

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

October 2017

WELCOME

Lack of space on page 3, so here are Ken's contact details:

Contact details:

Revd Ken Waters

01366727220

ken.waters@btinternet.com

It's a time for celebrating harvest and the fact that we are lucky enough to have food to eat and friends to share it with. In our harvest services we collect food to share with those less fortunate and our collections are shared with those overseas struggling to make their living and feed their families in harsh environments.

Soon we will be thinking of Christmas and perhaps looking to share with others again. The Christmas charities will hope for donations in time to spread goodwill, food and a place to sleep among those who are struggling.

The editors

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 2017 edition:**

11th October

ADVERTISING

Alan Pickering 16 Tinkers Way,
Downham Market, PE38 9TQ

Tel: 07779 787499 or 01366 386125

e:mail: group4news@gmail.com

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

WEBSITE

www.group4news.co.uk

Kevin Fisher, Tel 01366 502224



NOTES FROM THE RECTORY

God Spot: Life, as Christians, living together in a Christian community is not always easy. We are humans, after all, and while we may have God, for whom nothing is impossible, we forget and fail and fall out of love with God and each other. That's why Jesus taught us how to deal with the fact that we will fail. Jesus' teaching here is first

about reconciliation, restoration of a brother or sister to the community. It's not about pointing out sin for the sake of it. It's not about making us feel better or proving a point. It's about repentance and forgiveness, for without that we perish. Jesus already died, horribly, so that we might have life. He hung on the cross for our sins so that we might have forgiveness and salvation. So Jesus is telling us how to win back those who seem lost. He's telling us how to make his payment worthwhile. Our sins have been paid for. We have been redeemed. God, who knows every one of us, our weaknesses, our faults and failings, longs to draw us close to himself and one another. What a world we would live in if we could all reach this standard.

God Bless, **Ken Waters**

SPECIAL SERVICE THIS MONTH

All Souls. This is a very meaningful and comforting service for those of us who have lost loved ones. It's where we can gather together to remember and value our memories. **Sunday 29th October at 4.00pm** at St George's Church Methwold and is open to everyone.

Joke Spot: *All during the service Little Johnny the vicar, was preoccupied with thoughts of how he was going to ask the congregation to come up with more money than they were expecting for repairs to the church building. Therefore, he was annoyed to find that the regular organist was sick and a substitute had been brought in at the last minute. The substitute wanted to know what to play. "Here's a copy of the service," he said impatiently. "But you'll have to think of something to play after I make the announcement about the finances." During the service, Revd Little Johnny paused and said, "Brothers and Sisters, we are in great difficulty; the roof repairs cost twice as much as we expected, and we need £4,000 more. Any of you who can pledge £100 or more, please stand up." At that moment, the substitute organist played "The National Anthem." And that's how the substitute became the regular organist!*

BENEFICE NEWS

There will be a group service for the whole of the Northern Group of churches at Watlington on Wednesday 25th October at 7 pm. All are welcome.

Sunday 29th October The Twentieth Sunday after Trinity

10.30 am Stow Bridge Group service of Holy Communion

10.00 am West Dereham Together@10

A Church near You

Earlier this year the national Digital Communications team at Church House in London produced a report on how to get the most from the new A Church Near You. They spoke to 1,800 people across the country to gather insights and thoughts on how to make the service much better for a site that receives over 13 million page views each year.

The designs are now complete and signed off and the work of building the site is well underway for a launch in November 2017. Key new features include:

- Churches will be able to add extra information to events and services, such as a location other than the church, times, accessibility and contact details. This will enable churches to showcase their one-off services out in the community or parish away days outside the church building.
- Space to include information about the facilities the church has, from a post office to foodbank or Alpha.
- Churches will be able to see the number of page views their profile gets each week, month and year thanks to a new analytics feature built into the logged in view.
- Users will not only be able to search for their nearest church - and now Church of England school - but also be able filter the search to show them results that include the features and facilities they're looking for, such as accessibility, car parking or service type.
- In phase two, churches will be able to turn their simple page into a full church website - even having the option of using a unique URL, or the URL of their current website.

From the launch in November, profiles will already begin to look far more like a website, with editors able to add pages, images and customise the tiles on their profile.

Church House are keeping in regular contact with A Church Near You editors as they prepare for launch and the site will sit at the heart of the national Christmas campaign under this year's theme of #GodWithUs.

Martin Luther (1483-1546)



Martin Luther, c.1520 © Luther was a German theologian whose writings inspired the Protestant Reformation.

Martin Luther was born on 10 November 1483 in Eisleben, the son of a copper miner. After studying at the University of Erfurt, in 1505 he decided to join a monastic order and became an Augustinian friar. He was ordained in 1507, began teaching at the University of Wittenberg and in 1512 was made a doctor of Theology. In 1510 he visited Rome on behalf of a number of

Augustinian monasteries, and was appalled by the corruption he found there.

Luther became increasingly angry about the sale of 'indulgences' - promised remission from punishments for sin, either for someone still living or for one who had died and was believed to be in purgatory. **On 31 October 1517, he published his '95 Theses', attacking papal abuses and the sale of indulgences.** Luther had come to believe that Christians are saved through faith and not through their own efforts. This turned him against many of the major teachings of the Catholic Church. In 1519 -1520, he wrote a series of pamphlets developing his ideas - 'On Christian Liberty', 'On the Freedom of a Christian Man', 'To the Christian Nobility' and 'On the Babylonian Captivity of the Church'. Thanks to the printing press, Luther's '95 Theses' and his other writings spread quickly through Europe.

In January 1521, the Pope Leo X excommunicated Luther. He was then summoned to appear at the Diet of Worms, an assembly of the Holy Roman Empire, but refused to recant and Emperor Charles V declared him an outlaw and a heretic. Luther went into hiding at Wartburg Castle. In 1522, he returned to Wittenberg and in 1525 married Katharina von Bora, a former nun, with whom he had six children.

Luther was involved in the controversy surrounding the Peasants War (1524 - 1526), where his arguments were used to justify their revolt. He rejected their demands and upheld the right of the authorities to suppress the revolt, which lost him many supporters.

In 1534, Luther published a complete translation of the bible into German, underlining his belief that people should be able to read it in their own language. The translation contributed significantly to the spread and development of the German language. His influence spread across northern and eastern Europe and his fame made Wittenberg an intellectual centre. In his final years he wrote polemics against the Jews, the papacy and the Anabaptists, a radical wing of the reforming movement.

Luther died on 18 February 1546 in Eisleben.

(This article is based on a BBC History, article.)

COUNTRYSIDE NOTES

There are 33 million sheep in Britain and the National Sheep Association lists 79 recognised breeds which is more than in any other country. Individually these possess distinctive features and come in a diverse range of sizes and colours. Many hill breeds have horns although in some it is only the rams. Fleeces vary in colour from black or brown through to white. Farmers selling or showing their sheep often colour the fleece with shades of yellow or orange in the belief that it will enhance their appearance.

Native breeds originally evolved to suit local conditions and were confined to specific areas. Some are very ancient. The majority were named after the areas in which they originated such as the *Cotswold* and *Cheviot*. *Hampshire Downs* and *Southdowns* grazed on the downs of southern England. In addition to pure breeds there are many recognised cross breeds, some of which are known as 'mules'. The popular *Suffolk* came about by crossing *Norfolk Horn* ewes with *Southdown* rams. *Romneys*, emanating from marshes on the Kent/Sussex borders, originated in the 13th century and have been exported worldwide. The vast New Zealand sheep industry can trace its origins back to the Romney.

Many breeds have developed because they are able to utilise the poor grazing on fells and moorland and survive harsh weather conditions. Across the north of England, despite huge advances in sheep breeding, native breeds remain the best suited to local habitats and are therefore the most productive. *Herdwicks* are still a common sight on the Cumbrian fells. The lambs are born black but as they get older the whiter they become. Across to the east *Swaledales* are very popular and north of the border the *Scottish Blackface* can be found everywhere. In Wales it is usually *Welsh Mountains* which graze the hills and mountains. Many small and very hardy breeds, able to survive extreme conditions, evolved on Scottish islands. *Hebridean* sheep have black wool which is more like felt. *Soay*, the most primitive of all Britain's breeds, originated on the small island of St Kilda along with the *Boreray*. *Soay* is the Norse word for sheep island. *North Ronaldsay* inhabit the most northerly of the Orkney Islands and are unique because they feed on seaweed. *Shetlands* are the smallest of our native breeds and they can be traced back to the 8th century. Conservationists have discovered that certain breeds of sheep are very good tools for preserving particular habitats, the Shetland is one of these. A few centuries ago wool was far more important than meat and East Anglian farmers found sheep breeding a lucrative business. They advertised their wealth by building churches which explains why so many small villages have extraordinarily large churches. Now the requirement is for meat, not wool, and in recent years new breeds have found their way into Britain from the continent, the most popular being the *Texel* imported from Holland in the 1970s.

For further information about sheep go to www.nationalsheep.org.uk it's an excellent website.

Jill Mason

**PLEASE JOIN US FOR A MACMILLAN
COFFEE MORNING
ON
THURSDAY OCTOBER 5th
10am – 12noon
AT BARTON BENDISH VILLAGE HALL
PE33 9GF
RAFFLE, PRODUCE AND CAKE STALL
IN AID OF
MACMILLAN CANCER SUPPORT CHARITY**

Details Jill 01366 347928

Email jill.events@btinternet.com

BOUGHTON BISTRO QUIZ

Friday 27th October 7 pm

Tables of up to six £15 per person

**Two course meal, sandwiched between eight
quiz rounds**

**Bring your own wine—contact Pam on 01366
500429**

Shouldham Autumn Quiz

This 21st annual Autumn/Winter event will be held in Shouldham Village Hall on the evening of **Saturday, 18th November**, starting at **7pm**.

To book a table (up to 6 persons), please contact Ann Hullah, annhullah@btinternet.com or on 347814. The fee is £4 per person and please bring your own refreshments.

It is advisable to book early as this has proved a popular evening. All profits to Shouldham church funds.



All abilities welcome

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

Please wear loose clothing and bring a warm rug and/or yoga mat (there will be a few mats available for loan/buy).

British Wheel of
Yoga Tutor,
Ann Lewing
Contact number:
01366 328350

**STOKE
FERRY
VILLAGE
HALL**

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

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

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

Little Oaks



Preschool

& Holiday Club

Ofsted Registered EY246821

A Warm, friendly welcome is waiting for you.

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

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

Open 50
weeks of
the year

Shouldham Autumn Quiz

This 21st annual Autumn/Winter event will be held in Shouldham Village Hall on the evening of **Saturday, 18th November**, starting at **7pm**.

To book a table (up to 6 persons), please contact Ann Hullah, annhullah@btinternet.com or on 347814. The fee is £4 per person and please bring your own refreshments.

It is advisable to book early as this has proved a popular evening. All profits to Shouldham church funds.

A Variety of
healthy
meals
provided

Places available
for special
educational
needs

Contact Debbie - 01366 502150

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

www.little-oaks-preschool.lk.org



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.

Yoga with Julia Wynne

BWYDip, AYS Therapeutic Practitioner Cert.



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

If you want to experience or improve any of these: *Relaxation, Concentration, Strength, Flexibility, Balance, Breathing....* then this is for you!

Tuesdays in Beachamwell Village Hall (PE37 8BB) from 10.00am to 11.45am email: julia.juliannewynne2@gmail.com Tel: 01366 328617

Individual tuition based on your own abilities & needs also available on request. This will take place in my private studio

CLAUDIA MORLEY

Garden & Commercial Landscape Designer

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

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

FREE NO OBLIGATION VISIT & QUOTE

www.fig-forestryandgardendesign.co.uk

01760 338400 / 07824 397727



PETER MORLEY

Landscape Construction,
Planting & Forestry Maintenance.

Fully certified & liability insurances.
30 years experience.

Garden project - fencing
or commercial landscaping.

All forms of forestry & maintenance.

email: pringlepete@gmail.com

07981 419338

www.fig-forestryandgardendesign.co.uk

WEREHAM'S POP-UP CAFÉ

will 'pop-up'

TWICE EVERY MONTH

(initially on the 1st and 3rd Tuesday)

from 10.30am till 1.00pm

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

£1.50

PLUS

a light lunch 'dish of the day'
for an additional £2.50

Wereham Weekly Cash



Wereham Village Hall
Wednesdays

Doors open 6.45 pm

Eyes down 7.30 pm

Raffle and Refreshments
with complimentary biscuits



Enquiries : 01366 500798

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

SPECIAL EVENT PLANNED?



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

WEREHAM VILLAGE HALL!

Contact Doreen on
500218 for Book-
ings



Wereham

Indoor/outdoor
car boot sales and cafe.

**The last Sunday of every month
excluding December.**

9am until 1pm

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

**A warm and friendly welcome
is given to everyone.**

**Please contact Philip on
[07759033492](tel:07759033492) or [01366501330](tel:01366501330)**

e-mail

rosemary.pease@btinternet.com.

**The dates for the rest of the
year are Mar 26th, Apr 30th, May
28th, Jun 25th, Jul 30th, Aug**

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 Community Services.

The assessments, which are carried out by a team of qualified staff, will help residents, who may be living with a disability or dementia, or who are simply older and less mobile, to identify concerns in their property which may be affecting their day-to-day life.

The assessor, trained by the Disabled Living Foundation, will inspect the home to see whether measures could be introduced that would reduce the possibility of slips, trips and falls and generally make it easier for people to live safely and independently in their own homes.

Measures that could be considered include installation of a Careline personal alarm, improved lighting arrangements, heating checks, draught proofing, smoke detectors and easy-to-use taps along with recommendations for other adaptations that may reduce any potential risk to the resident. Practical solutions for those living with dementia are also available, this includes signage or colour differentiation for those who suffer with memory loss and are visually impaired.

Have You Seen Ruby?

Last seen in Oxborough at 6pm Friday 1st September

Is she in an outbuilding?

Please look

Please call

07342 754934

Thank you

Wereham Village Hall

'Buy a Brick' Campaign

Britain's First Passivhaus Village Hall



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

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

Your donations will buy:

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

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

Thank you – Together, we'll do it!

WEREHAM

SHORT MAT BOWLS CLUB

Thursdays 7.00pm

at the Village Hall

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

For more info or for a chat contact

Phillip on 501330

Marham Village Pre-school



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

Play With A Purpose

Opening Hours 8.30am til 3pm Daily Term Time

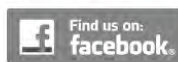
Places Available for children aged 2-4years

Contact us on 07950753877

or marhamvillagepreschool@hotmail.com

For more information visit our website

www.marhamvillagepreschool.co.uk



ESTABLISHED
44 years



We hold a monthly Bingo and all
proceeds made go to the pre-school.

Next Bingo 18th October 2017

doors open 6.45pm eyes down 7.30pm

Refreshments Available

WEREHAM'S POP-UP CAFÉ

will 'pop-up'

TWICE EVERY MONTH

(initially on the 1st and 3rd Tuesday)

from 10.30am till 1.00pm

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

£1.50

PLUS

a light lunch 'dish of the day'
for an additional £2.50

Beachamwell Wednesday Walkers

Explore the rights of way in and around
Beachamwell with us

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

All, including dogs on leads, are welcome

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

Further details please telephone
01366 328452 or 01366 328536



Beachamwell WI

**'Antique Quilts and Their
Stories'**

Speaker Liz Nally

Thursday October 5th
7:30pm

Barton Bendish Village Hall if
Beachamwell Village Hall not
available

Visitors welcome
01366 327023 or 01366 328589



Tale Dolce Musica
**Music for Soprano, Flute, Oboe,
Bassoon and Continuo**

Sunday October 15th
3.00 pm

Swaffham Assembly Rooms

£9 for members
£12 non-members
Accompanied children free

Tickets from
Green Parrot 01760 724704
Ceres Bookshop 01760 722504
Enquiries: 01366 328648

Beachamwell

**Pop Up Pub and
New Fish and Chip Van**

Fish, chicken or sausage and chips
£5.80 a portion; with mushy peas or
curry sauce £6.50 a portion.

Friday 20th October
6.30 - 10.30



Beachamwell Village Hall
Enquiries: 01366 328536

**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



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

Jen's Pet Care



Are you at work all day?

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

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

Contact Jen at Wretton on 07799 733 463

Pet Sitting - Dog Walking - Home Visits

Livestock Care - Puppy Socialising - Pet Care

30 years experience working with animals

Reasonable Pricing - please ask

www.facebook.com/JensPetCareWretton

**Volunteers Home
Needed! Start**

**Support and friendship
for families**

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

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

So, if you think you can make a difference to a family needing a little help call us today to find out more.

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

Home-Start Swaffham & District

The Community Centre, Campinglands,

Swaffham, PE37 7RB

Tel: 01760 721271

Email: admin@homestartswaffham.org.uk

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](#)

MASSIVE FUEL BILLS?



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

On any of these Governments benefits?

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

PRIVATE HOME OWNER OR TENANT?

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

- Confirm your benefits with DWP
- Book your free survey for you
- Install your new fuel efficient oil boiler

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



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



Magpie Centre swings into action

After a very successful Craft and Country Fair, held on Sunday August 20, at Wallington Hall, which raised more than £4,000 for the Magpie Centre, home of West Norfolk Riding for the Disabled Association, plans are already under way for an even bigger and better event next year, scheduled for Sunday August 19, 2018. Meanwhile, the Centre is well into its autumn riding and carriage driving programme, with around 114 lessons being given every week to people of all ages and levels of physical and learning disability. If you know of anyone who might like to participate, just call the Magpie Centre 01553 810202 and request an application form.

Saturday October 21 sees the fifth of our ever-popular Quiz-with-Hog Roast (and vegetarian option) evenings, at Stowbridge Village Hall, Downham Road, Stowbridge PE33 0EP. Teams are of 4 to 8 people, or make up a team on the night. A licensed bar will serve beer, wine, cider and soft drinks. Tickets are £10 each, which includes the fabulous Hog Roast, plus a vast selection of salads and desserts. Advance booking essential. Call 01553 828935 or email c.dudley@success-in-english.co.uk

And moving towards Christmas, you can do your shopping in comfort at the Magpie Art and Craft Fair on Saturday November 18, from 10.00 am to 4.00 pm, again at Stowbridge Village Hall, Downham Road, Stowbridge PE34 3PE. Refreshments will be served all day. Stalls are £10 each (table and 2 chairs provided). To book, call 07725 163758.

As another gift idea, why not donate a year's sponsorship of one of our lovely ponies? Little Pebbles, a favourite with our tiniest riders; Ruby, a big Irish mare who takes good care of adult riders, or Teddy, our smart driving horse are all available for sponsorship. For just £12.50 or £25 a year, the sponsor receives a photo of 'their' pony, plus a sponsorship certificate, and news updates. For more information, visit www.rda-westnorfolk.org.uk, or call the Magpie Centre on 01553 810202 for a sponsorship form.

Getting well into the Christmas spirit, all are welcome to join us for our Carol Service at 6.00 pm on Thursday December 14 for carols, songs, mince pies and mulled wine/fruit juice., and to meet some of the ponies. Wrap up warmly, as this event takes place at the Magpie Centre indoor school, Wallington Hall, South Runcton PE33 0EP. Find us on A10, about three miles north of Downham Market. Admission free. No dogs except service dogs allowed.

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

COMMUNITY NOTICE BOARD

MOBILE LIBRARY VISITS - Please note changed days/times

DATE	VILLAGE	LOCATION	TIME
Tuesday 24th October	Beachamwell	Post Office	10:15 am
	Drymere	Telephone Box	10:40 am
	Boughton	Mill Hill Road	14.20 pm
	Barton Bendish	Hatherley Gardens	9.55 am
Monday 9th and 23rd October	Wereham	The Pond	9:30 am
		Queen's Close	16:20 pm

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

VILLAGE BUS SERVICES

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

Timetable requests:- (01603) 228888, Traveline (08706) 082608 (www.traveline.org.uk)

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

FARMERS' MARKETS

Ely	Second and Fourth Saturday 8:00-2:00pm
Fakenham	Fourth Saturday 8.30am to 12:00pm
RAF Marham	First Thursday 12.00pm to 5.00pm
Swaffham	Second Saturday

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

FINCHAM MEMORIAL HALL DIARY

Jazzercise meets every **Monday from 7pm** (except Bank Holidays) Jazzercise is a pulse-pounding, beat-pumping fitness programme that gets you results...fast. It's a calorie-torching, hip swivelling dance party with a hot play list to distract you from the burn.

Wear loose, comfortable clothing and aerobics trainers. Bring a drink. To get the most out of your class, you may like to bring a mat for floor work and a pair of hand held weights.

First class is free. Come 10 minutes early to register for your first class. Costs £5 per class - (or only £18 per month by standing order only). Interested? Then call Hilary on 07909 282165 for more information.

Keep Fit meets every **Tuesday from 6.30pm – 7.30pm** and consists of gentle exercise, increasing to more energetic for those who are able, finishing with floor exercises, stretching and relaxation. It is suitable for all ages. Cost £4.00 per lesson.

Interested? Then either just turn up with a towel and a bottle of water or contact Debbie on 01760 622108

The **W.I.** meets on the **second Wednesday of every month at 7.30pm.** The next meeting is on **11th October.**

Subscription is paid each January -£39.00 and there is just 15p towards teas and a raffle ticket - 50p - on the night.

New Members are always welcome – either just turn up or contact Sue on 01366 347305.

Fincham Local History Group meets every two months on a Wednesday. Next date – to be confirmed

The **Flower Club** will meet on **Thursday 5th & 19th October** from **2.30pm – 4.30pm.**

Fincham Chorus meets every **Thursday from 7.00pm – 9.00pm** and is for anyone who loves singing (especially bass and tenor). They sing all kinds of music (except modern pop!). Subs are £88 per year and can be paid half-yearly or quarterly if wished.

A HORTICULTURAL THEMED QUIZ....

These are anagrams of common garden objects or plants:

Wanting care
Heed groans
Frank gored
Tattoos weep
Posters slur sub
A sugar sap
new corset
occurs
drainage
tailor curl hut
teapot dose
aw steep
gee hose run
bra where owl
warn me low

If you cross Hamlet's mother with an unstable Victorian doctor, which famous gardener do you get?

Some 'easy' questions

Who composed "the flight of the bumblebee"?

What sort of Vegetable are the following. Marfona, Romano, Pentland, Javelin?

What popular pudding is made from the root of the Cassava plant?

What is the most common type of plant in the World?

Which tree produces conkers?

What is the name given to very small Japanese trees grown in pots?

What is the popular name for the Antirrhinum?

What is the function of the leaves on a plant?

What crop is the Colorado Beetle best known for attacking?

Where do most species of Clematis originate. Australia, China & Japan, South America or Europe?

Nerines are closely related to which other plant? Amaryllis, crocus, iris or tulip? *Answers on page 41*

SWAFFHAM & LITCHAM HOME HOSPICE SUPPORT

As we are fast approaching the festive time of the year the Charity continues its hard work to raise funds for the Hospice ensuring it provides their important and vital support to the patients that are presently looked after by the dedicated Team and volunteers who continue their hard work at our Main Office and in the Community in supporting them.

Recently one of our groups held a Cream Tea afternoon at Sir and Lady Roberts



home, Cockley Cley Hall to support one another after losing a member of their family. The groups meet weekly or fortnightly at the Office for a get together, the opportunity to meet others with a similar situation but occasionally having the opportunity at a different venue. The photograph shows from left to right, Cyril Holbrooke, Julie Ambrose Potter, Doug Benefer, Mavis White

and Barry Keenan enjoying the proceeds. Our thanks must go to Sir and Lady Roberts who continue to support the Charity.

There are signs that our arranged forthcoming Concert of Choirs evening in the Assembly Rooms will be a sell-out. We advise that if you are contemplating in attending is to obtain your tickets either from the Main Office on 01760 722937 or Ceres Bookshop in the Town as soon as possible to prevent a disappointment. The date 7th October 7pm for 7.30 and we can promise you a wonderful evening of entertainment with The Bluebirds Ladies Choir along with The King's Lynn Male Voice Choir.

Our annual Grand Draw will once again be held in November, more details will follow next month.

The annual Tree of Lights Ceremony will once again be held at the Great Britain Centre during December. It is an evening of quiet reflection for those of you who have had a member of your family that has died, either recently or in the past. The date of this event will be announced in the next edition of the Town and Village's publications. For further information please contact the Main Office at Brocks Way.

We are continually seeking out further ways of fundraising and support for events. If you have any thoughts that you would like to discuss then please do contact us; we can promise you a fine cup of tea at our Main Office too.

David Gulliver

COMMUNITY NOTICE BOARD

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

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

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

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

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

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

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

BARTON BENDISH NEWS

Farewell Party

A 'get together' of Janet and Alan's friends in the village was organised by Maureen Buck to say farewell to a couple who, over the years, have supported our village in every way they could. For a while they rented a bungalow in Barton which they would dearly have liked to purchase but things didn't work out as they hoped. They then made the decision to buy a house in Oxborough and when they moved they vowed to still come back to Barton at every opportunity. It was a promise they kept. We are very sorry that they have decided to move down to Kent to be closer to their families. Their help and support will be sorely missed and we all wish them every happiness in their new home.

Organ Recital

It was a beautiful summer's day on the Bank Holiday Sunday which was made even pleasanter by the afternoon of music which took place in St Andrew's church. Sitting back, with a cup of tea in one hand and a delicious slice of cake in the other, while listening to a varied selection of music in the church is a most relaxing way of spending an afternoon.

David Milburn from Fincham once again began with his powerful style of playing displaying his talent for using the full range of notes to the large audience. On the other hand Martyn Clarke from Oxborough displayed a more gentle touch and this time was accompanied by his wife Phyllis on the flute which was a pleasure to listen to.

As an extra bonus this year the Barton Bendish singers were on hand and delighted us with a selection of songs. Under the guidance of Lissa they have rehearsed regularly and are now sounding very professional. The acoustics in the church are good and in this venue their singing was particularly enjoyable to listen to.

Many thanks to David, Martyn, Phyllis and the choir for sparing their time to entertain us as well as Mhari, Linda and Elizabeth for organising the refreshments.

Celebrating Literature

Eleven local authors joined me on September 9th to re create Barton's answer to Hay-on-Wye's book festival although admittedly it was on a much smaller scale.

Not having organised anything like that before I thought overall it worked out well. There was a nice friendly atmosphere and it was a social event where like-

minded people were able to meet up. Personally, I very much enjoyed listening to Claire's (from Ceres book shop) experiences of selling books. I hope all the other authors enjoyed the afternoon as much as I did and sold enough books to make it worth their while coming.

I'd like to thank Liz, Maureen and Elizabeth for working so hard behind the scenes and the people who made cakes for them to serve, especially Nic and her mum Sue who also presented me with a celebratory cake all of my own. Thanks also go to Val, Sue and Lissa for their help on the door and Mel and Anne who not only did a stint on the door but also helped David clear away afterwards as well as helping him put up and take down the marquee. Of course we mustn't forget Bill and his contributions to the day. Andrew proved to be an excellent MC. I think he must have done it before and he's certainly got the voice for it! David's guided tour proved very popular despite the weather trying to spoil things.

With everyone coming together and pooling their individual talents, as they did at 'Celebrating Literature', it made for a great afternoon which, I think, was enjoyed by everyone who came.

Thanks to everyone who helped make it happen and, by the way, in the process we raised £275 for the Village Hall.

Jill

Barton Book Festival

I am told that Barton houses about 170 souls. That said, the village hosts an impressive variety of talents, a number of stalwart volunteers and a willingness to work together, something I know that is not characteristic of all Norfolk villages. It is a village which welcomes outsiders like us. It is a community confident enough of its own identity to happily involve like minded people from other villages. This summer's Open Gardens' day showed what can be done when everyone works hard to achieve an event worthy of the village.

And so it was yesterday (September 9th) when Barton Bendish held its first Celebration of Literature. The event emerged from the ashes of the cancelled Arts and Craft weekend and the disappointment accompanying the loss of such a popular and successful highlight of the year. More positively, it was entirely fitting that the village celebrated the launch of Jill Mason's first novel 'The Life and Hard Times of Mary Caney'. The newly formed social committee threw around ideas of possible formats, likely participants, which jobs needed doing – and by whom – and a new event was born.

An impressive array of authors had the opportunity to describe their work and, often, their motivation. Despite a strict five minute time limit, each speaker engaged a decent sized audience with their own story. Amusingly, the Lynn

News interrupted proceedings to take photographs of the authors and their books. I hope they will write a positive report of what they saw.

Everyone enjoyed the chance to talk to authors and buy their books. Spectacular cakes were served in the marquee whilst poets read their works impressively. Norfolk is not known for being cultured but this felt very much like a shared enjoyment of words and of each other's company.

David Mason led a very informative tour of the places that Mary Caney would have known, culminating in a brief pause by her graveside. David has done more than anyone to research and preserve the history of Barton and, I am sure, will have provided much of the background which makes Jill's novel so compelling.

Claire Dunne, the owner of Ceres Bookshop, gave a fascinating talk about the secret lives of booksellers in which we discovered the reading habits of the good people of Swaffham. And the last word, of course, went to Jill as she described the minefield that is the world of publishing. As far as I know her novel is the first to emerge from Barton and I hope it will inspire local writers to explore their creative side more fully.

It was a good day. A convivial event which brings people together and encourages fellowship and celebrates achievement can't be beaten. I look forward to many more.

Andrew Stephen

Quiz

Sheets

Calling all quiz fans! Our word quiz sheet is back and this time it has a literary challenge. The questions are themed on 'Books and Literature'. All the answers are either book titles or names of authors. They are still only £1 and are available from The Berney Arms, St Andrews Church, the Churchwardens and at Barton Bendish events. If you are able and willing to sell some sheets on our behalf please do get in touch. Contact either Linda 347563 or Mhari 347849. All proceeds to church funds. The closing date for entries is Saturday November 25th 2017 Thank you.

Macmillan Coffee Morning Thursday 5th October

Once again it's time for our annual Macmillan Coffee Morning which this year will be held from 10 – 12noon on Thursday October 5th. 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. You are assured of a warm welcome so please come along and show your support for this very worthy cause.

Last year we raised the magnificent sum of £474.30 for Macmillan - our best total yet. Let's try to top that this year. I will have my new book on sale from

which 10% will be donated to Macmillan and David will have his wildlife calendars on sale which this year are in aid of Marie Curie.

Hope to see you there

Jill and the gang

Trafalgar Night 21st October

Saturday 21st of October will find Barton Bendish celebrating one of Britain's greatest Naval victories in the form of a Trafalgar Night Supper. The 2 course meal will have a Trafalgar theme; after which tea, coffee and mints will be served along with a Tot of rum to toast Lord Nelson's memory. Entertainment will be nautical and guests are asked to engage in the spirit of the evening by wearing red, white and blue.

The evening will commence at 7pm with food being served at 7.30pm. Tickets are £14 and can be purchased from Mhari 347849 and Linda 347563. Please advise if you would prefer a vegetarian option.

Barton Bendish Hall BBQ and Bonfire - Friday 10th November 2017

All are invited to enjoy a Bonfire with BBQ at Barton Bendish Hall on Friday 10th November from 6:30pm - 9:30pm. A suggested donation of £6 per adult payable on arrival to include a BBQ and a glass of wine. All proceeds to St Andrews Church and the Village Hall. Children are welcome and must be accompanied and supervised by a responsible adult at all times.

Remembrance Service 12th November

Barton Bendish will be taking part in the act of Remembrance on Sunday 12th of November at 10.30am at St Andrews Church. A wreath will be laid at the village war memorial during the service. The names of those from the village, who gave their lives, will be read out accompanied by a little information about each one.

Should there be someone whom you wish to be remembered at this time and have their names read out please can you contact either Churchwarden and we will include them. It would be wonderful to know a brief history about them if it was possible.

Contact either Linda 347563 or Mhari 347849.

Wreath Making Workshops

The annual Wreath Making workshops will run again in November on Thursday 16th, Friday 17th and Saturday 18th at 7.30pm in the Village Hall. There will also be a workshop on the Saturday morning at 10am. Everything needed will be supplied but a pair of secateurs will be required. Please bring your own special decorations or ribbon for the finishing touches! Refreshments are provided. Please contact either Linda 347563 or Mhari 347849 to book a place.

Christmas Fair Saturday November 25th 2-4pm

Produce and crafts will be on sale at the Christmas Fair being held in Barton Bendish Village Hall. There will be a raffle with some super prizes and refreshments will be served. Do come along and stock up with Christmas presents for your friends and family.

Proceeds from the afternoon will benefit the Village Hall.

For more information please contact Mary Tel 347790

Christingle Sunday 3rd December at 3pm

Rev Ken Waters will be taking the Christingle service in St Andrews Church on Sunday 3rd December at 3pm. Everyone will be most welcome. Festive refreshments will be served after the service.

Victorian Evening Saturday 16th December at 6pm

Calling all thespians and entertainers. The Victorian Evening of Christmas Entertainment is being held in the village hall on Saturday 16th December at 6pm. We are asking anyone who would like to tread the boards and perform to contact either Mhari 347849 or Linda 347563.

Calendars

David is selling wildlife wall calendars for £5 each, this year in aid of Marie Curie. He has had them printed using his own pictures and, after covering the cost, will be donating £2.50 from each sale to the charity. The calendars come complete with envelopes and will be on sale at our Macmillan Coffee Morning on October 5th, other village events or through contacting David Mason on 07884411619 or email masons.sandmere@btinternet.com

FORTHCOMING EVENTS 2017

THURSDAY OCTOBER 5th	Macmillan Coffee Morning Village Hall 10 – 12noon see advert
SATURDAY OCTOBER 21st	Trafalgar Night Celebrations see advert
FRIDAY NOVEMBER 10th	Bonfire and BBQ Night see advert
SUNDAY NOVEMBER 12th	Remembrance Service
NOVEMBER 16th - 18th	Christmas Wreath Making see advert
SATURDAY NOVEMBER 25th	Christmas Fair 2.0 – 4.0pm
SUNDAY DECEMBER 3rd	Christingle Service 3.0pm in St Andrew's
DECEMBER 8th and 9th	Star Wars films 7.30pm
SATURDAY DECEMBER 16th	Victorian Evening 6.0pm
2018 JANUARY 27th	Burns Night

BEACHAMWELL, SHINGHAM & DRYMERE VILLAGE NEWS

Mobile Post Office

Monday and Thursday 12.55 – 13.15

Tuesday and Wednesday 11.10 – 11.40

Parish Council

Dates for future meetings are:



2017 November 13th

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

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

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

Notice of Vacancy in the Office of Parish Councillor

Notice is hereby given of a vacancy that exists for ONE Parish Councillor to serve on the Beachamwell Parish Council caused by the resignation of Councillor Julie Ive

Unless within 14 days of the date of this notice, (*which was put onto the Notice Board on 14th September*) ten electors for Beachamwell (*named on the Electoral Register*) have requested to hold an election, the Parish Council will fill the vacancy by co-option as soon as practicable.

All requests (in writing) for an election to fill the vacancy should be sent to:
The Returning Officer, Breckland Council, Elizabeth House, Walpole Loke, Dereham, Norfolk NR19 1EE

Note: In computing the 14 (and 60) day periods, Saturday, Sundays, Christmas Eve, Christmas Day, Good Friday and bank holidays are disregarded. 14 days will end on Wednesday October 4th.

Eileen Powell (Parish Clerk)

Beachamwell Local History Group

Advance warning: Here's a date for your diary, if you are interested in local history. Roger Farmer will be doing a talk for us about the history of Oxburgh Hall and some of the people who have lived there. It will be at 7:30 on Tuesday, 7th November, hopefully in Beachamwell Village Hall. More details in next month's G4N. **Maggie Mackenzie 01366 327023**

BEACHAMWELL, SHINGHAM & DRYMERE VILLAGE NEWS

St Mary's Church

At the PCC meeting in August which was chaired by the Rev'd Ken Waters, it was agreed that the service of Holy Communion which takes place in St. Mary's each month would try to move away from the Book of Common Prayer and introduce a rather more modern form of liturgy which will be printed on a service sheet. I suspect that the editor of the Book of Common Prayer, Thomas Crammer would himself be surprised that the language of the 16th century was still being used in so many churches, particularly in Norfolk, in the 21st century. For many people not brought up in the Church of England, it can be a bewildering experience trying to follow the BCP order of service. I think it's important that the church should move away from being an exclusive club.

It was also suggested at the meeting that the format of the Family Service each month would change, not least because no family actually attends the service. A more serious and less 'dumbed down' form of worship will take its place. It's quite possible for church services to be inclusive without being simplistic.

The members of the PCC expressed their gratitude to Pam and Dick Wainer who are sadly soon to move away from Beachamwell. They have worked tirelessly to maintain St. Mary's as a vital presence in the village, despite being surrounded by a sea of indifference.

We are fortunate to have this beautiful, ancient building in the centre of the village in which people for over a thousand years have come, not in the expectation of receiving ready made answers to life's problems, but to find a space in their busy lives to explore the deepest questions of existence. Not to ask such questions is to go through life like sleepwalkers. In the words of an 18th century, Bishop: *far more people need to be awakened than be comforted.*

James Knox Whittet

Restless Development Charity

I would like to thank everyone who supported the charity by donating and going to the fundraising cream tea in Beachamwell and the quiz night in Barton Bendish. The events raised £390 which will go towards empowering young people by giving them the skills and resources to lead change.

I have been selected to volunteer in Zambia with Restless Development for 3 months. While there, I will be working to improve livelihoods and sexual health education in the region.

If you would like to donate to this worthwhile cause, please visit:

www.justgiving.com/fundraising/emmalewins **Emma Lewins**

BEACHAMWELL, SHINGHAM & DRYMERE VILLAGE NEWS

Barn Dance

The big barn clear up after harvest was well worth it as once the bunting was up, flowers in jam jars, cloths on tables and straw bales arranged the music could start and stripping the willow could begin.

Almost 200 people gathered at St Johns Farm in Beachamwell for a spectacular hog roast, feast and dancing organised by The Beachamwell Memorial Hall committee and Friends of St Mary's Church. Funds raised will be split between the two.

Johns Dyer who keeps pigs here on the farm kindly supplied the pig and Colin Young the spit and skills to tie the beastie on. All the amazing salads were kindly supplied by Accent Fresh in Downham Market and coleslaw by Jonnie Pearce. Delicious potatoes from Heygate Farms - thanks to The Gribbons. Even the apple sauce was from the farm so a real harvest feel to the dance this year.

We had an expert team of carvers and many thanks to Tom and his merry men on the bar. There was a super raffle and dancing went on until late. Thank you to everyone involved – it's a lot of work - but a wonderful local event for all ages. Plus we raise a bit of money to keep our village hall and church running so all's well. **Caroline Sanderson**

Wednesday Walkers

It was forest rides, big, small, and tiny, that the W.W.'s explored this September. The route twisted this way and that through stands of beautifully mature trees of oak, birch, holly, and OAP firs, until none felt entirely sure just where they were. Eventually a main ride was found that led the group as far as Narford Wood close to the A1122.

The Walker's returned to Drymere along the ancient track known as the Pedderysty. Just how old this path is no one is sure, but it was walked long before the Romans marched north to the coast, and today is a bridleway, and part of a new circular walk around Beachamwell Warren.

On 4th October we will walk towards the Barton Bendish end of the parish, leaving the Memorial Hall at 10.00 am, so do come and join us.

Sue Pennell (01366 328452) and Leah Spencer (01366 328536)

BEACHAMWELL, SHINGHAM & DRYMERE VILLAGE NEWS

Beachamwell Village Hall (Charity registration number 303900)

Village Hall Accessibility Project is under way!

Work is under way at Beachamwell Village Hall which will significantly improve access for people with impaired mobility. Entrance doors are being widened and the current cloakroom facilities are being re-placed and will now include a disabled WC.

Leah Spencer, spokesperson for Beachamwell Village Hall Committee, says 'Although the temporary closure may be inconvenient in the short term, the community appreciates the long-term importance of providing full access for people with impaired mobility. We are looking forward to a grand re-opening of our village hall in late October'

The project has been made possible by a grant, awarded by WREN's FCC Community Action Fund. WREN is a not-for-profit business that awards grants for community, biodiversity and heritage projects from funds donated by FCC Environment through the Landfill Communities Fund.

Ben Walker, Grant Manager for WREN says: "It's always nice to see a project that we have funded start to take shape. We're delighted to be supporting such a worthwhile project and look forward to its completion benefitting the local community within Beachamwell and surrounding areas.

For further press information please contact Leah Spencer 01366 328536

leah@wissey.co.uk

Here are some dates for your diary:

Friday 20 October Pop up Pub with a new Fish and Chip Van. Pub will open 6.30pm but we hope chip van will be available from 6pm for people who want to eat at home.

Fish, chicken or sausage and chips £5.80 a portion; with mushy peas or curry sauce £6.50 a portion. Watch out for flyers, emails and posters!

To order phone Leah Spencer 01366 328536

Auction of Promises (and things!). Provisional date 24 or 25 November in the hall. This is a fund raising event for Phase 2 of the Accessibility Project and will go towards providing a hard surface path from the track to the hall. More details in November edition.

The next Beachamwell Fete and Country Fair will be held on Saturday 1 September 2018.

BEACHAMWELL, SHINGHAM & DRYMERE VILLAGE NEWS

A-Z of Beachamwell Activities

The temporary closure of Beachamwell Village Hall for building work has highlighted the range of activities that usually take place in our village. When the hall re-opens you might like to consider taking part in some of the following:

Art Group – meets on an ad hoc basis for workshops on painting, drawing, printing.

Afternoon Teas – 2pm in Village Hall 3rd Wednesday afternoon of the month

Book Group – 7.30pm 1st Tuesday of the month

Craft Group – 2pm last Wednesday of the month to knit, sew, crochet, draw ...

Creative Writing – 2pm fortnightly led by local writer James Knox Whittet

Decoupage – 10am 2nd Monday of the month, turn everyday wooden objects into delightful works of art.

Family History – 2pm 3rd Tuesday of the month find out about your ancestors

Horticultural Society – would you like to help with the Annual Show?

Local History – ad hoc Tuesday evenings - find out more about your village and it's surroundings

Pilates – 2 classes in the hall every Friday morning

Pop up Pubs and Restaurants – organised by the Village Hall Committee as social events for people to meet

Quilting – 10am Thursday mornings to hand sew

Table Tennis – we have the equipment, just need an organiser!

Wednesday Walkers – meet 10am 1st Wednesday of every month outside the Village Hall.

WI – 7.30pm 1st Thursday of the month in the village hall

Yoga – 10am Tuesday mornings in the village hall.

For more details of any of the above activities contact Leah Spencer 01366 328536

Beachamwell Village Hall Committee

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

WI

For eleven months of the year our committee organises interesting meetings and outings for members. In September roles are reversed and members take charge, so that the committee can have a brief rest. This year's Members' Meeting was held in Barton Bendish Village Hall and the theme for the evening was 'Every Picture Tells a Story'.

BEACHAMWELL, SHINGHAM & DRYMERE VILLAGE NEWS

Everybody brought along pictures from their home to the meeting.

The works on display ranged from photographs of much loved family members and pets, through landscapes, family souvenirs, framed needlework, pen and ink drawings, prints and original art works in prints, watercolours and oils. And why had they been chosen? They reminded the owners of important occasions in their life e.g. birth and marriage; important places in their lives; people who had made the picture or for whom they had made the picture; the happiness that the picture gave them. It was very interesting to hear people talk about their pictures, we learned a lot and had a lovely evening. Members had provided a delicious spread in typical WI style.

We are already looking forward to next month's talk by Liz Nally on Antique Quilts. If you would like to come along, contact the secretary on 01366 328589.

Leah Spencer

September is always our "members' meeting" when the committee step down from their duties and are entertained by the members. This year's theme was "Every Picture tells a story": all members brought along a picture from home that has a special meaning for them and took it turns to tell the story. The pictures and their stories were fascinating and varied. Members also brought along a tasty buffet for all to enjoy.

August was a busy month for us with a trip to Blickling Hall, a lovely afternoon tea in Carole's beautiful garden and an evening trip to Sculthorpe Hawk and Owl Trust on August 24th where we were joined by interested visitors from the village.

Next month, Liz Nally will be coming along to talk about "Antique Quilts and their Stories".

If the building work is still going on in the village hall, we will be at Barton Bendish for the evening.

Visitors are very welcome to join us.

Contact:

Maggie Mackenzie
01366 327023 or Helen
Ranger 01366 328589



CHURCH SERVICES IN OCTOBER (Northern group)

Sunday 1st October The Sixteenth Sunday after Trinity

10.00 am Shouldham Morning Prayer
 10.30 am Marham Café Church (Methodist Chapel)
 10.30 am Stow Bardolph Holy Communion
 11.00 am Wormegay Holy Communion

Sunday 8th October The Seventeenth Sunday after Trinity

9.30 am Shouldham Thorpe Holy Communion
 10.30 am Marham Morning Prayer
 10.30 am Stow Bridge Holy Communion
 11.00 am Watlington Holy Communion
 6.00 pm Fincham Evening Service

Sunday 15th October The Eighteenth Sunday after Trinity

10.00 am Shouldham Holy Communion
 10.30 am Marham United Worship (MC)
 10.30 am Nordelph Holy Communion (Village Hall)
 11.00 am Tottenhill Holy Communion

Sunday 22nd October The Nineteenth Sunday after Trinity

9.30 am Fincham Holy Communion (said BCP)
 10.30 am Marham Holy Communion (Holy Trinity)
 10.30 am Wimbotsham Holy Communion
 11.00 am Wormegay Holy Communion

Sunday 29th October The Twentieth Sunday after Trinity

10.30 am Stow Bridge Group service Holy Communion
 11.00 am Runcton Holme Holy Communion

THURSDAY SERVICES at 10am

HOLY COMMUNION Fincham 5th, 19th and 26th Boughton 12th

COMPLINE at 5pm

Whittington 19th

BAPTISMS AND WEDDINGS

Please contact the Churchwarden in your parish.

Fincham Cathy O'Brien 01366 347279
 Marham Philip Fay 01760 444199
 Shouldham Brian & Ann Hullah 01366 347814

Shouldham	Bill Tasker	01366 347432	01366 347253
Shouldham Thorpe	Gordon Reid	01366 328536	01366 347829
Shouldham Thorpe	Gary Eggleton	01366 328536	01366 347829
Beachamwell	Leah Spencer	01366 328536	01366 347829
Boughton	Pam Wakeling	01366 500429	
Wereham	Doreen Rolph	01366 500218	

CHURCH SERVICES IN OCTOBER (Southern group)

Sunday 1st October

The Sixteenth Sunday after Trinity

11.00 am	Beachamwell	Holy Communion
11.00 am	Wretton with Stoke Ferry	Pet Service
11.00 am	West Dereham	Family Service
6.00 pm	Wereham	Evensong
6.00 pm	Methwold	Harvest Service and Supper

Sunday 8th October

The Seventeenth Sunday after Trinity

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

Sunday 15th October

The Eighteenth Sunday after Trinity

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

Sunday 22nd October

The Nineteenth Sunday after Trinity

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

Sunday 29th October

The Twentieth Sunday after Trinity

10.00 am	West Dereham	Group Service
4.00 pm	Methwold	All Souls Service

BAPTISMS AND WEDDINGS

Please contact the Churchwarden in your parish.

CHURCHWARDENS

Barton Bendish	Mhari Blanchfield	01366 347849
	Linda Webster	01366 347563
Beachamwell	John Sanderson	01366 328818
	Graham Williams	01366 328774
Boughton	Pam Wakeling	01366 500429
Wereham	Sheila Smith	01366 858165

BOUGHTON VILLAGE NEWS

All Saints' Church

Many thanks to Sandy Reid and her team for the Ritz Tea experience at the church on August Bank Holiday Monday. Everyone enjoyed it, bot teas and the social occasion. The even raised £340.50p for the church to include donations.

'Tea at the Ritz – no need to go to London when this exquisite experience can be enjoyed in Boughton . The most charming Maitre D' was ready to greet us as we arrived at Boughton church on August Bank holiday Monday afternoon . He escorted us to our table which was a joy to behold . On every table were flowers , a three tier cake stand with beautifully crafted sandwiches , scones bulging with jam and cream , individual cakes and patisseries , and of course , the elegant china . It was surreal . In their crisp black and white , the waiters and waitresses were most attentive 'more tea madam , sir , and would you like more sandwiches' , - and did I detect a curtsy ? The whole afternoon was a delight , the happy faces and the huge round of applause said it all , it was a privilege to be there , A huge thank you to Sandy , Angela and the team for working so hard to give us the wonderful 'Ritz Experience' '/ EJS

By now, work should have started to replace the plastic guttering on the north side of the Church, with cast iron. At our last five yearly inspection, the church architect commented that cast iron would be much preferable to plastic. At the same time, the boiler house will be re-roofed, with new underlay and lead flashing. We also plan to have Bonnetts remove the redundant fuel tank beside the boiler, to free up some storage space.

We would like to replace the guttering on the south side at the same time, but this would run our funds down to an injudicious level. Any donations that could make this work possible at this time would be most welcome! Bear in mind that through the government Gift Aid scheme, we are able in most cases to increase the value of any gift by 25% at no cost or aggravation to the donor.



Paul Coulten (for the Parochial Church Council)

Harvest Festival Sunday 24th September

We were delighted to celebrate Harvest Festival in a decorated church. There were fruits and flowers, and gifts for the foodbank, together with a collection of £85 for FarmAfrical The service was particularly notable because we had two priests and a lay reader to take it for us. The altar had been brought down to the top of the chancel steps, where first Robin preached aand then Brian celebrated the communion. This collaboration was due to the fact that it was the fiftieth



anniversary to the day of Brian's ordination and Robin had celebrated his forty-eighth three days earlier. They were ordained by the same bishop, who had also ordained Pippa as a Lay Reader. Many thanks and congratulations to them all, for all that they do for us at Boughton.

Boughton's Bottle All at Sea

This episode is a retrospective account of the Bottle's visit to HMS Queen Elizabeth, the Royal Navy's new and largest vessel. She sailed from Rosyth, under the iconic Fourth Bridge and out into the North Sea where she underwent her first sea trials. For obvious reasons this had to be kept a close secret, so we were not permitted to share this account until completion of the trials and when the Ministry of Defence gave their permission, and had removed the D. notice placed on G4 :-

The First Sea Lord invited our Bottle for pre-trials drinks on board the Royal Navy's newest vessel, HMS Queen Elizabeth. The Bottle was piped on board and welcomed to the ward room by her Captain who introduced the ships company of officers. Our bottle was so taken by the huge Aircraft Carrier, and expressed the desire to join the crew on her first sea trials, programmed for June 2017. The bottle's request was passed on to the First Sea Lord, and surprisingly the Ministry of Defence agreed.



So we dressed the bottle in a new sailor suit and off he went to join "Big Lizzy".

After sampling the servings of the galley, and the Captains wine cellar, the bottle was taken up to the bridge and was permitted to steer her from her berth without mishap.

Sailing off the east coast of Scotland and beyond does test a sailors sea legs, and we are proud to say Boughton's Bottle stood up to the test with grace and dignity. An emotional moment when Queen Elizabeth and Bottle sailed into her home port of Pompey on the 16th August. Also pleased to say the Bottle resisted

the temptation of having a tattoo while on board

Frank & Tim.

.TERRY THE TORTOISE OR NOT???

When a tortoise was offered to us, having been found in a local farmyard, Isabella was over the moon. She nursed it and offered it lettuce but it was reluctant to eat. We called it "Terry" as we didn't know if it was a girl or a boy. We placed a notice on the notice board saying "Tortoise found" to see if there were any takers. Alas none came forward. Isabella was hoping to be able to keep it as a pet.

We went away on holiday and left Terry in the capable hands of Sue and Roy who had a tortoise of their own. On our return Isabella, Andreas and GrAndy went to see Sue and Roy to retrieve Terry, BUT, as Sue and Roy had made enquiries concerning Terry they were assured that Terry was not a tortoise but a "Red eyed pond slider" originating from America and was indeed a terrapin. It was fully grown, a female that could be a vicious meat eater and lives in deep water. It was indeed the terrapin that lives in the pond who had gone on a walkabout and maybe got disorientated.

Well, Isabella was very disappointed with the outcome as Terry or Brutus, the vicious one, was returned to the pond to be seen only occasionally. The previous sighting was on a straw bale basking in the sun. Andy Beeson



Boughton Cricket Club Newsletter

August 2017 Latest News

Welcome again to Boughton Cricket Club(BCC) - As the season draws to a close we can begin to draw breath and reflect on the summer 2017 season

The great news is that we have managed to field a competitive side in all of our Saturday matchs and only had to call off one friendly match due to lack of numbers. As the season has drawn on the commitment shown from the players both old and new, young and not so young has shone through. By the time you read this we will know whether the Saturday team has manged to secure promotion by finishing in the top two of the 4th Division. If they do it will be a remarkable achievement for such a new side and if they don't again a huge achievement for the club in progressing to this point from a standing start.

For more information on the club visit the website or follow us on twitter @boughtoncc - we are an inclusive community club and will always try to get you involved whatever your ability. We pride ourselves on having a very diverse range of ages, genders and abilities. Whether or not you have played recently doesn't matter, as we have regular net sessions during the season and you can brush up on your technique or learn more from some of our more experienced players – there is always plenty of free advice available. Also we have our own very good equipment for you to borrow so all you need is a pair of trainers!

We will continue to post sessions updates and other news in G4 News and on the website and twitter account but in the meantime please feel free to contact me on 07768807534 or email me at theoldstablesboughton@btinternet.com

CLUB INFORMATION

Chairman - Steve Short

Vice Chairman - Ben Wilkinson

Team Captains:

Ashley Legge- Saturday Captain

Hugh Jenkins - Sunday/T20 Captain

BOUGHTON BISTRO QUIZ

Friday 27th October 7 pm

Tables of up to six £15 per person

Two course meal, sandwiched between eight quiz rounds

Bring your own wine—contact Pam on 01366 500429

Answers to quiz on page 22

Watering can
Garden hose
Garden fork
Sweet potato
Brussels sprout
Asparagus
Sweetcorn
Crocus
Gardenia
Horticultural
Seed potato
Sweet pea
Greenhouse

Wheelbarrow
Lawnmower
Gerturde Jekyll
Rimsky Korsakov
Potato
Taploca
Grass
Horse chestnut
Bonsai
Snapdragon
To produce sugar/food
Potato
China & japan
Amaryllis

WEREHAM VILLAGE NEWS

Wereham Craft Group.

We have had a very good month. The summer Fayre was excellent and the new layout worked extremely well. The craft group stall was in the village hall and we sold £145.00 worth of goods and this money has now been paid into village hall funds. Other craft stalls seemed to do very well also. Philip sold several of his metal craft items that he makes.

We are holding a pre- Christmas craft fair in the village hall [on 4th November 10am until 4pm](#). I have booked some new crafters this time who have not been to Wereham before so do please come along and do some early Christmas shopping. We have just 2 tables left if anyone is interested in showing their goods; please contact me for more details. We will also have the craft stall out at Wereham Tots one Friday in December, please keep a lookout on face book, G4 and local papers for the date or contact me in late November. The craft stall will also be at the Christmas Bazaar in December when there are also many other attractions. New members welcome. Contact me Rosemary on [10366 501330](tel:01366501330), [07749240606](tel:07749240606), e-mail rosemary.pease@btinternet.com.

Short Mat Bowls.

We are a small friendly mixed group playing short mat bowls and we would dearly love to have some new players, no experience needed, we are currently playing on a [Thursday evening 7pm until 9pm](#) but we are changing that for the winter months to a [Tuesday afternoon 2pm until 4pm](#). The date of the changeover is to be [Tuesday 10th October at 2pm](#). All former players of the Wereham short mat bowls group and the Stoke Ferry bowls group would be very welcome to join us. The cost is £2 per player, spectators are free, tea or coffee and biscuits are included. Contact Philip [01366 501330](tel:01366501330), [07759033492](tel:07759033492).

Car Boot Sales and Cafe.

The car boot sales continue to attract an assortment of car booters. The cafe is always open for bacon rolls etc, tea and coffee. Do come and join us for breakfast and see the progress of the new village hall. Contact Philip for details or to book a pitch. [01366 501330](tel:01366501330), [07759033492](tel:07759033492).

There are only 2 more car boot dates this year [on 29th October](#) and [26th November](#). Then we have a break over Christmas until the end of January 2018.

Alfresco concert.

Many, many thanks to all those attending and involved in the concert in St Margaret's church Wereham on Saturday, 9 September.

We were treated to some excellent music performed live by pianist and composer Elizabeth Lodge. This was complemented by some lovely poetry readings from Greg Braddock, Pam Wakeling, Chris Murray, Karen Taylor, Sue Smith and Paul Smith. All accompanied by a glass of wine or fruit juice.

The evening was organised to raise funds for the charity Mind, especially to recognise their excellent work with young adults. The church sent a cheque to the local office for £197.

A Huge thank you for everyone's generosity and for everyone's help in making the evening such a great success.

Ian Rye

DOG MESS

As the owner of a dog who lives in Wereham and clears up after him, it is not nice to come out of your home to find DOG MESS either right outside or on your garden.

If the said person or persons who, after their dogs foul then realise they don't have bags, PLEASE MAKE SURE THAT THEY TAKE THEM NEXT TIME.

ANON

September Update from Wereham Village Hall Committee

A big thank you to everyone who supported the Village Fayre at the beginning of September. As usual, we had a wide range of entertainments and activities running throughout the day as well as numerous visitors who made the day a great success.

Thanks to our event organiser, Doreen Rolph and the friends of Wereham village hall who delivered the event - set up, running of stalls and clearing up afterwards - we couldn't do it without you! Also, thank you to Jurassic Bark for organising the dog show, Fenland animal rescue for their animal interactive stall, Wereham and Wretton Scout group for their fab hands on activities - making pizza, smores and camp donuts, and thank you to each and everyone of you who joined us for a lovely day out. We raised more than £1250 towards the new village hall!

Update from the New Build Project Team

The new build is still progressing well – seeing the steel frame put into place was an exciting moment and we are still on schedule for completion early in 2018. Whilst the build has started, we still have a shortfall in our community fundraising and the Buy-a-brick campaign remains open and waiting for your

donations. If you've been meaning to donate but just haven't got round to it yet, please do log on to our MyDonate page which is accessed via our website

(www.werehamvillagehall.com) – it's very quick and easy!

For more regular updates and photos, follow us on our Facebook page.

Victoria, John E, John M & Rachel

Wereham Village Hall Bonus Ball Club

The lucky winners of £60 each in September were John Eastgate and Barbara Carter – congratulations to you both! *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](tel:01366500218).

Pop up Café – first and third Tuesday of the month, 10.30-1pm. Join us for a slice of homemade cake, a hot drink, a natter and a read of the daily papers, all for just £1.50. Light lunches also available – look out for our monthly specials! Cake donations/queries to Doreen on [01366 500218](tel:01366500218). Next dates are Tuesday 3rd and 17th October and Tuesday 7th and 23rd November.

Car boot and Café – last Sunday of the month, 9am-1pm (café opens at 8am). Next dates Sunday 29th October and Sunday 26th November (the last one of 2018). Café serving bacon butties, hot dogs and hot drinks. £5 per pitch. Contact Philip on [07759033492](tel:07759033492)/01366 501330 e-mail rosemary.pease@btinternet.com. **For all the pictures and feedback** from our events, log onto www.facebook.com/werehamvillagehall. By clicking on the 'Like' option, you will be kept up to date on events, pictures and the progress towards a new village hall.

Wereham Harvest festival Family Service

Sunday 1st October 11.am St Margaret's church Wereham

This will be a traditional family harvest festival service. Come and sing the traditional harvest hymns including 'We plough the fields and scatter'. Sample some of the freshly baked harvest loaf. Come and see the vintage tractor.

There will be a collection of tinned food which will be donated to the Downham Market food bank so please bring an offering if you can.

Please contact Debbie or Ian Rye tel [07863049677](tel:07863049677) if you want to know more.

Wereham Parish Council

Next Meeting Date

Tuesday 14 November 2017 (Ordinary Parish Council Meeting)

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

Wereham Parish Council has a Facebook page that anyone can apply to be a member of. The Wereham Village Group page is not administered or monitored by the Parish Council. The best way of contacting the Parish Council is to contact the clerk directly by email or telephone. If an immediate response is required the best way is to telephone.

Regards

Helen Richardson
Wereham Parish Clerk and Finance Responsible
Person



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

October and November events for Swaffham Jazz Club.

Tuesdays, 7.30 at
Swaffham Conservative Social Club
23 London Rd PE37 7DD

10 Oct Bays River Jazz Group
14 Nov Six Piece Jazz Band "Swing that Thing"

£6 on the door

More information from
Norman: 01760722384
Geoff: 01366 328730

ASPIRES DAY SERVICE – FUN DAY 2017

A great time was had by all on Friday 25 August. Nearly all of our 53 service users came to Fincham Memorial Hall for our annual Fun Day.

This year we had a Continental theme where we 'travelled' to Spain, Italy and France. Each service user was issued a passport and they had to get them stamped in each country. We had lots of fun with games of Pin the Tail on the Bull, making cardboard pizzas against the clock and a relay race with French bread batons.

The Tombola stall was well laden with prizes and manned by two of our volunteer committee members. Two more served French crêpes and made sure the chocolate fountain kept flowing.

Lunch continued the continental theme and everyone enjoyed glasses of Sangria (a loud groan went around the hall when we explained it was non-alcoholic!) followed by delicious individual pizzas freshly made by Donato's Pizza and Kebab House at Marham and rounded off with French croissant and chocolate eclairs.

After lunch, we danced the afternoon away with Tim Daymond and his brilliant Mobile Disco Network.

Thanks to everyone who sponsored the Aspires Staff Geo Caching walk earlier in the year as the proceeds helped pay for Fun Day.

ASPIRES – GRAND DRAW 2017

We are pleased to announce the winners of the Grand Draw which was drawn at Fun Day.

1st Prize – One night's bed & breakfast at Chalk & Cheese, Shouldham - £95

WINNER: Mr and Mrs Niebank.

2nd Prize – Meat Voucher from J. Sargeant Butchers - £40

WINNER: Mrs A Edwards

3rd Prize – Prezzo Restaurant Voucher - £20

WINNER: Mr M Gorman

4th Prize – Boots the Chemist Voucher - £10

WINNER: P Sewel

We would like to say a big thank you to all who bought Grand Draw tickets, we raised £200 towards our Friends of Aspires charity.

FRIENDS OF ASPIRES – Charity Donations

Friends of Aspires was lucky enough to be a chosen charity of the Ladybirds group at Shouldham. A team of staff members went along to their charity Bingo evening on the 18 July and had a really good time.

At the end of the evening the proceeds from the bingo games, the lucky dip,

raffle and sale of delicious cupcakes Friends of Aspires was presented with a cheque for £500!

We would like to thank the Ladybirds for choosing our charity and for their very generous donation.

TABOULI

Tabbouleh is a Levantine vegetarian dish made of tomatoes, finely chopped parsley, mint, bulgur, and onion, and seasoned with olive oil, lemon juice, and salt. Some variations add garlic or lettuce, or use couscous instead of bulgur. This recipe came from my thirteen year old great-great niece in Sydney, as part of her school tech/cookery lessons.

Pale-brown, pointy-shaped bulgur wheat is made by par-boiling, drying, then coarsely grinding wheat berries. Bulgur wheat is rich in protein and minerals, and has a nutty taste. Traditionally, the outer bran husks were removed by rubbing moistened wheat between one's hands; the remaining grains were cracked. These days, the process is usually mechanised. Bulgur wheat is also known as bulgar or burghul wheat. In America, it is called cracked wheat, though that generally denotes a wholewheat variety.

Ingredients

1/2 cup fine cracked wheat
3 bunches of flat leaf parsley
3 lemons (depending on how lemony you want it)
2 tomatoes
1 Onion
Salt & Pepper
Olive oil

Method

1. Soak 1/2 cup of fine cracked wheat in water in a bowl (just so the water covers the wheat) Leave aside
2. Cut 3 bunches of flat leaf parsley, 1 Onion and 2 tomatoes (Finley)
3. Use hands to squish water out of the wheat, then put the partly dry wheat into a dry bowl
4. Mix all ingredients together slowly
5. Add lemon, salt and pepper and pour olive oil
6. Taste add more lemon salt or pepper if needed, if too dry add more olive oil
7. ENJOY!!!!

A night at the Museum

Treasure hunt

Games and food

Prize for the best fancy dress

Tuesday 24th October

6:30–8:30pm

Ages 5-11 - £3 Entry

To book, phone 01366 384428

Or email learning@discoverdownham.org.uk





National Trust

Oxburgh Hall Events

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

Sunday 8th October, 10.30am to 4.30pm

Apple Day

An event to promote the importance of heritage apples and orchards, especially those that originate in the East of England. The East of England Apple and Orchards Project will be on hand to raise awareness of the different apple varieties and give advice about which apple trees visitors may like to buy. They will also be promoting courses on Orchard Management. Visitors can also bring along unknown apple and pear varieties from their gardens and have these identified. An apple press will be available for visitors to bring along their own apples to crush and take juice home. Visitors will need to bring along their own containers for this.

In addition, other organisations such as the Master Gardeners' Association, Cockley Cley wood-turners, willow basket makers, Riverford Organics and a spinner will be on hand. Children's activities will also run. Apple- themed menu in tearoom.

Normal entry to the gardens applies.

Friday 27th and Saturday 28th October, 5pm – 8.30pm

Oxburgh by Candlelight

Join us for a candlelit tour of Oxburgh Hall after dark. See the Hall in a different light and discover more of its secrets. Find out what made a Victorian All Hallows Eve and listen to traditional tales in the King's Room.

Booking is essential as places are limited to 18 people per tour. Tours last approximately an hour and will run at the following times: 5:00, 5:30, 6:00, 6:30, 7:00 and 7:30. Late comers may not be permitted to join the tour. Tearoom will be open to purchase warm drinks, soup, and light snacks. Shop will also be open.

£15 per adult (not suitable for children). To book, please call 0344 2491895.

Saturday 21st to Sunday 29th October, 10.30am – 4pm

Pumpkin Trail

Explore the grounds, finding the Oxburgh grown pumpkins and discover their hidden secrets, featuring bats, beasties and ghouls. On **Saturday 28th and Sunday 29th October** find your way to the decorated Armoury and join in with the craft activities.

Free event but normal admission to grounds applies.

[Fancy Volunteering?](#)



Nails By Caron
Mobile Nail Technician

- * 15 mile radius of Necton
- * Fully Qualified & Insured
- * Nail Extensions/Enhancements
- * Gel Fingers/Toes
- * Manicures
- * Pedicures

Tel: 07 800 800 995
Nails-by-Caron@email.com

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

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

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

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

Belts and other items can be handmade to your specification.



Shop: 01366 386178 Mobile: 07798 826733
Email: edwardsleathercraft@gmail.com Website: edwardsleathercraft.co.uk



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

Doggie Style Grooming



Tel: 07 800 800 995

Mobile Dog Grooming

No Mess.... No Stress!

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

Qualified & Insured

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

To advertise in G4N

Contact ADVERTISING

Alan Pickering 16 Tinkers Way,

Downham Market, PE38 9TQ

Tel: 07779 787499 or 01366 386125

e-mail: group4news@gmail.com

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

WEBSITE

www.group4news.co.uk

Kevin Fisher, Tel 01366 502224

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

I can help!

ade

Ade Jordan
Friendly Technology Solutions

Based in Wereham, West Norfolk

Fault finding; Repairs; Installations;
Configuration; Training

Tel: 07980 140000

email: help@adejordan.com
www.adejordan.com

No call out charge. No fix, No fee



**DO YOU FEEL VULNERABLE
OR ISOLATED?**

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

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



Careline
COMMUNITY SERVICE

We provide Carelines, 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



1170-97G4N A5 Careline ad.indd 1

06/01/2016 13:52

Living Independently in Later Years Information for Older People Living in West Norfolk

**ASK
LILY**



- Telephone information line
- Online directory
- LILY Advisor home visits
- Community locations

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



Borough Council of
King's Lynn &
West Norfolk



2008-15.1

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

Charlotte Rose LicAc



Acupuncture

Acupuncture for Pain

Facial Acupuncture

Reflexology

Aromatherapy Massage



Cupping Therapy



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

Clinics in Stoke Ferry + Castle Acre

Gift Vouchers Available

Contact: Charlotte: 07855513199 /
01366 501232

charlotterose.charlotterose@gmail.com

www.charlotte-acupuncture.co.uk

Swaffham Vets 130x190 Advert_Layout 1 30/03/2015-22:54 Page 1



Swaffham Veterinary Centre

3 TOWER MEADOWS, SWAFFHAM PE37 7LT

The team at Swaffham are pleased to offer:

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

OPENING HOURS:
Mon-Fri 8.30am - 6.30pm
Sat 9.00am - 12pm

We provide our own out of hours service where you will be seen by one of our vets at the practice in Swaffham. Please phone the normal practice number in an emergency.

Please contact us by phone or email for more information:

Phone:
01760 722054

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



Like us on Facebook for updates and news



**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 7am to 6pm
from age 3 months to 5 years**

Breastfeed, After School and Holiday Clubs up to the age of 5
570 hours of 'Free Child Care' for all children residing in Norfolk/Suffolk
over the age of 3 and 4 years. Child Care Vouchers Accepted

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

39 Stoke Road, Methwold, Thetford PE26 4FE Tel: 01386 728419
Thetford Local Authority Services and Children

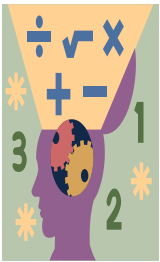
JET ACCOUNTANCY & BOOKKEEPING SERVICES

**Professional and qualified
service offering:**

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

Tel: Louise Scott (MAAT)
07806 792211

info@jetaccountancy.co.uk



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

JANZ ELECTRICAL

**Installation, maintenance, fault finding
and testing**



For all your electrical needs contact

PAUL JANZ

on

07545 873262 or 01945 882156

janzelectrical@hotmail.com

**Cotswold, School Road,
Walpole Highway, Wisbech**

NO MEAN FEET

FOOT CARE IN THE COMFORT OF YOUR OWN HOME

YOUR LOCAL CARE SPECIALIST



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



for the best feet in the street

CALL STEVE ON 07837 506 906

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

NO MEAN FEET

CARE IN THE COMFORT OF YOUR OWN HOME

YOUR LOCAL CARE SPECIALIST



✓ REMEDIAL MASSAGE

✓ THERAPEUTIC MASSAGE

✓ SPORTS INJURY

✓ BIO MECHANICAL
& GAIT ANALYSIS

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

✓ LYMPHATIC DRAINAGE

CALL STEVE ON 07837 506 906

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



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 ☎ (01553) 766795

67 Lynn Road Wisbech (01945) 461112



Golden Charter 
Funeral Plans
Funeral Planner of the Year Regional Winner 2013

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**



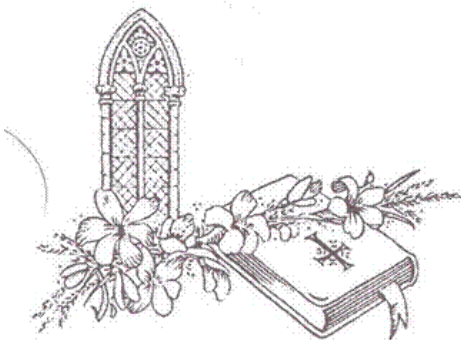
Privileged To Serve Families In The Area For 3 Generations

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

WJA TILING

The Complete Wall and Floor Service

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

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

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

PAUL FARRAR

**GENERAL PLUMBING
SERVICES**

ALL ASPECTS OF
PLUMBING UNDERTAKEN,
INCLUDING
MAINTENANCE AND
REPAIRS

AT COMPETITIVE PRICES

**PHONE 01366 328072
OR 07725 300624**

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**



14th October 2017

19:00 hrs.' for 19:30 hrs.'

**1940's
Desert Rats
Fundraising
Dinner &
Dance**



To be held at:
**Lynford Hall Hotel,
Mundford, Thetford,
Norfolk. IP26 5HW**

Members £30

(limited 2 tickets at £30 per member)

**Non-Members £35 a ticket
Period or Smart Dress**

On 14th October 2017 at 19:00 hrs.' for 19:30 hrs.'

**Members £30, Non-Members £35 a ticket
Period or Smart Dress**

**Tickets include: 3-course sit down meal with tea/coffee,
1940's Swingtime Sweetheart singers, Raffle, Tombola,
Money Tree.**

Carriages at 23:59 hrs

For further information

Visit the Website: <http://www.desertrats.org.uk/dance>

**contact Debbie Wells Tel: 01366 347316 or
email : desert-rats-event@tesco.net**

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

newrooms

kitchens bedrooms bathrooms

KITCHENS

BEDROOMS

BATHROOMS

FLOORING

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

01366 727417

newroomsdesign.co.uk

Follow us on



facebook



twitter



Instagram



Pinterest

Jake Stansfield Ltd

Plumbing & Heating

All aspects of Plumbing & Heating to the highest standard.

Gas Safe registered.

Contact 07780463787 or

01366 500469

jakestansfield@live.com



Paul Braybrooke

Oil Fired Boiler Engineer

Boiler Servicing Breakdown Service



Commissions
Tank Replacements

Phone 01353 777788
07946 735691

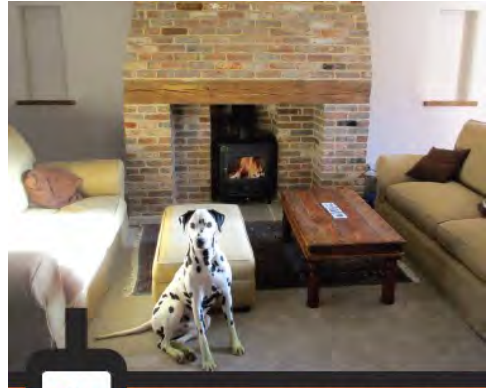
Taylor's Solid Fuels Family run since 1946

Regular fortnightly Solid Fuel deliveries in your area. Competitive prices and a full range of products.

"Don't Shiver We Deliver"

Quality top soils and aggregates. Bulk bags and Tipper loads from 1-20 tonne

Tel: 01842890568 or see us
on
www.taylorssolidfuels.co.uk



**SUPPLY & INSTALLATION
OF WOODBURNERS**

Norfolk's agent for Aga, Hunter & Parkray Stoves

AGA
CAST IRON STOVES

Hunter
STOVES

PARKRAY

01328 700161

www.norfolkwoodburners.co.uk

M.B. Roofing

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



01760 725047

07979 811260

**MB
Roofing**

mb-roofing.co.uk

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.

Just the JOB Gardening

Call Jacquie on:

07919371994

for a chat
and quote



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



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

Turn To Ted

Friendly, Hardworking,
Handyman, Gardener,
DIY

£15 per hour, 1hour min

No job too Small or Large

Telephone

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



THE SOUTH PICKENHAM ESTATE CO LTD FIREWOOD

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

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

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



Contact
The Estate Office
Tel 01760 756376 or
07776 178665

Trailer shown holds 3 cubic meters



P.G.M.S.

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

Sparex Agricultural
Accessories

**Peter Garner
Mechanical Services**

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

Tel: 01366 328823

E-mail: pgms@lineone.net



R D VOUTT & SON

PLASTERING

All aspects of plastering & floor screeding.

Contact Bob on **01366 328 545**

mobile **07799514635**

rdvoutt@yahoo.co.uk

Peckhams Plumbing

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



**All Work
Undertaken
Big Or Small**

**Fully Qualified
and
Insured**

**No Estimates
Just 1 Price**



**No Call
Out Fees**

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

Tel: 07534892411



Geoff Dixon

The professional alternative to doing it yourself

Geoff Dixon Carpentry, Joinery and Handyman Services, Beachamwell

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

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

☎ Telephone: 01366 659828 ☎ Mobile: 07726 584502

✉ Email: geoff@norfolkshandyman.co.uk

🌐 Web site: www.norfolkshandyman.co.uk

Doggie Style Grooming



Tel: 07 800 800 995

**Mobile Dog Grooming
No Mess.... No Stress!**

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

Qualified & Insured

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

Stow Hall Gardens

**Fincham Road,
Stow Bardolph**

**Open Sunday 8th
October and every
Wednesday to
25th October
10am to 4pm.**

**Admission - Adults £5,
Children free.**

Season tickets available.

Bonfire

at

**BARTON BENDISH
HALL**

on

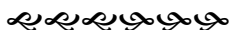
Friday 10th November
2017

From 6.30 p.m.



£6.00 per adult

(no charge for accompanied
children)



Price includes BBQ and a
glass of wine



Proceeds to: St Andrew's
Church,

& Village Hall, Barton
Bendish,



CHRISTMAS WREATH

WORKSHOP

Would you like to have a go at making your own

Christmas Wreath?

Then come along to Barton Bendish
Village Hall on

**Thursday 16th and Friday 17th
and Saturday 18th November
2017 at 7.30pm and also Saturday 18th at 10 am**

The cost of this fun and informal workshop is £15 per person and includes festive refreshment. All basic materials are provided but you can bring your own ribbon or everlasting decoration to add if you would like to, no experience is necessary and you will go home with your own beautiful Christmas wreath.

Just bring a pair of secateurs and dress for mess!

For more information and to book a place please contact

Mhari – 01366 347 849 or Linda
– 01366 347 563.

Traditional Values ...



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

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

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

Ashton Roberts

Letting Agents • Estate Agents

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



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

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

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

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

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

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

info@crossingsvets.co.uk

01366 382219

www.crossingsvets.co.uk