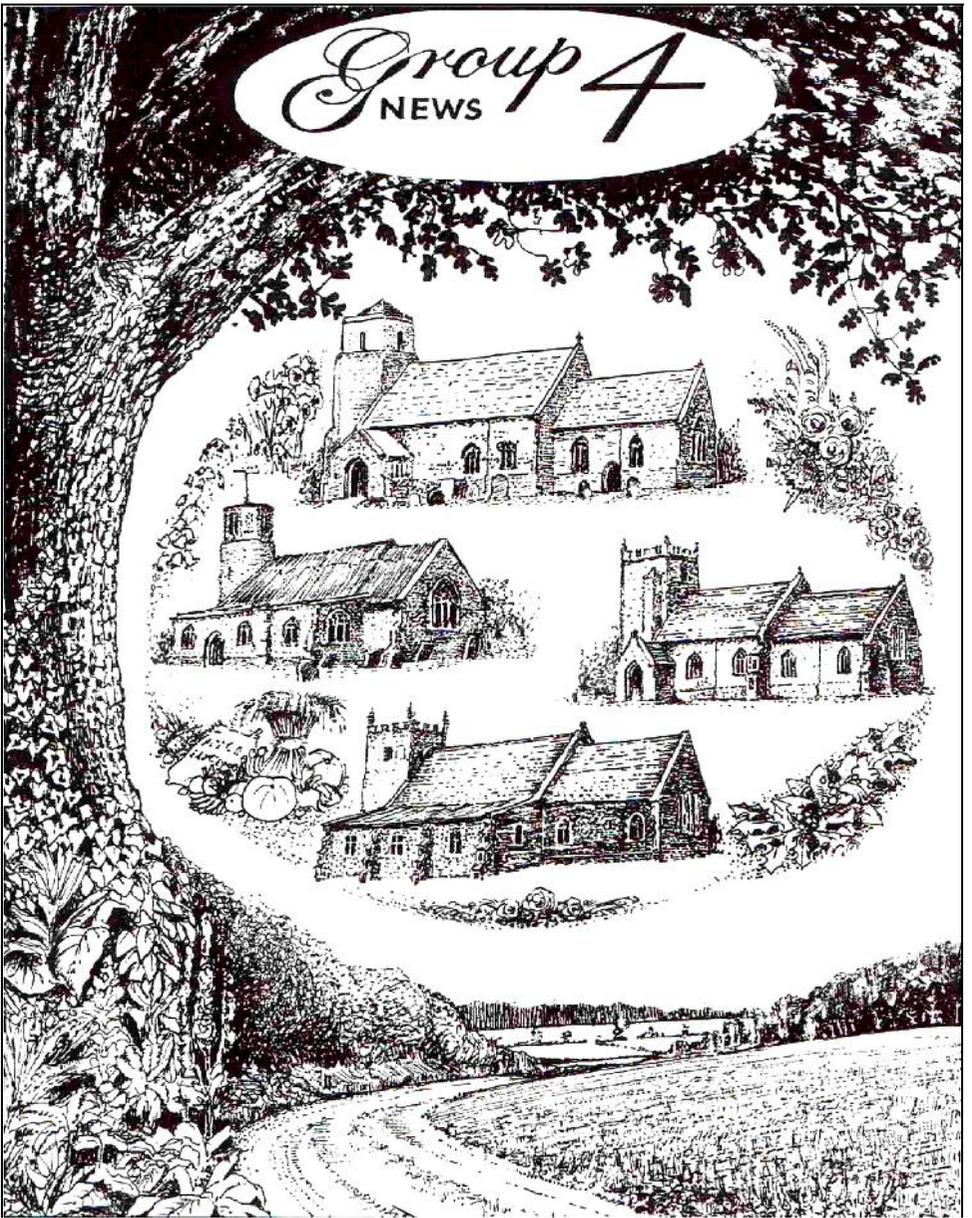


Group 4
NEWS



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

August 2022

Cover Illustration drawn by Mark Powell, Beachamwell ©

WELCOME



Hopefully you are still taking care and staying 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.

Please remember The Sanderson Family in your thoughts and prayers.

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!!!

© Copyright Group4 News 2022

GROUP 4 TEAM VILLAGE CONTACTS

Barton Bendish: Jill Mason
Sandmere, Church Rd, Barton Bendish
Tel: 01366 347 928
masons.sandmere@btinternet.com

Beachamwell: Eileen Powell
20 All Saints Way, Beachamwell
Tel: 01366 328 648
powells@beechamwell.plus.com

Boughton: Pam Wakeling
Robet, Mill Hill Road, Boughton
Tel: 01366 500 429
p.wakeling621@btinternet.com

Wereham: Viv Scott
Orchard House, Flegg Green, Wereham
Tel: 01366 500346
vivienne.scott@googlemail.com

Please submit all information through your Village Contacts.

**Deadline for copy for the
September '22 edition:**

11th August

ADVERTISING

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

Tel: 07779 787499 or 01366 386125
e:mail: group4news@gmail.com

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

WEBSITE

www.group4news.co.uk

Kevin Fisher, Tel 01366 502224

From The Rectory Escape to the Country?

You may well have seen the television programme called *Escape to the Country*. The opening title sequence depicts numerous trains, traffic and people hurrying in a cityscape. Then, to draw a distinction, what appears to be Ann Hathaway's cottage, or a similar thatched abode surrounded by abundant gardens and farmland.

Who can blame people for wanting to escape from the urban sprawl and the frenetic way of life. People living in inner cities and in large towns do feel that the countryside offers a form of escapism. All too often they are viewing the possibility of living away from an urban environment through rose-tinted glasses. On one occasion I heard a participant saying that she and her husband wanted to live in the country 'so that my children can play in the fields'. They seemed to have ignored the fact that 'the fields' are workplaces and are there to grow crops and as pasture for livestock. Farmland is not a playground.

And that free-range children, as well as pet dogs, can cause immeasurable damage and can be in some danger. The right-to-roam only extends to well defined pathways and areas designated on official maps for open-air recreation as defined in the Countryside and Rights of Way Act 2000.

Like its title sequence the television programme does tend to show a chocolate box image of places where people want to move. A recent episode showed a couple who wanted to move to this area. They showed some shots of Downham Market. With carefully angled views of the Town Square and the High Street. The presenter stated that there a selection of independent shops but we didn't get to see Tesco, Morrisons, Iceland or even the market. Many of us have been fortunate enough to choose to come in live in West Norfolk. When I said I was moving here there were congratulatory remarks by friends back in Royston which, because of its easy commute (if there ever could be such a thing) to both London and Cambridge is one of those frenetic places from which people want to escape; not to mention the cost of housing. We are fortunate but let us remember that about 80% of our fellow citizens do live in urban areas. And they live with the problems associated with that. A recent survey found that people in urban environments knew more about characters in soap operas than about their next-door neighbours! This applied all the more to those living in high-rise blocks of flats. There is a great deal of suspicion and even fear of wanting to make contact with someone they don't know. One of the consequences is that people do feel trapped. Yet another reason that they want to escape! I am truly thankful that what appeared to pragmatic circumstances have allowed me to choose to live here. Because that nebulous feeling of freedom and quality of life exudes an air of tranquillity. It has given me the opportunity to become part of the local Church of England Ministry team. Perhaps the move here was not simply pragmatism but a calling to serve in West Norfolk.

Tony Mills

COUNTRYSIDE NOTES

Conservation measures here in Barton meant the estate adopted the new concept of 'No Mow May' which means leaving lawns uncut allowing any flowers to bloom and feed native bees emerging from hibernation. Our personal bee conservation efforts involved David making a bug box. It surprised us how quickly many of the holes were sealed over but alas, earlier this week, a greater spotted woodpecker destroyed the lot.

Did you know there are 250 species of bees to be found in the UK? There are 25 different kinds of bumble bees, about 224 species of solitary bees, which as their name implies don't live in colonies, but only one honeybee. Solitary bees nest individually although sometimes in close proximity to each other. Some have weird names such as the Box-headed Blood bee, the Pantaloon bee and the Hairy-footed Flower bee which makes a habit of visiting tubular shaped flowers. The Common Mourning bee behaves like a cuckoo laying her eggs in nests of other bees where they hatch and eat the food intended for their own young!

Different kinds of solitary bees nest in holes in the ground, often in lawns, old holes made by beetles and hollow stems which they seal with a plug. Three species make use of empty snail shells. Mason bees nest in cavities often in walls. Mining bees live underground and leaf cutters use leaves to line their nests. Bumble bees are sociable bees which live in colonies of anything from a few dozen to several hundred, sometimes colonizing bird nest boxes.

There is only one species of honey bee in Britain with very few existing in the wild. They are nearly all kept for honey production in colonies of up to 40,000 in each hive. Honey is liquid when extracted from the comb. It comes in different colours and flavours depending on which flowers the bees have been collecting pollen and nectar from and takes variable lengths of time to set. Rape honey sets particularly quickly.

Bee species are divided into two types, short tongued and long tongued. All can pollinate flowers although individually they have preferences. Some flowers are shallow and easily accessed by all bees, but longer-tubed flowers are more suited to long-tongued bees which include the garden bumblebee, common carder bumblebee and most cuckoo bees. Short-tongued species include the white-tailed and buff-tailed bumblebee and the honeybee.

Not all bees enter the flower from the front when collecting nectar while at the same time pollinating the flower. Some known as robber bees cheat by chewing a hole at the back of the flower and stealing the nectar without pollinating the flower. Other bees also make use of these holes. Although most species of cuckoo bees tend to have long tongues, they still rob most of the time. One experiment revealed that more bees were collecting nectar by robbing rather than foraging. The proportion was higher when it was cloudy and cooler and bees opted to save their energy by robbing. ***(Jill Mason Barton Bendish)***

DATE FOR YOUR DIARY

We would like to thank everyone who was involved in last year's Norfolk Churches Trust Bike Ride. It turned out to be another fantastic year, with the event raising a staggering £130,156 for Norfolk Churches. 711 gallant people took to their bikes, laced up their walking or running shoes, braved the sea and used transport that included boats, horses, tandems, mobility scooters, cars and buses. We are pretty sure it must have been the biggest charity fund raising event in Norfolk last year? The event has now raised more that £4 million for Norfolk Churches since its inception in 1983!

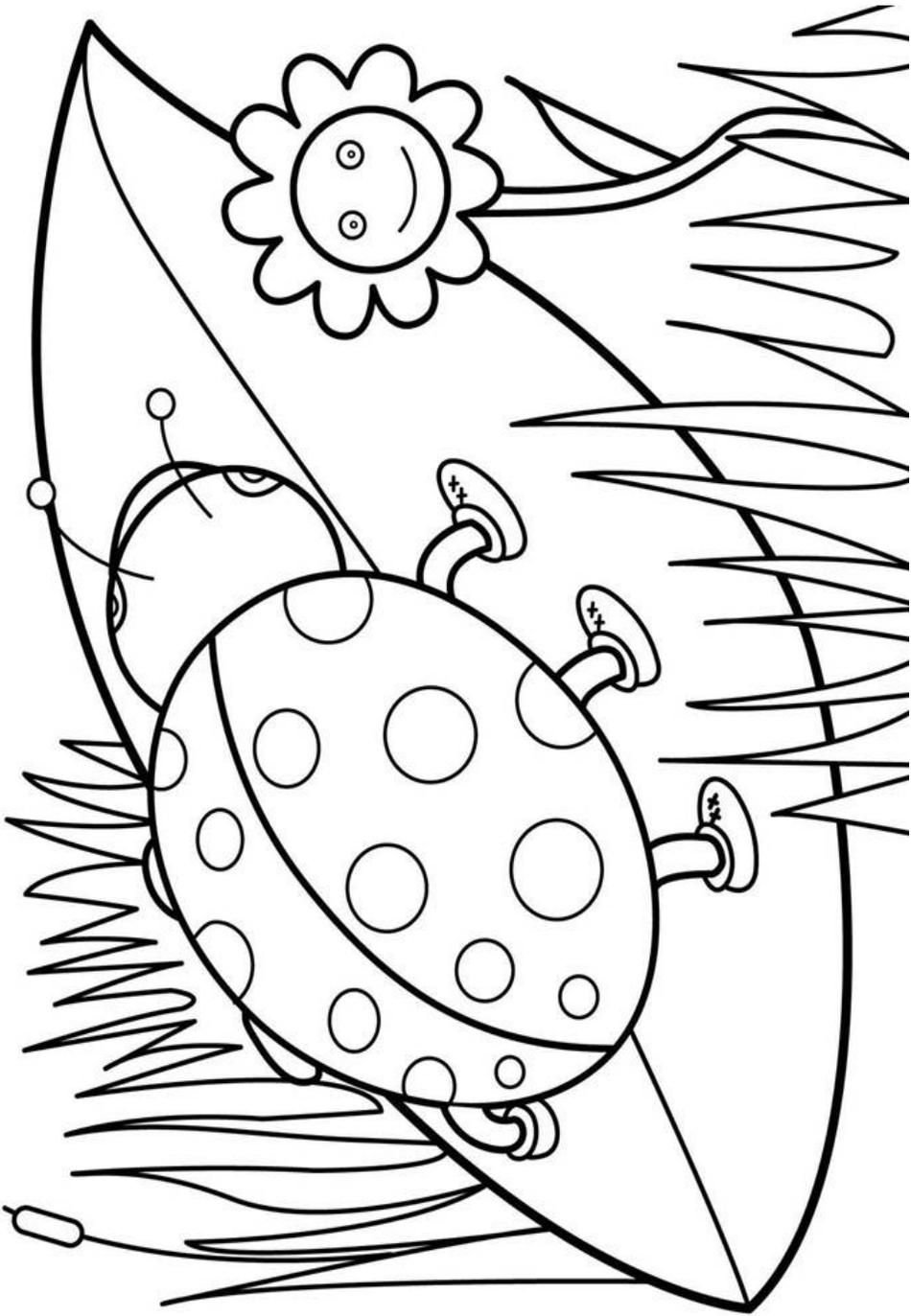
We want to stress that it is a really good way for people to have some fun exploring Norfolk's magnificent churches, taking some exercise and raising money for your local church and the Norfolk Churches Trust. A new Norfolk Churches Trust website has gone live which will make the whole process of registering easier and finding out how to take part.

<https://norfolkchurchestrust.org.uk/bike-ride/>



Sponsored Bike Ride

Saturday 10th September



QUIZ PAGE

1. Which word meaning to take money illegally for your own use contains two Zs?
2. Gynophobia is a fear or hatred of what?
3. A Royal stag must have at least how many points to its antlers?
4. Why are embalmed bodies called mummies?
5. In 1956 Rose Heilbron became Britain's first what?
6. What is different about a Dutch auction?
7. Subtract the number of years in a tin wedding anniversary from a silver wedding anniversary.
8. Which Burns poem is also a hat?
9. What do the initials of Harry Potter author JK. Rowling stand for?
10. Buona sera is an Italian greeting. What does it mean?
11. Which member of the Royal Family celebrates their birthday on June 10th?
12. In which town in the North of England can you find a statue of Eric Morecombe on the promenade.
13. What is the difference between a meteor and a meteorite?
14. A mercer was a merchant dealing in what?
15. Name the long-nosed character who 'was here' leaning over a wall.
16. Name four breeds of dog containing the names of different animals.
17. Should a men's lacrosse team consist of ten or twelve players?
18. Rat's Tail is a variety of which plant?
19. Which film did the Beatles make for TV?
20. Which is better for you—thinly cut chipped potatoes or thick chips?

Answers: 1. Embezzle; 2. Women; 3. Twelve; 4. From the Arabic word 'mum', the wax with which they're embalmed; 5. Female Judge; 6. The price starts high and comes down until someone bids. The first bidder secures the item; 7. 15; 8. Tam O'Shanter; 9. Joanne Kathleen; 10. Good evening; 11. Prince Phillip; 12. Morecombe; 13. A meteorite is the remains of a meteor which reached Earth; 14. Expensive textiles, cloth etc; 15. Mr. Chad, also known as Kilroy; 16. bulldog, otterhound, Old English sheepdog, foxhound, Irish wolfhound etc; 17. Ten players; 18. Cactus; 19. Magical Mystery Tour; 20. Thick chips;

RECIPE PAGE

Crab and Sweet Corn Soup

1tbsp corn oil; 4 oz cooked crab meat; salt; 1tbsp rice wine or dry sherry; 12oz can whole corn kernels; 2 pints chicken stock;

2 lightly beaten eggs (whole eggs or simply beaten egg whites); 2 level tbsp corn flour

Heat oil in saucepan.

Add crab meat, season with salt and wine.

Add drained corn and chicken stock.

Bring to the boil, reduce heat and simmer for 5 minutes.

Add corn flour blended with a little cold water.

Cook for a few minutes then finally add eggs and cook for a further minute.

Sweet Potato and Lentil Soup

4 big sweet potatoes; Big mugful of yellow or red lentils

1 large onion; 2/3 dried chillies or a very small one chopped (be careful with them, add bit by bit and taste regularly) or you could just add some black pepper); Tin chopped tomatoes;

Seasoning; Greek yogurt/crème fraiche for topping (optional); Chopped parsley (optional)

Peel and chop the sweet potatoes into very small pieces and boil until fairly soft.

Meanwhile chop and fry the onion in a large separate saucepan until soft.

Add a pint of water, add washed lentils, bring to the boil and leave to cook on a low flame.

When the sweet potatoes are ready mash them and add to the lentils when they are nearly cooked.

Keep the liquid from the sweet potatoes to top up the soup if it becomes too thick.

Stir it all in and watch over it, giving it a stir every so often.

When it is thickening and the lentils are soft add some of the very finely chopped chilli (optional), some salt and the tin of tomatoes.

Add water or potato juice if needed.

Add Greek yogurt/crème fraiche for topping and some chopped parsley

Eileen Powell

SWAFFHAM AND DISTRICT LIONS AND LIONESSES



July is the beginning of the Lions year and at the end of June the Lions Club held their "Changeover Dinner" at The Windmill, Necton, when the President's chain of office was handed over to our new Swaffham & District Lion President David Merchant. Sadly, our outgoing President Tony Lakey was unable to attend, but was thanked for a successful year in office. The Lioness branch also thanked their outgoing President Nicola Claxton and handed over to new President Karen Nye. We all enjoyed a lovely meal and are looking forward to a new year of service together, having fun and fellowship in service of our Community and supporting the global causes of Lions International.

We continue to help with the local Foodbank collections, collecting in Swaffham Tesco, and transporting food to and from the distribution centre in Dereham. The Lionesses have recently completed a Sponsored 5K Walk, finishing with a delicious Afternoon Tea at Nicola's home. The walk raised a total of £270 for Diabetes UK.

We are always pleased to welcome potential new members, so if you are interested in joining the Lions Club or the Lioness Club Branch, or would like more information, please call us on 01760 723377.

Swaffham & District Lions

Every minute, six people over 65 suffer a fall/

We're here to help.

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



Careline
COMMUNITY SERVICE



**Care &
Repair**

Borough Council of
King's Lynn &
West Norfolk



11/10/07/204N



Tel: 01553 616200
www.asklily.org.uk

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



**in
good
company**

in association with

Norfolk County Council

Borough Council of
King's Lynn &
West Norfolk



2008-0-0

Nar Valley Ornithological Society (NarVOS)

Wednesday 31st August at 7.30

**Indoor meeting at the Assembly Rooms, 1 Market Place,
Swaffham, PE37 7AB.**

More info at www.narvos.org.uk

**“Tea and Endemics- the Birds and Wildlife of Sri Lanka”
with Paul Fuller**

Sri Lanka, previously known as Ceylon, is famous for its tea but this tropical island has been isolated for thousands of years resulting in much of its wildlife evolving into endemic species. Paul will concentrate on the birds but also cover some of the other wonderful wildlife of this beautiful country.

Visitors most welcome. Admission £4 on the night; free to NarVOS members.

Enquiries: 01760 724092.
or go to www.narvos.org.uk



Open Monday – Friday 10 - 4

Saturday 10 -1

**Howard Carter and his
Discovery of Tutankhamun
Tomb**

(upgraded this year)

Local History Archaeology

Admission charge £3 Adults / £1 Child over 5 / Family of 4 £7

Town Hall 4 London Street, Swaffham PE37 7DQ

Tel: 01760 721230

www.swaffhammuseum.co.uk for updated information

Wereham 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
Call Diane on 01366
500798

Wereham

CAR BOOT AND CAFE

Car Boot Sale will be Sunday 28th
August from 8.00am to 1pm
Cafe opens 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

SHORT MAT BOWLS

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

PILATES (New day and Time)

Every Monday evening 7:30pm
contact Christine 07796 102677

Wereham

CINEMA NIGHT

FANTASTIC BEASTS 'THE SECRETS OF DUMBLEDORE'

Tickets £5 adults. Juniors £3
under 15 accompanied by
adult.

For details visit

[www.werehamvillagehall.co.uk/
events.](http://www.werehamvillagehall.co.uk/events)

Bar open from 6:45pm

Wereham

DODGEBALL

10am – 12pm

25th July 1st, 8th, 15th, 22nd and 29th
August.

The sessions will be at the cost of £7
These days are suitable for children from
the ages 5-12 years old.

Contact ICS Coaching 07765601690 to
book.

POP UP CAFÉ

Tuesday 2nd August 10:45 to 13:00pm
Savour a tasty Ploughman's Lunch only
£2.50

Contact Doreen 01366 500218

EGYPTIAN BELLY DANCING

Contact

Kay@danceegyptian.co.uk

Barton Bendish Community Library and Second Hand Bookshop



Open every day 10am – 4pm
St Andrew's Church
PE33 9GF

Everyone, including people from
surrounding villages, welcome
to borrow or buy books

Beachamwell

Creative Writing Group



Meets every
second Monday
Afternoon

2.30pm

Everyone with an interest in
putting pen to paper welcome.

Enquiries: 01366 328895
or
james@jamesknoxwhittet.plus.com

Beachamwell

Wednesday Walkers

Not sure where the footpaths are?
Come, walk and explore with us.

We meet at the Village Hall
10.00 a.m.

First Wednesday of the month.

Walks are free, lasting between
one-and-a-half and two hours.

All are welcome
(dogs too but they must be kept on
leads at all times)

Further details from
01366 328452.

Wereham

ZUMBA

Every Wednesday and Friday
mornings 9.30am to 10.30am
Strength, Stretch, and relax
Friday's 11:00am to 12:00pm
Seated Fitness 12:15pm to
1:15pm contact Domonique
07769 341680

Cash Bingo

Every Wednesday
Doors open at 6.30 Eyes down at
7.30
Café open before and during the
break
Weekly prize money and jackpot
Call Diane on 01366 500798

Beachamwell Book Group

**Tuesday 2nd August
7.30**

Beachamwell Village Hall

Book to be discussed over a glass of
wine

'Far From True

Linwood Barclay

New members welcome
Enquiries: 01366 328960

Boughton

Breakfast Church

The palatable way to
do church!
Sunday 14th August
10am

Good company, proper
coffee and a full
English.

Call or message Pippa
on 07899912020 to
book your place.
All welcome.

Barton Bendish Pop Up Café

**August 24th 12 noon - 4.00
Village Hall**

Drop by for lunch or afternoon tea
and have a chat with friends!

Everyone welcome -no need to
book

bartonbendishevents@gmail.com

Beachamwell Afternoon Tea and a Chat.....'

**Wednesday August 17th
2 - 4pm
Village Hall**

Enquiries: 01366 328108

Oxborough Quiz

[in Aid of Friends of St
Mary's, Beachamwell]

**August 24th
8.00pm**

**Oxborough Village Hall
Tickets £4.00
Enquiries
01366 328 648**

Beachamwell Pop Up Pub



**Friday 26th August
7.30pm
Last orders 10.45**

**Beachamwell Village
Hall**

Enquiries: 01366 328892

Barton Bendish



**Community
Harvest
Breakfast**
All Welcome

Come and break bread with us and chat with friends.

Village Hall, Church Road,
Saturday September 3rd at 9.30am

A harvest gift of any non-perishable food would be much appreciated.
Donations gratefully received

Contact:

Linda (347563) or Mhari (347849)



Barton Bendish



**ART, PHOTOGRAPHY & CRAFT
EXHIBITION & SALE 2022**

17th/18th SEPTEMBER

Saturday 17th 10am – 5pm

Sunday 18th 11am – 5pm

Village Hall and

St Andrew's Church PE33 9GF

Refreshments & Light Lunches
Available

Proceeds to St Andrew's Church and The
Village Hall

Entries must be received by September 1

For further details contact:

01366 347849/347563

Boughton



**Traditional
Harvest**

Supper Returns

All Welcome

All Saints Church

**Friday September 23rd at
7.00am**

Save the date!

Details and booking
contact to follow

BARTON BENDISH & EASTMOOR VILLAGE NEWS

Open Gardens 26th June

Well, we weren't expecting the overwhelming crowd we had last year but this year still managed to exceed expectations. The weather was kind to us although it was rather breezy.

A day like this takes a lot of organising and many people in the village were involved in some way or another either opening their gardens, selling tickets or in the catering department. We had around 350 visitors and a steady stream of visitors meant that I never left my garden all day! There didn't seem to be a minute when someone didn't want to ask me about something, tell me about their garden or folk I knew called by. David's photo albums of old Barton proved immensely popular and there was someone or other looking at them all day.

Open Gardens as always is a community effort and this year the village came together to raise more than £4,500 for St Andrew's church.

Jill Mason

A year ago, as the Pandemic once again seemed to be drawing to a close, Open Gardens in Barton Bendish was one of the first public events permitted. We looked forward to it with some trepidation because we weren't sure that people would be confident enough to come. Some restrictions were still in place. Masks were worn in the church cum Ticket Office but the public came in droves, delighted to be able to do something normal. The year before we'd been limited to a virtual Open Gardens where people posted pictures and videos of their gardens on Facebook. I loved overseeing that but, more importantly, I was very impressed by our community's resilience and determination to do what it could.

This year we thought that we couldn't match the previous year's achievements but hoped plenty of people would come having enjoyed it last time. Over 350 people came, raising £4,600 for essential maintenance and repairs to both St Mary's and St Andrew's Churches. The Village Hall was heaving with people wanting Refreshments. 140 Ploughman's Lunches were sold as well as countless cups of coffee and tea. The Sun shone and, although the start was gradual, it seemed that parking was at a premium and the gardens were crowded. Many visitors told me how welcome they felt, how wonderful the gardens were and how lucky we are to live here. I always tell people thinking of opening their gardens that the visitors don't expect perfection. What they enjoy is feeling welcome. That is the thing which makes me most proud to be a Bartonian. I recognised several people who'd been before and I think, even more than I did before, that opening your garden for the enjoyment of others is

BARTON BENDISH & EASTMOOR VILLAGE NEWS

not about showing off. It's much more to do with being neighbourly.

None of it would be possible without the small army of people organising the display of veteran cars, the Pimms tent and the cake stall, all major attractions. But the real powerhouse is the PCC who plan, organise and enable the whole thing. Many of them were very busy the day before and others manned the church all day on Sunday. Our PCC is the most effective I know anywhere and I know that they are appreciated by many.

My own favourite moment was seeing Sarah Thorpe approaching across our garden. She has been seriously ill and it was wonderful to see her out and about. As Clerk of the Parish Council she is universally respected. She is brilliant at her job and has always been willing to go the extra mile. I'm sure that many other people will have been delighted to see her too.

The Barton Bendish Breakfast, now held at the Bedingfeld Arms in Oxborough, is one of my favourite events. It would be wonderful to think that one day we might return to the Berney in our own village but these are uncertain times. Community breakfasts are a great way of getting to know your neighbours better and to share their concerns. The more the merrier! Among other things, the July meeting discussed the cost of living crisis, the morality of our Prime Minister, what we should do about Russia and whether Covid is still a threat. Budgets for the Army, Schools and Hospitals got a mention too. We would make a good government.

We also discussed the decline of Swaffham, the sale of Strattons Hotel and the dereliction of the buildings of what was once Hamonds Grammar School, which for a brief time was an Antiques Centre. I remembered going there for fixtures after which we had fabulous meals upstairs in the Corn Exchange. A further rummage in my rapidly diminishing brain recalled that the best food following school fixtures was to be found at Greshams, Paston - where Lord Nelson have carved his name on a desk - King's School Ely and at Cawston College. I'm sure that there must be a book in there somewhere.

Andrew Stephen

**Barton Bendish Village Hall Trust – Annual AGM held 15th June 2022, 7:30
Trustees Report**

Barton Bendish is a very small rural Norfolk village with very few amenities. The Village Hall provides a venue for social, cultural, and fund-raising events within the village. The purpose of the Trust is to maintain the hall in a sound, warm and welcoming condition to allow these activities for the benefit of parishioners.

BARTON BENDISH & EASTMOOR VILLAGE NEWS

The objective of the Trustees is to maintain the hall to a standard that attracts people to come to events and to make their visit pleasurable. The Village Hall re-opened last year after extension and renovation but in uncertain times with variable covid-19 restrictions which put paid to the planned formal opening functions. Instead, the hall re-opened as a central venue for a bumper Open Gardens function and followed this up with a record Arts and Crafts Exhibition. Since then functions have included regular yoga sessions, sound baths, film shows, pop-up cafes and numerous private hirings. April showed 16 separate bookings in 30 days and May 15 bookings in 31 days: both substantial increases on pre-renovation activity levels.

The Trustees have completed arrangements with Albanwise Ltd., to extend the lease and licence to occupy until 2047.

The Village Hall has operated under a Trust Deed dating to 1990 and registered with the Charity Commissioners. This is felt to be outdated, giving the right to appoint Trustees both to the Parish Council and the Bowls Club which no longer has any active members resident in the village. The Trustees have negotiated with both organisations and gained their agreement to relinquishing their rights to appoint and to replacing the Trust Deed with a new structure as a Charitable Incorporated Organisation. The current Trustees are Tim Webster (Chair), Anthony Blanchfield, Will Chapman, Chris Parsons (Secretary) and Robin Simon, (Treasurer).

Total receipts for the year were £40,484.25. Total payments for the year were £43,884.27. The net result for the year was an excess of payments over receipts of £3,400.02. Adding bank and deposit balances brought forward at the beginning of the year, the balances carried forward at 31st March totalled £7,146.78. All building work has been completed and paid for. As of now we have no restricted funds.

It is the Trustees policy to try to maintain a balance on unrestricted funds which equates to at least the annual expenditure. This is equivalent to circa £1,500. It is held to smooth out fluctuations in cash flow and to meet emergencies. The cash balance of £7,146.78 held on unrestricted funds at the year end exceeds this target.

The Trustees met six times during the year with an average level of attendance of 86.2%.

Chris Parsons (Secretary)

BARTON BENDISH & EASTMOOR VILLAGE NEWS

Barton Bendish Parish Council

Future parish council meetings have now been confirmed as:

7 September, 9 November, 11 January 2023, 8 March 2023

All meetings will be held in Barton Bendish Village Hall and will start at 7.30pm.

Parish Clerk Email: bartonbendishparishcouncil@aol.co.uk

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

Voices from the Vestry (PCC)

Forthcoming Events

Pop Up Café Wednesday August 24th Noon – 4pm

All are welcome. More than anything, it is an opportunity for the community to break bread together and to enjoy each other's company. Any funds raised will be in aid of The Friends of St Mary's, Beachamwell. (Thank you Ed)

Community Harvest Breakfast Saturday September 3rd 9.30am

Join us for a Harvest celebration breakfast. If anyone would like to donate non-perishable goods, please bring them along and we will donate to a local food bank.

Art/Craft/Photography Exhibition and Sale – September 17th and 18th

This will be the twelfth annual exhibition and sale of art, photography and craft.

Details for entering are available by contacting the address below.

Celtic Service Sunday October 9th 6pm St Andrew's Church

A Celtic service is a candle-lit service of simple worship with an emphasis on the natural world. It aims to provide a meditative worship experience, with an atmosphere of stillness and calm, containing music, readings, poems, reflections and periods of silence. We invite you to join us and share the experience. After the service, soup and refreshments will be available in the Village Hall. All welcome.

Remembrance Service Sunday November 13th 10.45pm

Join us in commemoration at St Andrew's Church. All Welcome.

Wreath Making Workshops November 24th, 25th, 26th

The cost of this fun and informal workshop is £20 per person and includes festive refreshment. All basic materials are provided but you can bring your own ribbon or everlasting decoration to add if you would like to. No experience is necessary and you will go home with your own beautiful Christmas wreath. Just bring a pair of secateurs and dress for mess!

To book your place contact Linda (347563) or Mhari (347849).

Victorian Evening Saturday December 17th 6pm

A Victorian Evening of Christmas Entertainment, Music and Carols. No need to book but if you'd like to contribute to the evening please contact Linda (347563) or Mhari (347849) or bartonbendishevents@gmail.com **Liz Stephen (Secretary PCC)**

BEACHAMWELL, SHINGHAM & DRYMERE VILLAGE NEWS

Mobile Post Office

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

Beachamwell Parish Council

At the council meeting held on Monday 11th July, Beachamwell PC welcomed Cllr Siddons who was appointed via co-option.



The council currently has several vacancies available for councillors. If you are interested in becoming a councillor, the co-option policy and application can be found on the councils website (www.beachamwell-pc.norfolkparishes.gov.uk/policies-and-governance) or obtained by request from the Clerk to the PC.

SAM2 news - After a few minor issues, it is hoped that the speed awareness message board will be up and running by the council's next meeting.

Silver Social events are now back and meeting face to face. The next planned event is on Wednesday 27th July, 1-3pm in Swaffham which will be a music performance. Then on Friday 26th August, 1-3pm at Swaffham community centre there will be a mindful nature walking and arts workshop. If you have any questions or specific access needs regarding Silver Social events email lea@creativeartseast or call 01953 713390.

Date for the next Parish Council meeting Monday 12th September. To be held at Beachamwell Village Hall, starting at 7.30pm.

Clerk to the Council:

Mrs Claire Prentice

07591 220390

beachamwellparishcouncil@gmail.com

Councillors:

Cllr. Richard (Chair.)

01366 328968

rj1james@gmail.com

Cllr. Diana Lambert (Vice – chair.)

01366 328227

Cllr. Pat O'Donnell

01366 328385

Cllr Geoff Siddons

geoffsidons1@gmail.com

01366 328 204

Snap Meetings [Swaffham Safer Neighbourhood Team]

Forthcoming date is 11th October at 7.00 in Swaffham Town Hall. *PC Button and PC Johnson (Beat Managers)*

BEACHAMWELL, SHINGHAM & DRYMERE VILLAGE NEWS

Friends of St Mary's



The Friends met recently and as proposed at the village meeting in late May we agreed it would be a good idea to meet regularly with other groups in the village to make sure we are all kept up to date with the various steps being taken by others. In the meantime the PCC is working with the insurers and professionals on the restoration project

for the Church and will keep us all updated as to progress. The Friends are willing to help in whatever way is most helpful. Historic England will be including St Mary's in its Heritage at Risk Register which will help raise public awareness nationwide and there will be media coverage around the launch date on the 10 November. There was recent coverage in the EDP as well.

We are very appreciative to Gay who is now organising the Tea and Chat which is regularly raising £30 - £40 per month for the maintenance of the building.

In the meantime I am sure everyone is looking forward to the Village Fete on the 4th September. It will be good to get together as a village group again after so long. The Friends will have a table with information about the Church and copies of the comprehensive booklet on the churches of Beachamwell with Mark Powell's lovely drawings to buy together with some other lovely items such as mugs, postcards and tea towels, to help raise funds for those aspects of the restoration which will not be covered by the insurers. Please do come along and get your early Christmas presents.

There will also be a donation box.

Proceeds of a quiz, being held at Oxborough Village Hall on August 24th at 8.00pm, will be donated to The Friends of St Mary's. Enquiries 01366328648

Peggy Ray [Chair of the Friends of St Mary's]

Peggy English [Treasurer], David Levitt, Mark Lusby, Irene Ranner, Debbie Roberts, Helen Turner, Janet Walker and Mike Walker,

BEACHAMWELL, SHINGHAM & DRYMERE VILLAGE NEWS

St Mary's Church Beachamwell

Nothing to report this month. We had an update meeting on Thursday 7th and will have a PCC meeting during the last week of July, so we should be able to report in September

Reminder, many of you will have seen the notice on the gate regarding access for families visiting graves. If family members/friends wish to visit graves inside the secure heras fencing please call Peter Berendt on 01366 328779 to request access.

Susie Rix (on behalf of PCC)

Beachamwell Wednesday Walkers

Wednesday Walkers

Eight of us set out on Wednesday, 6th July, to walk the footpaths and bridleways toward the north-west of the parish.

We went up to the Warren Belt, then across fields to reach the Long Drove. This walk gave great views across fields and woods to where the Fens start in distant west, and to Swaffham and beyond to the east. We walked slightly over three and half miles – plenty on a hot and humid summer's morning.

We shall meet again to walk on Wednesday, 3rd August, at 10.00 am. at the Village Hall.

Sue Pennell

Afternoon Tea and Chat

Remember, on the 3rd Wednesday of each month, Gay Paterson very kindly organises a thoroughly enjoyable 'Tea and Cakes'. Everyone is welcome so if you haven't yet managed to get there do try to do so – you won't regret it. It is a lovely way to catch up and meet with people

Book Group

Tuesday August 2nd at 7.30 in the Village Hall.

Book we will be discussing is "Far From True" by Linwood Barclay.

Enquiries: 01366 328960

BEACHAMWELL, SHINGHAM & DRYMERE VILLAGE NEWS

Village Hall



Trustees

Chair: Peter Garner
Vice Chair: Colin Friend
Secretary: Ann Whittet-Knox
Bookings Secretary:
Cathy Friend 07818453323
Allan Butler

Committee

Mark Lusby, Tim Hudson
Graham Hood, Jackie Hood

Last call for any help for the fete! Sunday 4th September. 12-5pm.

If you have volunteered already thank you. Don't forget Tombola Prizes please. There will be a box in the hall for them or if you prefer you can drop them off at 15 All Saints Way. Thank you in advance. This is the only fundraiser for the Hall and we want to keep it maintained to benefit all villagers for this generation and the next. The day relies on volunteers and is the main source of fund raising for YOUR Village Hall.

Cathy Friend 07818453323 or 01366 328892

Bric-a-Brac Stall

The Bric-a-Brac team are back once again for the Beachamwell Village and Country Fair WE SELL ALMOST ANYTHING

Now is the chance to get rid of those items you no longer need, that may be cluttering up your shed, garage or loft and back of the wardrobe. We do accept clothes (clean and in good condition), but cannot accept large electrical items, computers and/or printers. All funds raised go towards the running and maintenance of the Village Hall. Your support for the brick-a-brac stall in the past has been amazing. Temporary storage can be arranged if required. Phone 01366 328999 if you have items you need storing or that you are unable to deliver to the Village Hall yourself.

Books are very welcome. Please note the V/Hall will be open on Monday 29th August to Friday 2nd Sept 10 am to 5 pm. Saturday 3rd Sept open from 10 am onwards.

NB The Bric a Brac Team are looking for a volunteer who can (PAT) Portable Appliance Testing on our electrical items in order that we are able to sell these items at the Fete.

Thankyou

Mary Riches 01366 328 999

BOUGHTON VILLAGE NEWS

Boughton Parish Council

In early July Cllr Payne and I had a meeting with Albanwise to re-establish a channel of communication after the departure of the previous farm manager. It was a productive meeting leading to a better understanding of points of view and a mutual desire for a positive working relationship. As a result a WhatsApp group has been created to allow for rapid, effective, two-way communication between the council and farm management.

The first result of this cooperation was our ability to inform residents, in advance, of the recent rye harvest on Wretton Road. 1800 tons of rye were taken off the land over two days using a one-way traffic system. This was published on the council website and Facebook page.

Two items of significance were discussed at the Ordinary Council meeting of 5th July. Firstly, the conditions in the pond and the health of the fish therein. Secondly, the state of the playground equipment and how to move forward. Two members of the public attended the meeting to speak on these items.

With the current warm and dry weather, the oxygen levels in the pond have become low, leading to reports of dead fish. This is to be expected from time to time, but a severe occurrence as in 1976 could lead to a very significant loss of fish stock and resulting health hazard as they rot away. The Environment



Agency have suggested that the fish could be removed entirely, but the council is minded to attempt to manage problem by temporarily improving oxygenation. The reed cull last year and the growth of the flag irises will be a help in this regard, as will deploying barley straw bales next season. For now, we will look at aeration solutions, starting with a trial of a dirty water pump.

BOUGHTON VILLAGE NEWS

The playground equipment was installed in 2004 with an expected life of 15-20 years. Eighteen years later several items are showing their age, in particular the swing set that now has significant rot in the uprights. It was agreed at the council meeting that the playground should retain its facilities. While not yet a hazard, the swings will need replacing and the council is therefore seeking quotations for a similar replacement to be installed in the medium future.

The next Boughton Parish Council meeting will be held on 6th September at 7pm in the church. Members of the public are welcome to attend.

Regards

Neil Matthew (chair.boughtonpc@gmail.com)

Organ blessing Tea Party

So lovely to see around 40 Boughtonians at the Organ blessing “tea party” on Saturday 16th July.

The proceedings began with thanks from Rev. Brian Redgers to everyone who had so generously donated to the organ repair and to our own Angela for her first-rate fundraising skills. The blessing of the organ “and all who play her” was duly delivered and then Tom Golden performed 6 varied musical pieces to show how well the organ sounded. My personal favourite was by William Byrd, just beautiful. Tom also shared some information about the Boughton organ and how he has to modify some pieces of music because otherwise “you just run out of keys”...it is quite a small keyboard! Psalm 100:1 tells us to “Make a joyful noise unto the Lord...” Tom and the organ certainly did that!

We were delighted to be joined by Margaret and Edmund (and their son) who undertook the Organ repair and restoration, whom without we wouldn't have had cause to celebrate.

It was then time to enjoy some light refreshments and conversation with friends



and neighbours... along with the obligatory raffle :) It was a lovely sunny afternoon, I can't recall the church ever feeling so warm.

Thanks, on behalf of Boughton PCC, to Rev. Brian, Tom

and everyone who supported this event, it was great to see you all. Oh and one last thank you to David and Sarah for the loan of their Harmonium whilst the church organ was out of action. **Carol Luckett**



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	Office
Barton Bendish	Tuesday	Swaffham	£4.50	Swaffham
Beachamwell	Tuesday	Swaffham	£4.50	Swaffham
Boughton	Thursday	Downham Market	£3.50	Kings Lynn
Drymere	Tuesday	Swaffham	£4.50	Swaffham
Wereham	Thursday	Downham Market	£4.50	Kings Lynn

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

We also provide volunteer car drivers for appointments, charged at 45p a mile.

For more information please call

Kings Lynn - 01553 776971

Swaffham – 01760 720906

COMMUNITY NOTICE BOARD

MOBILE LIBRARY VISITS

DATE	VILLAGE	LOCATION	TIME
Tues 9 August	Barton Bendish	Hatherley Gardens	11:10 am
Tues 9 August	Beachamwell	Old Post Office	09:45 am
Tues 16 August	Drymere	Telephone Kiosk	09:45 am
Tues 9 August	Boughton	Mill Road	10:45 am
Friday 12 August	Wereham	Queen's Close Village Hall	12.25 am 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 - <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
Swoffham (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. 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.werehamvillagehall.co.uk/	Anytime hallhire

CREATION [AUTHOR UNKNOWN]

When God made the earth and sky,
The flowers and the trees,
He then made all the animals,
The fish, the birds, the bees.

And when at last He'd finished,
Not one was quite the same,
He said I'll walk this world of mine,
And give each one a name.

And so He travelled far and wide,
And everywhere He went,
A little creature followed Him,
Until it's strength was spent.

When all were named upon the earth,
And in the sky and sea,
The little creature said,
"Dear Lord, there's no name left for me".

Kindly the Father said to him,
"I've left you to the end,
I've turned my own name back to front ,
And called you Dog, my friend."



CHURCHWARDENS AND CONTACTS

WISSEY VALLEY GROUP

Barton Bendish:	Mhari Blanchfield	01366 347 849
	Linda Webster	01366 347 563
Beachamwell	Peter Berendt	01366 328 779
	Vesna Hudson	07854 261 273
Boughton:	Pam Wakeling	01366 500 429
Methwold	Alan Burbridge	01366 727 002
West Dereham	Graeme Pressley	01366 501 179
Wereham	Karen Sams	01366 501 428
Wereham:	Sheila Smith	01366 858 165
Whittington	Susan Smith	07849 157 080
Wretton	Anita Horgan	01366 500 785
Whittington & Wretton	Elaine Taylor	01366 500 948

PRIORY GROUP

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



ONLINE SERVICES IN AUGUST

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

Link - [https://bit.ly/WisseyValleySunday Services](https://bit.ly/WisseyValleySunday%20Services)

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

AUGUST CHURCH SERVICES PRIORY GROUP

Sunday 7th August 8th Sunday after Trinity

09:30	Runcton Holme	Holy Communion
10:00	Shouldham	Morning Prayer
11:00	Watlington	Morning Prayer
11:00	Marham	Holy Communion
18:00	Online & Phone	Evening Prayer

Sunday 14th August 9th Sunday after Trinity

09:30	Shouldham Thorpe	Holy Communion
11:00	Fincham	Morning Prayer
11:00	Stowbridge	Holy Communion
11:00	Watlington	Holy Communion
18:00	Online & Phone	Evening Prayer

Sunday 21st August 10th Sunday after Trinity

09:30	Wormegay	Holy Communion
11:00	Marham	Morning Prayer
11:00	Shouldham	Holy Communion
11:00	Watlington	Holy Communion
18:00	Online & Phone	Evening Prayer

Sunday 28th August 11th Sunday after Trinity

09:30	Fincham	Holy Communion - BCP
11:00	Tottenham	Holy Communion
11:00	Watlington	Morning Prayer
11:00	Wimbotsham	Holy Communion
18:00	Online & Phone	Evening Prayer

Midweek Services

Watlington

Wednesdays 10:00 Morning Prayer (BC)

Thursday,

10:00 Runcton Holme (Holy Communion)

10:00 Fincham (Holy Communion)

AUGUST CHURCH SERVICES

WISSEY VALLEY GROUP

Sunday 7th August 8th Sunday after Trinity

9.30 Methwold	Holy Communion	Rev Burman
9.30 Wretton/Stoke Ferry	Holy Communion	Rev Ian Mack
6.00 Wereham	Evensong	Pippa Blackall

Sunday 14th August 9th Sunday after Trinity

9.30 Whittington	Service of the Word	Tony Mills
9.30 West Dereham	Holy Communion	Rev Ian Mack
10.00 Boughton	Morning Prayer/Breakfast Church	Pippa Blackall
9,30 Methwold	Service of the Word	Diane Mantle

Sunday 21st August 10th Sunday after Trinity

9.30 Methwold	Holy Communion	Rev Burman
9.30 West Dereham	Service of the Word	Michael Poole
9.30 Wretton/Stoke Ferry	Holy Communion	Rev Andrew Smith
11.00 Wereham	Holy Communion month	Rev Burman

Sunday 28th August 11th Sunday after Trinity

9.30 Methwold	Service of the Word	Tony Mills
9.30 West Dereham	Morning Worship	Janet Tanton
9.30 Whittington	Holy Communion	Rev Ian Mack
11.00 Boughton	Holy Communion	Rev Ian Mack

Midweek Services

Wednesdays	9.00	Wretton with Stoke Ferry	Morning Prayer
Thursdays	8.30	Methwold	Morning Prayer
Thursdays	9.00	Wretton with Stoke Ferry	Holy Communion

Weekly Online Services

Sunday 6.30	Service of The Word
Tuesday 5.00	Prayer Group
Wednesday 5.30	Compline

Full details from janet.tanton@gmail.com or pickwickclub.cc@btinternet.com

WEREHAM VILLAGE NEWS

Wereham Open Gardens

A most successful day! The weather was kind to us and over a hundred visitors from near and far enjoyed looking round our twelve open gardens. As always, their comments about the gardens, the welcoming friendliness of the gardens and the village itself were all very complimentary. Once again the lunches and teas served in the village hall throughout the afternoon were given top marks.

The total for the day was £1,130 which is very encouraging and will certainly help with the ever increasing running costs of our Grade 2 listed church.

To those kind folk who opened their gardens and all those involved in the smooth running of the day, my sincerest thanks. The publicity, posters, printing, catering, baking, donating plants, meeting and greeting, running the raffle and tombola all rely on the goodwill, time and energy of village volunteers and without them Open Gardens could not take place. My grateful thanks to you all.

Greg Baddock.

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 the car boot for the rest of the year are as follows: 28.08.22. 25.09.22., 23.10.22., 27.11.22. The cafe will be open as usual with all your favourite goodies, so why not come and have breakfast with us.

For further details please contact Philip on [01366501330](tel:01366501330), [07759033492](tel:07759033492), rosemary.pease@btinternet.com.

Short Mat Bowls

Why not come and join us for a relaxing game of short mat bowls, no experience needed as we will show you what to do. We are a mixed group of women and men. There is a short break during the afternoon for tea, coffee and biscuits. The only cost is 2.50 to play per week and we run a 50/50 raffle and we meet at 2pm until 4pm every Thursday. For further details please contact Philip on [01366 501330](tel:01366501330), [07759033492](tel:07759033492), rosemary.pease@btinternet.com.

Wereham Craft Group.

We hope that those of you that visited the craft fair found something that you liked. Our next craft fair is on November 12th. We meet on the second Tuesday of every month, in the village hall, 10.30am until 12.30pm New people are always welcome. For detail's please contact Rosemary [01366 501330](tel:01366501330), [07749240606](tel:07749240606), rosemary.pease@btinternet.com.

WEREHAM VILLAGE NEWS

Wereham Parish Council

Next Meeting Date (Ordinary) - Mon12 September at 6.30(To be held in the Wereham Village Hall – Main Hall).

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

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. <https://apps.norfolk.gov.uk/HighwaysDefect/>

Helen Richardson

Wereham Parish Clerk and Finance Responsible Person

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



MEN ARE JUST HAPPIER PEOPLE.

Your last name stays with you.

The garage is all yours.

Wedding plans take care of themselves.

Chocolate is just another snack.

You can never get pregnant.

Car mechanics tell you the truth.

The world is your urinal.

You never have to drive to another petrol station restroom because this one is just too disgusting.

You don't have to stop and think of which way to turn a nut on a bolt.

Same work, more pay.

Wrinkles add character.

People never stare at your chest when you're talking to them.

New shoes don't cut, blister, or mangle your feet.

One mood all the time.

Phone conversations are over in 30 seconds flat.

You know stuff about tanks and engines.

A ten day holiday requires only one suitcase.

You can open all your own jars.

You get extra credit for the slightest act of thoughtfulness.

Your underwear is £5.95 for a three-pack.

Three pairs of shoes are more than enough. You never have strap problems in public.

You are unable to see wrinkles in your clothes.

Everything on your face stays its original colour.

The same hairstyle lasts for years, maybe decades.

You only have to shave your face and neck.

You can play with toys all your life.

One wallet and one pair of shoes - one colour for all seasons.

You can wear shorts no matter how your legs look.

You can 'do' your nails with a pocket knife.

You have freedom of choice concerning growing a moustache.

You can do Christmas shopping for twenty-five relatives, on the 24th December, in only 25 minutes

No wonder men are happier.

FUN FACTS

1 Why do men's clothes have buttons on the right while women's clothes have buttons on the left?

BECAUSE

When buttons were invented, they were very expensive and worn primarily by the rich. Since most people are right-handed, it is easier to push buttons on the right through holes on the left. Because wealthy women were dressed by maids, dressmakers put the buttons on the maid's right!

And that's where women's buttons have remained since.

2 Why do ships and aircraft use 'mayday' as their call for help?

BECAUSE

This comes from the French word m'aidez - meaning 'help me' - and is pronounced, approximately, 'mayday.'

3 Why are zero scores in tennis called 'love'?

BECAUSE

In France, where tennis became popular, the round zero on the scoreboard looked like an egg and was called 'l'oeuf,' which is French for 'the egg.' When tennis was introduced in the US, Americans mispronounced it 'love.'

4 Why do X's at the end of a letter signify kisses?

BECAUSE

In the Middle Ages, when many people were unable to read or write, documents were often signed using an X. Kissing the X represented an oath to fulfil obligations specified in the document. The X and the kiss eventually became synonymous.

5 Why is shifting responsibility to someone else called passing the buck'?

BECAUSE

In card games, it was once customary to pass an item, called a buck, from player to player to indicate whose turn it was to deal. If a player did not wish to assume the responsibility of dealing, he would 'pass the buck' to the next player.

6 Why do people clink their glasses before drinking a toast?

BECAUSE

In earlier times it used to be common for someone to try to kill an enemy by offering him a poisoned drink. To prove to a guest that a drink was safe, it became customary for a guest to pour a small amount of his drink into the glass of the host. Both men would drink it simultaneously. When a guest trusted his host, he would only touch or clink the host's glass with his own.

7. In golf, where did the term 'Caddie' come from?

BECAUSE

When Mary Queen of Scots went to France as a young girl, Louis, King of France, learned that she loved the Scots game 'golf.' He had the first course outside of Scotland built for her enjoyment. To make sure she was properly chaperoned (and guarded) while she played, Louis hired cadets from a military school to accompany her.

When she returned to Scotland, she took the practice with her. In French, the word cadet is pronounced 'ca-day' and the Scots changed it into caddie.



July has brought with it the warmer weather and a predicted heatwave! Warm or not, we have continued to be busy at the Academy and we have pleasure in sharing a snippet of our most recent news with you.

No sooner have the Year 11 exams finished we continued with our Year 10 mock exams. These are naturally incredibly important not only as a benchmark for student grades but as a practice for sitting the 'real exams' next summer. Our students have approached these with maturity and conducted themselves extremely well. We are expecting great things when they join their final year in September.

Our talented drama students put on their performance of 'The Hunting of the Snark' based on the Lewis Carroll's famous poem, at Westacre Theatre. This delightful local venue was packed with spectators as the cast and crew treated them to a wonderful evening. Our students worked hard on their production, spending many hours painting sets and rehearsing which culminated in their efforts truly paying off on the night. Well done all!

We continue to afford enrichment opportunities to our students and this month these have included a trip to RAF Marham with the Jon Eggings Trust, a Geography Field Trip to Overstrand, a visit to the Norwich University of Arts, rewards trips to Thorpe Park and Norfolk Wintersports Club, a trip to the musical Chicago at the Theatre Royal in Norwich and the completion of the Duke of Edinburgh Award for a group of students taking part in their final expedition.

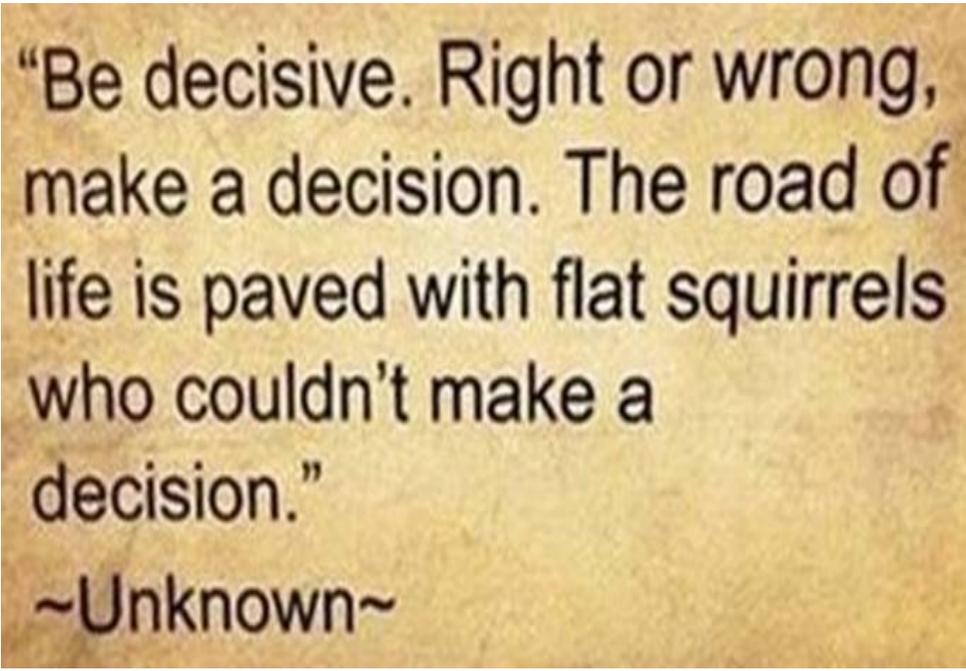
As the academic year draws to a close we were proud to celebrate the achievement of our students at our end of year Celebration. Categories included outstanding progress and achievement in each subject as well as exceptional attendance, Pride award (**P**ride, **E**xcellence, **R**esilience, **I**ntegrity, **D**etermination, **E**xceed) and the Principal's Award which was awarded to the student who has made the most contribution to the community. We would like to thank our sponsors – Swaffham Players, Swaffham Rotary, Saxon Agriculture, Swaffham Heritage, Swaffham Climate Action, CDC Solutions, Hamond Educational Trust, Judy Anscombe and Swaffham Football Club for their support, provision and awarding trophies for the more prestigious awards.

With achievements in mind, we were proud to support a team of ladies also ran the Race for Life raising in support of a cause close to our hearts in memory of a much loved and respected colleague. Our students also took part in the last 'charity day' of the year raising funds for the 'Big C' Cancer Charity (Norfolk & Waveney) who support centres in Kings Lynn, Norwich and Gorleston as well as funding specialist life-saving equipment and internationally significant research projects based at the Norwich Research Park.

We are also are delighted to have been nominated in the annual Education Awards for Kings Lynn and West Norfolk and to have reached the final in the Secondary School of the Year Award later this month. This particular category recognises "those schools whose dedication, innovation and hard work are making a real difference for their pupils and their communities". We wish luck to all the finalists.

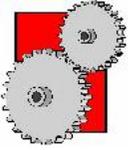
Finally, if you would like to join 'our team' we are looking for an academy minibus driver.

(Further details are available on our website <https://tnha.attrust.org.uk> under the vacancies section.



“Be decisive. Right or wrong, make a decision. The road of life is paved with flat squirrels who couldn't make a decision.”

~Unknown~



P.G.M.S.

Fabrication of a variety of metals
Mechanical engineering

Sparex

Agricultural spares & accessories

Peter Garner

Mechanical Services

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

Tel: 01366 328823

E-mail: peter@pgms.co.uk

Your advert could be
here.....

Alan Pickering
01366 386125 or
07779 787499

[group4news@gmail.co](mailto:group4news@gmail.com)

[m](#)



CARPET CLEANING OVEN CLEANING

Sofas & curtains cleaned

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

Cleantech
Professional Cleaning

www.cleantech-norfolk.co.uk

(Card & cheque
payments accepted)

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

Fully Licenced Taxi

Wherever and whatever your destination, airport, station, shops, pub, restaurant, holiday, home, work, leisure etc., call for a reliable, professional service.

Carlos' Cab Service

Phone: 07923 460597

Email: carlosthecab@gmail.com

Facebook: Carlos's Cab Service Norfolk or <https://en-gb.facebook.com/carlosthecab/>



Driving Miss Daisy



We're family when family can't be there

Driving and Companion Service
Downham Market / Swaffham
and surrounding villages

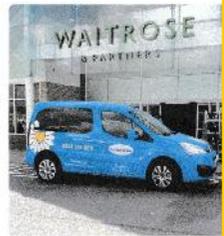
Call Melanie or Natalie on

07458 005575

for a free quote

kingslynn@drivingmissdaisy.co.uk

Facebook: DrivingMissDaisyKingsLynn



We are:

- DBS (Police) checked
- Private hire licensed
- First-aid trained
- Dementia Friends

Our service is:

- Safe and secure
- Reliable
- Friendly and personal
- Cost effective

We can:

- Do you shopping for you or with you
- Collect your prescriptions
- Take you to appointments
- Run errands
- Take your pet to the vet
- Socially distance outings
- Companionship in the home

Our Daisies are following strict guidelines on hygiene

Our cars are maintained to strict NHS protocols

Don't worry Daisy can help!



Driving
Miss Daisy
We're Here For You



Swaffham Veterinary Centre

3 TOWER MEADOWS, SWAFFHAM PE37 7LT

The team at Swaffham are pleased to offer:

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

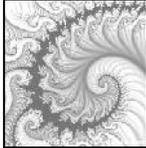
OPENING HOURS:
 Mon-Fri 8.30am - 6.30pm
 Sat 9.00am - 12pm

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



Please contact us by phone or email for more information:
Phone: 01760 722054
www.swaffhamvets.co.uk
info@swaffhamvets.co.uk

Like us on Facebook for updates and news



Maths Tuition
 Years 6 to 11 (GCSE)

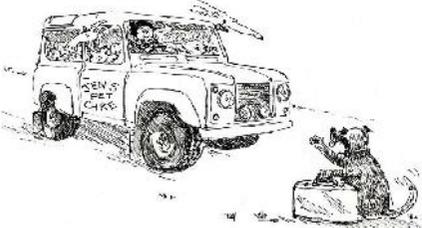
One-to-one sessions
(in person or via zoom)

- ◆ expand knowledge
- ◆ boost confidence
- ◆ improve technique

A Cambridge graduate with 18 years of tutoring experience offers individual tuition £30 for 45 minutes in term time and holidays

For details and availability Contact Katherine Shaw
 07773 – 433180

Jen's Pet Care



Are you at work all day?

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

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

Contact Jen at Wretton on 07799 733 463

Pet Sitting - Dog Walking - Home Visits
 Livestock Care - Puppy Socialising - Pet Care
30 years experience working with animals
Reasonable Pricing - please ask
www.facebook.com/JensPetCareWretton

Doggie Style Grooming



07 800 800 995

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

Fully Equipped Mobile Salon
 Covering a 15 Mile Radius Of Swaffham

Qualified & Insured

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

BARKING BASICS DOG TRAINING CLUB



Wednesday evenings

Puppy Ownership Class 6.45 pm till 7.30 pm

Dog Ownership Class 7.30 pm till 8.15 pm

Tottenham Village Hall

The aim of these classes is to promote good dog ownership, socialisation & basic obedience.

Please contact Abigail to book a place:

Telephone: 01366 347605 or 07957 965623

Email: barkingbasicdogtraining@outlook.com

Follow us on Facebook:



In Association with All 4 Paws Pet Services

All 4 Paws Pet Services

we're there when you can't be

dog walking

cat care

small animal care

reptile care

horse care



Abigail Desborough

01366 347605

07957 965623

abs567uk@yahoo.co.uk



Breckland Pest Control



Wasps, moles, rats, mice & more

Professional & friendly service

01760 756 405

0777 600 7201

brecklandpestcontrol@gmail.com



Ethical Mole Management

within 10 miles of PE37 8AZ

Call Geoff on
07597 912389 or 01366 328204



Fully Insured - No mole no fee - Find me online at
www.guildofbritishmolecatchers.co.uk
geoffsidons1.wixsite.com/norfolkmolescatcher

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

L.D. Pest-Control



For all your pest problems.

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

Contact Les Donnelly
01366 500800 / 07958 677665
E: les.donnelly@icloud.com

BRYAN CATER



Chimney Sweep

Guild of Master Sweeps certified
 Clean and Reliable
 Certificates Issued
 Fully Insured
 Fire Parts Supplied and Fitted

Call Gavin on
01366 728342

The Poplars, Thetford Rd,
 Northwold, Thetford, Norfolk



FOREST & FEN CHIMNEY SWEEP



Experienced, Qualified Professional

07749 257770 or 01366 727537

forestfensweep@aol.com

All appliances swept. Fully insured & certificates issued.

**Premier
Holiday Accommodation
in Wereham
overlooking the pond**

**4* Very comfortable, well
equipped 4 bedroomed
house. Sleeps 10.
2 bathrooms**

Ideal if you have family or friends
Visiting

Good discounts available for
Group 4 News readers!

For more details please Tel Debbie
or Ian Rye on 01366502083,
02476 742077 or 07863 049677
or see website

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



HOLIDAY COTTAGE

Sleeps 6—8

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

Contact:

St. John's Farm, Beachamwell, Swaffham, Norfolk
PE37 8BE

Tel: 01366 328244

Fax: 01366 328716

WJA TILING

The Complete Wall and Floor Service

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

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

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



Lady Barber

Ladies & Gents Mobile Hair Service

♣ Qualified Barber & Hairdresser ♣

♣ Fully Insured ♣

♣ Cutting, Styling, Clippers, Trimmers ♣

♣ Covering Swaffham & Surrounding
Villages

I Bring Everything To Your Home
Including A Portable Sink!

Tel: 07 49 50 40 888



Professional Foot Health Practitioner Treatments include:

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



Peter Stanley
MAFHP. MCFHP

To book your home visit, please call Peter on
07842 553554

Charlotte Rose LicAc



Acupuncture

Acupuncture for Pain

Facial Acupuncture

Reflexology

Aromatherapy Massage

Cupping Therapy



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

Clinics in Stoke Ferry – Castle Acre

Gift Vouchers Available

Contact: Charlotte: 07855513199 /
01366 501232

charlotterose.charlotterose@gmail.com

www.charlotte-acupuncture.co.uk

Volunteers Home Needed! START

Support and friendship
for Families

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

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

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

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

Home-Start Swaffham & District
The Community Centre, Campinglands,
Swaffham, PE37 7RB
Tel: 01760 721271
Email: admin@homestartswaffham.org.uk

NO MEAN FEET

FOOT CARE IN THE COMFORT OF YOUR OWN HOME

YOUR LOCAL CARE SPECIALIST



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



for the best feet in the street

CALL STEVE ON 07837 506 906

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

NO MEAN FEET

CARE IN THE COMFORT OF YOUR OWN HOME

YOUR LOCAL CARE SPECIALIST



✓ REMEDIAL MASSAGE

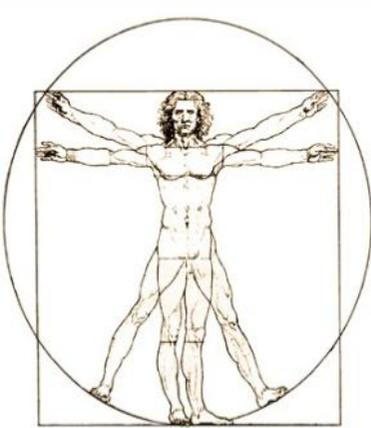
✓ THERAPEUTIC MASSAGE

✓ SPORTS INJURY

✓ BIO MECHANICAL
& GAIT ANALYSIS

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

✓ LYMPHATIC DRAINAGE



CALL STEVE ON 07837 506 906

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

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

I can help!

ade

Ade Jordan
Friendly Technology Solutions

Based in Wereham, West Norfolk

Fault finding; Repairs; Installations;
Configuration; Training

Tel: 07980 140000

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

No call out charge. No fix, No fee



**L.B.R LANDSCAPING
& GROUNDS MAINTENANCE**
EST 1986

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

Mob: 07774 724366
Tel: 01553 849802

CLAUDIA MORLEY

Garden & Commercial Landscape Designer

City & Guilds - Amenity Horticulture

- Garden Design - over 16 years experience

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

FREE NO OBLIGATION VISIT & QUOTE

www.fig-forestryandgardendesign.co.uk

01760 338400 / 07824 397727



PETER MORLEY

**Landscape Construction,
Planting & Forestry Maintenance.**

**Fully certified & liability insurances.
30 years experience.**

**Garden project - fencing
or commercial landscaping.**

All forms of forestry & maintenance.

email: pringlepete@gmail.com

07981 419338

www.fig-forestryandgardendesign.co.uk



**07552
450522**

anglialandscapesltd@outlook.com

Turf Suppliers

Domestic/Commercial Mowing & Hedge Cutting

Hedgerow and Tree Planting

Driveways and Patios

Fencing

01366 500803



Tim's Tree Services



All aspects of tree and hedge work undertaken

Hedges Removed

Stump Grinding

Over 30 years experience

Qualified - Insured

Call 01553 813140

or 07867 764307

For your free quote

LOCAL MAN - LOCAL RATES

ADE HARDY

GARDENING SERVICES



**For all your
gardening needs**

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

**To discuss your requirements
call Ade on 07798 785663**



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

D.J.B.

LANDSCAPING

- : Driveways : Paving : Fencing :
- : Garden Clearance :
- : Hedge Maintenance :
- : Grass Cutting / strimming :
- : Concreting :
- : Building Repairs/
Maintenance :
- All jobs considered**
- David Bennett**

07795 833440
01328 700859





RD VOUTT & SON

PLASTERING

All aspects of plastering & floor screeding.

Contact Bob on **01366 328 545**

mobile **07799514635**

rdvoutt@yahoo.co.uk

PAUL FARRAR GENERAL PLUMBING SERVICES

ALL ASPECTS OF
PLUMBING UNDERTAKEN,
INCLUDING
MAINTENANCE AND
REPAIRS

AT COMPETITIVE PRICES

PHONE 01366 328072

OR 07725 300624

JET ACCOUNTANCY & BOOKKEEPING SERVICES

**Professional and qualified
service offering:**

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

Tel: Louise Scott (MAAT)

07806 792211

info@jetaccountancy.co.uk

NEED A WINDOW CLEANER?

WE ALSO CLEAN
Fascias, Gutters, Frames,
Hard To Reach Windows,
Conservatory Roofs,
Solar panels

Call now for a free quote from

**PJWINDOWS
01553 761985**

Professional Window Cleaning Services
Est. since 1994 Fully Insured

Using the Waterfed Pole System
Est. since 1994 Fully Insured

Jake Stansfield Ltd

Plumbing, Heating & Building Services

All aspects of Plumbing, Heating & Building services to the highest standard.

Gas Safe registered

Contact 07780463787 or

01366 327029

jakestansfield@live.com



Paul Braybrooke



Oil Fired Boiler Engineer

**Boiler Servicing
Breakdown Service**

Commissions

Phone 01353 777788

Tank Replacements

07946 735691

Taylor's Solid Fuels

Family run since 1946

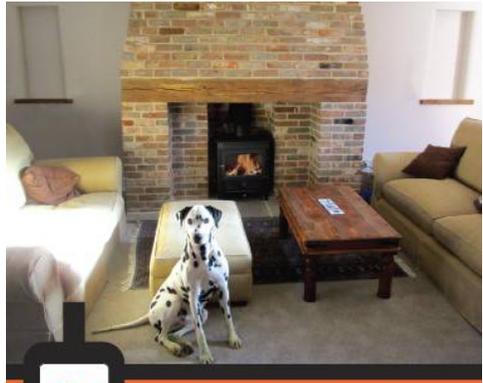
Regular fortnightly Solid Fuel deliveries in your area. Competitive prices and a full range of products.

“Don't Shiver We Deliver”

Quality top soils and aggregates.

Bulk bags and Tipperloads from 1-20 tonnes

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



SUPPLY & INSTALLATION OF WOODBURNERS

Norfolk's agent for Aga, Hunter & Parkray Stoves



01328 700161

www.norfolkwoodburners.co.uk

Peckhams Plumbing

John Peckham Friendly local Plumbing and heating engineer



All Work Undertaken Big Or Small

Fully Qualified and Insured

No Estimates Just 1 Price

No Call Out Fees



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

Tel: 07534892411

newrooms

Designed just for you....

kitchens
bedrooms
bathrooms
flooring

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



01366 727417 • newroomsdesign.co.uk



A.J. COGGLES

Family Funeral Directors

Family Owned & Managed ~ Established 1851

A complete caring and personal service offered by a local family business providing advice and guidance at your time of need when you need it most

24HR Personal Family Caring Service

Individually Tailored Funerals At A Competitive Price

5TH Generation Independent Family Service

Distance No Object

69 Bridge Street, Downham Market (01366) 384182

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

67 Lynn Road Wisbech (01945) 461112



Funeral Planner of the Year Regional Winner 2013

WWW.AJCOGGLES.CO.UK

Andrew Francis

Local Family Owned Funeral Service

Our Family serving yours 24/7

Swaffham: 02760 720 200

King's Lynn: 01553 762 242

Multi Award winning family business.

Direct Cremation, Traditional Funerals,

Fully Guaranteed Pre Paid Funeral plans

www.afrancisfunerals.co.uk

R. H. BOND

Funeral Directors

Salisbury House, Lynn Rd, Stoke Ferry, King's Lynn, Norfolk PE33 9SW

Office Hours:

Monday to Friday 9am - 4pm

Saturdays by appointment only

Sundays closed - 24 hour phone service

Under new management - Debbie Stewart

Tel: 01366 500241

Email: enquiries@bondfunerals.co.uk

Web: www.rhbondfunerals.co.uk



St Francis of Assisi's Prayer

Lord, make me an
instrument of Your peace.
Where there is hatred, let
me sow love.
where there is injury,
pardon.
where there is doubt, faith.
where there is despair,
hope.
where there is darkness,
light.
where there is sadness,
joy.





Your local plumbing and heating specialist

Our fully qualified plumbing and heating engineers cover the following:

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

Finance options available on boiler installations



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



T: 01553 750060 | M: 07940367529

E: admin@easterngasltd.co.uk

W: easterngasltd.co.uk

SPECIAL EVENT PLANNED?



Think Wereham Village Hall!

Beautiful facilities:
full catering kitchen,

3 separate rooms available for hire
(main hall, community room and kitchen)

Visit www.werehamvillagehall.co.uk

or call Sara, Lyn or Karen on 01366 502214
to find out more.

Wereham Hall Hire

If you are looking for a space to hire, whether it be for a family party, wedding reception, or other social occasion or you need a professional environment to hold your next business meeting, run a training session or conference, then Wereham Village Hall could be perfect .

We have a range of modern technical equipment available for hire, including a high definition wide screen projection system and screen.

We are able to offer catering for meetings and events to suit your requirements & a fully equipped kitchen for hire.

For further details or to make a booking call 07947 43005/01366 502214.

We would be delighted to show you around.

Traditional Values ...



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

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

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

Ashton Roberts

Letting Agents • Estate Agents

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



St. Johns Way, Downham Market, PE38 000

01366 382219

(24 Hour Emergency Contact)

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

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

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

