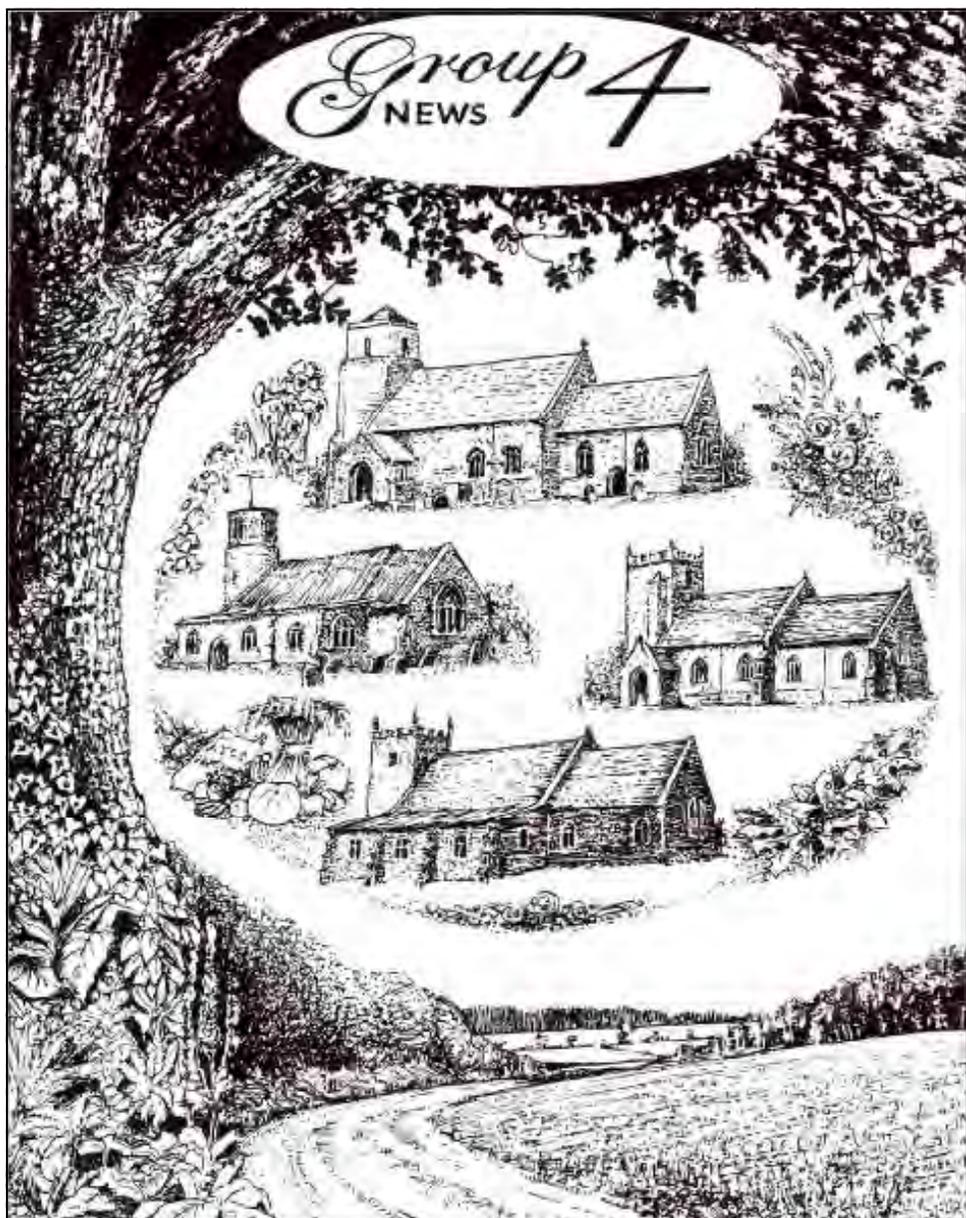


Group 4
NEWS



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

April 2020

Cover Illustration drawn by Mark Powell, Beachamwell ©

WELCOME



What is there to say.....

We are living in very strange times — it's rather like living in a SyFy movie.

It is wonderful how the Communities are supporting each other so many thanks to all involved, your care and concern are much appreciated.

All information is correct at time of going to print but who knows how it may change. Just be patient, thank you.

Take care and stay safe.

The Editorial Team
Eileen and Pam

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

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

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

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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@beechemwell.plus.com

Boughton: Pam Wakeling
Robot, 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@gmail.com

Please submit all information through your Village Contacts.

**Deadline for copy for the
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11th April

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NOTES FROM THE RECTORY

The Easter Story is at the Heart of Christianity

I think I'm safe in saying that we all love Easter eggs and chocolate bunnies, and we have great fun celebrating over the Easter weekend by giving each other chocolate eggs and bunnies, but the Easter holiday is about celebrating so much more.

The Easter story tells us that on Good Friday, Jesus Christ was crucified, his body was taken down from the cross, and placed in a cave. An enormous stone was rolled across the entrance and the cave was guarded by Roman soldiers to ensure that no one could steal the body. On the Sunday, some women visited the cave and found that the stone had been moved, and that the cave was empty. Can you imagine their shock? Yet, Jesus himself was seen that day, and for days afterwards, many people saw him. His followers realised that God had raised Jesus from the dead.

So Easter Sunday is a most important day to Christians because it is the culmination of Holy Week Easter and commemorates the resurrection of Jesus Christ. Something that is celebrated with great joy. Churches are filled with flowers, and there are special hymns and prayers.

The singer Dolly Parton once said, "I still believe in Santa, the Easter Bunny, the Tooth Fairy and true love. Don't even try to tell me different".

Well I'm with Dolly Parton, I believe in the power of love and good and the Easter story and that the resurrection of Jesus Christ reinforces and supports the power of love and good. The Easter story, the resurrection of Jesus, gives our lives meaning and direction and gives us all the opportunity to start over afresh no matter what our circumstances.

Because when we celebrate Easter, we celebrate new life and new joy, we celebrate how God is spiritual and timeless and in this ever changing world, our faith reassures us that the power of love and goodness is eternal.

Ray Burman

Licensed Lay (Pioneer) Minister

Wissey Valley Benefice



"We pray to be a generous and visible people of Jesus Christ"

BENEFICE PAGE



Advice from the Bishops during the Coronavirus Threat

It is our view, in light of the continued increase of Covid-19 cases in the United Kingdom, that it is now necessary to suspend the administration of the chalice as well as physical contact during the sharing of the peace, blessing or "laying on of hands".

We therefore advise that all priests should:-

1. Offer Communion in one kind only to all communicants i.e. the consecrated bread/wafer/host, with the priest alone taking the wine;
2. Suspend handshaking or other direct physical contact during the sharing of the peace;
3. Suspend direct physical contact as part of a blessing or 'laying on of hands'.

Pew Sheets

They will continue. If anyone new would like one, please email me. Thanks.

Pam Wakeling (p.wakeling621@btinternet.com)

Accent Fresh

Downham Market Company Deliver all over Norfolk 'n Suffolk

Fruit, vegetables, bread, eggs, milk and meat.

Three kinds of delivered boxes (£20, £35, £50) are shown on their Website and Facebook.

Understandably you can't ask for a substitute but the biggest box could be shared and the box contents will be changed weekly.

Please phone 01366 386633

Norfolk in A Box

www.norfolkinabox.co.uk offer a great resource for veg (and more) boxes and are based at Wereham, so very local.

RECIPE PAGE

Minestrone Soup with Cheesy Croutons

This is a use it up soup so there is no set recipe adjust as you like. I like to dice to 1/4 inch but make it chunkier if you prefer

Ingredients

2 onions, 2 carrots, 2 sticks of celery

4 - 6 cloves of garlic

1 medium turnip, 1 small swede, 1 fist sized piece of butternut squash

1 x 400gr tin of chopped tomatoes

1 x desert spoon of tomato puree

1 x 400gr tin of beans - whichever you prefer, pinto, chick peas, cannellini, red kidney, butter

750ml of water plus half to one (to taste) bouillon cube to make a stock

Add to taste bayleaf, dried oregano, rosemary, thyme - or simply italian herbs if you have them

A pinch of chilli flakes - optional - to taste

Method

In a large pan gently saute your vegetables in olive oil for a few minutes before adding the rest of the ingredients above and bringing gently to a simmer. Cook gently for 2 - 3 hours.

30 minutes before serving add

1 courgette, 2 handfuls of spinach, 100gr green beans

100gr of spaghetti broken into 50mm lengths

The Croutons

1 bagette, 100ml olive oil, 4 cloves crushed garlic, sea salt, black pepper, a pinch of chilli flakes - optional - to taste

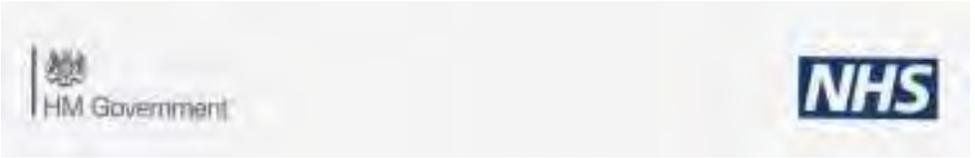
100gr grated parmesan or gran pedano

Cut your bagette into 25mm cubes then in a big bowl with plenty of space mix together all the ingredients well and then add the bread and coat well using your hands

Pop in the oven on a flat, lined, baking tray for 10 - 15 minutes at 400f, 180c fan, gas mark 6

You can cook this soup in a slow cooker which can be handy if you are going out - 3 hours on high or 6-8 hours on low

Geoff Siddons [Beachamwell]



March 11, 2020

[Chair of West Norfolk CCG wishes patients healthy futures as he steps down from role](#)

The date of the merger of the NHS Norfolk and Waveney clinical commissioning groups (CCGs) and the formation of the new single CCG is nearly upon us. My last day as Chair of West Norfolk CCG is 31 March. The new CCG's west locality team is up and running under our locality director Howard Martin and I will be chairing the last West Norfolk CCG Governing Body meeting on Thursday, 26 March at the West Norfolk Deaf Association building in Railway Road, King's Lynn, at 9-15am.

I will be sad to say good-bye to West Norfolk CCG. I think it has done an excellent job in focussing on the health issues facing the population, and the problems faced by healthcare providers, in west Norfolk. During its tenure West Norfolk CCG has been able to give local support to healthcare providers and has had a greater understanding of the different needs of people living in the west of the county.

Those lessons and ways of working will now be continued as the new CCG will have a locality focus, with specific teams based in key geographic areas, including the west. This will give each area a voice and a dedicated workforce to ensure they can focus on local issues.

Each locality has a Local Delivery Group (LDG) as part of the work to transform health and care services locally. This group is represented by all the providers of healthcare in the area, including voluntary sector organisations and primary care. It also has patient representation and involves social care providers and in the west, the Borough Council of King's Lynn and West Norfolk, which is responsible for so many local services and initiatives. The West Norfolk LDG is an especially vibrant and energised group in which each organisation wants to help the others to deliver the best care possible so we can continue to drive down health inequalities and new ways of working in west Norfolk.

We have supported the new executive team at the Queen Elizabeth Hospital King's Lynn to deliver improvements following challenging Care Quality Commission (CQC) reports in the last two years. That is bearing fruit as there have been some very noticeable improvements at the Trust which we will hear more about at our next Governing Body meeting.

The novel coronavirus continues to receive much attention in the media.

A national campaign is underway to promote key public health advice and I would encourage you to look out for these messages and follow the guidance, particularly in regard to hand washing. Do call NHS 111 if you are concerned about your health and please don't visit your GP surgery, hospital or pharmacy if you think you might have symptoms of the virus. You can find out more information about the novel coronavirus on the [Government](#) and [NHS](#) web-sites.

So I will sign off my final blog and wish you all healthy futures.

Good-bye from West Norfolk CCG.

Dr Paul Williams (Chair)

The poster features the HM Government logo in the top left and the NHS logo in the top right. The main text is centered and reads: 'CORONAVIRUS WASH YOUR HANDS MORE OFTEN FOR 20 SECONDS'. Below this, it says 'Use soap and water or a hand sanitiser when you:' followed by three bullet points: 'Get home or into work.', 'Blow your nose, sneeze or cough', and 'Eat or handle food'. At the bottom, there is a box with the text 'CORONAVIRUS PROTECT YOURSELF & OTHERS'. The footer text says 'For more information and the Government's Action Plan go to nhs.uk/coronavirus'.

CHILDREN'S PAGE

School Life Word Search

M F K P L A Y G R O U N D K I O
O R P D R D A A Y C A C N C S R
D I A R W O R W I R W N S C W C
F E D C F S G H J A K L K N B S
J N V I A R T S S W F R G W B T
O D C V U L W J C A F A S B R S
L S N C N V C V C I N C B D L R
S B N A M S A U D G E X A W O W
F D R S F R F D L R V N W R O R
B F U Y U E B S E A S F C H H H
O U A F R E H C A E T S V E C V
O D V D F B V D V B F O J S S F
K S E D R B A D B F G G R J K K
S Q E I S C S D K R O W E M O H
F H P R O J E C T S P I E R X F
D A T U O S R E T U P M O C Z C

Words may go vertically, horizontally and diagonally in either direction

Arts
Homework
Books
Calculator
Friends
Computers

Sciences
School
Desk
Teacher
Playground
Projects

PUZZLE PAGE

Tricky Riddles

1. A murderer is condemned to death. He has to choose between three rooms. The first is full of raging fires, the second is full of assassins with loaded guns and the third is full of lions that haven't eaten in 3 years. Which room is safest for him?
2. A woman shoots her husband. Then she holds him under water for over 5 minutes. Finally, she hangs him. However, 5 minutes later they both go out together and enjoy a wonderful dinner together. How can this be?
3. What is black when you buy it, red when you use it and gray when you throw it away?
4. Can you name three consecutive days without using the words Wednesday, Friday, or Sunday?
5. This is an unusual paragraph. I'm curious as to just how quickly you can find out what is so unusual about it. It looks so ordinary and plain that you would think nothing was wrong with it. In fact, nothing is wrong with it! It is highly unusual though. Study it and think about it but you still may not find anything odd. If you work at it a bit, you might find out. Try to do so without any coaching

Your Age by Eating Out or by Diner & Restaurant Maths in 2008

First of all, pick the number of times a week that you would like to go out to eat. (more than once but less than 10)

Multiply this number by 2, add 5, multiply it by 50

If you have already had your birthday this year add 1758. If you haven't, add 1757.

Now subtract the four digit year that you were born and you should have a three digit number

The first digit of this was your original number. (How many times you want to eat out in a week.) The next two numbers are your age.

This is the only year (2008) it will ever work

Answers to Tricky Riddles
1. The third room. Lions that haven't eaten in three years are dead. That one was easy, right?
2. The woman was a photographer. She shot a picture of her husband, developed it and hung it up to dry (shot; held under water; and hung).
3. Charcoal, as it is used in barbecuing.
4. Sure you can name three consecutive days, yesterday, today, and tomorrow!
5. The letter e, which is the most common letter used in the English language, does not appear even once in the paragraph.

Every minute, six people over 65 suffer a fall/

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or visit www.careline-cs.org.uk



Careline
COMMUNITY SERVICES



Care &
Repair

GROUP FOUR
King's Lynn &
West Norfolk



Tel: 01553 616200
www.asklily.org.uk

Helping adults in
west Norfolk get
involved in their
community



in
a
company

in association with



Norfolk County Council

GROUP FOUR
King's Lynn &
West Norfolk



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

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

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

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

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

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

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

Telephone 01366 386972 or 07926 044845

Email vhowling@csv.org.uk

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



CSV, 237 Pentonville Road, London, N1 9NJ

Find out more at www.csv.org.uk

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

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

THE MAGPIE CENTRE

Tea with a Pony Sessions



Following a successful pilot session last November, the first Tea with a Pony event which was scheduled to take place at the Magpie Centre, home of West Norfolk Riding for the Disabled Association, at Wallington Hall, South Runcton, PE33 0AP on April 22 has been postponed until further notice.

These sessions are designed for people living with dementia, and their carers, and include tea and cakes, plus the chance for participants to meet and greet some of the ponies and view the wheelchair-friendly carriages which are used in carriage driving lessons. There will also be a 'sensory table' with items of tack and grooming kit for participants to handle and to provide a stimulus for conversation.

The cost is £10 per participant and carer, so if you or anyone you know is interested please call the Centre on 01553 810202 to register your name. Volunteers will be needed to make and serve tea and cakes, so if you can help with these tasks, your assistance will be warmly welcomed.

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

KINGS LYNN FESTIVAL CHORUS POSTPONEMENT

Regrettably, the mighty St Matthew Passion, which was to be performed by the Festival Chorus on 4th April has been postponed.

In view of the current crisis with coronavirus, this difficult possibility had to be faced. Above all else, the prime concern in the decision making was the welfare and safety of our audience and our members, many of whom fall into the vulnerable category.

At this moment in time, the performance has been pencilled in for **this time next year (2021)** so watch this space.

We do apologise if you have been looking forward to coming to experience the performance.

Those of you who have already purchased tickets, the Corn Exchange will be contacting you soon (if not already) to discuss options.

Further details on our website www.kingslynnfestivalchorus.co.uk or via Facebook or Twitter on @kl_festchorus **Mike Walker [Beachamwell]**

WEST NORFOLK AVIATION SOCIETY

Last night's meeting (Wednesday 03 Mar 2020) at the Mundford Bowls Club welcomed guest speaker Keith Thomas. Keith is a very experienced helicopter pilot and has latterly worked for the Civil Aviation Authority in various guises. He has displayed helicopters at airshows and currently instructs on helicopters and presents aviation safety evenings to private pilots. This month's talk was entitled 'My Life in the Clouds, the Early Years'

Keith led us through his early life in the Air Training Corps where he got his first wings, gliding. He then got his Private Pilots Licence via an ATC flying scholarship and yet another set of wings after joining the Royal Air Force. So important to him was this that he delayed his wedding by 3 weeks to ensure that he was able to display his 3rd set of wings on his uniform at the nuptials!

Having learnt to fly on the Westland Whirlwind helicopter he converted onto the Wessex helicopter and proceeded into operations in Ulster supporting the Army and on deployments oversea. He finished by stressing that because helicopter pilots were so gentle on the controls they make the best lovers! The uproar at that comment was so loud we never discovered if this was true, even though his wife was in the audience.

This was a first class evening with a super sandwich buffet by Val and Len our hosts at the Bowls Club.

For details on the evening topics go to our website: www.westnorfolkaviationsociety.org.uk.

Unfortunately our next meeting has had to be cancelled. For information about future events please contact Nigel tooth 01842878232 nigeljtooth@gmail.com

Mark Burch

SWAFFHAM & LITCHAM HOSPICE

Due to the current situation the three events planned for May and June

- 1) Holme Hale Hall Gardens Open Day
- 2) Our annual street collection in Swaffham
- 3) A Summer Supper at Heygate Farms, Snailspit Farm, Cley Road, Swaffham.

have had to be postponed. Any queries please contact me.

Adrian Adcock (01760 724304 / Adrian.adcock@talktalk.net)

COUNTRYSIDE NOTES

What a peculiar winter we've had. Proof, if needed, that the boffins are perhaps right about global warming. I've lived in Barton for nearly twenty years and in that time can remember quite a few periods of snow, ice and sub-zero temperatures, but not in the last few winters. A bit of research on the internet (try www.pascalbonenfant.com British weather 1700-1849) reveals that our weather has always been unpredictable and sometimes extreme. Over time the weather appears to go in cycles. Is that what's happening now? If so why has it happened so suddenly?

Global warming is a combination of factors which have a cumulative effect. Are volcanic eruptions to blame? No, they have both a warming and a cooling impact on the climate. Carbon dioxide, along with many other greenhouse gases, is released into the atmosphere but in relation to other emissions contributes only an insignificant amount of warming. On the other hand, the dust particles shield us from the sun which cools the atmosphere. In total there were 73 eruptions in 2019 with a major one in New Zealand last December.

This winter we had a few frosts prior to Christmas followed by excessive rainfall in January and February along with strong winds. Storms Ciara and Dennis wreaked havoc across the country. Following on from a wet autumn this made life extremely difficult for arable farmers. Crops can survive a short time submerged but if the water can't drain away they then begin to rot. Potato harvest usually ends in November but last year, in some areas, it was far too wet for machinery to get on the land and they were left in the ground. Waterlogged land meant that farmers were unable to get on with preparations to sow the next crops. A lot of barley and wheat is normally drilled in the autumn and this just wasn't possible in many places. As I write this in mid-March the soil has had no chance to dry out and farmers have continued to experience difficulty cultivating the land in order to sow their spring crops. Where beet has been grown cereals usually follow and the next crop of beet is also normally sown in March. The weather needs to change dramatically for this to happen. Norfolk, believe it or not, is supposed to be the driest county in Britain; that is why, combined with the soil types, it's predominately arable. We are fortunate that we don't have acres still submerged in water. March is also the month when farmers put fertiliser on their growing crops but even locally they're likely doing more harm than good trying to drive across saturated fields. Modern farm machinery is so big and heavy. Using tracks instead of wheels lessens the damage but even with these it's still impossible to get on sodden land without causing some damage to the soil structure. Breckland, however, has such light sandy soil it doesn't ever get seriously waterlogged and land work is able to continue regardless.

Jill Mason [Barton Bendish]



TNHA NEWS



“The room was warm and clean, the curtains drawn ...” The classic short tale of ‘The Lamb to the Slaughter’ unfolded lesson by lesson throughout the day as students took part in shared reading. As part of World Book Day our readers in Years 7 to 9 enjoyed this ‘story with a twist’ from the celebrated author, Roald Dahl, learning of a very usual murder weapon and an ingenious method of disposal!

On a rather more charitable note our students were keen to raise funds for Sports Relief by ‘paying’ to dress in non-uniform. The ‘chinking of change’ and ‘shaking of money buckets’ full of £1 coins greeted everyone who entered the academy whether it be staff or students. Keen to raise even more money, the rather more ‘sporty’ students joined the Fun Run on the main field.

Still thinking of charity our students in Year 10 plan to raise money to buy Easter Eggs for the children in the Local Hospice, to be delivered by the East Anglian off Roaders Club. We will keep you posted on their efforts.

Meanwhile, frying pans at the ready, our intrepid team of pancake flippers entered the annual pancake race in the town organised by the Swaffham and District Lions Club. As the sun shone they followed the age old tradition competing for the highly sought after winners ‘engraved frying pan’. Just pipped at the post in the final heat, we are eagerly looking forward to trying our skills at next year’s event!

Also demonstrating great skill, one of our students found that he had quite a talent when on a recent trip out of school beating a professional gymnast at ‘planking’. Year 10 students from TNHA visited the Norfolk Skills and Careers Festival in Norwich where they were able to discover the vast range of opportunities available to them. With over 100 exhibitors from a wide range of industries, the event was designed to inspire students to turn their favourite subjects into the qualifications they may need to either apply for apprenticeships, jobs or to study a degree.

Finally, despite admitting to being “total novices”, the Bond-Green family who have two children studying with us, have had amazing success at Crufts no less! Their gorgeous home bred puppy, a French bulldog, classed as a utility breed, appeared in the minor puppy class for those aged 6 to 9 months. She emerged the winner and certainly as far as we are concerned - the absolute ‘Star of the Show.’ What an amazing experience for the family and of course the wonderful ‘Pale Tulip’ herself. We look forward to hearing more about her undoubtedly very bright future.

BARTON BENDISH & EASTMOOR VILLAGE NEWS

Goodbye To Maureen

It was sad to see Maureen Tasker leave Barton on February 21st. She and her late husband Bill played a big role as part of the community and for fifteen years



were instrumental in keeping the Village Hall running. A large group of Maureen's friends met at Baytree Garden Centre on a very wet and windy afternoon to say their goodbyes and who kindly contributed £100 towards a garden voucher for her. Maureen B, Joan and I presented it to her the day before she left, along with the 'Sorry You're Leaving' card which we had all signed.

I've lived in Barton for nearly 20 years and until three or four years ago it seemed that nothing altered much but since then, one way or another, the village has seen massive changes - with more to come! **Jill Mason**

Mobility Scooter

Mobility scooter available – requires attention
Please ring Graham on 348046 for further details.

BARTON BENDISH & EASTMOOR VILLAGE NEWS

Soup and Chat

One suspects that these events will soon be known as Burman's Soup Evenings, now that the Reverend Ken will be departing our shores for warmer climes. Ken will take our profound thanks and best wishes with him. He has done a fine job and will be much missed. As ever, the evening was a convivial and enlightening event as Major "Kodak" Zaremski told us about his experiences operating weapons systems on USAF fighters.

He is clearly a popular and charismatic leader, who is very obviously fond of this country. It was good to hear that USAF at Lakenheath, and elsewhere, co operate so closely with the RAF at Marham. Some may be less impressed to know that 54, very noisy, F35s are due to arrive at Lakenheath. It is important that we understand some of what goes on above us in the Norfolk skies and that we know that combined exercises have us well prepared for any threat that may come.

Andrew Stephen

Village Hall Update

The leaflet enclosed in the last G4 will have brought everyone fully up to date with the exciting plans for the Village Hall. We now have all the money in place to do the work agreed with our chosen builder MJ Bobyk. Work started on the 23rd March, following the signing of contracts. Fencing has been placed around the building to keep it secure until the work is completed, we hope, by September. It seems entirely appropriate that the Arts and Crafts event will, hopefully, be the first attraction to take place in our newly extended and much improved Hall.

It will be an odd experience being without it for the months during which the work takes place. Bookings have been going up until the last minute and our very active community has had the benefit of many different types of activity which have enriched our lives. We believe that, in the future, even more will be possible.

Finally, I would like to pay tribute to Jill Mason who is standing down, after some years, as Chair of Trustees, a role which has become ever more demanding in recent times. Everyone knows what she has put into community life and into bringing people together. I am very pleased to be able to thank her on your behalf. It is thanks to the efforts of people like her that the future of our village is so rosy.

Andrew Stephen, Chairman, Village Hall Management Committee

Voices from The Vestry

Unfortunately the planned events have had to be postponed due to the present corona virus situation. We will keep you updated as to what will be happening.

Any queries please phone 01366 347849 or 01366 347563

Liz Stephen, PCC Secretary

BEACHAMWELL, SHINGHAM & DRYMERE VILLAGE NEWS

Coronavirus Help Group

Whilst I was preparing this magazine on Sunday 15th March I received an email from Steph Brown to say that she would like this notice circulated to the village



Within minutes Shelley Yeaman, Cathy Friend, Ann Knox Whittet, Chrissy Barr, Bridget James and Donna Ward contacted me to say they would like to help. Janet Walker, Maggie Mckenzie and Harriet Garrod have also joined this group.

A leaflet has been given to every house in Beachamwell, Shingham and Drymere so you all know what is involved.

I'd like to say, on behalf of the Village, a **HUGE** thank you to all the people above and all the others who are quietly helping in the background in so many ways.

Lots of people have remarked what a wonderful community spirit there is in the Village and how this help and assistance is easing any fears and anxieties.

Eileen Powell



BEACHAMWELL, SHINGHAM & DRYMERE VILLAGE NEWS

The Friends of St Mary's

I know it should go without saying but I want to appreciate and recognise the hard work and many hours which goes into the various activities which have helped raise funds for the Church and which we all enjoy. Without these



volunteers from the village we would not have the range of activities we have and we would be never be able to maintain St Mary's which is so central to our village. We are currently working on the Open Gardens day which is going to be on the 7th June and which, like last year, will be raising funds for the Friends of St Mary's to go towards the repair of the thatch. It is quite an enterprise with a lot of work

behind the scenes so I would like to thank all of those involved past as well as present.

We have plans to have music as before, a raffle, lunches and cakes as well as the wonderful gardens to visit themselves. We are trying to see if the thatcher who will be doing the repair work might be able to give us a thatching demonstration on the day. I will be making contact with those who generously opened their gardens last year in the hope you can be persuaded to do so again, and if you have a garden you would be prepared to open (it certainly does not need to be perfect by any means!) we would really appreciate it. If anyone would like to help please get in touch with me (pegnblue@gmail.com), or Helga Cory-Wright on 07760 340109.

As you know Ken is off to Cyprus and I would like to thank him for the support and help he has given FOSM and to me. We wish him well. It is not quite clear what the implications for the church building will be when he goes but I will keep you all informed. In the meantime we are actively now applying for grants to help with the cost of the thatch repair. Our excellent quiz and lunches have already helped add money to our growing fund this year (currently standing at £11,600.00).

And finally we should be seeing the work starting on replacing the lead with terne steel in early April. The tarpaulin has done very well in the circumstances but it will be great to see it gone!

Peggy Ray (Chair FOSM)

As you will appreciate there have been many changes since this report was written so please take them into account when reading it. [Ed]

BEACHAMWELL, SHINGHAM & DRYMERE VILLAGE NEWS

Beachamwell Parish Council

The Parish Council held a meeting on 2nd March 2020. Below is a summary of some of the matters which were discussed at the meeting:

Footpaths

The Parish Council had received a report of issues with blocked access on Footpath 10, at its junction with Bridleway 9, and missing fingerposts and waymarker posts at the junction of Bridleway 9 and Bridleway 11. The Parish Council contacted the landowner who advised that the blocked footpath had been cleared prior to the meeting, and the post would be reinstated.

Planning

A larger number of residents had attended the meeting to raise concerns about the outline planning application for 5 dwellings to the rear of 1-10 The Street (ref: 3PL/2020/0205/O). The details of the application were considered and the Parish Council agreed to object to the application for the following reasons which are material considerations:

Highways issues – traffic generation, vehicular access, highways safety

Capacity of physical infrastructure in the public drainage system

Not a sustainable development – location of application site is outside a rural settlement with no local services or sustainable transport choices which is contrary to Policies DC2 and CP14 of the Core Strategy and Development Control Policies Development Plan.

Annual Parish Meeting

Prior to the Parish Council Meeting the Annual Parish Meeting took place. This was an opportunity for residents to ask questions or raise concerns about matters affecting the parish. The meeting was chaired by Cllr Tom Sanderson, the Chair of the Parish Council, several questions were raised by residents and answers were provided.

If you would like to contact the Parish Council on a matter which you feel we may be able to help with then please contact the Clerk or any Councillor.

Cllr. Tom Sanderson (Chairman) 01366 328244 / 07803 963804

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, SHINGHAM & DRYMERE VILLAGE NEWS

To ask for an item to be placed on the agenda for a meeting please contact the Clerk at least 10 days before the date of the meeting.

Next meeting: Wednesday 6th May, 7.30 (Annual Meeting of the Parish Council)

Further information on Parish Council activities and documents can be viewed on the Parish Council website: beachamwell-pc.norfolkparishes.gov.uk

Sarah Thorpe

(Clerk to the Council)_01945 430930beachamwellparishcouncil@gmail.com

Beachamwell Village Hall



In the light of the Government advice on social distancing in response to Covid-19, the AGM scheduled to take place on 26th March was indefinitely postponed.

If any villagers have comments or suggestions relating to the Village Hall that they had hoped to raise at the meeting, please contact me or any member of the Committee

Simon Smith simon.smith1223@gmail.com 01366 328960

The Village Hall has its own Facebook page if you wish to join it. It is being used as another source of information about help being offered to residents during the Coronavirus outbreak.

The Pop up Pubs we had planned for April and May have had to be cancelled, and we are not yet sure about the Fete which is due to be held on September 6th. However, the Committee will need your help whenever the Fete takes place so please think about helping to set up the day before, run a stall, help with serving refreshments, give a tombola prize or bake a cake? That's just to mention a few things!

Can we also appeal to those using the play area to please do so with social distancing in mind at all times and wash thoroughly upon returning to their homes.

Cathy Friend 07818453323

Mobile Post Office

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

BEACHAMWELL, SHINGHAM & DRYMERE VILLAGE NEWS

Beachamwell WI



The March meeting of Beachamwell WI saw a number of visitors attending along with our members to hear a very interesting talk and presentation about the many wonderful gardens open to visitors in East Anglia by Simon White of Peter Beale's in Attleborough. The avid gardener's amongst us had many questions on gardening ranging from how best to deal with slugs to how to stop Muntjac grazing on our garden borders! Mr White was up to the challenge and gave us lots of good tips. We came away from the meeting enlightened and determined to become better gardeners.

Unfortunately all meetings until further notice have been postponed.

New members are always welcome and even if you are not thinking of joining the WI but are interested in one of our talks then please come along on the first Thursday of each month, when we restart the meetings, at Beachamwell Village Hall, 7.30pm. There is a small charge of £3.50 per visitor (refreshments are included).

Any enquiries, please contact Maggie on 01366 327023 or Helen on 01366 328589.

Debbie Roberts

Beachamwell Wednesday Walkers

The March walk around the Warren, past Larch Wood to Shingham, through the woods back to the village was perfect for an early Spring day. There was no wind, no clouds, just clear blue skies and sunny views across the parish. A few skylarks – sadly a rapidly failing species in our countryside – sang overhead. Wild violets, pale primroses, yellow broom and white blackthorn all brightened our path. The daffodils along Chestnut Walk were a joy to perceive – what an excellent idea that was to plant those! We walked around four miles giving us exercise and a stress-free couple of hours in good company.

The next excursion is on Wednesday, 1st April, leaving the Village Hall at 10.00 a.m. Do come along and walk with us – we should love to see you.

Sue Pennell

BOUGHTON VILLAGE NEWS

Coronavirus and the Village

We are here to help following various announcements by the government we appreciate that you may have difficulty in providing for yourselves whilst the Coronavirus pandemic hangs over us, with that in mind we have assembled a team of volunteers who are willing to shop for essentials, collect prescriptions and generally assist if required.

In the first instance please contact us on 501335 and we will help in any way possible.

Andrew & Angela Faherty

All Saints' Church

Open Gardens June 14th 2020

Since the last G4N was published, some volunteers have come forward to offer their gardens, which is wonderful. It's the church's main fundraising effort of the year, but as the building also serves the village as an available space when needed, the support of all the village is essential. Without the funds we hope to generate, we wouldn't be able to pay the Diocese the annual bills for services, to hope for at least a share in a new priest, to repair the roof and keep the heating going. It doesn't matter how small your garden is, or whether it's perfect (mine certainly isn't), people are prepared to travel to the village, enjoy our lovely pond and the Green and look at gardens. Large numbers come back every year to see what's new, what has progressed, to share knowledge and to enjoy what we enjoy. If you have a garden, please consider opening. It's good fun and you meet some interesting people. We are also well know for our fabulous lunches and teas, so if you are a good cake maker you can contribute that way as well. My phone number is 500429 and my email address is at the front of the magazine. Please think about doing your bit for the village. Or I'll be in touch!

Coronavirus and the church

There has been advice from the Bishops about the administration of communion to restrict infection. Please try to stick to the advice, and let us hope we are not too badly affected in this village and in our wider circles. Thoughts and prayers go to those who are.

Pam Wakeling, Church Warden

Get Set for Gardening 2020

Calling all gardeners, Good Friday 10th April is a date for your diaries. There will be a selection of garden paraphernalia and plants for sale at Tapestry Cottage, Chapel Road, Boughton. From 10 am until.....everything sold!

All proceeds to All Saints' Church and yes please, if you have any items to donate they will be greatly appreciated.

Andrew & Angela faherty on behalf of Boughton PCC

BOUGHTON VILLAGE NEWS

A Church Near You – Boughton Church Website

You may not be aware, but our church, All Saints, has its own website. It is part of the Church of England's generic website, but each church has its own dedicated pages. We are now hoping to keep this much more up to date, and show upcoming services, and church orientated events. It is also possible to see what is going on in the surrounding parishes from the benefice section of the site.

To get to it, simply google 'A church near you' and enter Boughton, Norfolk. If you don't add Norfolk you will get directed to somewhere near Newark or Northampton.

There is quite a bit of information about the church, but to see what is coming up, click

'Services and Events'. The site is not without its limitations, so to see all events, you need to look at 'Regular Events' and 'One off events' separately. There may also be information in 'News and Notices'. Currently, the Good Friday 'Get Set for Gardening' sale is shown here, with a downloadable poster which you can print, if you have somewhere to advertise this.

I am still quite new to this, so am learning as I go along, but please take a look at it soon. **Sue Pogmore**



Rainfall

So how wet was February

Following all the reports in the news about February's rainfall, I thought it would be interesting to see how our local rainfall readings compared with previous years.

In February I measured 86.8mm during the month. Usually, the rainfall for this month is quite low – around 40mm. When we started reading the rainfall in 1993, it was for the National River's Authority, before it was swallowed up by the Environment Agency. Looking back in Mark's records, it quickly became clear that this was the wettest February that we have had during that time.

The next highest measure was in February 2010, which was about 1mm less. No other year came anywhere near this. The rainfall levels over the winter of 2009/2010 are very similar to that which we have experienced this year. But there was one big difference. Much of it fell as snow. **Sue Pogmore**

BOUGHTON VILLAGE NEWS

Parish Council

This month saw a parish council meeting on 3rd March. The minutes from this and past meetings are available for public access on the council website

At <https://boughtonparishcouncil.norfolkparishes.gov.uk>

At this meeting the council received a report from our County Councillor, Martin Storey, about the impact to rural communities from the recent bad weather (350 incidents reported to highways and rescue services on the 10th February alone) and the fight against road erosion and pot holes (budgets for pot hole fixing have been increased). We communicated to him our views on the loss of our bus service and he undertook to find out whether a couple of companies we know could support the service had been approached.

Related to this subject, a resident has offered to provide a lift to Hardwick and back on a Monday morning to anyone unable to make their own way there. If you'd like to take up this offer, or you can offer other people lifts, please get in touch with the Parish Clerk on boughtonpc@gmail.com.

As I write this, the Coronavirus (COVID-19) outbreak is starting to take hold in the UK, with cases reported in all regions, including West Norfolk. As we live in a rural community with a larger than average proportion of "at risk" residents, please consider helping out elderly neighbours who may now feel unable to go out for supplies. It may be helpful to start a "buddy system" where neighbours agree to do shopping for others having to self-isolate.

We received an indication that our grant application for our vehicle speed sign has been approved, and we hope to have this purchased and installed in the late Spring or early Summer. This should give us a good amount of data on traffic flow and speed violations.

Finally, our next meeting on 5th May is our Annual Meeting and Annual Parish Meeting, where members of the public are encouraged to attend find out what the council does, and to give their views on what the council should be concentrating on over the next twelve months. Last year, the meeting confirmed speeding through the village as the top priority and we are taking steps in that regard. What would you like to see the council do now? Please come along if you can, or mail us on boughtonpc@gmail.com.

Neil Matthew, Chair (chair.boughtonpc@gmail.com)



WEREHAM VILLAGE NEWS

Wereham Parish Council

Next Meeting Date to be confirmed (May) (Annual Parish Meeting and Annual Meeting of the Parish Council) in the Wereham Village Hall (Note one week later than usual). Agenda items must be received before the end of the month prior to each meeting, items received after this time will not be possible to discuss. Please send to the Parish Clerk at werehampc@gmail.com. The Agendas for meetings are always published on the Wereham Village Notice Board three clear days before the meeting, on the Wereham Parish Council Facebook Page and on the website www.werehamparishcouncil.co.uk You will also find minutes of all meetings here too.

Dog Walkers

There continues to be instances of dog waste not being removed from outside people's properties and pathways in the village by dog walkers. There are five dog bins available at the playing field; off Cavenham Road, Lamas Lane; End of the Row/Wretton Row and on Church Road. So this is plenty of points to deposit their 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.

Streetlights The streetlights in the village are owned by the Parish Council if you notice they are out please report it to the Clerk who can arrange for a contractor to maintain it. The contact details are below.

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/>

Coronavirus – Covid-19 – For the latest Government Advice view the following

WEREHAM VILLAGE NEWS

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/>

Helen Richardson [Wereham Parish Clerk & Finance Responsible Person]

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

Wereham Open Gardens Sunday 21st June

Open Gardens in June seems a long way off but Mother Nature is already stirring. There are snowdrops, catkins and brave, fresh shoots as well as a couple of male robins on the lawn squaring up to each other for territorial rights! Each year Open Gardens is a major fund raising event which helps to maintain our Grade 2 Listed St. Margaret's church. There is a dedicated group of gardeners and helpers who take part regularly but it is always great to welcome new gardens. Your garden doesn't have to be a show garden and it's not some kind of competition. Our friendly visitors are genuinely interested in what you have done or plan to do because they are gardeners too.

If you would consider opening your garden or helping with the organisation I would be pleased to hear from you or give me a call if you're not sure and would like to have a chat about opening. **Thanks. Greg Baddock 01366 500233.**

Wereham Church Festival Sunday 19th July 2020

This year's Wereham Church Festival takes place in the grounds of our lovely medieval grade II listed church in the centre of the village. The Festival is the major fundraiser of the year. It is a real community event and is a great day out for the whole family.

There will be a wide variety of stalls and entertainments, including Hoopla, Tombola, Wine Bottle Stall, Cakes, Jams, Preserves and Local Produce Stalls and a Plant Stall, as well as a Barbecue and a Raffle. Test your skills and win prizes. Bring the children along to play games and enjoy all the different activities taking place on the day.

Come inside the church where there will be local displays and a range of activities throughout the day.

We would really appreciate any donations for our stalls, prizes for the Raffle, Tombola and Hoopla, bottles of wine for the Wine Bottle Stall, as well as Cakes, Preserves, Home Made Jams and Pickles.

Doreen 500218 - Charles and Ivy 501108 - and Tom 500052

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 12.25 -12.55

Wereham Village Hall

Closed until further notice following the announcement 17th March by Boris Johnson, the Prime Minister, that social distancing had been introduced and that everyone should: - • Avoid gatherings and crowded places, such as pubs, clubs and theatres • Avoid gatherings with friends and family. Keep in touch using remote technology such as phone, internet, and social media. The safety and wellbeing of all of our visitors, staff and volunteers is our number one priority at all times.

Therefore, the Wereham Village Hall Committee has agreed that the Village Hall should be closed until further notice.

As this advice is likely to be in place for some weeks, we will be contacting everyone who has a booking in the next 4 weeks and offering a refund or an alternative booking.

We will be monitoring advice and guidance and updates will be available on the Village Hall Notice Board, Facebook Page and Website.

We apologise for the inconvenience but as you will appreciate this is out of our control.

The Wereham Village Hall Committee.

Wereham Craft Group, Short Mat Bowls and Car Boot and Café:

01366 501330 or 07749 240606. E-mail rosemary.pease@btinternet.com.

Wereham Tots: Interested? Please contact Angela on 500 115 07535399883.

The above groups submitted reports before 'the corona virus announcement'. If you have any queries please contact the organisers of the groups [Ed.]



LEXOPHILIA

WHO ON EARTH DREAMS THESE UP?

WHY, A LEXOPHILE OF COURSE!

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

***Lexophilia** is the love of words. The term, a neologism and unofficial word of the English language, derives from two [Greek words](#) – *lexis*, a derivative of the Greek *logos* **meaning** "word," and *philia*, **meaning** "friendship" or "fondness."*

COMMUNITY NOTICE BOARD

MOBILE LIBRARY VISITS

DATE	VILLAGE	LOCATION	TIME
The Mobile Library notice.	Service is	closed until	further
However, all books without incurring	currently out will overdue	be automatically charges.....	renewed

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 - <https://www.norfolk.gov.uk/libraries-local-history-and-archives/libraries/your-local-library/mobile-library-routes-and-timetables>

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

VILLAGE, COMMUNITY and PARISH HALL BOOKINGS

Barton Bendish	Andrew Stephen	01366 347549	07748015464
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

VILLAGE BUS SERVICES

FROM	ROUTE	OPERATOR	DESTINATION
Barton Bendish	Friday 10.15	Dail a Bus <i>cancelled</i>	Downham Market
Beachamwell	Tuesday 10.00 Friday 10.00	Dial a Bus <i>cancelled</i>	Swaffham Downham Market
	Saturday 10.00	Swaffham Flyer Service bus from The Church <i>Still operating</i>	Swaffham
	Tuesday 10.00	Dial a Bus <i>cancelled</i>	Downham Market
Wereham	Tuesday, Thursday and Friday 10.00 Wednesday 10.00	Dial a Bus <i>cancelled</i> Dial a Bus <i>cancelled</i>	Downham Market King's Lynn

Traveline 0871 200 22 33 or (www.traveline.info) Calls cost 12p per minute

Anyone with a health appointment can ring WNCS anytime Monday to Friday in office hours, for a lift with volunteer drivers, on 01553 776971/01760 720906 .
The cost will be advised, usually 45p per mile

Well Being Community Car for all Villages call 01553 776971 (*suspended*)

This information was correct at W/B 23rd March, however, any queries please phone numbers provided

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CHURCH SERVICES

Dear Friends

You may have heard that the Church of England is suspending all services, with the exception of funerals and weddings, until further notice (as at 19th March 2020). This will include all PCC and APCM meetings, the Lent Course, the Youth Centre, Clubs and any other groups. You should postpone all meetings and gatherings forthwith. Further details will emerge regarding APCMs shortly.

The Wissey Valley Benefice has decided to hold a short worship service, at **9.30am** every **Sunday** by joining together, virtually in our own individual homes. A Morning Prayer Service entitled 'Virtually Together' has been produced; see below, and join in with us if you wish. If not use the short service at any time convenient to you.

During this time it is important that we show our commitment to caring for each other and our community and particularly keeping vulnerable people safe from infection- and that includes you and me.

If you do not receive emails I am sure that the editors will arrange for a copy to be sent to you.

Please, in this difficult and rapidly unfolding situation, keep each other in your prayers and where possible, and practical, look out for each other, as I know that you will. Also please keep our Deanery, and all who live within it, in your prayers. Our thoughts go out to anyone who has been personally impacted, and I hope that you and your families keep safe and well.

God Bless

Rev Carol Nicholas-Letch

BENEFICE FAMILY (VIRTUALLY TOGETHER) MORNING SERVICE



INTRODUCTION

Blessed are you, Lord God of our salvation, to you be praise and glory for ever. As once you ransomed your people from Egypt and led them to freedom in the promised land, so now you have delivered us from the dominion of darkness and brought us into the kingdom of your risen Son. May we, the first fruits of your

new creation, rejoice in this new day you have made, and praise you for your mighty acts.

Blessed be God, Father, Son and Holy Spirit. Amen

A short period of silence

The night has passed, and the day lies open before us; let us pray with one heart and mind.

As we rejoice in the gift of this new day, so may the light of your presence, O God, set our hearts on fire with love for you; now and for ever. Amen.

A short period of silence

A COLLECT

Lord of the hosts of heaven, our salvation and our strength, without you we are lost: guard us from all that harms or hurts and raise us when we fall; through Jesus Christ our Lord, who is alive and reigns with you, in the unity of the Holy Spirit, one God, now and for ever. Amen

BIBLE READING

Please choose a Bible reading for you to look at or use the Pew Sheet that Pam Wakeling puts out every week.

REFLECTION

A short time of reflection on the Bible reading.

PRAYERS

A time to pray for all that is going on in the world.

THE LORDS PRAYER

Our Father, who art in heaven, hallowed be thy name; thy kingdom come; thy will be done; on earth as it is in heaven. Give us this day our daily bread. And forgive us our trespasses, as we forgive those who trespass against us. And lead us not into temptation; but deliver us from evil. For thine is the kingdom, the power and the glory, for ever and ever. Amen

BLESSING

Lord bless our time together. Guide us as we seek to further your Gospel in this place. Help us to be a light for Christ. Protect us from those working against your Kingdom. Keep us ever joyful to serve you.

Amen



WISSEY VALLEY GROUP CHURCHWARDENS

Barton Bendish:	Mhari Blanchfield	01366 347 849
	Linda Webster	01366 347 563
Beachamwell	Rev. Carol Nicholas-Letch	01366 500 704
	Canon William Burke	07770 630 202
Boughton:	Pam Wakeling	01366 500 429
Wereham:	Sheila Smith	01366 858 165

PRIORY GROUP CHURCHWARDENS

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

THE BRECKLAND SOCIETY



The Cold War in the Brecks (1949 - 1991) is a project run by the Breckland Society, with a grant from the Heritage Lottery Fund. The project is researching the role the Brecks and its people played through the Cold War. We are looking for the human stories of an important and fascinating period of our recent history. The research will form the basis for an illustrated colour report which will be available free to members of the public.

We are looking for people who remember the period to spend a little time with one of our interviewers talking about their experience of the Cold War. We are interested in memories of service personnel and civilian employees of the various airbases and military installations in the area. We are also particularly interested in people who protested against nuclear weapons, members of the CND or other peace organisations, or people involved with peace camps.

If you can help, please contact us on secretary.brecsoc@gmail.com



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[www.wix.com/ryeholidays/
theoldschoolhouse](http://www.wix.com/ryeholidays/theoldschoolhouse)



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PE37 8BE
Tel: 01366 328244
Fax: 01366 328716

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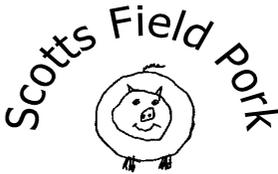
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Rolled Shoulder of Pork - £10 a joint – approx 1.5 kgs

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



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group4news@gmail.com



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or 07542 923909

kjcatering@btconnect.com

www.catererssuffolkandnorfolk.com

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WANTED

Drymere Horse Livery or Grazing

Having recently moved to Swaffham we are really hoping to find somewhere in Drymere for our lovely well-mannered horse so he is as close to home as possible.

We would be delighted to consider either livery or stables and grazing on a long-term agreement.

We are very conscientious owners and can provide references including one from World Horse Welfare - our horse is a rescue and we have loaned from them for 11 years.

Any possibilities please do get in touch on 07919 106366.

Beachamwell / Shingham Border

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Sheep
or other small animals**

Please telephone 07917 693965

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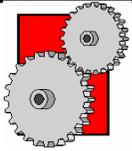
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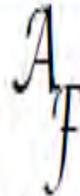
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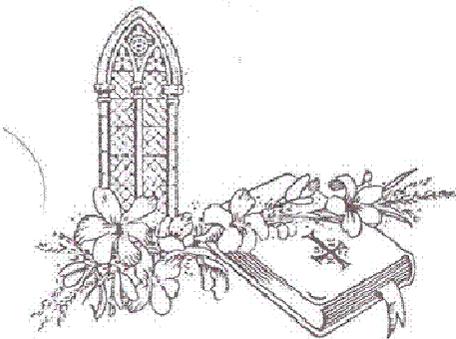
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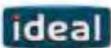
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