

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

May 2020

WELCOME

The Dream

A vicar he once had a dream; of beaches, the sun & ice-cream. He packed up his bags and put on his rags To move to that ideal supreme.

He was ready to go with Wendy in tow the dog she was going ahead. But along came a virus which crept up behind us so at home he is dreaming instead.

CNL

As always, 'Happy Reading ' and stay safe!

The Editorial Team Eileen and Pam

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

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

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

© Copyright Group4 News 2016

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 June 2020 edition:

11th May

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

'FROM THE RECTORY'

From The Rectory -AKA Honey Trees

Dear Friends

There is nothing that I can say to take away the fear, loneliness & perhaps boredom that some of you may be feeling during this unsettling and worrying time.

Personally, I am working through my in tray until I reach the bottom- something I haven't done for years. Gardening, walking the pup, keeping in touch with the lonely and vulnerable parishioners and attending to the day to day tasks of the benefice leave me with little time for 'Maudlin', I love that word.

I have, however, found time to sit and read, contemplate on the state of the world and joy oh joy watch the back episodes I had missed of Grantchester!

Be assured though that my thoughts and prayers - remember when Jesus was troubled He went away to pray - are with each and every one of you. Please email or phone me if you would like to chat or have any worries or concerns.

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

Rev Carol Team Leader Wissey Valley Benefice 01366 500704 carolnl53@hotmail.com

REFLECTION FROM THE RURAL DEAN

This Eastertide it seems that everything is overshadowed by the almost unbelievable extent of the catastrophe of the Covid 19 pandemic. How can we make sense of what is happening in this world? As someone pointed out to me, we have had fire (Australia), flood (United Kingdom) famine and locusts again in East Africa and now pestilence the world over. And a continuing series of war and conflicts in the Middle East .At one level we can understand scientifically and rationally what has taken place, but metaphysically we, most of us anyway (including me) have no way of making sense of it and understanding why we live in a world where such things can happen. Living with that is hard and people who believe in a good God who "so loves the world" (John 3:16) just have to put their hands up and say "we do not know, we cannot understand". We have to acknowledge that we live in a world of such beauty and delight and provender, such provision for life, that can be at the same time, some times, a place of horror and destruction and seemingly dystopian. And yet despite our inability to understand we dare not ignore what has happened. And if I may say it does seem that while others in essential services and government work so hard on behalf of all of us, there seems to be relentless and ungracious point-scoring from some of our overpaid media. As someone said, it is like people shouting at the Firemen, while they try to fight the fire.

As fellow humans and creatures of this earth a response is required; a response of compassion and physical support (where possible and appropriate) as well as prayer. And good things have happened. Nearly a million people have volunteered to help out with the NHS/Royal Voluntary Service . The Veteran Ninety-nine year old Captain Tom has raised £12,000,000 for the NHS. Volunteer bodies such as St John Ambulance have been mobilized to assist the NHS – the volunteers of St John Ambulance are doing a wonderful job, themselves putting their bodies in harm's way in order to help others . (Incidentally they desperately need more funds to enable them to carry on their vital support)

Meanwhile all the rest of us can do is watch and pray. One other thing of which we are reminded when such things happen; never to take the good things in our lives for granted, but be grateful for them and thankful too. Despite all that may happen in the world, I believe in a God, revealed to us in the person of Jesus, a God who "makest nothing in vain and lovest all that he has made.". He is a God who" never willingly afflicts" us (Lamentation 3:33). And that God showed that first Easter, that out of personal betrayal and tragedy, pain and humiliation, new life can emerge . We pray this may be the case for the people caught up in the situation today. In the darkness of the night, the Three Marys went to the tomb early in the morning and were to experience that for themselves. Despite all that happens this hope enables us to say: Alleluia Christ is risen. He is risen indeed Alleluia. *William*

FROM RAY BURMAN

How quickly the world has changed in a very short time, we are all having to get used to a different way of living and working. Lockdown, social distancing, selfisolating, church closure and parish local magazines being published online. As a society, we are finding new ways of doing everyday things. Like many, I'm teleworking from home with online conferences and meetings and in a similar way, we are holding church services and prayer meetings online. Zoom meetings have fast become the new normal. There is a long tradition in Christianity for men and women to distance themselves from others to retreat to lonely and isolated places, self-isolating if you will, to be alone with God, to reflect and pray. However, for most people social isolation is not much fun and many may well be finding it difficult at this time. As I write this at home, looking out of my office widow, I can see the green signs of growth in my garden The signs of spring growth, which seem more vivid and welcome this year, probably more than previous years, is a pointer to our community's rebirth, a pointer to a time when the virus abates and this lockdown ends, as both science and faith reassures us it will. Of course, no one is quite sure what the coming weeks will bring, however, one line from the Bible reassures me that our lives will return to normal - "Jesus Christ is the same yesterday, today and forever". If you have any needs, concerns, worries or fears, if you would like to join our service online or want a particular prayer please don't hesitate to contact me.

Ray Burman Licensed Lay (Pioneer) Minister Wissey Valley Benefice



SERVICES IN DEANERY etc ONLINE in Lockdown

St EDMUND's DOWNHAM MARKET 10.30 On Sunday Mornings.

Streamed Mass from St Edmunds. Go to their Facebook page on their website. The services are left up for those who would follow it at a different time. There are also midweek Eucharists some of which are on line

WN PRIORY GROUP is following the Church of England National Resources. Here is the link for anyone to follow: <u>https://</u> <u>www.churchofengland.org/more/media-centre/church-online</u> **GRIMSHOE/FELTWELL Benefice 1030 am Mass on Sunday Mornings** on ZOOM. If you want to follow contact Chris Parker the administrator for the link invitation. Christine Parker <grimshoebeneficeoffice@gmail.com>There is also a Wednesday mass at 10am on ZOOM

BEXWELL Compline 8pm on Sundays on ZOOM contact Fraser Reich <fraser@reich.me.uk>

DEANERY EUCHARIST on **Sundays at 11am** usually celebrated by Brian Redgers, William Burke and Robin Blackall. This Sunday 19 Apr the celebrant will be Fr Brian Redgers. **The link for** both these services is sent out/available from Pippa Blackall, email pippa.blackall@btinternet.com

There is also a Eucharist at 10am on Thursday weekdays celebrated by Brian Redgers

WISSEY VALLEY GROUP Table of Services all on ZOOM see note on Zoom Link below Service on ZOOM every Sunday at 9.30am.. Holy Communion on 3rd May

Easter 2 19th April 9.30am Service of the Word Peter Acts 2.14a, 22-32 Anita, John 20.19-31 Elaine T Janet

Easter 3 26th April 9.30 am Service of the Word Ian/Carol Acts 2.14a, 36-41 Susan Luke 24.13-35 Chris Y Syringa

Easter 4 3rd May 9.30 am Holy Communion Carol Acts 2.42-47 John 10.1-10 Burman Easter 5 10th May 9.30 am Service of the Word Burman Acts 7.55-60 John 14.1-14 Michael

Easter 6 17th May 9.30am Service of the Word Michael Acts 17.22-31 John 14.15-21 Diane

Easter 7 24th May 9.30am Service of the Word Diane Acts 1.6-14 John 17.1-11 Carol

Pentecost 31st May 9.30am Service of the Word Janet Acts 2.1-21 John 7.37-39 Pete

Note: The link will stay the same for future services.

The link is https://us02web.zoom.us/j/82822775006? pwd=eU12TDN0VTJpZFVocId4WIpvZEM4dz09

Meeting ID: 828 2277 5006

Password: 503039

Wissey also have a prayer group on Mondays at 5pm which anyone is welcome to join.

https://us02web.zoom.us/j/531255148? pwd=UDJWaCs1TncvV1NFazRnYjJ5WIRBZz09

Meeting ID: 531 255 148

Password: 307048

DOWNHAM MARKET MISSION Weekly zooms at 7 pm on a Sunday in

which we are doing a bible study on the lectionary reading and a game or quiz of some sort. Contact Sarah Molyneux Hetherington email: Sarah Molyneux-Hetherington <Sarah.Molyneux-Hetherington@elydiocese.org>

Churc hward ens in the four G 4N paris hes

Barton Bendish Mhari Blanchfield 01366 347849 Linda Webster 01366 347563 Beachamwell contact the Revd Carol Nicholas—Letch

01366 500704

Boughton	Pam Wakeling	01366 500429
Wereham	Sheila Smith	01366 858165

My Grandmother dreaded Thursday nights

When I was 8 and 9 years old, I lived with my Grandparents; their house backed onto a churchyard, in which, unsurprisingly, there was a church. Not the church we went to, which was a strict Presbyterian (Granny's father was a Presbyterian Minister, from Galashiels). No, the church so close to the back garden was a Church of England Church and had bells in the tower. On Thursday nights at 7.30 on the dot they would start to ring. (We didn't hear them on a Sunday morning or evening; presumably the ringing happened while we were at church.) No one told me that there were people doing this, I thought the bells were doing it on their own and had some nightmarish vision of huge metal objects clanging and banging away without any human intervention. So the back bedroom was the last place I wanted to be. My grandparents' quiet evening listening to the radio in the front room was invariably disturbed by a small girl close to hysteria.

Move on another six or seven years and you find me in a different location; at a new school towards the end of the summer term; I knew no one, but one day at break I saw a girl sitting by herself holding a thin blue book, which had lots of squiggly red and blue lines in it. 'What's that?' I asked 'Kent' she said. That's one of those answers which brings conversation to a close, since it was clearly not a map of the county, but she relented and said 'It's bellringing; would you like to come and watch?' So I went, on my bike, as we all did then, to the next village and watched an evening's ringing, about which I remember absolutely nothing. Gill's mother was a ringer, so she had grown up with it, much as my children did. Reunited with my family by now, we attended a C of E church, where the ringers rang on a balcony at the west end, but I don't remember taking any interest in this until I had been to Gill's tower. Then, inspired by what I had seen, I found myself spending one evening a week on the end of a rope, with a 'little old man' teaching me. I was a very slow learner, there were four or five others from the same school learning at the same time, but they were much quicker than me at mastering the basic bell-handling. I am mystified, sixty-three years on, as to why I continued to do something that came close to terrifying me and that I was demonstrably the worst at. However, out of all of that batch of learners I am the only one who has done any significant ringing for the last 45 years.

Anne Carpenter

Run out of reading matter during the lockdown?

Norfolk Libraries offer offer a range of eBooks, eAudio books, eNewspapers and eMagazines that library members can download free of charge, with no reservation or overdue charges. All you need is a library card. Read or listen on your computer, smartphone, tablet or eBook reader.

eBooks and eAudio books from OverDrive Search the Norfolk OverDrive website

- Sign in with your library card number and PIN
- Borrow up to six titles for three weeks
- OverDrive is compatible with most devices including Kindle Fire tablets (but not Kindle eReaders)

You can borrow items on your mobile device (iOS 9.0 or later, Android 4.4 or later, and Windows 10) by <u>downloading the new Libby App</u> If you have an older device you can download the OverDrive app from your

App store

Technical help <u>Visit the OverDrive help pages</u> for answers to technical problems, including a <u>list of compatible devices</u>, or <u>fill out their online form</u>.

For help with the Libby App visit the Libby Help website.

eNewspapers and eMagazines from PressReader Sign up for free PressReader access

• Access thousands of newspapers and magazines online (UK and worldwide coverage)

Sign up for free with your library card and PIN Library card user guide

- Sign up and access on the web or download the app for tablets and mobiles from your app store
- Read online or download newspapers and magazines to your mobile device to read anytime

You can increase text size, translate into 17 languages or listen with the read aloud function

Please note: **free** access is only available when signing up with your library card and pin number. Signing in with a social media account will result in being charged for using this service.

Technical help

For user guides, tutorials and help with any technical queries <u>visit the</u> <u>PressReader help centre</u>.

Day	Date	Time	Service leader/preacher	I# Reading	2 nd Reading	Prayers
Easter 2	19th April	9.30am	Service of the Word Peter	Acts 2.14a, 22-32 Anito	John 20.19-31 Elaine T	Janet
Easter 3	26th April	9.30 am	Service of the Word Ian/Carol	Acts 2,14a, 36-41 Susan	Luke 24.13-35 Chris Y	Syringa
Easter 4	3rd May	9.30 am	Holy Communion Carol	Acts 2.42-47 Ian/Deb	John 10.1-10 Anthony	Burman
Easter 5	10th May	9.30 am	Service of the Word Burman	Acts 7.55-60 Paul Smith	john 14,1-14 Nick Guyer	Michael
Easter 6	17th May	9.30am	Service of the Word Michael	Acts 17.22-31	John 14.15-21	Diane
Easter 7	24th May	9.30am	Service of the Word Diane	Acts 1.6-14	john 17.1-11	Carel
Pentecost	31st May	9.30am	Service of the Word	Acts 2.1-21	John 7.37-39	Peter

Chocolate Fridge Cake

Ingredients

100gr Chocolate (milk or plain) 100gr Butter 5tbls Golden Syrup **2tbls Raisins** 2tbls Glace Cherries (chopped) 225gr Broken Biscuits "tbls Chopped Nuts (optional)

Method

Grease 8" round loose bottom tin Put Chocolate, Butter and Golden Syrup in Saucepan over low heat. Stir occasionally until melted Put broken Biscuits in a bowl with cherries raisins and nuts Pour in chocolate mixture and stir until biscuits are well coated. Put mixture in prepared tin and place in the fridge until set. Sally Taylor

DOG QUIZ

- 1. Which breed of Ridgeback was developed in Africa?
- 2. Which common physical characteristic does the chow share with giraffes, polar bears, and Jersey cattle?



- 3. Which toy dog breed is also known as the Chrysanthemum Dog?
- 4. Which small breed of domestic dog is also known as the Frenchie?
- 5. Which dog, bred from the old English bulldog and Bullenbeisser, was originally used for bear baiting?
- 6. Which dog breed, the largest of the terrier breeds, is traditionally called the 'King of Terriers'?
- 7. First bred in Germany as a water dog, which dog is the national dog of France?
- 8. Which breed of dog, also known as the Lion Dog, is known for its snoring?
- 9. Which toy dog breed's name when translated means 'curly lap dog'?
- 10. What breed of dog is Snoopy?
- 11. The Great St. Bernard Pass is the third highest road pass in which country?
- 12. What was the name of the dog act that won Britain's Got Talent in 2015?
- 13. What name is given to a crossbreed dog with beagle and pug parents?
- 14. What was the poetical name of the dog in the animated television series *Jamie and the Magic Torch*?
- 15. Since 1991, the dog show Crufts has been held in which British city?

Abigail White

Answers are on page 36

PUB QUIZ

1. With which doubles partner did John McEnroe have most success?

2. Back in 1962, the British and the French both agreed to co-operate with each other with the building of what?

- 3. Which political leader was executed alongside his wife on Christmas Day 1989?
- 4. Which London underground line was originally called the Fleet line?

5. Which town in Australia was the site of one of the earliest gold strikes, and has subsequently had a beer named after it?

- 6. What down-hill skiing event has the second longest course?
- 7. What title should you use when talking to a Cardinal?
- 8. Which city is the third largest in Scotland?
- 9. Who captained "Morning Cloud" in the 1969 Sydney to Hobart race?
- 10. Who starred along side Katherine Hepburn in the movie ?Bringing Up Baby??
- 11. In which year did the following events take place: Norway rejected European Union membership, Inauguration of the Channel Tunnel, Brian Lara broke four cricket records, First women priests ordained by the Church of England?
- 12. Which former cosmonaut died in a plane crash in March 1968?
- 13. What is the name of the large area of temperate grassland in the Soviet Union?
- 14. Which beautiful youth pined for the love of his reflection?
- 15. Which traditional British form of entertainment combines harlequinade and burlesque?
- 16. Which actress played Marion to Sean Connery?s Robin in the film Robin & Marion?
- 17. Walter Gropius was the founder of which school of Architecture?
- 18. What is the name given to a Buddhist burial mound?
- 19. Name five European nations that remained neutral during World War II?
- 20. In the 1970s who was accused of stealing a passport and a fur coat from Miss World?
- 21. Which two fictional characters had a valet named Kato?
- 22. Which North American city is served by Louis Armstrong International Airport?

THE MOLE

I am a mole and I live in the .e ld But your garden seems more a racve. When the weather warms I'll increase my range, As the earthworms start to get ac ve.

I'll swim through the soil and shove it aheadMaking small heaps of earth as I go;And laugh underground as you curse and swearAnd kick out at the piles with your toe.

I labour away in the dark and dirt To catch worms, using all of my skills. Each day I may dig more than twenty yards, And each night can build ve li le hills.

Although I can see my eyesight is poor, But I smell them a long way away. If there's one now heading straight for your lawn You watch, I'll be there later today!

JM

Please find public transport information links below. This is to assist with finding the latest information about what public transport services are operating in your area. It may also help when advising your constituents or parishioners. These links provide the best source of information as operators have been changing services at relatively short notice as they react to government guidance and the latest situation. In addition, if a member of the public in Norfolk is having trouble accessing essential services or supplies please call 0344 800 8020.

Broadland

First - https://www.firstgroup.com/norfolk-suffolk/news-and-service-updates/coronavirus-covid19service-information Konectbus - https://www.konectbus.co.uk/coronavirus/ National Express - https://www.nationalexpress.com/en/help/live-service-updates Our Bus - https://www.ourhire.co.uk/our-bus Sanders Coaches - https://sanderscoaches.com/alerts

Breckland

Coach Services - https://www.coachservicesltd.com/2020/03/update-limited-timetable-from-30thmarch-until-further-notice/ First - https://www.firstgroup.com/norfolk-suffolk/news-and-service-updates/coronavirus-covid19service-information Konectbus - https://www.konectbus.co.uk/coronavirus/ National Express - https://www.nationalexpress.com/en/help/live-service-updates West Norfolk Community Transport - https://www.gtt-online.co.uk/news/2020/03/coronavirusupdate/

Great Yarmouth

Border Bus - https://www.border-bus.co.uk/coronavirus-info/ First - https://www.firstgroup.com/norfolk-suffolk/news-and-service-updates/coronavirus-covid19service-information Mega Bus - https://uk.megabus.com/service-alerts National Express - https://www.nationalexpress.com/en/help/live-service-updates Sanders Coaches - https://sanderscoaches.com/alerts

King's Lynn & West Norfolk

Coach Services - <u>https://www.coachservicesltd.com/category/news/</u> Lynx - <u>https://www.lynxbus.co.uk/news/covid-19-timetables-monday-30th-march-until-further-notice/</u> Mega Bus - https://uk.megabus.com/service-alerts

National Express - <u>https://www.nationalexpress.com/en/help/live-service-updates</u> Stagecoach - <u>https://www.stagecoachbus.com/regional-service-updates/east-midlands/the-fens</u> West Norfolk Community Transport - <u>https://www.gtt-online.co.uk/news/2020/03/coronavirus-update/</u>

North Norfolk

Our Bus - https://www.ourhire.co.uk/our-bus Lynx - https://www.lynxbus.co.uk/news/covid-19-timetables-monday-30th-march-until-furthernotice/

Sanders Coaches - https://sanderscoaches.com/alerts

Norwich

Border Bus - https://www.border-bus.co.uk/coronavirus-info/

First - https://www.firstgroup.com/norfolk-suffolk/news-and-service-updates/coronavirus-covid19service-information Konectbus - https://www.konectbus.co.uk/coronavirus/ Mega Bus - https://uk.megabus.com/service-alerts National Express - https://www.nationalexpress.com/en/help/live-service-updates Norwich Park & Ride - https://www.norwichparkandride.co.uk/updates/ Our Bus - https://www.ourhire.co.uk/our-bus Simonds Coaches - https://www.simonds.co.uk/latest-news Sanders Coaches - https://sanderscoaches.com/alerts South Norfolk

Border Bus - https://www.border-bus.co.uk/coronavirus-info/ First - https://www.firstgroup.com/norfolk-suffolk/news-and-service-updates/coronavirus-covid19service-information Konectbus - https://www.konectbus.co.uk/coronavirus/ Our Bus - https://www.ourhire.co.uk/our-bus Simonds Coaches - https://www.simonds.co.uk/latest-news West Norfolk Community Transport - https://www.gtt-online.co.uk/news/2020/03/coronavirus-update/

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.

COUNTRYSIDE NOTES COVID-19 May 2020

Just when it was being predicted that Brexit might cause shortages of this and that, out of the blue, along came Covid-19 and hit us right where it hurts. It has impacted all aspects of everyone's lives, some much more than others, and will continue to do so for a long time yet. Who could have envisaged the far reaching consequences it would have? Some things will never be the same again. It's made us realise just how much we took for granted!

Government policy is to reduce the number of unskilled workers arriving in Britain but, in the next few months, we are going to discover just how important they have been in the past to the agricultural and horticultural industries. Numbers had already decreased due to the uncertainty of what Brexit would mean for them and, last year, some crops were left unpicked because there was noone to gather them. Much of the work can only be done by hand and this year, as things stand, there won't be any migrant labour available to do the jobs on the land and in poly tunnels. However, because of the closure of work places and universities, there are many fit, young men and women who have time on their hands. Are they willing to get them dirty? It's estimated approximately 90,000 workers are needed, not only for picking but also for planting and packaging. Will there be enough? Across the country 30,000 have so far signed up as part of the new 'Feed the Nation' Campaign.

Thankfully there are machines to harvest peas, currants, hops, sprouts, onions, carrots and potatoes but so many crops can still only be picked by hand. The asparagus season has already started to be closely followed by spring onions and new season carrots pulled by hand and lettuces to cut. There'll be strawberries that need picking and raspberries, currants, cherries, tomatoes, beans, apples, plums and pears followed by cabbages, cauliflowers, broccoli and leeks. Who will be there to do it? Social distancing shouldn't be too much of a problem in fields and large poly tunnels!

In WW11 the Women's Land Army and Timber Corps were formed. Fit young land workers went off to fight, so women and old men were called to fill their shoes, which they did admirably.

Covid-19 will prove to be a true test of just how willing Brits are to do land work previously done by the Eastern Europeans. It can be cold, wet, dirty, often back breaking, and maybe hot and dusty in summer. These migrants are not only experienced in the work they do but, what is more, they work quickly and efficiently. I've always had respect for the gangs of them toiling in the fields and often wondered how we'd manage without them. Now, perhaps we're about to find out! Covid-19 is very likely to be the ultimate litmus test and prove just how practical Government policy is to cut the numbers of unskilled, migrant agricultural labourers.



Enjoy a delicious Sunday Roast with

us.

The perfect excuse for a well-deserved treat.

Reservation

essential

Enjoy a delicious lunch or dinner in our beautiful Grey Partridge Restaurant or cosy snug

availability

Ring for

RELAXED ATMOSPHERE The Berney, Church Road, Barton Bendish, King's Lynn, PE33 9GF. 01366 347995

INSPIRED FOOD



Free magazine inspires families to get active this summer

Together with Active Norfolk, NCC Public Health has launched a free magazine which aims to inspire families in Norfolk get more active this summer.

Packed with ideas for cheap, fun activities and days out, **Get into Summer** aims to support cash-strapped families struggling to keep kids entertained during the summer holidays.

From free outdoor gyms and guided cycle rides, to park theatre and pond dipping, the magazine features activities to suit all ages, abilities and budgets.

Pick up your copy to find out more about a FREE six-week programme of family activities, starting this summer, with courses like Family Dance at The Garage, Norwich; Cycle Confidence on the Great Yarmouth seafront; and Swimming at St James, King's Lynn.

There's also a chance to win Halfords bikes for a family of four and a glamping holiday in West Norfolk courtesy of West Lexham, as well as money-saving vouchers to help you cut the cost of keeping your family active.

Launched in the Eastern Daily Press and some of Archant's weekly titles on June 26, copies of the free magazine are also available at Norfolk libraries and children's centres.

Part of a joint campaign by Norfolk County Council Public Health and Active Norfolk, **Get into Summer** is being launched in response to the falling levels of activity in Norfolk among adults and children and the impact of this on their health and wellbeing – now and in the future.

You can find out more and view the magazine online at www.norfolk.gov.uk/getinto

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 .



COMMUNITY NOTICE BOARD

Swaffham Heritage

Swaffham Heritage's Archaeology Room has been renamed the Monique Slaven Room in honour of the work done by the metal detectorist in the fields of Sporle with Palgrave over almost 30 years.

Monique's hobby brought to light a huge variety of objects from Stone Age flint tools to 20th century military badges and children's toys. One of her proudest moments was uncovering the Mid-Norfolk hoard – a collection of medieval silver coins which is still being added to today by later detectorists. The hoard is unusual in content and experts believe that Sporle was a commerce base during the 14th to 15th centuries.

Monique died last year aged 91 and had been a favourite steward of the museum for many years until shortly before her death. The renaming of the room is a fitting tribute.

In this room we have a large Flint Core – which has a 'face' with eyes and a mouth. We have a monthly competition to name the core, and the winning name for February is 'Cappi'. If you would like to enter a name, then visit us, or see her/him on our website. The prize is a family entry ticket.

Conflict and Consequences – This Gallery looks at the effects of conflict on a small market town and its environs. This gallery has benefitted from a grant from The Heritage Lottery Fund. We have many artefacts, and this room – like all rooms – has activities for children.

Open Mon – Fri 10-4, Sat 10 to 1. A small charge applies, except on Saturdays which are free during 2019. More information on our website(www.swaffhammuseum.co.uk)

Veronica Hutchby – Publicity Officer



Photo John Salmon



COMMUNITY NOTICE BOARD

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 or 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.

MASSIVE FUEL ILLS? B

INEFFICIENT OIL FIRED & LPG BOILER? STORAGE HEATERS NEED HOME ISULATION?

On any of these Governments benefits?

- Child Tax Credit.
- Working Tax Credit
- Universal Tax Credit.
- Pension Guarantee Credit Support Allowance
- Income Support
- Income Based Job Seekers Allowance
- Income related Employment and

PRIVATE HOME OWNER OR TENANT?

GOLDEN GLOBE will do all the hard work for you using government grants funded by all the big energy companies under the watchful eve of OFGEM.

- Confirm your benefits with DWP
- Book your free survey for you
- Install your new fuel efficient oil boiler

Look forward to A Warmer Winter, Lower your fuel bills. A home with added warmth and an Energy Efficient New Boiler with an OFTEC Certificate

Call Golden Globe today on 020 7096 5097 and book your appointment free of charge



BOUGHTON FEN – THEN AND NOW

Many of you will be familiar with Boughton Fen – a Site of Special Scientific Interest and County Wildlife site, a popular spot for bird watching, and a pleasant place for a family stroll around the Wildlife Walk. Of course it hasn't always been like this.

Boughton Fen is located at the eastern end of Oxborough Road (old Fen Road) and covers around 40 acres to the south of the 'T' junction and straddles either side of the road that leads to Eastmoor to the north and Oxborough to the south. These parcels of land were assigned Poors' Lands under the Act of 1801. An extract of which reads:

Poors' Lands, Boughton, Norfolk

Three Commissioners were appointed under the Act passed in the year 1801 to enclose the common and waste lands of Boughton, and to divide and allot the same, estimated to be in extent 776 acres, 1 rood, 4 perches. On the 26th August, 1803, the Commissioners finished, and ordered their Deed of Award and plans to be placed for reference in the Chest of the Church of the Parish of Boughton.

"And we, the said Commissioners, do hereby assign, set out, and allot, as by the said Act directed, unto the Lord or Lords of the Manor Boughton, Overhall and Netherhall, for the time being, the Rector, the Churchwardens, and Overseers of the Poor of the said Parish of Boughton for the time being; and to the Proprietors within the aforesaid Parish of estates of the yearly value of £25; and to their respective successors for ever, in trust, as hereinafter mentioned, all that piece or parcel of land, containing by survey, 44 acres, 2 roods, 22 perches, part of the said common." Here the Boundaries are described in the Deed of the Award, and are those of the parcel of land now known as "Boughton Fen." Which said piece or parcel of land is the same piece mentioned and described in the Act, and directed to be allotted by us, in Trust, for the purpose of providing and supplying to the occupiers of each of the Commonable Messuages or Tenements now standing in the said Parish of Boughton, for the time being, and to the occupiers of each of the three following Cottages in Boughton, one belonging to Loom Brook in the occupation of Edward Whittrick and two belonging to , or in the occupation of, George Lewis and William Fincham, a quantity not exceeding nor not

less than 4000 turves or flags, of the usual dimensions, for fixing in every year, and for the tenants and occupiers of all the commonable mesuages now standing in the Parish of Boughton, to use and enjoy right of common pasture over the said allotment, with such kind and number of stock as is hereinafter mentioned. For each of the commonable messuages, that is to say, 2 cows or 3 head of young stock under 3 years old, or 1 cow with 2 calves under 1 year old, or 2 geldings or 2 mares, with or without foals not exceeding 8 months old. And we, the said Commissioner, direct that the said allottment may be stocked and fed from 12th May until 11th October in every year and that from 14th February until 12th May in every year, the allotment shall not be stocked or fed with any kind of beasts or cattle whatsover.

"And we, the said Commissioners, certify that the said new fences enclosing the parcel of land in trust, directed by us to be made, with ditches 4feet 6inches wide at the top and of the depth of feet, perpendicular, with a sufficient number of gates, with oak posts and proper gate irons therein, have been made, and that white thorn layers have been set in the banks of the fences, and good thorns or other wood have been set on the summits of such banks. And we, the said Commissioners, have computed the costs and charges under the said act to be £1947 18s. 6d., to be paid by the several persons to whom allotments have been made, save and except the several persons particularly exempted on account of allotments made to them in trust as aforesaid from the payment of any of the said charges of the Act."



It would seem that, contrary to the views of some, that the fen was also much wetter some of the time, than in recent years

A flooded Boughton Fen looking towards White Bridge on the Oxborough Road

Around 1907, a Miss E.A.Pratt (housekeeper and niece of Richard Harwin) financed the building of a small chapel for the residents of Boughton Fen. Unfortunately it no longer stands. Interestingly, the house that Mark and I live in now was the home of Miss Pratt, who was given a sum of money by Richard Harwin to build herself a home – on the condition that she never married !!

Boughton Fen Chapel



Fast forward to 1965 and the introduction of the Commons Registration Act The Chair of the Parish Meeting was at that time Mrs Audrev Pavne, who registered both **Boughton Fen**

(known as Boughton Common at that time) and the village green around the pond as areas of

common land on 13th June 1968. Grazing rights were awarded to the four principal farms in the village – Field Farm, Church Farm, Hall Farm and The Poplars. Those rights go with the farmhouses, rather than the farmer. At the present time only one of these houses is still occupied by the owner of the farm to which the right relates, the others having all become private dwellings with no interest in farming. The grazing rights are very specific, with each farm being entitled to graze a different assortment and number of beasts. Dates for grazing were specified, and ages for the permitted livestock given. The number of adult cows ranged from 2 to 12, presumably according to the prestige of the farm. As all these houses still exist, it is clear to see that they become progressively grander in keeping with the number of animals permitted.

The number of adult cows ranged from 2 to 12, presumably according to the prestige of the farm. As all these houses still exist, it is clear to see that they become progressively grander in keeping with the number of animals permitted At the same time, the cottage dwellers on the fen lost the right to dig peat for fuel.

The registration form reads like something from at least a hundred years ago – yet it was finalised as recently as 1972.

There was absolutely no interest in conservation then, or wildlife, or any of the other things that we value now. In fact, at one point it seems that there was a move to plough the site up and grow crops. Fortunately, the Ministry of Agriculture had no funds at this time, so this never happened.

Things did not appear to change until after 1983 when English Nature (the precedent of Natural England) identified the site as a SSSI.

Sue Pogmore

Answers to quiz on page 12	15. Pantomime			
1. Peter Fleming	16. Audrey Hepburn			
2. Concorde	17. Bauhaus			
3. Nicolae Ceausescu (and his wife Elena)	18. Stupa			
4. Jubilee line	19. Eire, Sweden, Spain, Portugal, Swit- zerland			
5. Castlemaine	20. George Best			
6. Super giant slalom	21. Inspector Clousseau and the Green			
7. Eminence	Hornet			
8. Aberdeen	22. New Orleans			
9. Edward Heath				
10. Cary Grant				
11. 1994				
12. Yuri Gagarin				

- 13. The Steppes
- 14. Narcissus In Greek mythology, sus was

BARTON BENDISH NEWS MAY 2020

Grateful Thanks

What a nightmare this Corona virus is! How fortunate we are to live in Barton where each of us has a garden we can escape to and we've no fear of ever having to rub shoulders with anyone if we go out for a walk. We oldies are even luckier than those classified as essential workers for, by not having to go out to work, we don't have to brave unavoidable contact with other people. With the unpredictability of the virus I, like everyone else, am fully aware that I could well be putting not only my life at risk, but other peoples as well, if I flouted the restrictions. In a crisis of this magnitude just saying thank you seems to be such an utterly inadequate way of expressing our gratitude to the magnificent NHS staff and key workers who are coping with keeping the country functioning. My thoughts are with you.

But, as always, in times of crisis people put their minds to finding the best ways of overcoming any problem which arises. Many have come up with solutions. Barton has always had a marvellous community spirit and none more so than now. A huge thank you goes to those, mainly based around the PCC, who immediately went into action by setting up BARTON AID to provide practical help for those who, for their own safety, have been advised not to venture out. They've compiled lists of local businesses offering to deliver to the village or who've made arrangements so that people can purchase what they require from them whilst avoiding any direct contact. They have been keeping everyone informed with regular updates and have organised ways of ordering, purchasing, collecting, delivering and paying so no-one in the village has to go without what they need. Nostalgically, it reminds me of rural life in the 1950s seeing delivery vans in the village; so does the slowing down of pace!

So it's not only the marvellous NHS and key workers we have to say huge thanks to but also to BARTON AID for keeping us supplied and safe; not forgetting either the local businesses that have come up trumps.

I'm sure I speak for everyone in saying well done to them. It's much appreciated. Jill

Village Hall Update

Work started on the Village Hall as planned on the 23rd March and is being carried out by MJB Construction from Downham Market. Of course, the Coronavirus restrictions were applied on the 26th March so the programme for the work is inevitably disrupted and uncertain. However the contractor is progressing as best he can whilst observing all of the restrictions. Material supplies are the main problem. At least getting the project started has secured

all of the grant offers, and the funders are being very understanding regarding progress. As with everything at the moment, we just have to be patient and do what we can. Chris

INTROSPECTION

I don't wear a watch 'cos I don't like to see

My life just ticking away.

It slips by so quick that I see little point

Wishing it wasn't today.

Life's here to enjoy so I'll take every chance,

I might as well while I may,

For there's things to do and places to see

And words that I'd like to say.

I don't mourn the past nor yearn for the future,

I know it just doesn't pay.

I have all I need but don't need all I have,

I'm grateful for this every day;

For there's still the time for the pleasures of life,

Least that's what I hope and pray,

For there's no chance left when they screw down the lid

And beneath the turf I lay!

Jill Mason

Mobile Post Office

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

Coronavirus....



As we continue to live in these very strange times we are very aware of how much we need and depend on each other. I'd like to say once again a **HUGE** thank you on behalf of the people to the people in Beachamwell, Shingham and Drymere and others outside the village, who are making life bearable.

Eileen Powell

The Friends of St. Mary's Church



Sadly the many fund raising events we had planned for this spring and early summer have had to be cancelled. It was difficult to predict where things will have got to by early June when we were due to have the Open Gardens Day (7th June) but we have come to the conclusion that it is just too hard to confirm that the lockdown will be over by then and so have decided the day will have to be

cancelled. We have been thinking about possibly trying to arrange a sort of pop up get together later in the summer with some music on the Green and maybe a picnic, so watch this space. In the meantime we are making applications for grants and hope we will have sufficient money to have the thatching project start as planned in the autumn. The replacement of the lead roof has been slightly delayed as a result of a delay in obtaining the necessary materials but hopefully will start soon.

If anyone would like to make a donation towards the funds for the thatched roof it would be much appreciated - however small, it all adds up and is now needed more than ever. Please contact Pat Clarke (328983) or me (328559) or you can make a payment directly into the Bank account Friends of St Mary's Sort code 20-17-20 Account number 03442160. (Please mark the cheque "Donation for thatch" so Pat will know what the money is for.)

Stay safe

Peggy Ray (Chair FOSM)

Beachamwell Village Hall



Darren from Dit's Fish and Chips contacted me a few weeks ago asking if the village would like him to visit on Saturday evenings. He had previously attended a couple of pop up pubs and his food had gone down very well.

Needless to say I said yes and hopefully these visits will continue.

I would advise pre-ordering as Beachamwell is his last visit of the evening and thus avoids

disappointment. His phone number is 07780000278. You will then be given a number and served in that order. He should be at the hall around 6.45 but the last few times it has been nearer 7. I was number 12 and got served about 7.30 so to avoid waiting around there is no need to be prompt! Food is cooked fresh. Card payment sometimes works so best to take cash too!! Naturally social distancing is observed.

Enjoy! Take care and stay safe.

Cathy Friend 07818453323

Beachamwell Wednesday Walkers

We may not, for the time being, be able to go out as a group for our usual monthly ramble around the footpaths of the parish, but we are fortunate to live where we do and can all still get out and about in our own way and share our experiences. Wednesday April 1st was grey and cold, but members of the group wrapped up and headed out ... Here are their reports...

1. Sue Pennell



The first Wednesday in April but no ramble with the Walkers, just a lonely stroll along the bridleway. Yet not really alone. Skylarks rose from the ground to fill the air with their song, buzzard and kestrel flew high above, woodpecker drummed from Old Carr Wood, and lapwing called from across the ploughed field. What a beautifully peaceful walk across the fields to the bridge and the Gooderstone Road.



All though was not what it seemed – all had not been at peace. Next to Furze Hill lay the furry, decapitated, half skull of a muntjac deer. What had happened here? Violence! And again violence near the ruins of All Saints where the mutilated body of a hare lay in two pieces in the grass with loose fur all around. The world is cruel and kills, and it seems that one can't escape this reality even on a gentle walk in the

countryside.

2. Bernard and Gloria Hunt

We walked from home and covered a distance of 4.17 miles in just under two





hours, but we did spend some time admiring the scenery.

From home we walked towards town, turning down White Cross Road towards Norwich Road. Passing Pedlars Vale (826089) we turned right on to a public footpath and then across an open field, being watched by many sheep. Out on to the North Pickenham Rd, 200 yards and another left turn (829085), the footpath with high banks and many deep holes, expect the rabbits have been busy. Then Hill Close Lane (834086) many clumps of mauve and white violets on the verge.

Out again and across the Norwich Rd (931090), along the byway called Green House Lane then Long Lane, a robin obviously enjoyed the company, as it flew down to the path just in front of us, and not inclined to move, also swathes of

celandine on the side. We walked over the dismantled railway and on to Box's Lane (825092), back again on to the Norwich Rd. Along, and then across the Antinghams, towards the Parish Church, and on to the Market Place. We did see a few people in the town, but in the countryside not a soul, so social distancing was not a problem.

3. Pat Stringer



An inflamed heel stopping me from walking, but I have walked round the garden.

During my walk I saw the lesser spotted Geoffrey in its natural habitat, he was digging the ground to sow carrot seeds in. Our plum tree is in full bloom, and the pear and apricot trees are just about to break into bloom. Hoping we don't have a frost and lose all the blossom.

And finally ...

4. Simon Smith

I walked a short loop from Shingham round by the Chicken Farm. An oystercatcher piped overhead as I set off, there were skylarks trilling, jays squawking in the trees, and fieldfares chattering along the hedges full of blackthorn blossom.

Let's all hope for some warm sunshine in May. Keep walking, and let us know how you get on!



- 1. Rhodesian Ridgeback (a Ridgeback has hair that runs along its back in the opposite direction to the rest of its coat)
- 2. A black tongue
- 3. Shih Tzu
- 4. The French Bulldog
- 5. Boxer
- 6. Airedale Terrier
- 7. Poodle ('poodle' derives from the German word for 'puddle')
- 8. Pekingese

- 9. Bichon Frise
- 10. A beagle
- 11. Switzerland
- 12. Jules and Matisse
- 13. Puggle
- 14. Wordsworth
- 15. Birmingham

Answers to dog quiz on page 11

BUS SERVICES

If you are fortunate enough to have a bus service in your village, you will need to check with the operator, as there are changes to timetables because of the coronavirus situation.

Wereham

Mobile Post Office

Please note that Mobile Post office will park near the Village Pond on the following days/time

Monday 14.00-14.15

Tuesday 12.25-12.55

Wednesday 12.25-12.55

Thursday 14.00-14.15

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 **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

PJ WINDOWS 01553 761985

PROFESSIONAL WINDOW CLEANING SERVICES est. since 1994 Fully insured

USING THE WATERFED POLE SYSTEM EST. SINCE 1994 FULLY INSURED



Under 18 yrs old must be accompanied by an adult.

BOUGHTON VILLAGE NEWS

News from All Saints' Church

Not a lot, you might think, as the church building is closed by order of the church authorities. However, we are still here. The Easter ceremonies, and other services were celebrated online, with people from several local villages and further afield. Thanks to our local clergy, and with the help of Dom Rye in Wereham, we are having regular services on Zoom, with bells, hymns and local participation. There are also services in the rest of the Wissey benefice, and in this magazine you will see the full list of services available in the Deanery. Please contact me if you would like to join in, but you aren't sure. Everyone is welcome, you don't have to go out, but you are part of the fellowship of the church in this difficult time.

Not only our services, but also planned events have been affected. We have had to postpone our Annual Parochial Church Meeting, where the churchwarden and PCC are elected, so the existing officers are still in post. We took the decision early on to postpone Open Gardens, but I think we must assume that for this year it has been cancelled. With so much time to work on them, our gardens are probably looking better than usual, but it can't be helped. You will know that we rely on the income from OGD for a large part of our expenses, and we've also lost our regular collections from services. I decided that I would increase my regular Standing Order by the amount I usually put into the collection. If anyone else feels they can do so, I will give you the church bank account details. We still have to pay our share to the Diocese, the insurance which allows us to keep the church open and protects us, and the regular utilities.

The lockdown, in a village with a large percentage of older people, has brought out the best. From a personal point of view, as one of them, I'm very grateful to my neighbours, Tom and Wendy for getting shopping for me. Tom is one of the local volunteers helping the elderly and vulnerable in the local villages. Karen and Steve Short are doing a vital job helping to supply us with an ever increasing variety of food. I'm also aware that another group, led by Angela and Andrew, have checked that everyone is in touch with someone who can help them People have phoned me to ask how I am getting on, and I'm very grateful for that. I'm lucky to have a dog, as the incentive to get out and walk, although I'm looking forward to being able to go further afield as soon as it is safe to do so. *Pam Wakeling*
From Neil Matthew, Chair of Boughton Parish Council

As I write this, just after Easter, we are in our fourth week of 'lockdown' due to the COVID-19 pandemic, a worrying time for us all. I know that people in our village have been rallying round, offering help with shopping and collecting medicines. This is just the kind of public-spirited response we need. As a community we are stronger if we work together.

The Parish Council is working with the Borough and County Councils, and other Parish Councils as part of a co-ordinated response and we will continue to do so. As part of this, we have setup a new local telephone number for residents to use to contact the Parish Council, to report issues, request guidance or seek help. We may be able to help with IT issues (setting up PCs and tablets for video calling family members), bicycle maintenance (if you're getting your bike out for the first time in years) and other items, subject to keeping everyone safe of course. We have set up online banking for the Parish Council and have access to a contactless credit/debit card machine. If you run out of cash and need to reimburse a volunteer for some reason we can help by handling the transaction and transferring funds electronically. Just call us.

Parish Council direct line: 01366 683017 Parish Council e-mail: boughtonpc@gmail.com

Parish Council website: <u>https://boughtonparishcouncil.norfolkparishes.gov.uk</u> Parish Council Facebook page: <u>https://www.facebook.com/boughtonpc/</u> The lockdown has meant that the Parish Council business is pretty severely curtailed. Physical meetings are not possible. Our speed sign is delayed indefinitely as the manufacturer has closed down and the Safety Camera Partnership (who need to approve the sign) have postponed their meetings. Work on Boughton Fen has been officially suspended.

In the village, councillors continue to stay in touch by e-mail and we are looking at ways that we can hold our meetings by video. New legislation has been passed to allow us to do this, and while there is now no legal need to hold an Annual Parish Meeting, we intend to try a virtual meeting on the date scheduled: Tuesday 5th May at 7pm. If you would like to attend this meeting by video, please get in touch so we can arrange the conference link and joining instructions to be sent to you. Finally, the weather at least does seem to be smiling on us, and I expect that many of us are enjoying our gardens during this quarantine. No doubt when we next have an Open Gardens it'll be the best ever!

Keep Safe Neil Matthew chair. boughtonpc@gmail.com

WEREHAM VILLAGE NEWS

Norfolk Accident Rescue Service (NARS) is a registered charity that provides advanced clinical responders who volunteer their services to give specialised medical assistance at major trauma incidents, such as road traffic collisions, industrial and farm accidents, falls from height and serious medical emergencies, such as cardiac arrest. We have been saving lives in Norfolk for nearly 50 years, attending call-outs that require more training, specialist equipment, and drugs than the East of England Ambulance Service Trust can offer. This enhances the level of care provided for patients suffering serious injury or acute medical illness. All our members are volunteers, and our organisation is funded solely by donations.

Our work during these unprecedented times means that we're having to adapt to a new way of working and are all getting used to operating in a very different world. As part of doing so and in order to protect our volunteer clinicians, we like the NHS are having to take new measures in terms of offering personal protective equipment to ensure the safety of those volunteering for us. This is both costly and increasingly difficult to source. We are currently in the process of sourcing protective suits, masks and filters which we are able to purchase through a protected supply chain. We wondered whether you might be able to help us with the cost of the following items:

Full Face Mask with Visor and face seal - £65 Dust Filters - £10

Protective Hooded Coverall - £10

We need a continuous restocking of these items to ensure we safely protect our volunteer clinicians while they respond to critically ill or injured patients, as well as continuing to fund vital costs such as fuel and medical equipment.

During this difficult period, it is fundamental we can provide our each of our volunteers with the correct protective equipment to mitigate the risk of infecting

our team. I would be happy to provide further information or indeed complete an application form if you feel that this is something that you can support.

Thank you for your time.

Yours faithfully, Peter Sefton-Smalley Chief Operating Officer

<u>Peter.smalley@nars.org.uk_www.nars.org.uk</u> Norfolk Accident Rescue Service is a Charity registered with the Charity Commission Regd. No 261666

Wereham Parish Council

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

Coronovirus – Covid-19

<u>Stay Home, Protect NHS, Save Lives</u> 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 that need help with essential shopping or doctors prescriptions with no family or friends network please also get in touch with the Parish Clerk who will be able to discuss options available for helping you. For the latest Government Advice view the following websites:The HSE have now created a dedicated Coronavirus page for businesses here:

<u>https://www.hse.gov.uk/news/coronavirus.htm</u> This should be used in conjunction with the NHS information here:

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

Dog Walkers There continues to have been instances of dog waste not being removed from outside people's properties and pathways in the village by dog walkers. There are five dog bins available at the playing field; off Cavenham Road, Lamas Lane; End of the Row/Wretton Row and on Church Road. So this is plenty of points to deposit their waste plus the option to take it Please respect the village and clean up after your dog. Wereham home. <u>Cemetery</u> – Memorials Next of Kin Please could any members of the public known to be the next of kin for memorials within the Wereham Cemetery please contact the Parish Clerk to agree to share their contact details. We need to ensure that our contact database for the purposes of contacting next of kin, where we need to discuss memorials is as up to date as possible. Memorials that have been laid down for safety reasons can be reinstated by commissioning a stone mason to install what is called a NAAM bar. 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 RichardsonWereham Parish Clerk and Finance Responsible Person

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

MOBILE POST OFFICE will park near the village pond on the following days/ times, **depending on current restrictions.**

Monday and Thursday 14.00 - 14.15 Tuesday and Wednesday 12.25 - 12.55

Update on Wereham Village Hall closure

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

Wereham Craft Group. Unfortunately because of the ongoing corona virus situation we had to cancel the craft fair arranged for April 18th. We have another craft fair booked for 7thNovember 2020 and we will give more details nearer the time when hopefully life will have returned to something approaching normal. For details please contact Rosemary on <u>01366 501330</u>, or <u>07749240606</u> e mail <u>rosemary.pease@btinternet.com</u>.

Car Boot and Cafe and Short Mat Bowls.

We will let you all know as soon as these two things are up and running again. For details please contact Philip on <u>01366 501330</u> or <u>07759033492</u>. E mail <u>rosemary.pease@btinternet.com</u>.

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



Premier Holiday accommoda.o n in Wereham overlooking the pond 4* very comfortable, well equipped 4 bedroomed house Sleeps 10, 2 bathrooms Ideal if you have family or friends visin g Good discounts available for Group 4 News readers! For more details please Tel Debbie or Ian Rye on 01366502083, 02476 742077 or 07863 049677 or see website



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



HOLIDAY COTTAGE

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

Contact

St. John's Farm, Beachamwell, Swaffham, Norfolk PE37 8BE Tel: 01366 328244 Fax: 01366 328716

/olunteers Home veeded!

free Figure I and

F you have parenting experience Home-Start waffham & District would love to hear from you. /e have families waiting for support and all we ask for a couple of hours a week commitment. We Ffer a prep course accredited through the Open plege Network which takes place one day a week

or 10 weeks. Term time 10am-2pm. o, if you think you can make a difference to a

amily needing a little help call us today to find out ore.

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

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

Breckland Pest Control

Wasps, moles, rats, mice & more

Professional & friendly service

01760 756 405

0777 600 7201

brecklandpestcontrol@gmail.com

PROFESSIONAL FOOT HEALTH PRACTITIONER



HINK

Treatments include:

- Nail trimming/reduction
- Verruca
- Callus/corn removal
- Ingrown
- Fungal nail/athletes foot

Peter Stanley MAFHP. MCFHP

- Diabetes foot care
- Neurovascular assessment

To book your home visit, please call Peter on

Freephone 0800 066 5499 or 07842 553554









Experienced, Qualified Professional

07749 257770 or 01366 727537

forestfensweep@aol.com

All appliances swept. Fully insured & certificates issued.









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

I can help!



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

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







Tel: 01553 616200 www.asklily.org.uk

Helping adults in west Norfolk get involved in their community



in association with



2048-0-0



Maths Tutor (Year 6 to GCSE)

- unravel problems
- boost confidence
- improve numeracy

A Cambridge graduate offers one-to-one tuition in your home (one-off or ongoing) £30 per hour

For details, or to arrange a £10 INTRODUCTORY SESSION contact Katherine Shaw 07773 – 433180



Beathan Ves 130/190 Advent Luncer 1 90/04088-22.54 Page 1



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

Clinics in Stoke Ferry - Castle Acre

Gift Vouchers Available

Contact: Charlotte: 07855513199 / 01366 501232

charlotterose.charlotterose@gmail.com www.charlotte-acupuncture.co.uk





"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

All 4 Paws Pet Services

we've 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

NO MEAN FEET

FOOT CARE IN THE COMFORT OF YOUR OWN HOME

YOUR LOCAL CARE SPECIALIST







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

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

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

NO MEAN FEET

CARE IN THE COMFORT OF YOUR OWN HOME

YOUR LOCAL CARE SPECIALIST





REMEDIAL MASSAGE

✓ THERAPEUTIC MASSAGE



✓ SPORTS INJURY

✓ BIO MECHANICAL
& GAIT ANALYSIS

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

✓LYMPHATIC DRAINAGE CALL STEVE ON 07837 506 906

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



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

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

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. BRYAN CATER



Chimney Sweep

Guild of Master Sweeps certified

Clean and Reliable Certificates Issued Fully Insured Fire Parts Supplied and Fitted

Call Gavin on 01366 728342

The Poplars, Thetford Rd,



Reflect on these words, attributed to Martin Luther:

"If I believed the world were to end tomorrow,

I would still plant a tree today



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



Call on 01366 387595

01366 383661

07957357480

Check us out on

checkatrade.com

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



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

Jake Stansfield Ltd

Plumbing & Heating

All aspects of Plumbing & Heating to the highest standard.

Gas Safe registered.

Contact 07780463787 or

01366 500469

jakestansfield@live.com



Paul Braybrooke

Oil Fired Boiler Engineer

Boiler Servicing Breakdown Service

Commissions Tank Replacements Phone 01353 777788 07946 735691

Taylors Solid Fuels Family run since 1946

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

"Don't Shiver We Deliver"

Quality top soils and aggregates. Bulk bags and Tipper loads from1-20 tonnes

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

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



RETIRED ELECTRICIAN

Available for small works Phone John on 01366 501327 or 07889187820



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

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

Turn To Ted

Friendly, Hardworking,

Handyman, Gardener,

DIY

£15 per hour, 1hour min

No job too Small or Large

Telephone

07967 796992



Fabrication of a variety of metals Mechanical engineering



Agricultural spares & accessories

Peter Garner Mechanical Services

Shingham Lane, Beachamwell, Swaffham, Norfolk. PE37 8AY. Tel: 01366 328823 E-mail: peter@pgms.co.uk



Peckhams Plumbing

John Peckham Friendly local Plumbing and heating engineer

All Work Undertaken Big Or Small

Fully Qualified and Insured

No Estimates Just 1 Price



No Call Out Fees OFTED

✓ 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



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



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



Turn To Ted

Friendly, Hardworking, Handyman, Gardener, DIY

£15 per hour, 1hour min

No job too Small or Large

Telephone

07967 796992

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'