about it, the answers to which were varied. Some had travelled from as far afield as Lincolnshire, Lynn, Bury St Edmunds, Elm, Wells and Gorleston and had heard about it in many different ways. Certainly clear signage on all the roads leading into Barton played a part.

There were also many favourable comments about the friendly atmosphere, the number and variety of gardens on show and especially the catering. As usual ploughman's lunches proved extremely popular with 130 people partaking of them and a tempting selection of homemade cakes attracted a lot of customers in the afternoon.

Dianne emailed afterwards - *"We came along to the open gardens event Sunday had a great day out, thanks go to the Ladies in the Village Hall the lunches and teas/cakes were great, so popular finding a table was very difficult but we did succeed eventually, coming back for afternoon tea and cake before we left for home. Please pass on our thanks to the team in the kitchen, they worked so hard and smiled through it all"*.

Our Open Gardens is truly a community effort and probably, more than anything else, puts Barton Bendish on the map. Some visitors had never even heard of us before, let alone visited!

Thanks are due to all those who made such a superb job of organising it and to everyone who worked so hard on the day, and beforehand, to make it such a success. We certainly appear to have impressed the visitors. Also of great importance is the fact that the day raised in the region of £3,600 for St Andrew's.

Jill Mason

Brian Reynolds – In His Own Write: When I moved to Barton Bendish three years ago I didn't expect to meet anyone who I would have known when I lived in Norfolk in the 1960's. So, when we answered the phone and a mysterious voice told me that we'd last spoken in 1967, I was both amazed and intrigued.

BARTON BENDISH & EASTMOOR VILLAGE NEWS

At that time I was a spindly and awkward boy at Boarding School at King Edward Grammar School in King's Lynn. Brian was the Vice Captain of the House and, even then, a force for good. Our school was very hierarchical. Small boys were called by their surname and generally ignored, unless required to clean shoes or run to the newsagents to buy cigarettes.

It was not a particularly humane environment but, even then, Brian insisted on fairness, good behaviour and kindness. He abhorred bullying. I remember one occasion during a cross-country race, when I was lying face down in the mud, and being used as a stepping stone by other runners, that Brian stopped, picked me up and set me off running again.

All these years later, I discover that he has done just the same for countless people fortunate enough to work with and for him. I have met many people who have told me about the way Brian's demanding standards and caring personality set them on their way. Such people are rare.

Life is often unfair and finding that such a strong and significant man as Brian affected by Parkinson's Disease is clear evidence of that. Far from feeling sorry for himself, Brian has flung himself into fund raising to aid research into a condition which affects an increasing number of us. He decided to write a book about his life in farming, published it and is now selling it to raise funds. He also has a just Giving Site on Facebook.

Tellingly, Brian attributed much of his success in later days to his time at Grammar School. Not surprisingly, there were a number of Old Lennensiensians in



the audience. Will Stebbings talked about his own books which deal with that period and with the events, entirely fictional of course, of a Boys' Grammar School. Additionally, Russell Mackenzie, a distinguished Nuffield Scholar, spoke compellingly about the importance of farming, changes in its practice and the dangers of climate change. He is another who owes much of his considerable success to Brian.

BARTON BENDISH & EASTMOOR VILLAGE NEWS

The undoubted star of the show was Brian himself, who talked with characteristic self-deprecating modesty about his life and achievements. His audience were well aware of his contribution to the community and to his values. He, amongst others, helped to save the Village Hall and transformed the fortunes and practices of the Estate.

Bang on time we retired to the Berney Arms for refreshment and fellowship. The day raised £530 and Brian has raised over £3,000 in total so far. The afternoon was a lovely experience. We are lucky to have people like Brian Reynolds among us. **Andrew Stephen**

Barton Bendish Film Club

The Film Club will be screening Mary Poppins Returns on July 13th, 7:00 pm in the Village Hall.

Decades after her original visit, the magical nanny returns to help the Banks siblings and Michael's children through a difficult time in their lives. Running time 2 hours and 10 minutes

Tickets £5.00 can be reserved from 01366 347849, or on the website at www.bartonbendishfilmclub.btck.co.uk **Anthony Blanchfield & Chris Parsons**

Voices from the Vestry

A 'Special Service' for your animals and pets: Having a pet can certainly be a blessing especially when they provide unconditional love, company and companionship. There is something very heart-warming about being able to show one's love to that special animal in your life.

So, on Sunday 14th July at 3pm, there is a very special service at St Andrew's Church, Barton Bendish, giving everyone the opportunity to bring their pets to church to be blessed. There is a long tradition in the church of giving thanks for animals and blessing them and this service will uphold this tradition. Blessing our pets is not a gimmick, but recognises their value in our lives, for they are part of God's wonderful world in which we live. Blessing them is a reflection of the place they have in our hearts, of the regard and love we have for them, of the good they do us.

If your beloved pet is no longer with us, why not bring along a photograph and join in with the service to remember the love and joy they gave you.

So join us - we look forward to meeting you and your 'special friend'. All animals and owners welcome. In fact, everyone is welcome – with or without an animal! Refreshments for both available after the service.

BARTON BENDISH & EASTMOOR VILLAGE NEWS

Spring Cleaning St Mary's July 21st 9.30am

Come along and help us spruce up this beautiful historic church.

Musical Soirée July 28th 4pm

Come and enjoy an afternoon of music in historic St Mary's Church in the village and join us for afternoon tea. We will have a programme of songs through the ages sung by the Barton Bendish Choir, including the Hallelujah Chorus from Handel's Messiah. In addition, there will be instrumental music from Martyn and Phyllis Clarke.

If you have ever sung the Hallelujah Chorus, do bring your copy and join in with the choir for that part of the programme – a 'sing-along' Hallelujah Chorus on a lovely summer's afternoon!

Tickets are £3.00 (including refreshments) available from Linda (347563) and Mhari (347849). Please be aware that there is limited space in the church so book early to avoid disappointment.

Art /Photography/Craft Exhibition and Sale – September 14th and 15th

This will be the tenth annual exhibition and sale of art, photography and craft. Details have gone out to all previous exhibitors and are available by contacting bartonbendishevents@gmail.com or Liz Stephen (347549).

Queries: Linda (347563) or Mhari (347849)

Future Events

Saturday August 31st Breakfast Church - Village Hall 9.30am

Sunday September 22nd Celtic Service

Saturday October 12th Harvest Breakfast

We are grateful for any help with or publicity for our events. Please encourage your friends to 'pass the word' and to join in.

Liz Stephen (PCC Secretary)

Village Hall Update

Slowly as these processes always move forward, we have had a great deal of encouragement in recent weeks. Some of the larger grant providers have been making very encouraging noises in our direction and we are very hopeful of significant progress soon. We have applied for a new grant to cover VAT costs. Fundraising efforts in the village have raised about £1,500 so far and voting at Tesco and Calor Gas is going well. As ever, we are grateful for all your support and encouragement.

Andrew Stephen (Chair of the Village Hall Management Committee)

BARTON BENDISH & EASTMOOR VILLAGE NEWS

Barton Bendish Annual Parish Council Meeting held on 8th May 2019

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

The Parish Council elections on 2nd May were a contested election with eight candidates for the seven vacancies. The Parish Council was pleased to welcome Mr Peter Stow from Eastmoor Road and Mr Angus Wells from Boughton Long Road as the two new members.

Cllr Jack Richardson and Cllr Robin Simon had met with the Highways Engineer from Norfolk County Council to raise issues of concern within the parish, which included damage to the trod (informal footpath) on Boughton Long Road, and extension of the 30mph speed limit in the village to cover Boughton Long Road. The trod was to be repaired and wooden posts installed to prevent further damage. The extension of the speed limit was more complicated; it was possible that a 40mph speed limit, which was felt to be more appropriate for the road, could be implemented but funding for the project would be difficult to obtain.

It was recognised that dog fouling was an issue within the village. Signs provided by the Borough Council advising that it is an offence to not clear up after your dog would be installed.

The Parish Council agreed to object to a proposed housing development in Beachamwell as concerns were expressed about the increase in the level of sewerage coming to the treatment plant in Barton Bendish, if more dwellings were connected to the main sewerage system.

The Annual Accounts for 2018/19 had been finalised and a report was given from the Internal Auditor. The Annual Return was approved and would be available on the Parish Council website.

The next meeting will take place on Wednesday 10th July 2019. This will be an Ordinary Parish Council Meeting starting at 7.30 pm in the Village Hall.

Miss Sarah Thorpe, Parish Clerk

Telephone number: 01945 430930

Email: bartonbendishparishcouncil@aol.co.uk

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

BEACHAMWELL, SHINGHAM & DRYMERE VILLAGE NEWS

Caroline Sanderson



When Caroline died on May 11th it came as a terrible blow to myself, Doug, George and the whole Family as well as leaving a big hole in the wider village community. Caroline was a larger than life character who embraced life with energy, enthusiasm and a well developed sense of mischief.

Born in 1967, she was the third child of Janet and John Robinson. She left school at 16 with few qualifications but was determined to succeed. She worked at a range of jobs in the evenings to fund her further education herself and went on

to Peterborough Tech. She then started work for the Peterborough Evening Telegraph and eventually on to the Stamford Mercury. She was spotted and head hunted by Bourne Publishing Group and by the time she was 27 was a company director running titles like Shooting Gazette, Shooting and Conservation magazine and, to her dismay and amusement : Your Cat and Your Dog magazine !!

We moved to Beachamwell in 2001 and she took up farm life and work with all her customary verve and enthusiasm. Her attitude was always to “give it a go” and her energy and love were infectious. She took over as Editor of G4N from Rev’d Robin Blackall and did this job from December 2000 – February 2003. She Joined the Village Hall committee and played a major part in securing the funding and subsequent building of the fantastic children’s play area. The village fete was re-energised and she introduced the now legendary Lamb National that drew huge over enthusiastic crowds to the village green. She introduced the village barn dance to St Johns Farm which over the years became one of the high points of the village year. She was also one of the founding members of the Friends of St Mary’s Church, dedicated to raising awareness and funds for the structure of St Mary’s in the village.

Anyone who met Caroline came away knowing that whoever they were they were valued and appreciated. This empathy with others was one of Caroline’s

BEACHAMWELL, SHINGHAM & DRYMERE VILLAGE NEWS

great strengths. She joined the Samaritans and once or twice a week spent the night at the Kings Lynn Samaritan phone lines helping others when they felt all was lost. The arrival of Doug and George meant that she no longer had the time to keep her work up, but she was very proud of what she had achieved.

A natural stockwoman she loved her flock of sheep which flourished under her care. She was often to be seen riding all over the local area with her two trusty dogs loping alongside. Alpacas arrived as well and she seemed to be able to manage them with her natural care and affinity.

She was universally loved and admired. She had friends in all walks of life and from all over the county. Her passing is a terrible loss to us all and leaves a huge gap in our lives but we are all the richer in spirit for having known her.

There will be a service of thanksgiving for her life on Friday 12th July, 11.00 at St Peter & St Paul's Church Swaffham and afterwards we will raise a glass to her with a reception back at St Johns Farm. Everyone is most welcome to join us on that day.

Tom Sanderson

Beachamwell Village Hall

There will be a Pop up Pub and BBQ on Friday July 12th from 7pm and a Pop up Pub on August 9th from 7pm. All welcome.

Thank you for all supporting the new committee and continued support of the Pop up Pubs.

There is a new art exhibition this month and it is our own Simon Smith's 'Views of Beachamwell', so some familiar sights. Please contact Simon if you wish to purchase any of the canvases.

The Hall continues to be used by many groups and several private parties. Could users please park on the grass on the same side as the Hall and park at 90 degrees to the trackway. The Green is not owned by the Village Hall. Many thanks.

Cathy Friend

Beachamwell Art Group

Saturday 13th July - Making and developing a sketchbook

A one-day workshop with Norfolk artist and teacher Lesley Munro. If you are interested in booking a place, please contact

01366 328960 or simon.smith1223@gmail.com

Simon Smith

BEACHAMWELL, SHINGHAM & DRYMERE VILLAGE NEWS

Charity Stash Sale



'A stitch in time saves nine' is an old saying – 'a stitch in time changes lives' is a take on this old adage and it applies to the Charity Stash Sale organized by Beachamwell Quilting and Hand Stitching Group on 30 March.

By clearing out unwanted fabric and haberdashery to sell to other sewing enthusiasts, the group raised an amazing total of £1,270.00. This has been divided equally between two very worthwhile local charities: the Swaffham and Litcham Home Hospice and the Merle Boddy Centre.

But the benefits of the sale did not end there. A donation of approximately 2,500 skeins of tapestry wool has been sent to Fine Cell, a charity which teaches male prisoners to sew and all left-overs from the sale went to the Big C Craft Emporium in Wymondham via their Swaffham branch.

We are grateful to Bill Muir for inspiring us to hold this event and for everybody who donated, bought, sold and served. It was a wonderful effort. **Leah Spence**

Beachamwell WI is 40!

A birthday party was held in Beachamwell Village Hall on Thursday 6 June to celebrate Beachamwell WI's 40th birthday. Former members joined current members for an evening of fine food and warm friendship. A selection of scrapbooks brought back happy memories spanning the years from 1979 to today.

And now for something completely different - our meeting on Thursday July is very topical 'The life and times of a transsexual poet and lesbian, rolled into one' with Poppy Rose. Why not join us for the evening and discover that the WI is not all Jam & Jerusalem? Visitors £3.50. **Leah Spencer (President)**

Parish Council

At a meeting of Breckland Planning Committee on the 24th June, it was decided to REFUSE permission to build 19 Houses on the Field South side of the Street, Beachamwell.

Many thanks to the Parish Council, Cllr. Richard James for speaking at the Meeting and to all the villagers who wrote letters and signed the petition objecting to this development.

Your support has been much appreciated. **Ivan and Mary Riches**

Mobile Post Office

Mon & Thurs 13.00/13.15 and Tues & Wed 11.10/11.30

BEACHAMWELL, SHINGHAM & DRYMERE VILLAGE NEWS

Afternoon Teas and a Chat



In Spring 2009 Ely Diocese requested that each parish considered starting a project that was not aimed at raising funds but would benefit their local community. St Mary's PCC thought that a "Drop in for Tea and Cake" afternoon once a month would provide somewhere for people to meet up and chat over a pot of tea and some home-made cake. Gill Sanderson and myself started organising what quickly began 'Afternoon Tea and Chat'. The Halls Committee generously said that they would support this community project by letting us have the Hall free of charge for as long as they could and we very grateful for their ongoing generosity.

We started with gifts of tea pots, food covers and offers of homemade cakes. A monthly donation box soon bought extra teapots, jugs, cutlery, food covers and gradually we found we only needed to put out the donation box every few months to cover the cost of tea, milk, coffee etc. There have always been some

wonderful and generous bakers in Beachamwell and there is always a good supply of cakes.

It is a real community event with so many people joining in and helping that it is a great pleasure to be involved. I would like to thank everyone who has helped and supported us over the last ten years - we could not have been done without your involvement. I could mention so very many names but the list would fill the page. There is one person, however, who has come an hour early every month for the whole ten years to put out the tables and chairs and to lay the tables – thank you Peggy (English). **Sonia Williams**

On behalf of everyone from the village and beyond thank you. It has become a very enjoyable tradition and long may it continue. Verena Hartley presented a lovely bouquet of roses to Sonia in recognition of all her hard work.

Eileen Powell

COMMUNITY NOTICE BOARD

MOBILE LIBRARY VISITS - Please note changed days/times

DATE	VILLAGE	LOCATION	TIME
Tuesday 16 July	Barton Bendish	Hatherley Gardens	11:10 am
	Beachamwell	Old Post Office	09:45 am
	Drymere	Not on list	
	Boughton	Mill Road	10:45 am
Friday 12 July	Wereham	Queen's Close	12.25 am
		Village Hall	12:45 am

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

VILLAGE BUS SERVICES

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

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

MARKETS - Farmers' and Indoor

Ely (Farmers')	Second and Fourth Saturday 8:00am to 2:00pm
Fakenham (Farmers')	Fourth Saturday 8.30am to 12:00pm
Wisbech (Farmers')	Alternate Fridays
Swaffham (Indoor)	Every Friday 9.00am to 1.00pm

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

VILLAGE, COMMUNITY and PARISH HALL BOOKINGS

Barton Bendish	Andrew Stephen	01366 347549	07748015464
Beachamwell	Cathy Friend	01366 328892	
Boughton	Pam Wakeling	01366 500429	
Wereham	Doreen Rolph	01366 500218	

CHURCH SERVICES (WISSEY VALLEY/SOUTHERN GROUP)

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

Sunday 7th July

Second Sunday after Trinity

9.30 am	Methwold	Holy Communion
9.30 am	Whittington	Holy Communion
11.00 am	West Dereham	Family Service
6.00 pm	Wereham	Evensong

Sunday 14th July

Third Sunday after Trinity

9.30 am	Methwold	Service of the Word
9.30 am	West Dereham	Holy Communion
9.30 am	Wretton with Stoke Ferry	Service of the Word
10.00 am	Boughton	Breakfast Church
3.00 pm	Barton Bendish	Animal and Pet Service

Sunday 21st July

Fourth Sunday after Trinity

9.30 am	Methwold	Service of the Word
9.30 am	West Dereham	Service of the Word
2.00pm	Whittington	Animal and Pet Service

Sunday 28th July

Fifth Sunday after Trinity

11.00 am	Stow Hall Gardens	Deanery Open Air Service
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Midweek Services

Holy Communion 10.00am	Boughton Thursdays 11th and 26th
Holy Communion 10.00am	Whittington Tuesday 18th
Compline 5.30pm	Wretton with Stoke Ferry Thursday 18th

Baptisms and Weddings

(Please contact the Churchwarden in your Parish)

Barton Bendish:	Mhari Blanchfield	01366 347849
	Linda Webster	01366 347563
Boughton:	Pam Wakeling	01366 500429
Wereham:	Sheila Smith	01366 858165

CHURCH SERVICES

(PRIORY/NORTHERN GROUP)

Sunday 7th July

Second Sunday after Trinity

9.30 am	Runtton Holme	Holy Communion
10.00 am	Shouldham	Morning Prayer
11.00 am	Marham	Holy Communion
11.00 am	Stow Bardolph	Holy Communion

Sunday 14th July

Third Sunday after Trinity

9.30 am	Shouldham Thorpe	Holy Communion
10.30 am	Marham	United Methodist Worship
11.00 am	Watlington	Holy Communion
11.00 am	Stowbridge	Holy Communion
6.00 pm	Fincham	Evensong

Sunday 21st July

Fourth Sunday after Trinity

9.30 am	Wormegay	Holy Communion
10.30 am	Marham	Service of the Word
11.00 am	Shouldham	Holy Communion
11.00 am	Nordelph	Holy Communion in the Village Hall

Sunday 28th July

Fifth Sunday after Trinity

11.00 am	Stow Hall Gardens	Deanery Open Air Service
----------	-------------------	--------------------------

Midweek Services

Holy Communion 10am Fincham Thursday 4th and 18th

Baptisms and Weddings

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

Churchwardens

Fincham	Cathy O'Brien	01366 347279
Marham	Philip Fay	01760 444199
	Glenda Jayes	01760 339 688
Shouldham	Brian and Ann Hullah	01366 347814
Shouldham Thorpe	Gordon Reid	01366 347253

BOUGHTON VILLAGE NEWS

Open Gardens Day June 9th 2016

It's probably impossible to thank everyone who was at all involved, as I'm sure there were many behind the scenes in the various 'teams' whose names I never knew. We were so fortunate to have a fine and dry day - as I write this, the rain is pouring down again, but I DON'T CARE!!

The catering team were brilliant. Everything was beautifully arranged and the



lunches were excellent. I also had a very tasty piece of cake in the marquee at the end of the day and another visit to the alpacas as they are so lovely. I think everyone fell for the black one and he knew it!! They've been sheared, and the fur looks

ribbed, like the raked gravel in a Japanese garden.

There were ten gardens open in the end, with one willing participant forced to drop out because of illness. We send our very best wishes for a full recovery. The gardens range widely in size and style, reflecting the different people who make up our community. Everyone had worked really hard to get them into some sort of shape - my brown bin was literally crammed with goosegrass/cleavers, the bane of my life - and there were still plenty of flowers to come.

BOUGHTON VILLAGE NEWS

Spring is best in my garden, but I seem to have been accumulating roses, so there is colour to come.

For the first time, this year we had a display of classic cars and bikes. Many thanks to the owners for putting their precious toys on show and allowing others to share. More than a hundred people came to the village and enjoyed the atmosphere and the fruits of all the hard work and publicity. I can't thank everyone enough, as this is the main fundraiser for the church. Although the building serves as the village centre, the Diocese of Ely requires a large amount of money to keep it going and to provide a priest. The PCC and the small congregation couldn't manage this without all the help from the village on days like this. We've just had our quinquennial inspection, which has thrown up more requirements, so OGD is very important to us. We raised nearly £1,500 and are very grateful to everyone who took part in any way. **Pam Wakeling**



washing up), selling plants, displaying classic and veteran cars, motor cycles and bicycles, and of course, opening their private gardens for us all to enjoy <https://boughtonparishcouncil.norfolkparishes.gov.uk/bough.../>

Neil Matthew (Chairman of Boughton Parish Council)

BOUGHTON VILLAGE NEWS

Thank you to Boughton

As most people are aware, my dear Mark passed away on 4th May, after a very long illness which he dealt with in an amazing way, carrying on with pretty much everything, despite a massive life changing operation, and three years of continuous chemotherapy. Indeed, many people were completely unaware that he was ill.



Sadly, the disease caught up with him this year, and the weeks prior to his death were pretty grim. The celebration of Mark's life was on 22nd May, and was an incredibly mind blowing day for me, with

massive numbers of people in attendance. Many people assisted with this event in various ways, and I have to say that I have no idea who some of them were, as I was completely overwhelmed by it all.

Various people made their drives available for parking; the marquee was erected and dismantled by a willing team of volunteers; floral tributes were arranged in the church by kind neighbours; drink and other refreshments were contributed, and the churchyard was made to look its best in readiness for the day.

Chairs were set out for the service, and furniture was moved afterwards for the wake. Tea was made, drinks were poured and served, the buffet was tidied up, rubbish cleared away and washing up done. Other things were done in the background, that would be less obvious, and I did know what they were.

Beforehand, when I was worrying about everything getting done, I was constantly reassured by different people who said – 'Don't worry – it will just get done' And it did.

My family, most of whom had travelled some distance, were very impressed by this demonstration of community spirit. It is not something that they encounter much in the towns that they live in.

When Mark first knew he was terminally ill over three years ago he said "Don't go b*****ing off to some pub. I didn't spend nine years of my life getting our church turned into a community hall, so use it." How right he was. We were also exceptionally lucky with the weather, and everyone who knew him well said that he would have loved it!

I would like to thank everyone who contributed in some way to all of this. I will not name names as there are too many to mention, and as I have already said, I don't know who all of them were.

With many thanks again **Sue Pogmore**

WEREHAM VILLAGE NEWS

Parish Council

A regular meeting of Boughton Parish Council was held on 18th June. I am pleased to report that following the untimely passing of her husband, Sue Pogmore has agreed to be co-opted onto the Parish Council and will serve as one of the parish councillors on the Boughton Fen committee.

With the council once again at full strength the meeting discussed and assigned key responsibilities to councillors, agreed remedial actions to playground equipment and signed-off the annual audit report and financial return. Detailed minutes may be found on the council website.

The next council organised event will be a litter pick and all residents are invited to take part. We will be focussing on Gibbet Lane, Mill Hill Road, Oxborough Road and The Fen where there is significant rubbish left by passers-by. If you can join in, your help would be much appreciated. We will arrange for litter pickers and litter bags which will be collected by the Borough Council.

Boughton Litter Pick
Sunday 21st July at 2pm
Meet at The Green

Get in touch

Contact any or all councillors by email at cllrs.boughtonpc@gmail.com

Chair email address: chair.boughtonpc@gmail.com

Clerk email address: boughtonpc@gmail.com

Website: boughtonparishcouncil.norfolkparishes.gov.uk

Facebook: www.facebook.com/boughtonpc/

Regards

Neil Matthew (Chair, Boughton Parish Council)

Greetings by Oscar Pop-Up Cafe

Light lunches will be served at our next pop-up on Wednesday 17th July at All Saints' Church, Boughton between 11:30 am and 2:00 pm. All cards at the special price of £1.00 each. Pop along for a card or two, a chat or some lunch or all of the aforementioned, you will be most welcome and it will be good to see you.

The Boughton Village Caravan

'Get Set for Gardening 2019'

Thank you so much to all who supported this event on Good Friday, your donations of plants and garden related equipment raised £185.10 for church funds.

Andrew and Angela on behalf of Boughton PCC

WEREHAM VILLAGE NEWS

Village Hall Activities

All activities are listed in the Community Section of this magazine.

Any further details are featured in the website www.werehamvillagehall.co.uk and on the Facebook page Wereham Village Hall.

The Mobile Post Office will park near the village pond on:

- Monday and Thursday 14.00 – 14.15
- Tuesday and Wednesday 12.25 -12.55

Wereham Parish Council

Next Meeting Date Tuesday 2 July 2019 at 7.00 pm in the Wereham Village Hall (One week earlier than usual)

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.

Parish Councillors

This is the beginning of a new four-year cycle, please see the names of the Councillors below who are looking forward to serving the community. Should you wish to contact the Parish Council please email werehampc@gmail.com

Cllr Jo Bruce, Cllr John Millard, Cllr Annie Bruce, Cllr Sandra Calvert

Cllr Jon Marsh, Cllr Cliff Knight and Cllr Jacki Hitching

Wereham Cemetery – Memorials Next of Kin

Please could any members of the public known to be the next of kin for memorials within the Wereham Cemetery please contact the Parish Clerk to agree to share their contact details. We need to ensure that our contact database for the purposes of contacting next of kin, where we need to discuss memorials is as up to date as possible.

Helen Richardson

Wereham Parish Clerk and Finance Responsible Person

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

Wereham Craft Group.

Well the craft fair has been and gone, we had some lovely new stall holders this time. There was Walnut Barn Crafts, with her lovely paper crafting; she had

WEREHAM VILLAGE NEWS

some beautiful paper flowers that could easily be mistaken for real flowers. We had a lady with beautiful wedding accessories, fascinators etc and a lady who made lovely glossy cards with her photographs that she takes from all around the country. Our next craft fair is our Pre-Christmas Craft Fair to be held on 2nd November 2019, we already have half the tables booked so if any crafters out there would like to book a table please contact me as soon as possible.

We always welcome new and different crafters. Our craft group meeting is always on the second Tuesday of every month 10.30am until about 12.30pm. In the village hall.

Please contact Rosemary on 01366 501330 or 07749240606, email rosemary.pease@btinternet.com

Short Mat Bowls

Thursday evening is the time when you will find us playing bowls in the village Hall, 7pm until 9pm. The cost is £2 per player with your first evening free. We are a small friendly group who have lots of fun, no experience needed as we will show you how to play. Tea, coffee and biscuits are served during the evening.

For details please contact Philip on 01366 501330 or 07759033492 email rosemary.pease@btinternet.com

Car Boot and Cafe

Car boot and cafe is on the last Sunday of every month, we have a happy friendly atmosphere and everyone is welcome. The cafe serves bacon rolls, egg in a roll, sausage in a roll also we now serve toasted tea cakes with butter or 2 slices of toast with butter and jam. There is a children's playground outside. We run a 50/50 raffle which is very popular and there is also a table of donated goods which raise funds for the village hall. Good clean items always accepted for the donated goods table. We look forward to seeing you all on a Sunday.

For details please contact Philip on 01366 501330 or 07759 033492 email rosemary.pease@btinternet.com

New Community Café Launches at Wereham Village Hall

We will be launching our new Community Cafe at Wereham Village Hall this Summer and are looking for volunteers to help run the cafe each day.

The cafe will be open from 10am to 3pm daily serving hot and cold drinks, cakes, biscuits and pastries, rolls and other light snacks.

The cafe will be a great place to meet with friends and family and have a relaxing chat. You will also be able to find out more about the exciting range of activities and events taking place at the Hall and perhaps join up for one of the

WEREHAM VILLAGE NEWS

many classes on offer.

WE NEED YOUR HELP - Could you help us by serving behind the counter for a few hours on the day(s) of your choice. If you can or would just like to find out more about what is involved, please contact **Keith Murray on 01366 500976 or email stagestruck_37@hotmail.com**

Wereham Church Festival



This year's Wereham Church Festival takes place in the grounds of our lovely medieval grade II listed church in the centre of the village on Sunday 21 July from 11am to 2.30pm. The Festival is the major fundraiser of the year. It is a real community event and is a great day out for the whole family.

There will be a wide variety of stalls and entertainments, including Hoopla, Coconut Shy, Tombola, Cakes, Jams and Preserves and Local Produce Stalls, as well as a Barbecue and a Raffle. Test your skills and win prizes. Bring the children along to play games and enjoy all the different activities taking place on the day.

If you've ever wondered what that old ceramic pot that has been hidden away in the loft for many years or that piece of family silver on the sideboard may be worth then local auctioneer, Barry Hawkins, will be on hand to value it for you.

Come inside the church to see the wonderful display called "From Sheep to Shawl" showing the whole process from the original fleece to the finished wool product, with a range of locally produced and homemade shawls, baby blankets and other items. There will also be a fascinating demonstration of wool spinning and other local crafts. Later in the day our Messy Church Children's Choir will be singing a range of songs inside the Church.

We would really appreciate any donations for our stalls, prizes for the Raffle, Tombola and Hoopla, perhaps a bottle of wine for contest prizes, as well as cakes, preserves, home made jams and pickles. Items will be gratefully collected if you call any of the following contacts:

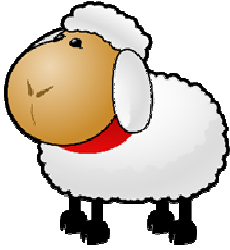
Doreen 500218 - Charles and Ivy 501108 - and Tom 500052

Do come and join us on Sunday 21 July. With everyone's support we can ensure that our lovely church remains open, vibrant and available to all.

WEREHAM VILLAGE NEWS

'Fleece to Shawl'

There will be demonstrations in the church of wool spinning and other craft at our Festival on 21st July.



To enhance and compliment these activities it would be lovely to present some shawls and home worked items. Did you make a shawl 30 or more years ago for a son or daughter? Is it in a box somewhere? Have you a well loved scarf?

If you could unearth some of your treasured family items, we should be pleased to display them in church. Also, give us some idea of how old items are and their history please. Show off your skills and enjoy the efforts of others.

Phone Sue Candler on 01366 858237 for more information.



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Wereham

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Tuesday 12.25-12.55

Wednesday 12.25-12.55

Thursday 14.00-14.15

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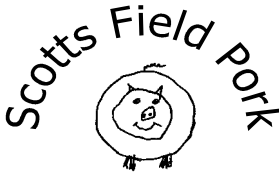
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Swaffham, PE37 7RB
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Email: admin@homestartswaffham.org.uk

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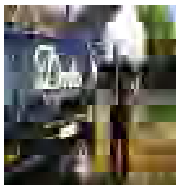
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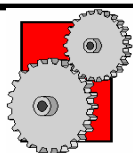
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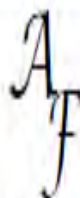
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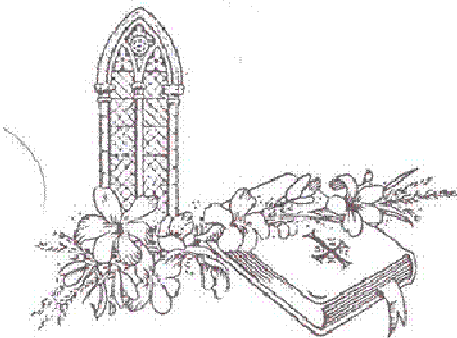
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