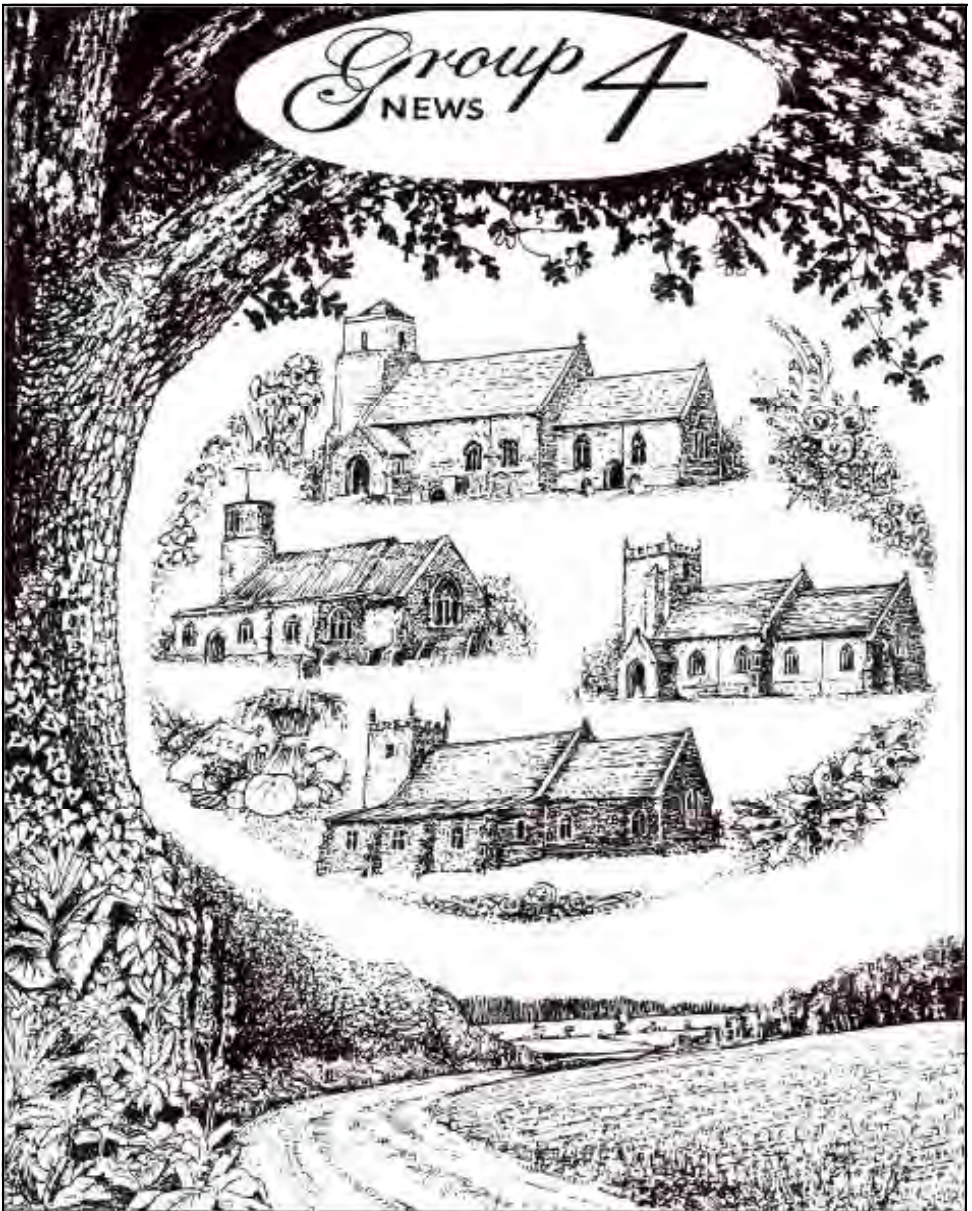


Group 4
NEWS



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

September 2019

Cover Illustration drawn by Mark Powell, Beachamwell ©

WELCOME



Hopefully you will enjoy this latest edition of G4N.

Once again, there are so many events taking place in the villages and surrounding area we are spoilt for choice.

If you are able to attend any of those advertised the organisers will be more than pleased and appreciate your support.

As always, 'Happy Reading '
The Editorial Team
Eileen and Pam

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

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

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

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Please submit all information through your Village Contacts.

**Deadline for copy for the
October 2019 edition:**

11th September

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NOTES FROM THE RECTORY



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Faith

*"People get ready, there's a train a comin'. You don't need no baggage, you just get on board. **All you need is faith** to hear the diesels hummin'. Don't need no ticket, you just thank the Lord."*

"All you need is faith," so Curtis Mayfield's song from the sixties assures us. But what is faith? The Bible tells us, *"faith is the assurance of things hoped for, the conviction of things not seen"* (Hebrews 11:1). Quite a lot of people tell me that they envy me because I have faith and they need physical proof and evidence before they could believe. My counter argument is that they do have faith without proof. For example, every time you board an aircraft you have faith that it's going to land. Get in a car that you'll arrive safely. At this point go back and read the quote from Hebrews again. Faith is there in us all. I remember a story from my Army days when I went on a parachute course. The instructor, who knew me, said to the rest of the trainees that I would have no problem as I was a 'Bible Basher' and had faith; and we all needed to have faith that the parachute would open. Funny thing is I only done the one jump, didn't like it, and never finished the course. I had faith that the parachute would open, I just didn't like how fast the ground came rushing at you! It's not hard to have faith without proof, it just takes that first step. Once you take that first step then boy is it worth it. If you want to know more then come and have a chat.

God Bless,

Rev. Ken Waters

Joke Spot: *Little Johnny was at school and his teacher said, "Take a pen and paper, and write an essay with the title 'If I Were a Millionaire' " Everyone but Little Johnny, who leaned back with hands folded behind his head, began to write furiously. "What's the matter," the teacher asked Little Johnny, "Why don't you begin?" He replied, "Well Miss, if I'm a millionaire, I'll wait for my secretary to write it!"*

Growing old is inevitable, growing up is optional.

BENEFICE PAGE

A Cause for Celebration



There will be a special Harvest service at Boughton on September 22nd at 11 am. Harvest itself is always special, but this year we will also be celebrating more than fifty years of ordained ministry for both Robin Blackall and Brian Redgers. They continue to contribute so much, to the old Barton Bendish benefice churches and beyond, that Boughton is honoured and delighted to host the celebrations.

Please come along and join us, with a packet or tin for the harvest festival, and in friendship for the church community and our two friends. It would be helpful if you could let me know if you are coming (my details are on the contacts page of the magazine).

The collection will be for Farm Africa, at



Robin's request, and the food will be taken to Downham Market Foodbank.

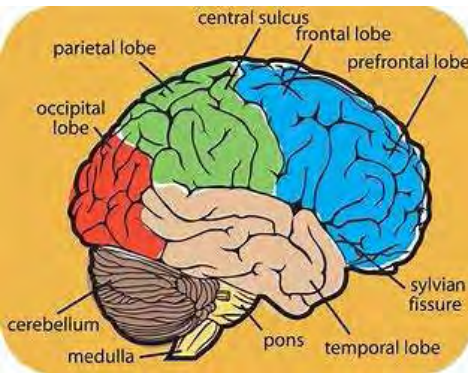
Unless you have made special arrangements, please park round the pond and walk down to the church.

Pam Wakeling



Good friends make bad days a little more bearable.

CAN YOU READ THIS?



fi yuo cna raed tihs, yuo hvae a sgrane mnid, too.

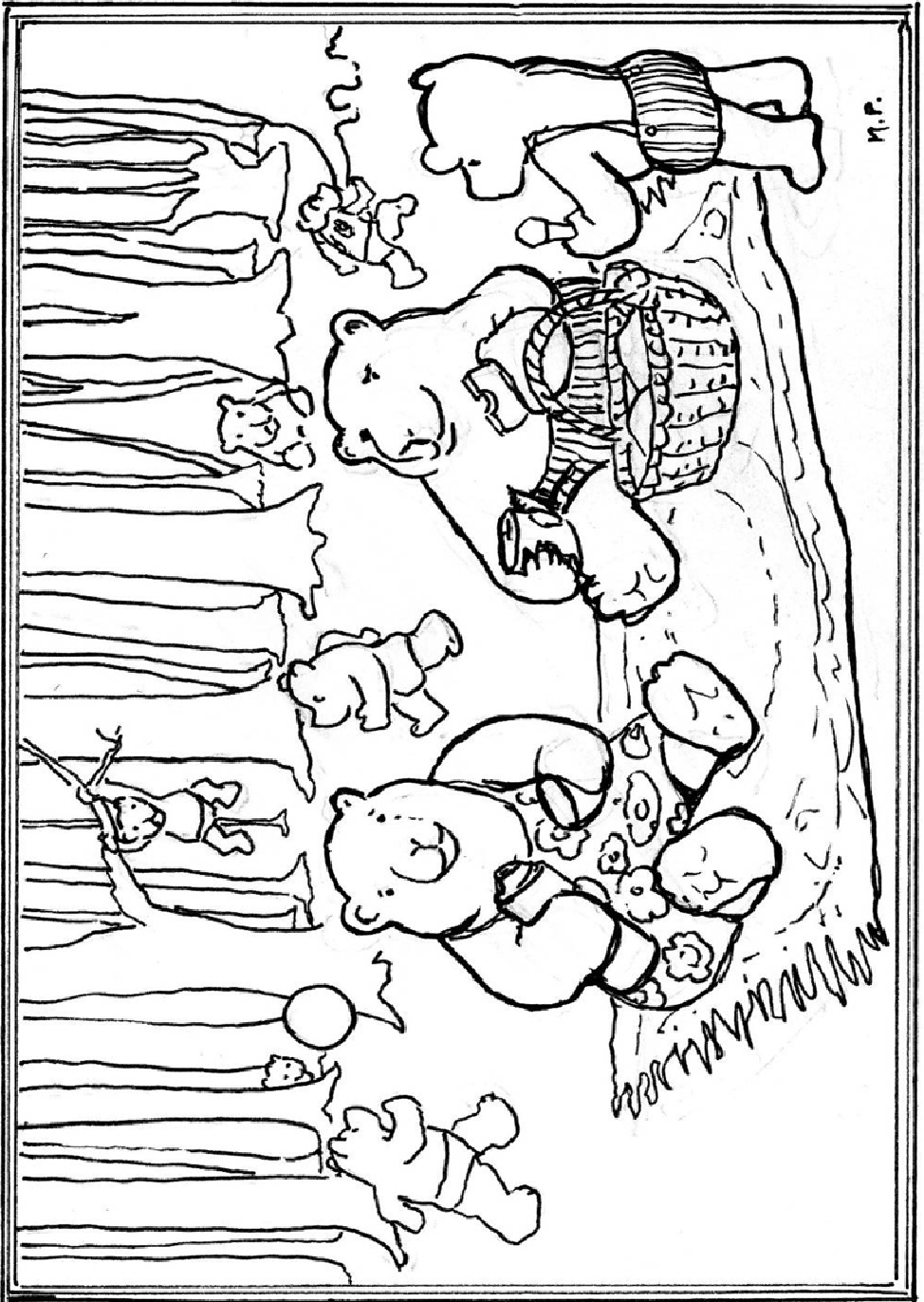
Cna yuo raed tihs? Olny 55 plepoe tuo fo 100 cna. i cdnuolt blveiee taht l cluod aulacity uesdnatnrd waht l was rdanieg.

The phaonmneal pweor of the hmuan mnid, aoccdrnig to a rscheearch at Cmabrigde Uinervtisy, it dseno't mtaetr in waht oerdr the lltteres in a word are, the olny iproamtnt tihng is taht the frsrt and lsat lltter be in the rghit pclae. The rset can be a taotl mses and you can sittel

raed it whotuit a pboerlm. Tihs is bcuseae the huamn mnid deos not raed ervey llteter by stlelf, but the wrod as a wlohe.

Azanmig huh? yaeh and I awlyas tghuhot slpeling was ipmorantt!

And finally, how about when you want to shut down your computer, you have to hit "START"!!!!!!!!!!!!!!!!!!!!!!



QUIZ PAGE

1. What belongs to you but is used by almost everyone you meet?
2. What is the hardest substance in the human body?
3. We all know what a jaguar is but what, also in the natural world, is a jaeger?
4. What is a funambulist at the circus?
5. Whose logo is a revolver incorporating three numbers?
6. Could 18 year olds vote in 1969?
7. Where does the expression "one fell swoop" come from?
8. How many "road" films did Bob Hope and Bing Crosby make - 5,7,9 or 11?
9. Solve these "man" words – West African ape; window dummy; minister's residence; old document.
10. What kind of meat should you find in a saveloy sausage?
11. Rearrange ADD LOVER CLEO to reveal the name of a British bird.
12. Phil Harris and John Goodman did the voice of this character in the original and sequel of which Disney cartoon?
13. What type of missile takes its name for the French for Flying fish?
14. What is the difference between flotsam and jetsam?
15. We call it Japan but how do the Japanese know it?
16. What type of fish is also something you might find in a cage?
17. Where was the late Princess Margaret born?
18. Which fictional family in a Disney film live at Cherry Tree Lane?
19. What is a "retread" in the House of Commons?
20. Why are flowers scented?

Answers

(1) Your name (2) Enamel on your teeth (3) A predatory seabird (4) A tightrope walker or ropedancer. It means rope walker in Latin (5) 007 James Bond
 (6) Yes, the voting age was lowered to 18 on May 12th 1969. (7) It's part of a quote from Macduff in Shakespeare's 'Macbeth', when he hears his family has been murdered. (8) Seven – Road to Singapore, Zanzibar, Morocco, Utopia, Rio, Bali, Hong Kong (9) [a] Mandrill [b] mannequin [c] Manse [d] manuscript
 (10) Pork (11) Collared dove (12) Jungle Book. They did the voice of Baloo the bear (13) Exocet (14) Flotsam is goods lost by shipwreck floating on the sea. Jetsam is stuff deliberately dumped at sea. (15) Nippon (16) A perch
 (17) Glamis Castle (18) The Banks family in Mary Poppins
 (19) An MP who is re-elected to the Commons having previously lost a seat
 (20) To attract insects for pollination

COUNTRYSIDE NOTES

One of the drawbacks of an English summer is flies and there have been plenty of them about this year. Apparently there are more than five thousand species in Britain. They vary greatly in size; some are useful but most are not. At least in England we're not plagued with *midges* or at risk of contracting malaria from *mosquitoes* although, having said that, it was rife in England's marshes and fens until the late nineteenth century. A few, such as *hover flies*, which look like small wasps and dart about as well as hovering, are beneficial to plants as pollinators while *lacewings* feed on aphids, mealy bugs and spider mites. Most flies however are potentially harmful. The most familiar are *house flies* which show no inclination to go back outside once indoors. They are major carriers of disease being attracted to food and faeces, are annoying when they settle on you and appear to be immune to fly spray (but not a swat!). *Bluebottles/blowflies*, which lay their eggs on carcasses, are also horrible but at least they oblige by going out the window when you open it. *Fruit or vinegar flies* also come indoors to aggravate us. In winter *cluster flies* hibernate in lofts. It is they that appear from nowhere indoors on a sunny winter's day. Minute *yellow swarming flies* often hibernate with them.

Outdoors in summer there are *black flies* which swarm round our heads and sometimes bite and several species that plague livestock. So called *horse flies* inflict very painful bites to both animals and humans. Males actually feed on nectar and pollen, it's the females that go for blood – with mouthparts like miniature knives they slash through skin with a scissor-like motion. *Clegs* too are painful blood suckers. *Greenbottles* lay their eggs on a sheep's dirty wool. When they hatch the maggots eat their way into the sheep's flesh. This is known as 'strike'. Large *warble flies* are parasitic with a most unpleasant life cycle. They lay their eggs on the forelegs of cattle and deer. When these hatch the larvae bore into the skin and migrate through the animal's body until they reach its back growing bigger all the time. They show as lumps before the huge maggots pop out. Thankfully warbles were eradicated from the UK in 1990. Less damaging, but probably more stressful, are *autumn flies* which plague cattle and horses by gathering round their heads in large numbers. They breed in animal dung as do khaki coloured *dung flies* which feed on any insects attracted to cowpats. Another familiar fly is the *Crane fly*, better known as '*Daddy Long Legs*', a large, flying, long-legged insect which, in late summer, can sometimes be disturbed in their thousands when walking across grassland. They themselves do not bite although their larvae, better known as leatherjackets, cause untold damage beneath the ground by eating plant roots. *Frit flies* can seriously damage cereals and other major crop pests are *aphids*, *thrips*, *greenfly* and *carrot flies* **Jill Mason**

RECIPE PAGE

Crab and Sweet Corn Soup



1tbsp corn oil; 4 oz cooked crab meat; salt; 1tbsp rice wine or dry sherry; 12oz can whole corn kernels; 2 pints chicken stock; 2 lightly beaten eggs (whole eggs or simply beaten egg whites); 2 level tbsp corn flour

Heat oil in saucepan.

Add crab meat, season with salt and wine.

Add drained corn and chicken stock.

Bring to the boil, reduce heat and simmer for 5 minutes.

Add corn flour blended with a little cold water.

Cook for a few minutes then finally add eggs and cook for a further minute.

Sweet Potato and Lentil Soup



4 big sweet potatoes; Big mugful of yellow or red lentils
1 large onion; 2/3 dried chillies or a very small one chopped (be careful with them, add bit by bit and taste regularly) or you could just add some black pepper); Tin chopped tomatoes;

Seasoning; Greek yogurt/crème fraiche for topping (optional); Chopped parsley (optional)

Peel and chop the sweet potatoes into very small pieces and boil until fairly soft.

Meanwhile chop and fry the onion in a large separate saucepan until soft.

Add a pint of water, add washed lentils, bring to the boil and leave to cook on a low flame.

When the sweet potatoes are ready mash them and add to the lentils when they are nearly cooked.

Keep the liquid from the sweet potatoes to top up the soup if it becomes too thick.

Stir it all in and watch over it, giving it a stir every so often.

When it is thickening and the lentils are soft add some of the very finely chopped chilli (optional), some salt and the tin of tomatoes.

Add water or potato juice if needed.

Add Greek yogurt/crème fraiche for topping and some chopped parsley

Eileen Powell

THE MAGPIE CENTRE



Now that the students have returned to school or college and parents take a well-earned breather, it's time to start thinking about autumn activities.

Once again, you'll need to put your thinking caps on for the Quiz with Hog Roast supper, (or vegetarian option)

scheduled for Saturday October 19 at Stowbridge Village Hall, Downham Road, Stowbridge PE34 3PE. All proceeds from this will go to the Magpie Centre, home of West Norfolk Riding for the Disabled Association. Doors, and the licensed cash bar selling wine, beer, cider and soft drinks, open at 7.00 pm for a 7.30 pm start. Tickets are £11 each and include the Hog Roast, plus a full menu of salads and delicious desserts, plus of course a hugely convivial and thought-provoking evening with friends old and new. Teams of 4 to 8 are usual, but singles and couples are welcome to compete individually or make up teams on the night. Pre-booking is essential, so call 01553 828935 or email c.dudley@success-in-english.co.uk to secure your places.

And now a call for help as you can imagine, with an organization comprising horses, riders, grounds and facilities, which need to be maintained, we are always on the lookout for volunteers.

Our most urgent requirement, currently, is for able-bodied people to help with paddock maintenance. This might suit keen gardeners who want to remain active over the winter months.

We also need people able or willing to train to lead a quiet pony during lessons, or walk beside a rider, to help them maintain balance and interpret the instructor's directions. This is known as 'sidewalking' and is an important role in helping riders to improve their communication skills.

To find out more about joining our friendly team, call the Magpie Centre on 01553 810202.

SWAFFHAM & LITCHAM HOME HOSPICE

On the 28th July, Kate and John Davies, members of our fundraising committee hosted a Cream Tea Garden Party to raise monies for our charity. The weather could have been better, as it rained for most of the afternoon. Having said this, those attending enjoyed a very sociable afternoon with around £650 being raised. My sincere thanks to John and Kate and to those who helped make the event the success it was.

The 12th September is the next date for your diaries. We are holding a frugal lunch at Stanleys on Lynn Street, Swaffham between 12 noon and 2.30pm with tickets priced at £7.50. Tickets for the event or further information can be obtained from our Office at 17-19 Brocks Road, Swaffham call 01760 722937.

On the 2nd October there is a Fashion Show at the newly regenerated Swaffham Methodist Church which is being organised by Linda Burton with profits from the evening coming to us. Timing is 7pm for a 7.30pm start. Tickets cost £10 each, and includes light refreshments. They are available from our office (details above) or from Ceres Bookshop at 20 London Street, Swaffham. The Fashion Show is by Allez Chic who have a Ladies boutique in Castle Rising, near Kings Lynn. They will be accompanied by Jo Allen, a Colour Me Beautiful Image Consultant. Jo who has been a Colour and Style Consultant for 13 years will be explaining the "Secrets to Style", sharing some of her expertise on how to choose colours and styles of clothing.

Adrian Adcock (Treasurer)



LILY HAS CHANGED!

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

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

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

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

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

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



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



through friends of
King's Lynn &
West Norfolk

2018-0-0

FREE HOME ASSESSMENTS ON OFFER

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

The assessments, which are carried out by a team of qualified staff, will help residents, who may be living with a disability or dementia, or who are simply older and less mobile, to identify concerns in their property which may be affecting their day-to-day life. The assessor, trained by the Disabled Living Foundation, will inspect the home to see whether measures could be introduced that would reduce the possibility of slips, trips and falls and generally make it easier for people to live safely and independently in their own homes. Measures that could be considered include installation of a Careline personal alarm, improved lighting arrangements, heating checks, draught proofing, smoke detectors and easy-to-use taps along with recommendations for other adaptations that may reduce any potential risk to the resident. Practical solutions for those living with dementia are also available, this includes signage or colour differentiation for those who suffer with memory loss and are visually impaired.

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

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

**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 SERVICES



Care &
Repair

WELSH CYMRU
King's Lynn &
West Norfolk



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

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

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

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

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

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

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

Telephone 01366 386972 or 07926 044845

Email vhowling@csv.org.uk

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



CSV, 237 Pentonville Road, London, N1 9NJ

Find out more at www.csv.org.uk

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

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

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and book your appointment free of charge



ROYAL AIR FORCE BENEVOLENT FUND

Given Norfolk's proud and historic links to the Royal Air Force you may well have heard of us as the leading welfare charity for those serving and those who have served in the RAF, as well as their families. We provide a range of support from financial assistance, independent living help to emotional and mental wellbeing support. In addition, we recently launched a new Community Connector service to tackle social isolation and loneliness amongst the RAF family across Norfolk (*based Downham Market but covering the whole county*) - <https://www.rafbf.org/news-and-blogs/raf-benevolent-fund-launches-new-community-scheme-help-isolated-raf-veterans>

We estimate that there are approx. 42,000 veterans living in Norfolk, a significant number of which will have an RAF connection. Our World War Two and National Service generation are a shrinking demographic and by 2030 we have lost 400,000 of them. It is vital therefore that we reach these individuals now and make them aware of the welfare support available to them. It is for this reason that Fund is about to launch a major reaching out campaign to raise awareness. We know that too often pride and self-reliance holds veterans back from seeking the support available. We are therefore reaching out to their families and friends - we estimate that 1 in 3 people in Norfolk has known someone who has served or is serving in the Royal Air Force – to get these veterans back on our radar.

It is with this urgent need to reach out and raise awareness that I am contacting and visiting Town, Parish and Borough Councils across Norfolk and the Armed Forces Covenant Group at the County level. If any councillors are aware of any RAF veterans who may benefit from our support please ask them to call 0300 102 1919 or direct them to our campaign website at: www.rafbf.org.

I can send out a guide to our services if it would be useful. I would be happy to talk about this further and if you have any questions please do not hesitate to contact me at this email address or on 020 7307 3356.

Many thanks in anticipation,

Peter Ashcroft (Welfare Projects Manager)

Royal Air Force Benevolent Fund, [67 Portland Place, London, W1B 1AR](https://www.rafbf.org)
www.rafbf.org T: 020 7307 3356 E: peter.ashcroft@rafbf.org.uk



WEST NORFOLK AVIATION SOCIETY

The West Norfolk Aviation Society's summer frolics.

As the Mundford Bowls Club need their premises for its own activities at this time of the year, the club took to the road in July and August and headed to The Imperial War Museum at Duxford where they were treated to displays of fighter and training aircraft which were rehearsing for the weekend's air show. Between the pauses in the flying displays we viewed the exhibits in the Land Warfare Building and visited the workshops where the vintage aircraft are restored.

The combination of the fine weather, excellent flying, interesting exhibits and convivial company made the day memorable and worth repeating next year.

In August, a few more of us set off for the Norfolk & Suffolk Aviation Museum at Flixton. Most of us had been there before but, with so much to see, interest was maintained for the whole five hours we were there. Whilst sitting aboard a Vickers Valetta – which served suitably as a reception centre – we were briefed by Steve, the chairman of the museum, who gave us an extensive and entertaining account of the initial and continuing developments of the project which functions almost entirely on volunteer support and public donations. Steve then took us on a private tour of some of the exhibits and even allowed the lucky few an opportunity to perform a simulated flight in a converted Bristol Sycamore helicopter. Another member of the crew, Ray, a wartime avionics expert, briefed some of us with his knowledge of early radar wizardry. We owe both chaps a debt of thanks for their attentiveness *and* tolerance towards our ribaldry and banter. Best wishes to you all at Flixton; you deserve it.

To read more about the West Norfolk Aviation Society's past and future programmes, please go to: www.westnorfolkaviationsociety.org.uk
If our pursuits raise your interest in the group, please join us at our next meeting in Mundford. You will be made very welcome.

David Allen and Nigel Tooth.



Tiger Moth Silhouette

DOWNHAM MARKET LIBRARY

For further information or to book where necessary call 01366 383073

For the latest information and updates check out and like our facebook page

<https://www.facebook.com/downhammarketlibrary/>

Regular Events

Mondays:

Community Job Club - 9:30am till 1pm drop in for CV support, job applications, interview Techniques and more - you will need to have signed up for Open Libraries as this club is during unstaffed hours – to sign up pop into the branch and ask a member of the team. **NOTE** - This session is held during an unstaffed open library session - to use the library during unstaffed session you will need to sign up.

Tuesdays:

Need help with your computer or tablet? 1 to 1 sessions with our Computer buddies are available, booking essential

Chair Yoga –2 pm till 3pm Booking Essential £3 per session

Wednesdays:

Diamond Art Club Diamond Art Club - 10am till 12 noon, call the branch for more details. Booking Essential

Thursdays:

Baby bounce and rhyme – 10:30am till 11am, come along and enjoy some songs and rhymes. Drop in no need to book.

Stay and Chat after bounce and rhyme – enjoy a cuppa and chat while the little ones play

English Course for speakers of other languages 12.30 till 2.30.

FREE booking essential.

Need help with your computer or tablet? 1 to 1 sessions with our Computer buddies are available, booking essential

Fridays:

Mini Movers – FREE Fortnightly. 10.30am till 11.30am. Let's get active with the music from the Sticky Kids. Mini Movers is for preschool age to encourage movement to music and song whilst developing numeracy and literacy skills. Booking Essential

Just a Cuppa –10.30am till 12.30noon 50p suggested donation. Enjoy a chat over a tea, coffee & a biscuit. Drop in no need to book

Chair Yoga –2 pm till 3pm Booking Essential £3 per session

Coming Soon: Lego Club, Bridge Club, Library Reading group

These are from a book called Disorder in the American Courts and are things people actually said in court, word for word, taken down and now published by court reporters that had the torment of staying calm while these exchanges were actually taking place.

Attorney: What was the first thing your husband said to you that morning?

Witness: He said , 'Where am I, Cathy?'

Attorney: And why did that upset you?

Witness: My name is Susan!

Attorney: What gear were you in at the moment of the impact?

Witness: Gucci sweats and Reeboks

Attorney: Now doctor, isn't it true that when a person dies in his sleep, he doesn't know about it until the next morning?

Witness: Did you actually pass the bar exam?

Attorney: The youngest son, the 20-year-old, how old is he?

Witness: He's 20, much like your IQ

Attorney: She had three children, right?

Witness: Yes.

Attorney: How many were boys?

Witness: None.

Attorney: Were there any girls?

Witness: Your Honor, I think I need a different attorney. Can I get a new one?

Attorney: How was your first marriage terminated?

Witness: By death.

Attorney: And by whose death was it terminated?

Witness: Take a guess.

Attorney: Can you describe the individual?

Witness: He was about medium height and had a beard.

Attorney: Was this a male or a female?

Witness: Unless the Circus was in town I'm going with male.

Attorney: Is your appearance here this morning pursuant to a deposition notice which I sent to your attorney?

Witness: No, this is how I dress when I go to work.

Attorney: Doctor, how many of your autopsies have you performed on dead people?

Witness: All of them. The live ones put up too much of a fight.



'Our Café is open 10am-3pm weekdays, when you can browse the pre-loved book stall and enjoy our free Wi-Fi!'

Activities and Community Groups, extend a warm welcome to all new visitors

MONDAY

- **Hatha Yoga** - Monday 9.30am - 11am. Become more aware of how we conduct ourselves, physically, emotionally, mentally & spiritually. Call Gail 07938978980
- **No Mean Feet**, foot care specialist – 10am to 2pm. Call Steve for information 07837 506906
- **Breast Feeding Mums Meet** - third Monday every month – 2.00 - 3:30pm
- **Boxercise** – starts 9th September 6.30 – 7.30pm, £3.50 per class. To book place call Maria 07885 609655 or email maria.tennant@aol.co.uk
- **Legs, bums and Tums** - starts 9th September 7.30 – 8.30pm, £3.50 per class. To book place call Maria 07885 609655 or email maria.tennant@aol.co.uk
- **Friends of Wereham Village Hall (FoWVH)**, fundraising events group, 7.30pm. Monthly meet to discuss new ideas and organise events. Call Doreen 01366 500218 or email doreenirolph@talktalk.net

TUESDAY

- **Pilates** - 9.30am to 10.30am. £5 Increase flexibility, joint mobility and circulation. Call Christine 07796 102677
- **Pop Up Café** - 1st and 3rd Tuesday of every month 10.45am – 1pm. Selection of hot drinks and a slice of homemade cake £1.50. Light lunch £2.50. See Facebook or call Doreen 500218 for latest menu.
- **Craft Group** - 2nd Tuesday of every month, 10.30am – 12.30pm. Meet for a social, drink, cake and try different crafts. Call Rosemary 01366 501330
- **Mini Tennis** – Starts 17th September 4 – 5pm (Reception -Yr 3) 5- 6pm (Yr 4 – Yr 6) £3 per child. Call Craig on 07497 430005
- **Restore and More Yoga**, 7.00 to 8.15pm, Vinyasa Flow. Call Gemma 07943 848431

WEDNESDAY

- **Zumba** - 9.30 - 10.30am. A fun dance-fitness programme. Call Domanique 07769 341680
- **Aerobics Gold** – Starts 18th September 2.30 – 3.30pm. Call Christine 07796 102677
- **Pom fitness** – Starts 18th September 4.15 – 5pm. Children and adults. Call Christine 07796 102677
- **Cash Bingo** - doors open 6.30pm, eyes down 7.30pm. Café open before & during the break. Weekly prize money + jackpot. Call Diane 01366 500798.

THURSDAY

- **Line dancing** - 9.30am to 11.00am, beginners welcome, £5. Call Ron 01406 350732
- **Short Mat Bowls** – 7.00 - 9pm. £2 per player, spectators free, includes tea/coffee and biscuits. New players welcomed. Call Phillip 01366 501330
- **Youth Club** (Term Time) 4.45pm to 6.45pm. Age 10+, free. Call Swann Project 01366 386259. Tuck shop including hot dogs 50p, drinks and snacks.
- **Drama Group 'Wissey Players'** every other Thursday 7.30pm to 9.00pm. Call Keith 01366 500976

FRIDAY

- **Wereham Tots** - (Term Time), parents & toddler group 10am - 12.00pm. £2 per session up to 2 children (50p per additional child). Call Angela 01366 500115.
- **Quiz Night**, 6th September starts at 7pm £5 pp including food. For information contact John 01366 500766
- **Cinema Night, 'Fisherman's Friends 12A'** Friday 20th September. Bar open from 7.00pm. £5. Loyalty card, 5 for the price of 4. Book www.werehamvillagehall.co.uk/events or call the office 07497 430005. See trailers on Facebook.
- **Mobile Library** – 6th September at 12.45pm. Call in for a cuppa while you wait.

SATURDAY

- **Mini Kickers** - starts 14th September 9 – 10:30am (2 sessions) £2.50 per child 3 – 6 years for information call Craig on 07497 430005
- **'Macmillan Coffee Morning'** - 28th September at 10am - 1pm. Contact Angela for information 01366 500115

SUNDAY

- **Wereham Summer Fayre** - 1st September from 10am, Café open for hot & cold drinks, bacon rolls and cakes. For information contact Doreen on 01366 500218
- **Car Boot and Café** - 29th September 8.30am - 1pm, Café open 8am for hot breakfast rolls, snacks & drinks. To book a £5 pitch indoor/outdoor call/txt Phillip 07759033492.

For more information on activities, cinema listings or to book, go to
<https://www.werehamvillagehall.co.uk/whats-on-or>
or pop in weekdays 10am–3pm to speak to Angie, Lyn or Sara or call us on
07497 430005, www.facebook.com/werehamvillagehall



FIT MAMAS & CO

Approx. 1 hours brisk walking.



PLEASE BRING COMFY FOOTWEAR & A SMILE!

Fitness walking group for all ages!

Mama's, Papa's, Nanna's, Grandad's, Children & Pushchairs all welcome!

Mondays @ 10.30am

Starting local with many walks from surrounding villages (Wardham, Writton, Boughton, Jacka Ferry, Oakborough, Barton Broadham).

For information please contact Charlotte on 07878359677 or follow Fit Mamas & Co on Facebook!

Beachamwell Wednesday Walkers

Explore the rights of way in and around Beachamwell with us.

We meet at the Village Hall at 10.00 First Wednesday of each month

Walks last between one and a half to two hours
All, including dogs on leads, are welcome

Some paths may be rough underfoot, there may be stiles or fields may be ploughed: come at your own risk and please wear suitable clothing and shoes for the outdoors

Further details please telephone 01366 328960

Beachamwell Creative Writing Group



Meets every second Monday Afternoon

2.30pm

Everyone with an interest in putting pen to paper welcome.

Enquiries: 01366 328895 or james@jamesknoxwhittet.plus.com



**HAVE FUN!
GET FIT!**

WHY NOT JOIN METHWOLD BADMINTON CLUB

THIS FRIENDLY BADMINTON CLUB MEETS EVERY THURSDAY EVENING AT ST. GEORGE'S HALL IN THE CENTRE OF METHWOLD FROM 7PM ONWARDS.

THE NEW SEASON STARTS ON 5th SEPTEMBER 2019.

WHY NOT COME ALONG, MEET NEW FRIENDS AND ENJOY AN ACTIVE EVENING PLAYING BADMINTON.



WANT MORE DETAILS? PHONE 01366 383342. HOPE TO SEE YOU!

Beachamwell Book Group

Tuesday 3rd September
7.30

Beachamwell Village Hall

Book to be discussed over a glass of
wine

'The Immortalists'

Chloe Benjamin

Annual Subscription £20.00

New members welcome

Enquiries: 01366 327023



Beachamwell WI

Thursday 5th September

7.30pm

Beachamwell Village
Hall

'There is a Book in
Everyone'

with

Jeanette Moser

Visitors very welcome

Enquiries 01366 328589

Beachamwell Table Tennis



Every Friday at
3.00pm
Village Hall

Enquiries: 01366 328895

or

james@jamesknoxwhittet.plus.com

Beachamwell Pop Up Pub & BBQ



Friday 13th September
7.00 - onwards

Beachamwell Village Hall

Enquiries:01366 328892

Boughton



Fincham Chorus Concert

Friday 13th September 7.30 pm
Boughton Church

Following a request from Boughton church members, Fincham Chorus will perform a concert in aid of church funds.

They will be performing 15 songs of a mixed repertoire, some sacred and others of a secular nature.

Entrance £5.00 per person to include light refreshments

Come along for an enjoyable evening!

Contact 01366 500429 to reserve a seat



Barton Bendish



10th Annual ART, PHOTOGRAPHY & CRAFT EXHIBITION & SALE 2019

14th/15th SEPTEMBER
Saturday 14th 10am – 5pm
Sunday 15th 11am – 5pm

**Barton Bendish Village Hall and
St Andrew's Church PE33 9GF**

**Refreshments & Light Lunches
Available**

Proceeds to Benefit: St Andrew's Church
and The Village Hall

Email: bartonbendishevents@gmail.com

Charity No: 245456

Beachamwell



Quiz

Saturday

14th September

7.30

Beachamwell Village Hall

Bring your own refreshments

There will be a Raffle

All proceeds to The Friends of
St. Mary's Church,
Beachamwell

Enquiries: 01366 328648 / 729

Wereham



Messy Church

Wednesday September 25th
4pm - 5.15pm

St Margaret's Church

Messy church is a family friendly church service which involves a craft activity, a short service where children read, play instruments, sing songs and then eat together. Food is provided.

There is no charge.

Everyone is welcome.

Enquiries 07863049677 if you have any questions or just turn up and join in.

Donations to the church are welcomed



Boughton

Greetings by Oscar

Come and visit our pop-up 'Greetings Cafe' and browse our selection of greetings cards.

We will be serving light lunches.

Wednesday 18th September 2019
at All Saints' Church, Boughton
between 11:30 am and 2:00 pm.

A Boughton Village caravan Production

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

**Wednesday
September 18th
2 - 4pm**

Village Hall



Enquiries:
01366
347673

Boughton

Autumn Garden Jumble



**Saturday
21st September**

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

From 10 am until.....everything sold!

*All proceeds to All Saints'
Church, Boughton
Registered Charity Number:
245456*



Presents

Sheringham Shantymen

Sea Shanties and Folk Music
An evening of haunting songs
from the sea by Norfolk's finest

**Saturday September 21st
7.30 pm**

Swaffham Assembly Rooms

Tickets £12.00
(£9 members / under 18's free)
from

Ceres Bookshop 01760 722504
Green Parrot 01760 724704
Available on the door

Enquiries: 01366 328648

Barton Bendish

Celtic Service

St Andrew's Church
Barton Bendish
Sunday 22nd September
6pm

A candle-lit service in the Celtic tradition

All welcome so come and join us
Enquiries 01366 347563 or 347849

Nar Valley Ornithological Society (NarVOS)

Tuesday 24th September at 7.30pm
The Barn Theatre

Sacred Heart Convent School, Swaffham.
Access and parking from Sporle Road.
Please come along to this illustrated talk
by Paul Fuller, entitled:

The Pearl of Africa – the Birds and Mammals of Uganda

Uganda, well known for trips to see
Gorillas, is often overlooked by
birdwatchers and safari travellers.
However, Uganda has snow-capped
mountains, impenetrable forests,
wetlands, dry savannah, good visitor
facilities and friendly people – offering so
much for any natural history enthusiast.
NarVOS member Paul Fuller will show us
the highlights of this fascinating country.

Admission £2 on the night for non-
member and visitors are most welcome.
Enquiries: 01760 724092

Barton Bendish

Harvest Brunch

Barton Bendish Village Hall
Saturday 5th October
11am -1pm

Tickets £5.00
Enquiries 01366 347563 or 347849
All welcome

Barton Bendish Film Club

Proudly Presents:

'Stan & Ollie'

Saturday 12th October
7.00pm

Barton Bendish Village Hall

Tickets £5

Free post screening refreshments
included

To reserve your seat please contact
Box Office: 01366 347849
email: cinemabarton@gmail.com
www.bartonbendishfilmclub.btck.co.uk/

Barton Bendish Quiz

and Fish and Chips
Saturday 19th October

Barton Bendish Village Hall

More details to follow

Barton Bendish Macmillan Coffee Morning

This year Barton's October Coffee
Morning in aid of Macmillan will be
held late October.

There will be further details in the
next edition of G4

BARTON BENDISH & EASTMOOR VILLAGE NEWS

Musical Soiree

It was necessary to change the venue for the Soiree from St Mary's to St Andrew's due to some rather unwelcoming bees which had taken up residence in the thatch. Maybe it was just as well though because it would have been a tight squeeze to fit everyone who came into the 'Little' church.

Once again Lissa and the choir pulled out all the stops, along with Phyllis (playing the flute) and Martyn (the piano) Clarke from Oxborough, who took it in turns to treat us to an hour or more of delightful music. The choir, excellently



accompanied by Tom Golden, sang a varied selection of songs including the 'Hallelujah Chorus' in which they were aided and abetted by several members of the audience. They ended their performance with 'Flying Free' which I particularly enjoyed. The renditions were all enhanced by the excellent acoustics in St Andrew's which are so much better than in the Village Hall.

Did those 13th century architects take this factor into account when they drew up the plans for St Andrew's?

Refreshments were served afterwards in the Village Hall where the Barton Bendish Choir revealed their multi-tasking abilities by serving tea and cakes. The Hall was very nearly full and, judging by the noise of the conversation, I think everyone must have enjoyed themselves.

So a big thank you is due to the dedication of the Choir for the hard work they put into rehearsing for each of their performances, and for organising one of our unique Barton afternoon teas. Many thanks also to Phyllis and Martyn for their charming musical interludes, to Tom Golden on the keyboard and the PCC for organising the event in the first place.

Jill Mason

G4 Delivery

As of now, Liz and I are taking on responsibility for delivering G4N to Barton and Eastmoor. with a little help from our friends! If you would like to lend a hand, your help would be most appreciated. Any road up, any enclosures or additions to be delivered with the magazine should come to us at Witsend.

More to the point, we should all be very grateful to Maureen Tasker, who, with her late husband Bill, faithfully delivered the magazine for years. We all wish her the very best with her plans for the future.

Andrew Stephen

BARTON BENDISH & EASTMOOR VILLAGE NEWS

Farewell

Barton has seen a lot of changes in the last 18 months. Several people, who once were an established part of the community, have left and newcomers moved in. A village this small needs all the support it can get to ensure the Church and the Village Hall both have a future. Support doesn't necessarily have to be in the form of making cakes, selling raffle tickets or doing the washing up, but merely by coming along to a few of the events. You'll be made most welcome and it's an opportunity to meet your fellow villagers.

Sadly, the Kornmuller family, Robin, Steve and son Quinn, will be leaving us shortly. After eleven years they have got to return to the States. In that time they have become very much part of the community and we, in Barton, will miss them. I know nothing ever stays the same and people come and go but it's always sad to see those who have played a part in the community depart from the village.

We wish them good luck and happiness in whatever the future holds for them.

Jill Mason

Goodbye Barton Bendish

11.5 years was not enough. Despite this timespan marking out two thirds of our married life together and our son's entire lifetime, it hasn't been enough time to experience all that we know Barton has to offer. We first arrived in March 2008. Having moved from the big city (Bury St Edmunds), we immediately fell in love with the warm welcome we received. Easter was our first weekend in the village and thanks to a cold snap that took out some electrical lines, we were able to meet most of the village as they gathered around the village hall (and the generator) drinking tea and trading stories. What we learned quickly from this earliest communal gathering is that Barton Bendish holds a powerful bond with its residents. We met people that weekend who didn't even live in the village anymore. Some had grown up and moved away. Others had stumbled across this place just as we had, but found fully leaving it harder than anticipated. In any case, it was clear from the start this wasn't just any old village. We would soon find out all the magic this special place contained.

Thank you all for the many happy memories. We are most certain that whatever adventure awaits us next they will not be offering us the same fantastic combination of pantos, bonfires, jazz picnics, Victorian Christmas evenings, art and literature events, as well as dinner and a movie all within walking distance of our front door. We will treasure retelling our stories of the unique way Quinn first experienced trick or treating, how Steve got to play cricket for our neighbouring village of Boughton, how Robin delivered the "lassies' reply" one

BARTON BENDISH & EASTMOOR VILLAGE NEWS

fine January evening and how we loved taking walks with L'ulla past the pretty thatched church.

We have found our cottage home a most enchanting hostess. We have especially loved spending time in her back garden where we easily lose track of time and space, often remarking on how hidden away we feel from the world back there. Every now and then when we are in our new home or sitting in our backyard, we might be found closing our eyes trying to remember the sweet sound of ancient organ pipes floating across from the church yard or the sweet sound of friends and neighbours practicing their choir harmonies.

We wish you all the very best!

Much Love, The Kornmuller Family, 27 Church Road

(Photographs by Carly Moon Images)



Group Photograph

Farewell to the Kornmullers who find themselves leaving this wonderful village to return to the States. They have contributed a great deal to the village and will be sadly missed. It was a lovely thought to assemble many of us for a village photograph at their lovely home. Bon Chance!

Andrew Stephen



BARTON BENDISH & EASTMOOR VILLAGE NEWS

Village Hall Update

As I said last month, the funding process is notoriously slow. We have £55k pledged so far and we expect decisions on our Lottery bid and our claim for VAT exemption very soon. When we reach the half way stage, other sources of funding become available and we are ready to apply for these. It is a bit of a jigsaw puzzle as existing funders will want to know if we have funding for the full project or part of it. We will not commit to anything which risks debt and are therefore unable at this stage to suggest a starting date for the work or to speak to builders. I am pleased to say that Tesco have awarded us £1,000 as a result of our application to their bags of help scheme. Every little helps!

I have created a new Facebook Group called Barton Bendish Village Hall which will grow more quickly when there is more to report. We will use this to keep members up to date with developments, for marketing and to canvass ideas for ways in which we can use our Hall for the benefit of the community.

All suggestions are welcome!

Andrew Stephen, Chair of Village Hall Management Committee.

Voices from the Vestry

Art /Photography/Craft Exhibition and Sale – September 14th and 15th

This will be the tenth annual exhibition and sale of art, photography and craft. Details are available by contacting bartonbendishevents@gmail.com or Liz Stephen (347549). Queries: Linda 347563 or Mhari 347849

Celtic Service – September 22nd 6pm

We will be holding another candle-lit service in the Celtic tradition and we hope you will join us and share the experience.

Harvest Brunch – October 5th 11am

Each year, one of our group of churches celebrates Harvest, often with a Harvest Supper. This year it is the turn of Barton Bendish to host the celebration. As you would expect, we have decided to do something slightly different and so, instead of the Breakfast Church originally planned for October 12th, we will be hosting a Harvest Brunch in the Village Hall the week before ie Saturday October 5th.

Tickets will cost £5 (available from Linda 347563 or Mhari 347849). Everyone is welcome so please make a note of the date in your diary or on your calendar. Don't miss it!

We are grateful for any help with or publicity for our events. Please encourage your friends to 'pass the word' and to join in.

Liz Stephen (PCC Secretary)

BARTON BENDISH & EASTMOOR VILLAGE NEWS

Barton Bendish Annual Parish Council Meeting held on 10th July 2019

The Chairman, Cllr Will Chapman, presided over the meeting and two members of the public were in attendance.

The PC considered concerns which had been raised by residents on Boughton Long Road regarding the wooden posts installed to protect the trod (informal footpath) on the corner. The concerns related to incidents of larger vehicles being unable to pass and fears that an accident could occur. The primary reason for installing the trod, and getting the wooden posts installed was to protect the safety of pedestrians using the road, including school children walking to catch the school bus. The PC felt that if the posts were removed this would leave pedestrians vulnerable if vehicles drove across the trod, as had happened in the past. It was therefore agreed that the posts should remain in place but that the PC would ask Highways to widen the other side of the road, as they had agreed to do this previously.

The PC had received complaints that dog fouling was still an issue within the village. Borough Councillor Colin Sampson informed the PC that the Borough Council of King's Lynn and West Norfolk had agreed to employ a Dog Warden to help deal with several issues relating to dogs, including fouling, as many areas did have a problem with this. More information on this to be provided when the person is in post.

RAF Marham asked the PC to nominate 10 residents to attend their Annual Friends and Family Day on 25th July. As this was the second year this had happened the PC assumed that it could be an annual invitation and would therefore like to ask residents to contact the Clerk, on the details below, if they would like to be nominated to attend this event in future.

The PC had been approached by a local heritage group who had volunteered their services free of charge to carry out restoration and improvements to the Eastmoor telephone box, notice board and surrounding area. The PC agreed in principle to them carrying out work on the assets which were owned by the Parish Council, subject to approval of a schedule of work to be provided. It was expected that this work would take place in 2020.

The next meeting Monday 23rd September 2019. This will be an Ordinary Parish Council Meeting starting at 7.30 pm in the Village Hall.

Miss Sarah Thorpe, Parish Clerk 01945 430930

Email: bartonbendishparishcouncil@aol.co.uk

Parish Council website at bartonbendishparishcouncil.norfolkparishes.gov.uk

BEACHAMWELL, SHINGHAM & DRYMERE VILLAGE NEWS

St. Mary's Church Progress Report From The Friends of St Mary's



St Mary's has been nominated as a case study for a research project being undertaken by the University of Cambridge and commissioned by the Diocese of Ely on how churches are being used. An interesting meeting was held on the 1 August run by the researchers from Cambridge who asked a number of searching questions about the past and future vision of the church. Those who attended (there was very little notice) were enthusiastic and it was

clear how well supported and loved our building is! It is a 3 year project and we will have a short piece written about St Mary's - the results of the research will be interesting but the project is in year 1 so there will be a wait before any recommendations are known

A friend who is an ecclesiastical lawyer has recommended that we do not rush towards establishing a particular form of Trust to manage the repair of the Church as there are a number of models being explored by the Church of England and a number of churches experimenting with different models. It is clear that it will be important that the building remain consecrated to enable us to access the largest number of funding bodies for grants and from the village meeting we held in April it is clear the village would prefer the church to remain open for at least a limited number of special services such as the Christmas Carol Service, Remembrance and Harvest Services and that some form of Festival Church was the preferred option. There are a number of Trust options I am investigating and I will be seeking further advice from a range of organisations. It is clearly a complex area and one which is evolving!

In the meantime we are slowly making progress to identify the best thatcher to undertake the repair work to the thatched roof. We hope to have a target figure for the project identified soon and I will keep you updated. The fundraising continues and there is another quiz on Saturday 14th September to look forward to!

The insurance claim for the replacement of the lead roof is progressing slowly. The decision has been taken to replace the lead with Terne Steel which has no commercial value but which is approved by the Church of England as a heritage material and apparently looks like lead, so subject to getting all the necessary permissions at least hopefully the theft will not be repeated.

The AGM of the Friends will be held in October or November when I hope we will have further information as to the legal process and repairs. I would like this to be another village meeting and we will let you know as soon as a date is fixed....the support of the village as a whole is much appreciated.

Peggy Ray (Chair Friends of St Mary's)

BEACHAMWELL, SHINGHAM & DRYMERE VILLAGE NEWS

Flower and Brass Cleaning Rota for September

1st Mary Riches, 8th Susie Rix, 15th Gill Sanderson, 22nd Sonia Williams,
29th Carole Wilson

The rotas for the flowers and the opening of the Church will continue

Beachamwell Parish Council

The next parish meeting is on the 23rd September at 7.30pm in the Village Hall

Beachamwell Village Hall

These months go by far too quickly!

We are holding our final BBQ and Pop Up Pub for the summer season on September 13th at 7pm. As usual, all very welcome - just keep your fingers crossed for no rain. It was brilliant seeing so many new faces at our recent event.

Unfortunately Pat O'Donnell has resigned from the committee but we have at last got a treasurer, David Snodgrass. Winning a raffle prize sometimes comes at a price!! Allan Butler has also joined our happy little band!!

As the dark evenings approach we are hoping to organise some Pop Up Restaurants so keep your eyes posted as places are limited.

Hopefully see you on the 13th!

Cathy Friend

Beachamwell WI

Our speaker at August's meeting was Brian Heard, whose talk, "In Search of the Smoking Gun" included stories from his long career as a forensic scientist. For many years, he worked at New Scotland Yard and there helped to "put away" many notorious villains including the Krays and Richardsons. He regaled us with many grisly and gruesome stories. Despite that, or maybe because of it, he gave us a thoroughly enjoyable evening!

In August, we also organise an extra garden meeting, which this year will involve a trip out to West Acre Gardens. I think there may be cake!!!

At September's meeting, our speaker, Jeanette Moser will tell us of her extraordinary life story, to illustrate that "There's a book in everyone". As usual, visitors are welcome to come and join us, as are any prospective new members who want to look us over in which case the visitor's fee of £3.50 is waived.

Maggie Mackenzie

Bonfires in Beachamwell

I am writing to suggest that please when people have bonfire's right in middle of the village can they please make sure the wind direction doesn't blow right into our houses thank you.

Gary Dent

Mobile Post Office

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

COMMUNITY NOTICE BOARD

MOBILE LIBRARY VISITS

DATE	VILLAGE	LOCATION	TIME
Tuesday 10 Sept.	Barton Bendish	Hatherley Gardens	11:10 am
Tuesday 10 Sept.	Beachamwell	Old Post Office	09:45 am
Tuesday 17 Sept.	Drymere	Telephone Kiosk	09:45 am
Tuesday 10 Sept.	Boughton	Mill Road	10:45 am
Friday 6 Sept.	Wereham	Queen's Close Village Hall	12.25 am 12:45 am

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

VILLAGE BUS SERVICES

FROM	ROUTE	OPERATOR	DESTINATION
Barton Bendish	31 (Saturday)	Lewis Coaches	Swaffham
Beachamwell	31 (Saturday) 18 (Tuesday)	Lewis Coaches Eagles Coaches	Swaffham King's.Lynn & Swaffham
Boughton	18 (Tuesday)	Eagles Coaches	King's.Lynn & Swaffham
Wereham	28 (Mon to Sat) 40 (Mon to Sat)	Coach Services Coach Services	King's Lynn Thetford/Downham

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

MARKETS - Farmers' and Indoor

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

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

VILLAGE, COMMUNITY and PARISH HALL BOOKINGS

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

CHURCH SERVICES (WISSEY VALLEY/SOUTHERN GROUP)

St Mary's Church, Beachamwell - No Services until further notice

Please contact Rev Ken Waters 01366 727220 if required

Sunday 1st September

9.30 am Methwold
11.00 am West Dereham
11.00 am Wretton with Stoke Ferry
6.00 pm Wereham

Eleventh Sunday after Trinity

Holy Communion
Family Service
Service of the Word
Evensong

Sunday 8th September

9.30 am Methwold
9.30 am West Dereham
9.30 am Whittington
10.00 am Boughton
11.00 am Barton Bendish

Twelfth Sunday after Trinity

Service of the Word
Holy Communion
Service of the Word
Breakfast Church
Holy Communion

Sunday 15th September

9.30 am Methwold
9.30 am West Dereham
9.30 am Wretton with Stoke Ferry
11.00am Wereham

Thirteenth Sunday after Trinity

Joint Service with Methodists
Harvest Festival
Service of the Word
Harvest Festival

Sunday 22nd September

9.30 am Methwold
9.30 am West Dereham
10.00 am Whittington
11.00 am Boughton
6.00 pm Barton Bendish

Fourteenth Sunday after Trinity

Service of the Word
Service of the Word
All Age Service
Harvest Festival
Celtic Evening Service

Sunday 29th September

11.00 am Whittington Benefice Service followed by 'Bring & Share' Lunch

Fifteenth Sunday after Trinity

Midweek Services

Holy Communion 10.00am Boughton Thursdays 12th and 26th
Holy Communion 10.00am Whittington Tuesday 17th
Compline 5.30pm Wretton with Stoke Ferry Thursday 15th

Baptisms and Weddings Please contact the Churchwarden

Barton Bendish: Mhari Blanchfield 01366 347849
Linda Webster 01366 347563
Boughton: Pam Wakeling 01366 500429
Wereham: Sheila Smith 01366 858165

CHURCH SERVICES (PRIORY/NORTHERN GROUP)

Sunday 1st September

9.30 am	Runton Holme
10.00 am	Shouldham
11.00 am	Marham
11.00 am	Stow Bardolph

Sunday 8th September

9.30 am	Shouldham Thorpe
10.30 am	Marham
11.00 am	Watlington
11.00 am	Stowbridge
6.00 pm	Fincham

Sunday 15th September

9.30 am	Wormegay
10.30 am	Marham
11.00 am	Shouldham
11.00 am	Nordelph

Sunday 22nd September

10.30 am	Marham
11.00 am	Wimbotsham
11.00 am	Tottenhill

Sunday 29th September

9.30 am	Wormegay
11.00 am	Stowbridge

Midweek Services

Holy Communion 10am Fincham Thursday 5th and 19th

Baptisms and Weddings Please contact Mrs. Louise Vigus

Church Office, 27/29 Bridge Street, Downham Market, PE38 9DW

07596 707469 louise.vigus@westnorfolkpriorygroup.co.uk

Churchwardens

Fincham	Cathy O'Brien	01366 347279
Marham	Philip Fay	01760 444199
	Glenda Jayes	01760 339 688
Shouldham	Brian and Ann Hullah	01366 347814
Shouldham Thorpe	Gordon Reid	01366 347253

Eleventh Sunday after Trinity

Holy Communion
Morning Prayer
Holy Communion
Holy Communion

Twelfth Sunday after Trinity

Harvest Festival
United Methodist Worship
Holy Communion
Holy Communion
Evensong

Thirteenth Sunday after Trinity

Holy Communion
Service of the Word
Holy Communion
Holy Communion in the V/H

Fourteenth Sunday after Trinity

United Methodist Worship
Holy Communion
TBA

Fifteenth Sunday after Trinity

Holy Communion
Harvest Festival

BOUGHTON VILLAGE NEWS

Greetings by Oscar Pop-Up Cafe

Light lunches will be served at our next pop-up on Wednesday 18th September at All Saints' Church, Boughton between 11:30 am and 2:00 pm. All cards at the special price of £1.00 each. Pop along for a card or two, a chat or some lunch or all of the aforementioned, you will be most welcome and it will be good to see you.

The Boughton Village Caravan

Autumn Garden Jumble 2019

Calling all gardeners, Saturday 21st September is a date for your diaries. There will be a selection of garden paraphernalia and plants for sale at Tapestry Cottage, Chapel Road, Boughton. From 10 am until.....everything sold! All proceeds to All Saints' Church and yes, if you have any items to donate they will be greatly appreciated.

Andrew and Angela on behalf of Boughton PCC

Missing Cat

Janet Tidy has lost her much loved cat Echo. He is mature, neutered with a grey coat and white "socks". He is very friendly and might have gone walkabout if someone was feeding him. Her other cat also went missing for a while but was reported found in Wereham and returned to Janet.

Any sightings or information to Janet 01366 502291 or Sarah 07958 621265

Thank you.

Tony Curtis (Horsemans Cottage)

Charity Jazz Picnic

Bad weather thwarted two efforts to stage this year's Boughton Charity Jazz Picnic. However, one generous supporter, who wishes to remain anonymous, has nevertheless donated £500 to one of organiser Paul Coulten's chosen charities, the North Walsham and Dilham Canal Trust, which is restoring Norfolk's only locked canal.

Paul Coulten

Harvest Festival

Will be on September 22nd at 11 am and will also celebrate the five decades of ordination for both Robin Blackall and Brian Redgers. Please come and join us. We will be collecting packets and tins as usual, for the Downham Market Foodbank and the collection will go to Farm Africa at Robin's request.

Decorating the church will be Friday 20th am and/or Saturday 21st pm. If you have foliage, flowers etc we'd be most grateful. Fruit in the decoration is always lovely but can't be sent to the Foodbank. It will be lovely to have people bringing gifts to present on the day. This should be a special celebration on so many levels. William Burke will be presiding at the service, with Brian Redgers preaching - always a good thing! ***Pam Wakeling***

BOUGHTON VILLAGE NEWS

The Annual Walk/Ride/Stride for the Churches

This will take place on Saturday 14th September.

Half the funds raised go to the church of your choice and the rest to the Norfolk Churches Trust, which has supported local churches, including Boughton, with grants. You can choose your own route, by bicycle, horse, car or on foot. For more information go to www.norfolkchurchestrust.org.uk/sponsored-bike-ride.

I have sponsorship forms and some leaflets and we'd really like to see Boughton supporting this if possible. It can be a very enjoyable day, and this year the option of car journeys means that everyone can take part.

Pam Wakeling

Concert

There will be a concert given by Fincham Chorus on Friday September 13th in All Saints' Church, Boughton at 7.30, following a request from Boughton church members, in aid of church funds.

They will be performing fifteen songs, of a mixed repertoire, some sacred and others of a secular nature.

Entrance will be £5 per person and will include light refreshments.

Come along for an enjoyable evening!

Pam Wakeling



Swaffham Jazz Club

Swaffham Conservative Club, London Street **PE37 7DD**

Tues 10th September at 7.30

From the US – Helen Welch, Vocalist & Entertainer with Lee Vasey & Friends

Entry £8

Enquiries 01366 328 730 or 01760 722 384

ALSO: Tuesday 8th October: Ed Reed – Guitar and Laura – vocals

Mike Smith – Bass and John Wilmott - Sax

WEREHAM VILLAGE NEWS

Village Hall Activities

All activities are listed on page 20

Any further details are featured in the website www.werehamvillagehall.co.uk and on the Facebook page Wereham Village Hall.

Mobile Post Office

Will park near the village pond on the following days/times.

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

Wereham Parish Council

Next Meeting Tuesday 10 September at 7.00 pm in the Village Hall.

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, on the Wereham Parish Council Facebook Page and on the website www.werehamparishcouncil.co.uk. You will also find minutes of all meetings here too.

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.

Helen Richardson

Wereham Parish Clerk and Finance Responsible Person

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

Wereham Craft Group

The second Tuesday of each month is when you will find us meeting in the village hall at 10.30am until about 12.30pm. This is usually a social meeting for a catch up and a coffee or tea with either cake or biscuits. Our craft we do in our own homes at our own pace. Most of us donate our goods to the craft stall which is then sold to raise funds for the village hall. If you want to come along and do some knitting or sewing and have a chat then that is also fine. We do on occasions have a guest speaker or demonstrator which is always interesting. Do come and join us. My contact details are Rosemary on 01366 501330 or 07749240606, e-mail rosemary.pease@btinternet.com.

WEREHAM VILLAGE NEWS

Short Mat Bowls

Any of you who came to our open day recently and had a go at bowls do come along on a Thursday evening 7pm until 9pm and join us for a game. Your first time is free and after that it is £2 per week with tea or coffee and biscuits and we have an enjoyable evening. We have a good supply of bowls for everyone to use. For more details contact Philip on 01366 501330 or 07759 033492, e-mail rosemary.pease@btinternet.com.

Car Boot and Cafe

Only 4 more car boot weekends for this year are left so have a good turn out and come and sell your unwanted items at the car boot sale. The cafe is always open for the usual bacon rolls, egg in a roll or sausage in a roll along with plenty of tea and coffee, also toast and butter or toasted tea cakes with butter. The freezer is stocked with ice creams and lolly pops. We now do specialty coffees in our posh new coffee machine if you prefer that to instant. The children's playground is available and a huge field for the children to run around and play on. We run a 50/50 raffle which has proved to be very popular and also a donated goods table with items donated to raise funds for the village hall which is also very popular. For details please contact Philip on 01366 501330 or 07759 033492, e-mail rosemary.pease@btinternet.com. We look forward to seeing lots of you.

Macmillan Coffee Morning

Saturday 28th September, in the Village Hall from 10.00am until 1.00pm. For more information contact Angela on 01366 500115.

Wereham Summer Fayre

Sunday 1st September from 10.00am. Café open for hot and cold drinks, bacon rolls and cakes. For more information contact Doreen 01366 500218.



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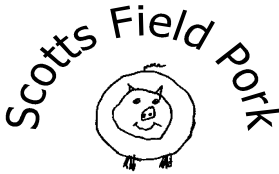
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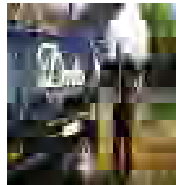
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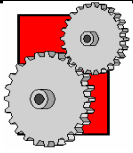
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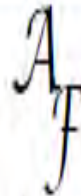
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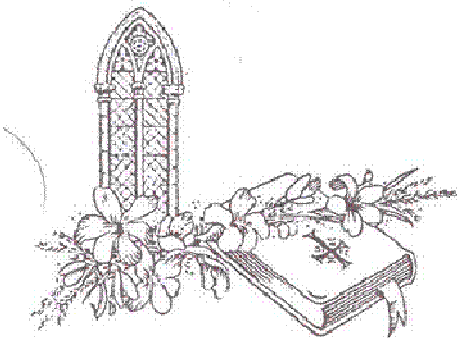
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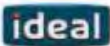
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