

Group 4

NEWS



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

September 2015

WELCOME



Hope you enjoy this latest edition of G4N.

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

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

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

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

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

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

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Please submit all information through your Village Contacts.

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‘FROM THE RECTORY’



New Rectory
High Street
Fincham nr. King's Lynn
Norfolk
PE33 9AP
01366 348079

Dear All,

We plough the fields and scatter

The good seed on the land,

But it is fed and watered

By God's almighty hand:

Hymns Old & New No. 534

This much-loved harvest hymn seems to have come from the very depths of the English countryside, so it would be no surprise to learn that it had been written by someone in Constable Country. In fact, it is a translation from a German original written by Matthias Claudius, who was born in Lübeck in 1740, the son of a Lutheran pastor. His harvest hymn first appeared in a play he wrote in 1782, about a harvest celebration in a North German village. It was closely based on a peasants' song he had heard sung by one of the farmers. The original ran to seventeen four-line verses but when the hymn was published in 1800 it had been shortened to six verses with a chorus. This shortened version was translated into English in 1861 by Jane Montgomery Campbell, the daughter of the vicar of St. James', Paddington. One modern version of this hymn has the lines:

We plough the fields with tractors,

With drills we sow the land

and

We add our fertilizers

To help the growing grain.

Nowadays English harvest celebrations seem incomplete without hearing the traditional version sung at least once. We are entering the season for Harvest Festivals in our churches and I expect that this hymn will be sung at every harvest service – why don't you join us and carry on the tradition? You will be very welcome. ***Rev'd Barbara Burton***

COUNTRYSIDE NOTES

With the shortening days thoughts turn to chillier evenings and the need for some supplementary heat. A lot of people now have woodburners so the need to get stocked up with firewood becomes imminent. If you have access to woodland and can cut it yourself other than time and effort the logs cost you next to nothing. As an added bonus it makes you warm several times from the physical activity of cutting the wood, getting it home then stacking it. The last is the most pleasurable as you sit beside the burning fire. Green wood doesn't burn well and leaves tar deposits inside the chimney so for maximum efficiency logs need to be seasoned, that is left to dry out. This is important. A load is expensive to buy so best to deal with tried and tested sellers than to buy cheap and be left disappointed. To burn well big logs may need splitting into smaller pieces. The choice of wood from certain trees can also make a big difference especially if it's to be burned on an open fire. Their qualities vary and the smoke from some causes a lot of tar to form in the chimney.

First choice must surely be apple wood for it burns slowly and brightly with great heat and an aromatic smell. Ash, sadly, is likely to be increasingly available as diseased trees are felled because of die-back. The wood can be used as fuel but it's recommended that it shouldn't be transported outside the local area to avoid infecting more trees. Ash burns rapidly and gives off a significant amount of heat. Oak and beech are slow to burn but once well alight give off a lot of heat. Elm burns with little flame producing less. Sycamore burns quite fast. Birch burns far too quickly and is best mixed with slower burning varieties. Lime also burns rapidly giving off a lot of heat as it does so. Mature hazel burns quickly with a bright yellow flame. Holly, field maple and hawthorn yield heavy logs which burn well. The flames are deep orange tinged with purple indicating great heat. Walnut, box, laburnum, laurel and rhododendron all burn well giving off a surprising amount of heat.

Quite a few species such as willow, horse chestnut, poplar and in particular sweet chestnut all tend to 'spit' when burnt. For this reason they are far better used in an enclosed stove than risking red hot embers popping out onto the carpet from an open fire. Wild cherry burns evenly with a fragrance but unfortunately also spits. Most conifers burn reasonably well but once again spit badly. In times past furze (gorse) was 'poor man's fuel' and, tied into faggots, would be burnt on an open hearth.

In case anyone is interested I will be in Ceres bookshop on Saturday September 12th signing copies of my new book about the wild rabbit in Britain and its history. It will also be available at our Art and Craft Exhibition in Barton on September 19th and 20th

Jill Mason

Car Link Volunteer Drivers Needed in Your Area

Car Link is a partnership between ERS Medical and Voluntary Norfolk, providing non emergency patient transport throughout the majority of the county. Our volunteer drivers provide an essential service, transporting up to one hundred patients to their destination each day. We are looking to recruit new volunteer drivers to join our busy team and would love to hear from caring, calm and reliable individuals with their own car. As well drivers to journeys to hospitals in Norfolk and East Anglia, we are also looking to find volunteers happy to go above and beyond the usual, by taking on early morning appointments and appointments in London. All expenses are reimbursed, and training is provided.

Please call Jules on 01603 883860 or email

jules.alderson@voluntarynorfolk.org.uk

We are particularly short of drivers in your area, so any support you may be able to give would be greatly appreciated. If you have any questions about the service, please do not hesitate to contact me

RECIPE OF THE MONTH

Peanut and Raisin Cookies

125g butter (or margarine) softened

150g caster sugar

150g plain flour

½ tsp baking powder

½ tsp salt

1 egg

125g crunchy peanut butter

175g raisins



Place all ingredients, except raisins, in bowl and beat well.

Add raisins and mix.

Place in heaped teaspoons on greased baking sheets.

Bake 170C for 10-15 mins. **Leah Spencer**

GARDENING TIPS

Once again we fast are approaching the start of the final season of the year. Where does the time go? It seems only a month or so ago that I was making the first sowings of the year! At least the weather seems to be getting back to normal after the autumn like conditions towards the latter part of July and at the time of writing this, things seem to be warming up again. The brief spell of cooler conditions was welcome from one point of view in that at least it brought us some much needed rain which was welcomed by all of my plants. Dahlias which seemed stunted at about 12 inches (30.5cm) suddenly doubled in size and actually started to come into bloom! I had purchased a number of new tubers earlier in the year and was anxious to see what the flowers would be like. Those that have bloomed so far look quite good, not up to exhibition standard but a nicely proportioned bloom for garden decoration.

Now that we are in September our thoughts must turn to certain important jobs in the garden. The soft fruit season, other than for the autumn raspberries and a few remaining black berries and similar fruits, is over and attention must be given to the bushes and canes. Prune out any diseased and other old and unwanted wood that has fruited. Ensure that the centre of the gooseberry bushes is kept 'open'. The crop and quality of fruit will be enhanced and it will be so much easier to pick. Cut out all of the old fruited raspberry canes and start tying in the new canes to their restraining wires. Clean-up round the soft fruit bushes and raspberry canes, removing weeds and any other unwanted rubbish and mulch around the plants. If you have it, home-made compost is the ideal mulching medium. If the soil is still very dry I would always water the bushes and canes well prior to mulching and finally, fork over the ground to open the surface to any natural precipitation. Pruning the autumn raspberries can be left until next spring.

Have you taken your cuttings yet? If not, do not delay any longer. Normally September's weather conditions are ideal to take cuttings in that they can be placed in a semi shaded position, protected from the attentions of our feathered friends. Cuttings need warmth and cool conditions to root well and reasonably quickly. Subjects that like moist potting medium do best in plastic pots but I personally find that the pelargonium family do best in clay pots. Although they need moisture to root they do not like wet conditions and a clay pot allows the potting medium to breathe and be damp rather than wet. I use a medium of 60% peat (or similar) and 40% grit sand. All species can do with the assistance of a rooting compound, but buy new each year. Do not use that which has been

hanging about since last year – it will have lost any help it may have had! If I can get it I like to use the liquid kind, although I have also had very good results for the powdered variety. Propagating perennials is very simple. Having selected the plant for propagation gently drag away a little soil from the edge of the parent plant adjacent to a nice healthy new growth. The latter can be eased away from its parent and cut off with some roots already in place. Pot up the new growth in John Innes Number 2 compost, water, place in a semi shaded spot and then keep the compost just damp. You will then have a nice new plant very quickly; ready in fact to be planted out into the main flower bed towards the middle of October or, you can keep it over winter in a green-house and plant out when the frosts have finished the next spring. This process can be carried out in the spring but any flowers will be rather later than usual.

Most vegetables other than the late brassicas and parsnips have now been harvested and it is time to have a good clean up round the vegetable garden. Clear away all the old rubbish, weeds and leaves that have fallen from the brassicas. With damper conditions not far away any litter left on the ground will only provide shelter and food for slugs and snails and hiding places for overwintering aphid varieties all of which spell trouble for the future.

Much has been written about lawns and their care by many people and there are so many different compounds on the market to produce that 'perfect sword'. Over the years I have tried many of them, some having partial success but nothing to date has given the lasting quality despite several applications. I have come to the conclusion that the quality of a lawn is almost entirely down to the type of soil it is growing on and not down to the various compounds that can be applied to it. Yes, it needs proper attention in the spring and autumn by spiking, scarifying, sweeping and dressing with either autumn or spring feed to keep what grass there is in as good a condition as is possible. On sandy soils copious quantities of water is an absolute necessity to even keep it green and that can be very expensive and really frowned upon. If you have a clay based soil then there is not quite so large a problem but even there, when it gets very dry, whilst everything may not go quite so brown there is another problem, that of the turf cracking. Is it any wonder that there are so many 'gravelled front lawn areas in Downham Market'? I don't like them but I am coming to understand why so many residents have them!

Sorry to end on rather a morbid note but it does seem that maybe the pundits are right – it's getting warmer and dryer to boot. Are well, there is always next year – it will probably be so wet that I will have to completely re-think!

Roy Coughtry

LOCAL BUSINESSES INVITED TO 'MEET THE BRECKLAND BUYERS'

Local businesses are being invited to attend a special event to find out more about how they could win contracts to provide services for Breckland Council.

The Meet the Breckland Buyers event, to be held on September 29, will give businesses a chance to speak to members of the council's various teams about the diverse range of goods and services bought by Breckland. The event is open to businesses of any size based in Norfolk or Suffolk.

The companies will have an opportunity to hear more about how Breckland selects suppliers before talking about the services they can provide and how they could support the council to deliver first class services to residents and businesses. The event will also provide an opportunity for networking with other local businesses.

Julie Kennealy, Breckland Council's Executive Director of Commercialisation, commented: "Breckland buys a vast range of goods and services on behalf of residents and businesses, as well as behind the scenes services which enable the council to operate.

"This event will provide local businesses an opportunity to find out more about the sort of contracts that Breckland offers and how they could become a supplier in the future. It also means our teams can find out more about the businesses that are out there which are offering new and exciting ideas, services, and ways of operating, which could help us further enhance our services and become more efficient and effective."

When booking their place, businesses will be asked to identify their area of expertise so they can be matched with the most appropriate Breckland Council team. Service categories range from architects and financial services, to cleaning services, marketing materials, and security, so any business will be able to attend.

The Meet the Breckland Buyers event will take place at Elizabeth House, in Dereham, on September 29, from 4pm. The closing date for registration is 5.30pm on September 22.

For more information and to book your place, go to:

<http://www.breckland.gov.uk/content/meet-breckland-buyers>.

Media contact:

Matt Barnard, Communications Officer, Breckland Council: 01362 656815.

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

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

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

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

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

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

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

Telephone 01366 386972 or 07926 044845

Email vhowling@csv.org.uk

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



CSV, 237 Pentonville Road, London, N1 9NJ

Find out more at www.csv.org.uk

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

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

BRECKLAND COUNCIL



Reduce waste – save money

The average UK household throws away £470 per year through food waste!

As well as the cost to our pockets, there's a cost to the environment too as the food waste currently going to landfill produces greenhouse gases equivalent to a quarter of all cars in the UK.

This autumn, Breckland's Environmental Services Team is focusing on a different area every month. September's focus is on preventing food waste and the team has found some helpful advice for residents, to help you save money whilst protecting the environment.

The 'Love Food Hate Waste' website has lots of useful tips including advice on portion planning and tasty recipes to help you use up odd items of leftover food.

<http://england.lovefoodhatewaste.com/>

The website also has a handy app that you can download for free. Great for when you're on the go as you can create a shopping list and look up recipes by ingredient. Planning meals and creating a shopping list (whether on the app, or with pen and paper) is one of the best ways of keeping control of your shopping spend.

If you have any unwanted items of food that are not perishable and still in-date, you can donate them to your nearest food bank to feed local people in crisis.

Thetford Food Bank: 01842 820825

Swaffham Food bank 01760 725349

Dereham Food bank: 01362 850624 to contact Dereham's food bank.

If you have leftover food that cannot be re-used, this should always be put in your green bin and never in your black recycling bin. Food put into black bins contaminates other items and they will all end up in landfill.

Reducing food waste is easy and saves money too. Throughout this month Breckland's Environmental Services Team will be tweeting #wastefreewednesday tips about food on the Council's twitter account @BreckCouncil, so check them out!

NORFOLK RECYCLING CENTRES READY FOR HAZARDOUS WASTE AMNESTIES

Check your cupboards, sheds and garages for toxic household chemicals that you don't want any more so you can take them to be disposed of safely and securely at a series of household hazardous waste amnesties taking place at Norfolk County Council's recycling centres during September.

Wood preservatives, bug and weed killers, paint, thinners, varnishes and special cleaning products are among the wide range of household chemicals that will be accepted – for free – at the weekend-long events. These products are too dangerous to be tipped down drains or sent to landfill without damaging the environment.

Events will take place between 9am and 6pm at the following sites and dates:

Saturday 5 and Sunday 6 September

Hempton, Helhoughton Rd, Fakenham, NR21 7DY

Saturday 12 and Sunday 13 September

Dereham, Trafalgar Business Park, Rash's Green, NR19 1JG

Saturday 19 and Sunday 20 September

Thetford, Telford Way, IP24 1HU

Saturday 26 and Sunday 27 September 2015

King's Lynn, Willows Business Park, Saddlebow, PE34 3rd

Specialist hazardous waste disposal chemists are commissioned to run these events at the recycling centres to help residents avoid these costs.

'Residents can save money by not over-buying and it could also help to push down the cost to council taxpayers of having to deal with the waste.'

You can find out how to get to your nearest event by visiting www.norfolk.gov.uk/recyclingcentres or calling 0344 800 8020.

The County Council recommends that if people are planning to bring hazardous products to an amnesty event they should:

- ~ Keep all products in their original containers and not mix them together;
- ~ Keep containers clearly labelled where possible;
- ~ Make sure that the products are properly sealed to avoid leakage.

To find out more about the amnesty events, or if you are unsure about what can and can't be accepted, visit: www.norfolk.gov.uk/hazardouswaste or call 0344 800 8020.

Calling all word game and crossword fans!

Look out for the next Barton Bendish quiz sheet. There are 60 questions with answers all on an 'All Creatures Great and Small' theme. This quiz will keep you entertained for hours and only costs £1! There is a prize of £15 for the winner. Names of correct entries (or those who have the highest number of correct answers) will be put 'into a hat' and the winner drawn in October. To get your sheet you can contact:-

Mhari Blanchfield	01366 347 849 (Barton Bendish)
Linda Webster	01366 347563 (Barton Bendish)
Jill Mason	01366 347928 (Barton Bendish)
Ann Lewing	01366 328350 (Eastmoor)
Margaret Webster	01366 328888 (Beachamwell)
Debbie Fisher	01366 502224 (Boughton)
Lynda Eddy	01366 501308 (Wereham)
The Berney Arms	01366 347995 (Barton Bendish)

Quiz sheets are also available in St Andrews Church and at Barton Bendish fund raising events.

Proceeds to St Andrews Church, Barton Bendish

NEVER LOOK DOWN ON ANYBODY, UNLESS YOU'RE HELPING THEM UP

To realize:-

The value of a sister/brother: Ask someone who doesn't have one.

The value of ten years: Ask a newly divorced couple.

The value of four years: Ask a graduate.

The value of one year: Ask a student who has failed a final exam.

The value of nine months: Ask a mother who gave birth to a stillborn.

The value of one minute: Ask a person who has missed the train, bus or plane.

The value of one-second: Ask a person who has survived an accident.

The value of a friend or family member: Lose one.

Time waits for no one. Treasure every moment you have. You will treasure it even more when you can share it with someone special

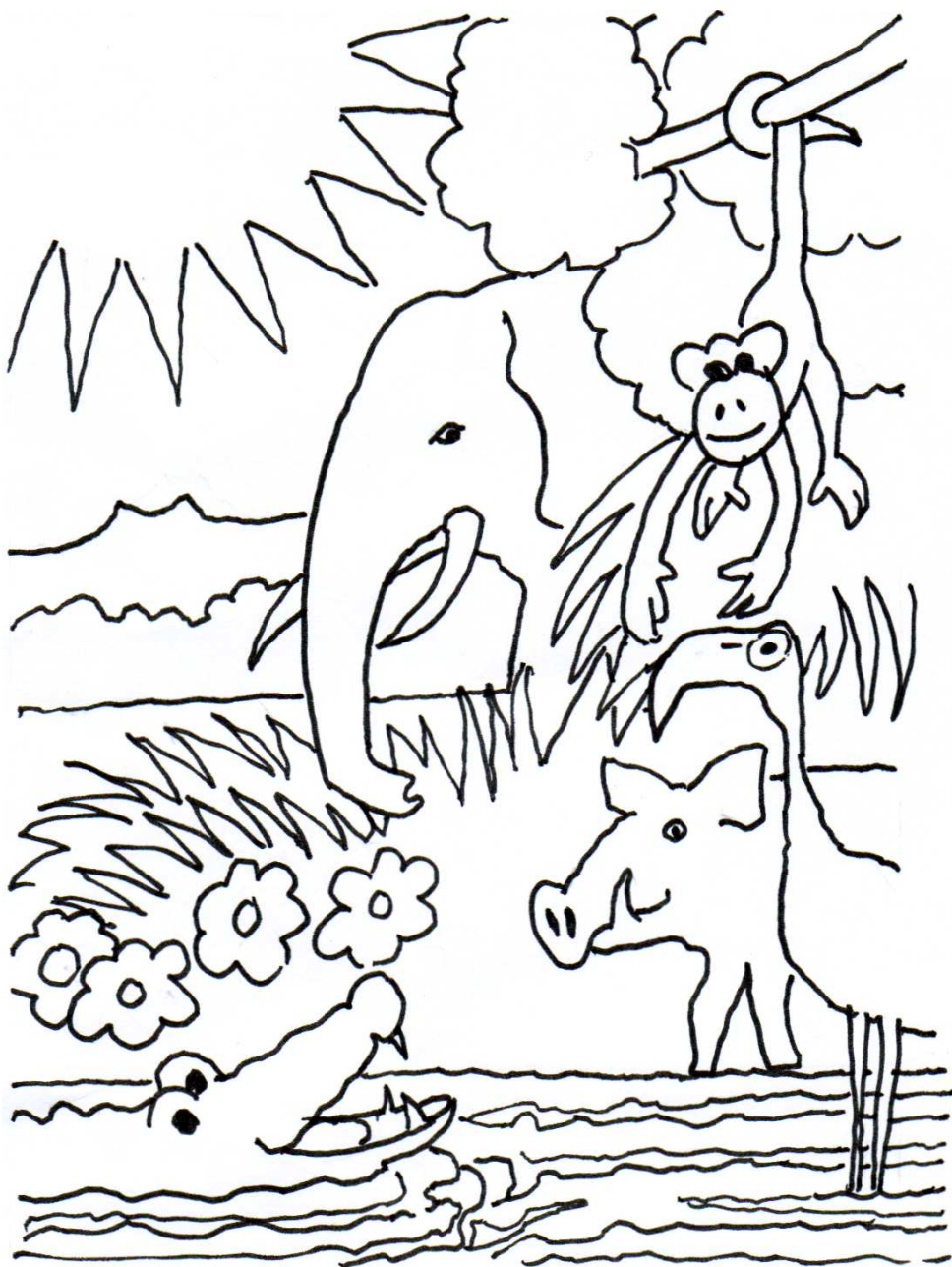
QUIZ PAGE

1. What is the first thing that people do every morning?
2. If you asked for la cuenta in a Spanish restaurant what would the waiter bring you?
3. How old was Western outlaw, Billy the Kid when he was fatally shot?
4. Name the hits by the following artists with 'prayer' in the title - a) Bon Jovi, B) Madonna, c) Aretha Franklin, d) Texas.
5. The following answers can be found in TV's 'Coronation Street' - a) wanderers come back, b) climate meadow, c) motors on the road, d) Orpheus belongs here
6. E.H.Shepherd is probably best known for illustrating which series of children's books?
7. Unscramble DINER GRADES to find an impressionable TV comedy.
8. Whereabouts in the human eye is the sclera?
9. If someone gave you a sockeye would you wear it, eat it, play a tune on it or plant it in your garden?
10. Pick the odd one out - lead piping, rope, spanner, bread knife, candlestick, dagger, revolver.
11. Which two US States share a border with Florida?
12. What is the city of Hull's full name?
13. Pick the odd one out - grey squirrel, mink, rabbit, fox.
14. How did duffel coats get their name?
15. Should a rounders team consist of seven, nine or eleven players?
16. William Henry Pratt found fame in films after changing his name to what?
17. Which exotic plant contains the name of a planet?
18. Where would you be most likely to see a brigantine?

Answers

1. Wake up: 2. The bill: 3. He was 21: 4. a) Livin' On a Prayer, b) Like A Prayer, c) I Say a Little Prayer d) Prayer For You: 5. a) Rovers Return, b) Weatherfield, c) Street Cars, d) Underworld: 6. Winnie the Pooh: 7. Dead Ringers: 8. It's the white outer coat of the eyeball: 9. Eat it, it's a type of salmon: 10. Bread knife - all the others are murder weapons in the board game Cluedo: 11. Georgia and Alabama: 12. Kingston-Upon-Hull: 13. The fox - it is native to Britain, the others were introduced: 14. They were originally made of a coarse material produced in the Belgian town of Duffel: 15. Nine players: 16. Boris Karloff: 17. Venus fly trap: 18. At sea - it's a two masted sailing vessel

CHILDREN'S PAGE



SWAFFHAM WEA: LEARN SOMETHING NEW

Founded in 1903, the Workers' Educational Association (WEA) is a charity and the UK's largest voluntary sector provider of adult education. Although originally aimed at workers, as the name suggests, nowadays all are welcome. Courses are informal and friendly. There are no tests or exams and you don't need previous knowledge of the subject, so there's no pressure to achieve a particular standard – just the pleasure of increasing your knowledge and experience and the opportunity to meet new people.

The Swaffham Branch of the WEA offers two contrasting courses this autumn. Beginning on Monday September 28th at 7.30pm and continuing for 8 weeks is ***Flappers and Flyers***. This takes a human interest approach to the golden age of aviation, looking at the antics and escapades of airmen and air women in the 1920s, when men and women challenged the skies, sometimes successfully, sometimes disastrously but always with a pioneering spirit. It encompasses the politics of aerial domination and aerial policing – influences that extended well beyond the decade. In a lighter note, it looks at flying fashions; barnstormers and stunt pilots, male and female, as it frolics through their antics and escapades. From a young woman sunbathing naked on the wing of her machine to more serious developments in air travel and the courage of those trail-blazing pioneers who began shrinking the world for countless folks to follow in comfort. Tutor Ian McLachlan is making a welcome return to Swaffham following previous enjoyable courses from him

On Friday mornings at 10am, beginning on 25 September, Shelagh Ashe presents ***Gardens through History***. Shelagh, who is a garden designer, will look at gardens from ancient civilisations through to the present day. In particular this course relates the development of gardens to social history, art and literature. It includes the creativity of the Italian Renaissance, the place of gardens in Tudor Britain and the novels of Jane Austen, as well as looking at more modern gardens. There may also be the chance of picking up ideas to use in our own gardens.

Both courses run for 8 weeks; the cost for each is £48. You are welcome to attend the first session as a 'taster' for just £5 with no obligation to continue. Courses are held at the Community Centre, Campingland, Swaffham. There is no need to book, just come along and you will be very welcome.

Further details from Sylvia Bunce Tel: 01760 723558

Details of all WEA courses at www.wea.org.uk/courses

WHAT'S ON AT DOWNHAM MARKET LIBRARY SEPTEMBER

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

We are now on Facebook. www.facebook.com/downhammarketlibrary

All children must be accompanied by an adult.

Regular Events

1. Scrabble Club. Tuesdays 1st, 15th and 29th September. 1pm – 3pm. No need to book but places on first come basis.
2. Reading Group. Tuesday 15th September. 3 - 4pm...Please contact the library to see about joining and books being read.
3. Knit and Natter. Meets on the first and third Wednesday of the month in term time. 16th September. 1.30 - 3pm.
4. Bounce and Rhyme. Weekly on Thursdays. 10.30am - 11am term time only. Bring your little ones along for some stories and rhymes.
5. Family Fun Saturdays. Come along and enjoy some board games at the library every Saturday 10am - 12 noon

Other Events

1. Lingotot Free Taster session at your local library

Friday 11th September (French) 10 - 10.45am

For further information contact the library email kate@lingotot.com

2. Record Breakers Summer Reading Challenge Presentation

Saturday 12th September 2pm or 3pm

3. Friendship group sessions

£1 payable on arrival includes refreshments.

4. Die-Cut Decoupage Card Making.

Tuesday 8th September - 1pm - 3pm - Booking essential.

5. 'It's in your hands!' Come along and find out about Infection Prevention and Control with Belinda Sadler from the Cambridgeshire and Peterborough Clinical Commission Group - Tuesday 22nd September - 1.30 - 2.30pm

6. Family History Advice Desk

7. Writing for Radio

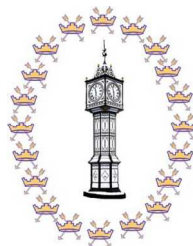
Elena Parkin, Community Librarian, Norfolk County Council, Downham Market Library. Email: elena.parkin@norfolk.gov.uk

Downham Market Town Council

15 Paradise Road, Downham Market, Norfolk PE38 9HS

Tel: (01366) 387770

Town Clerk: Mrs J M Markwell



Saturday 12th September - 10.00am – 5.00pm

Downham Market Town Hall, Autumn Craft Fair.

Sunday 20th September 11.00am

War Memorial - Battle of Britain Service

Thursday 24th September – 7.00pm for 7.30pm

Cinema at the Town Hall

Far From the Madding Crowd (12A)

Saturday 24th October – 10.00am – 2.00pm

Community Fayre – Town Hall

Thursday 29th October – 7.00pm for 7.30pm

Cinema at the Town Hall

A Royal Night Out (12A)

Sunday 8th November - 11.00am

Remembrance Day

Wednesday 11th November – 11.00am

Town Square – Pause and Remember

For more information please contact Nikki on 01366 387770 or at

nikki@downhammarkettc.co.uk



Oxburgh Hall – What's on

Oxborough, King's Lynn, Norfolk PE33 9PS

Telephone 01366 328258 Email oxburghhall@nationaltrust.org.uk

SEPTEMBER

Costume Fayre

Saturday 12th and Sunday 13th September 11am – 4pm

Step back in time as our volunteers recreate a traditional Fayre, first licensed at Oxburgh in 1249. Our volunteer costume team have recreated a fayre from the Tudor period, with a small selection of stalls selling replica Tudor items. Also see sewing displays and try on replica dressing-up costumes.

Normal admission

Great British Walk

19th September to 23rd October

Enjoy the autumn colour, explore Oxburgh's estate or walk circular routes around the local area, starting here. Accessible walks for all abilities.

Normal admission

Details correct at the time of going to print and may be subject to change.

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

Wereham Pop-Up Café



**Tuesday
September 1st**
10.30 to 12.00

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



Just £1.00.



All proceeds go to Village Hall.

Beachamwell Book Group

Tuesday 1st September

7.00 - 9.00pm

Beachamwell Memorial Hall

Book to be discussed at this meeting

'The Light Between Oceans'
by ML Stedman

Annual subscription £15.00
New members welcome

Enquiries:
Leah Spencer 01366 328536

Beachamwell Wednesday Walkers

Explore the rights of way in and around
Beachamwell with us

We meet at the Village Hall at 10.00 a.m.

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
Sue Pennell 01366 328452 or
Leah Spencer 01366 328536

Wereham Weekly Cash



**Wereham Village Hall
Wednesdays**

Doors open 6.45 pm

Eyes down 7.30 pm

Raffle and Refreshments
with complimentary biscuits



**Enquiries: Doreen Rolph
01366 500218**

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



HAVE FUN!
GET FIT!
WHY NOT JOIN



METHWOLD BADMINTON CLUB

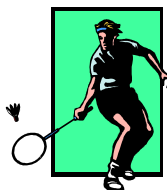
THIS FRIENDLY BADMINTON CLUB MEETS EVERY THURSDAY EVENING AT ST. GEORGE'S HALL IN THE CENTRE OF METHWOLD FROM 7PM ONWARDS.

THE NEW SEASON STARTS ON 3RD SEPTEMBER.

WHY NOT COME ALONG, MEET NEW FRIENDS AND ENJOY AN ACTIVE EVENING PLAYING BADMINTON.

WANT MORE DETAILS?
PHONE 01366 383342.

HOPE TO SEE YOU!



Beachamwell WI

Thursday 3rd September

7.30pm

Memorial Hall

Members' Meeting

Visitors Welcome

Tickets £3.00

Enquiries:
Jenny Gabrielsen 01366 328297

Wereham Village Fayre

Sunday September 6th

10am - 4pm

Village Hall

Enquiries:
Doreen Rolfe 01366 500218

Wereham

Village Hall Annual General Meeting

Monday 7 September 2015

(7.15 pm arrival for 7.30 pm)

Enquiries: Helen Richardson, Secretary
to advise if you are able to attend
on 0779 500 6811

or email werehamvillage@aol.com

Registered Charity: 1151336

Beachamwell

Local History Group

Tuesday 8th September 7.30pm

Beachamwell Memorial Hall

Members' Meeting

www.beachamwell.org.uk

All welcome

Enquiries: 01366 328242

Beachamwell & Fincham Family History Group

**Tuesday 15th September
2 - 4pm**

Beachamwell Memorial Hall
'Family Occupations over time(2)'
£2 All welcome

Enquiries:
01366 347694 or 01366 328536

Beachamwell

“Pop Up” Pub

Friday 11th September

7.00 - 10.30

Beachamwell Memorial Hall

To book a Fish and Chip
Supper phone 01366 328536



Enquiries
Susie Rix 01366 328249

A Beachamwell Memorial Committee Event

Shingham

St Botolph's Church Heritage Open Day

Sunday 13 September

11am - 4pm

Visitors are asked to arrive at
Beachamwell Village Memorial
Hall on The Green and follow a
short walk to the Church. Priority
parking at the Church for people
with restricted mobility.

This free event is supported by
Beachamwell Parish Council and
Beachamwell Local History Group.

Information from:

Philip Spencer: 01366 328536
See page 28 For more details

Beachamwell

Parish Council Meeting Monday September 14th

7.30

Beachamwell Memorial Hall

Enquiries:
01366 328648

Beachamwell Afternoon Tea and a Chat.....

**Wednesday
16th September**

2 - 4pm

**Beachamwell
Memorial Hall**

Enquiries
Sonia Williams
07802 155662

Beachamwell WI Craft Evenings

Tuesday 15th September

7.30 - 9.30

Beachamwell Memorial Hall

Share a wide range of yarn and fabric
crafts. Non-members very welcome
£3

Enquiries:
01366 328589 or 01366 327023



Wereham Messy Church

Thursday September 17th
4pm - 5.30pm

Starts in the church followed by activities and a free meal in the Village Hall. The theme is Harvest and the feeding of the 5000. It will be informal, fun and enjoyable. It will include stories, singing, activities and FOOD, Don't miss it. We are looking forward to seeing you there.

All Welcome

Group Harvest Supper

Friday 18TH September
Beachamwell Memorial Hall
7.30pm

Tickets £8.00 including Wine and Soft Drinks

Available from:-

Gill Sanderson

01366 328818

Sonia Williams

williamsoldies@gmail.com

and Churchwardens in

Barton Bendish, Boughton and
Wereham.

Visitors from all Parishes in the whole group very welcome indeed

Boughton Clay Play Day

Saturday 19th September
Boughton Church

Get creative in support of the
Boughton Playground project!
Suitable for all ages including adults



Further details will be available in the August edition of Group 4 but places may be limited so please register your interest by sending an email to [**boughtonplayground@gmail.com**](mailto:boughtonplayground@gmail.com)



'Torriano Ensemble'

'Classical Music Concert'

To include Mozart's Clarinet

Quintet KV 581

Saturday September 19th, 7.30pm

Swaftham Assembly Rooms

£7.00 for members

£10.00 non-members

Accompanied children free

Tickets from

Green Parrot 01760 724704

Ceres Bookshop 01760 722504

Enquiries:

01366 328648

Barton Bendish

Art, Photography and Craft Exhibition
and Sale

Saturday 19th and Sunday 20th
September

Saturday 10.00am - 5.00pm

Sunday 11.00am - 5.00pm

Village Hall and St. Andrew's Church

BARTON BENDISH PE33 9GF

Admission Free

Demonstrations

Refreshments and light lunches available

Proceeds to St Andrew's Church and The
Village Hall

For further details contact:

01366 347849/347563

Charity no; 245456

Beachamwell Craft Group

Thursday 24th September
2 - 4.30pm

Beachamwell Memorial Hall

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

£2.00 + Bring and Buy

All welcome.

Enquiries:

Leah Spencer 01366 328536

Downham Market Bridge Street Surgery Health Road Show

Friday 25th September
9.00 - 1.00

Downham Market Town Hall

Refreshments and Raffle

Funds towards equipment Funds

Harvest Suppers

Friday 25th September

Fincham Village Hall

Babs Porter: 01760 444116

Marham Village Hall

Norma Hayter: 01760 339 093

Nar Valley Ornithological Society (NarVOS)

Tuesday 29th September 7.30pm

The Barn Theatre

Sacred Heart Convent School, Swaffham.

Access and parking from Sporle Road.

'An Evening with Chris Knights'

Chris Knights is well known to many as a
Breckland farmer, conservationist, award
winning photographer, film maker – and a
member of NarVOS.

This talk by Chris is as yet untitled as was
his talk to NarVOS last year, for which we
had a record attendance.

Whatever topic Chris chooses this time, it
is bound to be just as enthralling,
entertaining and informative with superb
photography.

Visitors most welcome.

Admission £2 on the night if you are not a
NarVOS member

Enquiries: Ian Black 01760 724092

Do you want to get fitter this autumn?

Why not join us in Beachamwell Memorial Hall for a range of activities to suit all ages and levels of fitness?



Remember: Life is like practising Tai Chi - to keep your balance you must keep moving ...

Tai Chi

Scientific studies show that Tai Chi improves and possibly prevents chronic conditions such as arthritis, heart disease and diabetes. In addition, it improves balance, immunity and reduces stress.

Wednesday afternoon classes with Barbara Smith 01760 723102

Yoga

Tuesday morning classes with Julia Wynne 01366 328617 or, to unwind after a stressful day at the office - **Thursday evening** classes with Jayne Winterbone 07544 974342

Pilates

Friday morning, 2 sessions with Electra May 07803 000921

General enquiries: Leah Spencer 01366 328536 leah@wissey.co.uk

DATES FOR YOUR DIARY

1. **October 1st** Thursday Beachamwell Memorial Hall WI Craft Session 7.30
Jenny Gabrielsen 01366 3282972
2. **October 8th** Thursday Barton Bendish Macmillan Coffee Morning 10 - 12
Jill Mason 01366 347928
3. **October 10th** Saturday Beachamwell 'Pop Up' Indian Restaurant 7.00
Leah Spencer 01366 328536
4. **October 17th** Saturday Quiz Night, Wereham Village Hall 7.30
John Eastgate 01366 500766
5. **October 20th** Tuesday Body Shop Evening Shouldham Village Hall 7.45
Sandra Kirk 01366 347789 or Lorna MacKay 01760 337089
6. **October 21st** Wednesday Tea and Chat 2 - 4 Beachamwell Memorial Hall
Sonia Williams 0780215562
7. **October 22nd** Thursday Bingo Marham Village Hall 3 - 5
Norma Hayter 01760 339 093
8. **October 24th - 31st** Scarecrow Week Boughton
Peter Agate 01366 500044
9. **October 30th** Friday Bistro Quiz Boughton All Saints' Centre 7.30
Pam Wakeling 01366 500044
10. **November 7th** Thursday BMH WI AGM and Supper 7.30
Jenny Gabrielsen 01366 3282972
11. **November 19th** Thursday Marham H/T Church Coffee Morning 10 - 12
Norma Hayter 01760 339093
12. **November 26th** Thursday Wereham St Margaret's Church & Village Hall
Messy Church 4 - 5.45
Ian and Debbie Rye 01366 502083
13. **November 28th** Saturday Wereham Village Hall Christmas Bazaar
Victoria Gray 01366 500277
14. **November 28th** Saturday BMH WI Christmas Fayre 12 - 3
Maggie Mackenzie 01366 327023
15. **December 2nd** Wednesday Wereham Christmas Bingo Doors open 6.45
Doreen Rolph 01366 500218
16. **December 3rd** Thursday Bingo Marham Village Hall 3 - 5
Norma Hayter 01760 339093

BARTON BENDISH & EASTMOOR VILLAGE NEWS

Wedding

After dubious weather July 18th proved to be a bright and breezy day when Olly, one of the estate gardeners, married his partner Tiv. A simple country wedding had been planned and a group of us gathered on the village seat for a grandstand view of the fashion parade as guests arrived in their finery. Olly and his best man Derek were both also impeccably dressed. After a little while Tiv appeared, walking down the road from their house, looking radiant in her lovely dress and accompanied by her entourage.

Fittingly the church and the tables in the marquee erected behind the village hall where the reception took place were tastefully decorated with flowers grown in Olly's own garden.

St Andrew's is so often host to sad occasions so to have a happy event take place in our village on a lovely sunny summer's day made a very welcome change

I'm sure I speak for us all in wishing Olly and Tiv a long and happy life together.

Jill Mason

100 Mile Cycle Ride Completed

On August 2nd Peter Barber completed a 100 mile ride at the London Cycle Event round the Olympic route taking in London and some of the steeper parts of Surrey including Box Hill and Leith. In addition he had to bike several miles to get to the start from where he was staying – and back again afterwards!! The roads were closed for the event which started in the Olympic Park and finished in the Mall with over 25,000 riders taking part.

Peter did the ride in memory of Diane and finished in the admirable time of 6hrs 30mins and, in the process, raised more than £700 for the British Lung Foundation.

Well done Peter for tackling and succeeding in doing something which very few of us would even contemplate doing!

Jill Mason

Rabbit Book

Several people have asked me about my new book 'The Rabbit'. It's not only about the wild European rabbit but a section of it is devoted to the rabbits' place

BARTON BENDISH & EASTMOOR VILLAGE NEWS

in British history since it was introduced to our country by the Normans in the eleventh century after which, for eight hundred years, it played an important part in the rural economy.

If you're interested I will be in Ceres bookshop on Saturday September 12th between 10am and midday signing copies and it will also be on sale at our Art and Craft Exhibition and Sale.

Jill Mason

Art, Photography and Craft Exhibition and Sale September 19th and 20th

Please come along to see what we have on offer this year. Besides an abundance of art work the church will be full of craftwork of all kinds, most of which will be for sale. There will also be demonstrations taking place. Maurice Cornelius will once again be demonstrating how to make gift boxes, hopefully on both days, and a spinner will be there on Sunday and will have 'hand wonders' so children can have a go. It's also hoped that a potter and a cracker maker will be showing us their skills.

Macmillan Coffee Morning Thursday 8th October

Our annual Macmillan Coffee Morning will this year be held on Thursday October 8th. Please make a note in your diary and on your calendar and come along to show your support for this worthy cause. Needless to say raffle prizes as well as cake and produce will be most welcome.

Jill Mason 01366 347928

Quiz Sheet

A new quiz sheet is available now from the usual people and at all Barton Bendish Events. The theme this time is 'All Creatures Great and Small'

Forthcoming Events

Saturday and Sunday 19th and 20th September

Art, Photography and Craft Exhibition and Sale

Saturday 10am – 5.0pm and Sunday 11.0am – 5.00pm

Thursday 8th October 10am – 12o'clock Macmillan Coffee Morning

BEACHAMWELL, SHINGHAM & DRYMERE VILLAGE NEWS

St. Mary's Church

Plans and drawings for the proposed bird doors have been produced and estimates for the work are being obtained. These have already been discussed with the Diocesan Office in Ely and will soon be sent there to obtain their views and for them to make a decision whether we can go ahead without a full Faculty application (which as many of you will know can take quite a time). Vesna Hudson is working on this project and is looking for photographs of similar doors on other church porches. If you can help please let me know and I will pass the information on to Vesna.

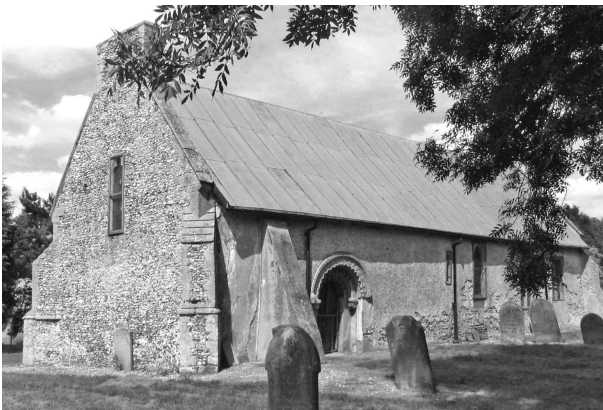
It is Beachamwell's turn to host the Group of 4 Parishes Harvest Supper and this will take place on Friday 18th September in Beachamwell Memorial Hall. Tickets are now available from the Churchwardens of Barton Bendish, Boughton and Wereham as well as Gill Sanderson (01366 328818) and Sonia Williams (williamsoldies@gmail.com) in Beachamwell. Tickets are £8.00 each and include wine or soft drinks. Please see separate advertisement (page 22) for full details. Everybody from the local parishes is very welcome.

We do hope you will be able to join us for a very enjoyable evening.

Graham Williams (Church Warden)

St. Botolph's Church, Shingham Open Day

Tucked away in Shingham is the remote Church of St Botolph's. Now



redundant, the church is normally locked to visitors. However a rare opportunity to see inside this ancient building is coming up in September when the church will be open as part of the annual Heritage Open Days festival. This national event has been running for 21 years and its key principal is to throw open the doors of

historical monuments and buildings, particularly those normally closed to the public. St Botolph's dates from the 12th century and its Norman doorway with

BEACHAMWELL, SHINGHAM & DRYMERE VILLAGE NEWS

carved decorations is an outstanding feature. Inside there is interesting woodwork including a fine set of late Medieval benches with poppy head ends and traceried backs and a Jacobean 2-tier pulpit.

Visitors are asked to arrive at Beachamwell Village Memorial Hall where parking is available on the Recreation Ground and from where they will be able to follow a short guided walk (1 km) to St Botolph's Church. Parking at the church is limited with priority given to people with restricted mobility. The Memorial Hall will be open with information about the Church on display; tea and coffee also available.

St Botolph's Church, Shingham. Open 11am to 4pm, Sunday 13th September. Free.

This event is supported by Beachamwell Parish Council and Beachamwell Local History Group.

Visit **www.heritagecity.org** for details of all the 243 free events available across Norfolk during Heritage Open Days 10th – 13th September 2015.

Philip Spencer, Tel 01366 328536

Beachamwell Memorial Hall (Charity registration number 303900)

We have now agreed architectural plans for improving access to the village hall. Once the plans are costed, we will apply for grants to provide a disabled WC, child changing facilities, disabled parking spaces and a hard surface pathway.

Apologies to all children who have missed playing on the swings this summer. We hope the equipment will be reinstalled by the time you read this!

There will be Pop up Pubs in September, October and December. These evenings are a great way to meet fellow villagers. The first will be on Friday 11 September and we look forward to seeing you there. Please note new opening hours: **7pm to 10.30pm** and if you want to order a **fish and chip** supper phone Leah Spencer (01366 328536).

The next Pop up Indian Restaurant will be on Saturday 10 October and booking will open in September. This will be the third such event and as there will be only 24 places you must book early to make sure of a place. The 3 course meal, with coffee, will cost £17 and you may bring your own alcohol. To book phone Leah Spencer (01366 328536).

Beachamwell Memorial Hall Committee

Contact: Susie Rix, secretary (suedavis@afiweb.net)

BEACHAMWELL, SHINGHAM & DRYMERE VILLAGE NEWS

Wednesday Walkers

Beachamwell has many rights of way criss-crossing the parish – some are old and some very old. But the Icknield Way – known locally as the Peddersty ot Saltersty – is



extremely ancient: travellers walked it long before Romans marched it length and this August the Wednesday Walkers explored it too. They walked from Drymere to the Cowell Stone – a glacial boulder that marks the boundary of the Saxon hundreds of South

Greenhoe and Clackclose and Beachamwell's parish perimeter too.

In September we shall walk from Swaffham to Beachamwell following the route of the 'old road' that once crossed Swaffham Heath and Beachamwell Warren, now agriculture land and Forestry Commission plantations – do come and explore with us (bring some refreshments: it's a longer walk than usual). For further details, please telephone 01366 328452.

Sue Pennell and Leah Spencer

Beachamwell and District Women's Institute



We all really enjoyed the August meeting which was held in Maggie and Murdo's lovely garden. The weather was superb as was the delicious strawberry cream tea which Maggie had prepared. We decided on what we would like to have in the 2016 Programme and the outings were organised. The next meeting is the Members Meeting which is being held on Thursday September 3rd watch

the village notice boards for more details. Pat presented Maggie with a lavender plant as a thank you for a lovely afternoon. It was Maggie's lucky day as she also won the raffle. Eileen gave the Thought for the Day "Life is fragile and no matter how much we fight to control its outcome, all we can do is live in the moment". **Carole Wilson Photograph Eileen Powell**

BEACHAMWELL, SHINGHAM & DRYMERE VILLAGE NEWS

Parish Council

Nar Valley Councillor update.



It has been 5 months since you elected me as your Breckland District Councillor and I would like to thank you all for voting for me.

It has been a very busy time for me with training and taking up posts on committees and I would not want it any other way this is what I promised in my manifesto to work for all Breckland residents.

I have had many case work tasks to take up from residents, ranging from planning issues to preventing a resident and her daughter from being homeless, I am happy to say I was able to help in securing a permanent

home for them within 2weeks. An elderly couple were left without heating by their landlords well before the May elections I am happy to say I secured a new heating system with start-up fuel with no cost to the couple. This is just an example, I have Breckland pride grants going through for various groups in the ward as I promised this is me working for you. If you have any issues and you think I could help then please get in touch at peter.wilkinson@breckland.gov.uk or Mobile 07576798777.

Thank you again, regards **Peter Wilkinson**

Next Parish Council Meeting, to which you are warmly invited, will be held on Monday September 14th at 7.30 in the Memorial Hall.

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.

See the Parish Council Website

(www.beachamwell-pc.norfolkparishes.gov.uk) or the Parish Council Notice Board for more information.

Eileen Powell (Parish Clerk)

Mobile Post Office

The opening hours are as follows:-

Monday and Thursday: 11.30 - 12.00

Tuesday, Wednesday and Friday: 11.15 – 12.00

COMMUNITY NOTICE BOARD

MOBILE LIBRARY VISITS - Please note changed days/times

DATE	VILLAGE	LOCATION	TIME
Tuesday September 1st and 29th	Barton Bendish	Hatherley Gardens	9.55 am
	Beachamwell	Old Post Office	10:15 am
	Drymere	Telephone Kiosk	10:40 am
	Boughton	Mill Road	14:20 pm
Monday September 14th and 28th	Wereham	The Pit	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)

FARMERS' MARKETS

Ely	Second and Fourth Saturday 8:00-2:00pm
Fakenham	Fourth Saturday 8.30am to 12:00pm
RAF Marham	Third Friday 9:00am to 2:00pm
Swaffham	No longer trading

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

VILLAGE, COMMUNITY and PARISH HALL BOOKINGS

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

CHURCH SERVICES

CHURCH SERVICES IN SEPTEMBER

Trinity 14 6th September

Shouldham	09.30 am	Morning Prayer
Marham	No Café Church	
Beachamwell	11.00 am	Holy Communion
Wereham	6.00 pm	Evening Service

Trinity 15 - 13th September

Shouldham Thorpe	9.30 am	Holy Communion
Boughton	10.00 am	Breakfast Church
Marham	10.30 am	Morning Prayer
Barton Bendish	11.00 am	Family Communion
Fincham	6.00 pm	Even Service

Trinity 16 - 20th September

Shouldham	09.30am	Holy Communion
Marham	10.30 am	United Service of the Word
Beachamwell	11.00 am	Harvest Festival
Wereham	11.00 am	Morning Prayer / Harvest with Messy Church

Trinity 17 - 27th September

Fincham	09.30 am	Holy Communion (BCP said)
Marham	10.30 am	Holy Communion
Boughton	11.00 am	Harvest Festival
Barton Bendish	6.00 pm	Evening Service

Thursdays at 10 am

3rd Fincham 10th Boughton 17th Fincham 24th Fincham
 Revd. Barbara Burton unless otherwise advised

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

Baptisms and Weddings

Please contact the Revd. Barbara Burton or the Churchwarden in your parish.

BOUGHTON VILLAGE NEWS

Boughton Challenge 2015—'Best Picture of Boughton'

Thank you very much to all entrants into this years Challenge. The standard was, as always, of the highest calibre.

Results

Junior Section (12 entries)

1st Place Daisy Giorno (Church and Pond); 2nd Place Henry Simpson (Painting of the Pond); 3rd Place Millie Stacy (Church)

Adult Section (30 entries)

1st Place Hugh Jenkins (Village Sign - Winter); 2nd Place Edwina Madgwick (Autumn); 3rd Place Anne Beeston (Pond in four seasons)

The 'Boughton Past' display was of great interest, thank you to all those that allowed us to borrow such treasured pictures for the afternoon.

Geoff and I would also like to acknowledge the hard work of our Challenge Committee, Sandy, Angela, Andrew and Andy, who did a fantastic job.

A huge thank you also to all those who rolled their sleeves up and helped putting up and clearing up. **THANK YOU.**



The event raised £560 which will be shared between East Anglia Children's Hospice and Boughton Playground Restoration fund (25% 75%).



Next Year - You will need to be calling on your "green fingers" and dusting

off your gardening tools.

Frank Reid

Boughton Scarecrow Week 24th-31st October

Let your imagination run wild and enter the Boughton Scarecrow Competition 2015

We have an 'open' theme and invite all scarecrows to enter the challenge

Display them in your front garden or somewhere else around the village!

For an entry form or further information please contact Peter on 01366 500044

Complete your entry form **BEFORE 24th**

October to ensure you are included in the judging on 31st October, at our barbecue at All Saints' Village Centre when winners will be announced and prizes given!

'A Boughton Village Caravan Production'

BOUGHTON VILLAGE NEWS

Boughton Fen

The new Committee walked the fen in late June to familiarise our new members with the site and to look at areas of potential work over the winter period.

Lee Roberts of Greenfingers Countryside has decided to make a career move and will no longer be able to carry out work for us. I would like to take this opportunity to record our appreciation of his work and input, which has been invaluable, particularly during our formative period. The cutting of the wildlife walk has been taken over by Jason Stacey, a Boughton local contractor.

During the summer there have been a good number of visitors to the fen with two organised walks taking place; the first being the Borough Council's Fit Together walking group and the second was a the Nar Valley Ornithological Society, as well as many individuals enjoying the wildlife.

Working parties should start in October, with the early ones being out in the middle of the Fen, clearing scrub and regrowth before the winter rains.

If you would like to help us and get involved with this fantastic wildlife site, give me a call on 01366 500461 or email mark@pogmore.myzen.co.uk

For those of you already on our list, I will send out details ahead of the first session. I look forward to seeing you. **Mark Pogmore**

Harvest Festival Boughton 2015

This year our Harvest Festival will be at 11am on Sunday 27th September. Instead of our normal Holy Communion service, it will be a thanksgiving service with hymns. I hope people who do not normally attend will feel able to come along and celebrate the harvest, singing the traditional Harvest hymns.

We would welcome gifts of tinned or packaged food which we can pass on to the Downham Market Food Bank. Our collection at Harvest Festival traditionally goes to a charity. Last year we donated money to a charity which provides toilets for villages in the Third World. Photos of 'our' toilets can be seen in the church! This year it has been suggested that we support a charity which shows villagers how to make sand dams, which enable the easier collection of clean water.

We always like to decorate the church for Harvest Festival, so if anyone would like to help, or donate foliage or flowers, please bring them along to the church after 11 am on the Saturday (Pilates is taking place in the church from 9 -10.30 am). **Pam Wakeling**

BOUGHTON VILLAGE NEWS

Boughton Jazz Picnic

The eighth more or less annual Boughton Jazz Picnic (last year was cancelled due to Carol's forecast on BBC1) was blessed with perfect weather this year and a pleasant afternoon was passed on the lawn to the sounds of New Orleans



music from Barry Tyler's Jazz Band. Enthusiastic support was given to the raffle in aid of the charity 'Walking with the Wounded' after parent Chris Lloyd-Owen spoke of their work in re-integrating wounded servicemen back into useful positions in civvy street. I am pleased to report that the raffle proceeds of £600 have been sent to the charity, care of Chris whose army son is currently on a sponsored walk home from Cyprus! Also receiving support will be Boughton Cricket Club where we intend to install some chicken wire on the boundaries to stop the ball disappearing out of sight in the long grass.

Paul Coulten

BOUGHTON VILLAGE NEWS

Boughton Playground Action Group Update

Getting back into the swing of things...

We would like to thank all of you who have supported our cause with donations and pledges over the last few months. As many of you will have seen, the swings have been out of action since the end of May following the Annual Playground Inspection. The swings were judged to be unsafe and parts of the structure needed to be replaced. This has now been rectified using most of the funds so many of you have provided. At the time of writing we are still awaiting new hangers but by the time you read this "play will be resumed".

Challenging times...

Fun was had by all at the Boughton Challenge event on Saturday 8th August and some wonderful photographs were on display. A big thank you to the organising committee who organised a really lovely social event and kindly agreed to donate 75% of monies raised to the Playground project fund.

Clay Play day reminder...

Lastly just a reminder of our next fundraising event - Clay Play day on Saturday 19th September, 2-5pm at Boughton Church. Get creative in support of the Boughton Playground project! Suitable for all ages including adults. All materials and expert tuition by a local sculptor will be provided and your creations can be fired. Price per creation just £2. Refreshments will also be available including decorate your own cupcake. Tuition will be provided in timed groups so if you want to guarantee a number of places at a specific time then please contact Carol on boughtonplayground@gmail.com

Andy, Angela, Jenny and Carol

All Saints' Church



The annual church cycle ride takes place on 12th September. We would love to have someone cycle for us, but if you can't do that we would welcome offers to sit in the church and welcome the visiting cyclists. We always have a few and they appreciate having someone to greet them.

Enquiries: Pam Wakeling 01366 500429

WEREHAM VILLAGE NEWS

Wereham Neighbourhood Watch

There will be a meeting on TUESDAY 22nd SEPTEMBER, in Wereham Village Hall at 7.30pm, all are invited. Our Secretary is retiring after this meeting, so we are looking for someone to take on the position. We have two meetings a year, if you would like further details please call Rosemary on 501023.

St Margaret's Wereham Festival Day

The sounds of the metallic clunk of the horseshoes, the dull thud of hoop bowls, the flop of bean bags and the thwack of the hoop la together with the aroma of a barbecue can only mean one thing it's....St Margaret's Festival Day. Despite a decidedly dodgy few days before the big day the weather stayed kind for us and continued to brighten up during the day.

Thank you so much to:

Everyone who manned the various stalls, donated prizes, baked cakes, and sent flowers or money for the church.

Everybody who helped to set up and pack up again on Saturday and Sunday so willingly.

Dave for his sponsored fish which is matched by British Sugar.

All who purchased or sold the raffle tickets for our grand raffle which was a new venture this year.

Thank you to Colin Mason of Masson Seeley for the brilliant new advertising boards for the roadside. (Far superior to the pair of old painted doors).

Everyone who set up the teddy bears picnic and thank you teddies for joining in.

Sue and the ladies for the flower arrangements.

Doreen and the BBQ gang.

Tom and Cliff for the the music and PA system.

A big thank you too to everybody who supported us on the day and helped to make it such a success. The final total is a little under £3,000.

If we haven't acknowledged or thanked you please don't think you are not valued because we appreciate all the help we receive in whatever way.

*****Teddy Bears and Flower Buckets!*****

St Margaret's Festival

Those of you who enjoyed the day... owe those of you who filled the buckets with flowers..... a BIG THANK YOU.

WEREHAM VILLAGE NEWS

The church looked lovely, plenty of garden flowers and greenery around and about.....we received many compliments and kind remarks. Ivy helped me with several of the formal arrangements and achieved her usual level of excellence: Thank you Ivy.

In the chancel the Teddy Bears' enjoyed their picnic with a back drop of greenery 'stolen' from local gardens and hedge rows...it all looked theatrical and very novel. The idea was a success with lots of participated bears and interest from children and their families (thanks so much for the support).

Tom Golden embraced the whole thing enthusiastically playing many childhood favourites on the church organ: Thank you Tom. We hope the attending bears enjoyed themselves. The faces of adults and children alike, as they walked around, were full of smiles ... wonderful.

Stina, Pammie and Sue very much enjoyed making this contribution to St Margaret's Festival.

Our church is a beautiful historic building to be enjoyed by the whole village. Come and a visit. Borrow the key from Lizzie, Sue, Ivy or Pammie Walker. Visiting the church is easier than you think and take it from me, a peaceful hour in the building and the tick of the clock does wonders for stressful feelings.

Thank you all once again for supporting the festival. It was a great success and source of joy for us all.

Church Flower

The church flower arrangements are a voluntary commitment: Is there anyone else in the village interested in joining our very small but happy group!?

Or perhaps you could commit to funding an arrangement to remember a special date or person....we should be very happy to try and help you make a Special Memory.

I was offered money to purchase flowers but as the church was looking good from the bucket flowers, I have put this money aside for the rest of the year. (Thanks to all). Before we know it Harvest Festival and Christmas will be upon us. I hope you will all be generous again when you see the buckets outside the church, later this year.

My Thanks, Sue Candler

WEREHAM VILLAGE NEWS

August Update from Wereham Village Hall Committee

The Village Fayre is now only days away – this Sunday 6th September from 10am to 4pm. The Friends of Wereham Village Hall have been hard at work to arrange, what promises to be, another fun packed event. The usual car boot, dog show and vintage cars/tractors will be there as well as lots of other stalls and entertainments. Please come along and support us.

Our next event will be the ever popular quiz night on Saturday 17th October. You can enter your team by contacting Quizmaster John on 01366 500766. Tickets cost £5 and include a hot supper but please bring your own drinks and glasses.

We will also be holding our AGM on Monday 7th September at 7.30pm in the Village Hall, to which everyone is invited. Do join us to find out exactly what has been achieved in the last year.

At the AGM, we will be passing a resolution to amend the governing document, because we are planning to incorporate as a Charitable Incorporated Organisation in anticipation of the new build. The charitable objects and dissolution clause will remain the same.

A copy of the proposed new constitution is available on request from the secretary by phone 07795006811 or email werehamvillage@aol.com.

Thank you to FoWVH volunteers Colin and Sue Eldridge for taking over the running of the Charities monthly car boot & cafe fundraiser, they raised a cracking £196 last month!

If you would like to get involved with the Friends of Wereham Village Hall (FoWVH), volunteering is a great way to meet new people and learn new skills. Contact Doreen on 01366 500218.

Update from the New Build Project Team

Great news, the Project Team (Victoria, Helen, John & Rachel) have submitted the Stage 2 Lottery application! Please keep all your fingers and toes crossed for a positive response by mid-November when we hope to be awarded development funding and invited to submit a 3rd and final application. The Project Team would like to thank everyone in Wereham and the surrounding villages for your continued support for this community project.

helenar82@outlook.com

WEREHAM VILLAGE NEW

Wereham Village Hall Bonus Ball Club

The lucky winners in August were Ivan Voutt and Becky Case – congratulations to you both!

We currently have a few numbers available (1, 32 and 38). So to be in with a chance of winning our monthly £50 prize whilst supporting the village hall, join the bonus ball club. It is now also possible to pay for your membership via standing order. For further details contact Helen on 07795006811 or helenar82@outlook.com

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 please contact Doreen on 01366 500218.

Pop up Café – first Tuesday of the month, 10.30-12. Next dates are Tuesday 1st September and Tuesday 6th October. Join us for a slice of homemade cake. a hot drink, a natter and a read of the daily papers – all for just £1. Cake donations/queries to Doreen on 01366 500218.

Indoor/Outdoor Car Boot – last Sunday of the month, 9am - 1pm (café opens at 8am). Next dates Sunday 27th September and Sunday 25th October. Café serving bacon butties, hot dogs and hot drinks. £5 pitch or, if you have earned time credits, there are two pitches/tables available at a cost of 4 time credits each. To book call Colin on 07961130251/01366 502281.

Wereham Village Fayre – Sunday 6th September 10am – 4pm. Contact Doreen on 01366 500218.

AGM – Monday 7th September, 7.30pm.

Quiz Night – Saturday 17th October 7.30pm. Contact John on 01366 500766.

For all the pictures and feedback from our events, log onto:-

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

If you have any queries with regards to the plans for funding a new village hall, or anything we're doing, please contact: Victoria Gray, Chair, Wereham Village Hall Committee

Home: 501277 Mobile: 07725513583

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

WEREHAM VILLAGE NEWS

Wereham Parish Council

The Council met on 14th July. Draft minutes of the meeting can be requested from the Clerk as below.

We are also working on the development of a website where you will be able to view meeting dates, agendas and minutes along with some more information about your Councillors – coming soon!

Please keep watch on the Wereham Parish Noticeboard and Facebook Page for any new meeting dates.

The next meeting will be **Tuesday 8th September at 7.00pm**

The Agendas for the meetings are always published on the Wereham Village Notice Board three clear days before the meeting and also on the Wereham Parish Council Facebook page. If you have any items that you wish to be discussed by the Parish Council please always ensure that these are with the Clerk, Mrs N. Cooper at werehampc@gmail.com or Clavering House, Stoke Road, Wereham PE33 9AT or 01366 500527 by the end of the month before the meeting to ensure that they are included on the agenda.

Wereham Messy Church



Thursday September 17th 4pm -5.30pm

Starts in the church followed by activities and a free meal in the Village Hall.

The theme is Harvest and the feeding of the 5000. It will be informal, fun and enjoyable. It will include stories, singing, activities and FOOD, don't miss it. We are looking forward to seeing you there.

All Welcome

Remember what harvest festival used to be like?

- Singing traditional hymns like 'We plough the fields and scatter'
- Offerings of produce
- Exhibition of vintage farm machinery

Saint Margaret's Church Wereham with the help of our Messy Church will be celebrating a Traditional harvest festival on Sunday, 20 September at 11 o'clock. Why not come and join us?

Come you thankful people come!



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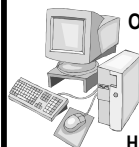
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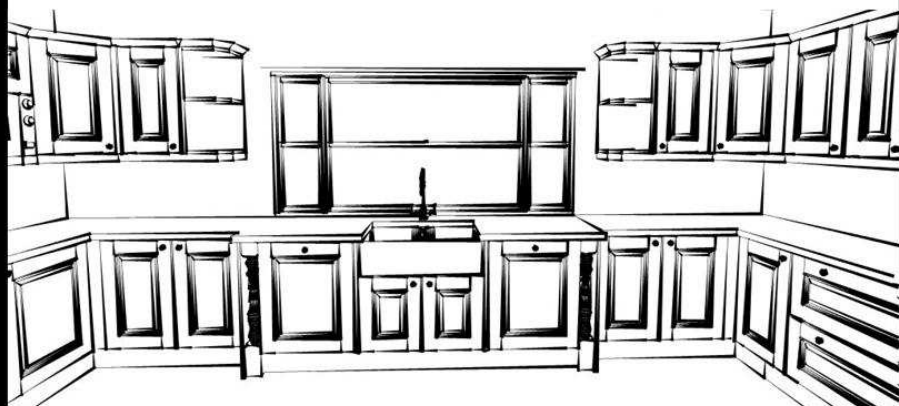
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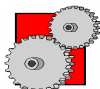
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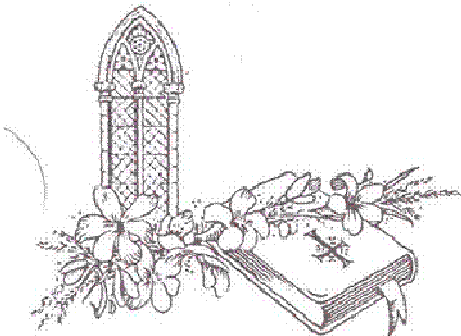
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