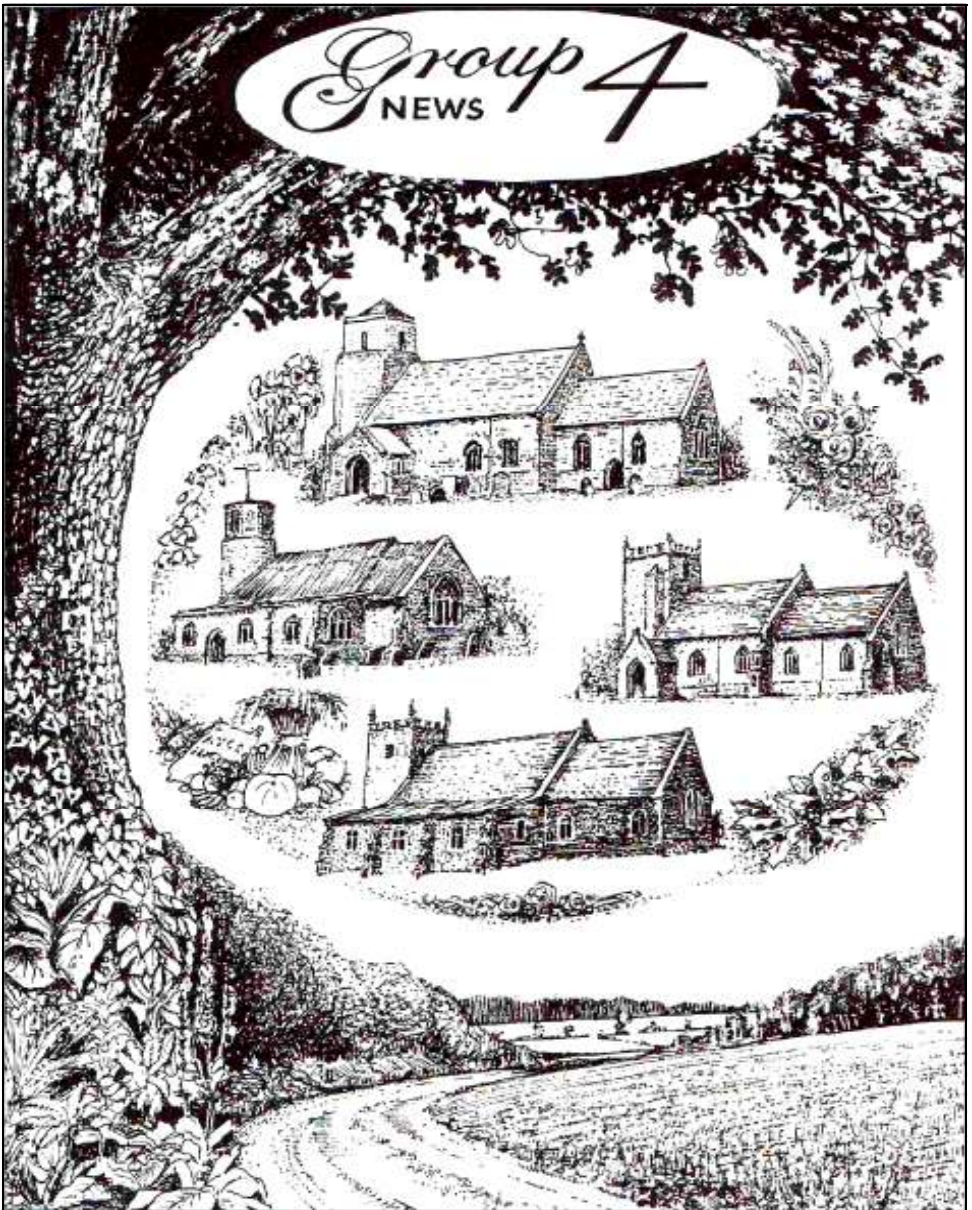


Group 4
NEWS



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

June 2020

Cover Illustration drawn by Mark Powell, Beachamwell ©

WELCOME



We are still living in very strange times but changes seem to be coming... watch this space as they say and fingers crossed....

The Communities are still supporting each other so many thanks to all involved, your care and concern are much appreciated.

Thanks to those people who have contributed articles, photographs, drawings etc which are also very much appreciated. Please keep them coming.

Take care and stay safe.

The Editorial Team

Eileen and Pam

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

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

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

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NOTES FROM THE RECTORY AKA HONEY TREES



Dear Friends

Well, as I write this we are still in lockdown. How long - who knows? When we are let loose I have a sneaky feeling it will be in phases and with a long list of instructions. As for us more 'vintage' folk I foresee a longer stay at home. Do I mind? - not at all. If it protects hubby and me and the wider world then I am content to stay at home until told otherwise.

You may have heard that the Bishops have relaxed a little the rules concerning the opening of our churches; if you haven't then here is a précis:

One person for each church in the benefice to enter that church building (the same person for any day, ie not one person for three days and another for the weekend).

- The appointed person should be the incumbent or another clergy person or LLM or churchwarden or, where there is no churchwarden, a member of the PCC.*
- The appointed person should be entering the church building for any or all of the following on behalf of the community they serve, pray the Daily Office and/or celebrate the Eucharist live stream or pre-record worship, or ring one bell to mark prayers being said or to mark events (eg Clap for Carers, VE day anniversary), or check the fabric of the building.*
- The appointed person may enter the church building together with members of their household with whom they are living, and the door should be locked*
- The church should be near to where the appointed person lives and a visit should generally be part of their daily exercise.*

NOTES FROM THE RECTORY AKA HONEY TREES

- *Those who are grieving may visit graves in churchyards, keeping social distance if they are not from the same household.*
- *Contractors: you may consider allow any contractors into the church building. If so, they can go on site subject to HSE guidelines, such government advice as may be in force and their own dynamic risk assessment. Obviously, the church will need to remain locked while they are inside, care should be taken over hygiene of door handles etc.*

A small step forward but very welcome.

My thoughts, now though, are beginning to turn to our pets: Our little miniature sausage dog, Winnie, is six months old this month and for the last few months has had the adoring attention of both of us, morning, noon and night. When we first bought Winnie home she had got used to me being out on many days and on others popping in and out. Now, I only venture out for funerals and dog walking. Yes, I have numerous Zoom meetings on the computer but there she is at my feet, in her basket, chewing contentedly on her beloved slipper - once upon a time it was mine, complete with pretty bobble. How will she react when once again the alarm clock goes off and diaries take precedence over her? Poor hubby will, I fear, have a very unsettled little dog on his hands. Come to think of it I'm not too keen on the alarm either!

As we wonder when will all this end, bring to mind Jesus on the road to Emmaus: I am with you always, even when you don't realise it.

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

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

Rev Carol (Team Leader Wissey Valley Benefice)

01366 500704

caroln153@hotmail.com

COUNTRYSIDE NOTES

If, during lockdown, you've reached for a pack of cards to help pass the time this will surely give you something to think about. Perhaps you remember the hit titled 'Deck of Cards' recorded, among others, by Wink Martindale and Max Bygraves? It was a narrative, rather than a song, very cleverly written by T Texas Tyler in 1948. It is about a young Second World War soldier who was reprimanded by his sergeant at a church service held during a campaign in North Africa. While the rest of the congregation reached for their prayer books he got out a pack of cards, an act he was arrested for after the service. When asked in court for an explanation he had this to say:

"Sir, I have been on a march for about six days, and I had neither Bible nor Prayer Book, but I hope to satisfy you, Sir, with the purity of my intentions." With that the boy began his story.

"You see, Sir, when I look at the ace it reminds me that there is but one God. The deuce reminds me that the Bible is divided into two parts; the Old and New Testaments. And when I see the trey I think of the Father, Son, and Holy Ghost. When I see the four I think of the four evangelists who preached the Gospel. There was Matthew, Mark, Luke, and John. And when I see the five it reminds me of the five wise virgins who trimmed their lamps. Ten of them; five who were wise and were saved; five were foolish and were shut out. And when I see the six it reminds me that in six days God made this great heaven and earth. And when I see the seven it reminds me that on the seventh day God rested from His great work. When I see the eight I think of the eight righteous persons God saved when he destroyed this earth. There was Noah, his wife, their three sons, and their wives. And when I see the nine I think of the lepers our Savior cleansed, and nine of the ten didn't even thank Him. When I see the ten I think of the Ten Commandments God handed down to Moses on a tablet of stone. When I see the king it reminds me that there is but one King of Heaven, God Almighty. And when I see the queen I think of the Blessed Virgin Mary who is Queen of Heaven. And the jacks, or knaves, it's the devil. And when I count the number of spots on a deck of cards I find three hundred sixty-five, the number of days in a year. Fifty-two cards, the number of weeks in a year. Four suits, the number of weeks in a month. Twelve picture cards, the number of months in a year. Thirteen tricks, the number of weeks in a quarter. So you see, Sir, my pack of cards serve me as a Bible, almanac, and prayer book."

Jill Mason [Barton Bendish]



GOD AND ST FRANCIS DISCUSS LAWNS



God to Saint Francis Frank, you know all about gardens and nature. What in the world is going on down there on the planet? What happened to the dandelions, violets, milkweeds and stuff I started eons ago? I had a perfect no-maintenance garden plan. Those plants grow in any type of soil, withstand drought and multiply with abandon. The nectar from the long-lasting blossoms attracts butterflies, honey bees and flocks of songbirds. I expected to see a vast garden of colours by now. But, all I see are these green rectangles.

Saint Francis It's the tribes that settled there, Lord. The Suburbanites. They started calling your flowers 'weeds' and went to great lengths to kill them and replace them with grass.

God Grass? But, it's so boring. It's not colourful. It doesn't attract butterflies, birds and bees; only grubs and sod worms. It's sensitive to temperatures. Do these Suburbanites really want all that grass growing there?

Saint Francis Apparently so, Lord. They go to great pains to grow it and keep it green. They begin each spring by fertilizing grass and poisoning any other plant that crops up in the lawn.)

God The spring rains and warm weather probably make grass grow really fast. That must make the

Suburbanites happy.

Saint Francis Apparently not, Lord. As soon as it grows a little, they cut it - sometimes twice a week.

God They cut it? Do they then bale it like hay?

Saint Francis Not exactly, Lord. Most of them rake it up and put it in bags.

God They bag it? Why? Is it a cash crop? Do they sell it?

Saint Francis No, Sir, just the opposite. They pay to throw it away.

God Now, let me get this straight. They fertilize grass so it will grow. And, when it does grow, they cut it off and pay to throw it away?

Saint Francis Yes, Sir.

God These Suburbanites must be relieved in the summer when we cut back on the rain and turn up the heat. That surely slows the growth and saves them a lot of work.

GOD AND ST FRANCIS DISCUSS LAWNS

Saint Francis You aren't going to believe this, Lord. When the grass stops growing so fast, they drag out hoses and pay more money to water it, so they can continue to mow it and pay to get rid of it.

God What nonsense. At least they kept some of the trees. That was a sheer stroke of genius, if I do say so myself. The trees grow leaves in the spring to provide beauty and shade in the summer. In the autumn, they fall to the ground and form a natural blanket to keep moisture in the soil and protect the trees and bushes. It's a natural cycle of life.

Saint Francis You better sit down, Lord. The Suburbanites have drawn a new circle. As soon as the leaves fall, they rake them into great piles and pay to have them hauled away.

God No!/? What do they do to protect the shrub and tree roots in the winter to keep the soil moist and loose?

Saint Francis After throwing away the leaves, they go out and buy something which they call mulch. They haul it home and spread it around in place of the leaves.

God And where do they get this mulch?

Saint Francis They cut down trees and grind them up to make the mulch.

God Enough! I don't want to think about this anymore. St. Catherine, you're in charge of the arts. What movie have you scheduled for us tonight?

Saint Francis 'Dumb and Dumber', Lord. It's a story about....

God Never mind, I think I just heard the whole story from St. Francis.

EXCERPTS FROM A DOGS' DIARY

8.00am	Dog food! My favourite thing!
9.30am	A car ride! My favourite thing!
9.40am	A walk in the park! My favourite thing!
10.30am	Got rubbed and petted! My favourite thing!
12.00pm	Lunch! My favourite thing!
1.00pm	Played in the garden! My favourite thing!
3.00pm	Wagged my tail! My favourite thing!
5.00pm	Given doggy chews! My favourite thing!
7.00pm	Got to play ball! My favourite thing!
8.00pm	Watched TV with my people! My favourite thing!
11.00pm	Sleeping on the bed! My favourite thing!

WINGING IT

Different species of moths are on the wing at different times of the year. A few fly in the depths of winter, but in summer when nights are warm moths fly in their hundreds and thousands. Many are attracted to light and, as spring approaches, moth traps are brought out of hibernation and the hunt to find something unusual begins.



*Photo of Chocolate-tip
(Chocolate-tips fly during April and May and again in August and September.)*

Moth traps are simple wooden boxes fitted with a powerful mercury vapour bulb that moths find irresistible. They are attracted to the light from a considerable distance, fly around and eventually fall into the trap where they rest unharmed until they are released. The light is turned on at dusk and off before dawn. The trap is covered to protect the moths from birds seeking an easy breakfast.



*Photo of Brindled Beauty
(The pattern and colours of a Brindled Beauty enables it to be invisible when resting on bark. It flies from early March to late May and can come to the trap in large numbers)*

There are nearly seven hundred macro (large) moths and over one thousand micro (small) moths recorded in Norfolk, with more being discovered all the time.

The haul of moths in spring may be small, perhaps only fifteen to twenty different species entrapped a night. By summer this can increase to over three hundred moths of perhaps seventy different species being recorded in the trap on just one night.

Each moth has to be identified and photographed – this can take a very long time as so many moths look similar in size, shape, colour and pattern (other of course are wildly unique)

WINGING IT



Photo of Swallow Prominent



Photo of Lesser Swallow Prominent

Spot the difference!

(Both the Lesser Swallow Prominent and the Swallow Prominent fly from April and June and again in high summer. Both species may come to the trap on the same nights – identification can be tricky!)

Luckily there is the fabulous *Norfolk Moths* website that tells in photographs and descriptions exactly which moths are flying on any particular night of the year. Once identified the date can be entered on the website to become part of the official county records. This information is passed to the national moth survey to help monitor the state of the natural environment – and it's a great way of passing time during this lockdown!



Photo of Mullein Moth



Photo of Mullein Moth Caterpillars

(The Mullein Moth with its strange 'hair-cut' flies in April. The caterpillars appear in summer and can be seen munching their way through the leaves of wild mullein, or buddleia and other garden plants.)

Sue Pennell (Beachamwell)

Every minute, six people over 65 suffer a fall/

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or visit www.careline-cs.org.uk



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Borough Council of
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West Norfolk



2018-0-0

Lily Has Changed!

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

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

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

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

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

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

FUDGE

300 ml or 10½ fluid oz full fat milk

350 gms or 12 oz castor sugar

100 gms or 3½ unsalted butter

1 tsp vanilla extract

Oil for greasing



Heat milk, sugar and butter together in a saucepan over a very low heat, stirring all the time, until sugar has dissolved.

Bring to boil and stir consistently. After 15 minutes test for fudge by dropping a small amount in cold water – should form a soft ball.

Remove mixture from heat and add vanilla. Cool slightly then beat with a wooden spoon until it thickens.

Pour into a greased square tin and allow to set at room temperature.

Cut into desired shapes.

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

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

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

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

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

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

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

Telephone 01366 386972 or 07926 044845

Email vhowling@csv.org.uk

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



CSV, 237 Pentonville Road, London, N1 9NJ

Find out more at www.csv.org.uk

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

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

CHILDREN'S PAGE

Join the dots and see what happens.
Thanks to Bob Boughen of Beachamwell for this puzzle



'BRITISH BIRDS' PUZZLE

- 1 Found on a chess board (4)
- 2 Invoice for an item of cutlery (9)
- 3 When a cat gets up (9)
- 4 Could mean a death sentence (8)
- 5 Small move left or right (6,4)
- 6 Brightly coloured tool (6,6)
- 7 Eating action (7)
- 8 Black and white dog shows pleasure (4,7)
- 9 Call 15 21 26 05 12 (4,5)
- 10 Royal angler (10)
- 11 Shell seizer (13)
- 12 Difficult to undo (4)
- 13 Crimson bird with surprisingly no strings (3,4)
- 14 Watch out, low-flying mollusc (8)
- 15 Greedy person (6)
- 16 Shave William (9)
- 17 Hidden gunman does this (5)
- 18 Extra fowl (7)
- 19 A bit of fun in the air (7)
- 20 Street decorations for bookworms (4,7)
- 21 Angry Clinton or Gates (9)
- 22 Egg-born cashew (8)
- 23 Timber rooster (8)
- 24 Act of theft (5)
- 25 Polish part of a car (7)
- 26 The smile you get from fermented pears (9)
- 27 Wizard flier (6)
- 28 A pastime (5)
- 29 Blustery evening (11)
- 30 What you might get if you annoy a dog (7)
- 31 Labour vote (7)
- 32 Scottish musician in the Sahara (9)
- 33 Blackpool has a large one (6)

'BRITISH BIRDS' PUZZLE

- 34 Gone mad (6)
- 35 Lady sailor (4)
- 36 A pebble and a gossip (9)
- 37 Selection of a hill-top (9)
- 38 Struggling to get enough air (6)
- 39 Rapid move (5)
- 40 Bevy before bedtime (8)
- 41 Land and travel fee (9)
- 42 Argument at a health resort (7)
- 43 Grain husk and twelfth of a foot (9)
- 44 Brag about (4)
- 45 Sticks to the bottom you fool (8,5)
- 46 Fuel for bad weather (5,6)
- 47 Precious hill-top (9)
- 48 Australia on its knees (6)
- 49 A scarlet knife by the sea (8)
- 50 Who built the house and how did he get in? (7)

The answers will be in the July Edition of G4N

Thanks to David Friswell of Boughton for this quiz.



SPARROWHAWKS - FRIEND OR FOE?

From time to time I hear people bemoaning the fact that a Sparrowhawk has killed a songbird in their garden. Or perhaps that Sparrowhawks are a prime suspect in the search to find the cause of the decline of our songbird population. Even more dramatically, there are calls for Sparrowhawks to be taken off of the list of protected species, so that their numbers can be reduced by the legalised culling (i.e shooting) of much of the population.



So what is the truth? Are Sparrowhawks responsible for declining songbird numbers or is there another cause? Should we be shooting them or is it better that they be left to their own devices? Let's take the emotion out of the argument and look at some hard facts. But before that, let me say a few words about myself and why I care. I have been a birder as long as I can remember and back in the early 1970s I decided to expand my interest and become a bird ringer. I thought of myself then as a conservationist, and I still do. I reckoned that studying birds through ringing would teach me a lot more about them, and the results of my work might even be of value in a wider context.

How does it all work? Well the British bird ringing scheme is run by the British Trust for Ornithology (under the terms of The Wildlife and Countryside Acts) and after a long period of training they issued me with a licence to work on my own. It needs to be mentioned here that the BTO is a registered charity that collects data so that informed decisions can be taken with regard to conservation issues. It is neutral and collects data for both sides of the Sparrowhawk debate – both those organisations that call for the existing legislation to be strictly enforced and also those that call for the reduction of Sparrowhawk numbers.

So why ring birds? In the early days of the bird ringing scheme, it was simply to find out where birds went, and this was achieved by attaching a small, uniquely numbered metal ring to a bird's leg, thus enabling it to be identified as an individual. Much has been learnt from such ringing. We know for instance, that our Swallows winter in Southern Africa, and that many of our Starlings move out in spring to breed in Northern and Eastern Europe.

After a hundred years of ringing there is still more to learn about migration routes and wintering areas, information which is often vital for conservation. However, the main purpose of the ringing scheme today is to monitor bird populations. Ringing allows us to study how many young birds leave the nest and survive to

become adults each year, as well as how many adults survive the stress of breeding, migration and severe weather. Changes in these birth and death rates are important as they may provide an early warning that a particular species is starting to decline. Ringing allowed us to identify a decline in the survival rate of Sedge Warblers and to link this to the rainfall index in their wintering area in the Sahel desert in Africa. Ringing also lets us work out the stage in birds' lives which is being affected, and has demonstrated that the dramatic decline in the numbers of Song Thrushes during the 1990s had been caused by a reduction in the survival of young birds in their first two months of life. In my mind ringing is an essential tool in the conservation of birds, and the country-wide team of bird ringers are at the forefront of the research necessary to establish the facts that are so vital for effective conservation work.

It seems that I digress, but in fact I don't. Ringing in my garden has taught me much about the relationship between Sparrowhawks and songbirds. My garden is small and on the edge of Beachamwell. I run a feeding station for the birds 365 days a year, and around once a week I operate nets to catch the birds that are attracted to the feeder. In this small garden I catch and ring somewhere around 800 to 1,000 birds a year – an impressive number for such a small area. Yet a pair of Sparrowhawks include my garden in their territory. So why is my songbird population not affected? Yes, I find the evidence of a "kill" fairly frequently; perhaps it's a Blue Tit or a Blackbird or a Collared Dove. The doves seem to be 'less bright' than many of the other birds so perhaps it's inevitable that they form part of the Sparrowhawks diet. Even so, I'm left with plenty of Collared Doves and songbirds alike.

How can this be? Plenty of songbirds within the territory of a pair of Sparrowhawks! It has to be that the Sparrowhawk is living off the surplus. In the natural world, more are born than can survive. If all individuals and all of their eggs and young could survive and reproduce unchecked, we would soon be overwhelmed by the progeny of a single pair. A single pair of Blue Tits could give rise to a population just shy of 4 million over a time span of only 9 years.** Think about it - a Blue Tit can easily raise 8 young in a season, and if they were all to survive, there would be 10 Blue Tits by the start of the following breeding season, and if they all survived to reproduce then we become knee-deep in Blue Tits. So, even if 8 of the 10 birds die within the year then the population would still remain stable. So each year we have a significant surplus of birds that can be taken by predators without any long term effect on the population of those birds.

It may disturb people to see a Sparrowhawk plucking a Blue or a Great Tit, but the tit is a predator itself, feeding as it does on thousands of caterpillars whilst bringing up its family. So should we control tit numbers? Of course we shouldn't, even though their diet doubtless includes the caterpillars of several .

scarce, or even rare, species of butterfly or moth.

During the 1950s and 1960s the population of Sparrowhawks crashed as a result of the use of DDT. The reasons for this have been well documented so I shall not go into them again here. Suffice to say that the use of DDT was banned as a result. So why wasn't there a problem before DDT? Those that are old enough to remember will recall that before the 1960s there were good numbers of both Sparrowhawks and songbirds. When Sparrowhawk numbers then dramatically declined why didn't the songbird population rise? It can only be that there is no direct relationship between Sparrowhawk and songbird numbers. Interestingly, research in an Oxfordshire wood showed that during the period when Sparrowhawk numbers declined, Blue Tits and Great Tits got fatter (but with no increase in body length) ie lazier. They were able to store more fat because there was no need to be nimble in order to escape from the predator. As Sparrowhawk numbers recovered, the tits gradually became leaner again.

So what has happened to upset the equilibrium? If the Sparrowhawk is not responsible for the decline in bird numbers, could it be the local cats? We know from surveys that this country hosts around 40,000 breeding pairs of Sparrowhawks. It also hosts around nine million cats. So what kills the most birds, a pair of Sparrowhawks or 225 cats? The answer is not a difficult one - I'm sure we have all seen the local moggie catching birds and then heard its owner say "My cat never takes any birds!" In actual fact although cats kill far more birds than Sparrowhawks it is likely that neither affects the total population significantly.

Research has shown that habitat loss is the prime reason for the fall in songbird numbers. Many of us can remember that when we were young the countryside was far more "wildlife friendly" than it is today. There has also been research done that shows that modern agricultural practices have played their part in this decline. I refuse to use the phrase "farmers are responsible" because it is the remit of farmers to 'feed the nation' and if I were a farmer I would want to maximise my profits so that my family could have a better life. Naturally our farmers will strive to get the maximum possible yields from their land. Modern farming methods have resulted in spilt grain in farmyards being a thing of the past. Our farmers have come to rely on insecticides and herbicides to help them achieve higher yields. Yet these sprays are partly responsible for the dearth of the weed seeds and insects that are necessary for our songbirds to flourish.

Take a look at your local field of virtually any crop. Modern farming is so efficient that you are unlikely to see a single weed and virtually no insect life. Is it the farmer's fault? No, it isn't, it's the system that allows it to happen and that's where central government comes in. Perhaps that's an article for another day.

I could go on but the point is clear. Many of our songbird species continue to

decline, but the situation is unlikely to be helped by the persecution of Sparrowhawks.

*** Here are the Blue Tit maths, based on no mortality, immigration, or emigration:*

Year 1	1 pair raise 8 young	Population now 10
Year 2	5 pairs each raise 8 young	Population now 50
Year 3	25 pairs each raise 8 young	Population now 250
Year 4	125 pairs each raise 8 young	Population now 1,250
Year 5	625 pairs each raise 8 young	Population now 6,250
Year 6	3,125 pairs each raise 8 young	Population now 31,250
Year 7	15,625 pairs each raise 8 young	Population now 156,250
Year 8	78,125 pairs each raise 8 young	Population now 781,250
Year 9	390,625 pairs each raise 8 young	Population now 3,906,250

In reality, the population after 8 years is still two, so the potential surplus is huge.



Allan Hale (Beachamwell)



BARTON BENDISH & EASTMOOR VILLAGE NEWS

Covid-19 Lessons Learned

By now those who aren't working, for one reason or another, have probably settled into a leisurely Covid-19 routine. Of course, everyone is missing direct contact with family and friends, as well as other social gatherings, but the wonder of modern technology has enabled face to face communications and meetings, albeit at a distance. Imagine what life would be like without the internet or TV.

Speaking for myself, it seems that we oldies have been propelled at speed into the future by being forced to discover new ways of doing things remotely. Lockdown has proved to be a period of revelation. We've not only discovered new ways of carrying out day-to-day tasks but probably also things we'd never realised about our inner selves, not least how resilient we could be. It's given us a new perspective on life. It has made us more conscious of what we truly value and our priorities have very likely changed. Some of the things we once perceived as being of great importance now seem quite trivial.

Returning to what we consider to be a normal life is obviously going to take a very long time. Even when we're told we can I think most of us will proceed with great caution. We will all have learnt many lessons as a result of something that none of us could ever have imagined happening, not least, is the debt we owe to all those who care for us in one way or another. Comradeship counts for a lot when you're embroiled in a battle. *Jill Mason*

Update from Barton Bendish Parish Council

The last Parish Council meeting was on 11th March where Cllr Chapman was in the Chair. Eight parishioners were in attendance.

The Parish Council filled the casual vacancy for a Parish Councillor by co-opting Debbie Wells from Boughton Long Road. The vacant post of Vice-Chairman was decided, and Cllr Paul Swallow was appointed to this role.

Norfolk County Council Highways Department agreed to install three additional posts between the trod (informal footpath) on the bend on Boughton Long Road and the road surface; this is to prevent vehicles driving on the verge and trod. Some resurfacing work would also be undertaken on the trod.

A new Parish Council notice board had been purchased for Eastmoor and would be installed at the same location to replace the current board. Repairs to the map board on Church Road would be carried out.

Due to the current Government advice the Parish Council cancelled the Annual meeting scheduled for 13th May 2020. There will not be an Annual Parish

BARTON BENDISH & EASTMOOR VILLAGE NEWS

Council meeting this year, following Government legislation removing the need for this meeting to occur in 2020. This means that the Chairman and Vice-Chairman will remain in post until May 2021.

Due to the refurbishment work at Barton Bendish Village Hall the venue for the next two Parish Council meetings will be moved to Beachamwell Village Hall.

The next scheduled meeting is due to take place on Wednesday 8th July, 2020. This will be an Ordinary Parish Meeting starting at 7.30pm in Beachamwell Village Hall. The meeting may need to be cancelled depending on Government advice at the time.

Further information is available on the Parish Council website at

bartonbendishparishcouncil.norfolkparishes.gov.uk

Miss Sarah Thorpe, Parish Clerk

01945 430930 bartonbendishparishcouncil@aol.co.uk

Alterations and Extension to Barton Bendish Village Hall

Having finally managed to raise sufficient funds for the improvement project,



works commenced on Monday 23rd March 2020 and were almost immediately

BARTON BENDISH & EASTMOOR VILLAGE NEWS

affected by an announcement that evening by the Prime Minister introducing The Health Protection (Coronavirus, Restrictions) (England) Regulations 2020.

The immediate effect of this announcement was the closing of a number of businesses essential to the progress of the works, including builder's merchants and other supply companies, as well as many sub-contracting firms.

However the regulations do not prohibit the works themselves providing social distancing measures are in place. The contractor's health and safety plan makes provision for dealing with Coronavirus hazards on site and consequently the works were re-planned to facilitate such work as was possible in these circumstances.

The work carried out in the first month reflects the difficulties outlined above and includes an altered programme and sequence of operations. Notwithstanding these difficulties the contractor has made good progress generally. The main areas of work include removal of the old timber suspended floor and the internal ceiling, demolition of some internal walls to make room for the disabled WC, and forming the opening in the west wall for the extension, including temporary support for the roof.

The original building has been found to be robust and well built with the possible exception of the slate roof covering which suffers from 'nail sickness'. The contractor has been able to satisfactorily reclaim sufficient chalk, bricks and galletting for the new-build elements.

Ready mixed concrete has been a problem to obtain and the contractor was contemplating hand mixing, but fortunately a supplier was found to pour the huge concrete pads for the new steelwork. The steelwork sub-contractor will be supplying and fitting the structural steel during the next few weeks.

Of course, the programme remains uncertain due to the ongoing Coronavirus restrictions but so does the promotion of any subsequent events. I think we are all learning to take things as they come. We remain grateful to the contractor, M.J.B Construction from Downham Market for his efforts to keep the work going.

Chris Parsons FCIQB Contract Administrator



BEACHAMWELL, SHINGHAM & DRYMERE VILLAGE NEWS

Lockdown 2020

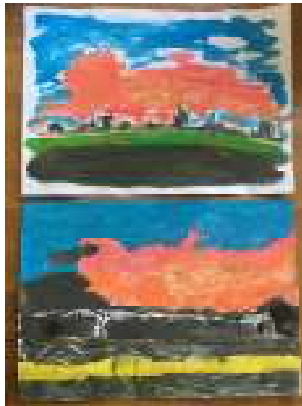
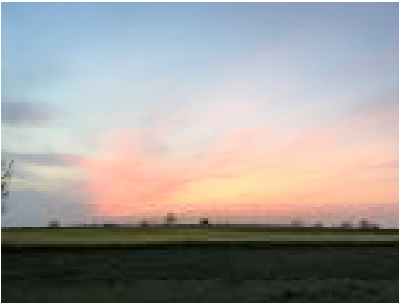
The James Family



It is interesting to read the views of the young people on this very strange situation we have all found ourselves having to cope with... *thank you for sharing [Ed]*

When our school closed, we had no warning as it was earlier than the others. My sister and I were upset as we didn't get a chance to say goodbye to our friends. We miss them, and our teachers and school every day but we have tried to get used to staying

in and at home. We have seen baby blackbirds in our garden just hatched and so fluffy! We have fed them apples every day. We have baked cakes and had



lovely bike rides and taught our dog to run with us.

One day we found a beautiful field of tulips and one evening I saw a lovely view towards St Johns Farm and took a picture of it. We also painted the key workers up our fence and

The next day we tried to paint it. rainbows to say thank you to all working so hard. They brighten hopefully make people smile. We watched a rocket launch on TV then saw it fly through the sky twenty minutes later. We counted 40 satellites the day before. For my sisters birthday we are going to sleep under the stars. It is beautiful here at night.

Phoebe James age 9

BEACHAMWELL, SHINGHAM & DRYMERE VILLAGE NEWS



A Poem

The park is closed
We miss our friends
We don't know when we will see them again.

School seems strange
At home with Mum
We tell her that it's not much fun.

But we are safe, it's not all bad
We've played outside and on our bikes
And for that we are glad.

The sun has shone
And we've stayed home
To help make sure the virus is gone.

Hattie James age 6

The Begg Family



We have now been off school and at home for seven weeks, Mum and Dad are home schooling me and Seth.

The things I have enjoyed the most are drawing and going for bike rides, I got a new bike for my birthday which was at the start of lockdown.

I was a bit sad on my birthday because my mates Wilfy and Will couldn't come round for a sleepover but I did play with them on my PS4 and had a nice Indian takeaway for tea.

I feel lucky because we live in this village and have a nice garden.

On the 8th May we celebrated VE day, the 75th

BEACHAMWELL, SHINGHAM & DRYMERE VILLAGE NEWS



anniversary, we have been learning about it.

Our neighbour Verena was 6 years old when the first VE day began, so I gave her a ring and asked her some questions about what it was like, it was really interesting.

We had lunch outside to celebrate VE day and we went for a long bike ride. Next week we are celebrating Seth's 6th birthday and he wants a day off school and some slippers! **Ashton Begg**

Platinum Wedding Anniversary

Dave and Rose Guild celebrated this milestone wedding anniversary on May 20th.

Although Rose is sadly still in hospital. their daughter-in-law Helen had arranged for them to have a video phone call on the day. Congratulations and very best wishes to both of them from all their friends in Beachamwell, Shingham and Drymere.

Dave wishes to thank everyone for their kindness, help and care during this very difficult time.

Egil Gabrielson

Sadly Egil died on 10th May. He had been ill for several years but stoically had endured his problems. Condolences to Jenny at this very difficult time – our thoughts are with you.

Jenny would like to thank everyone for all the cards, telephone calls and concern shown to her at this time especially Lucia Bell and Maggie Mackenzie.

BEACHAMWELL, SHINGHAM & DRYMERE VILLAGE HEWS

A Tribute to Brian Wilson (1940 – 2020)



Sadly, Brian passed away at the QE hospital in Kings Lynn on Friday the 24th April. As many of you will know he and Carole lived for over 30 years at the Old Rectory in Beachamwell – only last year did they move into Swaffham.

I am indebted to the many friends of Brian's who have emailed me with their special memories and stories about him. It is upon these that the following tribute is based – but not all can be repeated in such an esteemed Newsletter as the G4N!



The one thing that shines through is that Brian was a very active, multi-talented and practical man, with a great sense of humour, and who was more than happy to share his talents with all those who were lucky enough to get to know him. Invariably, he ended up helping, organising, and endearing himself to all. He was kindly, courteous and fair in all his dealings with everyone - but this didn't stop him being very competitive in all he did, as many found out!

His pride and joy was his garden and he competed strongly in the annual Beachamwell Horticultural Show – I gather he set great store by the 'Vegetable Box' competition, and, furthermore, he loved supplying

CoCo's in Swaffham with fresh veg!

Several contributors commented upon how proud he was of his compost heap – and would take great delight in showing visitors to the end of his garden to see it! He was also a bee keeper, but that's another story!

Brian was into running and cycling, and introduced many to these particular sports (not all willingly I gather, but Brian could be pretty persuasive!). It was not unusual for Carole and he to cycle most of the way to the coast and back for a Sunday morning outing, as though they were going to the shops.

But for me, his organising of the Beachamwell Half Marathon on the Sunday of the first May Bank holiday was the highlight of the year, with its focus on raising money for St Mary's Church (which ran into thousands of pounds). I've lost count of how many years it's been held, but well over twenty, and this year

BEACHAMWELL, SHINGHAM & DRYMERE VILLAGE NEWS

will be the first (for obvious reasons) that it hasn't taken place – let's hope next year we can hold the "Brian Wilson Memorial Half Marathon"?



Brian would invariably start the event on the village green - anybody could enter, regardless of age, ability, and how they planned to complete the course (as well as runners and cyclists there were walkers, horses, and so on). He would usually get us going with the immortal words "just remember, it's not a race but it is"! He was so good at striking the right balance between competitiveness and fun, involvement and performance.

There are many who would never have contemplated running a half marathon without Brian's enthusiasm and give-it-a-go attitude. As well as the competitors, a large number of villagers turned out as marshals (for the course which Brian had marked out the previous evening), as well as logging entrants, taking money, timekeeping, providing certificates and refreshments at the end – covering everything that a large event entailed. For some the run was a once-in-lifetime experience, for others they went on to bigger events, such as the London marathon. Brian will be much missed.

Bob Baker, Shingham

BEACHAMWELL, SHINGHAM & DRYMERE VILLAGE NEWS

Beachamwell Parish Council



Due to Government advice during the Coronavirus pandemic we unfortunately had to cancel the Annual meeting of the Parish Council, which was due to take place on Wednesday 6th May 2020 at Beachamwell Village Hall commencing at 7.30pm.

Legislation has been passed by the Government which means that we will not be holding an Annual meeting until May 2021.

We will resume Ordinary Parish Council meetings as soon as we are able to and at this stage the next scheduled meeting is planned for Wednesday 15th July at 7.30pm in Beachamwell Village Hall commencing at 7.30pm.

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

Councillors:

Cllr. Tom Sanderson (Chairman)

01366 328244 / 07803 963804 tomsanderson@btconnect.com

Cllr. Diana Lambert (Vice Chairman)

01366 328227

Cllr. Richard James

01366 328968

rjj1james@gmail.com

Cllr. Pat O'Donnell

01366 328385

Clerk to the Council:

Miss Sarah Thorpe

01945 430930

beachamwellparishcouncil@gmail.com

District Councillor:

Cllr. Peter Wilkinson

01760 338810 / 07576 798777 peter.wilkinson@breckland.gov.uk

County Councillor:

Cllr. Fabian Eagle

01760 440284 / 07450 679382 fabian.eagle.cllr@norfolk.gov.uk

Mobile Post Office

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

BOUGHTON VILLAGE NEWS

News from All Saints' June 2020



There isn't any, you might say, as the church building remains closed on orders from the Archbishops. That doesn't mean that 'the church' is inactive, as the church is also the people. There have been online services for all shades of worship in an area which flows over the boundaries of the official benefice and everyone has regularly checked up on members of the congregation. Wissey Valley puts on a number of regular services and events for that benefice and details of those

are published on Facebook and on the regular pew sheets and also in the online versions of the magazines. There are also those publicised as 'Deanery' services where the congregation comes from as far afield as Cumbria, Basingstoke, Bexwe Denver, Fincham, Boughton, Shouldham, Wallington and also Barton Bendish and Wereham. There are other parishes represented as well, but not all named. It's widely reported that church online attendance has gone up to roughly a quarter of the population since the lockdown, and there is a clear sense of fellowship among the worshippers online. We've all become familiar with Zoom, screensharing, an app which allows the bellringers among us to practise our hobby together but apart. What we haven't yet solved is how to include those who can't or don't want to access the online services. I know that in one benefice, they have been exhorted to watch services which are organised by the wider church, but it's the local fellowship which is missing. Information about all the services is circulated, in pew sheets, magazines, email, but if you can do anything to include the 'offline' people it would be good. In Boughton, most of the congregation are elderly and socially distancing themselves. As we, and all local benefices, rely heavily on retired priests, they are not available to go around either, but they are doing a very good job telling people what is available and providing services and help online.

There are obviously no events planned at the moment for the church. Open Garden has continued every year for longer than I can remember, and I've thought about handing over to someone new, but I'd not envisaged and I'm not pleased at the reasons for cancelling this year. It's truly a village effort in a normal year, and large numbers of people take part beyond those opening their gardens. We are missing the community aspect of it. Apart from that, as I said last month, it's leaving a large hole in our finances for the year. Bills come in, even if the building is closed. Loose tile trees which need care – did you know that to have work done on a tree, we have to

BOUGHTON VILLAGE NEWS

have a faculty (permission) from the Diocese and also planning permission from the local council? It all costs money and we have insurance, utilities etc to pay for as well. If it's going to be available for the village to use for village events as well, perhaps you will consider contributing to the upkeep. We have no income apart from those who pay regular standing orders every month. There are about 100 houses in the village, I think. If even half of them contributed £5 a month, that would help.

I'd like to pay tribute again to those people in the village who are helping others. There are probably several I don't know about, but at this end of the village my neighbours have been very good. I expect it's the same at the other end of the village.

Pam Wakeling (Church Warden)

Pew Sheets

If you would like to see the regular pew sheets – they are now available on the Boughton All Saints part of A Church Near You. There is a new section for them, so they will be easy to find – you simply have to open the download, and there it is!

Alternatively, give your email to Pam Wakeling

Sue Pogmore



BOUGHTON VILLAGE NEWS

Boughton Parish Council

Hello Everyone,

We are now in our third month of lockdown and with any luck we will see some easing of restrictions that will soon allow us to see more of each other and our families. In the meantime, stay safe. If you need help, you can call the Parish Council on 01366 683017.

On May 5th, we held our ordinary meeting of the Parish Council. Not so "ordinary" though as councillors joined the meeting virtually. Despite some technical hiccups we were able to conduct the business we are legally obliged to do. The outcome of the meeting was that we resolved to:

1. meet virtually until COVID-19 restrictions are lifted
2. postpone the formal council annual meeting until May 2021, so council officers in post remain so until then (clerk, chair, committee chairs) and councillor areas of responsibility remain unchanged.
3. postpone the annual parish meeting until May 2021, although if there are pressing issues that residents would have liked to raise at the annual parish meeting these can be brought to ordinary parish council meetings in the meantime.
4. conduct financial business electronically via online banking and the use of electronic signatures until such time as physical signatures can be obtained in person.
5. defer the internal audit of year-end accounts until September unless it can be completed remotely
6. renew the council insurances
7. pursue the village speed sign, funding for which, although promised, has been delayed by COVID-19

You may well have noticed an extremely welcome reduction on the amount of fast food litter on our lanes, due of course to the closing of restaurants in the area.

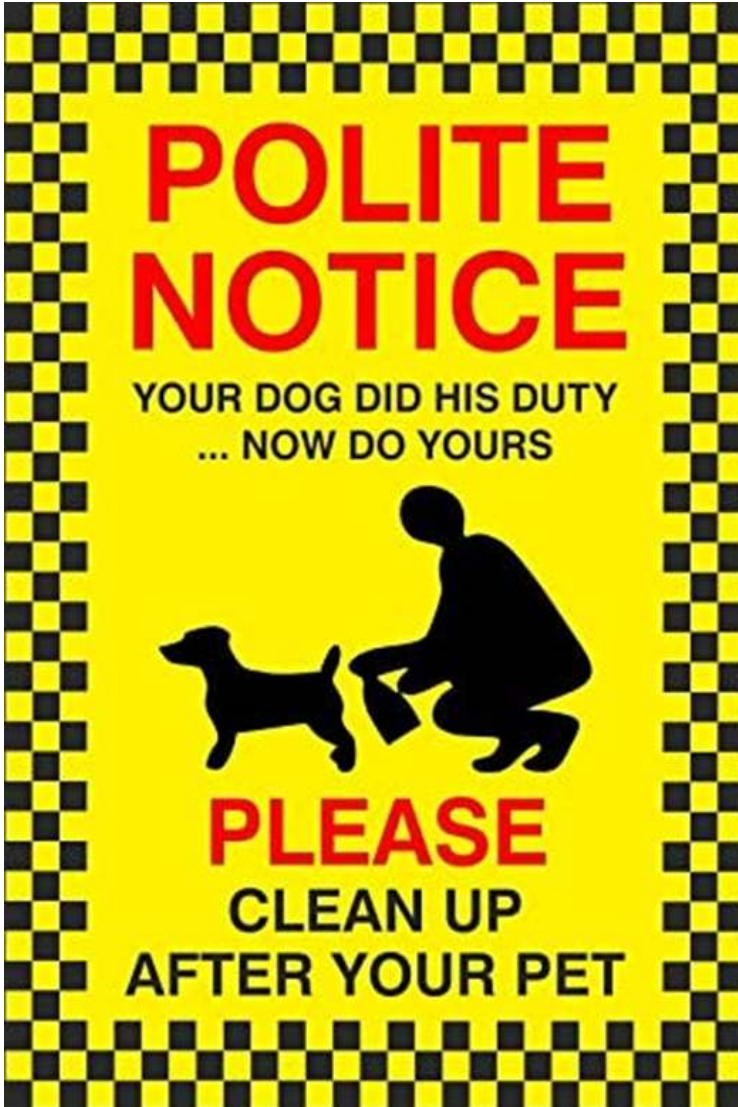
However, it is clear that we are now suffering an explosion in the amount of dog mess around the village, and many small black bags being discarded. There is no excuse for this. If you are walking your dog, please follow the rule "Bag It, Bin It". If there is no dog waste bin available, you may use normal litter bins or your own black bin. Not having a suitable bag is not a reasonable excuse. Whilst rare, contact with dog excrement can cause toxocariasis. There is no need for this anti-social behaviour. It is an offence not to clean up after your dog, and the penalty is a maximum fine of £1000.

BOUGHTON VILLAGE NEWS

Remember you can keep up with local Boughton news on the "All About Boughton" Facebook page @boughtonpc.

Regards

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



COMMUNITY NOTICE BOARD

MOBILE LIBRARY VISITS

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

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

MARKETS - Farmers' and Indoor

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

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

VILLAGE, COMMUNITY and PARISH HALL BOOKINGS

Barton Bendish	Andrew Stephen	01366 347549	07748015464
Beachamwell	Cathy Friend	01366 328892	
Boughton	Pam Wakeling	01366 500429	
Wereham	Angie, Lyn or Sara	07497 430005.	weekdays 10 - 3
	www.werehamvillage	hall.co.uk/ hallhire	Anytime

VILLAGE BUS SERVICES

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

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

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

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

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



ANY QUESTIONS

If you have any queries or concerns the Mobile Library, Markets or Village Bus Services, please phone the number given on these pages

CHURCH SERVICES

There is a wide choice of Sunday services as well and links are below.

Wissey Valley Benefice Services

Wissey Valley Benefice. We will be having an online service every Sunday at 09.30am. The first Sunday of the month will be Holy Communion. Other Sundays will be Services of the Word.

[https://us02web.zoom.us/j/82822775006?](https://us02web.zoom.us/j/82822775006?pwd=eU12TDN0VTJpZFVocld4WlpuZEM4dz09)

[pwd=eU12TDN0VTJpZFVocld4WlpuZEM4dz09](https://us02web.zoom.us/j/82822775006?pwd=eU12TDN0VTJpZFVocld4WlpuZEM4dz09)

Janet.tanton@gmail.com 01366500031

Deanery Services

<https://us02web.zoom.us/j/3119595155>

[pwd=dy9nNzRJby91OVprZG9nSzIMSEIPZz09](https://us02web.zoom.us/j/3119595155)

Password Wanda123

Hello All,

Please find above the link for the regular Thursday Communion at 10am. The plan is that this is the permanent link for all the Thursday 10 am Communion services and also all the 11 am Sunday Communions. Any new regular services can be added as needed. This system means you can from now on just join the services from this link which we suggest you leave in your inbox or save somewhere on your device because I will not send the link out before each service. Just remember the times and hit the link a few minutes before the scheduled start time!

Any queries, please email me or phone 01366 328663. (**Pippa Blackall**)

Also please share this and advertise these services which have been a great resource for those who have found them. Zoom really is not difficult and there is help for anyone who needs it to access the App. No computers, laptops or iPads etc have been harmed in the process!

WNP They are directing all churches to the Church of England's Virtual Sunday Service at <https://www.churchofengland.org/more/media-centre/churchonline/virtual-services/virtual-services>

There is also a regular Sunday service at <https://www.facebook.com/pages/category/Religious-Organization/West-NorfolkPriory-Group-Church-of-England-100422234980502/>

WISSEY VALLEY GROUP CHURCHWARDENS

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

PRIORY GROUP CHURCHWARDENS

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



WEREHAM VILLAGE NEWS

Wereham Open Gardens

Sadly Wereham Open Gardens will not take place this year but I would like to thank all of those kind people who agreed to open their gardens and all the volunteers who work so hard to make it happen.

Let's all look forward to next year and meanwhile keep safe everyone.

Best wishes,

Greg Baddock

Wereham Parish Council

Next Meeting Date

As per legislation amendments the Parish Council are not holding the Annual Parish Meeting or Annual Meeting of the Parish Council until after 7 May 2021. It is likely that the next time the Parish Council meet will be in September but please follow information on the Website www.werehamparishcouncil.co.uk Until this time the Council will take decisions by email, recorded to be ratified at the next Council meeting.

Coronavirus – Covid-19

Stay Home, Protect NHS, Save Lives (As at 28.04.20)

If there are volunteers who could help other residents in the village with essential shopping please contact the Parish Clerk who will add you to a register that is being kept. If there are residents that need help with essential shopping or doctors prescriptions with no family or friends network please also get in touch with the Parish Clerk who will be able to discuss options available for helping you.

For the latest Government Advice view the following websites:

The HSE have now created a dedicated Coronavirus page for businesses here:

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

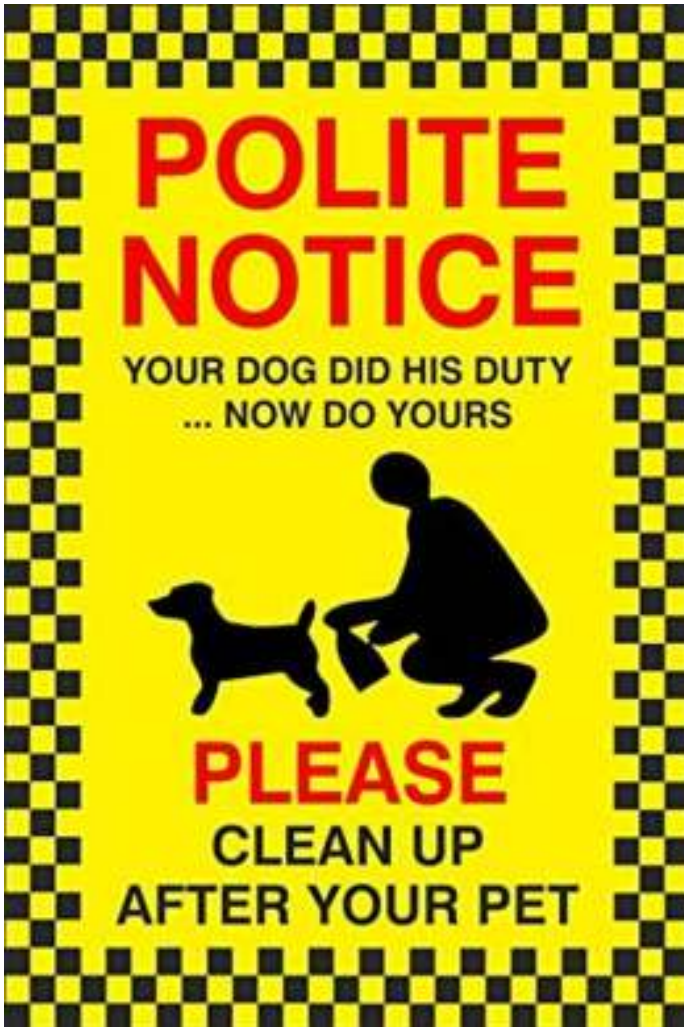
This should be used in conjunction with the NHS information here:

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

Dog Walkers

There continues to have been instances of dog waste not being removed from outside people's properties and pathways in the village by dog walkers. There are five dog bins available at the playing field; off Cavenham Road, Lamas Lane; End of the Row/Wretton Row and on Church Road. So this is plenty of points to deposit their waste plus the option to take it home. Please respect the village and clean up after your dog.

WEREHAM VILLAGE NEWS



Wereham Cemetery – Memorials Next of Kin

Please could any members of the public known to be the next of kin for memorials within the Wereham Cemetery please contact the Parish Clerk to agree to share their contact details. We need to ensure that our contact database for the purposes of contacting next of kin, where we need to discuss

WEREHAM VILLAGE NEWS

memorials is as up to date as possible. Memorials that have been laid down for safety reasons can be reinstated by commissioning a stone mason to install what is called a NAAM bar.

Highways – Paths and Roads – Defects

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

Helen Richardson

Wereham Parish Clerk and Finance Responsible Person

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

Mobile Post Office

It will park near the village pond on the following days/times, depending on current restrictions.

Monday and Thursday 14.00 – 14.15

Tuesday and Wednesday 12.25 -12.55

Obviously there is doubt over when things can get back to 'normal' which means the Church Festival in July is still on hold at the moment. When things change there will be notices on the Village Notice Boards and the Wereham Village Group, and Wereham Village Hall Facebook pages. Hopefully it will not be too long.

Wereham Craft Group

We have a craft fair booked for 7th November 2020 and we will give more details nearer the time when hopefully life will have returned to something approaching normal.

For details please contact Rosemary on 01366 501330, or 07749240606
e mail rosemary.pease@btinternet.com.

Car Boot and Cafe and Short Mat Bowls.

We will let you all know as soon as these two things are up and running again.

For details please contact Philip on 01366 501330 or 07759033492.

e mail rosemary.pease@btinternet.com

WEREHAM VILLAGE NEWS

Wereham Village Hall Closure

In light of the current guidelines from both the government and the NHS and the rapidly evolving situation, Wereham Village Hall will remain closed until further notice. We apologise for the disruption but want to say a huge thank you to all of our staff, volunteers and customers for their support and understanding. We pride ourselves on being an integral part of Wereham and the surrounding communities and want to ensure that we continue to support each other and develop ways of caring for every part of our community. Our team have been working tirelessly to make contact with all event and activity organisers and customers. We will be updating information regularly. Please keep checking our website and facebook pages for the latest updates. We value your continued support and look forward to reopening our doors and to welcoming you back as soon as we possibly can.

The Wereham Village Hall Management Committee

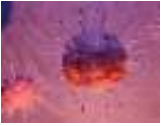
For future reference

SPECIAL EVENT PLANNED?



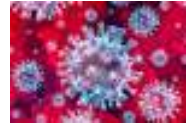
Think Wereham Village Hall!!

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



COVID – 19

www.gov.uk > coronavirus



Studies continue as the length of time coronavirus can survive although it varies on different surfaces. Present thinking is that it lives for about 24 hours on cardboard and up to 72 hours on smooth surfaces such as plastic and steel. As time passes contamination gradually reduces. Further research will undoubtedly shed more light on the matter.

The possible risk of contamination from mail, parcels and our daily newspaper is considered to be low

Summary of UK Government Guidance

What you need to know about coronavirus and food

It is very unlikely that you can catch coronavirus (COVID-19) from food.

Cooking thoroughly will kill the virus.

COVID-19 is a respiratory illness. It is not known to be transmitted by exposure to food or food packaging.

Everyone should wash their hands regularly with soap and water, for at least 20 seconds, to reduce the risk of illness.

It is especially important to wash hands before handling food or eating.

Food hygiene when shopping

The risk of coronavirus (COVID-19) cross-contamination to food and food packaging is very low. Food businesses must ensure that they have the correct food hygiene and food safety processes in place and that these are being followed to protect their customers. Staff handling food in shops are required to maintain a high degree of personal cleanliness and wear suitable, clean clothing. This includes regular hand washing to maintain good hygiene.

Food businesses are required to have a system for managing food safety in place, but this does not necessarily require staff to wear gloves when serving or handling food. When you are buying loose foods such as fruit, vegetables, or bread in a bakery, try and only touch what you are going to buy.

Imported food products

The risk of imported food and packaging from affected countries being contaminated with coronavirus is very unlikely. This is because the law requires the exporter to follow the right controls during the packing and shipping process to ensure good hygiene is met.

Food hygiene at home

Although it is very unlikely that coronavirus is transmitted through food,

cooking thoroughly will kill the virus.

If you have symptoms associated with coronavirus, or have tested positive for COVID-19, you can minimise direct hand contact with food by using tongs and utensils.

It is important that anyone handling and preparing food for others follows the Food Standard Agency's [guidance on food safety and hygiene](#).

You should always use a food-safe disinfectant when cleaning surfaces and follow the instructions on the pack. If there is a shortage of suitable cleaning products, you can use hot, soapy water to clean these surfaces.

Food packaging

If you have been shopping, there should be no need to sanitise the outer packaging of food. This is because food businesses are required to have a [system for managing food safety](#) in place, which should include keeping packaging clean. You should still follow good hygiene practice by washing your hands after handling any outer packaging. If you have reason to believe the packaging has been contaminated, you should follow the recommended [cleaning guidance](#).

Loose food

It is very unlikely that you can catch coronavirus from food. You should follow good hygiene and preparation practices when handling and eating raw fruit, leafy salads and vegetables. This includes washing fresh produce to help to remove any contamination on the surface. Peeling the outer layers or skins of certain fruits and vegetables can also help to remove surface contamination. We would remind you not to wash raw chicken or other meat as this can lead to cross-contamination in your kitchen.

It is important to always wash your hands with soap and water for at least 20 seconds before and after you prepare food.

Advice from America regarding further reassurance

While the risk of acquiring coronavirus from fresh fruit and vegetables is regarded as being minimal in the UK you might feel you want to take hygiene to a higher level. A study in the USA showed the best results for decontaminating fresh produce was achieved by dissolving approximately two teaspoons of baking soda (bicarbonate of soda) in two pints of clean tap water (four cups or about one litre) and soaking the produce for fifteen minutes before rinsing well under running tap water before use. Soft and delicate fruits like strawberries and raspberries should only be washed immediately prior to eating and then for only a couple of minutes, any longer and they would become too soggy. They should then be thoroughly rinsed and patted dry with a paper towel. ***Jill Mason (Barton Bendish)***

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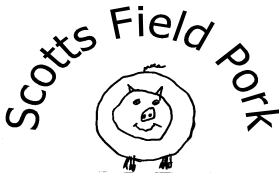
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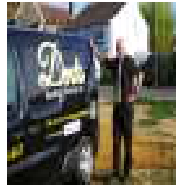
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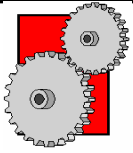
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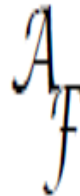
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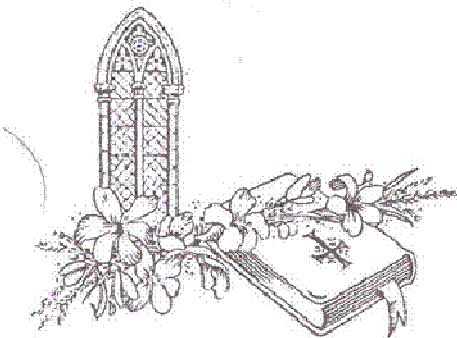
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- Dedicated sterile operating theatre & dental suite
- Full digital x-ray, endoscopy & ultrasound facilities
- 'State of the Art' laboratory equipment including haematology, biochemistry and our new urinalysis machine - the first in East Anglia
- Independent 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"***

