

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

November 2020

WELCOME

We are fortunate in the areas covered by the magazine. Let's send thoughts and prayers to those where the illness is more prevalent and those whose financial situation is desperate.

Stay safe.

Wear a mask.

Keep your distance.

But don't forget to live the best life you can!

.As always, 'Happy Reading '

The Editorial Team

Eileen and Pam



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

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

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

© Copyright Group4 News 2020

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
December 2020 edition:**

11th November

ADVERTISING

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

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

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

WEBSITE

www.group4news.co.uk

Kevin Fisher, Tel 01366 502224



Priestly Ramblings from The Wissey Valley Group of Churches:

St. Andrew Barton Bendish: St. Mary Beachamwell: All Saints Boughton:

St George Methwold: St. Margaret Wereham: St. Andrew West Dereham: Christ Church Whittington: All Saints Wretton with Stoke Ferry.

Last month I was present at the ordination, as deacons, of Ray Burman and Ian Mack in Ely Cathedral. Both will now serve as curates in the Wissey Valley Benefice of eight churches for three years. The third being ordained deacon on the same day was Nigel Moat of the Priory Group Benefice. Hopefully, all three will be ordained priest in 2021; the date, one supposes, depends on the dreaded covid and the impact it has on our lives. In fact each candidate could only have five guests attending plus their training incumbents i.e. Rev. David Karoon for Nigel and Rev. Canon William Burke and myself for Burman and Ian. That did not stop many, many people watching and joining in the service via zoom. A joyous event presided over by Bishop Stephen that all three, I am sure, will never forget. We wish them God speed in their new ministries.

Talking of the pandemic, most of the churches that make up Wissey Valley have now re-started Sunday services again; the exception being St Andrew in West Dereham where the whole of the east end, including the stone work and medieval glass is being renovated and cleaned. Zoom services continue on line, for the time being, also on a Sunday morning. It is amazing what can be done when people pull together: if only everyone adopted this attitude from politicians to the man in the street, I suspect that we would not be facing the prospect of further restrictions. Love one another was one of Christ's main messages; in other words consider others before oneself even if that means wearing masks and social distancing.

Rev. Carol Nicholas-Letch

Priest in Charge Wissey Valley Benefice c

aroln153@hotmail.com 01366 500704

DEANERY NEWS

On Saturday 26th September, in the Cathedral, Bishop Stephen ordained three members of our Deanery as Deacons. Nigel Moat, from the Priory Group and Ian Mack and Ray Burman from Wissey Valley. We wish them well in their future ministry and give thanks for their service.



Deanery Synod met on the 8th October. It was online, via Zoom, and well attended. It would have been good to know where the various representatives were from, but the business of the meeting went through very efficiently. The main focus was a presentation by Fraser Reich of Bexwell, who heads the Deanery Strategy Group, which is charged with looking at the shape of the Deanery in years to come. Consultations will be held and we will need to present our proposals to the Diocese in 2021.

The swearing-in of churchwardens will take place via Zoom in a series of meetings during November.

ONLINE SERVICES IN NOVEMBER

Video services for the West Norfolk Priory Group are posted on the WNPG Facebook page at:

<https://www.facebook.com/pages/category/Religious-Organization/West-Norfolk-Priory-Group-Church-of-England-100422234980502>

Online Zoom services are due to take place as below:

Sunday 1st November All Saints' Day

9.30 am Holy Communion See link 2 below

11.00 am Holy Communion See link 1 below

Thursday 5th November

10.00 am Holy communion See link 1 below

Sunday 8th November Third Sunday before Advent

9.30 am Holy Communion See link 2 below

Remembrance Sunday HC—check times

Thursday 12th November

10.00 am Holy Communion See link 1 below

Sunday 15th November Second Sunday before Advent

9.30 am Service of the Word See link 2 below

11.00 am Holy Communion See link 1 below

Thursday 19th November

10.00 am Holy Communion See link 1 below

Sunday 22nd November Christ the King

9.30 am Service of the Word See link 2 below

11.00 am Holy Communion See link 1 below

Thursday 26th November

10.00 am Holy communion See link 1 below

Sunday 29th November Advent Sunday

9.30 am Benefice Service See link 2 below

11.00 am Holy Communion See link 1 below

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

Link 2 - <https://us02web.zoom.us/j/82822775006?pwd=eU12TDN0VTJpZFVocld4WlpuZEM4dz09>

COUNTRYSIDE NOTES FOR NOVEMBER 2020

I often wonder who invented all the words we use. Most have been about for a long time although new ones are continually being added. When Covid kicked off I wondered if 'furlough' was one of these but it was in my 1998 'Little Oxford'. At least I know what it means now! The easiest meanings to trace are place names which, thanks to past invaders, are derived from Celtic, Latin, Anglo-Saxon and French languages. Many are references to hills, rivers, fortresses, forest clearings, animals and land ownership. First recorded in Old English (mid7th century) over time many have become distorted through being mispronounced and wrongly spelt.

There are many simple historical suffixes which appear in place names today. For instance '*ton*' and '*tun*' once meant a farm or a hamlet, '*ham*' meant a settlement, village or estate, '*ly*' or '*ley*' a wood or a clearing, '*down*' came from the Celtic '*dun*' meaning hill or hill fort, '*stow*' was a place or meeting place, '*wic*' was a farm or dairy farm, '*wella*' was a spring, '*bury*' was a fort and '*ford*' was where a river could be easily crossed. Often these were added to the names of local geological features such as rivers. An excellent example is the ancient Norfolk town of **Thetford** standing on the river Thet. Activity has been known in the area since Neolithic times and, as a crossing point of the river, it was very important in Roman times. By the time of the Norman Conquest Thetford had become the sixth biggest town in the kingdom.

Kings Lynn was once called Bishops Lynn when, in 1101, Bishop Herbert de Losinga of Thetford first developed the town. It became Kings Lynn in the 16th century. The word '*lynn*' means pool and it's thought it referred to a tidal pool on the Ouse.

Closer to home, Downham means a settlement on a hill, it has a commanding view over the Fens. In Saxon times it became **Downham Market** and is one of Norfolk's oldest market towns. The interpretation of **Swaffham** is the settlement of the Swabians. It was valued highly in the Domesday Book of 1086 and by the 14th and 15th century was prospering from the sheep and wool industry.

Barton Bendish was recorded as Bertuna. Its modern name is derived from '*bere-tun*' meaning a grain farm, '*binnan*' = within and '*dic*' = a ditch. The ditch referred to is the Devil's Dyke, a linear earthwork stretching between Barton and Beachamwell and possibly dating to the early Saxon period.

Boughton was recorded as Buchetuna meaning a settlement belonging to Bucca.

Beachamwell was recorded as Hekeswella and originated as 'the spring at Bicca's homestead'. Originally it was two distinct settlements - Bitcham and Wella.

Wereham was recorded as Wigreham. Regarding the prefix, it's thought perhaps the old name for the River Wissey was Wigor or Vigora, which was changed to Were as in Wereham.

It's awesome that we all live in places where people were going about their daily business more than a thousand years ago. *Jill Mason*

Re Christmas Presents

Stuck for ideas for Christmas presents?

I still have a few copies available of my books:

THE LIFE AND HARD TIMES OF MARY CANEY - an historical paperback novel, based on fact, set in 19th century Barton Bendish @ £7.99

'THE HARE' a second edition published in 2019 with more than 230 photographs @ £25

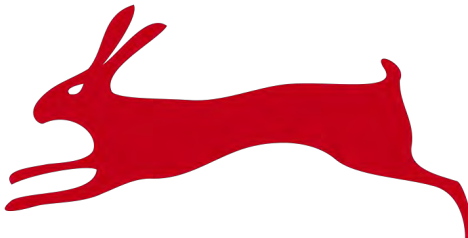
10% of book sales will be donated to Barton Bendish Village Hall and St Andrew's Church.

Or how about one of David's wildlife photographs reproduced on canvas?

For choice of subjects go to

www.davidmasonimages.com or email

masons.sandmere@btinternet.com



Virtual WI for Norfolk?

You will have seen articles in WI Life about the idea of forming virtual, online WIs. National have been in discussion with the Norfolk Federation, as they would like us to lead the way in this new enterprise! So, we are writing to you with a little more information about this exciting new adventure. We know that there are a number of members who are not physically able to get to meetings (and not just because of the current Covid-19 situation). We also know that there are others who, because of work or caring commitments, similarly find it difficult to attend a meeting. One thing they all have in common? They all want to be a WI member! The other important and unique thing is that it doesn't matter where a Virtual WI member lives. Rest assured that a virtual WI is not here to replace your WI. We have all come to realise how important face-to-face contact is –and how much we have all missed it, particularly our WI friends. A virtual WI will never replace that, but it will be run on exactly the same lines as any other WI. We want to make the WI available to everyone and hope that by starting a virtual one, it gives the opportunity for women to embrace all that the WI has to offer, albeit virtually. Most importantly, we need to keep current members who are not able to get out –and attract new ones. So how will it all work? Just as we would for any new WI, there will be an initial meeting to see what interest there is, then a second meeting the following month (probably with a speaker) and the third meeting to discuss formation. These will happen in January, February and March next year. There will be publicity about this on social media and in the local press, but we wanted you to be the first to know.

So what next? Obviously, this is a huge learning curve for everyone and we don't know all the answers, but if you have any initial queries, please get in touch. We hope that there are members who would like to join this exciting new venture –you can still be a member of a “physical” WI and join the virtual one as a dual member. Register your interest! If you would like to Zoom with us at meeting in January, get in touch by 20th November. If you have any comments or queries, or to register for the first meeting email fedsec@norfolkwi.org.uk. We look forward to hearing from you and in the meantime, keep safe and well .

Kind regards Margaret Collingwood Chairman Louise Casson Federation Secretary

We have been asked to inform residents about a new and improved Carers Matter Norfolk service. They are anxious to reach out to as many carers and people who support people as possible. The new service offers an advice line and one to one locally based Carer Connectors. Carer Connectors can now carry out Carers Assessments and can help people access other services such as grants from the health and welfare fund, short breaks, and group support. The service can be contacted via the advice line 0800 083 1148 or via their website on www.carersmatternorfolk.org.uk.

Swaffham & Litcham Home Hospice Support

Here at Home Hospice we have continued to work throughout the pandemic, initially from home, returning to work from the office during July.

Unfortunately, due to the imposed restrictions, at the present time not all of our normal services are available.

But we are still here providing support for anyone in our area, who is suffering with cancer, either newly diagnosed, are seriously ill, or are at the end of life.

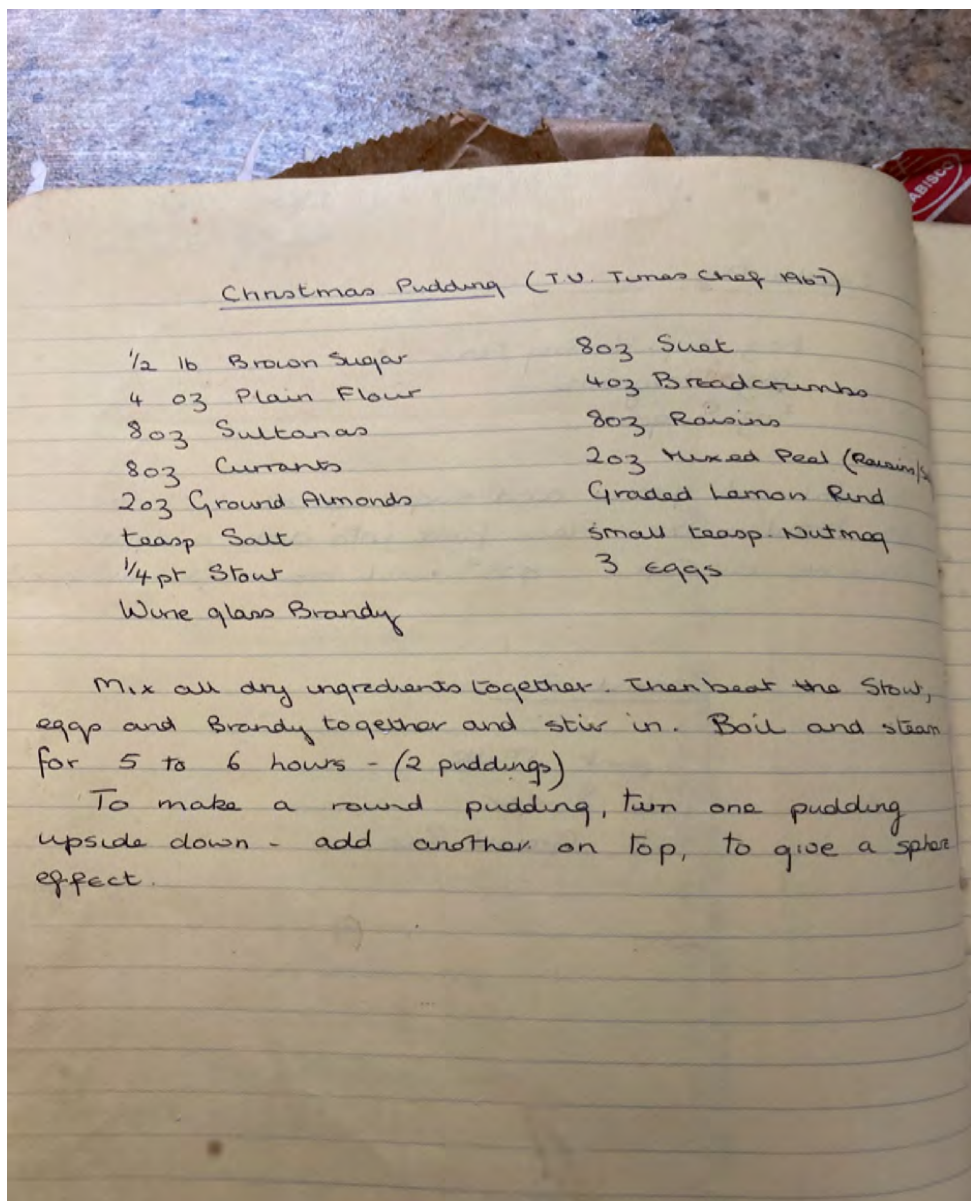
Also, our counsellors are here to help both patient and their family through the difficulties which a cancer diagnosis can bring.

We also offer bereavement counselling to anyone who lives in our area and who may be struggling to come to terms with the loss of a loved one.

All fundraising events that we were planning to hold over the spring and summer had to be cancelled. Our fundraising committee are currently exploring new ideas for fundraising, meeting by Zoom on a regular basis. Having said this, any ideas that you may have in respect of fundraising which we could consider would be appreciated.

Should you need to contact us then please ring 01760 722937

Wendy Martin



Contributed by Christine Dungay, the Fincham and District WI President. It was a recipe from Christine's mother, Auda Roney, who was Secretary of the Fincham and District WI for many years..

WEREHAM VILLAGE HALL

PRE CHRISTMAS

CRAFT FAIR

Saturday 7th November
10am - 4pm

Come and browse around the variety of craft stalls

REFRESHMENTS

HOMEMADE HOT SOUP WITH A ROLL

FRESHLY MADE FILLED ROLLS

CAKE

HOT and COLD DRINKS



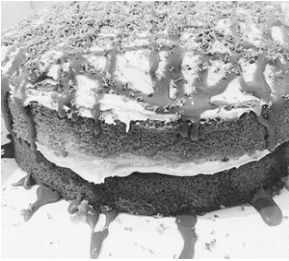
For more information contact : Rosemary

01366 501330 or mobile 07749240606



Proceeds to Wereham Village Hall CIO, Charity Registration No 1168472

BOBBIN'S BAKES



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

*Traditional bakes, cakes &
afternoon tea delivered to your
door*

CHARLOTTE 07873 355671



Nursery places
available at St.
Martin at
Shouldham
Primary Academy.

Experienced, well
qualified staff
in a primary
setting.

The ideal start
for your child's
educational
journey.

15 and 30
funded hours
for eligible 3
and 4 year olds.

Contact us to find
out more on
01366 347260 or
office@st-
martin.norfolk.sch.

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.

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.

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-covid19-service-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-30th-march-until-further-notice/>

First - <https://www.firstgroup.com/norfolk-suffolk/news-and-service-updates/coronavirus-covid19-service-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/coronavirus-update/>

Great Yarmouth

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

First - <https://www.firstgroup.com/norfolk-suffolk/news-and-service-updates/coronavirus-covid19-service-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 - <https://www.coachservicesltd.com/category/news/>

Lynx - <https://www.lynxbus.co.uk/news/covid-19-timetables-monday-30th-march-until-further-notice/>

Mega Bus - <https://uk.megabus.com/service-alerts>

National Express - <https://www.nationalexpress.com/en/help/live-service-updates>

Stagecoach - <https://www.stagecoachbus.com/regional-service-updates/east-midlands/the-fens>

West Norfolk Community Transport - <https://www.gtt-online.co.uk/news/2020/03/coronavirus-update/>

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-further-notice/>

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-covid19-service-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/>

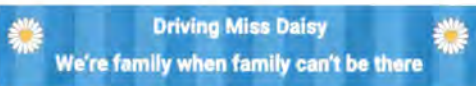
First - <https://www.firstgroup.com/norfolk-suffolk/news-and-service-updates/coronavirus-covid19-service-information>

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/>



**Driving and Companion Service
Downham Market / Swaffham and
surrounding villages**

Call Melanie or Natalie on

07458 005575

for a free quote

kingslynn@drivingmissdaisy.co.uk

Facebook: DrivingMissDaisyKingsLynn



We are:

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

Our service is:

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

We can:

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

Our Daisies are following strict guidelines on hygiene

Our cars are maintained to strict NHS protocols

Don't worry Daisy can help!



Advent Sunday will be on 29th November.

Prayer During the Day for Advent

Preparation

O God, make speed to save us. O Lord, make haste to help us

A hymn of Praise – The Salus Aeterna (Saviour Eternal 11th cent)

Saviour eternal, life of the world unfailing,
light everlasting and our true redemption.

Taking our humanity in your loving freedom,
you rescued our lost earth and filled the world with joy.

By your first advent justify us, by your second, set us free:
that when the great light dawns and you come as judge of all,
we may be robed in immortality and ready, Lord, to follow
in your footsteps blest, wherever they may lead.

The Word of God

Psalmody

On any day Psalm 80.1–8

(or)

Sunday	Psalm 82
Monday	Psalm 13
Tuesday	Psalm 14
Wednesday	Psalm 54
Thursday	Psalm 70
Friday	Psalm 75
Saturday	Psalm 85

Each psalm ends with

All Glory to the Father and to the Son and to the Holy Spirit;
as it was in the beginning is now and shall be for ever. Amen.

Short readings

Sunday

The Spirit and the bride say, 'Come.' And let everyone who hears say, 'Come.'
And let everyone who is thirsty come. Let anyone who wishes take the water of
life as a gift. The one who testifies to these things says, 'Surely I am coming
soon.' Amen. Come, Lord Jesus! The grace of the Lord Jesus be with all the
saints. Amen. Revelation 22.17,20,21

Monday

A shoot shall come out from the stock of Jesse, and a branch shall grow out of

his roots. The spirit of the Lord shall rest on him, the spirit of wisdom and understanding, the spirit of counsel and might, the spirit of knowledge and the fear of the Lord. His delight shall be in the fear of the Lord. He shall not judge by what his eyes see, or decide by what his ears hear; but with righteousness he shall judge the poor, and decide with equity for the meek of the earth; he shall strike the earth with the rod of his mouth, and with the breath of his lips he shall kill the wicked. Isaiah 11.1–4

Tuesday

The beginning of the good news of Jesus Christ, the Son of God. As it is written in the prophet Isaiah, 'See, I am sending my messenger ahead of you, who will prepare your way; the voice of one crying out in the wilderness: "Prepare the way of the Lord, make his paths straight."' John the baptizer appeared in the wilderness, proclaiming a baptism of repentance for the forgiveness of sins. And people from the whole Judean countryside were going out to him, and were baptized by him in the river Jordan, confessing their sins. Mark 1.1–5

Wednesday

Jesus said to his disciples, 'Be dressed for action and have your lamps lit; be like those who are waiting for their master to return from the wedding banquet, so that they may open the door for him as soon as he comes and knocks. Blessed are those slaves whom the master finds alert when he comes; truly I tell you, he will fasten his belt and have them sit down to eat, and he will come and serve them.' Luke 12.35–37

Thursday

Jesus said to Peter, James, John and Andrew, 'It is like a man going on a journey, when he leaves home and puts his slaves in charge, each with his work, and commands the doorkeeper to be on the watch. Therefore, keep awake – for you do not know when the master of the house will come, in the evening, or at midnight, or at cockcrow, or at dawn, or else he may find you asleep when he comes suddenly. And what I say to you I say to all: Keep awake.' Mark 13.34-end

Friday

You know what time it is, how it is now the moment for you to wake from sleep. For salvation is nearer to us now than when we became believers; the night is far

gone, the day is near. Let us then lay aside the works of darkness and put on the armour of light; let us live honourably as in the day, not in revelling and drunkenness, not in debauchery and licentiousness, not in quarrelling and jealousy. Instead, put on the Lord Jesus Christ, and make no provision for the flesh, to gratify its desires. Romans 13.11-end

Saturday

The angel said to Mary, 'The Holy Spirit will come upon you, and the power of the Most High will overshadow you; therefore the child to be born will be holy; he will be called Son of God.' Then Mary said, 'Here am I, the servant of the Lord; let it be with me according to your word.' Then the angel departed from her. Luke 1.35,38

Or, on any day in Advent

Comfort, O comfort my people, says your God. Isaiah 40.1

Response

Silence, study, song, or words from Scripture, such as

Blessed are those who hunger and thirst for righteousness, for they will be filled.

Matthew 5.6

Prayers Biddings for Prayers may include these concerns:

The Church and its leaders that she may be ready for the coming of Christ

The nations, that they may be subject to the rule of God

Those who are working for justice in the world

The broken, that they may find God's healing and The departed

A form of litany as below or other intercessions

Watchful at all times, Let us pray for strength to stand with confidence before our Maker and Redeemer.

That God may bring in his Kingdom with judgement and mercy,

Let us pray to the Lord: Lord have mercy All Lord have mercy

That God may establish among the nations his sceptre of righteousness.

Let us pray to the Lord: Lord have mercy All Lord have mercy

That we may seek him in the scriptures and recognise him in the breaking of the bread.

Let us pray to the Lord: Lord have mercy All Lord have mercy

That God may bind up the broken-hearted, restore the sick and raise up all who have fallen.

Let us pray to the Lord: Lord have mercy All Lord have mercy

That the light of God's coming may dawn on all who live in darkness and in the shadow of death,

Let us pray to the Lord: Lord have mercy All Lord have mercy
That with all the saints in light, we may shine forth as lights of the world.
Let us pray to the Lord: Lord have mercy All Lord have mercy

So we commend ourselves and all for whom we pray to the mercy and protection of our heavenly Father; let us pray:

Keep us, O Lord, while we tarry on this earth,
in a serious seeking after you,
and in an affectionate walking with you,
every day of our lives;
that when you come,
we may be found not hiding our talent,
nor serving the flesh,
nor yet asleep with our lamp unfurnished,
but waiting and longing for our Lord,
our glorious God for ever. Amen. (Richard Baxter 1691)

The Lord's Prayer is said here

Our Father, who art in heaven,
hallowed be thy name;
thy kingdom come;
thy will be done;
on earth as it is in heaven.
Give us this day our daily bread.
And forgive us our trespasses,
as we forgive those who trespass against us.
And lead us not into temptation;
but deliver us from evil.
For thine is the kingdom,
the power and the glory,
for ever and ever.
Amen.

The Conclusion May the peace of Christ lighten our hearts and our lives

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 BILLS?



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

On any of these Governments benefits?

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

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 eye 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**



HISTORY QUIZ

1. Which queen had the shortest reign of Henry VIII's six wives?
2. It is thought that Harriet Tubman directly rescued around 300 people from slavery and gave instructions to help dozens more. But in which conflict did she become the first woman to lead an armed assault?
3. In which country is the Bay of Pigs?
4. Which medieval queen was married to both Louis VII of France and Henry II of England?
5. Who was the first human to journey into space?
6. Whose body was exhumed from Westminster Abbey, more than two years after his death, to be 'executed' for treason?
7. Julius Caesar was assassinated on 15 March 44 BC, a date now often known by what term?
8. Where did the Great Fire of London begin, on 2 September 1666?
9. What German dance, which sees partners spinning together in close contact, was condemned as depraved when it was first seen in Regency society?
10. Which king preceded Queen Victoria?
11. What is considered the world's oldest writing system?
12. Who was the mother of Emperor Nero and the wife of Emperor Claudius?
13. What was Mary Anning (1799–1847) famous for?
14. Who gave Queen Elizabeth I the soubriquet 'Gloriana'?
15. Where was Napoleon Bonaparte born?
16. Can you name the five beach codenames used by Allied forces on D-Day?
17. Where were Charles I's headquarters during the Civil War?
18. Who assassinated Archduke Franz Ferdinand of Austria in 1914?
19. Who was the last king of the Plantagenet line of monarchs?
20. The controversial film *Birth of a Nation*, which was released in 1915, was used as a recruiting tool for which organisation?
21. What was Eleanor Roosevelt's maiden name?
22. Who was the last tsar of Russia? Answers on page 69

Every minute, six people over 65 suffer a fall/

We're here to help.

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



Careline
COMMUNITY SERVICE



**Care &
Repair**

Borough Council of
King's Lynn &
West Norfolk



1170-97-304N



Tel: 01553 616200
www.asklily.org.uk

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



**in
good
company**

In association with

Norfolk County Council

Borough Council of
King's Lynn &
West Norfolk



2018-9-2

A RURAL CHILDHOOD in the 1950s Celebrating the Queen's Diamond Jubilee 1953

If you're over 70 titled **'Do You Remember'**

If you're under 70 titled **'What Life Was Like'**

1953 was not only the year of the Coronation but also the North Sea Flood Disaster, Everest being climbed for the first time and DNA being discovered but to a kid, most importantly, it was the year when war time sweet rationing ended.

IN THE HOME

Few homes had central heating – wood or coal was burned on open fires or kitchen ranges of some kind, which you cooked on. In winter the bedroom windows got pretty fern-like patterns over them when they froze inside and you suffered with horrible, itchy chilblains on your toes! Even in 1953 a lot of people in the countryside didn't have electricity although that, and mains water, reached Barton in the late 1940s. Before then it was oil lamps and water from a well. However, it was 1964 before main drainage was laid on. If you hadn't had a septic tank installed then it was still trips to the 'privvy' down the garden and squares of newspaper and spiders. There was no nice, soft toilet paper either. Do you remember Izal? And of course the buckets or vaults needed to be emptied!

A lot of farm cottages didn't have proper bathrooms until the early 70s. 'en suites' were unheard of – the nearest you got was a potty under the bed. Few people had washing machines, everything was washed by hand. There was a 'copper' built of bricks out in the shed with a big bowl in the top and a place to light a fire underneath to heat the water. Sheets, shirts and nappies (there were no such things as disposable nappies in those days) were washed in this and put through a mangle to squeeze out the water (there were no spin driers either). A

'Burco' boiler might have replaced the copper when the electric was connected. In the home there was nothing plastic – bowls were enamel and light switches were bakelite. There were no such things as freezers or microwaves, a slab of marble in the pantry served as a fridge.

SHOPPING

In 1953 there were no supermarkets with self-service, check outs and late night shopping. Many big shops closed at 5.30pm, at lunch time on a Wednesday and never opened on a Sunday. You couldn't do a 'one stop shop' instead you needed to go separately to the chemist, greengrocer, butcher, baker and grocer. However deliveries were made and most villages had a little shop which sold most things. Dry goods were weighed and put in thick paper bags, often blue, and you got a penny or two if you took a bottle back.

FOOD

Self sufficiency was the order of the day. Vegetables and fruit were grown. Geese ate grass so didn't cost much to feed. Chicken were kept for eggs and fed on cooked-up potato peelings mixed with layer's mash but when they got past their sell by date (unheard of then) if they were boiled long enough could provide a dinner or two. Many country people also kept a pig. Rabbits were probably the most economical. They ate all the vegetable and fruit peelings plus grass and dandelions, when their time was up they provided not only meat but also skins to make gloves and hats. I remember having a very nice pair of grey and white fur mittens. And they think recycling is a new concept!

Talking about food, fish fingers and tea bags were new inventions. There were cafés, tea rooms and restaurants but not many pubs that served food and a take-away amounted to fish and chips. It was 1974 before Macdonald's arrived. The trendiest place to go was a coffee bar with a juke box! Costa Coffee didn't appear until

1971 and Starbucks much later.

MONEY

You got paid in cash once a week and little piles of money were put aside to pay the bills. There were no such things as credit or debit cards but if you needed something expensive there was hire purchase, also known as 'the never- never', where you repaid so much a week. The biggest ambition for most kids was to have a new bike.

We were taught to save money which either went into a post office account or the building society. Premium Bonds didn't appear until 1956.

CLOTHING

Christmas was a time when you were given mostly what you needed, but not necessarily what you wanted. My birthday is on Christmas Day, I recall being given a pair of slippers - one for Christmas and the other for my birthday! The early '50s were an era of make do and mend when it came to clothing, nothing was wasted. I remember underwear made from parachute silk and a woman sitting in a shop window 'invisibly' mending nylon stockings for they were then a luxury. Boys wore short trousers until they were eleven or twelve and children's shoes were practical. Do you remember having your feet x-rayed to make sure your new shoes were the right size?

We wore plimsolls in the summer and at school, trainers didn't come in until the late fifties when manmade fibres first appeared. What about those awful nylon shirts and sheets? Clothes were made at home and the whirr of a sewing machine and clicking of knitting needles were familiar sounds. How about those socks and fair isles jumpers made for father and son alike? But worst of all were the woolly swimsuits which sagged dangerously low when they were wet.

TRANSPORT

Bicycles were an important mode of transport because not many people had a car. In fact there were so few that kids spent hours collecting car numbers as they went past. Cars had a choke to start them which you pushed back in when the engine had warmed up. Some models still had a starting handle, not a bad thing as a last resort. Cars had no heaters - your huff froze on the inside of the window on a frosty morning. Windscreen wipers were primitive and a little orange arm flicked out to indicate if you were turning left or right. You used hand signals too, with your arm out the window. A circular motion meant you were turning left and up and down that you were slowing down – not that you would be going very fast anyway! The first Mini was launched in 1959 and cost £497!

Buses played an important part in getting from A to B. They had a driver and a conductor who took your fare. His job was unpleasant in winter for he stood at the back of the bus where you got on and there were no doors, just an open platform. Many more rural towns were then linked by railways and steam engines were still part of the rolling stock.

Few people had ever been on a plane and space travel was a thing of fiction. The first vehicle to enter space and orbit the world was Sputnik 1, a Russian satellite launched in 1957.

Thank you , Jill Mason for this interesting account!! There is much more, which will be continued in a later edition.





Remembrance

Day Service

St Andrew's Church

Barton Bendish

(PE33 9GF)

Nov 8th at 10.30am

Join us in
Commemoration

Social distancing rules apply, including wearing a face covering



BARTON BENDISH NEWS

Phillip Carter

It is with great sadness that we record the passing of Phillip Carter who has died after a prolonged illness. Phillip lived in Eastmoor for many years having, with his wife Jean, built Victory Lodge there some 30 years ago (they had previously lived in Stoke Ferry) and having run both poultry and haulage businesses locally. He was a stalwart of the Barton Bendish with Eastmoor community, serving for many years as a Parish Councillor including a term as Chairman. In addition, he had been a Trustee of both the Village Hall and the Poor's Fund while many will remember him for his enthusiastic baking and for the great efforts both he and Jean made for the Hospital Car Service. In addition, Phillip was a member of The Downham branch of the Royal Air Force Association. Phillip will be fondly remembered and our condolences go to Jean and to his whole family.

Dit's Fish and Chips

At the beginning of 'lockdown' Barton Aid kindly organised Dit's fish and chip van to come to Barton on Saturdays. I'm not normally a great lover of fish and chips but there is a wide selection on the menu to choose from, they're cooked to order and never greasy, so I have no hesitation in recommending them.

David and I haven't been eating out at all since Covid struck and, personally speaking, it's been such a treat for me to have one day a week when I've not had to prepare and cook a meal! However, the number of customers has been dwindling slightly and I hope for my sake, and the other regulars, there is sufficient support in the coming months to make it worth Dit's while to continue coming to Barton.

Dit's fish and chips - Saturday evenings at 6.0pm opposite the pub.

Jill

News from the PCC

Community Library

We are pleased to announce that, from Wednesday 14th October, St Andrew's Church will be open every Wednesday and Sunday between 10am and 4pm. This will allow for private prayer and use of the

community library.

There will be signs in the church depicting simple rules for everyone to follow to keep us all safe. Briefly these are:

Private Prayer

- Please bring your own prayer book if desired
- Wear a face covering
- Sanitise your hands on entry/exit

Sign in on the sheet provided and place used pens as indicated
Community Library

- Wear a face covering
- Sanitise on entry/exit
- Sign in on the sheet provided and place used pens as indicated
- Any books you handle should be placed in the box marked for this purpose

Anything you take away which you wish to return later (and any donated books) should be placed in the appropriately marked box
Thank you

Barton Bendish PCC

The following is a provisional list of services until and including December this year. As you would expect they are all subject to the easing of lockdown and Government guidelines.

SUNDAY 8TH NOVEMBER Service of Remembrance
10.30am St Andrews

Social distancing rules apply, including wearing a face covering

SATURDAY 19TH DECEMBER Christmas Service
TBA

Update from 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 has received advice that it should not be holding face to face meetings for the foreseeable future and therefore scheduled meetings will be taking place virtually.

The Parish Council currently has one casual vacancy for a Parish Councillor. If you would be interested in being co-opted onto the Parish Council please contact the Clerk, before 11th November 2020, for further information or to express an interest.

We have been asked to inform residents about a new and improved Carers Matter Norfolk service. They are anxious to reach out to as many carers and people who support people as possible. The new service offers an advice line and one to one locally based Carer Connectors. Carer Connectors can now carry out Carers Assessments and can help people access other services such as grants from the health and welfare fund, short breaks, and group support. The service can be contacted via the advice line 0800 083 1148 or via their website on www.carersmatternorfolk.org.uk.

The next Parish Council meeting will be on Wednesday 11th November from 7.30pm. This meeting will be virtual via Zoom. 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 number: 01945 430930

Email: bartonbendishparishcouncil@aol.co.uk

Further information is available on the Parish Council website at

bartonbendishparishcouncil.norfolkparishes.gov.uk

The Mobile Library is open

We look forward to welcoming you back!

We've made some changes to keep you safe, so there will only be 1 person or household (of up to 3 people) aboard at a time

please bring your library card with you or join in the library or online

we may ask for details from you to help with Test and Trace

you will need to wear a face covering in the library

hand sanitiser is available for use on the way in and out of the library

surfaces and computers will be regularly wiped down

returned books will be quarantined for 72 hours

Your routes are:

Beachamwell, Barton Bendish, and Boughton (EDE208):

09:45 – 10:00 Old Post Office (Beachamwell)

10:45 – 11:00 Mill Rd (Boughton)

11:10 – 11:20 Hatherley Gardens (Barton Bendish)

4-weekly on a Tuesday:

6th Oct 20 1st Dec 20

3rd Nov 20 29th Dec 20

Drymere (EDE205)

09:45 – 09:55 Telephone Kiosk

4-weekly on a Tuesday

13th Oct 20 8th Dec 20

10th Nov 20 5th Jan 21

We hope to see you soon!

www.norfolk.gov.uk/libraries

BEACHAMWELL, SHINGHAM & DRYMERE VILLAGE NEWS

Mobile Post Office

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

The Friends of St Mary's Church



I am afraid to report the saga of the replacement of the lead roof continues. You will all have seen the scaffolding has gone up and it was hoped that the steel roof would have been well on the way to be installed by now. It turns out that there is a step in the roof which means the

steel is not appropriate and we are having to go back to lead. This means more delay but it is hoped that the lead could be on by Christmas which would be marvellous as we might be able (subject to the Covid rules then) have at least some sort of socially distant Christmas celebration. Of course as we are going back to lead we are exploring the issue of an alarm system as well. The number of lead roofs I keep hearing about which are stolen locally means it will be essential to keep the new lead roof safe.

In the meantime the fund raising continues as much as it can. We have two outstanding applications for grants which we should hear about very shortly so fingers crossed. We are aiming for the thatch roof to be repaired next spring if we have managed to get to our target (which is just under £30,000 and the current funds we have is about £22,000 so we are getting there!)

We will keep you informed as to progress.

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

BEACHAMWELL, SHINGHAM & DRYMERE VILLAGE NEWS

The Parish Council



The Parish Council has been advised that it should not return to 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 16th September. It was reported that the Village Sign should soon be back in place. A quote is to be obtained to deal with the protruding concrete slab which was put in place to cap a well at the side of the church.

RAF Marham has advised the Parish Council that unfortunately they will not be able to host the Friends of RAF Marham Christmas Lunch this year due to the pandemic. They expect this popular event to return in 2021.

Dates for Parish Council meetings for the rest of this year are:

Monday 19th October Extra-ordinary Meeting Starting at 7.00pm

Wednesday 18th November Ordinary Meeting Starting at 7.30pm

Clerk to the Council:

Miss Sarah Thorpe: 01945 430930 beachamwellparishcouncil@gmail.com

Councillors:

Cllr. Tom Sanderson (Chairman)

01366 328244/07803963804 tomsanderson@btconnect.com

Cllr. Diana Lambert (Vice Chairman)

01366 328227

Cllr. Richard James

01366 328968 rj1james@gmail.com

Cllr. Pat O'Donnell

01366 328385

BEACHAMWELL, SHINGHAM & DRYMERE VILLAGE NEWS

My Story About Leaving School.



Hello my name is Gordon Hale I thought you might like to know what I am doing now that I have left school. So here is a bit about what I am doing.

I have started a study program in level 2 City and Guild Professional Cookery. This is a 2 day course. Over the 2 days I do one of them as practical training and the other day is work to help towards my GCSE in English and Maths as I did not get high enough grades to do an apprenticeship.

My study programme course is run by Poultec Training in Mattishall.

I did my work experience at The White Hart in Swaffham for 2 weeks and at the end of it I got to cook for my family. The White Hart gave me a letter telling me how happy they were with me and how I had worked so hard and that they wanted to offer me a job

in the kitchen as a kitchen assistant. I accept the job offer and now prepare the Care for Community meals that started over the lock down period.

The care meals for the local community have a 4 week changing menu. We have 2 different options these are non vegetarian and veterinarian so all are catered for. The price of the meals is £5 and this is a home cooked main meal and a pudding. The meals are delivered to you at a time you would like your meal. These care meals run every day from 12:00 -17:30 and can be delivered all over the local village as well as Swaffham.

I enjoy this part of my job as I am helping to prepare meals for those who may not get warm and nourishing food.

Gordon Hale

[Well done Gordon. Everyone in Beachamwell wishes you success in your chosen career – you will do a great job. Your enthusiasm is to be applauded. Eileen Powell]

Unwanted Rubbish

On several occasions recently I have found empty plastic water bottles and Coca Cola cans discarded on the football area of the Recreation Ground. Please take your rubbish home or put into waste bins. Thank you.

Christine Almond

CHURCH SERVICES IN NOVEMBER

Priory Group

Please note that all services are subject to change or cancellation as the pandemic situation changes.

Sunday 1st November

9.30 am Runcton Holme
10.00 am Shouldham
11.00 am Marham
11.00 am Watlington

Fourth Sunday before Advent

Holy Communion
Morning Prayer
Holy Communion
Morning Prayer

Sunday 8th November

9.30 am Shouldham Thorpe
10.00 am
10.45 am Fincham
10.45 am Watlington

Third Sunday before Advent

Holy Communion followed by
Remembrance Service at the War Memorial
Remembrance Service
Remembrance Holy Communion

Thursday 12th November

10.00 am Fincham

Holy Communion

Sunday 15th November

9.30 am Wormegay
11.00 am Marham
11.00 am Stowbridge
11.00 am Watlington

Second Sunday before Advent

Holy Communion
Morning Prayer
Holy Communion
Morning Prayer

Sunday 22nd November

9.30 am Wimbotsham
10.00 am Fincham
11.00 am Watlington

Christ the King

Holy Communion
Holy Communion
Morning Prayer

Sunday 29th November

11.00 am Watlington

Advent Sunday

Holy Communion

BAPTISMS AND WEDDINGS

Please contact Mrs. Louise Vigus:

louise.vigus@westnorfolkpriorygroup.co.uk

CHURCH SERVICES IN NOVEMBER

Wissey Valley Group

Please note that all services are subject to change or cancellation as the pandemic situation changes.

Sunday 1st November

9.30 am Methwold

9.30 am Whittington

6.00 pm Wereham

All Saints' Day

Service of the Word

Holy Communion

Evensong

Monday 2nd November

6.00 pm Wretton with Stoke Ferry

All Souls' Day

All Souls' Service

Sunday 8th November

9.30 am Methwold

9.30 am Wretton with Stoke Ferry

10.45 am Barton Bendish

Third Sunday before Advent

Service of the Word

Service of the Word

Remembrance Service

Sunday 15th November **Advent**

9.30 am Methwold

9.30 am Whittington

11.00 am Wereham

Second Sunday before

Holy Communion

Service of the Word

Holy Communion

Sunday 22nd November

9.30 am Methwold

9.30 am Wretton with Stoke Ferry

11.00 am Boughton

Christ the King

Service of the Word

Service of the Word

Holy Communion

Sunday 29th November

9.30 am Benefice Service via Zoom

Advent Sunday

Midweek Services

Tuesdays 9.00 am **Wretton with Stoke Ferry** Morning Prayer

Thursdays 8.30 am **Methwold** Morning Prayer

Wednesdays 5.30 pm Compline via Zoom.

Thursday 12th November 10 am Holy Communion at Fincham

BOUGHTON VILLAGE NEWS

All Saints' Church

We are continuing to open the church for prayer on Wednesdays, from 10 am to 3 pm. If you are using it, we hope you find it a good place to be..



We had our Harvest celebration at the end of September and it was good to decorate the church for this. It was a disappointingly small congregation, but a lovely service, conducted by our team leader, the Revd. Carol Nicholas-Letch. It was actually the first time she'd been able to take a service at Boughton, since she took over from Ken Waters.

Many thanks to those who donated tins of food for the foodbank. This year they were collected by a volunteer who also dealt with the collection from Methwold church.

We've also had an Animal Service , with a slightly larger congregation which included six dogs! We received a poem from one of them.

Hi Pam , she really tried , best she could do

A reflection from my dog :

I wondered where I was going as I stepped through the door ,
I knew that I was in a special place , where I hadn't been before ,
I could feel the love surround me , and could hear prayers being said ...

VILLAGE, COMMUNITY and PARISH HALL BOOKINGS

I heard a lovely story – and the people who played their parts ,		
And reading 'The Good Shepherd' , I loved with all my heart .	Barton Bendish	01366 347432
And how a special moment , I hardly dared to breathe ,	Leach Searc	01366 828536
A gentle hand touched my head , and God's blessing I received .	Chad Wyke	01366 00429
Wereham	Doreen Rolph	01366 500218

I loved the music and the hymns that we could hum
So may I please say thank you to each and everyone .

Next day.....And as I walked this morning , I could clearly remember ,
The service in Boughton will be there for me to treasure .

The community received sad news of the death of Morton McConnell on 10th October aged 92. He was a valued and much liked member of the church, together with his wife Jean. Our thoughts are with his daughter and family.

We don't yet know what will be happening at Boughton for Christmas, but it will obviously be different from usual. The zoom services are worth attending and a good way of keeping in touch. Our regular service on the fourth Sunday of each month will take place, and we hope to have a service of some sort on the second Sunday of each month. Please check the magazine and notice board. Let's hope it does not continue to follow last year's pattern. It was far too wet.

Speaking of Christmas, Michelle Heath has suggested.....

Hi, Everyone. Christmas is around the corner. How about brightening Boughton up by displaying a tree or any form of Christmas decoration outside our homes? It's been a difficult year. Let's do something fun for all to see.

Sounds like an idea!

From the Parish Council via the Boughton website

The consultation for the Borough Council's 2020/2021 Council Tax Support scheme is now open and can be found at <http://www.west-norfolk.gov.uk/ctsconsultation> As in previous years, we are keen to hear views on the scheme from as many of our residents as possible. It would be a great help if you could encourage people in your area to read and take part. (more on website.)



Boughton Cricket Club end of season summary

Games played:

12/7	Interclub Friendly	
26/7	East Rudham (H)	Won by 72 runs (40 over)
28/7	King's Arms Shouldham (H)	Won by 46 runs (20 over)
2/8	Mundford (A)	Won by 13 runs (40 over)
9/8	Gooderstone (H)	Won by 8 wickets (40 over)
16/8	Jesus College Cambridge (A)	Won by 5 wickets (35 over)
23/8	Mundford (H)	Won by 49 runs (40 over)
30/8	Gooderstone	Won by 5 wickets (40 over)
6/9	Cringleford (Mark Pogmore Memorial)	Lost by 39 runs

Batting: (not including Interclub game)

Top Batsman for Season 2020 – Ollie (319 runs, 6 red inkers)

Ollie scored 319 runs for the season with an amazing average of 319, with a top score of 75 not out against Rudham and four 50's in the season. In his 7 innings Ollie was not out in 6 of them and given out controversially LBW in the remaining game (lol 😊). Ollie had an excellent strike rate of 92.75.

All in all we had good batting performances right through the order this season.....

RANK	PLAYER	INNS	N/O	RUNS	H/S	AVG	50s
1	Oliver Short	7	6	319	75*	319.00	4
2	James Barratt	7	1	178	60*	29.67	1
3	Eliot Koopowitz	6	0	93	42	15.50	0
4	Andrew Lee	5	0	83	31	16.60	0
5	Sam Baxter	3	1	69	43	34.50	0
6	Charlie Golding	4	2	68	52*	34.00	1
7	Philip Koopowitz	4	1	50	24	16.67	0
8	Johnny Jenkins	6	0	41	15	6.83	0

Notable batting performances – James B 60 not out v KAS, Eliot 42 v Mundford, Andy Lee 31 v Mundford, Sam 43 v Rudham and Charlie getting his 50 at Jesus College (then trying to drive off the college grounds with his boot still up) and Ollie's 73 not out v Cringleford in the Mark Pogmore Memorial game. Another nice highlight was James & George Webb knocking off the winning runs together versus Jesus College in fine style.**Bowling:** (not including Interclub game)

Top Bowler for Season 2020 – Eliot and Andy (shared 11 wkts each)

Eliot & Andy topped the table with 11 wickets apiece for the season. Eliot had best bowling of 3/10 against Rudham and a tidy average of 10.36. Andy showed best figures of 4/22 in his valiant effort against Cringleford with an excellent strike rate of 12.27.

RANK	PLAYER	OVERS	RUNS	WKTS	BEST	ECON	S/R	AVERAGE
1	Eliot Koopowitz	31	114	11	3/10	3.68	16.91	10.36
2	Andrew Lee	42	135	11	4/22	3.21	22.91	12.27
3	Brynmor Jenkins 10.38		17.2	83	8	4/21	4.79	13.00
4	Johnny Jenkins	36	80	8	3/14	2.22	27.00	10.00
5	Hugh Jenkins Snr	24	41	6	2/24	1.71	24.00	6.83
6	Alfie Bowles	6	7	3	2/5	1.17	12.00	2.33
7	Sam Baxter	6.5	7	3	2/6	1.02	13.67	2.33
8	George Webb	3	14	2	2/14	4.67	9.00	7.00
9	James Barratt	8.4	38	2	2/10	4.38	26.00	19.00
10	Philip Koopowitz	13	87	2	1/9	6.69	39.00	43.50
11	Charlie Golding	19	85	2	2/42	4.47	57.00	42.50
12	Matthew Mills	22	87	2	2/18	3.95	66.00	43.50
13	Kevin Bandy	2	14	1	1/14	7.00	12.00	14.00

Notable bowling performances – Johnny cranked up the pace this season and was rewarded with 8 wickets and a best of 3/14 in a fiery spell v Mundford. Brynmor's spin brought him 8 wickets also with a best of 4/21 against Rudham which was the best bowling performance of the season narrowly beating Andy's 4/22 in the Mark Pogmore Memorial. Sam chipped in with some very economical spin bowling whilst James Barratt took a nice 2/10 against Mundford. Matty had his best day at Jesus College picking up 2/18 in a close-run victory. Charlie the "Outwell Express" had his best against Gooderstone with a 2/42 in a match winning spell along with 2 each for Andy and Alfie.

Top Fielder for Season 2020 – James B and Eliot (shared 5 victims each)

James took 3 catches behind the stumps and 2 stumpings! Whilst Eliot took 4 outfield catches and was responsible for the run out that won a close game at Mundford. This was closely followed by 4 catches for Ollie and 3 apiece for Andy and Phil with 2 each for Charlie, Matty & Johnny. Catches win matches!!

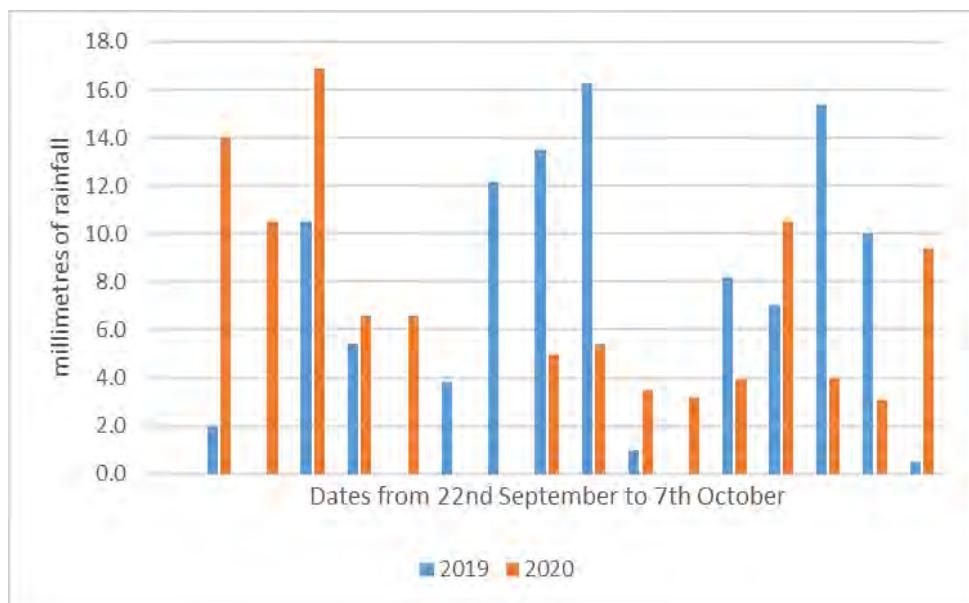
Rainfall in Boughton since late September 2020

The rainfall this autumn, so far, has borne striking similarities to last year.

The first three weeks of September, being very dry, with only a few mm of rain in both years, then on 22nd of the month, it started, just as it did last year, and has hardly stopped. This year we have also been blighted with gale force winds as

The rainfall this autumn, so far, has borne striking similarities to last year.

The first three weeks of September, being very dry, with only a few mm of rain in both years, then on 22nd of the month, it started, just as it did last year, and has hardly stopped. This year we have also been blighted with gale force winds as well. I have attempted to put together a bar chart to show the comparison in rainfall from 22nd September up to and including 7th October for both years, rather than bore everyone with a long list of figures. At the end of it all, the equivalent dates in September amounted to 71.8mm in 2019 and 72.7mm in 2020, whilst October received 42.1 and 37.6 respectively in the first 7 days. I thought you would all like a graph – it's all we seem to see these days, but this will make a change from the coronavirus statistics.



Let's hope it does not continue to follow last year's pattern. It was far too wet.

Sue Pogmore

WEREHAM VILLAGE NEWS

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 Craft Group. Our pre Christmas Craft Fair is in Wereham village hall on 7th November. 10am until 4pm. We have 22 stalls so plenty for you to see and enjoy. An opportunity to do some early Christmas shopping. The cafe will be open selling 2 varieties of homemade soup with a roll, freshly made filled rolls, cake, tea, coffee. For further details please contact. Rosemary on 01366 501330, 07749240606, e-mail rosemary.pease@btinternet.com.

Short Mat Bowls. Short mat bowls will be returning in the new year, date to be announced.

Car Boot and Cafe. The last car boot for 2020 is on 29th November. This is a good chance to have a clear out and make a bit of cash. The cafe will be open with all the usual goodies. For details please contact Philip on 01366 501330, 07759033492, e-mail rosemary.pease@btinternet.com.

WEREHAM VILLAGE HALL

We are pleased to report that a number of our pre-Covid activity groups are now up and running again, and we are enjoying welcoming back both old and new members to the Hall. The monthly Car Boot Sales are proving popular, the November date being the 29th. Also the weekly bingo sessions on a Wednesday evening, Tai Chi, Line Dancing, Zumba, Badminton and many more. Other activities are planned to recommence later this year or in the New Year. For further details on any activity or event at the Village Hall please contact the individual group organiser and/or check the Village Hall website and facebook page.

All the necessary measures have been put in place to meet the government guidelines to make the Village Hall a COVID-19 Secure Venue, and to ensure that we can at all times protect all of our staff and customers. However, we continue to rely on all of you to follow all of the standard guidelines to protect both you, friends and family, and other users of the building.

In addition to adhering to the standard measures such as the use of hand sanitiser, the 'one in one out' system for the toilets, and keeping to the defined entry and exit points, it is very important that everyone maintains appropriate social distancing when attending events at the Hall.

Just to clarify that, under the current government guidelines, the Village Hall can host events and activities with more than six people in total, but no one should visit or socialise in a group of greater than six. Therefore exercise classes, bingo, craft fayres, car boots etc are all allowed to take place but you cannot meet or mingle in groups greater than six. If you are exempt from wearing a face covering, we would kindly ask you to inform the Hall staff or group organiser to avoid any misunderstanding with other users of the building.

All group leaders and event organisers are taking responsibility for all of their members and participants safe use of the building, maintaining accurate records of all attendees and retaining a register of users.

We are certain that by continuing to work together and respecting each other, we can provide a safe environment for everyone at Wereham Village Hall. As the situation progresses and hopefully improves, we look forward to a number of other activities and events taking place in the Village Hall, and to welcoming everyone back to the Village Hall in a safe, secure and healthy way. Please keep checking our website and facebook pages for the latest news.

Wereham Parish Council

Next Meeting Date – Tuesday 10 November 2020 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.

Coronavirus – Covid-19 (As at 06.10.20)

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 that 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/>

Social Behaviours – We did include this in the last issue, but to reach as many people as possible we include this again. But additionally if you are concerned about anti-social behaviour please contact the Police calling 101 for non-emergency issues or the Borough Council who deal with Anti-Social Behaviour Reports. They can offer advice and guidance on how to deal with these issues.

We often talk about what is ‘anti-social behaviour’, but the Council would like to promote ‘social behaviours’ as a positive step. It is important that we all consider our neighbours and fellow residents in any actions that we take in our own homes, gardens and out and about. Wereham has been well regarded by visitors and residents as being a friendly village with many opportunities to make friends and support each other. It is important that we continue to uphold these values, so just a couple of social behaviours to highlight and think about:

Please could users of the playing field and facilities, and parents of children who attend unaccompanied think about how late is acceptable to be using it, as potentially past daylight hours it can cause disturbance to neighbouring homes. We have not ever had an official closure time, but a reasonable time would probably be when it begins to get dark.

Fishing at the pond is for parishioners only, this is for the protection of the fish as their environment is a delicate balance, but also for the homes that surround the pond. There are rules displayed at the pond. Whilst confrontation is not

something the Council wishes to pursue with individuals that don't abide by rules and who are not parishioners, residents of the village can assist by ensuring they follow the fishing rules, tidy up after themselves and spread the word to others that this is the case and fact.

-Dog Waste continues to always be an issue, and with five dog bins around the village, including those in our own homes, there should be no excuse for not cleaning up after. But unfortunately it continues, please could all dog walkers in the village collect their dog waste and either take it home or place in the dog waste bins provided and paid for by all parishioners. We all want to enjoy our village so there really is no excuse not to pick up dog waste. The five dog bins available are at the playing field; off Cavenham Road, Lamas Lane; End of the Row/Wretton Row and on Church Road/Junction with Back lane). So this is plenty of points to deposit waste plus the option to take it home. Please respect the village and clean up after your dog.

Wereham Cemetery – Memorials Next of Kin Please could any members of the public known to be the next of kin for memorials within the Wereham Cemetery please contact the Parish Clerk to agree to share their contact details. We need to ensure that our contact database for the purposes of contacting next of kin, where we need to discuss memorials is as up to date as possible. Memorials that have been laid down for safety reasons can be reinstated by commissioning a stone mason to install what is called a NAAM bar.

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

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

CAR BOOT AND CAFÉ Car Boot Sale will be on Sunday 29th
November from 8.30am to 1pm

WEREHAM VILLAGE HALL

CASH BINGO Every Wednesday

doors open at 6.30pm Eyes down at 7.30pm

Café open before and during the break Weekly prize money and jackpot

**Because of the ever-changing guidance please check our website/
Facebook pages as programmes are subject to change.**

Call Diane on 01366 500798

SHORT MAT BOWLS

Will return in the new year from January for further details contact Phillip on
01366 501330

NON-CONTACT BOXERCISE

Will return in the new year from January call Maria for information
07885609655

TAI CHI

Fridays 12.30pm until 1.30pm call Pete for information 07845 937707

CINEMA NIGHT TBC

Friday 20th November

TBC see the website/Facebook for information

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

from the village hall (10am to 3pm) and on the door

to book indoor/outdoor pitch, call or text Phillip on 07759 033492

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 WATER-FED POLE SYSTEM

EST. SINCE 1994 FULLY INSURED



YOGA

COME AND JOIN US

All abilities welcome

- ▶ Stretching, postures and breathing help to improve mobility and strength.
- ▶ Please wear loose clothing and bring a warm rug and/or yoga mat (there will be a few mats and blankets available for loan).

Under 18 yrs old must be accompanied by an adult.

British Wheel of Yoga Tutor:
Ann Lewing

Contact number:
01366 328350

**STOKE FERRY
VILLAGE HALL**

**Mondays
7.00pm—8.30pm**
Please arrive no later than
6.55pm

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

Little Oaks



Preschool

& Holiday Club

Ofsted Registered EY246821

A Warm, friendly welcome is waiting for you.

Accompanied sample sessions for you and your child the first Wednesday of every month 9:30-11:00

Term time age 2-5
Holiday clubs for
age 2-8
year olds

Open 50
weeks of
the year

15hrs a week
funded places
from the
age of 2

A Variety of hot
and healthy
meals
provided

Places available
for special
educational
needs

Contact Debbie - 01366 502150

47 Wretton Road, Stoke Ferry, Kings Lynn, Norfolk, PE33 9QJ

www.little-oaks-preschool.lk.org



Your local plumbing and heating specialist

Our fully qualified plumbing and heating engineers cover the following:

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

Finance
options
available on
boiler
installations



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



T: 01553 750060 | M: 07940367529

E: admin@easterngasltd.co.uk

W: easterngasltd.co.uk

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

CLAUDIA MORLEY

Garden & Commercial Landscape Designer

City & Guilds - Amenity Horticulture

- Garden Design - over 16 years experience

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

FREE NO OBLIGATION VISIT & QUOTE

www.fig-forestryandgardendesign.co.uk

01760 338400 / 07824 397727



PETER MORLEY

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

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

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

All forms of forestry & maintenance.

email: pringlepete@gmail.com

07981 419338

www.fig-forestryandgardendesign.co.uk

**Premier
Holiday accommodation
in Wereham
overlooking the pond
4* very comfortable, well
equipped 4 bedroomed house
Sleeps 10, 2 bathrooms**

Ideal if you have family or friends visiting

Good discounts available for
Group 4 News readers!

For more details please Tel Debbie or
Ian Rye on 01366502083, 02476 742077
or 07863 049677 or see website
www.wix.com/ryeholidays/theoldschoolhouse



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

Jen's Pet Care



Are you at work all day?

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

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

Contact Jen at Wretton on 07799 733 463

Pet Sitting - Dog Walking - Home Visits

Livestock Care - Puppy Socialising - Pet Care

30 years experience working with animals

Reasonable Pricing - please ask

www.facebook.com/JensPetCareWretton

**Volunteers Home
Needed! Start**

Support and friendship
for families

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

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

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

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

Home-Start Swaffham & District

**The Community Centre, Campinglands,
Swaffham, PE37 7RB**

Tel: 01760 721271

Email: admin@homestartswaffham.org.uk

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



Peter Stanley
MAFHP. MCFHP

Treatments include:

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

To book your home visit, please call Peter on

Freephone 0800 066 5499

or 07842 553554

FOREST & FEN CHIMNEY SWEEP



City & Guilds
ACCREDITED

Experienced, Qualified Professional

07749 257770 or 01366 727537

forestfensweep@aol.com

All appliances swept. Fully insured & certificates issued.

CARPET CLEANING OVEN CLEANING

Sofas & curtains cleaned

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

Cleantech
Professional Cleaning

www.cleantech-norfolk.co.uk

*(Card & cheque
payments accepted)*

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

www.norfolkwoodburners.co.uk



Norfolk Woodburners offer the best local service for the supply and installation of:

- Wood Burners & Multi-Fuel Stoves
- Main agents for Aga, Hunter & Cleanburn Stoves
- Chimneys Lined
- No Chimney, No Problem
- Fireplaces Enlarged



For a FREE site visit and quotation contact us on:

t: **01328 700161**

m: **07966 661175**



e: norfolkwoodburners@outlook.com

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



R D VOUTT & SON

PLASTERING

All aspects of plastering & floor screeding.

Contact Bob on **01366 328 545**

mobile **07799514635**

rdvoutt@yahoo.co.uk

Doggie Style Grooming



07 800 800 995

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

**Fully Equipped Mobile Salon
Covering a 15 Mile Radius Of
Swaffham**

Qualified & Insured

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



DAVID THOMPSON MASTER CHIMNEY SWEEP

All chimneys, flues & appliances swept

Brush and vacuum used

CCTV Chimney surveys

**Bird/rain guards, vent caps
and cowls supplied and fitted**

NVQ qualified chimney engineer

Certificates Issued

01328 851081

www.the-sweep.co.uk

D. Thompson Chimneys Ltd



**07552
450522**

anglialandscapesltd@outlook.com

Turf Suppliers

Domestic/Commercial Mowing & Hedge Cutting

Hedgerow and Tree Planting

Driveways and Patios

Fencing

01366 500803

PRESSED FOR TIME

Go let off some steam... and let me iron out one of life's little chores

Domestic Ironing

75p for first 10 items thereafter 50p per item.
Local delivery and collection available minimum order £10.

Holiday Let laundry and ironing

Please phone for information and pricing.

Call Sarah Today

01366 501317
07870 768781

SL Ironing Services
12 Buckenham Drive
Stoke Ferry



Charlotte Rose LicAc



Acupuncture

Acupuncture for Pain

Facial Acupuncture

Reflexology

Aromatherapy Massage



Cupping Therapy



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

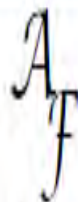
Clinics in Stoke Ferry + Castle Acre

Gift Vouchers Available

Contact: Charlotte: 07855513199 /
01366 501232

charlotterose.charlotterose@gmail.com

www.charlotte-acupuncture.co.uk



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.

Pre paid or Pre planned Funerals available

Swaffham Vets 130x190 Advert_Layout 1 30/03/2015-2254 Page 1



Swaffham Veterinary Centre

3 TOWER MEADOWS, SWAFFHAM PE37 7LT

The team at Swaffham are pleased to offer:

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

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

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

Please contact us by phone or email for more information:

Phone:
01760 722054

www.swaffhamvets.co.uk
info@swaffhamvets.co.uk

 Like us on Facebook for updates and news



Central Norfolk Dog Training Club



"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'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



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



A.J. COGGLES

Family Funeral Directors



Family Owned & Managed ~ Established 1851

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

24HR Personal Family Caring Service

Individually Tailored Funerals At A Competitive Price

5TH Generation Independent Family Service

Distance No Object

69 Bridge Street, Downham Market (01366) 384182

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

67 Lynn Road Wisbech (01945) 461112



Golden Charter
Funeral Plans
Funeral Planner of the Year Regional Winner 2013

WWW.AJCOGGLES.CO.UK



PR Bowers & Son Funeral Directors (Est 1921)

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**



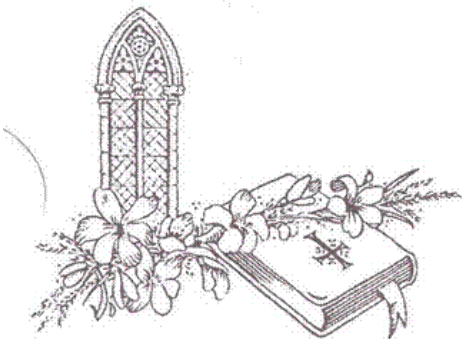
Privileged To Serve Families In The Area For 3 Generations

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

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

L.D. Pest-Control

City
Guilds
NPTC
Qualified

PROBAPT



NPTA

THINK

For all your pest problems.

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

Contact Les Donnelly

01366 500800 / 07958 677665

E: les.donnelly@icloud.com

BRYAN CATER



Chimney Sweep

Guild of Master Sweeps certified

Clean and Reliable

Certificates Issued

Fully Insured

Fire Parts Supplied and Fitted

Call Gavin on

01366 728342

**The Poplars, Thetford Rd,
Northwold, Thetford, Norfolk**



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

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](http://www.guildofbritishmolecatchers.co.uk)
[geoffsidons1.wixsite.com/
norfolkmolescatcher](http://geoffsidons1.wixsite.com/norfolkmolescatcher)

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

Taylor's Solid Fuels Family run since 1946

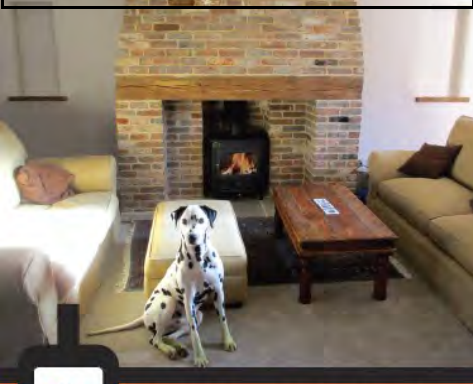
Regular fortnightly Solid
Fuel deliveries in your
area.

Competitive prices and a full
range of products.

**"Don't Shiver We
Deliver"**

Quality top soils and
aggregates. Bulk bags and
Tipper loads from 1-20
tonnes

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



**SUPPLY & INSTALLATION
OF WOODBURNERS**

Norfolk's agent for Aga, Hunter & Parkray Stoves



01328 700161

www.norfolkwoodburners.co.uk

1. Anne of Cleves
2. Harriet Tubman served in the American Civil War
3. It was the site of a failed attempt by a group of Cuban émigrés, with the backing of the US government, to invade the island in 1961.
4. Eleanor of Aquitaine
5. Soviet cosmonaut Yuri Gagarin, in April 1961
6. The body of Oliver Cromwell was exhumed in 1661.
7. The Ides of March
8. In Thomas Farriner's bakery on Pudding Lane (though *technically* the bakehouse was not located on Pudding Lane proper, but on Fish Yard, a small enclave off Pudding Lane) | Learn more with this guide to the Great Fire of London
9. The Waltz
10. King William IV (who was Victoria's uncle)
11. Cuneiform, an ancient writing system that was first used in around 3400 BC
12. Agrippina the Younger
13. Collecting fossils, she was a palaeontologist
14. Edmund Spenser, in his epic poem 'The Faerie Queene'
15. Corsica
16. Utah; Omaha; Gold; Juno and Sword
17. Oxford
18. Gavril Princip
19. Richard III. He was defeated at the battle of Bosworth Field in 1485 by the army of Henry Tudor
20. The Ku Klux Klan
21. Roosevelt
22. Nicholas II

Answers to the quiz on page 22



Zoom Maths

Years 6 to 11 (GCSE)

Interactive video
maths sessions

- *boost knowledge*
- *increase confidence*
- *improve technique*

A Cambridge graduate with
16 years of tutoring experience
offers individual tuition
£25 (50 mins)

**For details and availability
contact Katherine Shaw
07773 - 433180**

**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**

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, 1 hour 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

D.J.B. LANDSCAPING

: Driveways : Paving : Fencing :

: Garden Clearance :

: Hedge Maintenance :

: Grass Cutting / strimming :

: Building Repairs / Maintenance :

: Concreting :

All jobs considered

David Bennett

Mobile 07795 833440

Fakenham 01328 700859



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

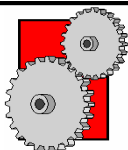
01366 387595

01366 383661

07957357480

Check us out on

checkatrade.com



P.G.M.S.

**Fabrication of a variety of metals
Mechanical engineering**

Sparex

Agricultural spares & accessories

**Peter Garner
Mechanical Services**
Shingham Lane, Beachamwell,
Swaffham, Norfolk. PE37 8AY.

Tel: 01366 328823
E-mail: peter@pgms.co.uk



**Would you like your Oven,
Range or AGA Gleaned?**



We'll come to your home and deep clean your Oven, AGA, Range, Hob, Grill and Extractor until they Glean. 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 OvenGleaners Satisfaction Guarantee.

Call Now: 01336 308068

www.ovengleaners.com

Ovens | Ranges | AGAs | Hobs | Extractors | BBQs

Peckhams Plumbing

**John Peckham Friendly local
Plumbing and heating
engineer**



**All Work
Undertaken
Big Or Small**

**Fully Qualified
and
Insured**

**No Estimates
Just 1 Price**



**No Call
Out Fees**

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

Tel: 07534892411



Geoff Dixon

The professional alternative to doing it yourself

Geoff Dixon Carpentry, Joinery and Handyman Services, Beachamwell

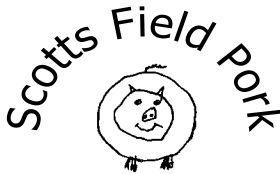
Over 45 years experience in this industry. I have experience and am happy to carry out jobs such as; fascia and guttering repairs or cleaning; external fence panelling repairs, replacement/ treatments; gates made; doors and locks repairing and replacing; refitting and refurbishment of kitchen cupboards; shelving; and general maintenance jobs around the house.

No job is too small, if there's something you'd like doing that I haven't listed, Please get in touch and ask.

Telephone: 01366 659828 | Mobile: 07726 584502

Email: geoff@norfolkshandyman.co.uk

Web site: www.norfolkshandyman.co.uk



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 hand-made 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



L.B.R LANDSCAPING & GROUNDS MAINTENANCE

EST 1986

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

Mob: 07774 724366
Tel: 01553 849802

Traditional Values ...



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

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

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

Ashton Roberts

Letting Agents • Estate Agents

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



St. Johns Way, Downham Market, PE38 0QQ

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"***

