

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

September 2020

WELCOME

It's good to be back with printed editions and to have so much material in spite of the effects of lockdown.



As always, 'Happy Reading '

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 2020

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
October 2020 edition:**

11th September

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



From The Rectory -AKA Honey Trees

Dear Friends

I have just been interviewed by a very young, nice policeman in my front garden.

The reason for his visit was to take a statement following a scam phone call I had received earlier in the day.

Why am I telling you this? Because it could be you, or someone near/dear to you and I want to pass on what to look out for as the crooks are operating in our area: I was the fourth, and it was only 3pm!

Someone phones and states they are from such and such police force - mine was supposedly a PC from Paddington Police Station in London. He asked me to confirm who I was - he knew my name and address. He gave me his name and collar number - PN318. He told me to write his name and number down and to immediately dial 999. 'Are you sure' I said. 'Yes, dial 999 and they will verify I am genuine'.

Alarm bells were already ringing and now they were deafening! So I rang 101 - the non emergency police number. It's a scam the lovely lady told me and confirmed with me that I had not disclosed any of my bank details. We'll send a policeman round to take a statement she said and he turned up a few hours later.

The police are taking this very seriously as the gang of crooks are targeting our area and someone has already lost £10,000!

So, please be warned - do not give anyone - including policemen/women your card or bank details. Do not let them take you to the cash machine to withdraw your money - ever. Do not let them help you transfer your money to a new safe account.

RING 101 immediatley but before you do, make sure the phone has disconnected i.e. you hear a dialling tone as the crooks can stay on the line and listen in. The police will not ask for card/bank details over the phone.

This shook me up a bit and I was feeling a little down and so I went for a walk down by the river Wissey. The sky was a startling blue with little fluffy white clouds. The birds were singing and a mother moor hen was gliding along with her little brood on her back. What a tonic and a song I sang as a child popped

into my head:

Glad that I live, am I;

That the sky is blue.

Glad for the country lanes and the fall of dew.

After the sun the rain, after the rain the sun.

This is the way of life, since the world begun.

God was in His heaven and so was I. Yes, there are some callous folk around but the majority are good, hardworking souls and we must focus on the good things we have.

Every morning I give thanks for what I and my family have mainly good health, good food and decent homes; and every evening I count the blessings that the day has bought - tonight I include the caring police force that acted so quickly and were genuinely concerned for all of us in our villages.

Keep safe and do, please, email or phone me if you would like to chat or have any worries or concerns.

God Bless and rest in the love and Peace of Christ.

Rev Carol

Priest Team Leader Wissey Valley Benefice

01366 500704 email: caroln153@hotmail.com

Local people asked for help to design a campaign around future care preferences

The national Recommended Summary Plan for Emergency Care and Treatment (ReSPECT) initiative has launched in Norfolk in March 2020, just before the UK went into lockdown due to the Coronavirus Pandemic. Although take up of ReSPECT has started there is still the need to raise awareness among the public about the initiative, and encourage everyone to start thinking about having 'the conversation'.

What is ReSPECT?

ReSPECT is a personalised process to plan a person's clinical care in the event of a future emergency. It results in a document that contains the person's wishes and care preferences along with appropriate clinical recommendations. It will also record when a 'Do Not Attempt Cardiopulmonary Resuscitation' (DNACPR) decision has been made but it is important to note that a person can have a completed ReSPECT form and still be 'for' CPR. For

further information, including frequently asked questions, please see <https://www.resus.org.uk/respect/>

Who is it for?

ReSPECT can be for anyone, of any age. It is most likely to benefit people:

- with complex health needs or
- at risk of sudden collapse or cardiac arrest or
- nearing the end of their lives or
- who want to record their preferences for any reason.

Why is this being introduced?

At present, conversations with those living with serious illness tends to focus solely on decisions relating to cardiopulmonary resuscitation (CPR) which can result in misunderstandings about treatment plans. There is variation across Norfolk and Waveney in how these decisions are documented.

Few people go on to discuss what other types of care they would or would not want in an emergency situation. The ReSPECT process has been developed by the Resuscitation Council (UK) collaboratively with many organisations including patients, the public, and the Royal Colleges with the intention of designing a process that is more acceptable to patients and that standardises processes and documentation across organisational boundaries.

How can I help promote ReSPECT in Norfolk and Waveney?

The Norfolk and Waveney team really want to hear how they can encourage people to have 'the conversation'. Please take the time to complete the survey and share this on your networks, with your patients and clients, and with your friends and family. Maybe you could also think about starting the conversation with your own friends and family?

<https://www.norfolkandwaveneypartnership.org.uk/get-involved/opportunities.html>



NEED A WINDOW CLEANER?

WE ALSO CLEAN
FASCIAS, GUTTERS, FRAMES,
HARD TO REACH WINDOWS
CONSERVATORY ROOFS
SOLAR PANELS
CALL NOW FOR A FREE QUOTE FROM

PJ WINDOWS

01553 761985

PROFESSIONAL WINDOW CLEANING SERVICES
EST. SINCE 1994 FULLY INSURED

USING THE WATER-FED POLE SYSTEM
EST. SINCE 1994 FULLY INSURED

YOGA

COME AND JOIN US

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 and blankets available for loan).

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

Under 18 yrs old must be accompanied by an adult.

K.J.Catering Services

Contact Steve Bartram on

01366 727797

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

15hrs a week
funded places
from the
age of 2

A Variety of hot
and 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.uk.org



Your local plumbing and heating specialist

Our fully qualified plumbing and heating engineers cover the following:

- ✓ Boiler Servicing
- ✓ Boiler Repairs
- ✓ Boiler Replacement
- ✓ Boiler Installation
- ✓ All Plumbing and Central Heating Work

Finance
options
available on
boiler
installations



Eastern Gas are one of West Norfolk's top plumbing and heating companies working with gas, oil and LPG systems.



T: 01553 750060 | M: 07940367529

E: admin@easterngasltd.co.uk

W: easterngasltd.co.uk

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

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

Lily has changed!

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

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

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

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

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

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

At the time of writing, mobile libraries are not operating, but the good news is that most of the libraries are open. Not quite as usual, but still easy to do. Remember to take your library card and your mask, and wait for the staff to let you in. Not all the books are back on the shelf yet, but it's good to be able to borrow some new ones! R

Bus timetables are a bit of a mystery. As far as I can see, the bus which goes through Beachamwell to Norwich is operating as usual, but if you are looking for a bus, check the website of the firm which serves your village. No buses come here, so I'm mystified. However, on another page is information about the community bus service.

Keep safe

**Premier
Holiday accommodation
in Wreham
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



OAK TREE COTTAGE
"4* BEACHAMWELL 4*"

HOLIDAY COTTAGE

Sleeps 6—8

Perfect for visiting friends & relatives.
Rural location on our farm in Beachamwell.

Contact:

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

COUNTRYSIDE NOTES Sept 2020

PART 1 ROMANY GYPSIES

A few ago I researched the life of a true Romany bred gypsy woman because her story was so interesting. She was very co-operative - that is until I got round to having it published. She then claimed she was getting 'bad vibes' and changed her mind. My manuscript is still filed away somewhere in my study. It's a pity because her story fascinated me. She told me a lot about Romany culture - much different to the Irish travellers. She told me of pride in their traditions, their respect for the countryside, their language and about the wagons they lived in. They believed the countryside looked after them so they should look after the countryside. Yes, they used their wits and lived off the land and certainly weren't adverse to taking the odd pheasant or rabbit for the pot nor turning their horses into farmers' fields to graze, but she was taught by her father that 'to take more than you need leads to greed.'

Do you remember a fair haired gypsy woman, (not all Romany have black hair and swarthy complexions), named Christine who used to set up camp on the wide verges between Barton and Beachamwell? When she moved on after a few days the only signs she left of ever having been there were a small circle where she'd had her fire to cook over and larger ones where she'd tethered her horse Compo to graze. No mess at all. She spent the spring and summer travelling around Norfolk.

True Romany gypsies can trace their ancestry back a thousand years to the regions of northwest India. Caught up in defending that area, when India was invaded by Persian Muslims, they eventually became cut off from their homeland. So began their relentless wanderings. By the end of the thirteenth century they'd reached Greece, in the fifteenth they spread through Serbia, Croatia, Romania and Hungary and then westwards into Europe reaching England, via Scotland, in the early 1500s. In those days, folk weren't used to people coming in peace, or who looked different, lived a different lifestyle, held different values and spoke a foreign language. Romanys were treated with mistrust and persecuted; something that has continued to this day. It was made a crime to 'wander abroad and sleep in the open air' but nothing could suppress their desire to be free. For centuries they were punished with deportation or hanging. They were opportunists living off the land. Meadows, woods and hedgerows provided much of what they needed. Before the Enclosures Acts most of it was common land, then suddenly, the wealthiest became landowners expecting people to work and obey rules. Almost all the countryside, and that which lived in it, became owned by someone. Romany

people were excluded; they couldn't adapt to a way of life where freedom was denied them. Their life became even harder in the mid-nineteenth century when they were joined on the road by itinerant Irish people, coming to Britain to escape the famine.

Jill Mason

Continued next month



Wereham

Mobile Post Office

Please note that Mobile Post office will park near the Village Pond on the following days/times

Monday 14.00-14.15

Tuesday 12.25-12.55

Wednesday 12.25-12.55

Thursday 14.00-14.15

COMMUNITY UPDATE

King's Lynn Police September Update

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

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

Thursday 3rd October - Fenside Café, Fenside 10am to 12pm

Friday 4th October - Gapwood Library, King's Lynn 4pm to 6pm

Monday 14th October - King's Lynn Library 10am to 12pm

Monday 14th October - Jane's Coffee Corner, East Rackham 9.30am to 11.30am

Wednesday 16th October - Dereham Library 2pm to 4pm

Thursday 24th October - Dereham Village Centre, Dereham 10am to 12pm

Friday 25th October - Marshland St James Village Hall, 10am to 12pm

Monday 28th October - King's Lynn Library 10am to 12pm

(Everyone is welcome)



Engagement surgery for the public to attend.



Call us on 101 or 999 in an emergency.



Talk to your Beat Manager and Engagement Officer



Lee.Anderton@norfolk.pnn.police.uk



@KingsLynnPolice



@KingsLynnPolice



NORFOLK
CONSTABULARY
Our Priority is You

Please find public transport information links below. This is to assist with finding the latest information about what public transport services are operating in your area. It may also help when advising your constituents or parishioners. These links provide the best source of information as operators have been changing services at relatively short notice as they react to government guidance and the latest situation. In addition, if a member of the public in Norfolk is having trouble accessing essential services or supplies please call 0344 800 8020.

Broadland

First - <https://www.firstgroup.com/norfolk-suffolk/news-and-service-updates/coronavirus-covid19-service-information>

Konectbus - <https://www.konectbus.co.uk/coronavirus/>

National Express - <https://www.nationalexpress.com/en/help/live-service-updates>

Our Bus - <https://www.ourhire.co.uk/our-bus>

Sanders Coaches - <https://sanderscoaches.com/alerts>

Breckland

Coach Services - <https://www.coachservicesltd.com/2020/03/update-limited-timetable-from-30th-march-until-further-notice/>

First - <https://www.firstgroup.com/norfolk-suffolk/news-and-service-updates/coronavirus-covid19-service-information>

Konectbus - <https://www.konectbus.co.uk/coronavirus/>

National Express - <https://www.nationalexpress.com/en/help/live-service-updates>

West Norfolk Community Transport - <https://www.gtt-online.co.uk/news/2020/03/coronavirus-update/>

Great Yarmouth

Border Bus - <https://www.border-bus.co.uk/coronavirus-info/>

First - <https://www.firstgroup.com/norfolk-suffolk/news-and-service-updates/coronavirus-covid19-service-information>

Mega Bus - <https://uk.megabus.com/service-alerts>

National Express - <https://www.nationalexpress.com/en/help/live-service-updates>

Sanders Coaches - <https://sanderscoaches.com/alerts>

King's Lynn & West Norfolk

Coach Services - <https://www.coachservicesltd.com/category/news/>

Lynx - <https://www.lynxbus.co.uk/news/covid-19-timetables-monday-30th-march-until-further-notice/>

Mega Bus - <https://uk.megabus.com/service-alerts>

National Express - <https://www.nationalexpress.com/en/help/live-service-updates>

Stagecoach - <https://www.stagecoachbus.com/regional-service-updates/east-midlands/the-fens>

West Norfolk Community Transport - <https://www.gtt-online.co.uk/news/2020/03/coronavirus-update/>

North Norfolk

Our Bus - <https://www.ourhire.co.uk/our-bus>

Lynx - <https://www.lynxbus.co.uk/news/covid-19-timetables-monday-30th-march-until-further-notice/>

Sanders Coaches - <https://sanderscoaches.com/alerts>

Norwich

Border Bus - <https://www.border-bus.co.uk/coronavirus-info/>

First - <https://www.firstgroup.com/norfolk-suffolk/news-and-service-updates/coronavirus-covid19-service-information>

Konectbus - <https://www.konectbus.co.uk/coronavirus/>

Mega Bus - <https://uk.megabus.com/service-alerts>

National Express - <https://www.nationalexpress.com/en/help/live-service-updates>

Norwich Park & Ride - <https://www.norwichparkandride.co.uk/updates/>

Our Bus - <https://www.ourhire.co.uk/our-bus>

Simonds Coaches - <https://www.simonds.co.uk/latest-news>

Sanders Coaches - <https://sanderscoaches.com/alerts>

South Norfolk

Border Bus - <https://www.border-bus.co.uk/coronavirus-info/>

First - <https://www.firstgroup.com/norfolk-suffolk/news-and-service-updates/coronavirus-covid19-service-information>

Konectbus - <https://www.konectbus.co.uk/coronavirus/>

Our Bus - <https://www.ourhire.co.uk/our-bus>

Simonds Coaches - <https://www.simonds.co.uk/latest-news>

West Norfolk Community Transport - <https://www.gtt-online.co.uk/news/2020/03/coronavirus-update/>

Weetabix Loaf

2 Weetabix

8 oz soft brown sugar

6 oz mixed dried fruit

1 oz chopped walnuts (optional)

½ pint milk

1 egg

7 oz self raising flour

Pinch salt

Put the milk into a bowl and add the weetabix, sugar, and fruit, and stand for 30 minutes. Add the egg, flour and nuts and mix well

Bake 1 to 1½ hours at 325 or Gas 2/3.

Serve buttered.

From Judy Fuller

CHURCH BUILDINGS

Someone in Grimshoe Benefice recently sent me quote by Sir Roger Scruton on the subject of church buildings (see below) and it prompted to reflect briefly on some aspects of their significance:

“The buildings that the Church of England maintains are not just symbols. They are part of our national identity. They define our spiritual condition even in the midst of scepticism and unbelief. They stand in the landscape as a reminder of what we are and what we have been; and even if we look at them with the disenchanted eye of modern people, we do so by way of recognizing that, in their own quiet way, they are still enchanted.” – Sir Roger Scruton

The significance of these ancient buildings and their upkeep is a pressing issue for many of us and is a matter which the Deanery Strategy Group has included in its remit. And the Scruton quote recalled for me a poem written by the poet Philip Larkin called Church Going during which he questions himself as to why he visited churches:

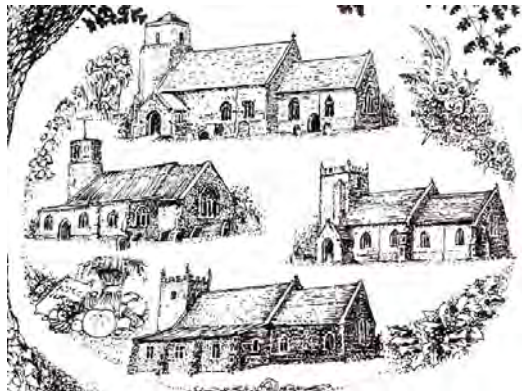
“Yet stop I did: in fact I often do,
And always end much at a loss like this,
Wondering what to look for; wondering, too,
When churches will fall completely out of use
What we shall turn them into,” he writes on entering a church and concludes:
“A serious house on serious earth it is,
In whose blent air all our compulsions meet,
Are recognized, and robed as destinies.
And that much never can be obsolete,
Since someone will forever be surprising
A hunger in himself to be more serious,
And gravitating with it to this ground,
Which, he once heard, was proper to grow wise in,
If only that so many dead lie round.”

Churches are places where significant aspects of life are celebrated, where serious things are said and enacted at key moments in life. They are also places where we engage with serious issues about our life and purpose on this earth. The church building is usually the oldest building in the community village/town etc. it is the repository of the history of the place and its people, recording their joys and sorrow, hopes and fears, celebrations and disasters. It holds the history of our forebears and ancestors and to adapt TS Elliot (and others) its walls are soaked in the incense of their prayers (cf Rev 5:8 and 8:5). It is often the most significant building historically and aesthetically (with its contents) in the area and often contains the most important art and architecture.

It is a privilege to have the care of them and make them available to those among whom we live. We are in danger of deceiving ourselves if we think closing the buildings will help solve our problems. In the last 40 years the many free churches decided to close many of their village chapels and encourage people to go to the nearest town chapel. People did not do so, however, instead they either went to the Village (Anglican) Church or stopped going to church altogether. In the case of Cof E the church is about people and place, about community and care beyond the regular worshippers. Our task is to find new and imaginative ways to secure the future of these buildings but whatever plans we make I do not believe we will succeed unless we are able to engage with and get help and assistance from the wider communities (eg the villages and their people) in which buildings are set. In the long term I think we need to think about establishing community trusts to help us with our task. Meanwhile thanks are due to the wardens and small bands of people that do so much to care for these historic and holy sites

William Burke

Drawings by Mark Powell of
Beachamwell



Tim's Tree Services



All aspects of tree and hedge work undertaken

Hedges Removed

Stump Grinding

Over 30 years experience

Qualified - Insured

Call 01553 813140

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



M J DENT HEATING SERVICES LTD

OIL AND GAS HEATING ENGINEER

SERVICING, MAINTENANCE, BREAKDOWNS, LANDLORD CERTIFICATES,

Why have your boiler serviced?

The importance of **having your boiler serviced**. Having a reliable and dependable **boiler** to provide hot water and heat is a daily essential. ... An annual **boiler service** can prevent potential problems, avoid unwanted disruption, ensure maximum central heating efficiency and keep energy costs to a minimum.



Call on

01366 387595

01366 383661

07957357480

Check us out on

checkatrade.com

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.

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

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

SPECIAL EVENT PLANNED?



Think Wereham Village Hall!

Beautiful facilities:
full catering kitchen, 3 separate rooms available for hire (main hall, community room and meeting room).
Visit www.werehamvillagehall.co.uk
or call Angie, Lyn or Sara on
07497 430005 to find out more.



Zoom Maths

Years 6 to 11 (GCSE)

Interactive video
maths sessions

- *boost knowledge*
- *increase confidence*
- *improve technique*

A Cambridge graduate with
16 years of tutoring experience
offers individual tuition
£25 (50 mins)

**For details and availability
contact Katherine Shaw
07773 - 433180**

**Available now native breed
Wissey Valley Lamb, born
and reared here
in The Brecks by Rob of
Scotts Field Pork.**

Each half lamb box will contain 2x
half leg, 2X half shoulder, approx 8
chops and 1kg of mince.

The price is £8/kg, half a lamb will
weigh 8-10 kgs.

Whole lamb boxes available at
£7.50 /kg

Boxes can be supplied fresh or
frozen to your door.

**For more details please call Rob
on 07940 800275**

ADE HARDY GARDENING SERVICES

For all your gardening needs



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

Garden Maintenance

To discuss your requirements
call Ade on 07798 785663



**No job too large or too small to be
considered**

Turn To Ted

**Friendly, Hardworking,
Handyman, Gardener,
DIY**

£15 per hour, 1hour min

No job too Small or Large

Telephone

07967 796992

RAF Marham Flying Notices

Over the past two weeks there has been reduced flying activity from RAF Marham. This has been due to a period of summer block leave for Squadron personnel, giving them the opportunity to spend time with their families, ahead of an upcoming deployment to HMS QUEEN ELIZABETH which will once again include a period of isolation away from their families ahead of embarkation.

The Lightning Force will recommence their standard flying activity next week but the flying times will be different to what local residents may have become used to over the summer.

From Tuesday 25th August until Friday 9th October RAF Marham will be entering a phase of night flying. The night flying will predominantly take place Mondays to Thursdays and is expected to be completed before 2300 each evening. This night flying is essential for training ahead of two exercises that the Lightning Force will be taking part in this autumn. As part of this training the airfield is also expecting to be in use over the weekend of 12-13 September.

During the period 7 – 21 September there will be increased activity and it is expected that there will be both day and night flying during this time.

Please could you advertise this activity to your parishioners/readers. Posters will be emailed out to you next week and we ask if you could kindly display them on your available village noticeboards for your residents who do not have any internet access.

In summary the key points to note are:

25 August – 9 October – predominantly night flying Mon - Thurs, up until 2300

7 – 21 September – increased flying activity which will include sorties during the day and night

12 – 13 September – airfield likely to be in use over the weekend

[Diane Wilson](#)



Mrs Diane Wilson | Deputy
Media Comms Officer | RAF
Marham, King's Lynn. Norfolk,
PE33 9NP

Mil: 95951 6739 | Civ: 01760
337261 Ext: 6739 |

diane.wilson704@mod.gov.uk

COMMUNITY NOTICE BOARD

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

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

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

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

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

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

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

MASSIVE FUEL BILLS?



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

On any of these Governments benefits?

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

PRIVATE HOME OWNER OR TENANT?

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

- Confirm your benefits with DWP
- 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**



BARTON BENDISH NEWS

How lovely it was to have the G4 magazine back last month, and thanks are in order to the people who delivered it. Personally, I just cannot get enthusiastic about virtual meetings, reading publications on the computer screen or even becoming part of social media so it's great to have one thing back to normal although there's probably going to be a long wait before much else returns to what it was pre Covid-19.

One thing that won't though is our pub, the Berney. A posting on Facebook dated 31 July announced the decision had been made that it would not open again and was officially closed as of that date. I know there are a lot of people who will miss it. At the moment, with the Village Hall, pub and church all closed there is nowhere in the village to meet socially even if it is safe to do so. However, we can still use the memorial seat to Ann Berchem in the middle of the village. Thanks are due to David, who with a little help from Paul S, rejuvenated it and that, with the tubs of orange begonias and smartened village sign, make an impressive feature in the centre of the village.

Progress continues on the Village Hall. The improvements being made have coincided with Covid-19 restrictions so, even it had been finished on schedule; it still wouldn't have been possible to hold our annual Art and Craft Exhibition in September. In many ways the two things happening at the same time has minimised the disruption to our calendar of events.

The village has been a quieter place without customers and guests visiting the Berney, although there's been a noticeable increase in the presence of 'white van men'. We, like most other people, have found on-line shopping so useful especially when the risk was too high to willingly traipse round town searching for things. Although I recycle as much as I can etc, I'm not an avid environmental campaigner, as such, but the increase in white van traffic from ordering on line concerns me. Most deliveries, even the smallest, and there's not much smaller than a reel of cotton, come separately. The other evening at about 7pm David was tracking his delivery and the driver made four stops in the village before he got to us! I suppose some of their carbon emissions though can be offset against those we'd have produced driving to Lynn to shop for specialist items.

The gypsy woman I've written about in my Countryside Notes this month quoted me a saying "Don't let education get in the way of learning" which she attributed to Mark Twain. I hope during Lockdown youngsters, with their reduced hours of formal education, have been able to expand their learning to take in the great outdoors. If they've spent time outside, whether in the garden, a park or walking in the countryside, they must surely have become more aware of the wonders of nature – plants, insects, animals, which surround them. Hopefully they've been interested enough to want to learn more about them and their curriculum will have been broadened. Lockdown couldn't have come at a better time of year for studying nature - spring is when everything is happening. They have had the opportunity to acquire knowledge about things they wouldn't have been

able to within the four walls of a university, college or class room. A wider spectrum is needed to acquire additional general knowledge and common sense than is provided by formal education.

It's a funny old world at the moment. Who knows what the future holds. I've no great interest in politics but I do so wish that, for a few months at least, politicians and unions would put their differences aside. We all need to be pulling together, it's not the time to be apportioning blame or intensifying disagreements.

Jill

Barton Bendish Quizzes.

Due to Covid-19 and Lockdown, and the wish to stay connected to all the kind people who have supported us in the past, the Quizzes of a few years back were revived and circulated on line. This has proved hugely popular so if you would like to be added to the circulation list please email me at jill.events@btinternet.com with your email address.

The Quizzes originated as fund raising for the church and were sold at village events for £1 each as hard copies As they are now on line there are details on the quiz sheets regarding how to send a donation if you feel so inclined.

Jill

The Only Brexiteer in the Village.

"You cannot escape the Responsibility of Tomorrow by evading it Today."
Abraham Lincoln

I must begin by explaining that this apparently critical description of my universally vilified politics was assigned to me in jest in a time before Covid and during a lively discussion in our pub, when we still had one. It seems inconceivable that, just a few months ago ,Brexiteers seemed to be the most important issue of the age, bringing government to a standstill, dividing communities and provoking visions of an unknown future, which would either be catastrophic or liberating. Brexiteers were labelled by their right on and politically correct opponents as racist, Imperialist or fascist...amongst other things. We are a society which proudly claims to celebrate difference but, actually, we are more intolerant than ever. Be that as it may, nothing could have prepared us for the tragedy and uncertainty which lay ahead. Most of us know or know of people who have died of this terrible virus. It has made some people kinder; it has affected our list of priorities. It has caused most of us to reflect on our previous lifestyles and to hope that something better will emerge.

Having no official position in the village now, perhaps I can discuss some issues with no fear of implicating anyone but myself. Not that I wish to be especially

controversial but sometimes it is important to at least be able to raise questions, particularly those which I know many others are raising.

It is wonderful to see the astonishing progress being made with the Village Hall. The builders have done their best to minimise the difficulties posed by Covid regulations and with getting hold of all the materials necessary. There was a brief pause for slates but now the roof is done, the electrics are more or less complete and the extension looks superb. It is as if it has always been there. We are going to have a tremendous community asset for decades to come, one capable of meeting the increasingly complex range of needs in an ageing population facing all the problems associated with rural isolation. The fear of loneliness is one of the great issues of the age and one which must be urgently addressed, I'm sure that the owner must be very pleased that the village succeeded in raising over 90% of the cost of the work through attracting grants and through fundraising efforts. He now owns a much more valuable asset.

The Village Hall is likely to become even more vital given the uncertainty over the future of the Berney Arms. What do we actually know for certain? Very little. We know that the staff were made redundant last month. The rumour mill has it that Abricot are selling off all the pubs they own but there has been no official statement about the future of the pub as yet. This is disappointing, given the effect that the closure of the pub is bound to have on this village and the surrounding villages. No more Barton breakfasts, Sunday lunches or lively discussions over a beer after Film Club, Parish Council meetings or Village Hall events and the loss of the lovely people who have been so hospitable to us all during the last year. No doubt commercial pressures are involved and I wouldn't expect to hear about those but I believe that the village deserves to know exactly what the facts about sale and closure might be. Speculation is rarely helpful. Finally, it would be helpful to know whether the building has an ACV on it, which would prevent it from being sold for housing...or anything else, other than as a pub. In time we will see what the community is prepared to do to save its pub.

Two big companies with a poor record of customer service in Barton Bendish and elsewhere are Freebridge, who oversee some of the housing in the village, and Anglian Water, who are developing an unenviable reputation for treating mere customers with apparent disdain, while looking after Shareholders rather better.

It is well known that one house in the village managed by Freebridge has been more or less uninhabited for 18 months. Neighbours have suggested that the property would better used by a family who actually lived there. Statements

have been taken from residents as evidence of multiple breaches of the tenancy agreement. Promises with deadlines attached have been given but when agreements are not kept, there seem to be no consequences. Freebridge have a duty to their tenants and would-be tenants and to neighbourhoods where their properties are situated. I would suggest that they are failing in these duties. No doubt the problems would be treated with greater urgency if they were happening near where they lived....

Quite a few Barton residents have been unhappy with Anglian Water whose antics have often been discussed at Parish Council meetings. Indeed, the PC and Liz Truss, who are involved yet again, have achieved far more than mere individuals. As a previous victim of their indifference, I was almost unsurprised to find that they were responsible for a serious leak under our floor at Witsend. After days of investigation, it became clear that the culprit was nothing to do with our own water supply but a water main serving a toilet block at the water treatment works. Eventually, the main was shut off although we still have no idea when it will be capped. The two AW employees who came were brilliant and gave us as much help as they could. Not so the company who sent a terse message through their men on the spot to, "Sort it out with your Insurance Company". No apology, no concern....no involvement at all. We have had nearly a fortnight of worry, damage, uncertainty all caused beyond dispute by Anglian Water, a company with an appalling history of customer service. My point is this...Who, if anyone, are such companies accountable to? And how many times can they be allowed to provide such a terrible service without losing the ability to just keep on doing the same things over and over again?

After all that, I would like to end on a positive note or two! Apart from the brilliant progress at the Village Hall, so much good work goes on quietly in the village. Barton Aid have looked out for those who were shielding or who might have been isolated and lonely. I have heard numerous accounts of kind and unselfish acts by individuals determined to help those placed in difficulty by the Pandemic. And there is much to look forward to, however uncertain we might be about dates. The Community Library is ready to roll as soon as we get the go ahead. We need our church open as soon as possible, given that the other two community hubs are out of commission at the moment. That will be for the clergy to decide. It would be good to establish contact with them after such a long break. Now is not the time to neglect matters of the spirit!

We can look forward to the American style Harvest Breakfast advertised in G4 as the first community event for some time. And anyone wishing to get

involved in a charitable event, it's worth thinking about visiting the Smalls for All stall on Swaffham Market, running from 8am to 2pm on the 19th September. Very few events have been possible until now but Swaffham Rotary Club have been given permission to run this for a second time, having been very successful last time. Some of what is collected goes to Africa but a surprising amount goes to needy people in Britain. We may assume that everyone in Britain should be able to afford to buy underwear....and indeed they should. Sadly, however, there are levels of poverty in this country that most of us can't even dream of. This is a chance to do something which makes a real difference. Donations can be made on the day and at a number of locations, including the Icen Centre in Swaffham.

We are lucky to live where we do in West Norfolk where we have been protected to a degree from Covid and the need for distancing. Holidaymakers have caused problems on the North Norfolk coast but this isolated rural idyll remains much as it always was, surrounded by wildlife and the glories of Nature. Long may it continue.

Andrew Stephen

Harvest Breakfast 5th September at 9.30

The 'American style' Harvest breakfast on the 5th September is at 9.30am will be an outside 'do' (in a garden) so as many people as would like to can come, but it would be useful if you could tell us if you know you'll be coming for definite to help with the catering. I think gazebos etc are planned should it be a little wet on the day! The plan is to have a collection of 'non-perishable food' at the breakfast for the homeless/food banks (rather than the traditional fruit and veg).

Contact Linda 347563 or Mhari 347849 to book your breakfast!

For further details look out for the poster on the notice board

The following is a provisional list of services until and including December this year. As you would expect they are all subject to the ongoing easing of lockdown and Government guidelines.

Saturday 5 th September	Harvest Breakfast Church	US Style	
9.30am	St Andrews		
Sunday 11 th October	Celtic Service	6pm	St Andrews
Sunday 8 th November	Service of Remembrance	10.30am	St Andrews
Saturday 19 th December	Christmas Service	TBA	

Update from Barton Bendish Parish Council

The Clerk, Chairman and Vice-Chairman continue to manage the day to day running of the Parish Council during the Coronavirus outbreak. Please contact the Clerk on the details below if you have any matters to bring to our attention.

The Parish Council has received advice that it should not be holding face to face meetings for the foreseeable future and therefore scheduled meetings will be taking place virtually.

The next meeting will be on Wednesday 9th September from 7.30pm. This meeting will be virtual via Zoom. Information on how to join the meeting will be available on the Parish Council website approximately 10 days before the meeting, or alternatively contact the Clerk for details.

Miss Sarah Thorpe, Parish Clerk

Telephone number: 01945 430930

Email: bartonbendishparishcouncil@aol.co.uk

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



The Longing.....

As I stand on the edge of the Warren between the conifer and silver birch ,
My eyes are drawn across the fen to the tower of Marham church .
It seems so long since we were gathered there ,
Sharing worship together , readings , hymns and prayers .
As I gaze across the fen , I wonder just how long
Before the doors can open wide and we can lift our voice in song .
I long to share the company of people that I know ,
A longing for the welcome that is there for all who go .
We are now keeping our faith in whichever way suits us best ,
In private , in the woodland , at home , or on the internet .
We know that He is close , He listens and He speaks ,
The Good Shepherd is nearby caring for His sheep .
The view across the fen is bright , the sky is blue , and field softly green ,
Warblers are singing , and butterflies are everywhere to be seen .
My heart feels lifted , and the pain of longing eased ,
Between the fen and tower there is a sense of peace .

More.....

On the other side of the wood , is Shouldham church , high up on the hill ,
Like Marham and the churches in the group , it stands empty and so still .
The bells are silent , no one within ,
I long to see the people who smile as we wait for the service to begin .
The other churches , that I can't quite see from here
Will be sharing the sadness that they cannot now 'draw near' .
But there must be many up and down the land
Finding new ways to worship 'hand in hand' .
No longer can we get up close ,
But like I'm thinking now.....
We can use our minds to make a picture
Of the things we love the most .

Liz S

Additional services originating at Bexwell. Everyone is welcome to attend.

- (1) 1st Sunday: Online evening Compline 8pm. The traditional last office of the day, beautiful monastic setting with plainsong. I lead this. As cantor I am permitted to sing. I sing live in church with others zooming in.
- (2) 2nd Sunday: Online Evensong 8pm (it was 6.30pm but we are just staying with 8pm service for now so as not to confuse people). This is another tradition BCP format run by our LLM, Mary Hurst. Traditional hymns by video, too
- (3) (3) 3rd Sunday 'Live' communion in church at 9.30am, with 8pm evening service. The 3rd and 4th Sunday evening services are much more community-based, participatory events. They are more like evening meditations with prayers and readings and different musical offerings (Bach and a solo guitarist last week)
- (4) (4) 4th Sunday: Online evening service at 8pm, following the same more creative program as the 3rd Sunday

Fraser Reich

Topic: St. Mary's Bexwell

Time: Aug 23, 2020 08:00 PM London

Every week on Sun, until Oct 25, 2020, 10 occurrence(s)

Aug 23, 2020 08:00 PM
 Aug 30, 2020 08:00 PM
 Sep 6, 2020 08:00 PM
 Sep 13, 2020 08:00 PM
 Sep 20, 2020 08:00 PM
 Sep 27, 2020 08:00 PM
 Oct 4, 2020 08:00 PM
 Oct 11, 2020 08:00 PM
 Oct 18, 2020 08:00 PM
 Oct 25, 2020 08:00 PM



BEACHAMWELL, SHINGHAM & DRYMERE VILLAGE NEWS

Mobile Post Office

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

Beachamwell Parish Council

The Parish Council has been advised that it should not return to holding face to face meetings for the foreseeable future, due to the Coronavirus outbreak. Meetings will therefore be held virtually via Zoom. Members of the public are still able to take part in these meetings. Information on how to access meetings will be provided on our website or you can contact the Clerk on the details below.



The Councillors and Clerk will continue to manage the day to day running of the Parish Council during this period and you can still get in touch with us in the usual way if you have any matters to bring to our attention.

The Parish Council held its first virtual meeting on 15th July. The audit for 2019/20 was approved at the meeting and all of the documents relating to this can be viewed on the Parish Council website.

Dates for Ordinary Parish Council meetings for the rest of this year are:

Wednesday 16th September

Wednesday 18th November

All meetings start at 7.30pm.

Clerk to the Council:

Miss Sarah Thorpe

01945 430930

beachamwellparishcouncil@gmail.com

Councillors:

Cllr. Tom Sanderson (Chairman)

01366 328244 / 07803 963804

tomsanderson@btconnect.com

Cllr. Diana Lambert (Vice Chairman)

01366 328227

Cllr. Richard James

01366 328968

rj1james@gmail.com

Cllr. Pat O'Donnell

01366 328385



St Mary's Church
Houghton-on-the-Hill

RE-OPENING SATURDAY 11TH JULY 2020

this historic and beautiful 11th century church
with priceless wall paintings, will re-open on
Saturday 11th July at 2pm

**THEN DAILY FROM 2PM TO
4PM UNTIL THE END OF
OCTOBER**

We have taken steps to ensure the Church is Covid
secure. Join us for a guided visit to the church and its
delightful gardens, and become a Friend of St Mary's to
help secure its future.

Registered Charity No. 1069758

www.houghtonstmarys.org.uk

admin@houghtonstmarys.org.uk

St Mary's Church, Browns Lane, Houghton-on-the-Hill,

North Pickenham, PE37 8FB

Or contact Alan on 01760 720070



ONLINE SERVICES IN SEPTEMBER

Video services for the West Norfolk Priory Group are posted on the WNPG Facebook page at:

<https://www.facebook.com/pages/category/Religious-Organization/West-Norfolk-Priory-Group-Church-of-England-100422234980502>

Online Zoom services are due to take place as below:

Thursday 3rd September

10.00 am Holy communion See link 1 below

Sunday 6th September The Thirteenth Sunday after Trinity

9.30 am Holy Communion See link 2 below

11.00 am Holy Communion See link 1 below

Thursday 10th September

10.00 am Holy Communion See link 1 below

Sunday 13th September The Fourteenth Sunday after Trinity

9.30 am Service of the Word See link 2 below

11.00 am Holy Communion See link 1 below

Thursday 17th September

10.00 am Holy Communion See link 1 below

Sunday 20th September The Fifteenth Sunday after Trinity

9.30 am Service of the Word See link 2 below

11.00 am Holy Communion See link 1 below

Thursday 24th September

10.00 am Holy communion See link 1 below

Sunday 27th September The Sixteenth Sunday after Trinity

9.30 am Service of the Word See link 2 below

11.00 am Holy Communion See link 1 below

Link 1 - <https://us02web.zoom.us/j/3119595155?pwd=dy9nNzRJby91OVprZG9nSzIMSEIPZz09>

Link 2 - <https://us02web.zoom.us/j/82822775006?pwd=eU12TDN0VTJpZFVocld4WlpvZEM4dz09>

CHURCH SERVICES IN THE LOCAL AREA IN SEPTEMBER

Some churches in this area have started to recommence services subject to social distancing.

At the time of publication, these are the services we know about.

Note that all services may be subject to change or cancellation as the pandemic situation changes.

Sunday 6th September

9.30 am

9.30 am

10.00 am

11.00 am

Sunday 13th September

9.30 am

11.00 am

Sunday 20th September

9.30 am

Sunday 27th September

9.30 am

9.30 am

11.00 am

6.00 pm

The Thirteenth Sunday after Trinity

Methwold Service of the Word

Wretton with Stoke Ferry

Service of the Word

Shouldham Morning Prayer

Marham Holy Communion

The Fourteenth Sunday after Trinity

Wretton with Stoke Ferry

Service of the Word

Watlington Holy communion including
commission of Barbara Church as
Authorised Lay Minister.

The Fifteenth Sunday after Trinity

Wretton with Stoke Ferry

Holy Communion

The Sixteenth Sunday after Trinity

Methwold Service of the Word

Wretton with Stoke Ferry

Service of the Word

Boughton Holy Communion

Barton Bendish Evensong

BAPTISMS AND WEDDINGS

Please contact Revd Carol Nicholas Letch

carolnl53@hotmail.com

01366 500704

or the churchwardens

Church news September 2020

The church was cleaned professionally by Mr Sparkle of Stoke Ferry, as the first part of our attempt to get back to 'normal'. The necessary risk assessment was carried out, following the Church of England guidelines and we decided to open for private prayer once a week in August. By only opening once a week, we will be able to leave a 72 hour gap, which would save on the cleaning. We don't have the personnel to clean every day. The church was used for private prayer on the first day, so that was encouraging. The 27th September has been arranged as our first 'live' service, with our new Team Leader, the Revd. Carol Nicholas – Letch. This will probably be our Harvest Festival, although we won't be able to sing the traditional harvest hymns. Further details of this will be published nearer the day, either by email, in the pew sheets, or notices on the board and the church door. We will continue to open the church once a week for private prayer from September, usually on Wednesdays, but look out for notices as there may be reasons for change.

During the enforced closure of the church, many of the congregation have joined with others, either from the Wissey Valley group or from across the Deanery, in live services on Zoom twice a week. We have all found them excellent and we give thanks for the input of the various clergy, lay ministers and others. It hasn't seemed as if we hadn't seen our friends for five months. On July 26th, we actually had an opportunity to meet together in real life, at the annual Deanery service at Stow Hall. Numbers were estimated at between eighty to a hundred. Carol Nicholas-Letch was installed as our group Team Leader, three young people from Feltwell were confirmed and the Bishop of Ely took the service. It was excellent!

By the time this is published, the Annual Parochial Church Meeting will have taken place. It's much later than usual, because of Covid -19 and all that has entailed, and will be a shorter version. New church officials will have been elected. As the current churchwarden, I'd like to thank all those who have served on the PCC this year, for all their work and support. We are truly blessed in their service.

You have probably seen my thoughts on finance in earlier editions. We have no regular income if services are not taking place because of the virus, but bills still need to be paid. We are expecting to have the broken tiles on the roof replaced this week (August), if weather permits, and there is work needed on a buttress. We've had one visit from the tree surgeon, to make safe the magnificent ash tree in the corner of the churchyard and to remove a branch from another tree,

which was overhanging the neighbouring drive. Several members of the congregation have donated sums of money, and a few people in the village make regular donations through their bank accounts. If you value the church, which is also used by the Parish Council during normal times, perhaps you would consider making a regular donation, or a one off amount. Bank account details for this can be obtained from Angela Faherty, our Treasurer.

Another way in which you could help church funds is by taking part in the annual Church Cycle ride on September 12th. Half of all money raised by each individual is returned to the local church. I have the forms and information, so all I need is a volunteer. Or two, three.....With all the exercise we are being exhorted to take, it can do the church good and individual health. If you've put on weight during lockdown, how about it? My phone number is 500429 if you are willing to do the ride and get sponsors.

From: Chair, Boughton Parish Council

Just a short one this time as we have no meeting until 1st September.

As I write this, the temperatures are soaring, but thunderstorms are expected. With lockdown easing and the numbers of new COVID-19 cases in Norfolk staying very low it is good to see some resumption of normality with shops, pubs and restaurants reopening. However, we must continue to be vigilant and take precautions to protect ourselves and others. If you have neighbours that might suffer in this heat, why not pop round and make sure they're ok - at a safe distance.

I am delighted to be able to report that at last we have been able to order the speed sign for the village that we agreed on at the public meeting way back in May 2019. Lead times are still 6-8 weeks as the manufacturer isn't quite up to full speed. But soon, no-one will have any excuse for speeding in the village and we will start to collect data on traffic flow.

Take care. Stay safe.

Regards
Neil Matthew

WEREHAM VILLAGE NEWS

MACMILLAN COFFEE MORNING

Date for your Diary.

We haven't forgot, hope you haven't !!!!!

Macmillan coffee morning Saturday September 26th, 10.30am --- 1. 00pm.

At Wereham Village Hall.

Full details to follow, look out for the posters and on WVH website.

WEREHAM VILLAGE HALL

In line with current government guidelines Wereham Village Hall reopened for business in mid July. Since then we are pleased to have welcomed back several of our regular activity groups, such as Line Dancing, Bingo, Zumba and Tai Chi, as well as a number of visitors from the local and wider community. Monthly Cinema shows started in early August, the next of these being on 18th September. Likewise our monthly Car Boot is up and running again, the September date being the 27th.

Some activities are planned to recommence later this year or in the New Year. For further details you are advised to contact the individual group organiser and/or check the Village Hall website and Facebook page.

The safety measures that we have put in place to protect all of our staff and customers are working well but, as ever, we rely on all of you to follow all of the standard guidelines to protect both you, friends and family, and other users of the building.

The measures that we have introduced to facilitate customers' use of the building whilst ensuring their safety and wellbeing include:

- Extra staff training
- A self completed register for all users on entering the building
- Clearly defined entry and exit points
- Strict control of numbers in order to maintain social distancing and to avoid congestion
- The provision of hand sanitiser at designated points
- Regular cleaning of all contact points within the building (handles, switches, tables, chairs etc)
- A "one in one out" system for the toilets, with cleaning wipes and hand washing facilities for customer use

- Reduced seating capacities
- The cafe will only be open for specific events and will operate on a “take-away” basis, with single use items such as sugar sachets and disposable cups.

All group leaders are expected to take responsibility for all of their members’ and participants’ safe use of the building, maintaining accurate records of all attendees and retaining a register of users.

We are certain that by continuing to work together and respecting each other, we can provide a safe environment for everyone at Wereham Village Hall. As the situation progresses and hopefully improves, we look forward to a number of other activities and events taking place in the Village Hall, and to welcoming everyone back to the Village Hall in a safe, secure and healthy way. Please keep checking our website and facebook pages for the latest news.

We value your continued support and look forward to seeing you again soon.

Wereham Parish Council

Next Meeting Date - Tuesday 8 September 2020 at 7.00 pm

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, and notified via the Wereham Parish Council Facebook Page and on the website www.werehamparishcouncil.co.uk. You will also find minutes of all meetings here too. Please contact the Clerk should you wish to attend virtually once the agenda is public for joining instructions. The Council are meeting via Zoom virtually until further notice and in following guidance issued to it by authority bodies, invitation information and how to attend is placed on each meeting agenda.

Coronavirus – Covid-19 - Stay Alert, Control the Virus, Save Lives (As at 07.06.20)

Re-Opening of Play Area The play area was reopened on 4th July in line with Government Guidance, a risk assessment took place and additional signage has been added to the play area. Users are advised to sanitise their hands before and after use; use disinfectant wipes or spray prior to use on the equipment in high traffic areas; do not eat within the play area and most importantly social distance from others within the play area. At this time due to flowing activity at the play area that the Council do not need to monitor usage or put usage restrictions in place. Please all follow this guidance. Anyone concerned should contact the Parish Clerk by telephone or email in the first instance.

Volunteers and Assistance with Shopping If there are volunteers that could help other residents in the village with essential shopping please contact the Parish Clerk who will add you to a register that is being kept. If there are residents that still need help with essential shopping or medical prescriptions with no family or friends network affected by covid-19, please also get in touch with the Parish Clerk who will be able to discuss options available for helping you. Though Covid-19 has eased as at 5th August, the Council is continuing to have arrangements in place.

For the latest Government Advice view the following websites: The HSE have now created a dedicated Coronavirus page for businesses here:

<https://www.hse.gov.uk/news/coronavirus.htm>

This should be used in conjunction with the NHS information here:

<https://www.nhs.uk/conditions/coronavirus-covid-19/>

Social Behaviours – We often talk about what is ‘anti-social behaviour’, but the Council would like to promote ‘social behaviours’ as a positive step. It is important that we all consider our neighbours and fellow residents in any actions that we take in our own homes, gardens and out and about. Wereham has been well regarded by visitors and residents as being a friendly village with many opportunities to make friends and support each other. It is important that we continue to uphold these values, so just a couple of social behaviours to highlight and think about:

- Please could users of the playing field and facilities, and parents of children who attend unaccompanied think about how late is acceptable to be using it, as potentially past daylight hours it can cause disturbance to neighbouring homes. We have not ever had an official closure time, but a reasonable time would probably be when it begins to get dark.

- Fishing at the pond is for parishioners only, this is for the protection of the fish as their environment is a delicate balance, but also for the homes that surround the pond. There are rules displayed at the pond. Whilst confrontation is not something the Council wishes to pursue with individuals that don't abide by rules and who are not parishioners, residents of the village can assist by ensuring they follow the fishing rules, tidy up after themselves and spread the word to others that this is the case and fact.

- Dog Waste continues to always be an issue, and with five dog bins around the village, including those in our own homes, there should be no excuse for not cleaning up after. But unfortunately it continues, please could all dog walkers in the village collect their dog waste and either take it home or place in the dog waste bins provided and paid for by all parishioners. We all want to

enjoy our village so there really is no excuse not to pick up dog waste. The five dog bins available are at the playing field; off Cavenham Road, Lamas Lane; End of the Row/Wretton Row and on Church Road/Junction with back lane). So this is plenty of points to deposit waste plus the option to take it home. Please respect the village and clean up after your dog.

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

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

Helen Richardson
Wereham Parish Clerk and Finance Responsible Person
Email werehampc@gmail.com or Phone/Text: 0779 500 6811

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

Monday and Thursday 14.00 – 14.15

Tuesday and Wednesday 12.25 -12.55

-

CAR BOOT AND CAFE

Car Boot Sale will be on Sunday 27th
September from 8.30am to 1pm

Cafe open from 8am for hot breakfast
rolls, snacks and drinks.

£5.00 a pitch

to book indoor/outdoor pitch, call or
text Phillip on 07759 033492

Future dates for your diary:

25th October

CINEMA NIGHT

Friday 18th September 2020
TBC see the website/Facebook for
information

Doors open at 6.45pm with the main
feature starting at 7.30pm

**Tickets £5 adults. Juniors £3 under
15 accompanied by adult.**online at
[www.werehamvillagehall.co.uk/
events](http://www.werehamvillagehall.co.uk/events).(10am to 3pm) and on the
door

Next feature:

Friday23rdOctober

SHORT MAT BOWLS

Will return in the new year from
January
for further details contact Phillip
on 01366 501330

Non-Contact Boxer- cise

Mondays 6.30pm until 7.30pm
call Maria for information
07885609655

CASH BINGO

Every Wednesday

doors open at 6.30pm Eyes down at
7.30pm Café open before and during
the break

Weekly prize money and jackpot

**Because of the ever-changing guid-
ance please check our website/
Facebook pages as programmes
are subject to change.**

Call Diane on 01366 500798

West Norfolk Landscaping

A full landscaping service
available including

- Fencing
- Driveways
- Pathways
- Patios
- Turfing
- Mini digger services

A Commercial & Domestic
grass cutting service is
also available

Contact me on 07392 150290

Email: westnorfolklandscaping@gmail.com



Village	Day	Destination	Price	With Con- cessionary Pass	Office
Barton Bendish	Friday	Downham Market	£5.50	£4.00	Swaffham
Beachamwell	Tuesday	Swaffham	£5.50	£4.00	Swaffham
	Friday	Downham Market	£6.00	£4.00	
Boughton	Tuesday	Downham Market	£5.50		Kings Lynn
Drymere	Tuesday	Swaffham	£4.50	£3.00	Swaffham
	Friday	Downham Market	£5.00	£3.00	Swaffham
Wereham	Tuesday	Downham Market	£4.50		Kings Lynn

West Norfolk Community Transport provides door to door transport for the local community allowing access to the market towns for medical appointments, shopping or visiting friends.

You need to be a member and you must prebook your seat.

For more information please call

Kings Lynn - 01553 776971

Swaffham –

01760 720906

General knowledge quiz for children

1. Who was Prime Minister before Boris Johnson?
2. What are the two longest rivers in the world?
3. Can you name the two Houses of Parliament?
4. What is the largest ocean in the world?
5. How many years are there in a millennium?
6. What is a female swan called?
7. The Wise Old Elf is a character in what TV show?
8. Where does the Prime Minister live?
9. What is the largest planet in the solar system?
10. How many days are there in November?
11. What is the capital of the USA?
12. What are the primary colours?
13. Who was Prime Minister when World War II ended?
14. What expensive gemstones are usually in engagement rings?
15. What two countries have land borders with England?
16. Who is the England football captain?
17. Ryder and Marshall are characters from what TV show?
18. Which artist painted the Mona Lisa?
19. What is the capital of Scotland?
20. Who is the Patron Saint of England?

Answers on page 47



Breckland Pest Control



Wasps, moles, rats, mice &
more

Professional & friendly service

01760 756 405

0777 600 7201

brecklandpestcontrol@gmail.com



PROFESSIONAL FOOT HEALTH PRACTITIONER



Peter Stanley
MAFHP. MCFHP

Treatments include:

- **Nail trimming/reduction**
- **Verruca**
- **Callus/corn removal**
- **Ingrown**
- **Fungal nail/athletes foot**
- **Diabetes foot care**
- **Neurovascular assessment**

To book your home visit, please call Peter on

Freephone 0800 066 5499

or 07842 553554

FOREST & FEN CHIMNEY SWEEP



City & Guilds
ACCREDITED

Experienced, Qualified Professional

07749 257770 or 01366 727537

forestfensweep@aol.com

All appliances swept. Fully insured & certificates issued.

CARPET CLEANING OVEN CLEANING

Sofas & curtains cleaned

**Quality, regular, reliable service
Conservatory Cleaning, Window Cleaning,
Patio Cleaning, Gutter & Facia Cleaning,
Conservatory & Patio Cleaning**

Cleantech
Professional Cleaning

www.cleantech-norfolk.co.uk

**(Card & cheque
payments accepted)**

Call Mike on 01485 609223
daily 7am - 10pm • 7 days a week

www.norfolkwoodburners.co.uk



Norfolk Woodburners offer the best local service for the supply and installation of:

- Wood Burners & Multi-Fuel Stoves
- Main agents for Aga, Hunter & Cleanburn Stoves
- Chimneys Lined
- No Chimney, No Problem
- Fireplaces Enlarged



For a FREE site visit and quotation contact us on:

t: **01328 700161**

m: **07966 661175**



e: norfolkwoodburners@outlook.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



RD VOUTT & SON

PLASTERING

All aspects of plastering & floor screeding.

Contact Bob on **01366 328 545**

mobile **07799514635**

rdvoutt@yahoo.co.uk

Doggie Style Grooming



07 800 800 995

No Cages...No Mess... No Stress!

**Fully Equipped Mobile Salon
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.



DAVID THOMPSON MASTER CHIMNEY SWEEP

All chimneys, flues & appliances swept

Brush and vacuum used

CCTV Chimney surveys

**Bird/rain guards, vent caps
and cowl supplied and fitted**

NVQ qualified chimney engineer

Certificates Issued

01328 851081

www.the-sweep.co.uk

D. Thompson Chimneys Ltd



**07552
450522**

anglialandscapesltd@outlook.com

Turf Suppliers

Domestic/Commercial Mowing & Hedge Cutting

Hedgerow and Tree Planting

Driveways and Patios

Fencing

01366 500803

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

Every minute, six people over 65 suffer a fall/

We're here to help.

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



Careline
COMMUNITY SERVICE



**Care &
Repair**

Borough Council of
King's Lynn &
West Norfolk



1170-97-304N



Tel: 01553 616200
www.asklily.org.uk

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



**in
good
company**

In association with

Norfolk County Council

Borough Council of
King's Lynn &
West Norfolk



2018-9-2



CHURCH FARM STOW BARDOLPH

We Are Open!

- Lots of Friendly Animals
- Outdoor Play Fun
- Pig Racing
- Tractor Rides
- Homemade Cakes and Lunches
- October Half Term Fun!
- Online Booking Essential

"We have made Church Farm a safe and fun environment for our returning visitors and families. PROTECT everyone, RESPECT everyone and ENJOY!"
Elizabeth Esse (Owner)



01366 382162



www.churchfarmstowbardolph.co.uk



Andrew Francis Funeral Services

25 London Road, King's Lynn
Tel: 01553 762242

Award Winning Independent Family Funeral Director

Offering you a 24 hour 7 days a week professional personal service.

Pre paid or Pre planned Funerals available

Swaffham Vets 130x190 Advert_Layout 1 30/03/2015-2254 Page 1

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 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



Central Norfolk Dog Training Club



"No wonder they wag their tails"



Kennel Club Registered
Classes are held at The Mills Memorial Hall
Westgate Street, Hilborough, IP265BN

Monday evenings from 6-30 pm - 8-45pm
Specialist puppy training class 6-30

Clicker Training, positive reinforcement, have fun with your dog, absolutely no harsh methods, check chains or noose collars are not allowed, we train using food or toys

For more information please call

Chris Phillips on 07745 892417 or email seffejadestan@btinternet.com

All 4 Paws Pet Services

we're there when you can't be

dog walking

cat care

small animal care

reptile care

horse care



Abigail Desborough

01366 347605

07957 965623

abs567uk@yahoo.co.uk



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

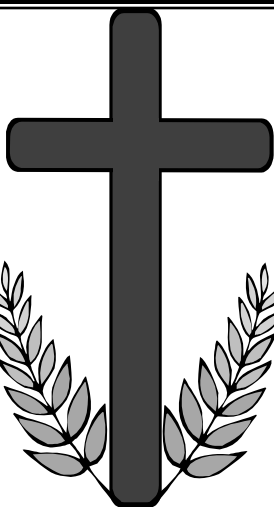
1 Blackfriars Street, King's Lynn (01553) 766795

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**



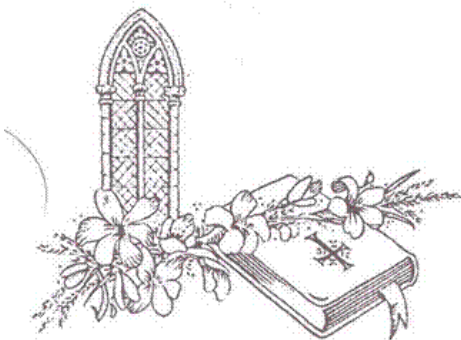
Privileged To Serve Families In The Area For 3 Generations

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

GREEK MYTHS

1. What did Prometheus steal from Mount Olympus and give to mankind?.
2. Which mythical creature was kept in a labyrinth in Crete?
3. Who was the Greek messenger of the Gods?.
4. Which dog guarded the entrance to the Underworld?
5. What did Narcissus fall in love with?.
6. Who was the Queen of the Amazons?
7. Which creature had the head of a lion, body of a goat and a serpent's tail?.
8. Of what was Aeolus the Greek God ?.
9. What did Zeus make from the horn of he she-goat Amaltea?
10. Who was the first human created by the Greek Gods?
11. Which Greek Goddess was the twin sister of Apollo?.
12. How many heads did the Lernaean Hydra have?.
13. Arachne was changed into which creature by Athena?.
14. Which flower shares its name with the Greek Goddess of the rainbow?
15. What was Jason searching for in his quest with the Argonauts?.
16. What was Medusa's hair made from?.
17. What was the name of the Cyclops blinded by Odysseus?
18. Which Greek hero was known as the "Tamer of Horses"?.
19. How many oars did Jason's ship The Argo have?
20. Born of Chaos, who was the primordial Goddess that represented Earth?

- | | |
|-----------------------|---------------------------------|
| 11. Artemis | 1. Fire |
| 12. Nine | 2. Minotaur. |
| 13. Spider | 3. Hermes |
| 14. Iris. | 4. Cerberus. |
| 15. The Golden Fleece | 5. His reflection |
| 16. Snakes | 6. Hippolyte. |
| 17. Polyphemus. | 7. Chimera |
| 18. Hector | 8. The wind |
| 19. Fifty. | 9. Cornucopia (Horn of Plenty). |
| 20. Gaia | 10. Pandora. |

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

L.D. Pest-Control

City
Guilds
NPTC
Qualified

PROBAPT



NPTA

THINK

For all your pest problems.

**MOLES, RATS, MICE, WASPS,
CLUSTER FLIES AND MOTHS**

Contact Les Donnelly

01366 500800 / 07958 677665

E: les.donnelly@icloud.com

BRYAN CATER



Chimney Sweep

Guild of Master Sweeps certified

Clean and Reliable

Certificates Issued

Fully Insured

Fire Parts Supplied and Fitted

Call Gavin on

01366 728342

**The Poplars, Thetford Rd,
Northwold, Thetford, Norfolk**



RAY GRIBBLE

Antique Restoration & Traditional Upholstery

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

Traditional Upholstered Furniture

Footstools, Sofas and Chairs
made to commission

Picture Framing & Mirrors

www.raygribble.co.uk

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

Vine House, Church Road, Wereham



Ethical Mole Management

within 10 miles of
PE37 8AZ

Call Geoff on
07597 912389 or
01366 328204

Fully Insured - No mole
no fee - Find me online at
[www.guildofbritishmolecat
chers.co.uk](http://www.guildofbritishmolecatchers.co.uk)
[geoffsidons1.wixsite.com/
norfolkmolescatcher](http://geoffsidons1.wixsite.com/norfolkmolescatcher)

I have 45 years
experience limiting crop
damage - call me if you
need help

newrooms

Designed just for you....

kitchens
bedrooms
bathrooms
flooring

**Our new showroom is located on the
Brandon Road, Methwold IP26 4RJ**



01366 727417 • newroomsdesign.co.uk

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

Phone 01353 777788

Tank Replacements

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 tonnes

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

CHURCHWARDENS

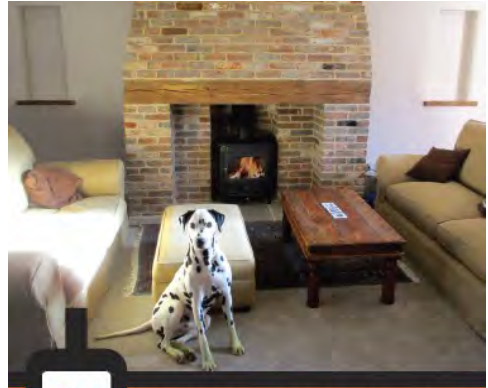
Barton Bendish Mhari Blanchfield
01366 347849

Linda Webster
01366 347563

Beachamwell Contact Revd CNL

Boughton Pam Wakeling
01366 500429

Wereham Sheila Smith
01366 858165



**SUPPLY & INSTALLATION
OF WOODBURNERS**

Norfolk's agent for Aga, Hunter & Parkray Stoves

AGA
CAST IRON STOVES

Hunter
STOVES

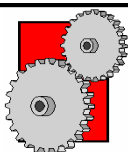
PARKRAY
STOVES

01328 700161

www.norfolkwoodburners.co.uk

General knowledge answers from page 47

1. Theresa May
2. Amazon and the Nile
3. The Commons and the Lords
4. Pacific
5. 1,000
6. A pen
7. Ben and Holly's Little Kingdom
8. 10 Downing Street
9. Jupiter
10. 30
11. Washington DC
12. Red, blue and yellow
13. Winston Churchill
14. Diamonds
15. Scotland and Wales
16. Harry Kane
17. Paw Patrol
18. Leonardo da Vinci
19. Edinburgh
20. St. George



P.G.M.S.

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

Sparex

Agricultural spares & accessories

**Peter Garner
Mechanical Services**

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

Tel: 01366 328823

E-mail: peter@pgms.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

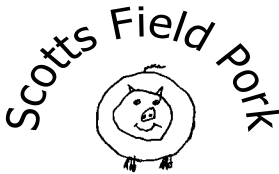
Over 45 years experience in this industry. I have experience and am happy to carry out jobs such as; fascia and guttering repairs or cleaning; external fence panelling repairs, replacement/ treatments; gates made; doors and locks repairing and replacing; refitting and refurbishment of kitchen cupboards;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



FREE RANGE # RAREBREED

MADE IN NORFOLK

FREE DELIVERY

SUPPLIED FROZEN

MINIMUM SPEND £20

Remember how pork used to taste when you still had proper crackling? Fancy some hand-made sausages with more meat than filling? Love thick cut bacon with the rind on that has been dry cured? All delivered to your door?

Call Rob Simonds on 07940800275 to arrange a delivery.

Traditional & Gluten Free 85% meat sausages £12 for 3 packs of 8 sausages

Dry Cure Smoked & Unsmoked Bacon £6 a pack – approx 500g

Rolled Shoulder of Pork - £10 a joint – approx 1.5 kgs

Pack of 2 pork chops - £5

Smoked Gammon Joints £12 a joint – approx 1.5 kgs

Native Breed Lamb Boxes available in season

Dexter Beef Boxes available



L.B.R LANDSCAPING & GROUNDS MAINTENANCE

EST 1986

- **GARDEN & SITE CLEARANCE**
- **HEDGE CUTTING - REDUCTION - REMOVAL**
- **FENCING SUPPLIED & ERECTED**
- **GRASS CUTTING - PRIVATE - COMMERCIAL**
- **TURFING & SEEDING**
- **TREES & SHRUBS PRUNED - REMOVED**
- **STUMP GRINDING - PLANTING**
- **DIGGER & DUMPER WITH OPERATORS**
- **TRACTOR - HEDGE - VERGE CUTTING**
- **LOG SALES**

Mob: 07774 724366
Tel: 01553 849802

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



St. Johns Way, Downham Market, PE38 0QQ

01366 382219

(24 Hour Emergency Contact)

- Purpose built practice with easy access and ample parking on the outskirts of town
- Dedicated sterile operating theatre & dental suite
- Full digital x-ray, endoscopy & ultrasound facilities
- 'State of the Art' laboratory equipment including haematology, biochemistry and our new urinalysis machine - the first in East Anglia
- Independent Emergency Care provided onsite by our highly experienced Veterinary Surgeon of 32 years, 24 hours a day, 365 days a year...

To view our opening hours and for more information visit our website www.crossingsvets.co.uk or find us on Facebook at www.facebook.com/CrossingsVets

***"Independent, Professional
& Personal"***

