

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

March 2021

Cover Illustration drawn by Mark Powell, Beachamwell ©

WELCOME



Well, what can we say? Nearly a year since Lockdown became the norm for us. Lots has already been written so suffice to say

Take care and stay safe

We would like to thank Alan and everyone who has helped with G4N in any way - we do appreciate your continued support. Hopefully it won't be too long before we can have the magazine printed.

Happy Reading

Eileen and Pam

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

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

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

© Copyright Group4 News 2021

GROUP 4 TEAM VILLAGE CONTACTS

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

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

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

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

Please submit all information through your Village Contacts.

Deadline for copy for the April 2021 edition:

11th March

ADVERTISING

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

Tel: 07779 787499 or 01366 386125 e:mail: <u>group4news@gmail.com</u>

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

WEBSITE

www.group4news.co.uk Kevin Fisher, Tel 01366 502224

PRIESTLY RAMBLINGS LOVE AND HOPE

As I write this, the snow is falling again, the pup is cuddled up next to me under a blanket and hubby is making endless cups of tea - it feels like we are all alone in a white, quiet world of peace.

Over the last week I have had many friends and indeed relatives who have been unwell and not all through Covid. One friend has lost his wife unexpectedly from a brain bleed, another her mother: One after the other requests for prayer are being received, practically daily, via the phone or email: a small boy having a brain operation, a young girl of 12 struggling to get over Covid, a broken hip and so it goes on. Prayer is the mainstay of my and many people's daily existence; now even more so. I have never prayed for so many different people at one time and the effect has been overwhelming. I feel I am hot wired to the Almighty and he in return has replied with love.

Love and Hope are twins. They go together like peas in a pod and we must hang on to the promise that they give: God loves us all and his love gives us hope for a brighter day which is, I am sure, round the corner. Snow will turn to rain- as it always does in Norfolk and then winter will run into spring and finally, halleluiah, summer will dance in and we can lift our faces to the warmth of the sun lazing in the garden and if we are blessed and offer those prayers we will be doing this together drinking tea and having that long awaited reunion.

Rev Carol Nicholas-Letch Priest in Charge Wissey Valley Benefice 01366 500704 *caroln153@hotmail.com*

Dear Lord God,

We thank you for all we have:

For our loved ones and all who work so selflessly for us.

Give comfort and healing to the sick and hope to the lost.

We pray for our communities, our Nation and the World;

May we all be together again soon with the virus under control.

We ask this in love.

Amen.



ST. DAVID PATRON SAINT OF WALES MARCH 1ST



He was born in a storm

St David was born in the year 500, the grandson of Ceredig ap Cunedda, King of Ceredigion. According to legend, his mother St Non gave birth to him on a Pembrokeshire clifftop during a fierce storm. The spot is marked by the ruins of Non's Chapel and a nearby holy well is said to have healing powers.

He was a fine preacher

St David became a renowned preacher, founding monastic settlements and churches in Wales, Brittany and southwest England – including, possibly, the abbey at Glastonbury. St David reputedly made a pilgrimage to Jerusalem, from which he brought back a stone that now sits in an altar at St Davids Cathedral, built on the site of his original monastery.

He was a teetotal vegetarian

St David and his monks followed a simple, austere life. They ploughed the fields by hand, rather than using oxen, and refrained from eating meat or drinking beer. St David himself was reputed to have consumed only leeks and water – which is perhaps why the leek became a national symbol of Wales.

He performed miracles

The most famous miracle associated with St David took place when he was preaching to a large crowd in Llanddewi Brefi. When people at the back complained that they could not hear him, the ground on which he stood rose up to form a hill. A white dove, sent by God, settled on his shoulder.

His legacy lives on

St David died on 1 March – St David's Day - in 589. He was buried at the site of St Davids Cathedral, where his shrine was a popular place of pilgrimage throughout the Middle Ages. His last words to his followers came from a sermon he gave on the previous Sunday: 'Be joyful, keep the faith, and do the little things that you have heard and seen me do.' The phrase 'Gwnewch y pethau bychain mewn bywyd' - 'Do the little things in life' - is still a well-known maxim in Wales.



ST. PATRICK PATRON SAINT OF IRELAND MARCH 17TH

1. Much of what is known about St. Patrick's life has been interwoven with



folklore and legend. Historians generally believe that St. Patrick, the Patron Saint of Ireland, was born in Britain (not Ireland) near the end of the 4th century. At age 16 he was kidnapped by Irish raiders and sold as a slave to a Celtic priest in Northern Ireland. After toiling for six years as a shepherd, he

escaped back to Britain. He eventually returned to Ireland as a Christian missionary.

2. Among the legends associated with St. Patrick is that he stood atop an Irish



hillside and banished snakes from Ireland - prompting all serpents to slither away into the sea. In fact, research suggests snakes never occupied the Emerald Isle in the first place. There are no signs of snakes in the country's fossil record. Water has surrounded Ireland since the last glacial period. Before that, the region was covered in ice and would have been too cold for the reptiles.

3. The Shamrock is a three-leaf clover and has been associated with Ireland for centuries. It was called the "seamroy" by the Celts and was considered a sacred plant that symbolized the arrival of spring. According to

legend, St. Patrick used the plant as a visual guide when explaining the Holy Trinity. By the 17th century, the shamrock had become a symbol of



emerging Irish nationalism.

Major shrines:

Armagh, Northern Ireland and Glastonbury Abbey, England



Happy Women's Day March 8th

Happy Mother's Day March 14th



Group4 News

ST MARY'S CHURCH, HOUGHTON ON THE HILL



(Photograph taken in the Spring 2020)

Everyone has experienced a very difficult year and St Mary's Church is no exception It has been closed for several months under lockdown rules, so our winter visitor schedule of weekend afternoon opening simply didn't happen. We are now looking at the timetable for easing lockdown and when this might permit the Church to open again and launch its programme of spring and summer events. Even with the Church itself closed, our garden is just emerging from winter with crocuses, aconites and eventually daffodils coming on show. It's well worth the effort of a trip up the hill to walk around the garden, enjoy its tranquillity and fresh air, and see that spring is certainly on its way.

You can find the Church of St Mary on top of the hill in Houghton, on the outskirts of North Pickenham near Swaffham. Of the small hamlet once described as Houghton Town, only the church and Houghton Farm remain intact. The last two surviving cottages were demolished in 1994, the remainder of the village is visible only as bumps in the field just to the north of the church.

Group4 News

ST MARY'S CHURCH, HOUGHTON ON THE HILL



Because the Church's income has substantially fallen during lockdown, we are very keen to encourage people who support the Church to become Friends of St Mary's.

For a very modest financial commitment, our Friends give their backing to the upkeep of the Church and its priceless wall paintings and receive early information about events and activities.

Please help us support St Mary's by becoming a Friend. The easiest ways to do this are by:

- going on our website at www.houghtonstmarys.org.uk
- via our Facebook page,
- by email to <u>admin@houghtonstmarys.org.uk</u>.

As soon as we are able to plan for re-opening this spring, we shall be back in touch with everyone.

The Trustees

COUNTRYSIDE NOTES

Global warming eh? It hasn't seemed like it lately but then apparently they're talking about climate and not weather. All I know it's been rather chilly; thank goodness for central heating and not getting chilblains! It might be costing a bit extra but at least with Lockdown we've not been able to go out and spend the money on other things.



Did you know that no two snowflakes are identical nor are they white? Put very simply each one begins life as a minute droplet from a cloud that freezes into a tiny particle of ice. Then it flutters its way to earth through the cold developing atmosphere little branches and gaining in size as Its growth depends it falls.

much on the temperature but because each snowflake has not followed exactly the same route as another one, though similar in pattern, it is a one-off. En masse, snow only appears to be white because of the way light is reflected off it. It's surprising how snow on the ground makes the night seem a lot less dark, even when there's no moon.



Snow always looks pretty when iť's fresh but what a pain it turns out to be after a couple of days if sub-zero temperatures freeze it solid and it gets packed down roads. on paths and pavements.

At the time of writing we've been lucky this time round. It's been thawing a bit during the day unlike over Christmas and New Year in 2010 when there was thick ice everywhere and we had a 24 hour power cut thrown in for good

COUNTRYSIDE NOTES

measure. I don't know what it's been like in towns this time because, in common with many people, I haven't been out anywhere to see. Here in Barton Bendish we have three salt boxes strategically sited and hopefully one or two community minded people willing to spread it when and where needed. Whether this actually complies with health and safety regulations, if they've not been officially appointed, might be a different matter. Two things put fear in local Councils – liability and compensation!! I seem to remember in the past, when we'd had a heavy fall of snow, local farmers soon set to work clearing the side roads. There seemed to be a system whereby a network of farmers each kept a snow plough on their farm for just such occasions. When we lived near Winchester in the early 1980s the tractor driver next door spent the best part of three weeks clearing snow off an exposed part of the A272 because it continually kept blowing back on.

In an arable area like we live in there's certainly no shortage of tractors and there's not much work that can be done on the land when it's covered in snow so time shouldn't be an issue even though 'liability' might. Up north, farmers are supplied with salt/grit as well and even go so far as to spread it with their fertilizer spreaders. The end cost to the economy for keeping roads passable would surely be less than the money lost through accidents and the country coming to a virtual standstill. It doesn't really make sense that A&E reach melt down dealing with breaks and fractures for the sake of someone, especially in towns, unofficially clearing away snow and putting down a shovel full or two of grit or salt? A bit of self-help makes common sense and helps everyone.

The Council has a policy of keeping one road open to access each village. In

Barton it is the Fincham road that gets gritted but if you're signed up with Boughton Surgery getting there can prove to be somewhat of a problem after a heavy fall of snow as the road kept clear for them is off the Stoke by-pass.

Jill Mason Barton Bendish



ARE YOU FED-UP WITH DOING THE SAME OLD WALKS?

In these peculiar times when people are walking more than usual many are interested in finding new local walks. So my website is the website for you!

Walking in Norfolk www.walkinginengland.co.uk/norfolk

With hundreds of walks to download and print free, it also has books of walks, contact details for all the walking groups in the county and much more. Whether you want to walk on your own or with a group all the information is there in one place.

'There is so much walking information on the web but it is difficult to find. Walking in Norfolk (part of the Walking in England suite of websites (<u>www.walkinginengland.co.uk</u>) – one for each county in England) has brought it together in one place so whether you are walking from home, or away on holiday, you will be able to find a walk suitable for you'.

With walks from half a mile to twelve miles plus long, and a note of suitability for pushchairs and wheelchairs, everyone can find a walk to enjoy.

So home or away, check out the website and get walking!

www.walkinginengland.co.uk www.walkinginengland.co.uk/norfolk email: john@walkinginengland.co.uk 01920 822887 All the best, *John Harris*

Turn to Page 14 and solve the word search. Here are some interesting facts......

The phrases "mad as a hatter" and "mad as a March hare" are sometimes thought to have been invented by children's author Lewis Carroll. There's no doubt about the madness of the Mad Hatter and his partner March Hare in the *Alice in Wonderland* story, but the phrases were in use before Lewis Carroll created these characters.

Years ago hatters really did go mad! Hat makers (hatters) used a mercury based compound to cure the felt material. Mercury poisoning caused various unpleasant symptoms including shaking, distorted vision and confused speech.

RECIPE PAGE

Geoff's Aubergine Surprise

Ingredients

1 aubergine 1/2 a medium onion finely chopped 1 clove of garlic 15 ish baby plum tomatoes halved 1 red pepper diced Italian herb mix cheese olive oil salt and pepper



Method

I cut the aubergine into 8 pieces (as this is how many fit into my biggest frying pan) and lightly oiled each side with olive oil and seasoned. Cook gently using a medium heat until lightly browned on each side and cooked through - no need to rush this as the sauce takes a little while too.

Gently cook the onion and garlic in a little olive oil until translucent, add the tomatoes, pepper, herbs and seasoning to taste then cook until the tomatoes break down.

Place the aubergines in a grill proof dish, cover with the sauce then add a thin layer of whatever cheese you like. I used Danish Blue as I happened to have some. Pop under a medium grill for 5 minutes until the cheese is just bubbling.

Sometimes recipes come along because you have some items to use up. This is what I did here - you can just make it up as you go along...... Enjoy experimenting.

Geoff Siddons 1A Chestnut Walk, Beachamwell, PE37 8AZ

Thank you Geoff. If anyone else would like to share their recipes please do so. Just send them to me. Eileen Powell

Group4 News



CHILDREN'S PAGE



Mad March Word Search

Words may go vertically and horizontally in eitUher SdirectionEEH H

т	Μ	W	Α	T	С	Ĥ	Μ	В	С	F	R	X	I	Κ	Н
Е	Е	w	R	т	Y	U	I	0	0	Ρ	[н	н	Е	н
Α	С	F	G	Y	U	I	Q	W	Е	W	Q	Е	Α	R	R
Ρ	т	С	R	0	Q	U	Е	т	т	т	Y	R	U	G	V
0	G	R	F	v	В	н	С	J	Κ	L	т	Q	W	Q	Α
т	Α	S	С	v	В	Ν	Т	Μ	Μ	S	т	U	т	Y	U
Α	S	D	С	X	Z	X	L	0	В	S	т	Е	R	Α	S
Y	Н	Ν	Μ	κ	V	G	Α	D	F	G	Н	Е	С	v	в
Κ	Е	Υ	Μ	Ν	V	В	Ν	Μ	Н	J	G	Ν	D	D	F
Y	R	т	Y	D	Ν	Α	L	R	Е	D	Ν	Ο	W	U	Y
т	W	Е	R	т	н	G	G	Н	Е	Υ	U	Т	ο	Ρ	Ρ
R	т	т	т	С	Α	т	S	W	S	S	Α	S	D	F	G
Α	V	F	R	т	т	н	Е	R	т	Y	0	F	G	н	J
Ρ	т	Y	U	Т	т	С	D	S	D	F	G	М	D	F	G
Α	т	Y	U	Т	Е	R	G	Н	R	т	Е	X	R	Е	R
Е	R	т	Y	Е	R	Α	н	F	G	н	J	U	I	0	Q
т	R	F	G	н	J	М	R	т	S	S	Е	н	С	U	D





QUIZ PAGE

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

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

- 14. Fidelity, Bravery, Integrity is the motto of which American organisation?
- 15. Who lives on the island of Sodor?
- 16. Did Concorde make its maiden flight before the first man walked on the moon?
- 17. What word can come after bull, iron, behind and nail?
- 18. What is Piri Piri on a restaurant menu?
- 19. 'A Life on the Ocean Wave' is the march of which military organisation?
- 20. Which well known award was originally called the Statue of Merit?
- 21. The surname Wainwright has its origins in which trade tapestry weaver, bookbinder, wagon maker or pipe maker?
- 22. Which prestigious car manufacturer produced the Testarossa?

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

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

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

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

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

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

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

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

Telephone 01366 386972 or 07926 044845

Email vhowling@csv.org.uk

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



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

'THINKINGFUEL' - TAKING THE WORRY OUT OF BUYING HEATING OIL

At Community Action Norfolk we believe in fair outcomes for all Norfolk residents. <u>'ThinkingFuel</u>', our collective heating oil buying service, helps combats fuel poverty across the county.

We are asking for your help in raising awareness of ThinkingFuel.

Heating oil – helping the community

Because heating oil is not a price-regulated commodity like electricity and gas, consumers are vulnerable to the fluctuations of market prices. 'ThinkingFuel' has supplied low-priced heating oil to thousands of Norfolk residents who know and trust that we are able to supply oil at competitively and consistently low prices.

Members also know that in buying oil from us they are helping CAN support community development and local projects across the county, including the around 400 community buildings across our county.

You might also consider buying oil from 'ThinkingFuel' for your own premises. We supply oil to business and community premises as well as households, and we can also supply LPG and bottled gas. And as a charity you can of course complete a declaration to claim reduced VAT at 5%.

We can also post you a supply of A5 leaflets for display or distribution - contact <u>steve.nunn@communityactionnorfolk.org.uk</u> or call 01362 545027.

If you'd like to talk to us about 'ThinkingFuel' or indeed if you need advice and guidance on funding, governance or project planning for your organisation, please call 01362 698216 (you may need to leave a message but we will get back to you) or email <u>office@communityactionnorfolk.org.uk</u>

Thank you for your help in raising awareness of this important community support project.

Thank you

The Community Action Norfolk Team

Please direct all general queries to the main office by calling 01362 698216 or <u>office@communityactionnorfolk.org.uk</u>

Follow us on twitter @CANorfolk

Like us on Facebook

Community Action Norfolk

Registered Charity No 1056750 | Company No. 3190820

Company Limited by Guarantee Registered in England and Wales

Group4 News =

Every minute, six people over 65 suffer a fal/

We're here to help.

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







King's Lynn &



Tel: 01553 616200 www.asklily.org.uk

Helping adults in west Norfolk get involved in their community

in association with rfolk County Council



Group4 News

Lily Has Changed!

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

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

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

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

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

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

Free Home Assessments on Offer

Older, disabled or vulnerable residents of West Norfolk are being encouraged to book an appointment for a free home assessment from Careline Community Services.

The assessments, which are carried out by a team of qualified staff, will help residents, who may be living with a disability or dementia, or who are simply older and less mobile, to identify concerns in their property which may be affecting their day-to-day life.

The assessor, trained by the Disabled Living Foundation, will inspect the home to see whether measures could be introduced that would reduce the possibility of slips, trips and falls and generally make it easier for people to live safely and independently in their own homes.

Measures that could be considered include installation of a Careline personal alarm, improved lighting arrangements, heating checks, draught proofing, smoke detectors and easy-to-use taps along with recommendations for other adaptations that may reduce any potential risk to the resident. Practical solutions for those living with dementia are also available, this includes signage or colour differentiation for those who suffer with memory loss and are visually impaired.

The assessors will also be able to advise whether any grant funding is available for any works required.

To book an appointment call the Careline Community Team on 01553 760671

MAGPIE CENTRE NEWS



Magpie Centre Looks Forward to 2021

Now that the Covid vaccination programme is gathering pace, the Magpie Centre, home of West Norfolk Riding for the Disabled Association, based at Wallington Hall, South Runcton, is looking towards a brighter future.

November 2019 saw a pilot session of 'Tea With

a Pony', aimed at people living with dementia and their carers. Participants enjoyed tea and cakes, had a 'meet and greet' session with some of the ponies, and enjoyed handling items of tack and grooming kit.

Care home supervisors reported that residents had been very much stimulated by their visit and had continued to talk about it for days afterwards.

Monthly 'Tea With a Pony' meetings, scheduled to start in spring 2020, were put on hold, because of the pandemic, but are now re-scheduled to begin when current restrictions are lifted.

The Magpie Centre is also creating a Sensory Garden, including a variety of

scented plants in raised beds and a water feature for participants to enjoy and work on this is progressing apace. One of the features has a 'seaside' theme.

Therefore, we need a small, wooden dinghy, which, upturned, as a planter, will form the centrepiece of this, plus several varieties of ornamental grasses. We also need clematis and jasmine plants/cuttings, to grow up the newly erected fences, so if you have any offcuts, or might like to donate funds towards this project, please contact

www.rda-westnorfolk.org.uk c.dudley@success-in-english.co.uk 01553 828935.

We should be most grateful for any help you can offer towards this exciting Caroline Dudley project.

This mother lost her baby in labor. Two days later, the mare was introduced to a foal who had lost her mom.

This photo was taken an hour after the two were introduced..



SWAFFHAM & LITCHAM HOME HOSPICE SUPPORT



During this terrible time living through the pandemic, our lifestyles have changed in many ways. We have had to follow rules which we don't like very much, in order to stay alive. We fear for our ourselves and our loved ones so we try to do what is best, no matter how difficult life becomes. However, there is another 'pandemic' which has been going on for much longer than COVID19, and that is Cancer. Cancer has not gone away; it is still taking the lives of the

young and the old. According to research, one in two people will get cancer in their lifetime. Many of you who are reading this may have experienced cancer yourself or have known someone who has suffered with the disease. Throughout the pandemic we have been advised to avoid places where we will come in contact with others, to stay at home and stay safe. This has meant that we have not had access to the medical facilities, as we would normally. So maybe we didn't go to see our G.P with concerns or worries about our health as we would have prior to this situation. We all know that the earlier a cancer is diagnosed, the more treatable it is and chances of beating it are increased. We are all guilty of 'wait and see' thinking too. After recently reading an article written by a 39-year-old G.P, I understand even the most informed people can ignore symptoms which may be cancer. This doctor failed to recognize her own symptoms of bowel cancer, thinking she was too young to fit the profile and was not diagnosed until a year after her problems first presented. She now advises 'Don't wait, see your G.P.' Because of the restrictions caused by the virus, much of the routine cancer screening has not taken place, so we must be even more vigilant to changes we pick up on. We know the difference between not feeling very well for a while and something which is really worrying. If you have concerns, for example, a new lump, unusual bleeding, persistent pain or unexplained weight loss, speak to your doctor, the help is there. The enormous tragedy of deaths from COVID19 is more than we can comprehend. So much loss and the tsunami of grief which follows will cause even more devastation to the lives of many. Swaffham & Litcham Home Hospice is here to support people who have a cancer diagnosis. We also have qualified counsellors who specialize in Grief and Bereavement counselling. If you would like to talk to us, pick up the phone and give us a call, we will do our best to help. We are a charity, there is no charge for our services. If you would like to make a donation to our organisation, or if you are interested in joining our team of volunteers, contact us on 01760 722937. Wendy Martin. Co-ordinator

'THE VILLAGE'

These days many wealthy city folk are moving to the country. Fair play and good luck.

However, it is an unfortunate fact that many find it hard to assimilate. One of the major reasons for this is the actual countryside is a place where people live and work, not the large leisure park most city people have experienced thus far. Thus the reality is not always what our new neighbours expected to find and, often, they don't like it as much as they thought they would.

In the spirit of public service, then, here is your handy print-out-and-keep guide to a comfortable new life in the sticks.

1. **The Roads:** They are covered in ****. This is a function of drainage ditches being full, of animals on the roads and of large agricultural machinery dropping muck everywhere. This is fine. It is not "a matter for the Parish Council".

2. **The Parish Council:** This will usually be made up of folk who've lived in the village for years and also some newer blood. That's a good thing. It is not a replacement for your Kensington bridge club, or meeting your girlfriends in Harrods, and there is no need for you to join it and try to change everything in order to fill your long afternoons. Unbelievably, we've managed so far without you for more than 500 years!

3. **The Village Pub:** A fine and wonderful place which is to be treasured and used. The best thing about it is it's a real leveller – doesn't matter who you are, you'll be judged on how you treat others and nothing else. If you've got anything about you, you'll come to love this above all else. On which note, then, please don't come in and grumble about dogs running around, or about the fact you can't get St Tropez scallops fried in yak's butter at 4.30pm or that they may not be able to make you a Brandy Alexander. Also, best not to only come in twice a year, the second occasion being Christmas when you address the landlord like an old friend and loudly call him by his Christian name to impress your friends visiting from Hampstead.

4. **Animals:** There are loads, and we kill and eat quite a lot of them. Many are quite noisy, especially cockerels. This is also not "a matter for the Parish Council". Equally, some are a problem and will be killed by your fellow inhabitants from time to time; others will be killed by each other or by cars. There is not a "little man" who comes along to pick them up. Just drive around them. Finally on this one, please don't feed the foxes. They're not "cute" and they kill all our chickens. This makes us all quite angry.

'THE VILLAGE'

5. Your New Dog: Obviously you will have bought a pedigree mutt to go with your new house. Enjoy. However, it's worth taking the time and making the effort to train it properly so it doesn't chase sheep or deer, or dive in to areas of nesting pheasants. In the north of the country somebody is likely to shoot it for chasing the former, in the south for chasing or doing the latter. Despite having a Kennel Club name longer than most people's address, your dog will still be turned inside out by a hand-loaded .243 cartridge. If it's a gun dog and you intend to work it there's no need to pay someone £3000 to train it for you. Ours are all rubbish too.

6. Your New Gun and Togs: Over the years you've enjoyed a bit of corporate shooting, and good for you. However, you now have a bit of an issue. Your $\pounds 18,000$ English side-by-side and the $\pounds 7,000$ worth of kit you bought from William Evans on St James's mean you really need to be able to hit a cow's arse (NB: cow – large bovine animal found in fields and, occasionally, running down the road for no obvious reason) with a banjo. Actually nobody cares if you're rubbish, so long as you can laugh at yourself and take a bit of ribbing, so pop the expensive stuff away and go and buy a working gun whilst you get your eye in.

7. **Your Trousers:** Those yellow or blue cords from Oliver Brown on Sloane Street don't make you look like landed gentry, they make you look like a derivatives trader on a long weekend away. Just don't.

8. Your New Community: A village is just like a city, only smaller and therefore more intimate. That means it's made up of people from all sorts of backgrounds. This is a good thing. If you take the time to get to know them you'll be pleasantly surprised by the breadth of experiences and knowledge. Lamenting loudly that nobody you now know has been to see the Chuck Close at Tate Modern is not the best way to achieve this. Nor is making rude assumptions about them and living behind your closed front door all week until the next set of visitors from London arrive for the weekend. You're missing the best bit of being here, the people.

9. **Your Nickname:** Everyone in the village will have a nickname. Most are well meant, if a little brusque. When you discover yours is "Honking Giles" don't move house, it's a sign of acceptance. It's the people without one who need to worry.

Many a true word don't you think......

Barton Bendish Parish Council



The Clerk, Chairman and Vice-Chairman continue to manage the day-to-day running of the Parish Council during the Coronavirus outbreak. Please contact the Clerk on the details below if you have any matters to bring to our attention. The Parish Council will continue to hold virtual meetings until we receive advice that face-to-face meetings can resume.

At our last meeting, the Parish Council was pleased to co-opt Mr Stephen Tilburn from Eastmoor to fill the vacancy for a Parish Councillor. We all look forward to working with him.

The Parish Council agreed to set a Precept of £4904 for 2021/22 which will represent no increase for residents.

Thank you to those residents who responded to our request to carry out a check of your broadband speed. We are still looking into options to help increase the speed for residents living in more remote parts of the parish who may be suffering from a download speed of less than 10Mbps. If that is you then please get in touch with us.

RAF Marham had provided a response about the complaint from the Parish Council regarding excessive noise and low flying over the village before our November meeting. The response advised that it was probably the result of flying 4-ship formations on departure. This was the first time that they had flown them in earnest since the new aircraft arrived but unfortunately, this is the type of operations that the aircraft were designed for, which meant that this type of activity was likely to increase in the future with the arrival of further aircraft. However, they would look to see if it was possible to deviate a little further away when they carried this out, but this is extremely difficult due to the proximity/ distance of Barton Bendish to the runway. It is possible that these changes may not be immediately apparent when viewed from the ground. They asked for residents to keep a note of exact time, number of aircraft and direction of flight if there were further complaints.

The next Parish Council meeting will be on Wednesday 10th March 2021 from 7.30pm. This meeting will be virtual via Zoom. The Annual Parish meeting, which usually takes place before this meeting, will be delayed, and hopefully take place before the Parish Council meeting in May 2021. All meetings are open to the public, and information on how to join the meeting will be available

on the Parish Council website approximately seven days before the meeting, or alternatively contact the Clerk for details.

Miss Sarah Thorpe, Parish Clerk

Telephone: 01945 430930 Email: bartonbendishparishcouncil@aol.co.uk Further information is available on the Parish Council website at bartonbendishparishcouncil.norfolkparishes.gov.uk

Barton Bendish Poor's Charity

The trustees for the Charity are considering making grants for winter fuel to senior citizens, who are in receipt of state pension, and widows/widowers. All applicants must have resided in the parish for a minimum of 2 years. One grant will be issued per household.

Residents who completed a form previously will still need to contact the Clerk, on the details below, to confirm they are still eligible and wish to receive a grant this year. Residents who have not previously completed an application form, but believe they are eligible to receive a grant, should contact the Clerk on the details below, to confirm their eligibility and complete a form which will authorise the Charity to hold their personal information.

The deadline for contacting us is Friday 26th March 2021.

Miss Sarah Thorpe, Clerk to the Trustees.

88 Smeeth Road, Marshland St James, Wisbech, Cambs. PE14 8JF Telephone: 01945 430930 Email: bbpoorscharity@gmail.com

St. Andrew's Church-Further Thoughts on Covid Vaccinations

As I write this, sitting in my study at home, I have just returned from receiving my



Covid19 vaccination at the Doctor's surgery. Taking time to carefully explain what was about to happen, the nurse who administered the injection couldn't have been more gentle, careful or caring. No doubt she had already vaccinated many hundreds if not thousands of people, working exhaustive long hours and yet she made me feel as if I was the first and most important patient of the day. Her actions this morning gave me a sharp and timely reminder

of what being in harm's way, serving and putting others first really means. I was mindful how in 1908, the explorer Ernest Shackleton headed up an Antarctic expedition to the South Pole. They came within 97 miles of the Pole but were forced to turn back. The group trudged over 200 miles of ice floes, dragging a lifeboat weighing nearly a ton. In his diary, Shackleton told of the time when their food supplies were exhausted, save for one last ration of

hardtack, one dried biscuit for each man. Some men heated snow to make tea to drink with their biscuit, where others stowed the hardtack in their food sacks, saving them to eat later. Shackleton was almost asleep when out of the corner of his eye he noticed one of his most trusted men sitting up and looking around to see if anyone was watching him. Shackleton's heart sank as the man reached toward the food sack belonging to the man next to him. Shackleton saw the man take his own hardtack, open his neighbour's sack and put his own biscuit inside.

Jesus taught us that helping and serving others in every way we can is exactly what we should do. He told us that sacrificing oneself for others is the truest sign of God's love within us. In the gospel of John, Jesus tells us that we should love one another so unselfishly, that we are willing to sacrifice our interests or health, or even life, for the sake of others. As Jesus said, "The greatest love is shown when people lay down their lives for their friends". If we decide to offer our hardtack biscuit to others, putting others first, we can experience the joy that outlasts even these bleak Covid times.

Blessings, Reverend Ray Burman

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

A Glimpse of Freedom

"For my part, I am almost contented just now, and very thankful. Gratitude is a divine emotion. It fills the heart, but not to bursting; it warms it but not to fever". Charlotte Bronte.

Life is full of surprises but none greater than the phone call we received from the Queen Elizabeth Hospital inviting us for our Covid vaccinations later that very day. I realised that the vaccination programme had been gathering momentum and that virtually everyone over the age of seventy five had had theirs or, at least, been offered the opportunity. Nonetheless I thought that we would need to patient for a few weeks longer.

And patience is what we have learned. For almost a year, with just a few weeks of partial relief, we have lived in a kind of understated fear, waiting for the horror to end, waiting to see our loved ones, our friends and glimpses of our previous lives. We have patiently accepted not seeing familiar people, even those in our own village, and not always knowing how they are getting on. We have been compliant, uncomplaining and strangely accepting of a world which we never dreamed we would ever witness. And we have persuaded ourselves that really everything is all right, that long walks, labouring in the garden, brilliantly coloured and vast skies high above beautifully bleak landscapes are part of a wonderful bonus of time we didn't expect to have. And, of course, all that is true. I have enjoyed the silence, the emptiness, the absence of rushing and the

dozens of kind acts which have inspired us all. And yet, hearing suddenly that deliverance was at hand, I allowed myself to think about what this horrible year has cost in addition to all those lives ended too soon. I began to think of nights in the pub, holding my grandchildren, going to the football and all the other adventures I have longed to share with my children. Things that I hadn't allowed myself to think of because there seemed to be no point and no remedy. Low moods had been fought off as somehow unworthy and banished by activity and distraction.

And now we were off to King's Lynn, awash with these thoughts and our stability rocked by the thought that profound change was coming. We were both very apprehensive. Such a profoundly significant event can't be taken in your stride in the prescribed fashion. Would there be delays? Queues? Endless waiting and Administration? Would it actually happen at all?

On arrival we were warmly greeted by a steward who also works at Cambridge United when crowds are allowed. He was helpful, witty, good natured and hugely reassuring. He told us that there was virtually no queue and that we'd be in and out in no time. He was right. Everything was simple and mercifully quick. What struck us very forcefully was the kindness and unending patience of staff and volunteers, some of whom had started at 8 in the morning and who would work a full twelve hours. A lot has already been said about the wonderful job the NHS are doing but what we saw was care at its very best. They had done 12,000 vaccinations in 5 weeks. Despite the long hours and remorseless workload, everyone was calm and cheerful. I felt so grateful to them that I would have cheerfully doubled their salary. Lets hope that the politicians agree!

It's hard to describe what we felt on our way home. Some euphoria certainly. A thought or two that we had survived the Pandemic after all, barring atrocious bad luck, accompanied by real apprehension about the difficult months and years which still lie in wait for us.

After all this enforced isolation it will take time and effort to bring our communities back together and for many of us to trust crowds. I don't know if our village pub will ever reopen. If it doesn't, this will thrust even greater responsibility on the church and our astonishingly transformed Village Hall. Although I will have no say in it, I hope that this wonderful and astonishingly timely facility will host community breakfasts, meals for the elderly, drop in sessions, classes and training sessions, a Dementia Café, a pop up bar and even a Post Office, among other things. Our lives as part of social groups will take time to recover but, just maybe, its nearly time to begin the process. **Andrew Stephen**

The End of The Beginning

Part 2

On rare occasions we used some dogeared textbooks which were normally put away in a huge cupboard at the back. We had a few of these for different subjects, including History and Geography. Geography was always about farming in Africa. One astonishing chapter was about harvesting groundnuts in Nigeria. We had to read parts of the chapter aloud to the rest of the class, which I enjoyed usually. My part talked about people toiling in the midday sun which beat down on them everyday. They always smiled and never complained...there were pictures to prove it...and they barely earned enough to live. I read on, "How lucky our little children are to be born in England where the weather is temperate and everyone has enough to eat and nice clothes to wear...."Obviously it was plain bad luck not being born in Britain. It seemed a shame to me that anyone should have to be unhappy and poor just because they were born somewhere else.

We did a lot of silent reading too. Our classroom was upstairs and we had two huge windows on either side. If you sat on the left you could look over the village to the Fens as far as Pentney Abbey Gateway across the River Nar. On the right you could see the camp at the top of the hill and think about hometime. I loved looking out over the flat wet lands and the ancient cottages and farm buildings which looked as if they had always been there. I began to notice how vast the skies were and how colourful. Sometimes I watched the huge clouds drifting across, often making strange shapes which I tried to recognise. Some fields had Barley in them and when the wind blew, the fields looked like water rippling for miles. The wind was very powerful and when it came from the East it was icy too. You couldn't ever quite keep it out. When there were peas in the field on the way home, we would eat them until a Bird Scarer went off right next to me and shocked me rigid. I couldn't hear properly for a couple of hours either. I wasn't keen on peas for a while.

Mrs Kirkup often got us to write stories or descriptions in silence. We would do this for an hour and over the next few days she would decide which she liked best. When we were writing she would look out of the window or read and I thought that being a teacher must be a very nice job. On Friday afternoon she would read out the best one and talked about why she liked it. One week I wrote about the Botanical Gardens in Cambridge and how my brothers and I ran about over the stepping stones and climbed out of the old well. We used to hide

from mum in the Tropical Gardens in the hothouses and eat Bananas when we found them. Anyway, I used the word "picturesque" somewhere and my work came in for quite a bit of undeserved praise. She copied the best stories into special books she had for the purpose. She kept them all and once showed them to us. It seemed like a lot of trouble to go to.

The Kirkups had lived abroad for many years and had returned to see out their last years in teaching in Norfolk. They lived in a big house called Mandalay and talked about Marham School as if it was a family, their family. We all liked that and we all enjoyed recognition too. I tried as hard as I could to write better stories and descriptions in the hope of being chosen again. I was but it didn't happen often. I had become interested in trying to record experience so that it wasn't completely lost, however unimportant it might seem to others.

And then I was eleven, which everyone said was very grown up. Life was very good. We were playing football outside the house just before my birthday tea. An older boy wandered across the grass, said something and then kicked the ball away. Annoyed and frustrated, I kicked a stone in his direction. He went wild shouting and running crazily towards me. I turned quickly just as the stone kicked up off the pavement and hit me full in the mouth. The boy disappeared as I stood dazed and bloody with a chunk of one of my front teeth in my hand. Mum, ever the pocket battleship, came flying out full of fury. She dragged me upstairs yelling to Dad that he had to get out of his bath. As I stood on the landing I didn't know whether it was my painful mouth, my raging mother or the sight of my naked and dripping father which troubled me most. It was a moment which would always stay with me. It wasn't an entirely isolated incident. Shortly afterwards, cycling at speed down Squires Hill, I left braking a little late. There is a very abrupt bend at the bottom of the hill. I missed it. I found myself flying over the handlebars before landing upside down in the hedge. My bike was all right but I was a mass of grazes and bruises.

I was a slow learner. A mere week later I was playing with my brothers very near to the scene of this adventure in a place called Devil's Dump. It was a quarry which the RAF had used as a dump for obsolete equipment after the war. We were strictly forbidden from going there. The sides were steep and slippery, especially after rain, the bottom was unstable and it was full of metal, sharp edges and nameless dangers. It was irresistible and we went there often. Once down there you were out of sight and you could smash things up or slide down the slopes on bits of corrugated iron and, of course, anything which was

forbidden was potentially thrilling. Nothing ever went wrong until the night we were climbing the slope to go home when it started moving. My brothers were already at the top when an old and very heavy radio set jumped out and one of its sharp edges collided with my forehead. I managed to get up the slope to the road where my brothers had stopped an Ice Cream van. The driver took the three of us home having decided that I didn't look very good. Mum made me change all my clothes before taking me to the MO. He wasn't very pleased, having been called out from a party. "I would stitch it," he said, "but I'm a bit drunk. I expect it will be all right." And I suppose it has.

Some normal things went on. We were taken out to draw the ruins of Marham Abbey, having been told why there were so many Abbeys in the Nar Valley and how West Norfolk had become very poor and stayed that way after they had been closed down. In the following days we wrote about Abbeys, painted and drew them and made a huge display in the Entrance Hall for all to see. It was one of the most exciting things I had ever been involved with in school and we were all very proud of it. All our teachers said that history was very important and there was a display cabinet near the Dining Room where there were examples of pottery and stone age tools which had been found in fields nearby. I don't think I had ever thought very much about how the past is all around us or what we owe it but we were all encouraged to consider it.

The long anticipated 11+ day arrived. To mark the importance of the occasion the RAF children travelled to school on a glorious and quite venerable green charabanc. It hardly seemed worth it but the school took this particular day very seriously. For each session of the exam we were warned not to look to our right or left or we would be disqualified for cheating. Given the number of times I looked out of the window, this could have been difficult. As it happened, the tests were so hard that I didn't have time to look up. When we poured onto our bus at the end of the day I was glad to be going home. Nobody talked about it on the bus because we were all too tired. Nobody talked about it again really. It was an aberration, almost a bad dream.

We were much more affected by a terrible tragedy which happened at about the same time. One morning Mrs Kirkup told the class that a Valiant had crashed in Yorkshire, killing all the crew. It was ,"one of ours," she said, it was from Marham. It was coming down on a town called Market Raisen but the crew stayed with the plane until it was certain that they had avoided it. By then it was too late to eject. They had sacrificed themselves to save many lives. Flight

Lieutenant Stringer was the Navigator as a last minute replacement. At that moment I realised that Alan Stringer wasn't in class and that Miss couldn't speak anymore. She was crying.

I hadn't really encountered death before and I had never really thought about whether teachers cared very much about the children they taught. It was a horrible way to find out just how much the best of teachers care about the young people whose lives they help to shape.

Alan came back after a few days. He seemed all right but very quiet for a while. We were too. We didn't know how to be with him or what to say. His Dad was a hero and Alan was very important to all of us. I was sitting near the window which looked out on the playing field. The cemetery lay beyond that and on the day of the funeral I heard the shots being fired over the graves. I saw the smart airmen in rows of three pointing their guns towards the sky but didn't say anything about it. Sometimes when we played football I used to think about it and how sad it was.

In the Summer we played cricket which I quite liked but I was terrible at it. Alan Bell bowled so fast that I could barely see the ball. I could never understand why it was that some people were so much better at things than everyone else. It just wasn't fair.

On Saturdays Mum used to take us on the Carters bus to King's Lynn. It always sounded like it would never make it to the Fleet bus station but it always did somehow.

On special Saturdays we used to get the train to Hunstanton where the smell of the sea and the sounds of the fair made every visit seem like a holiday. It was the perfect day out for us. We rode on rides and ate rubbish. We felt lucky to live where we did.

The coach used to pass a vast new house near a junction of the A47 near North Runcton. It had a kind of Japanese garden and bridges around it and dozens of young trees. I was told that a very rich man had had it built for his new Bride who, tragically, had died shortly afterwards. No one knew if the story was true or not but I heard it told often on that rattling bus. The story followed me long after I stopped making that journey.

Shockingly, one day the 11+ results arrived in a dull looking brown envelope. We had no warning and were told, in front of our class, that just four of us had passed including me. I was pleased to be considered successful but I had little idea what it meant. One of the four was an identical twin who refused to be

separated from her sister. This meant that both of them would go to the local Secondary Modern, since her sister had failed. The remaining three of us were immediately separated from our class and taught by Mr Kirkup in a small room near the hall. Most people didn't seem to mind but others didn't want to know me anymore. I hadn't asked for that.

Dad was exultant and said that where I went next was up to me. I could go to Downham Market Grammar School as a dayboy or board at Wymondham College or King Edward the Seventh's in King's Lynn. He expected to be promoted and posted within the next six months and I knew that we moved every two or three years normally. I opted to go to King Edward's, partly because Mr Kirkup told me that it was one of the finest schools in Norfolk and partly because I loved History. Dad never let me choose things but he wanted me to take responsibility for this apparently vital decision. Life is strange.

Finally, the Kirkups had a farewell party for us in the school hall with cake and



lemonade, speeches and music. They had a Dansette record player and had found some Beatles LPs. I was amazed. I thought that all old people lived in another world. My last few hours in the school were all sausage rolls, trifle and sadness. I had been very happy there. After that I spent weeks cycling around Shouldham and Fincham, noting that the sand at the side of the roads was just like that on a decent beach. People often spoke to me as I went past. It seemed like an extended farewell. Eventually I ended up in the fabled Barton Bendish. The church tower was propped up by huge timber supports but, apart from the Post Office, there was nothing much to see. It was August 1964. I stood next to my bike looking across the stream which ran noisily under the Fincham Road. My future was coming. Where would it take me? Andrew Stephen

Goodbye Norfolk

Three years ago, we left Norfolk to live in Colchester. It was rather a rush due to our sudden realisation that family members needed us. We had to speedily find a school for Lily and of course a house for us all to live in. There was therefore not much time to explain our actions or to say goodbye.

Thirty years ago this coming September we arrived in Norfolk and lived in Shouldham. We were welcomed by the small church community there and stayed for a few years. We then moved to The Old Post Office in Barton Bendish, which is the little thatched cottage next to the church. We had decided before moving in that if we supported both the church and the then Spread Eagle pub, we may end up reasonably balanced. Not sure if that theory worked, but we certainly have wonderful memories of living there. Two kittens and a baby later we moved to the Old Chapel in Barton, and then on to April Cottage in Beachamwell. We must then have felt that life was too smooth as after another few cats we had our second daughter and a Labrador Springer cross at the same time. Perhaps not our best decision to have both at once, but never a dull moment.

We are now prompted to write because from Friday 5th February, April Cottage has new owners. We truly hope that they will be happy there, and enjoy the life that Norfolk has to offer.

Our girls have had an idyllic upbringing with their schools, friends, forest dog walks and village events. Thank you to everyone for being wonderful friends and neighbours, to the clergy and choir and the many people who have played an important part in our lives – far too many after thirty years to begin to mention all. Not forgetting the friends who are sadly no longer with us. There may be another Norfolk chapter for us in the future, but in the meantime please continue to take care of each other and your very special community.

With our very best wishes, Pam and Dick Wainer

Beachamwell Community Help

During these unprecedented times, we are here to help! The Beachamwell Community Group is a team of friendly people including Steph (01366 328 002), Bridget (01366 328 968), Shelley (01366 328 753), Eileen (01366 328 648}, Janet, Ann, Cathy, Chrissy, Maggie and Donna – all able to help people living in Beachamwell and Shingham. If you need prescriptions collecting, shopping fetched, or just a friendly chat on the phone, please get in touch: 01366 328002 / 328968 / 328753 / 328648

Beachamwell Parish Council



The Parish Council has been advised that it should not be holding face to face meetings for the foreseeable future, due to the Coronavirus outbreak. Meetings will therefore be held virtually via Zoom. Members of the public are still able to take part in these

meetings. Information on how to access meetings will be provided on our website or you can contact the Clerk on the details below.

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.

The Parish Council held a virtual meeting on 20th January 2021. At this meeting the Council agreed to set the Precept for 2021/22 at £6768. Whilst it was recognised that this was an increase from the current year it is still substantial lower than it had been in 2019/20. The increase was needed to assist with balancing the budget.

It was also agreed to purchase replacement parts for the defibrillator and these have now been installed. This will keep the defibrillator in good working order in case it is needed by residents.

The Annual Parish meeting should take place before the Ordinary meeting in March but due to the pandemic this has been postponed with the hope that we will be able to hold it in the village hall in May.

The Parish Council would like to request that residents do not drive across the grass on The Green instead of using the roadway between the school and the road. Unfortunately this is causing damage to the grass in these wet conditions.

Date for the next Parish Council meeting is:

Wednesday 17th March 2021 Ordinary Meeting Starting at 7.30pm Clerk to the Council:

Miss Sarah Thorpe 01945 430930 beachamwellparishcouncil@gmail.com **Councillors**:

Cllr. Tom Sanderson (Chairman)

01366 328244 / 07803 963804

Cllr. Diana Lambert (Vice Chairman) Cllr. Richard James 01366 328968

tomsanderson@btconnect.com 01366 328227 rjj1james@gmail.com

Cllr. Pat O'Donnell 01366 328385

Mobile Post Office

Monday and Thursday 13.00 – 13.15: Tuesday and Wednesday 11.10 – 11.30 The Friends of St Mary's Church



We are pleased to report that very slowly progress is being made in respect of the replacement of the stolen lead roof and the thatch. Scaffolding is due to go up around the 15th March with work due to start on the replacement lead roof at the beginning of April. That work will take about 3-4 weeks and will be followed by the work on the thatch

starting in early May. Everyone in the committee has been working hard and the amazing grant of £20,000 we got from the Heritage Lottery means we now have sufficient funds to complete the repair to the thatch on the south side and hopefully pay for an alarm system to protect the lead roof as well.

Perhaps it is not too optimistic to think that by summer and our fund raising efforts and fun activities can restart.

In the meantime, Carol Nicholas-Letch, our new priest in charge, is keen to progress with the Church becoming a Festival Church and we will keep you informed as to how that goes. **FOSM**

Some Thoughts on the Beachamwell / Shingham Floods

The current flooding across the Beachamwell/Swaffham and the Beachamwell/ Shingham roads is most unusual but not unique. It has been observed at least twice since 1951 but not in the amazing depth and volume of this year.

When the exceptional rainfall of this autumn and winter reached an impermeable on semi-permeable layers in the subsoil it could only appear on the surface and form pools flowing to the lowest point.

The spectacular lake at the lower end of the Warren Belt is being fed by the two shallow valleys running westwards towards Marham Airfield and north eastwards past Drymere nearly to the Swaffham Golf Course.

Haygate Farms have made valiant efforts to help by pumping water away through their underground irrigation system and trench digging through woodland at Shingham.

It is fashionable to blame exceptional weather events on global warming. Letter please to the Editor! [*Please do consider writing a letter re global warming – good to share. Ed*]

Undoubtedly it will happen again possibly next year, perhaps in twenty years. *John and Gill Sanderson*

Water, Water Everywhere,,,,,,Beachamwell February 2021



[Photograph - Wellmere on Beachamwell Warren from the Footpath near Warren Belt. Sue Pennell]

Wellmere was one of the areas that the eminent scientist, Richard West, Professor of Botany and Quaternary Palaeonvironments, studied when carrying out fieldwork for his book *Evolution of a Breckland Landscape – chalkland under a cold climate in the area of Beachamwell.* Wellmere, he explained, was the site of an ancient lake formed during the Ice Age. This lake had covered an extensive area of the present parish, and was fed by a series of rivers that coursed through periglacial valleys from surrounding escarpments near Swaffham, Shingham and Narborough to Wellmere. These river valleys, now generally dry, are still visible in the landscape and are most apparent when walking in the forest at Drymere.
BEACHAMWELL, SHINGHAM & DRYMERE VILLAGE NEWS

Following prolonged wet periods the water table rises and these ancient water courses begin to flow again. Dry springs and sink holes erupt into life and water flows again down towards Beachamwell Warren and on through Shingham and Eastmoor to the rivers Gadder, Wissey and Ouse. Stretches of water such are seen in February 2021, are a regular, albeit infrequent, happening occurring spectacularly perhaps every twenty years or so.



[Photograph: Beachamwell Warren under water in the late 1980's from David Mason's collection of photographs of Beachamwell]

Ordnance Survey maps of Beachamwell Warren dating from the eighteeneighties until the mid-twentieth century confirm that sheets of water were often present on the Warren and that there was a small permanent lake at Wellmere Pit.

BEACHAMWELL, SHINGHAM & DRYMERE VILLAGE NEWS



O.S. Map of Beachamwell Parish from 1968

This occasional but dramatic filling of ancient meres is not restricted to the parish of Beachamwell. but can be seen across the Brecks as the waters of Ringmere, Fowlmere and the Devil's Punch Bowl, amongst others, rise and fall according to the water table. In some years these meres are dry and in others they are wet. Drymere too, despite its arid name, has been known to be very wet in the past with a boat being needed to access the Swaffham / Beachamwell road from Warren Farm.

BEACHAMWELL, SHINGHAM & DRYMERE VILLAGE NEWS



[Photograph: Beachamwell Warren seen from Wellmere in the dry summer of 2014 Sue Pennell]

These waters of winter 2021 are a powerful insight in how our landscape was formed and how Beachamwell and Shingham may have looked millions of years ago when Wellmere was a lake filled by raging rivers. **Sue Pennell**

COMMUNITY NOTICE BOARD

Mobile Libraries - Norfolk County Council

Due to coronavirus restrictions, our mobile libraries service is suspended until further notice. All items currently on loan will be automatically renewed and no further charges will be incurred until further notice. Visit our Library service coronavirus update page for further information on service closures and what you can still access from ...

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

MARKETS - Farmers' and Indoor

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

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

VILLAGE, COMMUNITY and PARISH HALL BOOKINGS

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



West Norfolk Community Transport provides door to door transport for the local community allowing access to the market towns for medical appointments, shopping or visiting friends.

Village	Day	Destination	Price	With Concessionary Pass	Office
Barton Bendish	Friday	Downham Market	£5.50	£4.00	Swaffham
Beachamwell	Tuesday	Swaffham	£5.50	£4.00	Swaffham
	Friday	Downham Market	£6.00	£4.00	
Boughton	Tuesday	Downham Market	£5.50		Kings Lynn
Drymere	Tuesday	Swaffham	£4.50	£3.00	Swaffham
	Friday	Downham Market	£5.00	£3.00	Swaffham
Wereham	Tuesday	Downham Market	£4.50		Kings Lynn

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

ONLINE SERVICES IN MARCH

Online Zoom services are due to take place as below. Services may change as the pandemic situation changes.

Thursday, 4th March				
10.00am	Holy Communion	See link 1 below		
Sunday, 7th March The Third Sunday of Lent				
6.30pm	Service of the Word	See link 2 below		
8.00pm	Compline	See link 4 below		
Thursday, 1	11th March			
10.00am	10.00am Holy Communion See link 1 below			
Sunday, 14th March Mothering Sunday				
6.30pm	Service of the Word	See link 2 below		
6.30pm	Evening Prayer	See link 4 below		
Thursday, 18th March				
10.00am	Holy Communion	See link 1 below		
Sunday, 21st March The Fifth Sunday of Lent				
6.30pm	Service of the Word	See link 2 below		
8.00pm	Prayer and Meditations	See link 4 below		
Thursday, 25th March				
10.00am	Holy Communion	See link 1 below		
Sunday, 28th March Palm Sunday				
6.30pm	Service of the Word	See link 2 below		
8.00pm	Prayer and Meditations	See link 4 below		

Link 1 - <u>https://us02web.zoom.us/j/3119595155?</u> pwd=dy9nNzRJby91OVprZG9nSzIMSEIPZz09

Link 2 - <u>https://us02web.zoom.us/j/82822775006?</u> pwd=eU12TDN0VTJpZFVocId4WIpvZEM4dz09

Link 3 – <u>https://us02web.zoom.us/j/84842560875?</u> pwd=Ym82ajBzWIZzdXRoYVNiUW1JSWRsQT09

Link 4 – <u>https://us02web.zoom.us/j/83015183191?</u> pwd=Y2toS2RkeEJDQUhBSXICektzZXg4dz09

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
Methwold	Alan Burbridge	01366 727 002
West Dereham	Graeme Pressley	01366 501 179
Wereham:	Sheila Smith	01366 858 165
Whittington	Susan Smith	07849 157 080
Wretton	Anita Horgan	01366 500 785
Whittington & Wretton	Elaine Taylor	01366 500 948

PRIORY GROUP 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

BAPTISMS AND WEDDINGS

Please contact Mrs. Louise Vigus: louise.vigus@westnorfolkpriorygroup.co.uk



BOUGHTON VILLAGE NEWS

Parish Council

Voting safely at elections in May on Thursday 6 May 2021 residents in King's Lynn & West Norfolk will go to the polls to have their say on who represents them at both Police Crime & Commissioner and Norfolk County Council elections. Even though elections are not until May, we're already making plans to help.

All Saints Church

I'm writing this on February 10^{th} and the weather has defeated me. I've been opening the church for private prayer every Wednesday for six months. I don't know if anyone uses it – a bit of would be lovely = but the church has been open for those who wish to use it. Today it's snowing again. Walking on ice is dangerous at my age and getting the car out would be very time feedback consuming. I'm hoping it will warm up later, as it has for the last few days, but I'm not opening the church today.

Sadly, all services in our benefice remain suspended, but this is a wise decision at the moment. We enjoy the services and fellowship of a range of Zoom services. Where would we be without Zoom!! It's possible for those who don't Zoom to join in by telephone, and I'm sure we can offer help if you wish to do that. By the time this edition comes out, be it online or in print, we might have a clearer idea of the future for live services. Many of us have now been vaccinated, but the virus is still a danger and it isn't worth taking chances. Easter will be on the horizon in early April, and we are investigating the possibility of holding our now traditional Saturday service online. It won't be the same, although perhaps Kev and Geoff might like to light a fire and stream that online!! Please watch notices and check your emails for further news.

I haven't heard of a covid case in Boughton, so I hope that remains true. Please take care and continue to help us and others safe. Wild partying on the Green would not be a good idea at the moment, but I still hope that one dav Breakfast Church may be possible again.

Pam Wakeling



Mobile Post Office will park near the village pond on the following days/times, Monday and Thursday 14.00 – 14.15 Tuesday and Wednesday 12.25 - 12.55

Wereham Parish Council

Next Meeting Date – Tuesday 9 March 2021 at 7.00 pm

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. Please contact the Clerk should you wish to attend virtually once the agenda is public for joining instructions. The Council are meeting via Zoom virtually until further notice and in following guidance issued to it by authority bodies, invitation information and how to attend is placed on each meeting agenda.

Defibrillator - Red Telephone Box at the Pond

Message to All New Residents and Reminder for Others: There is a Defibrillator owned by the village in the Red Telephone Box at the Wereham pond. This is managed and checked by the Parish Council. You don't need training on how to use it as it has a screen that offers step by step instructions. The only occasion any person who finds themselves seeking this equipment would be following a 999 call and not before. The device is registered with the ambulance service and therefore, upon anyone calling 999 they will advise that person to collect it. The ambulance services would provide the code that is required to access the defibrillator. However the Parish Council did purchase some key fobs and fridge magnets with the cabinet code on should anyone like one, please email werehampc@gmail.com and it will be posted through your letterbox. Obviously keep this very safe as it is good to have this information close to hand, but we would prefer emergency access only to the cabinet. There is also an emergency telephone in the red telephone box that is paid for by the Parish should the device be required it will enable assistance, you would simply push a button. Should you wish to register interest for an awareness session in 2021 for its use please email werehampc@gmail.com.

Coronavirus – Covid-19 (As at 06.02.21)

Volunteers and Assistance with Shopping - If there are volunteers that 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 who still need help with essential shopping or medical prescriptions with no family or friends network affected by covid-19, please also get in touch with the Parish Clerk who will be able to discuss options available for helping you.

Please continue to keep to the social distancing guidelines, 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/

The Borough Council have support available for individuals and businesses more information can be found on their website:

https://www.west-norfolk.gov.uk/coronavirus

The Norfolk County Council have support available for individuals and businesses more information can be found on their website:

https://www.norfolk.gov.uk/care-support-and-health/health-and-wellbeing/adults-health/coronavirus

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 <u>werehampc@gmail.com</u> or phone/text 07795006811

St Margaret's Church

A Huge Thank you!

At the end of 2020 we feel something special was happening in Wereham in spite of or maybe in response to the Covid virus.

The church was short of money and it was looking as if it would be unable to pay the Ely diocese parish share. The usual fundraising and community activities for 2020 had been cancelled because to the virus.

The PCC planned to send a letter to every household in the village. As we agonised over the wording of the letter another regular in the congregation wrote exactly what she felt about Saint Margaret's and it was posted through every letterbox in the village. This came straight from her heart and it went to the heart of the reader. The response was amazing. The friends of Saint Margaret's or 'Maggie's Mates' was born.

Ideas and suggestions came in thick and fast but no sooner had an idea pinged into the brain, someone volunteered to organise it.

A chocolate advent calendar for every child in the village.

A real-life advent calendar decorating windows of houses in the village. 24 households got involved with this one!

Beautiful handmade goody boxes were given to villagers nominated in the St Margaret's good neighbour scheme.

The fabulous life-size nativity scene set up outside the church and a socially distanced carol singing in the churchyard on Christmas Eve. Covid couldn't prevent us from celebrating the best gift of all, Jesus bringing the promise of salvation. What better way to start Christmas!

The church is also very appreciative of the Parish Council grant of £1000 and the possibility of a further grant to support the church in these difficult times.

The friends of Saint Margaret's felt as if we had the wind under our wings. Could the holy spirit be working in our village in answer to our prayers?

Thank you to The people of Wereham for showing how much you love and value your church

One of the friends said something quite profound....... 'If the church gives then it will receive.'

Saint Margaret's was given over £1500 from donations from individuals, families and businesses over the Christmas period. Thank you!

The challenge now, of course, is to keep the impetus going for the community activities and the fundraising. We already have suggestions for Mothering Sunday, Holy Week and Easter if the virus allows.

The church will be open every Wednesday 12.30 / 4pm for private prayer

We are committed to making the church community and the church building a place of welcome and refuge, support and inspiration for the whole village.

Everyone is welcome at Saint Margaret's! *Debbie Rye*



Saint Margaret's - Wereham

Wereham Village Hal

In this ever-changing situation regarding what is permissible within the guidelines for all government tiers, it is difficult to provide definitive information about the operation of the Village Hall in the early New Year.

There is great enthusiasm from many of our existing groups and activities organisers to recommence meetings and sessions as soon as possible. Therefore, we encourage everyone to check with our website - <u>www.werehamvillagehall.co.uk</u> - and our Facebook page on a regular basis for the latest updates

Once again, we would like to thank everyone for their understanding and support during these uncertain times.

We hope very much to be fully up and running again as soon as possible and to welcome everyone back into our lovely Village Hall.

Keith Murray Trustee, Wereham Village Hall

Short Mat Bowls and Car Boot

You will be aware that everything is very difficult at the moment.

The end of May will be the very earliest that Short Mat Bowls and Car Boot would start, depending on what the government has to say. When Short Mat Bowls resumes it will be every Thursday afternoon 2pm until 4pm this will be the new permanent time. Car Boot will be usual times, the last Sunday of the month, 8am until 1pm. Not sure how we stand for the Craft Group as there are 14 of us and not sure if the rule of 6 still applies.

Rosemary 01366 501330, 07749240606, Philip 01366 501330, 07759033492 e-mail rosemary.pease@btinternet.com.





Smiling Is Infectious by Spike Milligan

Smiling is infectious, you catch it like the flu, When someone smiled at me today, I started smiling too.

I passed around the corner and someone saw my grin. When he smiled I realized I'd passed it on to him.

I thought about that smile, then I realized its worth. A single smile, just like mine could travel round the earth.

So, if you feel a smile begin, don't leave it undetected. Let's start an epidemic quick, and get the world infected!

Arguing with a woman is like reading the Software License

agreement.





We'll come to your home and deep clean your Oven, AGA, Range, Hob, Gril and Extractor until they Gleam. We can also clean your BBQ. Our unique process is mess, odour and fume free using only organic products within your home. All work is covered by the OvenGleamers Satisfaction Guarantee.

Call Now: 01336 308068

www.ovengleamers.com Ovens | Ranges | AGAs | Hobs | Extractors | BBQs



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

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

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

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

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







www.wix.com/ryeholidays/ theoldschoolhouse



HOLIDAY COTTAGE

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

Contacts

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

Fax: 01366 328716

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.

BOBBIN'S BAKES



Free local delivery to Boughton, Stoke Ferry, Barton Bendish and surrounding villages

Traditional bakes, cakes and afternoon tea delivered to your door

CHARLOTTE 07873 355671 FIND US ON FACEBOOK!



FREE RANGE # RAREBREED

MADE IN NORFOLK

FREE DELIVERY

SUPPLIED FROZEN

MINIMUM SPEND £20

Remember how pork used to taste when you still had proper crackling? Fancy some handmade sausages with more meat than filling? Love thick cut bacon with the rind on that has been dry cured? All delivered to your door?

Call Rob Simonds on 07940800275 to arrange a delivery.

Traditional & Gluten Free 85% meat sausages £12 for 3 packs of 8 sausages Dry Cure Smoked & Unsmoked Bacon £6 a pack – approx 500g Rolled Shoulder of Pork - £10 a joint – approx 1.5 kgs Pack of 2 pork chops - £5 Smoked Gammon Joints £12 a joint – approx 1.5 kgs

Native Breed Lamb Boxes available in season Dexter Beef Boxes available upon request

Available now native breed Wissey Valley Lamb, born and reared here

in The Brecks by Rob of Scotts Field Pork.

Each half lamb box will contain 2x half leg,2X half shoulder, approx 8 chops and 1kg of mince.

The price is £8/kg, half a lamb will weigh 8-10 kgs.

Whole lamb boxes available at £7.50 /kg

Boxes can be supplied fresh or frozen to your door.

For more details please call Rob on 07940 800275



Your advert could be here.....

Alan Pickering 01366 386125 or 07779 787499 group4news@gmail.com



K.J.Catering Services

Contact Steve Bartram on

01366 727797 or 07542 923909

kjcatering@btconnect.com

www.catererssuffolkandnorfolk.com

Outside Catering And Hog Roast & Bar-B-Q Specialists

K.J.Bar Services

Fully Licensed for all occasions

K.J Catering is a family business based on quality food and service

RAY GRIBBLE

Antique Restoration & Traditional Upholstery

All aspects of antique furniture restoration, including French polishing, cabinet repairs and traditional upholstery

Traditional Upholstered Furniture

Footstools, Sofas and Chairs made to commission

Picture Framing & Mirrors

www.raygribble.co.uk

Contact ray@raygribble.co.uk or phone 01366 500387 Vine House, Church Road, Wereham





"No wonder they wag their tails"



Kennel Club Registered Classes are held at The Mills Memorial Hall Westgate Street, Hilborough, IP265BN

Monday evenings from 6-30 pm - 8-45pm Specialist puppy training class 6-30

Clicker Training, positive reinforcement, have fun with your dog, absolutely no harsh methods, check chains or noose collars are not allowed, we train using food or toys For more information please call Chris Phillips on 07745 892417 or email seffejadestan@btinternet.com





Are you at work all day?

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

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

Contact Jen at Wretton on 07799 733 463

Pet Sitting - Dog Walking - Home Visits

Livestock Care - Puppy Socialising - Pet Care

30 years experience working with animals

Reasonable Pricing - please ask

www.facebook.com/JensPetCareWretton



All 4 Paws Pet Services

we're there when you can't be

dog walking cat care small animal care reptile care horse care



Abigail Desborough 01366 347605 07957 965623 abs567uk@yahoo.co.uk







Ethical Mole Management

within 10 miles of PE37 8AZ

Call Geoff on 07597 912389 or 01366 328204

Fully Insured - No mole no fee - Find me online at www.guildofbritishmolecat chers.co.uk geoffsidons1.wixsite.com/ norfolkmolecatcher

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

newrooms Designed just for you.... kitchens

bedrooms bathrooms flooring

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



01366 727417 • newroomsdesign.co.uk

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

I can help!

ade

Ade Jordan Friendly Technology Solutions

Based in Wereham, West Norfolk

Fault finding; Repairs; Installations; Configuration; Training

Tel: 07980 140000

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

No call out charge. No fix, No fee

Constant of the second second

Narsary place meniatike at St. Martin at Stooldham Dranary Academy

15 and 30 Junded hours The ideal start for your child's educational

Our

Cintact as to final out more on DI356 347260 a office@stmartin numfiele.com



Good friends make bad days a little more bearable.



JET ACCOUNTANCY & BOOKKEEPING SERVICES Professional and qualified service offering:

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

Tel: Louise Scott (MAAT) 07806 792211

info@jetaccountancy.co.uk



For details and availability contact Katherine Shaw 07773 – 433180

Cognitive Behavior Therapy, Counselling, and EMDR Do You Suffer From:

Anxiety Depression PTSD OCD Phobias Relationship Difficulties Self Esteem Problems Problems At Work Lack of Direction Addictions

Then Cognitive Behaviour Therapy or EMDR my help and both are recognised as successful treatments by the NHS For More Information or an appointment, contact:

Rebecca Judge RNMH, BSc. MSt. MSc. MAREBT. BABCP EMDR & Psychotherapist on: Tel: 07530 928070 Email: enquiries@cbtnorfolk.co.uk

www.cbtnorfolk.co.uk

PROFESSIONAL FOOT HEALTH PRACTITIONER



Treatments include:

- Nail trimming/reduction
- Verruca
- Callus/corn removal

Diabetes foot care

- Ingrown
- Fungal nail/athletes foot

Peter Stanley MAFHP. MCFHP

Neurovascular assessment

To book your home visit, please call Peter on

Freephone 0800 066 5499 or 07842 553554



NO MEAN FEET

FOOT CARE IN THE COMFORT OF YOUR OWN HOME

YOUR LOCAL CARE SPECIALIST

✓ NAIL CUTTING







for the best feet in the street **CALL STEVE ON 07837 506 906**

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

NO MEAN FEET

CARE IN THE COMFORT OF YOUR OWN HOME

YOUR LOCAL CARE SPECIALIST





✓ REMEDIAL MASSAGE

✓ THERAPEUTIC MASSAGE



✓ SPORTS INJURY

✓ BIO MECHANICAL
& GAIT ANALYSIS

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

✓LYMPHATIC DRAINAGE CALL STEVE ON 07837 506 906

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



West Norfolk Landscaping

A full landscaping service available including

Fencing Driveways Pathways Patios Turfing Mini digger services

A Commercial & Domestic grass cutting service is also available

Contact me on 07392 150290 Email: westnorfolklandscaping@gmail.com

Turn To Ted

Friendly, Hardworking, Handyman, Gardener, DIY

£15 per hour, 1hour min No job too Small or Large Telephone 07967 796992

Tim's Tree Services



All aspects of tree and hedge work undertaken

Hedges Removed

Stump Grinding Over 30 years experience Qualified - Insured

Call 01553 813140 or 07867 764307 For your free quote LOCAL MAN - LOCAL RATES

ADE HARDY

GARDENING SERVICES



For all your gardening needs

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

To discuss your requirements call Ade on 07798 785663

> No job too large or too small to be considered

D.J.B.

LANDSCAPING

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

07795 833440 01328 700859







WJA TILING

The Complete Wall and Floor Service

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

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

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

PAUL FARRAR **GENERAL PLUMBING** SERVICES

ALL ASPECTS OF PLUMBING UNDERTAKEN. INCLUDING MAINTENANCE AND REPAIRS

AT COMPETITIVE PRICES

PHONE 01366 328072 OR 07725 300624

BRYAN CATER



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

Call Gavin on 01366 728342



The Poplars, Thetford Rd, Northwold, Thetford, Norfolk

NEED A WINDOW CLEANER?

WE ALSO CLEAN Fascias, Gutters, Frames, Hard To Reach Windows.

Conservatory Roofs, Solar panels

Call now for a free quote from

PJWINDOWS 01553 761985

Professional Window Cleaning Services Est. since 1994 Fully Insured

Using the Waterfed Pole System Est. since 1994 Fully Insured

Jake Stansfield Ltd

Plumbing, Heating & Building Services

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

Gas Safe registered

Contact 07780463787 or

01366 327029

jakestansfield@live.com





Commissions Tank Replacements Phone 01353 777788 07946 735691

OFTEC



Peckhams Plumbing

John Peckham Friendly local Plumbing and heating engineer

All Work Undertaken **Big Or Small**

Fully Qualified and Insured

No Estimates Just 1 Price



No Call **Out Fees**

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

Tel: 07534892411



Web site: www.norfolkshandyman.co.uk

M J DENT HEATING SERVICES LTD

OIL AND GAS HEATING ENGINEER

SERVICING, MAINTENANCE, BREAKDOWNS, LANDLORD CERTIFICATES,

Why have your boiler serviced?

The importance of having your boller serviced. Having a reliable and dependable boller to provide hot water and heat is a daily essential. ... An annual boller service can prevent potential problems, avoid unwanted disruption, ensure maximum central heating efficiency and keep energy costs to a minimum.



01366 387595

Call on

01366 383661

07957357480

Check us out on

checkatrade.com





Fabrication of a variety of metals Mechanical engineering

Spiraz

Agricultural spares & accessories

Peter Garner Mechanical Services

Shingham Lane, Beachamwell, Swaffham, Norfolk. PE37 8AY. Tel: 01366 328823 E-mail: peter@pgms.co.uk NEVER MAKE A WOMAN MAD. THEY CAN REMEMBER STUFF THAT HASN'T EVEN HAPPENED VET.





Andrew Francis Funeral Services

25 London Road, King's Lynn Tel: 01553 762242

Award Winning Independent Family Funeral Director Offering you a 24 hour 7 days a week professional personal service. Ore paid or Ore planned Funerals available



Anmer Cottage Methwold Road Northwold IP26 5LN 01366 727432 07796 780270

Private Chapels of Rest ~ 24 Hour Service Upholding Traditional Family Values Of Dignity & Respect For Your Loved Ones



Privileged To Serve Families In The Area For 3 Generations

Family Funeral Directors **R. H. BOND** STOKE FERRY

Formerly G.P. Riches & Son Still family owned and now run by the 5th Generation Est. 1872

Offering a Complete Funeral Service 24 hours a day, to all areas

Salisbury House Lynn Rd Stoke Ferry PE33 9SW Tel: 01366 500241 Mobile: 07861 671325

> Help and understanding when you need it most

77



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



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



St. Johns Way, Downham Market, PE38 000 01366 382219

(24 Hour Emergency Contact)

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

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

> "Independent, Professional & Personal'

