

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

March 2020

WELCOME

This magazine is made using the Microsoft program Publisher. It does not support pdfs in any way that we have found. It would save much time if jpgs were used. Some villages are sending in multiple articles or ads for the same event., and this takes up space which might well be needed somewhere else. If in doubt, use Word and we can make your ad or ask for advice. .

That said, there is plenty to read in this copy and many interesting things to do. We are so fortunate to live in villages where so much is organised for our benefit. We try not to omit a properly submitted and formatted article or ad, but if it happens we have done our best.

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.

**Deadline for copy for the
April 2020 edition:**

11th March

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‘FROM THE RECTORY

Dear All,

This is it then. The day I didn't think would be here for a while yet has finally arrived. But a great opportunity came up that was too hard to refuse.

Wendy and I are leaving this great place to spend a few years in the sunshine in Cyprus. I've taken up a new post in Paphos as an associate priest and we will be leaving in early April.

We've had a fantastic time here in Norfolk for the last 27 years, and about 3 to 10 years as your local Vicar, so much so that when the post in Cyprus finishes we'll be back! (God Willing.) Not as the Vicar though; just a retired couple.

We'd like to take this opportunity to thank everyone for their support and love over the years. My last service will be at St George's Church, Methwold at 11.00am Sunday 29th March 2020. This will be a joint service of all our Benefice churches and be followed by lunch. It has been an honour and privilege to serve the parish; to have been involved with the families during baptisms, weddings and funerals; to see you at coffee mornings, Quiz Nights, Burns Suppers, Family Messy Church, Adult Messy Church and all the various other times we've crossed paths. We wish you all well for the future.

Love and God Bless,

Ken & Wendy Waters

Joke Spot: *Little Johnny was an old farmer and one day a busload of politicians were driving down a country road, when suddenly the bus ran off the road and crashed into his barn. Little Johnny got off his tractor and went to investigate. Soon he dug a hole and buried the politicians. A few days later, the local policeman came out, saw the crashed bus and asked Little Johnny where all the politicians had gone. He told him that he had buried them. The policeman said, "Goodness, were they ALL dead?" Little Johnny said, "Well, some of them said they weren't, but you know how them politicians lie!"*

Growing old is inevitable, growing up is optional.

BENEFICE NEWS

We would all like to wish Ken and Wendy well as they start on their new adventure. We appreciate all he has done for us since we joined his group of parishes, somewhat unwillingly, but we soon realised how fortunate we had been. He has been an excellent priest and pastor, with a genuine understanding of how small rural parishes work. Good luck and happiness to you both.

Lead theft

Please be aware that the lead thieves are back in the area. At least four churches have been targeted in the last week or so, and extra vigilance is necessary. If anyone spots anything suspicious around churches, report it. It won't matter if it's a false alarm and you may save your local church from costly and damaging theft. Insurance doesn't cover all the costs of replacing stolen lead and repairing damage arising from the theft.

Deanery Synod March 9th will be held at Boughton. Please park considerately

**Safeguarding Information from the Diocesan website
If you have information about a safeguarding situation where a child or adult is in immediate danger, or requires immediate medical attention, call the emergency services on 999. Do not delay.**

For all other safeguarding enquiries, browse this section for details of the Diocese of Ely safeguarding team, training and best practice guides. The safeguarding team is committed to helping you create protective and supportive environments where all people, and especially those who may be vulnerable, are able to worship and pursue their faith journey in safety. We follow the national legal and procedural framework for safeguarding children and adults, and Church of England policy and practice.

Contact the Safeguarding team Reporting a Concern or Seeking Advice Safeguarding Duty Phone: 01353

652747 (Please do not use this number for queries about DBS checks, training or recruitment issues)

)Diocesan Safeguarding Adviser: Rebecca Boswell

Email: rebecca.boswell@elydiocese.org Tel: 01353 652731

SWAFFHAM MUSEUM 2020



"Enjoyed it all! but especially the Monique Slaven Room (archaeology)" *Visitors - April 2019*

"Fabulous exhibition - our 8yr old was totally absorbed" *Visitors - July 2018*

Over our closed period – Christmas to mid-February – we have been hard at work doing general maintenance work, cleaning and changing some of the displays.

In Room 1, as part of our story of Swaffham, this year we have a display cabinet dedicated to the Plowright Story. This sits alongside a carved lectern from the Old Hamond's School, the clocks made by local clockmakers, the town armour circa 1624, and the

Carter model engine.

Last year we renamed our Archaeology Gallery the 'Monique Slaven Gallery', in memory of our very supportive and enthusiastic volunteer who had spent around 30 years using a metal detector in the fields surrounding her Sporle home, and found a huge array of 'treasures' which are beautifully displayed in the Sporle and Palgrave Cabinet. You can also hear Monique talk about this collection in a short audio tape.

Until April we have a display of the photographs from the 2019 Rotary 'Capture Swaffham' competition. However, many of our visitors come because they have heard of the Howard Carter connection and we have a gallery devoted to him, his family connections and his discovery of the most famous Egyptian tomb – that of Tutankhamun.

There are children's activities, take home information sheets and family museum trails as well as the newly revamped Museum Shop which also houses the Tourist Information Centre.

Opening times are:-

Monday to Friday 10am to 4pm

Saturdays 10am to 1pm

Last admissions 30 minutes before closing time.

There is a small fixed charge for entry, apart from the first Saturday of the month when it is a donation entry. Visit our website <http://www.swaffhammuseum.co.uk> or Facebook page for more information including details on access for anyone with restricted mobility.

Veronica Hutchby - Publicity Officer

ST MARY'S CHURCH, HOUGHTON ON THE HILL SPRING OPENING EVENT!



The historic 11th century church of St Mary's, Houghton on the Hill, is only a few miles from Swaffham and is an architectural and historic gem of national and international importance. The church is open every weekend from 2pm to 4pm and from 28 March it will be open every afternoon to mark the start of its spring and summer season.

The story of the church is remarkable: left to decay in the last century when the village of Houghton, and its parishioners, disappeared, the church was restored through the efforts of Bob and Gloria Davey. In the course of that restoration the remains of extensive wall paintings were discovered, described as 'the most extensive scheme of early church paintings to have survived'.

Today the church of St Mary's and its beautiful garden is looked after by its trustees and a band of volunteers. It is completely dependent on donations from the public to survive. That is why we want to encourage you, your family, friends and visitors to come to St Mary's and join us for our special events now that the spring season is starting.

On Saturday March 28 we are hosting a special event to mark the installation of the Church bell and the launch of a brand new guide to the Church. At 2pm the bell will be rung after a dedication by the Rev Stephen Thorp. Visitors will be encouraged to tour the church and garden, examine the collection of historic books, marvel at the paintings and even have a go at ringing the bell themselves (for a small donation!). And we hope that our visitors will contribute to the running of the church so that we can preserve and enhance its magnificent 1000 year old history.

We will organise further events at St Mary's during the spring and summer. If you would like to become a friend of the church and join our mailing list for news of what is happening, please contact us on email houghtonstmary@gmail.com or on 01760 720070. The location is **St Mary's Church, Browns Lane, Houghton on the Hill, North Pickenham, PE37 8FB or PE37 8DP**. We can be found on Facebook: St Mary's Church, Houghton on the Hill, and our website is www.houghtonstmarys.co.uk.

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1920s DRESS OPTIONAL

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St David of Wales

March 1st is St. David's Day, the national day of Wales and it has been celebrated as such since the 12th Century. Today the celebrations usually involve the singing of traditional songs followed by a Te Bach, a tea with bara brith (famous welsh fruited bread) and teisen bach (welsh cake). Young girls are encouraged to wear national costume and leeks or daffodils are worn, being the national symbols of Wales.

So who was St. David (or Dewi Sant in Welsh)? Actually not too much is known about St David except from a biography written around 1090 by Rhygyfarch, son of the Bishop of St. Davids.

According to legend, David was born on a cliff top near Capel Non (Non's chapel) on the South-West Wales coast during a fierce storm. Both his parents were descended from Welsh royalty. He was the son of Sandde, Prince of Powys, and Non, daughter of a chieftain of Menevia (now the little cathedral town of St David's). The site of Davids birth is marked by the ruins of a tiny ancient chapel close to a holy well and the more recent 18th century chapel dedicated to his mother Non can still be seen near St. David's Cathedral.



In medieval times it was believed that St David was the nephew of King Arthur. Legend has it that the patron saint of Ireland, St. Patrick – also said to have been born near the present day city of St. Davids – foresaw the birth of David in approximately 520AD. The young David grew up to be a priest, being educated at the monastery of Hen Fynyw under the tutorage of St. Paulinus. According to legend David performed several miracles during his life including restoring Paulinus' sight. It is also said that during a battle against the Saxons, David advised his soldiers to wear leeks in their hats so that they could easily be distinguished from their enemies, which is why the leek is one of the emblems of Wales!

A vegetarian who ate only bread, herbs and vegetables and who drank only water, David became known as Aquaticus or Dewi Ddyfrwr (the water drinker) in Welsh. Sometimes, as a self-imposed penance, he would stand up to his neck in a lake of cold water, reciting Scripture! It is also said that milestones during his life were marked by the appearance of springs of water. Becoming a missionary David travelled throughout Wales and Britain and even made a pilgrimage to Jerusalem where he was consecrated bishop. He founded 12 monasteries including Glastonbury and one at Minevia (St. Davids) which he made his bishops seat. He was named Archbishop of Wales at the Synod of Brevi (Llandewi Brefi), Cardiganshire in 550.

Monastery life was very strict, with the brothers having plough and sow to grow their food. The monks had to keep themselves fed as well as provide food and lodging for travellers. They also looked after the poor. Many crafts were followed – beekeeping, in particular, was very important.

St David died on 1 March 589A.D., at Minevia, allegedly over 100 years old. His remains were buried in a shrine in the 6th century cathedral which was ransacked in the 11th century by Viking invaders, who plundered the site and murdered two Welsh bishops.

After his death, his influence spread far and wide, first through Britain and then by sea to Cornwall and Brittany. In 1120, Pope Callactus II canonised David as a Saint. Following this he was declared Patron Saint of Wales. Such was Davids influence that many pilgrimages were made to St. David's, and the Pope decreed that two pilgrimages made to St. Davids equalled one to Rome while three were worth one to Jerusalem. Fifty churches in South Wales alone bear his name. It is not certain how much of the history of St. David is fact and how much is mere speculation. However in 1996 bones were found in St. David's Cathedral which, it is claimed, could be those of Dewi himself. Perhaps these bones can tell us more about St David: priest, bishop and patron saint of Wales.



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March 1st is St David's Day.

Good wishes to all our
Welsh readers!

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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.

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Saturday 15th February from 7.30 pm to
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Includes Raffle and Bar

Contact Doreen on 500218

or book online at

Werehamvillagehall.co.uk/events

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

VILLAGE HALL CAFÉ

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

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

If you can spare a few hours and would like to join our team of volunteers helping to run the Café, please contact us on



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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.



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For information please contact **Charlotte** on
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Wereham

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Wednesday 12.25-12.55

Thursday 14.00-14.15

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Friday 20th March

Bar opens 6.45pm
Programme starts 7.30pm

Adults £5

Tickets online at www.werehamvillagehall.co.uk/event/ from
the village hall (weekdays 10am to 3pm) & on the door

Wereham Village Hall CIO, Registered Charity Number 1168472

Funding for the cinema project was provided through WREN's FCC Community Action
Fund



WANTED

Drymere Horse Livery or Grazing

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

We would be delighted to consider either livery or stables and grazing on a long-term agreement. We are very conscientious owners and can provide references including from World Horse Welfare, as our horse is a rescue we have loaned from them for 11 years.

Any possibilities please do get in touch on 07919 106366.

Many thanks, Katharine.



- 1. Cardiff
- 2. Snowdon
- 3. Dragon
- 4. Rugby
- 5. David
- 6. Leek
- 7. Longbow
- 8. Arthur
- 9. Swansea
- 10. David Lloyd George
- 11. Aneurin Bevan
- 12. Tom Jones
- 13. Owain Glyndwr
- 14. Bertrand Russell
- 15. The Valleys
- 16. Eisteddfod
- 17. Druids
- 18. Celtic

Answers tot quiz on page 19

COMMUNITY UPDATE

King's Lynn Police September Update

PC Lee Anderton, the Community Engagement Officer for West Norfolk will be holding community engagement drop-in sessions on the following dates and locations during October. Please feel free to come along and have a chat about any issues that affect you or your community.

PC Anderton will be able to discuss ways of dealing with these matters and point you in the right direction if it is not a police matter.

Thursday 3rd October - Fenside Café, Fenside 1pm to 4pm
Friday 4th October - Colpoyside Library, King's Lynn 4pm to 6pm
Monday 10th October - King's Lynn Library 10am to 12pm
Tuesday 19th October - Jones Coffee Centre, East Rackham 9.30am to 11.30am
Wednesday 26th October - Terracottam Library 10am to 4pm
Thursday 29th October - Dersingham Village Centre, Dersingham 10am to 12pm
Friday 29th October - Marshland St James Village Hall, 10am to 12pm
Monday 29th October - King's Lynn Library 10am to 12pm

Everyone is welcome.

Engagement surgery for the public to attend.

Call us on 101 or 999 in an emergency.

Talk to your Beat Manager and Engagement Officer.

Lee.Anderton@norfolk.pnn.police.uk

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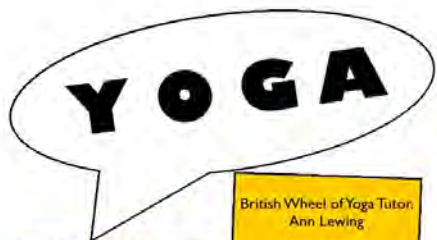
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**Mondays
7.00pm—8.30pm**

Please arriving later than
6.55pm

Under 18 yrs old must be accompanied by an adult.

RECIPE OF THE MONTH

Boiled Fruit Cake

Ingredients

12 oz mixed cake fruit

6 oz butter or margarine

8 ioz caster sugar

2 eggs

8 oz self raising flour

1 teaspoon mixed spice

Method

Put fruit in large saucepan, just cover with water and bring to the boil.

Simmer for 5 minutes, then strain very well.

Stir the butter or margarine into hot fruit, then stir in the sugar.

Finally add the eggs (do not beat), stir into mixture alternately with the flour and spice.

Pour into greased lined 8 in. cake tin.

Bake in centre of preheated oven (350F/180C/gas mark 4) for about 1 hour 30 minutes, or until cooked through

Sally Taylor

A Welsh quiz.....

1. What is the capital of Wales?
2. Which mountain in North Wales marks the highest point in the country?
3. Which mythical creature adorns the national flag of Wales?
4. What is unofficially considered the national sport of Wales?
5. Who is the patron saint of Wales?
6. Which vegetable is a Welsh symbol dating back to the 5th century, when the patron saint recommended Welsh soldiers wore them in their caps so they could recognise each other in battles against the Saxons?
7. Which weapon was famously wielded by Welsh archers during the English victory over the French at Agincourt in 1415?
8. Which legendary British king is closely associated with Wales, with some suggesting he held his court at Caerleon?
9. After Cardiff, which city is the second most populous city in Wales?
10. Which Welsh politician served as Prime Minister of the United Kingdom during much of the First World War?
11. Which Welsh politician as well-known as the founder of the National Health Service (NHS)?
12. Which Welsh singer of the 1970s is famous for hits such as "It's Not Unusual" and "Delilah"?
13. Which Welsh leader was the last native to hold the title of "Prince of Wales", during his short-lived rebellions in the late-14th and early-15th centuries?
14. Which Welsh 20th-century pioneer of Analytical Philosophy won the Nobel Prize for Literature in 1950?
15. By what name is the rugged, semi-urbanised area of South Wales including towns such as Rhondda and Merthyr Tydfil colloquially known?
16. What name is given to the series of cultural festivals held across Wales, containing performances of art, music and literature?
17. By what name were Celtic priests historically known in Wales?
18. The Welsh language (Cymraeg) is a member of which wider language group, also including Gaelic and Cornish?

Answers on page 18

COMMUNITY NOTICE BOARD

Could you help a young person with a disability to think about their Future?

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

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

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

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

If you would like to find out more about becoming a Volunteer Mentor for the CSV Futures Project please contact Vicki Howling, the project co-ordinator for an informal chat. Telephone 01366 386972 or 07926 044845 or email vhowling@csv.org.uk

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

MASSIVE FUEL BILLS?



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

On any of these Governments benefits?

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

PRIVATE HOME OWNER OR TENANT?

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

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

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



IMPORTANT DATE FOR YOUR DIARY!

AS PART OF NATIONAL AND INTERNATIONAL EVENTS IN MAY 2020
WEREHAM HERITAGE GROUP INVITE YOU TO :-



VE DAY

75TH ANNIVERSARY

A SHARED MOMENT OF CELEBRATION

SUNDAY 10TH MAY — TIME t.b.c.

WEREHAM VILLAGE HALL

EVENT INCLUDES • TRIBUTE TO WEREHAM'S WW2 SOLDIERS
DAD'S ARMY RE-ENACTORS • OUR OWN WINSTON CHURCHILL
DRAMA GROUP SKETCH • VERA LYNN & GEORGE FORMBY SONGS
DOING THE LAMBETH WALK • 1940s SONGS & READINGS • AND MORE!
BRING YOUR OWN FOOD AND DRINK FOR AN AFTERNOON TEA PICNIC
1940s DRESS OPTIONAL • TICKET DETAILS AVAILABLE NEARER DATE



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

Nar Valley Ornithological Society (NarVOS)

Tuesday 31st March 2020, 7.30pm at the Barn Theatre, Sacred Heart Convent School, Swaffham. Access and parking from Sporle Road.

Please come along to this illustrated talk by **Gerald Gray**, entitled:

Gamekeeping and Conservation

Retired gamekeeper, Gerald Gray, worked on the same Breckland estate for over 25 years. He won an award for working for a better public understanding of the role of gamekeepers in sustaining a countryside rich in wildlife. Gerald has been particularly involved in the conservation of Stone Curlews and Grey Partridges. Do come along to Gerald's talk.

Visitors most welcome. Admission £4 on the night if you are not a NarVOS member. For more information about this meeting or NarVOS call Ian Black on 01760 724092.

Beachamwell Table Tennis



**Every Friday at
3.00pm
Village Hall**

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

Beachamwell

**Book Group
Tuesday 3rd March
7.30**

Village Hall

Book to be discussed over
a glass of wine

**"The Muse"
By Jessie Burton**

New members welcome
Enquiries: 01366 328960

Beachamwell Wednesday Walkers

There are twenty-four rights of
way in the parish. Come and
explore them with us.

We meet at the Village Hall at
10.00am on the first
Wednesday of the month.

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

All, including dogs on leads,
are welcome.

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 Afternoon Tea and a Chat.....

Wednesday
March 18th
2 - 4pm

Village Hall



Enquiries
01366
347673

Beachamwell Pop Up Pub



Village Hall

7.30

Friday 13th March

Enquiries: 01366 328892



Presents

Norwich Historical Dance

www.norwichhistoricaldance.org.uk

Pastime With The Pastons

*A Celebration of The Paston Dynasty
in Dance*

Sunday March 29th at 3.00 pm
Swaffham Assembly Rooms

Tickets from:
Ceres Bookshop 01760 722504
Green Parrot 01760 724704
Available on the door

Enquiries: 01366 328648

DANCE NIGHT WITH ALL TYPES OF DANCING

Saturday 28th March from 7:30pm to
11pm

Tickets £5 under 11's free when
accompanied by an adult

Includes raffle and Bar

Tickets online from
werehamvillagehall.co.uk/events

or from the Village Hall office, Mon-Fri
10am to 3pm

RAFFLE PROCEEDS KINDLY DONATED BY RON TO
WEREHAM VILLAGE HALL CIO, REGISTERED NO 1168472

COUNTRYSIDE NOTES CLIMATE CHANGE

Jill Mason

Climate change is an extremely complex subject and, as with anything to do with nature, one simple deed, however well-intentioned, can lead to an unforeseen chain action.

The amount of meat consumed in Britain declined in 2019 as people turned to vegetarianism and veganism. As a matter of conscience plant based diets are often adopted as an aid to saving our planet because animals are blamed for being part of the climate change problem. But it's not as simple as that. Many of the components of a meat free diet such as soy, rice, lentils, quinoa and avocados have to be imported from half way round the world because they are not grown on a commercial scale in Britain. Transport of any kind results in pollution to the atmosphere, the very reason why some vegetarians and vegans denounce eating meat. Soya beans are a primary source of plant protein not only used to feed the animals we eat but it is also a key product frequently used in the manufacture of meat substitute products and soy milk, soy sauce, tofu, tempeh and edamame. Most of our imported soya is grown in North America and Latin America where vast tracts of the Amazon rain forest have been destroyed so the land could be used for growing soybean. Trees play a vital part in our environment by purifying water and the air which we breathe. However it's not only the trees that are destroyed but also the plants and wildlife that lived amongst them. The knock-on effect is huge.

Even more worrying is the fast growing popularity of palm oil right across the world. 85% of it comes from Indonesia and Malaysia. Obtained from the fruits of palm trees it is the healthiest option available containing less fat than other oils. It is also widely used in the food and cosmetic industries, personal care products and even to produce bio-fuel. Palm trees being perennial makes them more profitable than any other oil producing plants providing five times the yield obtained from annual crops such as rape and sunflowers. But it comes at a price. Palm oil production has resulted in extensive areas of rain forest being destroyed in Malaysia and Indonesia. Through loss of habitat the Sumatran tiger and Sumatran elephant are in danger of extinction and in Borneo there is little room left for orangutans to survive. Large animals require large territories. They not only die during deforestation activities but the habitat of those who are spared is fragmented making it difficult for them to find a mate, if they do in-breeding is likely.

Save our planet campaigners and activists have good intentions but maybe it would be more environmentally friendly to stick to home produced foods including meat. However, no one ever wants to admit that the real problem is that there are now far too many people on our planet. In 2000 the world population was 6.12 billion, double what it was in 1960, now it is 7.7 billion and rising fast!!



TNHA NEWS

A 7am start on a cold and rainy Sunday did not deter our TNHA rugby fans who were given the opportunity of visiting a Leicester Tigers Match recently. Visiting the home ground of the rugby union side at Welford Road, students were given the opportunity to take part in a masterclass with the team's coaches and to be 'flag wearers' on the pitch before the game. They also were able to have a photograph with the team as a memento of their visit.

Meanwhile in a warmer setting, we have been delighted to welcome visitors to the academy inspiring our students, the first of which was Baroness Hayman GBE who spoke to students on the nature of the House of Lords and House of Commons. She is certainly well qualified to do so, being the first elected Lord Speaker of the House of Lords, serving on the privy-council committee and being the youngest ever MP (one of only 27 female MPs in the House of Commons at that time)! She encouraged students to pick an avenue that they are passionate about and argue for it (e.g. the environment and climate change) and answered some excellent questions on Brexit, Cancer Research UK and the Privy Council (who advise the Queen on the carrying out of her duties, including the exercise of the Royal Prerogative and other functions assigned to the Sovereign by Acts of Parliament). Students joined her afterwards in a more informal setting enjoying refreshments and being able to ask her questions on a one-to-one basis. Also visiting us were The Breckland Youth Advisory Board (YAB) who are a body of Young Commissioners aged 11 to 19 who work with professionals, to identify issues impacting young people. Their focus is on personal development, consulting other young people, campaigning for change, lobbying decision makers, funding projects and much more. They gained views from our Student Council on a number of issues including mental health and well-being, bullying, youth voice and participation and careers, learning how they too could become involved. Regular TNHA Youth Advisory Board Meeting are held weekly with all students welcome to attend and have their 'voice heard'.

Still on the subject of 'listening and ensuring students are heard' February saw the re-launch of our Anti-Bullying Ambassador Programme where a group of volunteer students are available at break and lunch for those who may have worries or issues and find it easier to talk to their peers. Ensuring a quick and effective response is the goal of all at TNHA and these excellent students are helping in this endeavour. Celebrating their success, are two of our VI Form students, who been offered a place on the Senior Health & Care Academy Programme at the Queen Elizabeth Hospital in Kings Lynn. The Programme which will run from late January until June will offer an insight into the various skills and experience required to apply for apprenticeships in the Health Sector. They are certainly a credit to TNHA and we wish them every success in taking the first steps towards their career goals.

BARTON BENDISH NEWS AND EASTMOOR VILLAGE NEWS

BurnsSupper

As usual our Barton Bendish version of Burns Supper followed in the traditional footsteps of Burn's Suppers across the world. This year, after the customary haggis, neeps and tatties followed by a delicious dessert, courtesy of Janice, we settled back to enjoy the entertainment. Entertaining it was too, beginning with Joc reading some light hearted poems in the Scottish dialect. This was followed by Andrew Stephen's rendering of the 'Immortal Memory'. Ray Burman 'Toasted the Lassies' and his wife Victoria cheekily 'Replied to the Laddies'. Ian, as usual, was faultless reciting Burns' epic poem 'Tam o' Shanter'. The evening was interspersed with the choir treating us to their singing and Tom, on the organ, leading us with less tuneful, on our part, sing-alongs and ended with a rousing rendition of 'Auld Lang Syne'.

Thank you to everyone who contributed in any way. We also have the multi-tasking catering team, Linda, Mhari, Janice and all their helpers to thank for a very enjoyable and entertaining evening. They really are magicians how they conjure all this up. Hopefully their lives will be made a little easier in the new extended kitchen which should be in place for the next Burns Supper. How hard they work, putting these types of events together, they deserve the very best. *Jill*

Barton Bids Farewell to Valerie On 6th February, family, friends and villagers gathered at Mintlyn Crematorium for Val McAlister's funeral. It was a lovely afternoon, a beautiful setting and a fitting send off for a much loved and quite remarkable person. It was entirely appropriate that so many villagers from Barton Bendish were present to commemorate a life so well lived, a life which made such a difference to so many people.

Mark Tyack oversaw a moving service with great sensitivity and his Eulogy left us no doubt that Val was exceptional in almost everything she did. She taught many people to ride, became an excellent pilot and pursued an outstanding career as an inspirational teacher. Janet Reid talked about Val's immense contribution to Barton Bendish and revealed her propensity for travelling First Class to London.

Lissa Kinsey read "She is Gone" with great feeling, directing the poem personally towards John.

There were ripples of laughter as Val's reputation for lateness and unusual gait got a mention and of course there was time for our own private thoughts and memories.

She loved Barton Bendish and it was obvious to all that Barton Bendish loved her. RIP my friend *Andrew*

Barton Bendish Village Hall Update We are now at a fascinating and crucial stage of our project, with 86% of what we need in the bank and important decisions about significant grants we have applied for due during the next couple of weeks. As I write, three more contractors are due to visit the Village Hall and all tenders are due in by Valentine's Day. By the time you read this, we will have a better idea of where we stand, when the work will begin and how much of it we can afford to do. All our most recent events, including another splendid Burns Night, have proved that we really need to do all of it to accommodate the ever growing range of activities provided by our remarkable community. People from other villages are quite often incredulous about how a small village like ours produces so many high quality events.

We are holding a meeting in the Village Hall at 7pm on Friday 20th of March to update everyone about what will be happening to the building. There will also be an opportunity to make suggestions about what extra uses the newly refurbished building can be put to. Recently, I was asked about walk in sessions for the elderly and the lonely and there have been other good suggestions about Zumba and Yoga classes. Any suggestions are welcome but would depend on people being prepared to run them. Any successful Village Hall must try to meet the needs of the community it serves. Please come along and have your say.

Andrew Stephen, Chair of Barton Bendish Village Hall Management Committee.

A Community at Work It has been very pleasing to see the Berney Arms, the third community hub of our village, hosting a breakfast on the first Friday of the month (the next one is on March 6th at 9.30...) The management have declared their wish to support the local community and many of us appreciated their sensitive care of those involved in Val's funeral, both before and after the event, and also the welcome we receive after events in the Village Hall, such as the most recent Film Club.

It was good to see some new faces as we enjoyed the feel good factor of Downton Abbey. There may be no real story but it is a film that lifts the mood and encourages a chuckle. Excellent.

The last couple of Community Breakfasts have been a joy. There is no better way of getting to know your neighbours than by eating with them. I recommend it. It seems that, having waited a long time, that Maureen Tasker is on her travels this week. We all wish her Godspeed *Andrew*

Voices from the Vestry

Community Book Library

Starting in the Spring, a second-hand book library/shop will be set up in St Andrew's Church. Please keep this in mind when you are spring-cleaning your bookshelves and if you have any bookcases that you no longer use/need please let Linda or Mhari know.

Soup and Bread Evening – March 4th 6.30pm

The next talk will be by Major Zaremski who is a fighter pilot and Director of Operations (2 i/c) at Lakenheath. Major Zaremski is 48th Operations Support Squadron Director of Operations. He has been with the USAF since 2006 and has flown over 1700 hours. Rev Ken will be preparing and serving up his world famous Homemade Soups and Ray will be buying the bread from Tesco. Booking is essential

For further details email Rev Ken Waters on ken.waters@btinternet.com

or Ray Burman on rayburman@me.com

Tel 01842 828891

Contact 01842 828891 to book your seat!

Quiz Night – March 14th

This year Barton's ever popular Quiz Night is being held on Saturday March 14th in the Village Hall at 7pm for a 7.30pm start. Teams can be of up to 6 people, £4 per person. Tea or coffee will be served but please bring your own food and drink. To book your table contact 01366 347563 or 347983.

Church Service (March 8th) - Change of Date (to March 15th) One of the walls in St Andrew's Churchyard needs urgent attention and this has been arranged. Before work can begin, however, the greenery nearby needs to be cleared. A date has been set for a working party to do this. If you can spare an hour on Sunday **March 15th** at 10am, your help would be greatly appreciated. **We will have a short service before we begin work. Bacon rolls will be provided!**

Please contact Linda ([347563](tel:01366347563)) or Mhari ([347549](tel:01366347549))

Annual Parochial Church Meeting – April 2nd

The Annual Meeting will be held at St Andrew's Church at 7.00pm on April 2nd. This meeting will consider changes to the Parish Electoral Roll; an Annual Report on the proceedings of the PCC and Parish activities; financial statements; a report of the fabric, goods and ornaments of the church; a report on the proceedings of the Deanery Synod and other parochial matters including Safeguarding. Elections will also be held for the positions of Churchwardens, Synod Representative and members of the PCC.

Celtic Service April 28th – 6pm This popular service returns in April. A date for your diary!

Open Gardens – June 28th Advance notice that Barton Bendish Open

Gardens will be later in June than last year. We hope that as many people as possible will open their gardens to make this a truly communal event. Those who visit Barton are always pleased with the welcome they receive here. Long may it continue. *_We are grateful for any help with or publicity for our events. Please encourage your friends to 'pass the word' and to join in.*

Barton Bendish Ordinary Parish Council Meeting
held on 23rd January 2020

Cllr Chapman was in the Chair. Five parishioners were in attendance.

Cllr Chapman started the meeting by expressing the sadness of the whole Parish Council at the news of the passing of the Vice-Chair, Cllr Valarie McAlister, who would be very much missed.

The Parish Council made a decision on the Precept for 2020/21 and agreed to set the figure at £4961, which included a Council Tax Support grant of £30. This was a 3% increase to parishioners following at least five years where there had not been any increase.

The Parish Council agreed to purchase a new notice board for Eastmoor as the current notice board was too small and in a poor condition.

Due to the refurbishment work at Barton Bendish Village Hall the venue for the Parish Council meetings in May, July and September would be moved to Beachamwell Village Hall.

Due to the sad loss of Cllr McAlister the Parish Council currently has a casual vacancy for a Parish Councillor. If you would be interested in being co-opted onto the Parish Council please contact the Clerk, before 11th March 2020, for further information or to express an interest.

The next meeting will take place on Wednesday 11th March, 2020. This will be the Annual Parish Meeting followed by an Ordinary Parish Council Meeting starting at 7.30pm 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

Barton Bendish Village Hall

We are holding a drop in event in the Village Hall at 7pm on Friday 20th of March to update everyone about what will be happening to the building. We will be celebrating what we have achieved and it will also provide an opportunity to make suggestions about what extra uses the newly refurbished building can be put to.

Everyone welcome Light refreshments will be on offer

BEACHAMWELL, SHINGHAM & DRYMERE VILLAGE NEWS

The Friends of St. Mary's Church

The Committee of the Friends of St Mary would like to thank everyone who came along to our first lunch of 2020.



It was a cold, sunny day and we were joined by a number of the 'Wednesday Walkers' who came in for some hot soup and rolls which was very nice of them, and we look forward to seeing them again after the 1st April walk.

We were also very fortunate that over 50 people came and went during the course of the lunch and this is something that surprised us greatly but pleasantly.

PLEASE come again.

We would also like to thank all the people who could not join us for various reasons, but came into the Hall to give us a donation, these amounted to £140.00 We raised £337.00 in total on the day.

Another thank you must go to Vicki, who recently moved into Shingham, who arrived with a large coffee and walnut cake which was swiftly sold.

We are now looking forward to SPRING LUNCH on 1ST APRIL 2020. Do come and join us if you can to help raise funds for the thatch on the church roof. On the day of our lunch the work should be starting on the replacement of the lead roof with Terne Steel. We are making progress with the Thatcher and hope to have that in place as well, if funds allow, by the end of the year.



BEACHAMWELL, SHINGHAM & DRYMERE VILLAGE NEWS



Thanks again to EVERYONE for your continued support.

Patricia Clarke, Treasurer

Well done to the three of you and everyone who was involved in making this lunch such a success - it was an excellent event enjoyed by all who were there.

Eileen Powell

Beachamwell Wednesday Walkers

Was it the sparkling morning or the thought of a delicious lunch in the Village Hall that encouraged rambling on the 4th February? Whatever the reason, a cohort of fifteen walkers and two well-behaved dogs set off to walk from the village, across the warren to Larch Wood and back through the arboretum to Shingham. We were relieved to find that most of the way was dry underfoot and walking was easy. We stopped to watch fields being prepared for spring, were impressed by the deep rills, and straight furrows being ploughed in readiness for sewing potatoes.

We were delighted to welcome new walkers to the group and hope that they will join us again, and again.

Wednesday Walkers meet next at 10.00 a.m. on Wednesday, 4th March when we hope to explore the southern boundary of the parish with lovely views across the countryside near Langwade.

Sue Pennell

BEACHAMWELL, SHINGHAM & DRYMERE VILLAGE NEWS

Mobile Post Office

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

Beachamwell Village Hall

AGM

The Village Hall is a registered charity run by a small committee of volunteers engaged in maintaining the fabric of the building and developing its use as a community asset.

This year's Annual General Meeting will be held on Thursday 26th March at 7:30.

Anyone with an interest in the hall's future is warmly welcomed to attend and contribute to the evening's discussions.

Tim Hudson



Burns Night February 2020



What a great success this was!

If you were not lucky enough to be present you missed an excellent evening. Many of the men folk looked resplendent in kilts although it is still a mystery as to what they were wearing underneath! Tartan was definitely the fashion of the evening.

Geoff the bagpiper definitely set the scene and the hall was dressed to kill.

We were entertained with songs and poetry.

We raised £300.00 for the hall.

Special thanks to our helpful kitchen "volunteers" on both Saturday and Sunday - Sarah, Karen, Lisa, Susie and James.

We are already looking at dates for 2021 so get your places booked early!!

The committee is starting to plan our major event of the year which is the fete. Please keep the date free - Sunday 6th September. If you would like to help plan for the event, help set up (or pull down) or run a stall please let me know.

BEACHAMWELL, SHINGHAM & DRYMERE VILLAGE NEWS



Beachamwell WI

The February meeting of Beachamwell WI saw a number of visitors attending along with our members to hear a very interesting talk and demonstration of period musical stringed instruments by local musician and instrument maker Michael Willett. He brought

with him a wide array of beautiful wooden stringed instruments with designs dating back to the medieval period all made by himself. We saw how they were made and then Michael played each instrument so we all got a real feel for the music of the time.

On March 5th our speaker will be Simon White giving a presentation on the Gardens of East Anglia. April 2nd sees Brenda Packman of the Associated Country Women of the World talking about how the organisation supports urban and rural communities around the world.

New members are always welcome but even if you are not thinking of joining the WI but are interested in one of our talks then please come along on the first Thursday of each month at Beachamwell Village Hall starting at 7.30pm. There is a small charge of £3.50 per visitor (refreshments are included). Any enquires, please contact Maggie on 01366 327023 or Helen on 01366 328589.

Debbie Roberts

Swaffham Jazz Club

Swaffham Conservative Club, 23 London St. PE37 7DD

Tuesday 10 March at 7.30. The Ella McCready Trio: Ella McCready vocals, Ivan McCready cello and Ian MacGregor keyboard.

Tuesday 14 April at 7.30. Melody Brooker - vocals, with her Trio.

Entry £8

Information from

Geoff 01366 328730 or Norman 01760 722384.

CHURCH SERVICES IN MARCH

(Priory group)

Sunday 1st March

9.30 am Runcton Holme Holy Communion

10.00 am Shouldham Morning Prayer

11.00 am Marham Holy Communion

11.00 am Stow Bardolph Holy Communion

First Sunday of Lent

Sunday 8th March

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

The Second Sunday of Lent

Sunday 15th March

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

The Third Sunday of Lent

Sunday 22nd March

9.30 am Fincham Holy communion (BCP)

10.30 am Marham United Methodist Worship

11.00.am Stow Bardolph* Wimbotsham Holy Communion

11.00 am Tottenhill Morning Service

Mothering Sunday

Sunday 29th March

11.00 am Stow Bardolph Group Service

11.00 am Watlington Holy Communion

The Fifth Sunday of Lent

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

THURSDAY SERVICES at 10am

HOLY COMMUNION **Fincham** 5th and 19th..

HOLY COMMUNION **Runcton Holme** (BCP) 5th.

CHURCH SERVICES IN MARCH **(Wissey Valley Group)**

Sunday 1st March

First Sunday of Lent

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

Sunday 8th March

The Second Sunday of Lent

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

Sunday 15th March

The Third Sunday of Lent

9.30 am Methwold Joint Service with the Methodists
9.30 am West Dereham Service of the Word
9.30 am Wretton with Stoke Ferry Holy Communion
11.00 Wereham Holy Communion

Sunday 22nd March

Mothering Sunday

9.30 am Methwold Service of the Word
9.30 am West Dereham Service of the Word
10.00 am Whittington All Age Service
11.00 am Boughton Holy Communion
6.00 pm Barton Bendish Evensong

Sunday 29th March

The Fifth Sunday of Lent

11.00 am Methwold Holy Communion*

*Ken Waters' last service before he moves abroad.

MIDWEEK SERVICES

Holy Communion 10.00am **Boughton** Thursdays 12th and 26th

VILLAGE BUS SERVICES

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

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

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

Well Being Community Car for all Villages call 01553 776971



WEST NORFOLK/SWAFFHAM COMMUNITY TRANSPORT

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

Every Friday into Downham Market from the following areas:
Barton Bendish, Foulton, Oxborough, Drymere, Gooderstone and Cockley Cley

Start time approximately 10.15am: Return time approximately 1.30pm

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

Please call the Swaffham Dial-A-Bus weekdays during office hours on
01760 720906 for further information/bookings

BOUGHTON VILLAGE NEWS

All Saints' Church

Open Gardens Day this year will be on Sunday 14th June and we are hoping for your support as usual. If you are able to open your garden, or make cakes/ help with lunch and other necessary tasks, please do so? It's the church's biggest fundraiser of the year and we need the money. The village benefits from a shared space, but there are a number of maintenance issues flagged up by our Quinquennial Report which will need addressing to maintain it in good order. Pam Wakeling 01366 500429

Get Set for Gardening 2020

Do you have any unwanted garden related items and plants? If so, would you donate to our garden sale on Good Friday to raise funds for Boughton Church? Unfortunately, we are unable to sell electrical items due to insurance restrictions.

Andrew & Angela on behalf of Boughton PCC – 501335

It was good to see so many people at Breakfast Church on the 9th. A lot of work goes into this, and generous donations of time and food are behind its success. It's an informal service, with excellent food and an opportunity to meet with neighbours and friends. Contact Sandy if you wish to come along and try it for yourself.



Most of you will have heard by now that our Vicar, Ken Waters, is leaving for a job in Cyprus at the end of March. While we wish him and his wife every success and

happiness in their new adventure, we are truly sorry to be losing him. After the traumatic breaking up of the benefice as it stood under Barbara Burton, Ken helped the transition to go smoothly by his kindness and understanding and we will miss him. We are apprehensive about the Diocesan plans for our future, so watch this space.

The Annual Parochial Church Meeting will be held in the church on April 20th at 6 pm in the church. The first part of the meeting is a Vestry meeting, for the election of a churchwarden. The main meeting is for the hearing of reports and election of PCC members. Anyone on the church electoral roll is eligible to vote.

We were sorry to hear of the death of Mr Froud, the former headteacher of Boughton School. Although the school closed more than thirty years ago, there are still a few people in the village who remembered him.

Easter 2020 Palm Sunday is on April 5th. There will be a Maundy Thursday service at 10am on Thursday 9th, and our usual Easter Vigil and Celebration Eucharist on Saturday 11th at 8 pm. Everyone is welcome, even if not a regular member of our congregation. The service involves readings, choir, hymns and.....fire!

From Boughton Parish Council,

Regular readers of this column and G4 editors will I'm sure be pleased to note that this month's article is shorter than usual. This is because there was no council meeting in February, so there is not much to report.

As I write this, spring flowers are beginning to appear in gardens, hedgerows and verges. An uplifting sight spoiled only by the actions of an inconsiderate few, who continue to consider our village lanes as open-air dustbins. While some of us do pick up litter where we find it, and every little helps, it does seem to build up. We will be organising a parish litter pick on Sunday 5th April in conjunction with The Great British Spring Clean campaign championed by Keep Britain Tidy.

Finally, a reminder of the ways you can interact with YOUR parish council.

Village noticeboard on The Green for notices of meetings.

All Saint's Church for regular council meetings at 7:00pm on the first Tuesday of every odd-numbered month.

Website at <https://boughtonparishcouncil.norfolkparishes.gov.uk>

Facebook page "All About Boughton" @boughtonpc <https://www.facebook.com/boughtonpc/>

Mail to Councillors cllrs.boughtonpc@gmail.com

Articles in G4 News of course!

Neil Matthew

Chair, Boughton Parish Council

chair.boughtonpc@gmail.com



Litter Season is Upon us Posted on [8th February 2020](#) by [norfolkparishcouncil](#) This is a litter collection by a single person on a short stretch of Stoke Road by Boughton Fen. We will not be beaten by the inconsiderate. Watch out for details of a village litter pick on Sunday 5th April. Your help would be very much welcome.

WEREHAM VILLAGE NEWS

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

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

VILLAGE HALL ACTIVITIES See Community Adverts. More details of all activities available are featured in the website www.werehamvillagehall.co.uk and on the Facebook page Wereham Village Hall.

Wereham Tots.

We are currently seeking voluntary help in the running/supervising of our thriving TOTS group which is held on Friday mornings (term time) 10am-12.00pm in Wereham village hall. The positions currently being sought are; supervisor/ planner and a kitchen/general support (prepare snacks etc). All enquiries please contact Angela on [07535399883](tel:07535399883).

WEREHAM OPEN GARDENS SUNDAY 21ST JUNE.

Writing this in early February, Open Gardens in June seems a long way off but Mother Nature is already stirring. There are snowdrops, catkins and brave, fresh shoots as well as a couple of male robins on the lawn squaring up to each other for territorial rights! Each year Open Gardens is a major fund raising event which helps to maintain our Grade 2 Listed St. Margaret's church. There is a dedicated group of gardeners and helpers who take part regularly but it is always great to welcome new gardens. Your garden doesn't have to be a show garden and it's not some kind of competition. Our friendly visitors are genuinely interested in what you have done or plan to do because they are gardeners too. If you would consider opening your garden or helping with the organisation I would be pleased to hear from you or give me a call if you're not sure and would like to have a chat about opening. Thanks. Greg Baddock [01366 500233](tel:01366500233).

Wereham VE Day commemoration 10 May 4-7.00 pm The team that brought you the World War I commemorations are at it again! This time the Wereham Heritage group have got the Second World War and their sights with an event In the Village Hall to mark 75 years since victory in Europe day.

- We are excited to be able to bring you items including:
- The home guard re-enactors (à la Dad's army) together with the Land Army girls.

- • The Colin Mason jazz group
- • The Andrews sisters tribute group
- • 40's dancing

Community singing And lots more!!

Entry will be by ticket in the form of an authentic identity card. £3 for adults £1 for children. Please bring your own food and drinks.

40s style costume is welcome but optional. There will be a prize for the best outfits. Tickets are available from the Village Hall and from Greg Baddock and Doreen Rolph. Get your tickets in good time to avoid disappointment. We would also welcome any other contributions to the entertainment. Please contact Debbie or Ian Rye [\(07863\) 049677](tel:07863049677). This promises to be a brilliant community event , don't miss it!

Wereham's WW2 Dead

While the overall tone of Wereham Heritage Group's planned event to mark the 75th anniversary of VE Day will be upbeat, we cannot let this moment pass without remembering the two local men named on our village war memorial who lost their lives in WW2. It would be great to learn a little more of their short lives.

I've been able to piece a little together from records, but it doesn't amount to much. Maybe you knew their families or can throw some more light on their backgrounds?

Dennis Clarence Matthews was just 22 when in 1944, he lost his life, alongside others from the 2nd Dorsetshire regiment, in some of the most bitter fighting of the Burma campaign. His grave at Kohima bears the inscription 'Not just today, but every day, remembered by dad, aunty, Barbara, grandad'. On the CWGC commemorative certificate he is listed as nephew of Mrs L Rowe of Wereham. He was clearly much loved. The 1939 survey shows several households that include someone with the Matthews surname, but just one that also includes a Mrs Rowe (New Buildings, Stoke Road). Could this be where Dennis grew up?

Alexander Herbert Bellamy died in 1940, aged 30. He was a Colour Sergeant with the 7th Battalion of the Royal Norfolk Regiment and lost his life

at Dunkirk. He is shown on several casualty lists as 'missing' and was only declared 'presumed killed in action' in 1942. Unlike Dennis, he has no grave, but is commemorated on the Dunkirk Memorial. The 1939 survey lists his parents, Richard S. S. Bellamy, a retired shipping merchant and Ellen Bellamy, living at Row House, The Row, Wereham along with a younger sister, also Ellen Alexander was born in Cheshire, and there seem to be strong Cheshire and Rio de Janeiro family connections, so I wonder what brought them to live in Wereham?

Please speak to one of the Wereham Heritage Group team if you can tell us more. Team members are Greg, Doreen, Wendy, Nicola, Paul, Debbie & Ian Rye and myself – faces familiar to the majority of the village. Alternatively, email me at sue.nutkin@gmail.com. Many thanks – Sue.

Wereham Craft Group Our craft group continues to prosper. We welcome all new members who would be willing to make sewn, knitted or crochet items using fabric or yarn from our stock and then donate them to the craft stall to sell and raise funds for the village hall. Please contact Rosemary our craft group leader as I have all the fabric and yarn in my sewing room. We meet on the second Tuesday of every month in the village hall. Contact Rosemary on, 01366 501330, mob 07749 240606, e-mail rosemary.pease@btinternet.com.

Short Mat Bowls.

New members always welcome, no experience needed as we will show you what to do. We are not a serious group we play for pleasure and companionship. Tea and coffee with biscuits or cake are served during the evening. Please contact Philip 01366 501330, mob 07759 033492, e-mail rosemary.pease@btinternet.com.

Car Boot and Cafe

We continue to run on the last Sunday of every month except December. Bacon baps, Egg baps and sausage in a roll, tea, coffee and Hot chocolate always available. PLEASE NOTE THE CRAFT GROUP WILL HAVE A STALL AGAIN SELLING SURPLUS FABRIC, EMBROIDERY THREADS ETC, all at bargain prices. For more information and to book a table please call Philip on 01366 501330, mob 07759033492, e-mail rosemary.pease@btinternet.com

Wereham Parish Council

Next Meeting Date - Tuesday 17 March 2020 at 7.00 pm in the Wereham Village Hall (Note one week later 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.

Public Consultation – Open Space Funding and Improvements The Parish Council would like to hear from as many residents in Wereham as possible including any users of the playing field and play area. They would like to hear views around whether there should be improvements to the playing field and play area and what that might be. For example there might be options for funding to extend the age range of the play equipment in the play area to include 8-13 year olds and relocate the goal posts to the back of the field; or outdoor keep fit equipment; or a zip line; outdoor adult gym or any other ideas or simply the view that we should leave it as it is. The Parish Council has identified that the existing play area flooring requires work and has agreed a grass matting overlap, but there is a funding opportunity that has been identified that we may be able to link this and other improvements. Please make your views known to the Parish Clerk as soon as possible on the contact details below on all of these ideas and also anything else you can think of. Please email werehampc@gmail.com Thanks for your help.

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

deposit their waste plus the option to take it home. Please respect the village and clean up after your dog.

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

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

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

Helen

Richardson

Wereham Parish Clerk and Finance Responsible Person

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

Wereham Neighbourhood Watch

The AGM of Wereham Neighbourhood Watch will be held on Monday 16th March at 7.00 pm in the Village Hall . All interested are invited to attend .

Wereham VE Day commemoration 10 May 4-7 pm

The team that brought you the World War I commemorations are at it again! This time the Wereham Heritage group have got the Second World War and their sights with an event In the Village Hall to mark 75 years since victory in Europe day.

We are excited to be able to bring you items including:

- The home guard re-enactors (à la Dad's army) Together with the land Army girls.
- The Colin Mason jazz group
- Wissey Players drama group sketches
- The Andrews sisters tribute group
- 40's dancing
- Community singing

And lots more!!

Please bring your own food and drinks.

40s style costume is welcome but optional. There will be a prize for the best outfits. Tickets are available from the Village Hall and from Greg Baddock and Doreen Rolph.

We would also welcome any other contributions to the entertainment. Please contact Debbie or Ian Rye (07863) 049677.

CHURCHWARDENS for the Wissey Group

Barton Bendish Mhari Blanchfield 01366 347849

Linda Webster 01366 347563

Beachamwell No current information. Contact the Rural Dean 01366 347901

Boughton Pam Wakeling 01366 500429

Wereham Sheila Smith 01366 858165

BAPTISMS AND WEDDINGS contact the Rural Dean.

KING'S LYNN FESTIVAL CHORUS

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“Concerts given by the King’s Lynn Festival Chorus are always special...”
Lynn News

King’s Lynn Festival Chorus (of which there are several members in the G4N parishes) will perform the mighty **St. Matthew Passion** by that giant of composers, **J.S.Bach**, in time for Easter.

This epic work requires 2 full mixed voiced choirs as well as 2 orchestras. We, as a group, have worked very hard this past year raising funds in order to subsidise the cost of tickets to a reasonable level so this masterpiece may be experienced and appreciated by as many people as possible. Fund raising efforts have ranged from Catch-a-Copper (coin collection) to marathon walking and sky diving!

For this performance, we are joined by the London-based **Meridian Sinfonia**, a professional orchestra performing on period instruments. Soloists, all of whom are prominent musicians, include West Norfolk’s own **Angela Brun**, ex Sydney Opera House, now of West Bilney.

The final days of Christ are well known to most. However, in Bach’s hands, four simultaneous strands are woven throughout the work - the narration of the events by the Evangelist in a ‘spoken’ style; personal reflection and meditation on events (arias, sung by soloists); and ‘community’ hymns sung by penitent sinners.

The role of the choirs, like a Greek chorus, is to set the scene by taking on many different roles: the crowd who are with Christ to begin with; later turning into one baying for His crucifixion; mocking Him on the Cross and then being hopeless sinners.

Tickets at £26, £20 and £16 are already on sale from the Corn Exchange (tel 01553 764864) or online www.kingslynncornexchange.co.uk

Please note that the performance begins at 6.30 p.m. on Saturday 4th April in St. Nicholas’ Chapel, King’s Lynn. Further details may be found on our website www.kingslynnfestivalchorus.co.uk or follow us on Facebook and Twitter.

Finally, if you’d like to receive our Newsletter for further insights and news, please use the ‘Contact’ page on our website to register.

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Opening hours

[Register for our Open Library service](#) for easy extended access to the unstaffed library outside normal opening hours using your library card and PIN.

- Monday: 8am-7pm (Open Library access only)
- Tuesday: 8am-7pm (staffed 10am-7pm)
- Wednesday: 8am-7pm (staffed 10am-7pm)
- Thursday: 8am-7pm (staffed 10am-7pm)
- Friday: 8am-7pm (staffed 10am-7pm)
- Saturday 8am-4pm (staffed 1-4pm)
- Sunday 10am-4pm (Open Library access only)

If you just need to drop a book off out of hours, use the letterbox to the right of the entrance. Please make sure that books drop into the box completely and aren't left sticking out.

Diamond Art Painting club

04 March 2020

10:00 - 12:00

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12 March 2020

19:30 - 21:30

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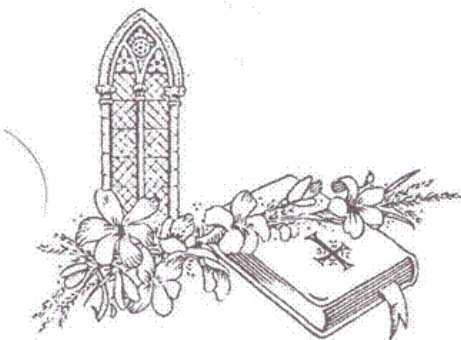
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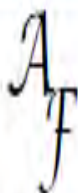
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Swaffham & Litcham Home Hospice

Our next fundraiser is our annual Quiz which is being held at Swaffham Conservative Club on the 20th March at 7.30pm. The cost is £5 per head and we are looking for teams of up to 6 people. Entries to Adrian on 01760 724304 or 07741418781 or by e-mail – adrian.adcock@talktalk.net.

On the 10th May, the gardens at Holme Hall will be open with our charity benefitting from the proceeds of the day. The gardens will be open between 11am and 4pm, admission £6 with children free. Light refreshments will be available in the tearoom. The walled kitchen garden was designed in 2000 and replanted in 2016/17. Wheelchair access is available to the front garden, the kitchen garden and tearoom. Our thanks to Mr & Mrs Simon Broke for giving us this opportunity to raise funds for our organisation. The gardens at the Hall will also be open on the 31st May and the 2nd Aug as part of the National Gardens Scheme.

Our annual Street Collection in Swaffham will take place on Saturday 30th May between 8.30am and 1pm. We have a team of 40 plus volunteers helping us to provide the wide range of services we offer. To find out more about volunteering with us, then please ring the office on 01760 722937 or call in at our premises at 17-19 Brocks Road, Swaffham – 50 yards up to road from the entrance to Tesco.

Adrian Adcock

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The management committee is a welcoming and proactive team, a great mix of user group representatives and voted members, meeting together once a month and working together to ensure a sustainable facility for future generations.

Management meetings are held monthly, on a Tuesday evening at 7.30pm.

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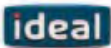
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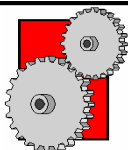
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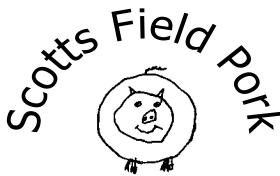
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FINCHAM MEMORIAL HALL DIARY

Jazzercise meets every **Monday from 7.00pm** (except for Bank Holidays). Jazzercise is a pulse-pounding, beat-pumping fitness programme that gets you results...fast. It's a calorie-torching, hip swivelling dance party with a hot play list to distract you from the burn. Wear loose, comfortable clothing and aerobics trainers. Bring a drink. To get the most out of your class, you may like to bring a mat for floor work and a pair of hand held weights. First class is free. Come 10 minutes early to register for your first class. Costs £7 per class. Interested? Then call Hilary on 07909 282165 for more information.

Keep Fit meets every **Tuesday from 6.30pm – 7.30pm** and consists of gentle exercise, increasing to more energetic for those who are able, finishing with floor exercises, stretching and relaxation. It is suitable for all ages. Cost £4.00 per lesson. **New members very welcome either just turn up with a towel and a bottle of water or contact Debbie on 01760 622108**

The **W.I.** meets on the **second Wednesday of every month at 7.30pm**. The **March** meeting will take place on the **11th**. Subscription is paid each January - £41.00 and there is £1 towards teas and a raffle ticket on the night. New Members are always welcome – either just turn up or contact Sue on 01366 347305.

Fincham Flower Club will meet from 2 - 4 pm on **Thursday 19th March**.

Fincham Chorus meets from 7 – 9pm every **Thursday** and is for anyone who loves singing (especially bass and tenor). They sing all kinds of music (except modern pop!). Subs are £100 per year and can be paid half yearly or quarterly if desired.

Quiz Night is the **first Friday of each month** starting at **7.30pm**. The **March** quiz will be on the 6th. This is a really fun evening with several teams of 4 – 6 people and lots of laughter. There is a cash raffle each month. Bring your friends and make up your own table or come along by yourself and join one of the existing teams. Also feel free to bring your favourite tipples and snacks. Costs £2.00 per person

CASH BINGO will take place on the **3rd Friday** of each month. The **March** Bingo will be on the 20th. Doors open at 7.30pm with 'eyes down' at 8pm. £6 for a book of 6 tickets. 50/50 cash raffle. As with the quiz night, please bring your own refreshments. The £2 entrance cost will go to the Memorial Hall restoration funds. There will be a **'Who Dunit'** quiz with a licensed bar on **Saturday 14th March at 7.30 pm**. £2.50 entrance per person - maximum 6 to a table. There will also be a 50/50 raffle. All proceeds to the Memorial Hall Refurbishment fund. (continued on opposite page)

Starting on **Sunday 5th April - The Happy Dog Training Club - 10am - 12md**. For more information contact Kerry on 07903 409514 or Abigail on 07957 965623

Fincham Village Fete will take place on **Saturday 20th June** - opportunities for car boot spaces available - contact Barbara on 01366 348021 for details.

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