

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

October 2016

WELCOME



Hope you 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.

Happy Autumn and as always, 'Happy Reading

The Editorial Team Eileen and Pam

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

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

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

© Copyright Group4 News 2016

GROUP 4 TEAM VILLAGE CONTACTS

Barton Bendish: Jill Mason

Sandmere, Church Rd, Barton Bendish

Tel: 01366 347 928

masons.sandmere@btinternet.com

Beachamwell: Eileen Powell 20 All Saints Way, Beachamwell

Tel: 01366 328 648

powells@beechamwell.plus.com

Boughton: Pam Wakeling Robet, Mill Hill Road, Boughton

Tel: 01366 500 429

p.wakeling621@btinternet.com

Wereham: Viv Scott

Orchard House, Flegg Green, Wereham

Tel: 01366 500346

vivienne.scott@googlemail.com

Please submit all information through your Village Contacts.

Deadline for copy for the November 2016 edition:

11th October

ADVERTISING

Alan Pickering 5 Old Town Close, Downham Market PE38 9HJ Tel: 01366 386125 or 07779 787499

e:mail: group4news@gmail.com

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

WEBSITE

www.group4news.co.uk

Kevin Fisher, Tel 01366 502224

FROM THE RECTORY

Dear Friends.

This must be the third time I have been obliged to begin with" I thought I had written my last Letter from the Rectory". I am of course pleased to be asked to write again but am saddened that the request is occasioned by the departure of Barbara to her new Fenland parishes of Walpole St.Peter and West Walton. We are deeply grateful for Barbara's ministry among us and assure her of our best wishes and prayers as she prepares for and begins her new ministry.

So now we embark on another interregnum. Interregnum is not the best word to use for the time between two ministries; ministry in the Church being more about spiritual care and spiritual leadership than rule! So where do we look for that care and leadership in our parishes in the absence of an appointed leader?

A few Sunday's ago the NT reading was from chapter 13 of the Letter to Hebrews. Here the writer is outlining what it means to be Church, or Christian. In particular I warm to verses 1, 2, and 7. Mutual love and hospitality, bring with them their own reward and are so attractive as to bring about the growth we are frequently being encouraged to work towards.

In the months ahead we will be involved in the processes of appointing a successor to Barbara. Our 'leaders' in the matter of a new appointment are often referred to as Ely for this diocese or Norwich for our neighbours; however remote they may seem they are 'fellow citizens of heaven' with us, seeking the furtherance of the Church and her ministry in this part of Norfolk. They are our bishops and arch deacons and, when we have them, rural deans and they carry a burden of responsibility in care and leadership in and for the parishes of the diocese. They deserve our prayers.

As I was reflecting on the Hebrews passage for this letter, one arrived for me from our two Archbishops, Justin and Sentamu, no less! Yes, it was sent to several thousand others no doubt but it is a warm invitation to join with them in using the days between Ascension Day and Pentecost next year to pray 'Come Holy Spirit', that we may be effective witnesses to Jesus Christ. I hope we will find imaginative and enjoyable ways of joining in this initiative. The archbishops use the text "May they be one...that the world might believe." May we find and recognise true leadership by praying and doing 'our parish thing' together.

Meanwhile may we enjoy celebrating harvest together as we move into the Autumn. With all good wishes,

Yours sincerely,

Rev. Robin Blackall

COUNTRYSIDE NOTES

Eastmoor Airfield

These days the tranquillity of Barton Bendish is only interrupted by Tornados from Marham and farm machinery working close to the village but back in World War Two it was a very different place. Kevin Fisher forwarded us an email from Evelyn Simak who has been researching WW11 airfields in Norfolk and was enquiring about one that existed south of the public footpath heading west from the Eastmoor road where two pill boxes are sited. Enquiries revealed some very interesting facts which two octogenarian village elders, Alan Quadling and Ernie Percival, remember well

At the beginning of the last war the landing strip was constructed and known officially as RAF Barton Bendish or Eastmoor Landing Ground. It opened on September 2nd 1939 as a satellite station for RAF Marham, extended to 340 acres and its runways were unpaved. However it was not always used on a daily basis and appears to have been also utilized as a safe storage facility for non-operational Marham planes away from the main airfield. It has also been suggested that at one time it was used as a dummy airfield but this has been discounted. To begin with it was home to Hawker Hurricanes based at Sutton Bridge. Wellington bomber aircraft were also deployed there including a New Zealand squadron from Feltwell. In the summer of 1941 detachments of Curtis Tomahawks (low level reconnaissance aircraft) and Westland Lysanders flew from there. Soon after Eastmoor airfield opened one of the Wellingtons, flying at low level on its way to Marham, hit a tree and crashed killing all the crew on board. There were several other incidents involving Wellingtons from which, apart from one fatality, the crews escaped. In late November 1943, after the airfield had been closed for some time, a Lancaster from Lincolnshire based RAF Wickenby attempting to land at Marham made an emergency landing and overshot what was once the runway killing all the five crew on board.

Guarding and defending the airfield were obviously important and when it was not in use various precautions were taken to prevent enemy landings. Of particular interest were three Pickett-Hamilton Forts, hydraulic pill boxes which could be raised and lowered out of the ground. They formed part of the airfield defences along with observation posts and the existing pill boxes. There were also two air raid shelters, one close to the western pillbox and another near Hill Farm. A Bofors anti-aircraft gun emplacement existed close to the corner at the bottom of Boughton Long Road. Eastmoor airfield closed after three years when Bexwell opened at Downham Market but the installations remained in place for a

COUNTRYSIDE NOTES

while afterwards. Alan and Ernie and can recall the fun they had as boys lowering themselves down into the ground on the hydraulic pill boxes!

No sooner had the airmen left Barton than the Land girls arrived. Billeted at the Hall they ensured that Barton would continue to be a hive of activity throughout the war!

Evelyn Simak's article can be found on www.geograph.org.uk/article/RAF-Barton-Bendish

Jill Mason

BENEFICE NEWS

Barbara's final service in the benefice on Sunday 11th September was at Fincham and attended by representatives of all the eight parishes. Her sermon



struck just the right note because she regaled us with stories of a vicar's life and reminded us just how much we will miss her and her many gifts. She was presented with a symbolic bulbs. trowel and represent the much larger gift of bulbs currently on order but awaiting shipment from Holland! She also received considerable а number of gardening

vouchers, to get the new garden off to a good start, and a gift from the eight parishes had been placed in her bank balance.

Afterwards members of the congregation enjoyed an excellent selection of refreshments supplied by the parishes.

Barbara's licensing to her new parishes will be at West Walton Church on the 12th October at 7.30 pm and she has extended an open invitation to everyone who wishes to attend and support her.

Pam Wakeling

CHILDREN'S PAGE

Harvest Word Search

Words may go vertically and horizontally in either direction only

U R U Н X Z В Ν M Κ Т N E Т F C Υ G J Κ 0 L S S G Α V D F Ε т U I 0 Ρ S Ν L M S E L В Α Т E G E M В Ν ı P F R X G W E ı D C G В M X C Ν Υ Н S W S Α V В P M В Т F F Т S J G I C Υ U Α K L н U Ρ F D В Ν M Ν C G Y G Н 0 Т F V В 0 Ν M G Н C D S R G Ε R U Ν L L G S R М Α F Н ı 0 Ρ Α D Т C C Н J ı 0 Z X C ı Н R U В R J Н J K 0 Т ı 0 Ρ G Ρ 0 Q W U R Т Υ U I 0 В Y Т Ν M Т R Α C Т 0 R S В Н L V G ı J F U C O V F X S R E P U S Т R D Н V В S G Ν ı R Ε F 0

FESTIVALS
CROPS
FRUIT
SINGING - HYMNS
PLOUGHING
OFFERINGS

FARMERS
CHURCH
VEGETABLES
SUPPERS
TRACTORS
FLORAL DISPLAYS

QUIZ PAGE

- 01. If brothers are fraternal what are sisters?
- 02. Name four commonly used words ending in 'dous'.
- 03. Which Scottish boy's name means 'Hooked Nose' Cameron, Duncan or Fraser
- 04. Can you think of a superstition associated with a new pencil.
- 05. What would you expect to find in an oast house?
- 06. What would a jeweller mean by the collet?
- 07. Which is America's 'Treasure State Montana, Missouri, or Michigan?'
- 08. How many players are there in a volleyball team?
- 09. What can be a sponge, a notebook or an apartment?
- 10. To which family of birds does the magpie belong?
- 11. Why can't you tickle yourself?
- 12. Is rhubarb a vegetable or a fruit?
- 13. How did the £ sign originate?
- 14. Name three places in London with namesakes in New York.
- 15. Do your hand and wrist contain more bones than your foot and ankle?
- 16) According to an old saying with whom do you need 'a lang spoon tae sup wi'?
- 17. On a London Monopoly Board what's on the opposite corner from Go To Jail?
- 18. Which is the only animal with four knees?
- 19. Simon Ritchie caused controversy in the pop world during the late 70's. What was his stage name?
- 20. Why do you get a red nose when you have a heavy cold?

7) Montans; 8) Six; 9) A Pad; 10) Crow; 11) Your brain knows it's coming - your body automatically dulls the sensation; 12) A vegetable but it is used like a fruit in sweet recipes; 13) It's a stylised L, from the Latin libra, a pound. The strokes indicate it's an abbreviation; 14) Any three from Greenwich, Soho, Chelsea, Broadway, Kew Gardens or Norwood; 15) Yes, one more at twenty seven; 46) The devil; 17) The Jail; 18) The Elephant; 19) Sid Vicious; 20) Blowing and wiping irritates the skin and your body sends extra blood to fight the infection.

Answers: 1) Sororal: 2) Tremendous, Horrendous, Stupendous and Hazardous; 3) Cameron; 4) It's bad luck to use a new pencil for an exam; 5) Hops or malt for drying out for beer making; 6) The part of a ring in which the stone is set;

LEXOPHILIA - WHO ON EARTH DREAMS THESE UP?

Why, a lexophile of course!

- How does Moses make tea? Hebrews it.
- Venison for dinner again? Oh deer!
- A cartoonist was found dead in his home. Details are sketchy.
- I used to be a banker but then I lost interest.
- Haunted French pancakes give me the crêpes.
- England has no kidney bank but it does have a Liverpool.
- I tried to catch some fog but I mist.
- They told me I had type-A blood but it was a Typo.
- Jokes about German sausage are the wurst.
- I know a guy who's addicted to brake fluid but he says he can stop any time.
- I stayed up all night to see where the sun went and then it dawned on me.
- This girl said she recognized me from the vegetarian club but I'd never met herbivore.
- When chemists die they barium.
- I'm reading a book about anti-gravity. I just can't put it down.
- I did a theatrical performance about puns. It was a play on words.
- Why were the Indians here first? They had reservations.
- I didn't like my beard at first. Then it grew on me.
- Did you hear about the cross-eyed teacher who lost her job because she couldn't control her pupils?
- When you get a bladder infection urine trouble.
- Broken pencils are pointless.
- What do you call a dinosaur with an extensive vocabulary? A thesaurus.
- I dropped out of communism class because of lousy Marx.
- All the toilets in New York's police stations have been stolen. The police have nothing to go on.
- I got a job at a bakery because I kneaded dough.
- Velcro what a rip off!
- Don't worry about old age; it doesn't last.

Thanks to Vera Pearson (Beachamwell) for these.



Elizabeth Truss MP Member of Parliament for South West Norfolk House of Commons London SW1A 0AA

Dear Parish Council,

Elizabeth Truss MP has received the below information from Aviva and has asked that it be sent to all constituency Town and Parish Councils. I hope it can be of some assistance

Best Wishes.

Letitia Davies

Office of the Rt Hon Elizabeth Truss MP

Member of Parliament for South West Norfolk

Lord Chancellor and Secretary of State for Justice

Tel: 01842 766155 | E: Letitia.Davies@parliament.uk

From: simon.oswald@aviva.com [mailto:simon.oswald@aviva.com]

Sent: 13 September 2016 17:13

To: TRUSS, Elizabeth elizabeth.truss.mp@parliament.uk

Subject: Aviva Community Fund launches in your constituency today

Dear Ms Truss

We are today launching this year's Aviva Community Fund and we very much welcome applications from community groups in your constituency.

The Aviva Community Fund awards funding of up to £25,000 for local community projects across a range of categories such as supporting the elderly, health and wellbeing and community sport. Last year we had over 430 separate winners and this year is bigger and better than ever with over 800 awards up for grabs.

Please do let community groups in your constituency know and encourage them to apply. Applications can be made until 11th October via and winners will be announced in January.

If you'd like to tweet your constituents about the Fund please use #communityspirit

If you have any questions please do not hesitate to get in touch.

Many thanks

Simon Oswald (UK Public Policy Manager)

E: <u>simon.oswald@aviva.com</u>

St Helen's, Floor 21, 1 Undershaft, London EC3P 3DQ

www.aviva.com/research

HEYGATE FARMS - WOODLANDS

I am assisting Heygate Farms with the preparation of a long term management plan for their woodlands and I write to advise Beachamwell Parish Council of four clearfell proposals which some Parishioners may have concerns about.

Over the last 15 years the Farm have planted several thousand trees in the Parish which I am sure you will agree considerably enhances the landscape. Under the Plan most of the plantations will be thinned but it is proposed to clearfell three compartments being 44, 48 and 49 as shown on the attached plan. Following felling, Compartment 48 and 49 will be cleared and replanted with hardwoods and conifer.

The proposal for 44 is to return the land to agriculture following felling. By way of mitigation for the removal of this copse two areas will be planted adjacent to Compartments 40 and 43 as shown of the attached plan.

In addition to felling the above it is proposed to fell the Poplars adjacent to the Swaffham Road shown by the number 42. The reason for this is purely for the safety of road users as Poplars are notorious for dropping branches and falling over without warning. There is very good young hedge under the trees which is being stunted by the shade of the Poplars.

Whilst there is a proposal to fell a number of trees it is also proposed to create 3.9ha of new woodland on the Estate. The plan attached shows the new areas in the Parish. Natural England and the Forestry Commission have approved the planting but formal confirmation is still awaited. The aim of the new woodland, which will include 20% open space, is to improved wildlife habitat, landscape and bio-diversity by a mix of broadleaves and conifers.

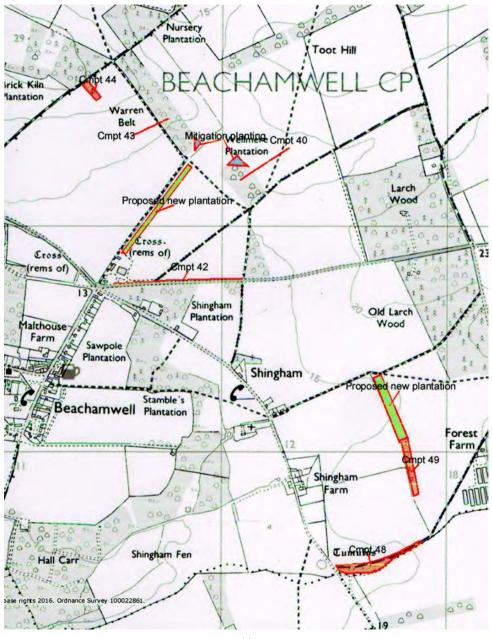
It is important to manage and rejuvenate woodlands which are such a vital wildlife habitat and important landscape features. The Management Plan is aimed at maintaining a healthy and productive woodland for those that follow.

If you have any questions please feel free to contact me Yours sincerely

Paul Evans

Evans Rural Management Ltd 3 Impson Way, Mundford, Thetford, Suffolk IP26 5JU Telephone 01842878247 Mobile 07833 944913 paul.erm@hotmail.com

HEYGATE FARMS - WOODLANDS



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.facebook.com/CSVUK
Follow @CSV UK' on Twitter: www.facebook.com/CSVUK

Free magazine inspires families to get active this summer

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

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

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

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

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

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

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

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

Free home assessments on offer

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

SWAFFHAM & LITCHAM HOME HOSPICE

Following on from last month's statistics reference to our year 2015 we had Day Care total attendance's 263, Art and Craft attendance's numbering 313, Bereavement Group total attendance's 634, Bereavement Visits Individual 329. We offer one to one bereavement support and our counselling service is available for anyone who is touched by cancer as a patient or family member. Reflexology/Reiki total treatments 495, Carer Group attendance's 68 and Equipment Usage Occasions 80. As you can see the Home hospice is indeed a very busy Support Unit and as the majority of you are aware we rely heavily on volunteers who give their time in one way or another ensuring that the Unit continues to support those patients we presently look after. We hope this information gives you some idea of the work we carry out during the course of our financial year. If you have any questions please do not hesitate to contact us through the office on Swaffham 01760 722937.

The Charity would like to convey their thanks to Wendy Askew who so kindly donated half of the proceeds from her table top sale held in Castle Acre, in recognition of all the work we carry out. We received the remarkable sum of £250.00 and thank those who supported the sale so generously.

Two kind people celebrated mile stones recently namely Joe Matthews who was ninety and Pearl Ramsey who was eighty. Instead of receiving gifts they decided to support our cause by donating money, Joe £105.00 and Pearl £150.00; a big thank you to their family and friends.

The Charity Golf day that was held at Swaffham Golf Club in August raised a fantastic total of £6,000.00 for the Home Hospice. It was well sponsored by businesses and sixteen teams of golfers who had a most enjoyable day. We would like to thank those individuals from the Club who gave their time to the charity in assuring the day ran smoothly for us.

There are two reminders of events happening in October, the first is the Concert of Choirs at the Assembly Rooms on the 1st Oct 7pm for 7.30pm start. Tickets are priced at £10.00 and for those who wish to attend, then please contact us immediately you receive this edition of the Newsletter and secondly the Autumn Dance 50's, 60's, and 70's music from Kenny and the Motives, there is a Bar and Raffle 15th Oct 8pm to Midnight, again £10.00 a ticket. Contact the Office on Swaffham 01760 722937





BRIDGE STREET SURGERY HEALTH ROADSHOW

FRIDAY 7th OCTOBER

9.00am - 1.00pm

Downham Market Town Hall



CARE, CONNECT, CAMPAIGN.



West Norfolk



FRIENDS IN BEREAVEMENT

Patient Participation





NHS

West Norfolk Clinical Commissioning Group

West Norfolk Carers

National Osteoporosis Society

Supporting Carers across Norfolk

Alzheimer's

PARKINSON'S^{UK} CHANGE ATTITUDES. FIND A CURE. JOIN US.



theharbourcentre



The Queen Elizabeth Hospital King's Lynn

Love later life

Society



East of England Ambulance Service



FORTHCOMING EVENTS AT DOWNHAM MARKET LIBRARY

For further information about these events, or to book where necessary, please contact the library on 01366 383073

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

www.facebook.com/downhammarketlibrary

Regular events

Scrabble Club: 11th, 18th and 25th October

1pm – 3pm. No need to book but places on first come basis.

Reading group: Tuesday 18th October 3-4pm

Please contact the library to see about joining and the books being read.

Knit and Natter: 1st and 15th June. Meets on the first and third Wednesday of

the month in term time 1.30 - 3pm

Keep Calm and Colour in!

2nd and 4th Wednesdays in the month

5th and 19th October 1.30 - 3pm. Colouring sheets, colouring pens and pencils provided (but feel free to bring along your own too)

Baby Bounce and Rhyme Time: Weekly on Thursdays in term time 10.30 - 11.30am

Other events!

A talk by Arthritis Care

Tuesday 4th October 1 - 2pm

Please note this event is part of the Friendship Group so £1 payable on arrival, includes refreshments.

A Pirate Adventure!

Saturday 8th October

2pm - 2.30pm

Come and set sail with Polly parrot on board our special pirate ship! Heave ho me hearties! An interactive story with songs and clues for children to solve!

Suitable for 2 - 10 years old

Booking essential.

FORTHCOMING EVENTS AT DOWNHAM MARKET LIBRARY

An Introduction to Facebook

Wednesday 12th October 10am – 12 noon

How to set up an account, write your first post, find friends, how to follow them and setting up privacy settings. Charge £5 (payable on booking). Knowledge of internet searching and having an email essential

Ghosts and legends event!

Monday 24th October

1.30 - 3.30pm

Starting at the library with some spooky stories and activities then onto Discover Downham Heritage Centre to find out about Fenland ghosts and legends!

Booking essential. Suitable for 5 – 11 years

£2 per child (first 2 children pay, any additional children in same family no charge)

Holiday Storytime

Thursday 27th October 10.30 – 11.30am

A talk by author Rachel Hore

Monday 31st October 2pm-3pm. Tickets £5 Booking essential.

Elena Parkin

Community Librarian. Norfolk County Council Downham Market Library

Downham Market - 01366 383073 . Mobile: 07786198618

Email: <u>elena.parkin@norfolk.gov.uk</u>

http://twitter.com/NorfolkLibs

www.facebook.com/norfolklibrariesUK

www.facebook.com/LynnLibraries

www.facebook.com/downhammarketlibrary

BOUGHTON



Playground Action Group

Will be repeating their fund raising Muckathon

Calling all gardeners, why not treat your rose bed or vegetable patch to some natural goodness in the form of well rotted farmyard manure.

Bags delivered to your door for the

Bags delivered to your door for the price of £2.50

Details from Andy Beeston on 01366 500731

Email: andy-beeston@hotmail.co.uk

Place your orders now. Delivery for Mid November

Wereham Pop-Up Café



1st Tuesday every month 10.30 to 12.00

Fresh coffee/tea, home-made cakes, sit and read papers or have a natter....



Just £1.00.



All proceeds go to Village Hall.

Beachamwell Wednesday Walkers

Explore the rights of way in and around Beachamwell with us

We meet at the Village Hall at 10.00 am

FIRST WEDNESDAY OF EACH MONTH

Walks last between one and a half to two

Walks last between one and a half to two hours

All, including dogs on leads, are welcome

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

Further details please telephone 01366 328452 or 01366 328536



Beachamwell Writing Group

Tutor: James Knox Whittet 2.30 - 4.30pm Fortnightly on Mondays in the Memorial Hall

October 3, 17, 31
November 14, 20
December 12
6 Sessions @ £5 per session
(£30 per term)

To register contact: 01366 328895 or 01366 328536

Beachamwell Book Group

Tuesday 4th October

7.30 - 8.45pm

Beachamwell Memorial Hall

Book to be discussed over a glass of wine

'Mrs Dalloway' by Virginia Woolf'

Annual subscription £15.00

New members welcome

Enquiries: 01366 328536

Barton Bendish



A Macmillan Coffee Morning

Thursday October 6th 10.00am -12.00 noon Barton Bendish Village Hall Raffle, Produce and Cake Stall

In Aid of Macmillan Support Charity

Enquiries: 01366 347928



Beachamwell WI

Thursday 6th October

7.30pm

Beachamwell Memorial Hall

'Local History Group'

Visitors Welcome Tickets £3.50

Enquiries: 01366 328 325

Barton Bendish

Please come and join us for our Harvest Festival Service in St Andrew's Church

Saturday 8th October at 6 pm

Everyone very welcome

Non perishable food items may be
donated and they will be passed onto
local food banks.

This service will be followed by the

Group Harvest Supper at 7pm

in Barton Bendish Village Hall It will consist of a 2 course hot meal

Please contact 01366 347563 or 01366 347849 to book your tickets

Beachamwell "Pop Up" Pub Friday 14th October



7.00 -10.30

Beachamwell Memorial Hall

NEW!! Supper available to order -Sausage Casserole & Baked Potato (Vegetarian option available) + Ice Cream Dessert £6 per head

BOOKING ESSENTIAL

Bookings open 1 October Telephone: 01366 328536

A Beachamwell Memorial Committee Event

Beachamwell and Fincham Family History Group Tuesday 18th October

2 - 4pm

Beachamwell Memorial Hall

£2 All welcome

Enquiries 01366 347694 or 01366 328536



Beachamwell WI 'Craft Evening 2016'

Tuesday 18th October 7.30 - 9.30

Beachamwell Memorial Hall

Learn, improve and share a wide range of yarn and fabric crafts Non-WI members and beginners very welcome

£3 inc refreshments

More Details: 01366 328589

Fincham Coffee Morning

Wednesday 12th October

10 - 12

St Martin's Church

Enquiries: 01366 347511

Beachamwell Afternoon Tea and a Chat.....

Wednesday 19th October

2 - 4pm

Beachamwell Memorial Hall

Enquiries: 01366 347673

Beachamwell Craft Group

Thursday 27th October

2 - 4.00pm

Beachamwell Memorial Hall

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

£2.00 + Bring and Buy

All welcome.

Enquiries:01366 328536

Boughton Bistro Quiz 2016

All Saints' Church Friday 28th October

An entertaining quiz with a French themed meal as the centre of the evening.

Back by popular appeal!

Tables of up to 6
£11 per person
7 pm start for the quiz
Enquiries and booking a table:
01366 500429



Beachamwell

Pop Up Indian Restaurant

Saturday 29th October

7.30

Beachamwell Memorial Hall

3 course meal with coffee £16.00 per head (bring your own wine)

Bookings open 1st October

Telephone: 01366 328536

Wereham



Halloween

Quiz

Saturday October 29th 7.30pm

Wereham Village Hall

Tickets £5.00 includes a hot supper

Bring your own drink and glasses.

Enquiries: 01366 500766

Proceeds to Wereham Village Hall Funds

Wereham Heritage Group

invite you to

Come and have a 'mardle' about Wereham past and present.

Saturday 12th November 2.00 - 4.00pm Wereham Village Hall

Refreshments provided Come and see an array of old photos, documents and items relating to Wereham's history.

Enquires:

01366 501224 or 01366 502083

Shouldham Autumn Quiz

Saturday November 12th

7.00pm

Shouldham Village Hall

£4.00 per person. Tables up to 6 Bring your own refreshments

Enquiries:

Ann Hullah 01366 347814

Proceeds to All Saints' Church Shouldham

Boughton Wine Tasting

Saturday 19th November 7.30pm

Boughton Church

Back by popular demand...in support of the Boughton Playground project

Fancy trying out some different wines this festive period?

Come and try before you buy...

Join Boughton's resident wine expert,
Giles for a fun and informative
evening.

Enquires: 01366 502012 or email boughtonplayground@gmail.com

Ticket price £12 per person

Beachamwell Local History Group

Tuesday 22nd November

7.30pm

Beachamwell Memorial Hall

Illustrated talk on "Victorian Rural Women"

> by local historian Charlotte Paton

Enquiries 01366 327023 www,beachamwell.org.uk

Swaffham Jazz Club

Cuest Vessliet Melvin

Guest Vocalist Melvin

Tuesday 11th October 7.30pm

PLEASE NOTE THE EARLIER TIME

Swaffham Conservative Social Club 23 London Rd PE37 7DD Entry £5

Enquiries: 01366 328730 or 01760 722384



'Three's Company'

Irma Fowler, Lesley Mardle and Leah Spencer

Present: 'Getting to Know You' Sunday October 23rd, 3.00pm

Swaffham Assembly Rooms

£9.00 for members £12.00 non-members Accompanied children free

Tickets from Green Parrot 01760 724704 Ceres Bookshop 01760 722504

Enquiries: 01366 328648

Nar Valley Ornithological Society (NarVOS)

Tuesday October 25th 7.30pm

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

Belarus - Birding Behind the Iron Curtain

Illustrated talk by Mike Watson
Mike Watson works for Birdquest who run trips
to Belarus (White Russia). Therefore, we can
expect Mike's talk to showcase such birds as
Greater Spotted Eagle, Hazel Grouse,
Capercaillie, Great Snipe, Great Grey Owl, Ural
and Tengmalm's Owl, Pygmy-Owl, Three-toed
and White-backed Woodpecker, Citrine
Wagtail, Aquatic Warbler and Azure Tit.

Mouth-watering stuff.
We can look forward to a fascinating evening.

Visitors most welcome. Admission £2 on the night if you are not a NarVOS member Enquiries: 01760 724092



Apple Day

Sunday 23 October, 10.30am – 4.30pm Celebrate Apple Day by discovering the importance of heritage apples and orchards in Britain. The East of England Apple & Orchards Project will be on hand to offer expert advice, as well as the Master Gardeners' Association, Cockley Cley Wood Turners, Riverford Organics, willow basket makers and a spinner. Bring your own apple and pear varieties and have them identified or made into juice. Families can enjoy apple themed activities and tuck into the apple recipes on the menu in the tea-room. Normal admission

Pumpkin Pastimes

Saturday 29 & Sunday 30 October, 10.30am – 4pm

Find your way around the gardens following the pumpkin trail. Then try the spooky themed crafts in the Armoury and sample one of the delicious pumpkin recipes in the tea-room. **Normal admission**

01366 328258 nationaltrust.org.uk/oxburgh-hall National Trust

RECIPE OF THE MONTH

ORANGE SHORTBREAD FINGERS

Ingredients

4oz unsalted butter 2oz castor sugar Finely grated rind of oranges 6oz plain flour

Method

- 1. Heat oven 190 C or 375F
- 2. Beat sugar and butter until soft and creamy
- 3. Beat in orange rind and gradually add flour gently to form a soft ball.
- 4. Roll out until 1/2" thick and cut into fingers
- 5. Bake 20 minutes or until a light golden brown.

Eileen Powell





BARTON BENDISH & EASTMOOR VILLAGE NEWS

Organ Recital

Approximately 60 people dropped in to St Andrew's to enjoy our afternoon of organ music on August 21st. It was a very relaxed atmosphere with cups of tea and coffee as well as tempting cakes on offer at any time. We were treated to two different styles of playing and it was interesting to hear the range of notes that came from our old Halmshaw organ. David Milburn from Fincham began the afternoon with his powerful style of playing which showed off the full range of notes and filled the church with music while Martyn Clarke from Oxborough had a more gentle touch and some of the numbers he played were by request.

It was an enjoyable way to spend a lovely summer's afternoon and many thanks to David and Martyn for kindly sparing the time to come and play for us. Approximately £179 was raised to start off the organ refurbishment fund.

Christopher Hampshire is an expert on Halmshaw organs and joined us in St Andrew's. Afterwards he very kindly sent us some very interesting information about Halmshaws.

He wrote "As far as I am aware Barton Bendish is the only organ in Norfolk built by Halmshaw and as such it is a little gem in that it is untouched (apart from the addition of an electric blower) and is only one of a relative few Halmshaw organs which remain unaltered.

In 2008 the organ was given a Historic Organ Certificate from the British Institute of Organ studies. The organ was listed as Grade 2 which is granted to particularly important organs of more than special interest.

Regarding the builder, Halmshaw and sons, the first record of any organ built by them that I can find was by Joseph Halmshaw who built an organ for St John the Evangelist Church at Dewsbury Moor in Yorkshire. The opening recital was given by the famous Victorian composer Dr S.S. Wesley whose music is still sung in Churches and Cathedrals today.

Joseph Halmshaw was born in 1804 and had three sons, John, Henry, and William who I believe were also involved in his organ building firm. It is not clear when Halmshaw moved to Birmingham but is believed to be around 1850.

There are records of 81 organs built by Halmshaw in the UK, mainly in Yorkshire, the West Midlands and Lincolnshire, as I mentioned to you on Sunday, there are accounts of Halmshaw organs in New Zealand, notably in the Christchurch R.C. Cathedral and one or two others. I was checking my facts the

BARTON BENDISH & EASTMOOR VILLAGE NEWS

other day regarding the Halmshaw organ in New Zealand and was saddened to see on YouTube the ruins of the Cathedral which was due to the recent earthquake. It seems that it is to be demolished and the organ lost forever. It is believed that the Halmshaw family went to New Zealand to erect the organs. The firm seems to have disappeared around 1912."

In 1878 wealthy farmer George Read, who lived in Barton Bendish Hall at the time, donated £250 for the Halmshaw organ to be installed as a 21st birthday present for the daughter of his brother Rev'd Gooch Read. Remarkably for nearly half its lifetime it was played by our recently retired church organist, Freda Rumball, who served St Andrew's for well in excess of sixty years.

Next spring we hope to hold a similar event and would love to invite other organists to join us. If you, or anyone you know, would like the opportunity to play our unique Halmshaw organ please get in touch with either Mhari Blanchfield (01366 347849) or Linda Webster (01366 347563) or email me at masons@sandmere66.fsnet.co.uk

Jill Mason

Broadband

Hooray!!! At long last we have faster broadband. (The bad news is my husband has now switched to BT so he can get BT Sport - not more football!!)

Macmillan Coffee Morning October 6th

We will be holding our annual Macmillan Coffee Morning on Thursday October 6th from 10am 'til 12 noon. Please do come along and support this very worthy cause.

As usual there will be a raffle and also a book stall as well as a cake and produce stall donations for which would be very much appreciated.

Hope to see you there

Jill and the gang

Harvest Supper Saturday October 8th at 7pm

This year it is Barton's turn to host the Harvest Supper which will immediately follow the Harvest Thanksgiving Service being held in St Andrew's at 6pm. Bangers and mash followed by fruit crumble are on the menu. Tickets are £8 per person for the two courses. See page 20 for booking details

BARTON BENDISH & EASTMOOR VILLAGE NEWS

Wreath Making Workshops 2016 November 17th, 18th and 19th

Mhari and Linda have already taken several bookings for these ever popular workshops. This year's sessions have been organised for the Thursday, Friday and Saturday evenings all at 7.30pm and also on the Saturday morning at 10am. The cost is £15 per person.

Please make a note of these dates and times and book early to avoid disappointment.

Contact either Mhari on 347849 or Linda on 347563

Forthcoming Events

- 1. Thursday October 6th Macmillan Coffee Morning 10 12noon, See advert page 19
- 2. Saturday October 8th Harvest Thanksgiving Service in St Andrew's at 6pm. followed by Harvest Supper in the Village Hall at 7pm. See advert page 20
- 3. Sunday November 13th Remembrance Day Service St Andrew's
- 4. Thursday, Friday and Saturday November 17th, 18th and 19th Wreath Making Workshops
- 5. Sunday December 4th Christingle Service 3pm St Andrew's
- 6. Saturday December 10th Victorian Evening 6pm Village Hall



Mobile Post Office

The times are:

Monday and Thursday 12.45 - 13.05

Tuesday and Wednesday 11.25 - 11.55

Parish Council



At the last Parish Council meeting it was reported that someone had allowed their dog off the lead as they walked through a field where sheep were. This should not happen as it can cause stress and death to the sheep if the dog chases them, which did happen recently. Please keep your dogs on a lead.



Dates for future meetings are:

2016: November 14th

2017: January 9th March 13th May 8th

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

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

can.

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

Eileen Powell (Parish Clerk)

Beachamwell Local History Group

Unfortunately, the "Venerating the Ancestors" event planned for 22nd October has had to be cancelled as our speaker is indisposed. We will try to rearrange this for some time next year.

Our next meeting will be on Tuesday 22nd November when there will be an illustrated talk by local historian, Charlotte Paton, on "Victorian Rural Women". Visitors are most welcome to come along.

Maggie Mackenzie 01366 327023

St Mary's Church

After the warm days of September the month of October brings us some cooler

Autumn weather and the celebrations of Harvest Festival

The word 'harvest' originates from the old English word *hærfest*, meaning "Autumn". Later it came to refer to the season for reaping and gathering grain and other grown products. The full moon nearest the autumnal equinox is called the Harvest Moon, so in ancient traditions, Harvest Festivals were traditionally held on or near the Sunday of the Harvest Moon.

Until the 20th century most farmers celebrated the end of the harvest with a big meal called the harvest supper, to which all who had helped in the harvest were invited. It was sometimes known as a

had helped in the harvest were invited. It was sometimes known as a "Mell-supper", after the last patch of corn or wheat standing in the fields which was known as the "Mell" or "Neck". Cutting it signified the end of the work of harvest and the beginning of the feast. There seems to have been a feeling that it was bad luck to be the person to cut the last stand of corn. The farmer and his workers would race against the harvesters on other farms to be first to complete the harvest, shouting to announce they had finished. In some counties the last stand of corn would be cut by the workers throwing their sickles at it until it was all down, in others the reapers would take it in turns to be blindfolded and sweep a scythe to and fro until all of the Mell was cut down.

The modern British tradition of celebrating Harvest Festival in churches began in 1843, when the Reverend Robert Hawker invited parishioners to a special thanksgiving service at his church at Morwenstow in Cornwall. Victorian hymns such as "We plough the fields and scatter", "Come ye thankful people, come" and "All things bright and beautiful" but also Dutch and German harvest hymns in translation, helped popularise his idea of harvest festival and spread the annual custom of decorating churches with home-grown produce for the Harvest Festival service. On 8th September 1854 the Rev'd Dr William Beal, Rector of Brooke Church in Norfolk, held a Harvest Festival and then went on to promote

'harvest homes' in other Norfolk villages. Another early adopter of the custom as an organised part of the Church of England calendar was Rev. Piers Claughton at Elton, Huntingdonshire in 1854. In modern Britain we tend to rely less heavily on home-grown produce and there has been a shift in emphasis in many Harvest Festival celebrations, increasingly linking Harvest with an awareness of and concern for people in the developing world for whom growing crops of sufficient quality and quantity remains a struggle.

This year's Harvest Festival will be hosted by St Andrew's Church in Barton Bendish and we would like to encourage the members of our congregation to come along to the Harvest Thanksgiving Service on Saturday 8th October, starting at 6 pm. This will be followed by Harvest Supper in the Barton Bendish Village Hall from 7pm.

We hope you will also join us at St Mary's Church for our two services in October (2nd and 16th). Our beautiful church is opened every day and it can provide you with a tranquil setting for quiet contemplation and prayer.

Our PCC is currently dealing with the recently identified problem with the church organ and the replacement of the churchyard bench. The porch screen has been ordered and it should be in place well before next Spring; hopefully the local pigeons will not inhabit the area in the meantime.

We remain very grateful to our volunteers who keep the church open and decorated with fresh flowers.

Vesna Hudson (Churchwarden)

Flower Rota for October

2nd Heidi Hale

9th Vesna Hudson

16th Bridget James

23rd Diana Lambert

30th Olwyn Locke

If anyone is interested in joining the Flower Rota please contact me and I will explain what is involved.

Eileen Powell

Beachamwell Village Hall (Charity registration number 303900)

Rain may have tried to stop play, but the biennial Fete and Country Fair held on 3 September was a great success. We would like to thank everybody who helped us to organise and run this event and everybody who came along to support it. We had a great team of helpers to plan and publicise the event and, with their help, we put up the marquees and gazebos in record time. The Clay Pigeon Shoot got the day off to a flying start in the morning and a larger number of stalls than ever surrounded the Green, selling something for everybody! With traditional games such as Hook a Duck and Crockery Smashing to keep people entertained and Bouncy Castles and Shetland ponies proving popular with the children, it was a great afternoon. The WI excelled themselves by serving hundreds of cups of tea and slices of cake - a big thank you to all in the village who donated homemade cakes and biscuits. As usual, the Bric-a-Brac stall was a bargain hunter's bonanza and raised a record amount - a big thank you to those who organised, those who donated and those who bought! The Dog Show attracted more entries than ever before and Beachamwell Book Group sold hundreds of books.

With Music from the Hobblers, dance from the Misfit Molly Dancers and a Real Ale bar it was an afternoon to remember. The rain may have meant that the day ended a little sooner than anticipated but it could have been so much worse!!

The total amount raised will be published in the November edition of Group 4 News and will go towards our Accessibility Project.

The next Pop up Pub will take place on Friday 14 October. As a new initiative you can order Sausage Casserole and baked potato + an ice cream dessert for £6 a head (vegetarian option available). Food must be pre-ordered.

There will be another Pop up Indian Restaurant on Saturday 29 October. Three courses + coffee for £16.00 per head (bring your own beer and wine!). Bookings will open on 1 October. Telephone 01366 328536.

BMH Committee Contact: Leah Spencer 01366 328536/leah@wissey.co.uk Bric-A-Brac Stall

Following the success of Beachamwell Fete and Country Fair, the Bric-A-Brac Team would like to thank everyone who contributed their unwanted items which raised a total of £1,400.00 towards the total raised on the day.

A big thank you to everyone who helped in any way during the week and on the day. *The Bric-A-Brac Team*

WI

September is the month when the Members plan the meeting, giving the



Committee а deserved well rest. Leah acted Secretary as and myself as President. Visitors were welcomed and all we sana Jerusalem. The Speaker for the evening was Pippa Pease of Personal Creations. Pippa gave a verv interesting

talk and demonstration on Dressmaking. We all now know how to insert an invisible zip into a garment. This followed a fashion show by members of her class of the clothes they had made with her and the garments all looked so professional. WI Members also modelled their garments. I think Pippa may have more join her class soon. Vesna presented the Committee with small gifts and thanked them very much for their hard work.

We all enjoyed the delicious buffet prepared by the Members.

Members were thanked for their contributions to the Purfleet Trust for homeless women. Helen will deliver them as soon as possible.

What an excellent selection of cakes and scones we had for the Fete and Country Show at the beginning of September - far too much to choose from and several people had seconds or bought extra to take home! An excellent contribution to the Disabled Access Fundraising for the Memorial Hall. Thanks to all the bakers and helpers on the day. **Cathy Friend**

Horticultural Show

Unfortunately there was a shortage of goods for the Show this year and it was mainly vegetables. This was possibly due to the very wet June and also the problem we have of deer, pigeons, rabbits and squirrels, it is getting so difficult to keep them out of the gardens. Our vegetable plot looks like Fort Knox at times. However, the Memorial Hall looked very colourful and smelt wonderful with the many flower displays and arrangements we had. There are certainly many talented flower arrangers in Beachamwell. The cakes, pickles and jams looked very professional and Vanessa Scott, the judge was very impressed



with the standard. Les Scott was very disappointed because he came to judge the



Scarecrows but unfortunately there was only one and that was from the Bond Green Family and Ivan. The theme this year was the "Olympics" and Ivan had decided on Mo Farah, the Scarecrow was amazing that the family had made and very lifelike. Thank you for your efforts it was great and much admired at the September Fete. Ivan obviously won the Childrens Trophy. Roger Gore-Rowe was the judge for the vegetables, flowers and fruit and he too was impressed with the standard. Sue Naulty judged the Craft section. The Beachamwell Hall Cup for the most points (72) was won by Di Lambert who also won the Gransden Vase for flowers and plants. Brian Wilson was runner up with (70) points and Team Blatchford won the 3rd prize goblet. Brian also won the Douglas Sanderson Vegetable Cup and Philip Spencer the Fruit Plate.

It was a real pleasure to welcome back once again the Seales family. Their parents Hazel and Ken Seales were founder members of the Horticultural Show and "The Best in Show" trophy was presented by the Committee in Hazel's memory. Eddie Seales presented the trophy this year to Brian Wilson



for the Canterbury he made from walnut. The walnut tree once grew in the grounds of Beachamwell Hall. The giant onion was won by Brian Wilson weighing in at 764g 2nd Maggie McKenzie 583g 3rd Philip Spencer 526g. Smallest was Pat 0'Donnell just 8g. Not quite sure what happened to hers! Thanks to Leah, Vesna, Maggie and Helen for setting up on the day. Verena and Betty for organising the raffle and Vesna for refreshments.

The present committee are looking for help in organising 2017. We need some younger members on the committee. We only meet a couple of times a year but fresh ideas would be welcome, help with the printing of posters and certificates too. If you are interested and would like to be involved and keep

The Show going, then please contact me on 01366328628. Carole Wilson

Wednesday Walkers

September found us stepping out along the footpaths that lead westwards beyond St. Johns and into our neighbouring parish of Barton Bendish. The paths we followed were bordered by headlands planted with wild flowers as far as the eye could see: a fantastic sight. It was a joy to explore an area new to us – and to stop for a drink and a bite at the Berney Arms before retracing our route to Beachamwell.

The September walk was longer than usual – about six and half miles - normally it is not more than four miles and does not take longer than two hours. Do come and join us in October, or any first Wednesday of the month and explore with us. In October we hope to walk in the forest at Drymere and hopefully find some earth stars. We meet at Beachamwell Memorial Hall at 10.00 am and we all shall be delighted to see you. Further information from

Leah Spencer 01366 536 or Sue Pennell 01366 328452 (Photograph by Simon Smith)



COMMUNITY NOTICE BOARD

MOBILE LIBRARY VISITS - Please note changed days/times

DATE	VILLAGE	LOCATION	TIME
Tuesday	Barton Bendish	Hatherley Gardens	9.55 am
October	Beachamwell Old Post Office 10:15 a		10:15 am
25th	Drymere	Telephone Kiosk	10:40 am
	Boughton	Mill Road	14:20 pm
Monday		The Pit	9:30 am
October 24th	Wereham	Queen's Close	16:20 pm

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

VILLAGE BUS SERVICES

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

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

FARMERS' MARKETS

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

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

VILLAGE, COMMUNITY and PARISH HALL BOOKINGS

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

CHURCH SERVICES IN OCTOBER

Sunday 2nd October Trinity 19

9.30 am Shouldham Morning Prayer

10.30 am -11.30 am Marham Cafe Church (In The Methodist Chapel)

11.00 am Beachamwell Holy Communion

6.00 pm Wereham Evensong

Saturday 8th October

6.00 pm Barton Bendish Harvest Service before Harvest Supper

Sunday 9th October Trinity 20

9.30 am Shouldham Thorpe Holy Communion & Harvest Festival

10.00 am Boughton Breakfast Church
10.30 am Marham Morning Prayer (MC)

6.00pm Fincham Evensong

Sunday 16th October Trinity 21

9.30 am Shouldham Holy Communion

10.30 am Marham United Morning Worship (MC)

11.00 am Beachamwell Family Service11.00 am Wereham Morning Prayer

Sunday 23rd October Trinity 22

9.30 am Fincham Holy Communion BCP said

10.30 amMarhamHoly Communion11.00 amBoughtonHoly Communion

6.00 pm Barton Bendish Evensong

Sunday 30th October Trinity 23

10.30 am Marham Group Service Holy Communion

THURSDAY SERVICES

6th, 20th and 27th at Fincham: 13th at Boughton

CHURCHWARDENS

Mhari Blanchfield Barton Bendish 01366 347849 01366 347563 Linda Webster John Sanderson 01366 328818 Beachamwell Vesna Hudson 07854 261273 Boughton Pam Wakeling 01366 500429 Wereham Sheila Smith 01366 858165

BAPTISMS AND WEDDINGS

Please contact the Churchwarden in your parish.

Church as Village Hall

The church was the scene of one of the farewell parties held for Bill Miller. He



was one of our oldest inhabitants and will he much missed. However. has asked for copies of G4N to be sent to him every month as he settles into his new home in Ripon. I'm sure many people will be keeping

touch with him, but he will be remembered, as Frank said, as 'a gentleman'. He was always generous to the church and paid for the restoration of the war memorial in the churchyard. We wish him well in his new life. I'm sure he will quickly make many friends.

Saturday 3rd September was the Boughton Challenge awards day, ably organised as usual by Frank. Results printed below. It had been decided to award the cups this year for service to the community and several other people were also thanked for their efforts. Sandy and her helpers had produced a wonderful spread and it's a pity the weather deterred some people from attending. Thanks again to Frank for helping the community spirit to thrive in Boughton.

Pam Wakeling

Annual Boughton Challenge 2016 For Community Spirit

Junior Cup Winner: Isabella Beeston Aged 9. (photograph opposite page)

Adult Cup

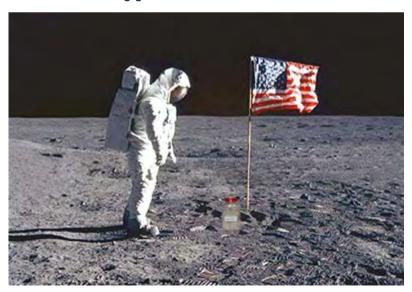
Nominations Pam Wakeling., Andy Beeston. David Cooper. Andrew and Angela Faherty. Winner: Andrew and Angela Faherty.

Many Thanks Frank Reid and Geoff Proctor



Donation bottle update:

Donation bottle on the moon with Neil Armstrong. But he found it difficult to get his wallet out with those big gloves on"



Boughton Cricket Club Pavilion

After months of planning and sourcing of funds, the cricket pavilion construction has now started. August saw the ground works completed for the foundations and the water main from Wretton Road to the pavilion has been laid, although not yet connected.

Excellent weather conditions in August allowed the ground work to be carried out with very little damage to the playing field, and the contractors (Covell Construction Ltd) have left the grounds in very good condition.



The foundations and ground slab are now ready to take the timber framed building, which will arrive in mid October. This will be a weather tight shell, for fitting out internally during the winter months.

The club has been very fortunate in getting a Sport England grant which will pay for a large part of the project but fund raising is still important and donations are gratefully accepted. The pavilion will be a great facility for the players on match days. It will make Boughton Cricket Club an attractive venue and one where new supporters will wish to come. *Tim Madgwick*

Boughton Cricket Club

After another successful and well supported season in 2016 Boughton Cricket Club arranged a 'Posh Hog Roast' on Sunday 28th August. This was our major fundraising event of the season with all funds raised going towards the completion of our new pavilion which is now beginning to take shape. You may

remember that we gained a grant from Sport England towards the project but needed to raise about £17K ourselves in addition to this. We are now well on the way to this total through various events that have been arranged over the past year as well as contributions from Norfolk Community Foundation and several very generous private donations.

The club was fortunate enough to be able to use a wonderful marquee and facilities for the Hog Roast that had been used the previous night for a private party next to the ground off Wretton Road. After a clean up on the Sunday morning by a crew organised by Sue Pogmore who managed to assemble an army of hoovers, the carpets were cleaned and the tables were reset and the marquee prepared for its second 'big bash' of the bank holiday weekend.

After a huge organisational effort by Clare Insall and Karen Short, we all prayed for some good weather but precisely on cue at 6.30pm the heavens opened and a storm ensued with quests running the gauntlet to get from their cars to the marquee. Thankfully the rain soon subsided and spirits were not at all dampened. Wendy and Tom Roberts had organised some wonderful salads to accompany the delicious pork supplied by Manor Farm Hog Roasts at Fincham and with plenty of wine and drinks available to wash it all down everybody enjoyed a thoroughly good evening. After the meal an auction and raffle were conducted by club captain Ben Wilkinson who was very successful in getting guests to dig deep into their pockets for some wonderful prizes and donated gifts. The evening concluded with dancing to music supplied by Nightlife Entertainment who kept the dance floor full until after 11pm.

I can now tell you that the evening raised circa £3200 with is a fantastic sum and I must thank all of those from the local community for coming and supporting us with over 180 tickets sold. It was wonderful to see so many people not directly involved in the cricket club showing their support for us and what will be a great facility for the village and local community once our pavilion is built. I also wish to express my thanks to all of those who help organise such a successful event as there are too many to mention by name here.

Our final fundraising effort for the year will be over by the time you read this which is Ben Wilkinson and his long suffering partner Anna, walking the Peddars way and Norfolk Coast Path over the weekend of 10th and 11th September with sponsorship raised again going to our pavilion fund and judging by previous history I'm sure this will also be a complete success. **Steve Short (Chairman)**

Wereham Parish Council

Meeting Dates:

Tuesday 8 November 2016, 7 pm, Wereham Village hall

Tuesday 10 January 2017, 7 pm, Wereham Village hall

Tuesday 14 March 2017, 7 pm, Wereham Village hall

Tuesday 9 May 2017 (AGM and Annual Parish Meeting), time TBC

Agenda items must be received before the end of month before each meeting. 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.

The Wereham Cemetery has a bench that is past repair. This led the Parish Council the wish to offer the possibility of anyone who wishes to, to purchase a memorial bench for a loved one, and site within the cemetery in its place. Anyone who wishes to discuss further please contact the Clerk by email werehampc@gmail.com or on Facebook, or 07795006811

Wereham Craft Group

We had a lovely time at the summer Fayre and sold £125 worth of goods to boost the village hall funds.

We will be at the Christmas Bazaar on November 26th with the craft stall and look forward to seeing lots of you there. We have a new lady joining the group but we would love to have more people to join us. Please contact Rosemary on 501330 for details.

September Update from Wereham Village Hall Committee

The beginning of September always sees a flurry of activity in preparation for the Village Fayre. Following a very miserable and rainy Saturday, the weather cleared to provide us with a near perfect day on Sunday and the hall and field were packed with activities, shows, demonstrations and visitors.

The committee would like to thank the event organisers Doreen Rolph and Colin Eldridge, the army of volunteers from FoWVH who set up in the rain on Saturday, manned stalls and games all day, painted faces, worked tirelessly in the kitchen and cleared up the site, the ladies from Wereham Craft Group who made the beautiful bunting and all the wonderful craft items, all traders and car-booters who booked a pitch, people who volunteered their vintage vehicles

for the day, all the cake bakers and raffle prize givers, Wereham and Wretton Scout Group, Vets4pets for running the dog show, everyone who bought their beloved pooch to the dog show, Legacy Dance group, the food vans, The Cords who provided live music, Karl Butcher for booking the amazing spitfire fly over and to each and every one of you who enjoyed a lovely day out - it's always a great team effort and a great event for all - well done and thank you all. We raised more than £1150 towards village hall funds.

Our next fundraising event will be the Halloween Quiz held on Saturday 29th October in the hall. Tickets £5 per person to include a hot supper but, as usual, please bring your own drinks.

If you would like to get involved with the Friends of Wereham Village Hall Group, we are always looking for new volunteers and, now really is the time that we need as much help as possible. There are jobs for everyone so contact Doreen on 01366 500218.

AGM

It is the Annual General Meeting of Wereham Village Hall Charity on Monday 26th September 2016 in the Village Hall (6.45 arrival for 7pm start).

Business is to receive 2015/16 accounts and Chairs Report, and appoint elected member positions. Please contact Helen Richardson, Secretary to advise if you are able to attend on 0779 500 6811 or email werehamvillage@aol.com

Update from the New Build Project Team

We did it! We received notification at the end of August that our application to the Lottery was successful and we have been awarded just over £620,000 towards the new village hall. We are all incredibly excited at this fantastic news and it feels like we are making real progress now!

However, whilst this is a huge sum of money, we still need to raise more than £200,000 to enable the project to go ahead. We are in the process of submitting a number of smaller grant applications and will shortly be launching our Buyabrick campaign as community fundraising is a vital component of our overall strategy – keep an eye out for flyers arriving on your doorstep soon.

Victoria, John E, John M & Rachel.

Wereham Village Hall Bonus Ball Club

The lucky winners of £60 each in September were Sue and Paul Smith and Rachel Barron – congratulations to you!

Helen Richardson, Secretary.

Events List

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

Pop up Café – first Tuesday of the month, 10.30-1pm. Next dates Tuesday 4th October and Tuesday 1st November. Join us for a slice of homemade cake, a hot drink, a natter and a read of the daily papers all for just £1.50. Light lunches also available – look out for our monthly specials! Cake donations/queries to Doreen on 01366 500218

Indoor/Outdoor Car Boot – last Sunday of the month, 9am-1pm (café opens at 8am). Next dates Sunday 30th October and Sunday 27th November. Café serving bacon butties, hot dogs and hot drinks. £5 pitch or, if you have earned time credits, there are two pitches/tables available at a cost of 4 time credits each. To book call Colin on 07961130251/01366 502281.

Halloween Quiz Night – Saturday 29th October. £5 per person to include a hot supper but please bring your own drinks.

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

If you have any queries with regards to the plans for funding a new village hall, or anything we're doing, please contact

Victoria Gray, Chair, Wereham Village Hall Committee

Home: 501277 Mobile: 07725513583

Email: darren.gray@tesco.net or via www.facebook.com/werehamvillagehall

Wereham Heritage Group needs your help:

Save the date for our opening heritage event on Saturday 12th November. Afternoon refreshments of tea and cake will be accompanied with the display of previously unseen photographs from personal collections.

We encourage you to submit your own photographs (copies will be made to ensure the preservation of your originals), as well as provide valuable information dating and identifying others' collections.

More information to follow in next month's issue

For any queries or to submit photographs, please contact either:

Eleanor Smith: eleanor.s23@hotmail.co.uk or lan Rye: ian_rye@msn.com

St Margaret's "Poppy" Raffle

There were a number of quality prizes, generously donated just before St Margaret's Festival in July which, to the disappointment of a significant number of people, were not included in the main raffle. It was felt at the time that these items were of sufficient quality to merit a second raffle, which could then be held later in the year. Originally we had considered a Remembrance Day raffle, but have now included this in our Christmas fundraising event.

On 9th December there will be a Mummers Play – a traditional village Christmas/Nativity play produced by Debbie Rye, ably supported and assisted by Stina Burger, Tom Golden and the Fincham Chorus and members of our village community. This promises an evening of fun and laughter.

Items to be raffled on the night of 9th December 2016 to bolster our church funds are:

- 1. Quality boxed Sekonda ladies wristwatch, 2. Quality boxed Sekonda mens wristwatch, 3. Quality boxed Bluetooth cordless set of headphones with case,
- 4. Two Bluetooth cordless headphones without cases, 5. One iPad cover, 6. Set of bath toiletries, 7. Five bottles of good wine.

Tickets for this raffle will be available at the door on the night of the play.

St Margaret's Parish Church Festival Committee

Macmillan Coffee Morning

Well done Wereham!

How lovely to see the Village Hall full of supporters of Macmillan. We were served countless teas and coffees together with scrumptious sweet and savoury cakes and pastries. There were cakes for sale, a bumper array of raffle prizes all kindly donated, crafts, a bring and buy stall together with books. Stina kindly displayed her beautiful art work and all purchases she gave to Macmillan.

Pammie and her customers from the George and Dragon took part in a 'coffee bean competition, this helped boost our grand total to £694.00. Well done and thank your to all.

Lots of people commented on what a lovely friendly atmosphere there was in the hall which helped turn a drab, rainy Saturday morning into a very bright spot indeed.

Angela

Supporters News from Wereham Village Hall - We Did it! Press Release ** Lottery Success for Wereham Village Hall!

Local charity, Wereham Village, has been awarded £621,000 by the BIG Lottery towards the project for the 1st UK Passivhaus Village Hall. Passivhaus buildings provide a high level of occupant comfort while using very little energy for heating and cooling.

The new village hall will replace the current WW1 wooden YMCA hut, providing a larger main hall, increased facilities and a large multipurpose room.

Victoria Gray, the Charity's Chair and Objectives Manager for the project said "We are thrilled to bits with the award! This is the culmination of 4 years of hard work for the Project Team and the credit for this success goes to the Project Team members Helen Richardson, John Eastgate, Rachel Barron and John Millard, who without their total dedication and hard work, this achievement would not have been possible. We would like to thank our Trustees and Friends of Wereham Village Hall who have continued their fund-raising efforts, the Lead Volunteers for the project who are working towards new activities in the new hall and everybody who has supported this project. The project's objectives are to improve the lives for people in Wereham and the surrounding villages. We will achieve this by delivering 7 new activities in the new hall:-

- Youth Group for ages 11+
- Village Cinema
- Physical activities
- Learning new skills
- Older Persons social group
- Heritage Group
- Craft Group

Construction on the site opposite the existing hall, is expected to start during March 2017, which allows 6 months to secure the balance of the project funding, approx £230,000. With the Lottery on board, we feel confident we'll achieve our target"

You can find out more about the Charity's fund-raising events on their Facebook page www.facebook.com/werehamvillagehall or via the website www.werehamvillagehall.co.uk;

Victoria, John E, John M and Rachel.

[Excellent news - well done everyone Ed.]





Church Road, Barton Bendish



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

Real ales, good food and a warm welcome.

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

Locally sourced, home cooked food served every day.

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

Free WiFi available in the pub, gardens and rooms.

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

The team will be happy to help with any enquiries.

K.J.Catering Services

Contact Steve Bartram on

01842 828505 or 07542 923909

kjcatering@btconnect.com

www.catererssuffolkandnorfolk.com

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

K.J.Bar Services

Fully Licensed for all occasions

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



HOLIDAY COTTAGE

Sleeps 6-8

Perfect for visiting friends & relatives.

Rural location on our farm in Beachamwell.

Contact:

Tom & Caroline Sanderson.

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

Tel: 01366 328244 Fax: 01366 328716

Premier Holiday accommodation in Wereham

overlooking the pond

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

Ideal if you have family or friends visiting

Good discounts available for Group 4 News readers!

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

www.wix.com/ryeholidays/theoldschoolhouse

SPECIAL EVENT PLANNED?



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

WEREHAM VILLAGE HALL!

Contact Doreen on 500218 for Bookings



Volunteers h Needed!

HE Me Start Support and friendship

ipport and friendship for families

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

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

So, if you think you can make a difference to a

family needing a little help call us today to find out more.

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

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

Tel: 01760 721271

Email: admin@homestartswaffham.org.uk

SOUTH PICKENHAM ESTATE CO LTD

FIREWOOD

Barn stored seasoned split hard and softwood
Seasoned logs, ask our driver to moisture check your logs on delivery
Free delivery in the Swaffham area

All of our firewood is from well managed woodland and is fully sustainable 1.5m3 or 3.0m3 loads

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



Trailer shown holds 3 cubic meters
Contact

The Estate Office, Tel 01760 756376 or , 07776 178665

M.M.A. BOOK-KEEPING AND ACCOUNTANCY

Chartered Management Accountant

- Tax Returns
- VAT Returns
- Self Build VAT Claims
- Monthly Management Accounts Preparation
- Sage, Excel and Manual Systems Advice
- Computerisation of Records
- Home/On Site Visits Available

Call Keith Matthews (ACMA)

01366 347848 / 07818 438066

JET ACCOUNTANCY & BOOKKEEPING SERVICES

Professional and qualified service offering:

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

Tel: Louise Scott (MAAT) 07806 792211

info@jetaccountancy.co.uk

Great On The Phone?

Based in Beachamwell, Norfolk, we are a brand-new, ultra-premium English Vodka. We are seeking an experienced telemarketer to work with us 2 days per week from our base in Beachamwell, speaking with existing customers and gaining new ones.

If you have experience of business-to-business telesales call Matt or Steph on 01366 32 70 70 www.wildknightvodka.co.uk



OPER

SYSTEMS BUILT TO SPECIFICATION
MOTHERBOARD REPAIR

OPERATING SYSTEMS INSTALLED OR RE-INSTALLED

WEB DESIGN / AD DESIGN VIRUS REMOVAL

HARDWARE INSTALLATION & REMOVAL LAPTOP & PC REPAIR

PC REPAIRS + UPGRADES

I AM BASED AT COCKLEY CLEY & WILL TRAVEL FREE OF CHARGE WITHIN 15 MILE RADIUS FREE PC COLLECTION-RETURN SERVICE

E-MAIL-pc-probs@hotmail.com

TEL-01760-725647 ASK FOR IAN



Frustrated by technology?
Confused by the experts?
Problems with your: Computer:
Tablet: Mobile phone: Broadband;
Printer: Digital Camera;

I can help!

Television?



Ade Jordan Friendly Technology Solutions

Fault finding: Repairs: Installation: Configuration: Training

Tel: 07980 140000 email: help@adejordan.com

www.adejordan.com





Methwold Nursery School and Pre-School

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

learning through play!

Open all year Monday to Friday 7 am to 6pm from age 3 months to 6 years

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

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

39 Stoke Road, Methwold, Thetford IP26 4PE Tel: 01366 728419
*Subject to Local Authority Terms and Conditions



Maths Tutor (to GCSE level)

- ·unravel problems
- · boost confidence
- ·improve numeracy

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

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

PIANO LESSONS



Victoria McPhail (Instrumental Teaching Diploma@ St Petersburg School of Music) offers Piano Tuition in Beachamwell, starting in 2016.

Absolute beginners welcome.

Preparation for ABRSM piano exams, and beyond; opportunity to play piano duets, learn music theory and general musicianship as well as simply enjoying music making in a friendly atmosphere.

For details or to arrange an introductory lesson call Victoria on

01366 328537 or 07562 312009

or Email: victoriamacphail@yahoo.com

Discover

DOWNHAM

Heritage

Hundreds of years of history brought to life Visit the NEW Heritage Centre

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

Learning Centre .

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

helped shape the streets.

Opening hours Thursday to Saturday 10am to 4pm

Free admission

School groups, workshops and drop-in research available on other days. Large room available to hire for local community groups.

Find Us

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

Telephone 01366 384428

info@discoverdownham.org.uk

www.discoverdownham.org.uk



Preschool

& Holiday Club

Ofsted Registered EY246821

A Warm, friendly welcome is waiting for you.

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

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

15hrs a week funded places from the age of 2

A Variety of hot and healthy meals provided

places available for special educational needs

Open 50

weeks of

the year

Contact Debbie - 01366 502150

47 Wretton Road, Stoke Ferry, Kings Lynn, Norfolk, PE33 9QJ www.little-oaks-preschool.ik.org

NO MEAN FEET

FOOT CARE IN THE COMFORT OF YOUR OWN HOME

YOUR LOCAL CARE SPECIALIST





- **✓ NAIL CUTTING**
- **✓** CORNS



- **✓ DRY SKIN**
- **✓** INFECTION
- √ VERRUCAE
- ✓ CRACKED HEELS



for the best feet in the street

CALL STEVE ON 07837 506 906

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

NO MEAN FEET

CARE IN THE COMFORT OF YOUR OWN HOME

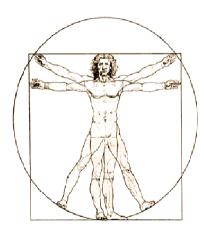
YOUR LOCAL CARE SPECIALIST





✓ REMEDIAL MASSAGE

√ THERAPEUTIC MASSAGE



- **✓ SPORTS INJURY**
- ✓ BIO MECHANICAL & GAIT ANALYSIS
- **✓ THERAPY FOR PAIN IN LOWER BACK, LEG JOINTS & MUSCLES**

✓LYMPHATIC DRAINAGE

CALL STEVE ON 07837 506 906

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

Cognitive Behavior Therapy, Counselling, and EMDR

Do You Suffer From:

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

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

Rebecca Judge RNMH, BSc, MSt, MSc, MAREBT, BABCP
EMDR & Psychotherapist on:

Tel: 07530 928070 Email: enquiries@cbtnorfolk.co.uk

www.cbtnorfolk.co.uk



All abilities welcome

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

Please wear loose clothing and bring a warm rug and/ or yoga mat British Wheel of Yoga Tutor, Ann Lewing Contact number: 01366 328350

STOKE FERRY VILLAGE HALI

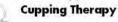
Mondays 7.00pm—8.30pm Please arrive no later than 6.55pm

£5.00 per session (pay as you go) Under 18 yrs old must be accompanied by an adult

Charlotte Rose LicAc



Acupuncture
Acupuncture for Pain
Facial Acupuncture
Reflexology
Aromatherapy Massage



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

Clinics in Stoke Ferry + Castle Acre

Gift Vouchers Available

Contact: Charlotte: 07855513199 / 01366 501232

charlotterose.charlotterose@gmail.com www.charlotte-acupuncture.co.uk ARE YOU 65 OR OVER? NEED INFORMATION OR ADVICE ON THINGS TO DO, GETTING OUT AND ABOUT, STAYING SAFE AND WELL OR CARING FOR SOMEONE, THEN...



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

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

> respicareter ing's Lynn & Vest Norfolk





DO YOU FEEL VULNERABLE OR ISOLATED?

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

DO YOU FEEL SAFE & SECURE IN YOUR OWN HOME?



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

Tel: 01553 760671 www.careline-cs.org.uk Borough Council of King's Lynn & West Norfolk



FENLAND GARAGE DOORS

The area's most comprehensive range of manual and automatic doors.
Plus repairs to all doors and spares

PROUD TO SAY MORE THAN HALF OUR NEW CUSTOMERS COME TO US BY RECOMMENDATION

Swaffham 01760 790 009 Bexwell Showroom 01366 382815

www.fenlandgaragedoors.co.uk



P.G.M.S.

Fabrication of a variety of metals Mechanical engineering

spares & accessories

Peter Garner Mechanical Services

Shingham Lane, Beachamwell, Swaffham, Norfolk. PE37 8AY. Tel: 01366 328823

E-mail: pgms@lineone.net



-roofing.co.





DAVID THOMPSON MASTER CHIMNEY SWEEP

All chimneys, flues & appliances swept

Brush and vacuum used CCTV Chimney surveys

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

NVQ qualified chimney engineer

Certificates Issued

01328 851081

www.the-sweep.co.uk

D. Thompson Chimneys Ltd



Geoff Dixon

The professional alternative to doing it yourself

Geoff Dixon Carpentry, Joinery and Handyman Services, Beachamwell

Over 45 years experience in this industry. I have experience and am happy to carry out jobs such as; fascia and guttering repairs or cleaning; external fence panelling repairs, replacement/ treatments; gates made; doors and locks repairing and replacing; refitting and refurbishment of kitchen cupboards; shelving; and general maintenance jobs around the house.

No job is too small, if there's something you'd like doing that I haven't listed, Please get in touch and ask.

[Telephone: 01366 347718 | Mobile: 07726 584502

Email: geoff@norfolkshandyman.co.uk

Web site: www.norfolkshandyman.co.uk

WJA TILING

The Complete Wall and Floor Service

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

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

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

JANZ ELECTRICAL

Installation, maintenance, fault finding and testing







For all your electrical needs contact

PAUL JANZ

an

07545 873262 or 01945 882156

janzelectrical@hotmail.com Cotswold, %hool Road,

Walpole Highway, Wisbech

GOT DIRTY WINDOWS? G.COSTIN WINDOW CLEANING

Windows, doors, frames & sills cleaned as standard.

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

Reliable & friendly service.

Other cleaning services now available.

Call Gavin 07796 606607

gcostinwindowcleaning@yahoo.co.uk

BRYAN CATER Chimney Sweep

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

Call Gavin on

01366 728342

The Poplars, Thetford Rd, Northwold, Thetford, Norfolk

RAY GRIBBLE

Antique Restoration &

Traditional Upholstery

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

Traditional Upholstered Furniture

Footstools, Sofas and Chairs made to commission

Picture Framing & Mirrors

www.raygribble.co.uk

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

Vine House, Church Road, Wereham

D W SAVAGE "CARPENTER/BUILDER"

25 Years Experience

For all your building requirements

EXTENSIONS

Kitchens, Bathrooms supplied and
Fitted or just labour
Conservatory, fascias, guttering
Laminate or Oak flooring
Patios, Decking etc.
Car Ports
All roof systems
Renovations

Ask for Darryl Telephone 01366 501152 Mobile 07884 373315

Richard Pooley

Cabinet Maker

The Complete Kitchen Design & Installation Service

All Aspects of Carpentry & Joinery

Bespoke Furniture

Wall & Floor Tiling

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

Roman Blinds made by Hannah Elisabeth



Bespoke Handmade Roman Blinds
made to measure...
Supply your own fabric...
I will supply lining, track, all fixings
and make your blind to your measurements
For a free quote...

please contact me on: 07590 848175
Email: hannahchandler1@hotmail.co.uk
visit my ebay page for photos, a quote and more info.
ebay shop: roman_blinds_hannah_elisabeth

NewroomsKitchens Bedrooms Bathrooms



Thinking of new ideas

for your home in 2016?

Let us help you.

For your free consultation call us now on 01366 727417

Come to the showroom and meet our team!

The Workshops, Brandon Road, Methwold, Norfolk, IP26 4RH

newroomsdesign.co.uk

Jake Stansfield Itd

Plumbing & Heating

All aspects of Plumbing & Heating to the highest standard.

Gas Safe registered.

Contact 07780463787 or

01366 500469

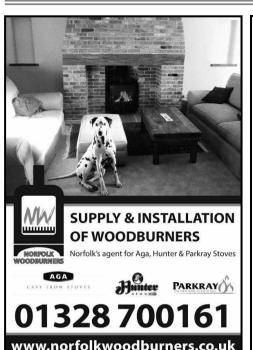
jakestansfield@live.com



Paul Braybrooke Oil Fired Boiler Engineer Boiler Servicing Breakdown Service

Commissions
Tank Replacements

Phone 01353 777788 07946 735691



PAUL FARRAR GENERAL PLUMBING SERVICES

ALL ASPECTS OF PLUMBING UNDERTAKEN INCLUDING MAINTENANCE AND REPAIRS

AT COMPETITIVE PRICES

PHONE 01366 328072 OR 07725 300624

Peckhams Plumbing

John Peckham Friendly local Plumbing and heating engineer

All Work Undertaken Big Or Small

Fully Qualified and Insured

No Estimates
Just 1 Price



No Call Out Fees



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

Tel Feltwell: 01842 850576 Mobile: 07534892411

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

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

We can also redesign your garden and provide plans, rotovate new or old beds, and organise construction. Whatever your gardening needs, We can help. References available.





Garden Services John Adcock

For conifer, shrub and hedge trimming

Garden Maintenance and winter 'tidy ups'

Grass Cutting for large or small lawns

New fencing erected

Power Washing

Tel: 01760 337058 or 07909 785801

ADE HARDY GARDENING SERVICES For all your gardening needs



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

General Garden Maintenance



To discuss your requirements call Ade on 07798 785663

No job too large or too small to be considered

Turn to Ted

Friendly, Hardworking, Handyman, Gardener, DIY

£13 per hour, 1 hour minimum

No job too Small or too Large Corrected telephone number 07967 796992

Tim's Tree Services

Pruning
Topping
Felling
Clearing

All aspects of tree and hedge



work undertaken Over 30 years experience

Qualified - Insured

Call 01366 347656 or 07867 764307 For your free quote

LOCAL MAN - LOCAL RATES

D.J.B. LANDSCAPING

:Driveways : Paving : Fencing :

: Garden Clearance :

: Hedge Maintenance :

: Grass Cutting / strimming :

: Building Repairs / Maintenance :

: Concreting:

All jobs considered

David Bennett

Mobile 07795 833440 Fakenham 01328 700859



Magpie Centre Trots into Autumn



Stow Bridge Village Hall Downham Road, Stow Bridge PE34 3PE is the venue for our fantastic Ceilidh Bran Dance on Sat-

urday October 15th, 7.15pm to 11pm, with Ceilidh band Whirlgig and a Hog Roast (with a vegetarian option), a huge range of salads, plus deserts, as well as a bar serving beer, win, cider and soft drinks. This promises to be a truly fantastic event, suitable or all ages, singles, couples and groups. To book tickets. 17.50 each, call 07715 467866.

In November we have an Art and Craft Fair, also at the Stow Bridge Village Hall, on Saturday 12th November, from 10 am until 4pm. Come and enjoy the impressive range of crafts on offer at more than 20 stall and also enjoy hot and cold refreshments all day. There are still a ew places available for stalls, call 07725 163758 if you'd like to book.

FREELANCE GROOM

- All stable and yard duties undertaken
- Long term, short term or holiday cover
- Trustworthy, experienced, caring and reliable
- British Grooms Association member with Intermediate Certificate
- BHS Stage 1 and RRS
- NVQ Horse and Yard Safety
- Equine Health (Moreton Morrell College)
- References available

Call Holly on 07731395142 or email hollyweb92@gmail.com



R D VOUTT & SON

PLASTERING

All aspects of plastering & floor screeding.

Contact Bob on 01366 328 545 mobile 07799514635 rdvoutt@vahoo.co.uk

P.J.Canham

Specialist Vermin Control

MOLES-RABBITS-MICE-BIRDS

For a complete service.
Safe to children, pets and other
wildlife.





Tel: Philip Canham 01328 822197

THE LEATHER SHOP

QUALITY AT A FAIR PRICE
43A HIGH ST DOWNHAM MARKET PE38 9HF
(NEXT TO THE OLD CINEMA)

JOHN AND CAROLE WELCOME you to their shop to browse through their high-quality selection of belts, bags, wallets, purses and more...

Belts and other leather items handmade to your specification



Shop: 01366 386178 Mobile: 07798 826733

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







www.vets-one.co.uk Telephone 01366 384644

We work with many of the regions most successful show kennels and Mrs Doris

Jameson (82) who owns Charlie the Scottish Terrier (11). Our commitment to both is

equal.

5 Vets (3 of which live on site). 2 sterile operating theatres. Dental theatre. Bespoke dental X-Ray. Full digital X-Ray. Full in-house Lab. Large dog ward. Extensive cat ward. Isolation unit. Laparoscopic bitch spays. We smile lots (even on bad days).

One phone number answered 24 hours a day. Orthopaedic work conducted in house.

Free phone advice. Shoulder to cry on. Award winning premises. We don't display pictures of fleas in reception. We don't employ a receptionist and we don't charge registered clients at the point of saying goodbye to a much loved companion.

5 minutes from Downham Market



A.J.COGGLES

Family Funeral Directors



Family Owned & Managed ~ Established 1851

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

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

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



WWW.AJCOGGLES.CO.UK





PR Bowers & Son Funeral Directors (Est 1921)

Anmer Cottage Methwold Road Northwold IP26 5LN

01366 727432 07796 780270

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



Privileged To Serve Families In The Area For 3 Generations

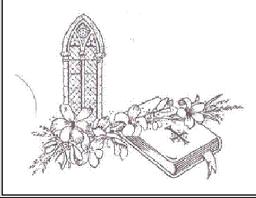
Family Funeral Directors R. H. BOND STOKE FERRY

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

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

Salisbury House Lynn Rd Stoke Ferry PE33 9SW

Tel: 01366 500241 Mobile: 07861 671325



Help and understanding when you need it most



Saint John's Way Saint John's Business Estate Downham Market Norfolk PE38 000

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

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

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

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

All other consultations will be by appointment only so please ring in advance info@crossingsvets.co.uk

01366 382219

www.crossingsvets.co.uk