

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

September 2021

Cover Illustration drawn by Mark Powell, Beachamwell ©

WELCOME



Hopefully you are all enjoying our new 'freedom' but still take care and stay safe

Once again we would like to thank Alan for dealing with the adverts, Kevin for the website, Andrew and Liz for collecting and delivering to the villages, Limetree Printers for their super efficiency and everyone who has helped with G4N in any way - we do appreciate your continued support.

Happy Reading *Eileen and Pam*

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

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

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

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Deadline for copy for the October 2021 edition:

11th September

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PRIESTLY RAMBLINGS A TIME FOR EVERYTHING

Dear Friends

Having recovered from my bout of shingles I was determined to get back to normal as quickly as possible. Well, that didn't work out very well.

We had a family funeral to attend; in fact I was taking the service and was therefore full of emotions and a little anxious. The family met at ours and Donna our youngest daughter said, 'Mum this will cheer you up' and showed me a photo of a tiny little new born baby with tubes all around. It was our eagerly awaited great granddaughter number two; she had been born early that morning a week ahead of schedule. The tubes sent more waves of panic and emotion searing through my body - she had an infection. The funeral went smoothly - I only lost it once - and we spent the rest of the day alternately talking about our lost loved relative and the predicament of our new loved new addition. Of course we were all desperate to see her, especially my daughter and her husband with hubby and me a close second.

It was not to be as soon as we all had hoped for daughter, Sherrie, telephoned us all the following day to announce that her daughter Bethany, who had to have a covid test every day, for her work with vulnerable children and teenagers, had tested positive that morning and we all had to isolate for 10 days. What! I had just spent a good week and a bit stuck indoors with shingles and now I was to be shut up again? What about seeing our new baby Emilia? What about our poor daughter desperate to see not only her daughter but also her new granddaughter?

Life can really kick us in the teeth sometimes can't it? Thank goodness for the help and kindness of friends who collected shopping for us and even left flowers on the step for me; but most of all we were so grateful for the prayers that were whizzing around for baby Emilia who was still in hospital with her Mum a week after appearing in the world - although Victoria our granddaughter wouldn't have put it quite like that - she'd had a really rough labour bless her. Tests had been done and then came the news that a lumbar puncture was needed to establish if Emilia had sepsis or meningitis. More worry, more sleepless nights and then the good news she was better and going home. There is nothing like the power of prayer and I thank every single one of you who offered one up.

Well, we are off to see the new baby and to be re-united with great granddaughter number one tomorrow and so life goes on, one generation being replaced by another; as it was, as is and shall be for ever.

Rev Carol Nicholas - Letch



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New 50mph speed limits set to drive up safety on A149 in West Norfolk

A new 50mph speed limit is set to come into force on two stretches of the A149 in West Norfolk this autumn.

Following a consultation last year the speed limit will be cut from 60mph to 50mph on the main road between Babingley and the Dersingham roundabout, and between Snettisham and Heacham.

These two sections of the busy road have a poor injury accident record. The southern section between Babingley and the roundabout with the B1440 has had 8 personal injury accidents over the past 5 years, one was classed as serious. The northern section between Paper Hall Farm and Heacham has seen 10 personal injury accidents over the past 5 years with 2 serious and 1 fatality.

Cllr Martin Wilby, Cabinet Member for Highways, Infrastructure and Transport, said: "Sadly this part of the A149 has seen a number of serious accidents due to excessive speeds so I welcome this change to help make the route safer for the more than 14,000 vehicles that use it every day. We hope this safety improvement will help to complement other recent changes along the road between King's Lynn and Hunstanton that has seen average speed cameras installed and changes to road signs and markings."

The new 50mph signage is expected to be installed this autumn which is when the new limit will come into effect.

NB

The new 50mph limits are not along the section of the route already monitored by average speed cameras so the limit through those sections will remain at 60mph.

A formal statutory consultation was started in February 2020. Responses were received both for and against reducing the limit from 60mph to 50mph with 11 responses in favour and 42 objections along with a petition with 102 signatures objecting. Since then officers have carefully reviewed and collated the responses received. The pandemic has meant that the consultation has run over a longer than usual period to ensure statutory bodies such as parish councils have been able to meet and discuss the proposals.

For political comment: For details of cabinet members, committee chairs and agendas, please see: www.norfolk.gov.uk/cabinetandchairs Group leaders' and councillors' contact details are available at: www.norfolk.gov.uk/countycouncillors For further information please contact: Communications Team at Norfolk County Council Tel: 01603 228888 Email: pressoffice@norfolk.gov.uk/countycouncillors

YOUTH LEADER (PART-TIME)

Methwold Youth Centre ('The Hive), The Community Centre, Iceni Academy, Stoke Rd, Methwold, Thetford IP26 4PE

Approx 20 hours per week. £9.50 to £12 per hour. 14 days paid holiday (to be taken during school holidays). Contributory pension available.

The Methwold Youth Centre ('The Hive') offers out of school games, sports and social activities and events, mainly during term time from Community Centre at Iceni School. The sessions are open to young people aged 9 to 18 from the local towns and villages.

The centre has operated successfully for the last 3 years and we are now looking for a leader to continue to deliver the regular sessions. The Youth Worker is supported by a group of experienced and enthusiastic volunteers and a supportive Trustee Board.

Role description

There is significant scope for the Youth Worker to develop the role but essentials include:

- Day to day management of Centre including planning and delivery of all sessions and activities, the majority of which are during term time.
- The safeguarding and welfare of all users and visitors to Centre.
- Promoting and publicising The Hive Youth Centre.
- Management of the policies and resources of the Centre in conjunction with the Trustees.
- Management of the team of volunteers, including DBS checking and training.
- Act as the liaison point between the Youth Centre, the school and parents/carers.
- Liaise with outside youth provider organisations.

Skills and experience required - The person appointed must

- have excellent inter-personal skills
- have experience of working with young people
- have good organisational and management skills
- be able to reach out and enthuse young people
- be able to network and build strong relationships
- have good computer and social media skills

The Youth Worker must have access to transport. There is free parking on site. Training will be offered as required. A DBS check and 2 references are required. There is a probationary period of 3 months and the role will be reviewed after 3 years. Please contact the Trustees for an application form on

07787 503545 or thehiveyouthcentre@gmail.com.

RECIPE PAGE



Iced Rose-petal Cake

This sumptuous cake, complete with crystallized roses, is a sweet-scented version of a Victoria sandwich.

1 Preheat the oven to 180°C/350°F/Gas 4. Grease and line the bases of two 20cm/8in round sandwich tins (layer cake pans). Sift 225g/8oz/2 cups self-raising (self-rising) flour and 5ml/1 tsp baking powder into a bowl, add 225g/8oz/1 cup butter or margarine, softened, 225g/8oz/generous 1 cup caster (superfine) sugar and 4 medium (US large) eggs, and beat until light and creamy.

2 Divide between the two tins (pans) and level the surfaces. Bake for about 25 minutes until just firm to the touch. Transfer to a wire rack to cool.

3 To make the rose-petal butter filling, separate the rose petals from the flower heads. Remove the white heel at the base of the petals and chop finely. Then beat 115g/4oz/ ½ cup softened butter with a wooden spoon or an electric mixer until it becomes very creamy and even in colour. Add 115g/4oz/1 cup icing (confectioners') sugar, a little at a time, and 60ml/4 tbsp sweetly scented rose petals. Sandwich the filling between the two cakes and place on a serving plate.

4 Beat 225g/8oz/2 cups icing sugar with 30ml/2 tbsp of rose water to a consistency that thickly coats the back of a spoon. Add more rose water, drop by drop, if necessary.

5 Spoon the icing over the cake, allowing it to run down the sides in places. Decorate with a circle of crystallized roses and petals, made by painting them with egg white, sprinkling while damp with caster sugar and allowing them to dry completely.

Makes a 20cm/8in cake

COUNTRYSIDE NOTES

The UK government is committed to net zero carbon emissions by 2050 and various grants and subsidies are now available with the aim of achieving this. But are we being conned? It seems an impossible goal to achieve without a lot of 'passing the buck'. We import about half of our food and the country of origin picks up the carbon footprint tab for growing it. In theory, if we imported all our food UK agriculture would then have negligible carbon emissions, only those created by transporting it to the consumer. According to experts being vegetarian or vegan would help combat global warming but a fair proportion of their diet consists or derives from produce imported from all over the world. This and the processing leaves a sizeable carbon footprint and crops are not always grown in an eco-friendly way.

It is alarming to look at labels on fresh food and vegetables in supermarkets. In July I discovered baby plum tomatoes from the Netherlands, salad tomatoes (Poland), cherry tomatoes (Morocco), Peppers (Spain), Rocket (Italy), Spring/salad onions (Senegal), Green beans (Kenya) and Avocados (Peru). But do we really need to buy sprouts from South Africa in the middle of summer? They are seasonal home grown food which is plentiful from autumn thru until spring.

Here in Britain summer is the season for growing salad crops. The largest glasshouse complex is Thanet Earth in Kent, (www.thanetearth.com) which opened in 2008 and covers a remarkable 220acres (90ha). It now produces approximately 400million tomatoes, 30 million cucumbers and 24 million peppers annually. Another complex like that would slash the need for imports. Is the problem though, that there wouldn't be sufficient labour to pick the produce? Covid restrictions on migrant labour last year proved beyond doubt that few British showed any inclination of earning their livings in this way. Greenhouses are expensive to erect but polytunnels are cheaper and can be dismantled and moved. Green power for heating, lighting and air circulation can be harnessed from different natural sources.

Thousands of acres have been taken out of food production for conservation purposes. Would it be more environmentally friendly to utilize part of it for growing crops at home and reduce food miles?

Gardeners are vilified for using peat. Compost made from coir is promoted as being a good replacement. Coir has to be imported all the way from Sri Lanka and India! It is a natural fibre extracted and processed from the outer husk of coconut. Charcoal sold in Tesco is packaged as '*Forest Friendly charcoal - saving trees*' leading us to believe that by buying it we are helping to save the planet but that is also imported from Sri Lanka and the bigger bags come from South Africa!!! Better to look for Big K (Waitrose) if you're having a BBQ; it's manufactured less than 6 miles from here!

If we're really concerned about global warming most of all we should be looking for the 'country of origin' on the labels and buy British where possible.

Jill Mason [Barton Bendish]

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A PICTURE FOR YOU TO COLOUR

QUIZ PAGE

- 01. Which city was Guy Fawkes born in and Dick Turpin was executed in?
- 02. How was Sioux Chief Tatanka Lyotake better known?
- 03. What is unusual about a cheetah's claws?
- 04. What is 'Genevieve in the British film of that title?
- 05. Do your eyes keep growing all your life?
- 06. Which sign of the Zodiac contains the most letters?
- 07 Why would a Doctor use a spirometer?
- 08. Which famous coat of arms features a bird, a fish, a tree and a bell?
- 09. When was the ship 'The Mary Rose' raised?
- 10. Who was Henry V111's fourth wife?
- 11. Complete the names of the following types of music rocka, hip,heavy;rag
- 12. What is measured in togs?

13. From the Greek meaning 'a garden of flowers', this word is a collection of an author's or musician's work.

- 14. Fidelity, Bravery, Integrity is the motto of which American organisation?
- 15. Who lives on the island of Sodor?

16. Did Concorde make its maiden flight before the first man walked on the moon?

- 17. What word can come after bull, iron, behind and nail?
- 18. What is Piri Piri on a restaurant menu?
- 19. 'A Life on the Ocean Wave' is the march of which military organisation?
- 20. Which well known award was originally called the Statue of Merit?

21. The surname Wainwright has its origins in which trade - tapestry weaver, bookbinder, wagon maker or pipe maker?

22. Which prestigious car manufacturer produced the Testarossa?

Answers: 1. York; 2. Sitting Bull; 3. They are permanently extended; 4. A classic car; 5. No, they are almost adult size at birth; 6. Saggitarius; 7. To measure the air capacity of a patient's lungs; 8. Glasgow; 9. October 11th 1982; 10. Anne of Cleves; 11. billy, hop, metal, time; 12. Continental quilts, blankets etc - they are units of thermal insulation; 13. Anthology; 14. The FBI; 15. Thomas the Tank Engine and Friends; 16. Yes but just weeks before on April 9th 1969. First moon landing was July 20th 1969; 17. Bars; 18. A hot sauce made with red peppers; 19. The Royal Marines; 20. The Oscar; 21. Wagon maker; 22. Ferrari

THE MAGPIE CENTRE

Onward and Upward



With the gradual lifting of lockdown restrictions, things have been getting back to normal for participants, staff and ponies at the Magpie Centre, home of West Norfolk Riding for the Disabled Association.

After many months of lockdown, riders were able to return early in May and the smiling faces said it all. Carriage driving resumed on May 2 and Aynsley Calvert, aged 36, who has autism and has been riding and carriage driving at the Magpie Centre for more than 20 years, said: "It was brilliant, I rode Ava out on a hack and then I took Tonto out for a drive. I can't tell you how happy I am."

The second pilot session of Equine Assisted Learning Therapy in association with MIND, which is designed to help people with mental illness issues, took place in May and the final session of this course is scheduled for June.

As restrictions regarding care homes are lifted, Magpie Centre volunteers will be visiting care homes to encourage residents to participate in "Tea With a Pony"

Mornings, in which care home residents, plus their carers, can enjoy tea, cakes and a chat, plus meet and greet some of our lovely ponies.

Also, participants will soon be able to visit the newly-constructed Sensory Garden, which is wheelchair friendly and provides scents, sounds and textures for participants to enjoy.

New Tables for the Magpie Centre

The Sensory Garden will be of particular benefit to 'Tea With a Pony' participants, many of whom are living with dementia or sensory impairment.

These mornings, which will re-commence in September, enable people, many of whom live in care homes and their carers to enjoy a social get-together, with tea and cakes and meet some of our lovely ponies.

Thanks to the work of loyal volunteers, the planting is almost complete and the flowers and shrubs have taken well, helped greatly by the recent unsettled weather. However to complete the Sensory Garden project, we need two hardwood tables, around which wheelchair users and their carers can be accommodated. These cost £600 each, so donations with these in mind would be much appreciated.

Natalie Dade (Magpie Centre Yard Manager) said "Some of our yard equipment is coming to the end of its useful life, so we need to replace it. Items needed are grooming kits, manure scoops, brooms, shaving forks and clipper blades. Many of our ponies are cobs, with heavy coats so they need clipping regularly to keep them cool and comfortable in work. At up to £45 a pair for clipper blades, their maintenance does not come cheap".

Donations, however large or small, will be gratefully received. For those who

still have cheque books, cheques payable to WNRDA and sent to Magpie Centre, Wallington Hall, South Runcton, PE33 0EP are welcome. Or, please call the Centre on 01553 810202 for (bank transfer) BACS details. Donations can be also be made via our website: www.rda-westnorfolk.org.uk

Finally, thank you so much to all those who have offered their services as volunteers,. The response has been amazing. Magpie Centre phone has been ringing off the hook and our office manager is responding to calls as fast as she can. If you do not receive a response in the next few days, please bear with us and you will receive a response shortly. We really do appreciate your interest.

HER ROYAL HIGHNESS THE PRINCESS ROYAL VISIT

Monday July 12 saw an action-packed afternoon when HRH the Princess Royal, RDA President, arrived to tour the Centre and open the Sensory Garden.

On arrival, Her Royal Highness was greeted by Mr James Bagge, Deputy Lieutenant of Norfolk, Mr John and Mrs Tian Plaxton, owners of Wallington Hall, Mr Peter Tobitt, RDA Norfolk County Chairman and Mr Colin Perriss, West Norfolk RDA Chairman.

After touring the stables, meeting and chatting to groups of staff, riders, volunteers, and some horses, HRH watched a riding lesson in the indoor school.

Highlight of the visit was a trip to the Sensory Garden, created to support the Magpie Centre's Tea With a pony initiative. This enables care home residents, people living with dementia and other sensory impairment to socialize over tea and cakes and meet some of the ponies.

While in the Sensory Garden, Her Royal Highness met World War II veteran Mr John Moran, from King's Lynn Residential Home and his carer Ms Julie Godfrey, before unveiling a plaque commemorating the official opening.

To celebrate carriage driving, which the Magpie Centre offers in addition to riding, RDA carriage driver Mr Aynsley Calvert, accompanied by Carriage Driving Instructor Ms Jody Voigt gave a display in an adjoin paddock weaving expertly through a course of cones.

Finally a group of students from West Walton School presented HRH with a posy.

Said Mr Perriss: "We were delighted to welcome HRH the Princess Royal to the Magpie Centre to formally open the Sensory Garden which is an integral part of our Tea With a Pony experience. It was a great opportunity for her to meet our dedicated staff, riders, volunteers and supporters, including those who created the Sensory Garden."

'We are extremely grateful to HRH for taking the time to visit us, to learn more about what we do and how the support of so many people and businesses from the local community helped us through the difficult periods of lockdown.

Every minute, six people over 65 suffer a fal/

We're here to help.

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







Tel: 01553 616200 www.asklily.org.uk

Helping adults in west Norfolk get involved in their community

k County Council



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.

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

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

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

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

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

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

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

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

Telephone 01366 386972 or 07926 044845

Email vhowling@csv.org.uk

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



CSV, 237 Pentonville Road, London, N1 9NJ Find out more at <u>www.csv.org.uk</u> Like CSV UK' on Facebook: <u>www.facebook.com/CSVUK</u> Follow @CSV_UK' on Twitter: <u>www.twitter.com/@CSV_UK</u>





FINCHAM CHURCH



Coffee Morning September 8th 10 - 12

(always second Wednesday of every month)

Home made cakes and sausage rolls Raffle Books and jigsaws for sale

In aid of St Martin's Church

Friendly and welcoming atmosphere - everyone is welcome

Beachamwell Pop Up Pub



They will be taking place on the 3rd Friday of each month. We look forward to welcoming as many of you as possible to what will be fun evenings.

The next one is on Friday 17th September at 7.00pm

> Beachamwell Village Hall Enquiries: 01366 328892

Beachamwell

Afternoon Tea and a Chat.....'

Wednesday September 15th 2 - 4pm

Village Hall



00

Enquiries: 01366 328108

Barton Bendish



11th Annual ART, PHOTOGRAPHY & CRAFT EXHIBITION & SALE 2021

18th/19th SEPTEMBER Saturday 18th 10am – 4pm Sunday 19th 11am – 5pm

Village Hall and St Andrew's Church PE33 9GF Refreshments & Light Lunches

Refreshments & Light Lunches Available

Proceeds to Benefit: St Andrew's Church and The Alzheimer's Society bartonbendishevents@gmail.com

Nar Valley Ornithological Society (NarVOS)

Wednesday 29th September at 7.30 Indoor meeting at the Assembly Rooms, 1 Market Place, Swaffham, PE37 7AB.

More info at www.narvos.org.uk

Please come along to this illustrated talk by **Graham Sherwin**, entitled:

'A Year Filming Wildlife'

NarVOS member, Graham Sherwin, produces wildlife films and videos. Graham's presentation covers one year of filming wildlife, mostly within Norfolk but also including footage from around the UK and from France. The presentation will comprise stills and video of Birds, Mammals, Butterflies and Dragonflies

Visitors most welcome.

Admission £4 on the night if you are not a NarVOS member. Enquiries: 01760 724092.

Barton Bendish



Harvest Breakfast

Village Hall Saturday October 9th 9.30am

Tickets £5

Enquiries: 01366 347563 or 01366 347849

All Welcome

Barton Bendish



Wreath Making Workshops

Thursday 25th, Friday 26th at 7.30pm or Saturday 27th November at 10.30am or 7.30pm

Cost £20.00 per person - includes festive refreshment. All basic materials are provided but you can bring your own ribbon or everlasting decoration to add if you would like to, no experience is necessary and you will go home with your own beautiful Christmas wreath. Just bring a pair of secateurs and dress for mess!

Places limited/RSVP required Enquiries and Bookings 01366 347 849 or 01366 347 563

BARTON BENDISH & EASTMOOR VILLAGE NEWS



David and Paul have very kindly taken it on themselves to keep the footpath between the village and Chapel Lane mowed out for the benefit of everyone who uses it. Is it too much to ask that dog walkers clear up any mess their dog deposits on the footpath – immediately? It makes it an extremely unpleasant task for them when people don't do this. They shouldn't have to put up with this especially when they are doing it out of consideration for everyone in the village who uses the footpath.

be kept mowed please clear up your dog's mess.

Forthcoming Events

- September 11th [Saturday]: 9/11 Memorial Service at 11am in St Andrews Church
- September 18th and 19th [Weekend]: Art/Photography/Craft Exhibition and Sale
- October 9th [Saturday]: Harvest Breakfast at 11.30am in the Village Hall
- November 25th/26th and 27th: Wreathmaking Workshops Contact Linda (347563) or Mhari (347849)
- January 22nd 2022: Burns Supper

Visit <u>www.bartonbendishvillagehall.com</u> for full details regarding hiring fees, facilities, news and the history of our Village Hall.

BARTON BENDISH & EASTMOOR VILLAGE NEWS

9/11 MEMORIAL SERVICE - ST ANDREW'S CHURCH

Do you remember where you were on Tuesday 11th September 2001? What are your memories of that day?

I woke at 5am and travelled into central London, where I was Divisional Commander, Belgravia Police Station, Buckingham Palace Road SW1. After our usual 8am Senior Management Team briefing, the day proceeded pretty much as most days policing in central London.

As I returned from my lunch-time run along the Embankment, one of my team ran into my office and told me to switch-on my television. I clearly remember the feeling of shock as the BBC news coverage unfolded and the collapse of the towers magnified that catastrophic bulletin.

It soon became apparent that at 8:46 am (local time) five hijackers crashed American Airlines Flight 11 into the northern facade of the World Trade Centre North Tower. At 9:03 am another five hijackers crashed United Airlines Flight 175 into the southern facade of the South Tower. Five hijackers flew American Airlines Flight 77 into the Pentagon at 9:37am and a fourth flight, United Airlines Flight 93, crashed near Shanksville, Pennsylvania, southeast of Pittsburgh, at 10:03am after the passengers fought the four hijackers.

The following day, I woke and travelled to work as usual. As I travelled across London to my police station, I remember looking up at the London sky to realise there were no planes flying, there were no aircraft banking over London preparing to land at Heathrow as usual - all commercial aircraft were grounded. At that very moment I realised the world had irrevocably changed, but what I hadn't realised was what the impact of that change would mean on a global scale.

This year is the twentieth anniversary of 9/11 and we are holding a memorial service at St. Andrew's church, Barton Bendish

at 11am Saturday 11th September – do come along and join us. *Reverend Ray Burman*

Re 9/11: There are several of us in Barton who well remember where we were on September 11th 2001. The so called 'Sewing Group' was meeting at Dawn's and David came over to tell us the dreadful news. *Jill Mason*



BARTON BENDISH & EASTMOOR VILLAGE NEWS

Update from Barton Bendish Parish Council

Barton Bendish Parish Council held an Ordinary Parish Council meeting in Barton Bendish Village Hall on 14th July.

Cllr Will Chapman chaired the meeting, four other Councillors were present along with our Borough Councillor Colin Sampson.

The Parish Council remains concerned about the broadband service received by many residents who live in more rural parts of the parish. We feel that part of the problem is that the cabinet is not large enough and many residents do not know when they would be able to get superfast broadband. If your download speed is less than 10mbps, and you do not know when this will improve, please get in touch with the Clerk so that we can establish the extent of the problem.

The Parish Council has received a Community Infrastructure Levy payment from the Borough Council of £2356.65. There are limitations on how this money can be used as it must be on a project which is for the benefit of the community. If you can think of something that you feel we should consider, please get in touch with the Clerk.

We understand that the food waste (grey bin) collection has been reinstated by the Borough Council following the easing of COVID-19 restrictions on 19th July.

The date of the next meeting will be on Wednesday 8th September 2021 from 7.30pm in Barton Bendish Village Hall. All meetings are open to the public to attend.

Miss Sarah Thorpe, Parish Clerk

Telephone number: 01945 430930

Email: <u>bartonbendishparishcouncil@aol.co.uk</u>

Further information is available on the Parish Council website at <u>bartonbendishparishcouncil.norfolkparishes.gov.uk</u>



BEACHAMWELL, SHINGHAM & DRYMERE VILLAGE NEWS

Mobile Post Office

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

Parish Council



Cllr James updated the Parish Council on the speed reduction items he had obtained from Cllr Eagle at Norfolk County Council. A metal sign for the side of the road which reads 'Slow down' has been positioned in different parts of the Beachamwell.

A recent report from PC Button of the Safer Neighbourhood Action Panel (SNAP) listed Beachamwell in the static speed checks. No speeding was captured in these recent checks. The Parish Council continue to look at ways to

tackle speeding in the village and Cllr James is contacting PC Button regarding further speed reduction initiatives.

Date for the next Parish Council meeting is Monday 8th November, 7.30pm. It will be held at Beachamwell Village Hall.

Mrs Sharon Sweet Clerk to the Council:

07823 772 270 <u>beachamwellparishcouncil@gmail.com</u>

Councillors:

Cllr. Tom Sanderson (Chairman):

01366328244 07803963804 tomsanderson@btconnect.com

Cllr. Diana Lambert (Vice Chairman):

01366 328227

Cllr. Richard James:

01366 328968 rjj1james@gmail.com

Cllr. Pat O'Donnell:

01366 328385

Beachamwell Afternoon Tea and Chat



Thirty people, young and old, enjoyed a very successful 'Tea and Chat' on August 18th.

Thanks to everyone who helped in any way.

The next one will be on Wednesday 15th September, from 2-4pm.

Hope you will be able to join us.

Gay Paterson 01366 328108

BEACHAMWELL, SHINGHAM & DRYMERE VILLAGE NEWS

Message from Our Postman



Hope everyone is doing well.

Just an update had my second op in July. Unfortunately it was bigger than anticipated and I actually had 3 hernias in my stomach so the pain has been pretty bad but day by day I will get there.

In more cheerful news Eliza turned 1 a couple of days before my op and both the girls are doing really well. Eliza is now walking very confidently and Matilda has moved into preschool.

Hopefully I'm on the mend and once I can face the car journey we hope to pop to the village for a little walk with the girls see if I can remember where it is.....

Kind regards *Michael Dye*

Village Hall

Wow! A fabulous turn out for the Pop up Pub! I hear it was a great evening. In the future Pop up Pubs will be the 3rd Friday of the month. In September that will be the17th.

We have been planning ahead! Diaries at the ready...

- Art and Craft Exhibition in aid of Swaffham Home Hospice. Refreshments available Wednesday 1st September 2 -4pm
- Christmas Coffee Morning Saturday 4th December
- Burns Night Friday 21st January 2022
- Queen's Platinum Celebration Big Lunch Sunday 4th June 2022
- Summer Fete provisionally Sunday 4th September 2022

More details will be available closer to each event but I do hope that there is something listed that you will enjoy.

Remember no room hire charges until the end of the year so if you ever wanted to try and get a bridge group or exercise group started now is your opportunity!!

Any queries re Village Hall please contact Cathy Friend 01366 328892



BOUGHTON VILLAGE NEWS

All Saints' Church



August has been a very busy month! As a church, we have fewer 'life event' services than most, because of the demography of the village as a whole. Weddings, baptisms and funerals are rare, but we will have had one of each within a month by the time you read this. On July 31st, we were delighted to be the venue for the marriage of Helen Payne and OI Vati, which was postponed from last year. With the lifting of regulations, the church was full of their family and friends and great happiness was spread around. The following day saw the baptism of Phoebe Mote, aged 7 months and the church was once again filled with family and friends. She also has family links to the village and we wish

her good health and happiness in her life.



Sadly we had a funeral in August as well, with Brian Burton's funeral on the 27th. Our condolences to his family and friends.

On August 11th I attended the funeral service of Vera Firth at Mintlyn Crematorium. Vera was a good friend to many, full of energy and with many interests. The service was taken by Pippa Blackall and expressed how everyone felt - Vera will be greatly missed.

Breakfast Church: It is greatly missed and there is a slot for it in September's services but it is not yet certain if we can go ahead. If you are able to offer help in any way, please contact me or one of the PCC. It would be good to see it start up again.

Harvest Festival: We are planning to hold Harvest Festival on Sunday 26th September. Gifts of tinned / packaged food will be donated to the Downham Market Foodbank. Do come along and join us.

Cycle Ride: the annual Bike, Walk, Drive in aid of the Norfolk Churches Trust will take place on Saturday 11th September. A portion of the money raised by local participants will come to All Saints' Church. Entry details and sponsor forms are available from the church.

Pam Wakeling

BOUGHTON VILLAGE NEWS

Match Report: Boughton CC vs Jesus College, Cambridge [Hugh Jenkins]

The highlight of our 2021 cricket season so far was the invitational game in July against Jesus College Cambridge's Long Vacation XI. Their team comprised of Dons, Scholars and Fellows of the famous college. We had a change of venue this year to the Fitzwilliam College ground as the Jesus pitch was being excavated to install heat pumps! We hope all will be successfully restored in time for next years' game. The new venue offered a superb wicket and outfield and although rain was expected we didn't see a drop all day.

Jesus College won the toss and chose to bat, starting steadily, restricted by the tight bowling of Boughton CC openers Lee McCarthy (5 overs for 6 runs) and Matt Mills (8 overs for 19 runs). It was Eliot Koopowitz who made the breakthrough with a sharp catch taken by Hugh Jenkins at mid-wicket. With the Jesus College score on 53 after 20 overs the tricky spin of Brynmor Jenkins accounted for opener Rutter, bowled through the gate for 24. Brynmor then followed up with a further wicket, again bowled with a wicked googly. Johnny Jenkins chipped-in with the wicket of the dangerous Edmunds, caught by Matt Mills for 31. James Barrett bowled well, picking up 2 wickets aided by catches from Hugh Jenkins and his good self. When Eliot Koopowitz trapped the 8th wicket LBW the Jesus College captain called a halt to the innings, declaring on a formidable total of 177 for 8 wickets from 46 overs.

Following an excellent "tea-in-a-box" kindly provided by Jesus College, it was the turn



of Boughton CC to take to the field for the big run chase. Openers James Barrett & Darren Ebbs got us off to a fantastic start with watchful defence, turning into magnificent stroke play once they sized up the bowlers. Ebbs eventually fell for a

well-earned 20 featuring three 4's and Barrett went on to a masterful half century caught & bowled for 66 featuring ten 4's and a huge 6. James Webb combined well with Barrett and all incoming batsmen to carry his bat for a wonderful 33, providing the middle order glue needed to chase the total. Matt Mills and his dad Martin Mills were unfortunately run out - one in controversial circumstances and the other not. Johnny Jenkins's swash buckled with a couple of 4s, while brother Brynmor played his top innings to date of 18 runs, muscling several 4's to the boundary in his exciting innings with Webb. Standout bowler for Jesus College was Elabbadi with 4 wickets for 33 runs. The game reached a dramatic conclusion. With only 4 needed to win and Boughton with 8 wickets down, father & son "Team Koopowitz" brought home the victory to Boughton with a sizzling 4 from Phil to win the game in the 40th over with 7 minutes of play left on the clock!!

As ever, we are grateful to our kind host Dr. Sybil Stacpoole at Jesus College for inviting us over to play annually. A wonderful fixture, capped off by this dramatic game.

WEREHAM VILLAGE NEWS

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.

Wereham Village Hall CAN YOU HELP US?

The Village Hall is looking for new trustees to join the existing team.

We are all volunteers and meet once a month.

If you have an interest in supporting the local community and in helping to provide a range of activities, events and services for the people of Wereham and the surrounding villages, then we would be delighted to hear from you.

For further information or to meet up for an initial chat, please contact us through our Facebook page or email us on

villagehallwereham@gmail.com

AGM

Notice of Annual General Meeting of Wereham Village Hall CIO on Monday 6th September 2021 in Wereham Village Hall (6.45 pm arrival for 7.00 pm) Business is to receive

- Draft Final Accounts for 2020/21
- Chair's Report
- Draft Annual Report
- Appointment of Trustees (presently there are vacancies for the roles of Secretary and Treasurer) Anyone who is interested in either of the vacant roles or in becoming a Trustee or has a question that they wish to raise at the AGM but are unable to attend in person, please contact Sara Shinn at the hall via email villagehallwereham@gmail.com or on 01366 502214

WEREHAM VILLAGE NEWS

Mobile Post Office will park near the village pond on the following days/times Monday and Thursday 14.00 – 14.15 Tuesday and Wednesday 13.05 -13.30.

Car Boot and Cafe.

The dates for Wereham car boot and cafe for the rest of 2021 are as follows, August 29th, September 26th, October 31st, November 28th then the next one will be the last Sunday in January 2022, The cafe will be open all morning for all the usual good quality food also teas, coffee, choc bar and crisps. We look forward to seeing you all.

For details contact Philip on 07759033492, 01366 501330, or email rosemary.pease@btinternet.com.

Short Mat Bowls

We now play at our new regular time of 2pm until 4pm every Thursday afternoon. New members always welcome, please come and have a go no experience needed as we can show you how to play, good fun for ladies or gentlemen.

For details contact Philip on 07759033492, 01366 501330, or email rosemary.pease@btinternet.com.

Craft Group

The craft group meet on the second Tuesday of every month in Wereham village hall, 10.30am until about 12.30. We are a friendly group who would welcome more members.

For details please contact Rosemary on 07749 240606, 01366 501330, or e- mail rosemary.pease@btinternet.com.

Macmillan Coffee Morning.



Hope you can join us on Saturday September 25th for a cuppa and cake or cakes!!!

10.30am until 12.30pm in Wereham Village Hall all in aid of Macmillan.

We have a bric a brac stall, games, crafts and a BIG raffle.

Donations of all for the above would be gratefully received.

Any enquiries please contact <u>07535399883</u>. See you there! Thank you in advance.

WEREHAMVILLAGEHALL

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

We are pleased to welcome visitors back and pleased our safety measures are working well.

CAR BOOT AND CAFE

Car Boot Sale will be on Sunday 26th September from 8.00am 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

DODGEBALL

Every Thursday 4.30pm to 5.30pm age 5 upwards ICS Coaching 07765601690

ZUMBA

Every Wednesday and Friday morning 9.30am to 10.30am contact Domonique 07769 341680

BADMINTON

Friday nights 7 to 9pm, except when the hall is being used for other functions e.g Film nights. Racquets and shuttlecocks provided £3 per session contact Kevin Adcock 07747 861011 Please arrive in kit ready to play, and bring your own water bottle

SHORT MAT BOWLS

Every Thursday 2pm until 4pm for further details contact Phillip on 01366 501330

YOGA with Amy

Mondays 9.30am to 10.30am and Thursdays 11.30am to 12.30pm contact norfolkyoga@yahoo.co.uk

CHI FLOW

Fridays 12.30pm until 1.30pm call Pete for information 07845 937707

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 guidance please check our website/Facebook pages as programmes are subject to change.

Call Diane on 01366 500798

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

WEREHAM VILLAGE NEWS

Wereham Parish Council

Next Meeting Date – Tuesday 14 September 2021 at 7.00 pm (To be held in the St Margaret's Church, St Margaret's Hill, Wereham pending covid safety – check Agenda on Website for the most up to date meeting details, if deemed unsafe the meeting will be cancelled). The Church will be the venue for Parish Council meetings for the rest of 2021 until further notice whilst we air on caution in social distancing ourselves during the meeting, the room at the Village Hall that is usually used for meetings is not of the right size and the main hall has ongoing activities planned.

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 <u>werehampc@gmail.com</u>. 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 <u>www.werehamparishcouncil.co.uk</u> You will also find minutes of all meetings here too.

Wereham Village Sign – This was due to be refurbished as the design currently is. But the Parish Council wish to revisit this at their September meeting and discuss the current design and whether there should be something different or new considered. If you have any thoughts or ideas that would help the Parish Council's discussions please either attend the meeting or email the Council werehampc@gmail.com

Budget 2022/23 – The Council will be considering the budget for 2022/23 from September until when they approve in January. If you have ideas or anything you think should be considered please attend a meeting to share or email the Clerk on werehampc@gmail.com.

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. The Parish Council will report issues that it finds, but if residents do this also we can increase the repairs that we need doing. <u>https://apps.norfolk.gov.uk/HighwaysDefect/</u>

Helen Richardson

Wereham Parish Clerk and Finance Responsible Person

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

For Your Amusement

- I have a pencil that used to be owned by William Shakespeare but he chewed it a lot. Now I can't tell if it's 2B or not 2B
- Astronomers got tired of watching the moon go round the earth for 24 hours, so they decided to call it a day.
- I relabelled all of the jars in my wife's spice rack. I'm not in trouble yet but the thyme is cumin.
- The nurse came in and said doctor there's a man in the waiting room who thinks he's invisible, what should I tell him? The doctor said tell him I can't see him today.
- Before my surgery, the anaesthetist offered to knock me out with gas or a boat paddle. It was an ether/oar situation
- And the latest government plan is to make everyone scrap their cars as the scientists have assured them this would stop the spread of car owner virus.
- I bought my son a fridge for Christmas. I can't wait to see his face light up when he opens it.
- Struck up a conversation with a spider today. Seems nice. He's a web designer.
- When one door closes and another door opens, you are probably in prison.
- Remember, if you lose a sock in the dryer, it comes back as a Tupperware lid that doesn't fit any of your containers.
- Last night the missus asked me if I'd seen the dog bowl. I said "to be honest I didn't even know he played cricket"
- The king of Spain has been quarantined on his private jet. That means the reign in Spain stays mainly on the plane.
- Had I known in March that it was the last time I would be in a restaurant I would have ordered the dessert.
- Don't let them take your temperature on your forehead as you enter the supermarket because it erases your memory. I went for macaroni and cheese and came home with two cases of lager
- It's a five minute walk from my house to the pub. It's a 35 minute walk from the pub to my house. The difference is staggering



WISSEY VALLEY GROUP CHURCHWARDENS

Barton Bendish:

Beachamwell

- Boughton: Methwold West Dereham Wereham: Whittington Wretton Whittington & Wretton
- Mhari Blanchfield Linda Webster *please contact* Rev. Carol Nicholas-Letch Pam Wakeling Alan Burbridge Graeme Pressley Sheila Smith Susan Smith Anita Horgan Elaine Taylor
- 01366 347 849 01366 347 563
- 01366 500 704 01366 500 429 01366 727 002 01366 501 179 01366 858 165 07849 157 080 01366 500 785 01366 500 948

PRIORY GROUP CHURCHWARDENS

Fincham Marham

Shouldham Shouldham Thorpe Cathy O'Brien Philip Fay Glenda Jayes Brian & Ann Hullah Gordon Reid 01366 347279 01760 444199 01760 339688 01366 347814 01366 347253



ONLINE SERVICES IN SEPTEMBER

Online Zoom services (Service of the Word) are due to take place every Sunday at 6.30pm

Link - https://bit.ly/WisseyValleySunday Services

Services may change as the pandemic situation changes.

Latest details may be found on the Wissey Valley Facebook group at: <u>https://www.facebook.com/groups/205146954071877/</u>

CHURCH SERVICES IN SEPTEMBER (WISSEY GROUP)

These are the planned services during September, but all are subject to change or cancellation as the pandemic situation changes.

Latest details may be found on the Wissey Valley Facebook group at: https:// www.facebook.com/groups/205146954071877/

Sunday, 5 September [The 14th Sunday after Trinity]						
9.30am						
9.30am	Wretton with Stoke Ferry	Holy Communion				
11.00am	Barton Bendish	Baptism				
11.00am	West Dereham	Service of the Word				
6.00pm	Wereham	Evensong				
Sunday, 12	Sunday, 12 September [The 15th Sunday after Trinity]					
9.30am	Methwold	Service of the Word				
9.30am	West Dereham	Service of the Word				
9.30am	Wretton with Stoke Ferry	Service of the Word				
9.30am	Whittington	Service of the Word				
11.00am	Boughton	Morning Prayer				
Sunday, 19 September [The 16th Sunday after Trinity]						
9.30am	Methwold	Holy Communion				
9.30am	West Dereham	Service of the Word				
9.30am	Wretton with Stoke Ferry	Holy Communion				
11.00am	Wereham	Holy Communion				
Sunday, 26 September [The 17th Sunday after Trinity]						
9.30am	Methwold	Service of the Word				
9.30am	West Dereham	Family Service				
9.30am	Whittington	Holy Communion				
44.00	Devenhan					

11.00am Boughton

Harvest Festival with HC

Midweek Services

Tuesdays* and Wednesdays 9.00 am Wretton with Stoke Ferry Morning Prayer

Thursdays 8.30 am Methwold Morning Prayer

Thursdays 9.00 am Wretton with Stoke Ferry Holy Communion

CHURCH SERVICES IN SEPTEMBER (PRIORY GROUP)

These are the planned services during September, but all are subject to change or cancellation as the pandemic situation changes.

Latest details may be found on the Wissey Valley Facebook group at: <u>https://www.facebook.com/groups/205146954071877/</u>

Sunday 5 S 09.30 am 10.00 am 11.00 am 11.00 am	Shouldham Marham	day after Trinity] Holy Communion Morning Prayer Holy Communion Morning Prayer
6.00 pm pwd=Ym82a	Online Evening Prayer ajBzWIZzdXRoYVNiUW1	
Sunday 12 09.30 am 11.00 am 11.00 am 11.00 am 6.00 pm	September [The 15th Su Shouldham Thorpe Fincham Stowbridge Watlington Online Evening Prayer	nday after Trinity] Holy Communion Morning Prayer Holy Communion Holy Communion
Sunday 19 09.30 am 11.00 am 11.00 am 11.00 am 6.00 pm		nday after Trinity] Holy Communion Service of the Word Holy Communion Holy Communion
Saturday 2 3.00 pm	5 September Watlington	Memorial Service
09.30 am 11.00 am 11.00 am 11.00 am 6.00 pm	September [The 17th Su Fincham Watlington Stow Bardolph Wormegay Online Evening Prayer ajBzWIZzdXRoYVNiUW1.	Holy Communion (BCP) Morning Prayer Wimbotsham Holy Communion Holy Communion https://us02web.zoom.us/j/84842560875?

Midweek services

Every Wednesday 10.00am **Watlington** Morning Prayer. Thursday 2nd 10.00am **Runcton Holme** Holy communion

COMMUNITY NOTICE BOARD

MOBILE LIBRARY VISITS

DATE	VILLAGE	LOCATION	TIME
Tuesday 7 September	Barton Bendish	Hatherley Gardens	11:10 am
Tuesday 7 September	Beachamwell	Old Post Office	09:45 am
Tuesday 14 September	Drymere	Telephone Kiosk	09:45 am
Tuesday 7 September	Boughton	Mill Road	10:45 am
Friday 3 September	Wereham	Queen's Close	12.25 am
r nuay 5 September		Village Hall	12:45 am

For services to all 'Group 4' villages ring Mobile Library Information on 01362 693184 (Barton, Beachamwell, Boughton & Drymere) or 01366 383073 (Wereham) or look at the website - <u>https://www.norfolk.gov.uk/libraries-localhistory-and-archives/libraries/your-local-library/mobile-library-routes-andtimetables</u>

MARKETS - Farmers' and Indoor

Ely (Farmers')	Second and Fourth Saturday each month 8.00am to 2.00pm		
Fakenham (Farmers')	Fourth Saturday each month 8.30am to 12.00pm		
Kings Lynn (Farmers')	Second and Fourth Saturday each month		
Swaffham (Indoor)	Every Friday 9.00am to 1.00pm		
Wisbech (Farmers')	Alternate Fridays 8.30am to 2.00pm		

For information:- <u>www.farmersmarkets.net</u> or your local Tourist Information Office. Check to see if they are actually taking place.

VILLAGE, COMMUNITY and PARISH HALL BOOKINGS

Barton Bendish	Mary Simons	01366 347 790	
Beachamwell	Cathy Friend	01366 328892	
Boughton	Pam Wakeling	01366 500429	
Wereham	Angie, Lyn or Sara	07497 430005.	weekdays 10 - 3
	www.werehamvillage	hall.co.uk/ hallhire	Anytime



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.

Village	Day	Destination	Price	With Concessionary 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

You need to be a member and you must prebook your seat. For more information please call Kings Lynn - 01553 776971 Swaffham – 01760 720906





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Premier Holiday Accommodation in Wereham overlooking the pond 4* very comfortable, well equipped 4 bedroomed house. Sleeps 10. 2 bathrooms Ideal if you have family or friends Visiting Good discounts available for Group 4 News readers!

or lan Rye on 01366502083, 02476 742077 or 07863 049677 or see website <u>www.wix.com/ryeholidays/</u> theoldschoolhouse



HOLIDAY COTTAGE

Sleeps 6—8 Perfect for visiting friends & relatives. Rural location on our farm in Beachamwell.

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St. John's Farm, Beachamwell, Swaffham, Norfolk PE37 8BE Tel: 01366 328244 Fax: 01366 328716

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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 upon request

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



Your advert could be here.....

Alan Pickering 01366 386125 or 07779 787499 <u>group4news@gmail.com</u>



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WARNING

There is an email going around offering processed pork, gelatin and salt in a can.

If you get this email, do not open it. It's spam.

HAS ANYONE TRIED UNPLUGGING The Country And Plugging It Back in?

Apparently you can't use 'beefstew' as a password.

It's not stroganoff.





"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 <u>Chris Phillips on 07745 892417 or email seffejadestan@btinternet.com</u>





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?

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