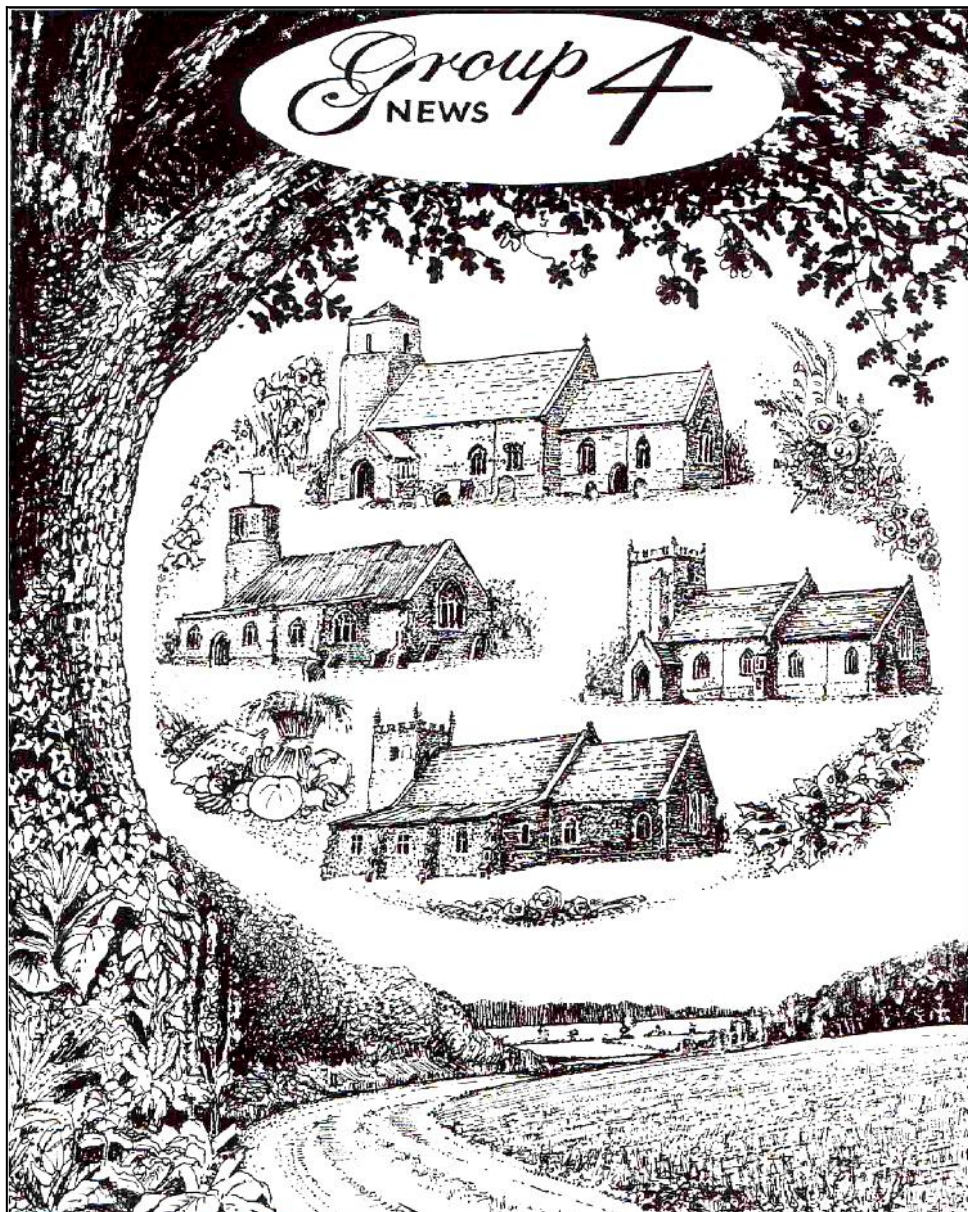


Group 4

NEWS



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

August 2023

Cover illustration drawn by Mark Powell, Beachamwell ©

WELCOME

It's been a funny old summer. We were the left over part in the early summer, with strong winds and cool temperatures. Then we had blazing sun and high humidity, followed now by a cool, showery period. Is it just weather, or is our climate changing? Please remember to keep your pets safe in the hot weather, and remember your dogs don't have shoes to protect their feet. Don't leave them in hot cars and please put out food and water for wild life. The ducks on the pond seem to be surviving and some broods are managing to reach a better size. There seem to be more suicidal pigeons these days—when I moved here it was pheasants!

As always, 'Happy Reading'

The Editorial Team

Eileen and Pam

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

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

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

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Please submit all information through your Village Contacts.

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'A LITTLE FOLDING OF THE HANDS' (Proverbs 6: 10 & 24: 33)

There has been a substantial amount of discussion recently about 'napping'. To be 'caught napping' is seen to be a bad thing. That someone is unprepared for events that may overtake them. One example from history is that of *AEthelred the Unready*. It appears that the epithet does not have the same meaning as in modern usage but is derived from an Anglo-Saxon word meaning 'ill-advised'. The attack by the Danes was unexpected and preparations were woefully inadequate. The outcome of the late tenth century battle of Maldon between the Anglo-Saxons and the Danes was virtually inevitable and *AEthelred* fled to Normandy.

To be 'caught napping' is not really what the current discussions are about. But rather whether or not to have a short nap during the day is a good or a bad thing. At this point I have to, as they say in Parliament, declare an interest. When I was out to work, earning my living as a company representative, I routinely took a nap in my car. These lasted for as little as two minutes. I knew this was so because I would have the radio on, and the same piece of music would be playing as when I dropped off. If the sleep went on for longer than about ten minutes, it would indicate to me that I was actually compensating for any lack of sleep the previous night.

Research has been carried out this century into this very common phenomenon throughout the world. It's not confined to advanced countries, on the contrary many (what we call) primitive people do likewise. Incidentally, it has been estimated that hunter, gatherer people only work about 14 hours per week. And we regard ourselves as an advanced society? In line with my own experience, to exceed 15 minutes can produce what is called 'sleep inertia' and a feeling not unlike 'jet-lag'. Also, such an excess can cause sleeplessness. I think that falling asleep in front of the TV and then being unable to sleep normally in bed bears out that research. Results show beneficial effects to both cognitive and cardio-vascular functions. However, it is also evident that further research is necessary. There are so many variables that current results are inconclusive.

The Book of Proverbs is attributed to Solomon, held to be one of the wisest people to have ever lived. Having been granted wisdom and knowledge by God after praying for those qualities (*2 Chronicles 1:11-12*). Other Wisdom Books of the Bible attributed to him are Songs of Solomon (aka. Song of Songs) and The Wisdom of Solomon in the Apocrypha. In both Proverbs chapters the prophesies are addressed to 'my child' and provide wise advice about avoiding laziness that may well lead to poverty. Are we to accept Solomon's words quite literally? To ignore that research and take measures to remain awake no matter what? Hardly so, for I believe that Solomon was writing about longer 'siestas' than a 10-minute nap. By taking that short period of rest we may find ourselves feeling better and consequently able to render greater service to others. And that would be to use the measure of Wisdom granted to us **Tony Mills**.



The Bishop of Ely, Stephen Conway, has written to parishes in the Diocese of Ely following the announcement by Downing Street that he will leave Ely to take up the position of Bishop of Lincoln later in the year.

In his letter (copied below) Bishop Stephen says; "I have loved the nearly thirteen years I will have served the gospel with you. It will remain my most sustained commitment in ministry, a time of great fruitfulness for me and, I trust, a time of shared purpose and love in Christ Jesus. I have a whole mixture

of feelings as I face the prospect of the move. I am profoundly grateful for the support I have received from immediate colleagues, from parishes, chaplaincies, clergy, lay ministers, church wardens and from the colleges where I have served as Visitor. I have thoroughly enjoyed my close engagement with our schools. It has been a privilege to have shared my commitment to the people of Cambridgeshire and West Norfolk with many community leaders, ecumenical partners and friends of other faiths. I have sought to lead and to teach by word and example. I am sorry where I have failed or fallen short. I am deeply grateful, my sisters and brothers, for all I have learned from you about our shared faith in Jesus and our eternal salvation in him. It has been a huge privilege to have baptised and confirmed so many people embarking on the journey of faith and discipleship. I shall take all this learning and encouragement with me to Lincoln. Please pray for me."

Useful information from West Norfolk Priory Group

I often receive communication from parishioners and families who are distressed by the state of some of our churchyards. Generally, all our churchyards are well maintained and we sometimes allow for some wild growth in our churchyards for environmental reasons. This is the recommendation of the Church of England. Still, it may be helpful to bear the following in mind:

First, Churchyard Regulations are in some respects different from the regulations which govern civil cemeteries. This is at least in part because of the different settings of the two types of graveyard. A churchyard almost always surrounds a church building; memorial stones which may be entirely suitable in an urban cemetery setting will frequently look quite out of place when close to a Grade I or II Listed building. In granting Faculties for churchyard memorials, the Chancellor has to consider not only the wishes of the bereaved family, but also his responsibility for the maintenance of an appropriate setting for a parish church for the next 200 years and more.

Secondly, the erection of any monument, ledger stone or any other object in a churchyard, or the alteration of any existing monument, ledger stone or object in a churchyard, is a privilege for which permission must be gained and not a right. Burial in a plot within a churchyard confers no right ownership in the next of kin; the whole churchyard remains in Church ownership. Anyone wishing to erect a memorial or make any alteration to an existing one, should consult the minister as early as possible, and certainly before making any choice of design or material.

Thirdly, the monument, ledger stone or memorial stone remains the property of the next-of-kin of the deceased who has responsibility for its upkeep. The Regulations make provision for the PCC to remove any artefacts which are not permitted by the Regulations.

For more information, visit www.westnorfolkpriorygroup.co.uk.

With prayerful good wishes,

DK The Revd Canon Dr David www.westnorfolkpriorygroup.co.uk Tel: 07596 707469

Email: louise.vigus@westnorfolkpriorygroup.co.uk

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Anna Chaplaincy & Care Home Ministry Talk for the Deanery Synod

on Wednesday 5th July 2023

I am Elizabeth Bryson, Anna Chaplain for Downham Market and District from St Edmund's Church. I was commissioned on Sunday 23rd April at St Edmund's Church, the first Anna Chaplain in Ely Diocese. I am also a newly re-licensed LLM a Licensed Lay Minister. We moved here last August after my husband Fr Neil Bryson retired from being Vicar at St Michael and All Angels', Maidstone.

Anna Chaplaincy is an ecumenical chaplaincy for older people. It is named after the faithful older woman, Anna, who recognised Jesus and told others about him when Mary and Joseph took baby Jesus to the Temple in Jerusalem. (Luke 2: 22-39) The name 'Anna' means 'grace'. Anna Chaplaincy values and respects the elderly; giving spiritual support for those with no, little or some faith. This is a hope-filled person-centred ministry helping Churches value older people.

Since 2014 Anna Chaplaincy has been part of BRF, the Bible Reading Fellowship, which promotes, resources and develops the initiative. Anna Chaplains are present with older people, their families and care staff in a multitude of ways. Love is the basis of Anna Chaplaincy, and shines through all their interactions. An integral part of this approach is to give time. An essential requirement is that each Anna Chaplain is appointed and authorised by, and accountable to, their local Church. The name 'Anna Chaplain' is a registered trademark, so those responsible for line-managing staff and volunteers are asked to sign a 'Head Licence Agreement' with BRF to commit to the principles, values and requirements of the Anna Chaplaincy model. It is a reassuring to know that any Anna Chaplain in the country is a part of this network.

I have been doing Care Home ministry since 2013 when we lived in Maidenhead. When I first went into a Care Home to help lead a service as a LLM I had a strong sense that Care Home ministry was where God was calling me to serve. When we moved to Maidstone in 2017, where my husband Fr Neil was a Vicar, I led services in three Care Homes in the parish. When we looked for a Church it was important for me that there were Care Homes in the Parish. After extra studying about the spiritual care of the elderly I was commissioned as an Anna Chaplain in September 2019 at Canterbury Cathedral when I spoke about the importance of Care Home Ministry.

During the Service at Canterbury Cathedral the Lord brought these verses to my

mind: 'The Spirit of the Sovereign LORD is on me, because the LORD has anointed me to preach good news to the poor. He has sent me to bind up the broken-hearted, to proclaim freedom for the captives and release from darkness for the prisoners, to proclaim the year of the LORD's favour and.... to comfort all who mourn.' (Isaiah 61: 1-2a)

People in Care Homes have to stay there, like a 'prison', so they need to hear the good news of the love of Jesus, receiving the light and comfort of the Lord. Some people in Care Homes are put away and forgotten by their family and friends, who find visiting them distressing. The Coronavirus Pandemic increased the sense of being imprisoned with the Lockdowns continuing for months. Many Care Home residents mourn the loss of their spouse and their home. Jesus does not forget them and Jesus is calling us to lead Services in these Care Homes as lights of his love, reassuring those dear people that Jesus is with them, Jesus loves them and will never leave them. This enables the Care Home to meet its requirement for providing spiritual care for the Residents in CQC Regulation 9 (3)(a) that 'people's care and treatment needs should include all their needs, including the.... **religious and spiritual needs**' of the Residents; who receive the love of Jesus, know that the Lord is with them and in some cases they rediscover a Christian faith from their childhood. I can think of Care Home residents who came to know Jesus through my ministry in Maidstone.

Q&As

If people want to become an Anna Chaplain do they contact Peter Leech at Ely Diocese? Yes, any prospective Anna Chaplains or Anna Friends from Anglican churches in Ely diocese should email Peter directly at peter.leech@elydiocese.org and he will discuss the process with them.

When is the next Anna Chaplaincy Course for Ely Diocese?

Anna Chaplaincy Course

Older people have a better quality of life when those who care for them understand their spiritual needs and are skilled in delivering this kind of care. This easy-to-access course develops confidence, understanding and skills in anyone offering spiritual care to an older person.

* Dates: 14 & 28 Sept, 12 Oct, 2 & 16 Nov - all at 2.30-4.00pm - concluding 30 Nov at 10.00-11.30am

* Venue: St Mary's Church Hall, Ely, CB7 4HF Contact:

** missionandministry@elydiocese.org (mailto:missionandministry@elydiocese.org)

Nar Valley Ornithological Society (NarVOS)

Indoor meeting at The Assembly Rooms, 1 Market Place,
Swaffham PE37 7AB

Wednesday 30 August 2023 at 7.30pm

“Birding the Arctic Circle”

The subject of the talk by Neil Glenn is Birding the Arctic Circle, especially in Spring where species which winter in Britain and breed in Finland and Norway can be encountered. The talk features speciality species of the far north and photos by professional photographers such as Jari Peltomakki.

Neil Glenn is a freelance writer and tour leader for Avian Adventures, Oriole Birding and Naturetrek, as well as being Chair of Nottinghamshire Birdwatchers and a patron of the Birding For All Charity which aims to ensure access to reserves is open to everyone. He has written the definitive guides *Best Birdwatching Sites in Norfolk* and *Yorkshire* as well as articles for many publications including *BBC Wildlife*, *Bird Watching* and *Birdwatch* Magazines.

Please come along. Visitors welcome. Admission £4 on the night; free to NarVOS members.

For more information contact Ian Black on 01760 724092 or go to



FINCHAM AND DISTRICT WI

Minutes of the meeting held on Wednesday 12th July 2023

Twelve members met in the memorial hall for the July meeting, Mrs C Dungay presiding.

Apologies

J Gabrielson, J Lynskey, V Hudson

Before the meeting began Christine welcomed back Sue Batterham, who has been in hospital for several weeks. Everyone was pleased to see her. She thanked everyone for their cards and kind wishes.

Minutes of the last meeting were read, agreed to be correct and signed.

Matters arising

Sandra Amies confirmed that she was interested in the Christmas card competition, Paula Steel may be interested.

A donation of £5.00 has been received, (from Judy Fuller,) towards the village fete cake stall, bringing the total to £209.

AOB

Sandra Amies will demonstrate "iris folding," at the next meeting. She asked members to bring sellotape and scissors.

Birthday posies were presented to C Dungay and T Daly

The table flowers were presented to Sue Batterham

Speaker for the meeting was ex Federation Secretary, Cindy Brooks. She gave an interesting talk on her early life in America, her marriage to a British citizen and her journey towards dual nationality. She talked about the long and winding process of becoming a British citizen, in particular the Life in the UK Test. Candidates are asked questions on various aspects of British life, including its history, geography, government, and literature. Members were shown test sample questions and asked to circle the correct answers. These were quite tricky, causing a lot of discussion and causing members to wonder how these questions were relevant and how many of today's British citizens would be able to answer them.

The raffle was organised by S Amies and prizes won by J Fuller and C Brookes.

The competition – Flowers from your garden – was won by C Dungay, 2nd – W Bell, 3rd – S Amies, 4th – T daly, I Delderfield and J Fuller.

Refreshments were provided and served by W Baines, helped by P Wakeling



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CALLING ALL LOCAL CLASSICAL MUSICIANS

I'm looking for classical performers who would like to play some chamber music - both informally and for future concerts in our local villages. I am a professional composer, clarinet player and piano teacher living in Beachamwell. Perhaps I can find a piano duet partner (I have a grand and an upright in the same room) or instrumentalists who want an accompanist. Perhaps there are some wind players to join me for a wind trio or wind quintet, or perhaps there's a local string quartet who want to play some clarinet quintets. Whatever, do get in touch if you are interested in making some music.

I also have some space for piano or clarinet pupils from September: any age but must be Grade 3 or above.

Contact Jonathan Cooper at

jontycoopercomposer@gmail.com



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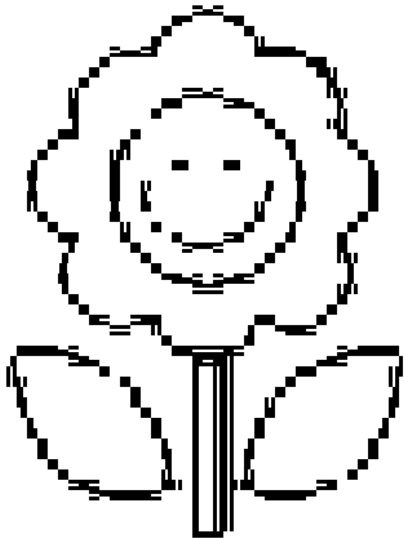
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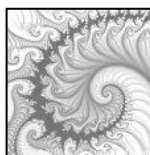
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QUIZ TIME.....

1. What kind of soup was a number one selling album on both sides of the Atlantic in 1973?
2. In which 1976 film are humans vaporised when they reach the age of 30 in a ritual called 'Carrousel'?
3. Which artist was responsible for the very well known drawing titled "Vitruvian Man"?
4. In which Olympic sport is a red card shown for the violation known as "Lifting"?
a. bobsleigh, b. weightlifting, c. water polo, d. racewalking
5. What are the only three remaining countries that still don't officially use the metric system? One point for each correct answer.
6. Plus or minus two million, what was the population of the UK in 1851?
7. Which artist is famous for his many paintings of water lilies?
8. What was the alliance between the United Kingdom, the French Third Republic and the Russian Empire called in 1914?
9. Which tennis player, a winner of one Wimbledon singles title, holds the record for the most aces in a season?
10. What is the well known Indonesian and Malay word for rice?
11. Something to eat and the Egyptian goddess of the sky. 3 letters
12. 'Chairman of the Board' was one of many nicknames given to which singer?
13. The name for which type of cloud is the Latin word for cloud?

1. Goat's Head Soup (Rolling Stones)
2. Logan's Run
3. Leonardo Da Vinci
4. Answer d. racewalking
5. Three answers. USA, Liberia, Myanmar
6. 21 million
7. Claude Monet
8. Triple Entente
9. Goran Ivanisevic
10. Nasi
11. Nut
12. Frank Sinatra
13. Nimbus



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COUNTRYSIDE NOTES GARDENS

Gardening is supposed to be good for your health and mental welfare but I'm not sure this is true. Everyone opening their gardens on Open Gardens Day wants to make sure it looks its best on the day and the previous week is spent toiling towards this goal but drought conditions and scorching sunshine play havoc with plants. Barton was first this year and because of this we came off best. The weather on the day was perfect. Previously it had been dry but also cool so with a little supplementary watering our gardens looked fresh. After that it got increasingly hotter and with no rain plants began to suffer. In response, those that flowered quickly set seed and beautiful roses, which should be in their prime in June, shrivelled up in the extreme heat.

Gardening, at the best of times, is frustrating and seems like a continuing battle against pests, diseases and unwanted attention from birds and animals. At home our front garden is open but there is only limited access on one side of the house to our fairly large rear garden. Even so we still sometimes get unwanted attention from animals. Recently a mole tunnelled his way in and uprooted several young plants. Last year I looked out early one morning to see a muntjac munching her way round the flower borders. She was wary but I knew if I tried to frighten her out she'd panic and demolish the flowers. It was about ten minutes before she found the narrow exit. These little deer will eat just about anything, even yew which is poisonous to most other animals. There are plants and shrubs though, that deer particularly favour. Pansies, roses, bluebells, tulips and most vegetables, fruit berries and nuts are vulnerable. The RHS can helpfully provide a comprehensive list of deer-resistant plants but once they've discovered a palatable source of food it's difficult to keep them out. They can squeeze through surprisingly small gaps and jump over fences. Not long ago I saw a diminutive muntjac leap over a waist high wire netting fence!

Rabbit numbers are greatly reduced but even one can still do a lot of damage by nibbling away at plants. Hares too are destructive and can reach up quite a height. One year I had some gazania plants just about to come into bloom when the flower heads mysteriously began to disappear, the leaves were left untouched. Eventually I discovered a hare was the culprit. Bank voles and field mice also take their toll of young plants in our garden but being so small the damage is not readily visible. One year I had a lot of seedlings in my cold frame nibbled off. At first I thought it was slugs, they can do a lot of damage in no time, but it turned out to be small rodents. Covering the bottom of the cold frame with half inch wire netting proved effective.

However, the stresses of flower gardening are nothing compared to growing fruit and vegetables!!! **Jill Mason**

BARTON BENDISH NEWS

Ceres Book Shop

How very sad I am to hear that Ceres bookshop in Swaffham has closed its doors. Independent shops contribute so much to the character of a town and for many years Ceres occupied pride of place in this category in Swaffham. Online shopping has put nails in the coffins of so many local enterprises. It is likely that Amazon has claimed yet another victim.

When I launched my historical novel 'Mary Caney' as part of a literary event back in September 2017, I was joined by a dozen or so self-published local authors and Claire very kindly came along and provided us with a helpful insight into the publishing and marketing of books. As author of several books I have witnessed the accumulative changes as a result of online shopping. Book shops obviously purchase books at a discount but have to pay a fortune in overheads to keep a shop up and running. It is a sad fact that books can be bought for less money online than book shop owners sometimes have to pay if they order direct from publishers. Although shopping from your armchair is easy it lacks the personal touch you find in local independent shops. Not only did Ceres stock a huge variety of new and second hand books but they also provided a very important service selling tickets for local events not to mention serving delicious homemade cakes and scones in their quaint little tea room! Best wishes Claire and thank you. Swaffham will be all the poorer without Ceres.

Jill

August - a quiet month in Barton.

Barton's events teams are taking a well-earned break in August but will be back in action in September starting with a sponsored bike ride on **9th September**. Next comes

Barton Bendish Art/Craft/Photography Exhibition and Sale – September 16th and 17th

This year Barton's renowned Exhibition takes place over the weekend of September 16th/ 17th. This always attracts numerous exhibitors displaying a wide range of their work as well as a multitude of visitors. New exhibitors in any category are always welcome but please note the closing date for entries is **Sunday August 27th**. Further details and entry forms can be obtained from Linda (347563) or Mhari (347849) or bartonbendishevents@gmail.com

If you could spare an hour or two to help at the Art and Craft Exhibition it would be greatly appreciated as would donations of cakes.

Please contact Linda (347563) or Mhari (347849)

Following this is the Harvest Breakfast on Saturday **23rd September** at 9.30am and a Pop-Up Café on Friday 29th September between 12.00 and 3.30pm. There may well also be a film night and a Pop-up Pub. Look out for further details in the next G4

Barton Bendish Parish Council

Please contact the Parish Clerk for any matters concerning the Parish Council
Mrs Sharon Sweet, Locum Parish Clerk

Email: bartonbendishparishcouncil@aol.co.uk

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

BARTON BENDISH

ART, PHOTOGRAPHY & CRAFT EXHIBITION & SALE

SATURDAY 16th & SUNDAY 17th SEPTEMBER 2023

Saturday 10.00am - 5.00pm

Sunday 11.00am - 5.00pm

in the Village Hall and St. Andrew's Church

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Entries must be received by 27th August

For further details contact: 01366 347849/347563

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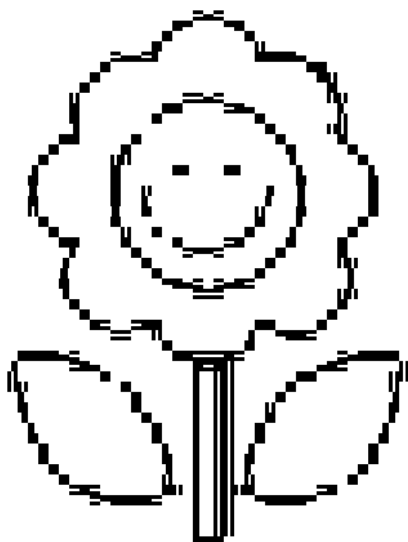
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choose from a variety of hot drinks
- each served with one of our luscious
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- for just **£2.00**

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Doreen on (01366 500218)

All proceeds to Wereham Village Hall CIO Registered Charity No 1168472



Beachamwell

24 Public Rights of Way? Where are they?

Come and explore with the

Wednesday Walkers

On the first Wednesday each month,
leaving the Memorial Hall at 10.00 a.m.

All welcome

*dogs on leads
please*



**Enquiries:
01366**

Beachamwell Book Group

**Tuesday 1st August
7.30**

The Uncommon Reader
by Alan Bennett
to be discussed over a glass of wine

New members welcome
Enquiries: 01366 328960

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

**Wednesday
August 16th
2 - 4pm**

Village Hall



**Enquiries:
01366
328108**

Beachamwell Pop Up Pub



**Friday 25h August
7.00 -11.00**

Last orders 10.45

**Beachamwell Village
Hall**

Enquiries: 07818453323

BEACHAMWELL, SHINGHAM & DRYMERE VILLAGE NEWS

Mobile Post Office

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

St Mary's Church



Beachamwell PCC

Chairman (Rev'd Dr Ian Mack)

Peter Berendt (Churchwarden and Vice Chairman)

Sue Pennell (Churchwarden)

Pat Clarke (Treasurer)

Susie Rix (Secretary and Electoral Roll Officer)

Karen Butler (Safeguarding Officer)

Ann Knox Whittet (Deanery Synod Representative)

First and foremost the PCC would like to thank publicly all those members of the community who opened their gardens and volunteered to help to make the Beachamwell Open Gardens on the 25th June such a great success. Despite the extremely hot weather we managed to raise some £1800 for the church, with over 200 paying adult visitors providing some £600+ and the catering providing a further £800+. Notably with the wonderful contributions of the Beachamwell Bakers who produced a fantastic number of cakes. As this was the first Open Gardens in the last 3 years it can be regarded as a great basis on which to build back money for St Mary's in future years.

As to the restoration of St Mary's, this is now back in full effort and the work on the roofs is well under way. When looking at the church now you may see the truss 'templates' in place to ensure that the real oak trusses fit the walls. This and the other planned work will last until at least Christmas ensuring that the church is weatherproof. Please feel free to speak to the contractors, onsite, or the churchwardens (Peter Berendt and Sue Pennell) if you wish to know more of the plans. There is still much to do but we will be continuing to drive the project forward in an attempt to have it completed by January 2025.

Peter Berendt (Churchwarden and Vice Chairman)

Afternoon Tea and Chat

A reminder that 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 try to do so – you won't regret it. It is a lovely way to catch up and meet with people. Gay would welcome donated cakes but please let her know in plenty of time beforehand ***Eileen Powell***

BEACHAMWELL, SHINGHAM & DRYMERE VILLAGE NEWS

Beachamwell Village Hall

A date for your diary.... Sunday 1st September 2024 will be the next fete! This is a big event for the Hall and hopefully there will be lots of help from villagers to support the event in whatever way possible.

The fence alongside Old Hall Lane needs a fair amount of repair work. This is an ongoing project and the committee would appreciate it if children did not climb or play on it.

The annual playground report has shown that work needs to be done in certain areas. Work will be ongoing.

Dog fouling has been a problem on the football pitch and surrounding areas. The village has several dustbins for this rubbish so please can dog owners ensure that "rubbish" is collected and placed in the bin. Children do play in these areas and dog excrement does carry unpleasant diseases.

The next pop up pub is on Friday July 28th and then in August on the 25th. These are popular friendly events. If you haven't popped along, please do as you are more than welcome.

Still on the search for a treasurer? Do you fancy helping out?.... please contact Colin if you can 07572434049.

Cathy Friend 07818453323

Beachamwell Parish Council

Councillors:

Cllr. Richard James (Chairman) 01366 328968 rjj1james@gmail.com

Cllr. Diana Lambert (Vice Chairman) 01366 328227

Cllr. Pat O'Donnell 01366 328385

Cllr Geoff Siddons 01366 328204 geoffsiddons1@gmail.com



Parish Council Meeting 10-07-2023

We welcomed our new locum Parish Clerk Sarah Hunt. After examining historical paperwork we and the Parochial Church Council have discovered the churchyard including the wall do not belong to us. This means the PCC has full responsibility for everything to do with the churchyard. A new dog bin has been ordered for All Saints Way. Dog fouling has been reported on The Green again. County Councillor Fabian Eagle gave us his report, District Councillor Peter Wilkinson also gave his report. We need more councillors, somebody please come and join us! The next meeting is the 5th September 2023. **Diana Lambert**

WEST NORFOLK PRIORY GROUP

1st Sunday of the Month 6th August

9.30am, Runcton Holme – Holy Communion

10am, Shouldham – Morning Prayer

11am, Marham – Holy Communion

11am, Watlington – Morning Prayer

6pm, Online & Phone– Evening Prayer

2nd Sunday of the Month 13th August

9.30am, Shouldham Thorpe – Holy Communion

11am, Fincham – Morning Prayer

11am, Stowbridge – Holy Communion

11am, Watlington – Holy Communion

6pm, Online & Phone – Evening Prayer

3rd Sunday of the Month 20th August

9.30am, Tottenhill – Holy Communion (April to September)

11am, Marham – Morning Prayer

11am, Shouldham – Holy Communion

11am, Watlington – Morning Prayer

6pm, Online & Phone – Evening Prayer

4th Sunday of the Month 27th August

9.30am, Fincham – Holy Communion

11am, Wormegay - Holy Communion

11am, Watlington – Morning Prayer

11am, Wimbotsham – Holy Communion

6pm, Online & Phone – Evening Prayer

WNPG6.00 pm Online Evening Prayer (See WNPG website)

WISSEY VALLEY SERVICES IN AUGUST

First Sunday - 6th August Transfiguration of Our Lord

9.30 am Methwold Holy Communion

9.30 am Wretton/Stoke Ferry Service of the Word

6.00 pm Wereham Evensong

Second – 13 th August 10 th Sunday after Trinity

10.30 am Methwold Communion & Licensing Associate Priest Rev Burman by Archdeacon Richard Harlow

Third Sunday - 20 th August 11 th Sunday after Trinity

9.30 am Methwold Holy Communion

9.30 am West Dereham Service of the Word

9.30 am Wretton/Stoke Ferry Holy Communion

11.00 am Wereham Holy Communion

Fourth Sunday – 27 th August 12 th Sunday after Trinity

9.30 am Methwold Service of the Word

9.30 am West Dereham Morning Worship

9.30 am Whittington Holy Communion

11.00 am Boughton Holy Communion

Midweek Services

Tuesdays 5.30 pm Methwold Evening Prayer

Wednesdays 9.00 am Wretton with Stoke Ferry Morning Prayer

Thursdays 8.30 am Methwold Morning Prayer

Thursdays 9.30 am Wretton with Stoke Ferry Holy Communion

Third Thursday 10.00am Boughton Holy Communion

Weekly Online Services

VILLAGE BUS SERVICES

FROM	ROUTE	OPERATOR	DESTINATION
Barton Bendish	See notice below		
Beachamwell	Tuesday 10.00	Dial a Bus from your door	Swaffham
	Friday 10.00		Downham Market
	Saturday 10.00	Swaffham Flyer Service bus from The Church	Swaffham
Boughton	Tuesday 10.00	Dial a Bus from your door	Downham Market
Wereham	Tuesday, Thursday and Friday 10.00	Dial a Bus from your door	Downham Market
	Wednesday 10.00	Dial a Bus from your door	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



WEST NORFOLK/SWAFFHAM COMMUNITY TRANSPORT

We currently provide a dial-a-bus service for Barton Bendish residents:

Every Friday into Downham Market from the following areas:
Barton Bendish, Foulton, Oxborough, Drymere, Gooderstone and Cockley Cley

Start time approximately 10.15am: Return time approximately 1.30pm

Cost £5.00 or £3.00 for Members with a Concessionary Pass

Please call the Swaffham Dial-A-Bus weekdays during office hours on
01760 720906 for further information/bookings

BOUGHTON VILLAGE NEWS

Church boundary wall and replanting of the garden

Hopefully most of you will have observed the completion of the church boundary wall. The PCC are exceedingly pleased with the workmanship and sincere thanks to the builder John Redcar who worked with us to ensure access to the church at all times.

The overall bill for felling the rowan tree and the dismantling and rebuilding of the wall totalled £4,345. Some of you have commented that the money recently raised at our Open Gardens Day in June will be a most significant sum to put towards the wall. Unfortunately, that is not the case as every penny raised at our annual open gardens helps, in part, to pay our Ministry Share to Ely Diocese. This year we are duty bound to pay Ely £2,999.

Fundraising to date for the wall amounts to £1,472, this has been achieved by our gardening and book events in April, a small grant, donations and bonus ball winners who have redirected their winnings back to the church. We still have a long way to go to cover our outlay, meanwhile we have borrowed money from our reserves pot which was earmarked to repair the church drains – another project for another year!

Now that we have had some rain, Andrew and I will level the soil behind the wall in the churchyard and sow some grass seed to reinstate the area, then in the autumn we can start to plant up the border. I envisage the garden evolving over time with input and plant donations from the village community. If you are interested in working with me to achieve this then please contact me. I have a small stock of plants to kick start the project and would welcome any bulbs, small shrubs, wildflowers and perennials to produce a riot of colour, especially pollinator friendly plants. The only restrictions being, no trees, large shrubs, invasive species or any plants that will be supper for the Muntjacs!

Perhaps you would like to add a special plant to the garden in memory of someone very dear to you, all will be very welcome as will volunteers of all ages (children must be accompanied by an adult). Planting will be supplemented by plenty of tea and cake.

I look forward to hearing from you

STOP PRESS ~ Come along to our next wall fundraiser 'Summer Garden Brocante' at Tapestry Cottage, Chapel Road, Boughton on Saturday 12th August, 10 until 2.

Angela Faherty ~ 501335

From Chair, Boughton Parish Council

The council notes the passing of David Cooper, a past councillor and invaluable volunteer. He will be sorely missed.

On Tuesday 4th July, Boughton Parish Council held its regular meeting.

We welcomed our new Borough councillor, Cllr Sue Lintern, to her first meeting with us since the election.

Following our successful grant application, and as I write this, work on replacing unsafe playground equipment has begun. By the time you read this I am hopeful that the new equipment will be ready.

The condition of the water in the pond, and its algal bloom seems to have improved after the application of our barley straw extract "brew", kindly created by Cllr Payne. However, we continue to ask residents and visitors to avoid contact with the water and to refrain from feeding the ducks as food gets into the water and causes problems. Work on improving the water quality further by reducing silt will be done later in the year.

SUMMER GARDEN BROCANTE

Saturday 12th August



10 am ~ 2 p

Garden paraphernalia and plants for sale at
Tapestry Cottage,
Chapel Road, Boughton
PE33 9AG

*All proceeds in aid of the Wall Appeal ~ Boughton
Parochial Church Council
Registered Charity Number - 245456*



The next meeting will be on Tuesday 5th September at 7pm in the church. Members of the public are welcome to attend.

The council is currently not quite at full strength. If you would like to consider becoming a parish councillor, or to learn more about what it entails, please contact the chair or clerk.

We are also seeking volunteers to help with maintaining the grass around the pond and in the playground. If you can spare an hour or two every couple of weeks, we have all the equipment and can provide training. Please get in touch and help keep Boughton special.

New swings in—just in time for the

holidays!

Commonwealth War Grave

On Saturday 24th June the Downham and District branch of the Royal British Legion marked Armed Forces Day by organising a sponsored cycle ride to lay a poppy on every Commonwealth War Grave within the Downham and District area. The poppies are very similar to the poppies planted at the Tower of London in 2018 to commemorate the 100th anniversary of the end of WW1. The war grave in Boughton churchyard now proudly displays one of the poppies – thanks to those of you that sponsored the event, all funds raised went to the Poppy Appeal.

Angela Faherty

Dates for your diary

Breakfast church in August has moved, as there is an important benefice service on the second Sunday in the month. It will be on Saturday 19th August at 10 am as usual.

Harvest is coming round again—the year is rolling on. There will be a Harvest service on Sunday 24th September and.....

HARVEST SUPPER ON FRIDAY 22nd SEPTEMBER IN THE CHURCH SPACE. It was a great success last year, so do put the date into your diary and look out for further details.

Cycle Ride in aid of Norfolk Historic churches will take place on Saturday 9th September. This is the 40th Anniversary ride, so I hope someone from Boughton will be able to take part..

WEREHAM VILLAGE NEWS

WEREHAM OPEN GARDENS

Warnings issued for thunderstorms and heavy showers' so said my weather app for our Open Gardens day, June 18th, and I really feared the worst. Thankfully it stayed dry which allowed our many visitors from near and far to enjoy ten very varied and attractive gardens.

As always, their comments about the gardens, the gardeners themselves and the village itself were all very complimentary. Once again, top marks were awarded to the lunches and teas served throughout the afternoon.

The total for the day was £1140 which is very encouraging and will certainly help with the ever increasing running costs of our Grade 2 listed church of St

Margaret.

To those kind folk who opened their gardens and all those involved in the success of the day, my sincerest thanks.

The media publicity, posters, printing, catering, baking, meeting and greeting, running the raffle and tombola all rely on the goodwill, time and energy of village volunteers and without their commitment Open Gardens could not take place.

My grateful thanks to you all.

Greg Baddock

Wereham Parish Council

Next Ordinary Meeting Date Monday 18th September 2023 at 6.30 pm (To be held in the Wereham Village Hall – Community Room).

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

Monthly activities

All activities for August and regular weekly events now featured in the separate inserted sheet. Also details for mobile Library and Post Office.

MAKE AND MARDLE

Wereham Village Hall

We're sure you'll have heard of

KNIT & NATTER

groups, but Wereham ladies liketo include everyone, so we've added

'CROCHET CHATTER' - and there's a Warm Wereham Welcome for Weavers too!

Our monthly 'Make and Mardle' mornings are heldin the foyer of the Village Hall, on the third Tuesdayof the month, from 10am-Noon.

(dates for the rest of 2023 will therefore be Tuesdays15th August; 19th September; 17th October;

21st November and 19th December).

Pop along for a good old chin-wag along-side your crafting -there's no admission charge. Tea, coffee (to whet your whistle!)



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MAKE AND MARDLE

Wereham Village Hall

We're sure you'll have heard of

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groups, but Wereham ladies like to include everyone, so we've added

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(dates for the rest of 2023 will therefore be Tuesdays 15th August; 19th September; 17th October;

21st November and 19th December).

Pop along for a good old chin-wag alongside

Izzy's Art Club

Summer holiday art activities
Wereham Village Hall, PE33 9AP
August 21st - 24th
9 - 11am

Years 1-3 children - £20 per class
Mask making
Create your own mythical animal

Years 4-6 children - £25 per class
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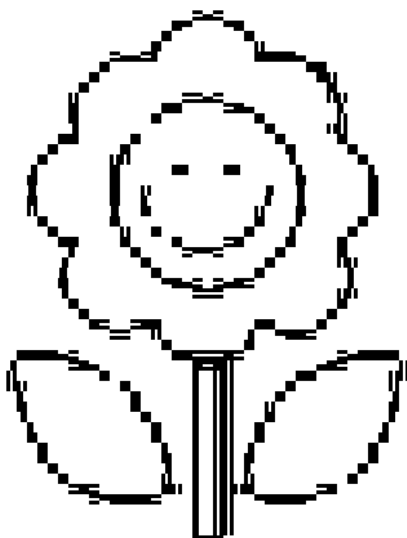
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Swaffham, PE37 7RB

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SOME FINCHAM MEMORIAL HALL DIARY DATES - AUGUST 2023

ZUMBA takes place every **Monday & Thursday** at 6.30pm. Contact Russ at rmmwelch13@hotmail.co.uk for information.

SLIMMING WORLD meets every **Wednesday** at 5.30pm. Contact Mikayla on 07940 817539 for details.

FINCHAM HISTORY GROUP will meet on **Wednesday 16th August** at 2 pm.

QUIZ NIGHT is at 7.30pm on **Friday 4th August** Entry £2 per person. 50/50 Raffle. Bring your own refreshments. Come join the fun - all welcome. Up to 6 in a team, either bring your own team or help make up a team on the night.

BINGO NIGHT is on **Friday 18th August** Cash bingo with raffle and other games. Just pay for the games you want to play. Doors open **7.30pm** with eyes down **8.00pm**. Bring your own nibbles & drink.

NTL performance of **FLEABAG** will be shown on **Saturday 19th August**. Doors open 7pm, performance starts 7.45pm. Licensed bar available. Entrance £5 through EVENTBRITE or at the door.

Fleabag is the hilarious, award-winning, original one-woman play that inspired the BBC's hit TV series, written and performed on-stage by Phoebe Waller-Bridge.

THE HAPPY DOG CLUB will continue to meet every **Sunday** - Contact Kerry on 07903 409514 for details.

We can also now accept card payments at all our Saturday events.

Fincham Memorial Hall & Playing Fields now has a web site: <https://finchammemorialhall.org/> so keep up to date with all activities and events.

Check also our **Facebook** page (Fincham Hall) as well as the notice boards outside the hall for the latest information.

EASY FUNDRAISING has links to over 4000 participating retailers who offer donations to charity and we are one of those charities. So when you do your on-line shopping just start by going to easyfundraising.org.uk and select Fincham Memorial Hall and then continue to your favourite stores knowing that you are helping to raise much needed funds for us.

Our charity number is 303950.

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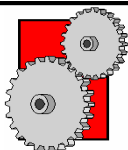


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Smoked Haddock and Welsh Rarebit From Norfolk WI 2021

Autumn recipes

Ingredients:

- 500ml milk
- 50g unsalted butter
- 50g plain flour
- 70ml beer
- 20g English mustard
- 1 tsp Worcester sauce
- 350g mature cheddar cheese, grated
- 2 large fillets (undyed) smoked haddock halved

4 ripe tomatoes, thinly sliced

Serves 4

Method:

1. In a small jug, bring 200ml of milk to the boil in a microwave.
2. In a saucepan, melt the butter, stir in the flour and mix into a roux. Cook gently for a few minutes, then add the hot milk, a little at a time, stirring until smooth between each addition.
3. Add the beer, mustard and Worcester sauce. Remove the pan from the heat, then stir in the cheese until it is melted and smooth. This is your Rarebit - set aside in a warm place.
4. Place the haddock fillets in a large pan and cover with the remaining milk. If the fillets are not covered, top up with cold water. Over a medium heat, bring to the boil and simmer for 2-3 minutes, then remove the pan from the heat and let it rest for 5 minutes.
5. Preheat the grill to the highest setting.
6. Arrange a fan of tomatoes for each haddock on a serving plate. Carefully lift the haddock fillets out of the pan, letting any excess liquid escape, and place on top of the tomatoes.
7. Divide the rarebit mixture into four and spread over the top of each piece of haddock. Place under the grill until golden brown, and serve with a green salad. (This recipe can easily be halved to serve 2)

Recipe courtesy of Norfolk WI Autumn 2021

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

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