

Community & Church News

- Itteringham ● Little Barningham ● Wickmere
- Aldborough & Thurgarton ● Sustead

April 2023



Printed by Aylsham & District Team Ministry

Available to all households in the parishes of
Little Barningham, Itteringham, Sustead, Wickmere & Aldborough & Thurgarton

Circulation 300+ copies.

Printed on 100% Recycled Paper

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Is there a local group or facilities that you think we should list here?

Let us know and we'll include them

For more information check out the Team Website

Please email admin@aylshamparishchurch.org.uk if you are interested in advertising

Advert size 1/8 page min	1 Issue	10 Issues
	£15	£75

New "Temporary" Editor Required!!

Dear All,

I feel the time has come when I need to step back from the CCN. I have been *Temporary Editor* for more than three years now and this will be my last edition....

I would like to thank you all for your contributions and support over my time doing this. It has been a time of change for all our parishes and I think it may be time for fresh ideas and content?

Someone has recently contacted me about carrying on the CCN and we will let you as soon as it has been confirmed, so hopefully it will carry on from May onwards with a new TE.

Once again thank you for your support and I will no doubt see you around our villages.....

Rob

Itteringham

Church Services in Itteringham this month:

- Easter Sunday 9th April, **Group Service** at Itteringham Church at 10.00 am (see below).
- Sunday 16th April, Morning Service at 11.00 am.

Sunday 23rd April, Holy Communion, at 11.00 am.

The Easter Sunday Service will include egg decorating, an egg hunt and a quiz and lots of chocolate, for adults as well as children. We do hope you can come.

Tea/coffee and cakes/biscuits available after church services.

Norfolk Wildlife Trust Churchyard Conservation Scheme

The Scheme was established in 1981 to encourage management of churchyards with wildlife in mind. Geoff, Saffron and I met Lucy Seely, wildlife and community officer, at the NWT to discuss the survey. The surveys of Itteringham Churchyard were carried out in April, June and September 2022 and I have placed a copy of the survey form on the church notice board in the porch. (If anyone would like a copy please say and I will email it). The churchyard supports some nice wildflowers including Burnet saxifrage and pignut – both are churchyard dependent species and so rely on church grassland for their survival in Norfolk.



Pignut flowers quite early in May to June and can be mistaken for cow parsley which is in flower at the same time. Burnet saxifrage flowers quite late in the summer and also looks a bit like cow parsley. We have roped off two small areas in the churchyard to allow these areas to grow for a longer period in the spring and summer, one for the burnet saxifrage just south of the church (which will be cut in September) and the other for pignut in the east of the churchyard (which will be cut in July). We have also roped off a small wildlife refuge strip at the rear of the churchyard which will be left to grow tall along the boundary. This will act as a shelter and habitat to small animals. The strip will be cut down in October. We will be having an exhibition in the Church for the May Fayre and Open Gardens and hope someone from NWT will be able to come along and talk about the Scheme and our survey. Many thanks to Geoff and Saffron for their help and enthusiasm.

Quiz night - everyone very much enjoyed the Quiz night at the Village Hall in aid of Church funds. It was a great turnout and we raised just over £245 for church funds. Many congratulations to the winning team – the “Cheezy Whats Its”. And many thanks to Henry, Laurel and Grace for organising and doing the food.

Itteringham May Fayre – a Coronation Celebration
Itteringham Village Hall - Monday 1 May - 11.00 to 4.00 pm. Please do tell your family and friends about the May Fayre – see Poster. This year attractions will include Morris Dancers. We are hoping for lots of donations for the Tombola – bottles/unwanted gifts and the like – please drop any items to JB Postle in Aylsham or the Village Shop or I can collect (587059). If you can help in any way - making cakes (cake stall or hall), and on the day on the gate, selling raffle tickets and in the hall – please let me know. Many thanks for the support. Monies raised are for the community – the Church, the Village Hall and the Village Shop.

Village Shop and café

Shop opening hours - from 9.00 am until 5.00 pm Mon to Sat, and 9.00 am to 4.00 pm on Sundays.

The Post Office is open Monday and Thursday from 9.00 am to 1.00 pm. (PO closed Easter Monday)

Easter - the Shop will be open normal hours over the Easter holiday – Good Friday, Easter Saturday, Easter Sunday and Easter Monday.

Easter “Tori” cake raffle – tickets (£1 each) go on sale on the 1st April and the draw will take place on Easter Saturday (8th April) at 3 pm.

Orders - do please call in or ring the Shop if you wish to place an order for bread, fresh vegetables, milk, fish, meat or other items such as newspapers (01263 587325). And please do take a look at the wonderful array of goodies in the deli and the gifts in the Gallery.

Village Shop AGM - a date for the diary – 23rd May 2023 7.00 pm at the Shop. More details in next month’s Parish News.

Mother’s Day cream teas - eat in and takeaway cream teas were very popular. Many thanks to all who supported the event.

Film night – Friday 31st March – BAIT - plus Sheringham Shantymen at the Village Hall, doors open at 6.45pm, tickets £10 may be purchased from the Shop or on the door. Food and drink will be available. We do hope you can come and support the Shop.

Open Gardens – Sunday 18 June - if you can help – making cakes, selling garden tickets and raffle tickets and in the hall please do let me know. Thank you.

Post Office

Plea from Penny – if anyone is interested in working in the Post Office occasionally as cover, please do come along and find out more.

Reminder: Royal Mail has extended the period that you can use non-barcode stamps to 31st July 2023.

100 Club March winners: 1st: Sharon Brooks, 2nd: Brian Messenger, 3rd: Geoff Thompson.



The poster is framed with a blue border and features a string of Union Jack bunting at the top. The main title is "ITTERINGHAM FAYRE" in large, bold, black letters, with "Coronation Celebration" underneath in a slightly smaller font. Below the title, two Union Jack flags are positioned on either side of the date and time: "Monday 1st May" and "11am to 4pm". The ticket prices are listed as "Adults £2.50, children under 16 free, dogs welcome, free parking". A musical note graphic is placed above the word "Singers". Other activities listed include "Vintage", "Fun dog show", "Bygones", "Licensed bar", "Trick ponies", "Fun Force", and "Face painting". A large, ornate golden crown with a red velvet interior is centered below the text. At the bottom, it says "Children's games, military vehicles and display, wide variety of food, craft stalls and car boot." and provides contact information: "@ NR11 7AY" and "For further information contact Laura on 07900433294".

Village Hall

We now have WiFi in the Village Hall. Hurrah. Many thanks to Guy for sorting this out. If anyone wishes to host a Village Hall event for the Village please do get in touch with Helen.

It's time to party - Itteringham Village - King's Coronation Street Party

Sunday, May 7th 2023 12 noon - 3.30pm - Wolterton Road. Please do come along to our Village Coronation Event . A Perfect chance to raise a glass (of something) to King Charles III and meet up with friends and neighbours. The plan is to bring a plate of food to share ie quiche, sausage rolls, sandwiches, salads, dessert. I will drop a list off at the Shop, with ideas.

Please bring glasses (the drinking type), whatever you like to put in them and a plate, dish, knife, fork, and spoon (saves on the washing up).

We have permission to close Wolterton Road. But if the weather is iffy, we will relocate to the Village Hall.

Please ! let me know if you intend to come. I wouldn't like you to turn up and find there's no place at the table.

Vonnie & Mel (vonniedaykin@gmail.com) 01263584159

Thanks to Mel and Vonnie for organising.



Toads and newts

In response to a call for help in the Parish News, Keith Okey and his granddaughter Roisin did their first shift at Little Barningham helping toads and newts cross the road safely on their way to the breeding ponds. On their first night they assisted 104 toads and 2 newts. Brilliant – well done.



Parish Notice Board - please do look out for the latest Parish News including the date of the next Parish Council meeting. Parish Council meetings are open meetings, and villagers are welcome to attend.

The next date for the visits by the **mobile library** is the 13 April - Itteringham - parked opposite the Rectory - 11.20 to 11.35 am and Mannington 11.40 to 11.55 am.

Please let me have any Itteringham news you would like to include in the Itteringham update.

And a huge thank you to Rob for agreeing to be temporary editor 3 years ago and doing such a brilliant job.

Happy Easter everyone

Best wishes

Sandra

Little Barningham

Welcome to Little Barningham's April village page.

Spring is here and to celebrate here are some lovely pictures of some new residents at Richmond Cottage.



Exciting news, the new gateways have now been installed. At writing we are still waiting for the SLOW signage on the road.

The Toad Patrol is now in place and saving these small amphibians, on the first evening Chris & I went out we picked up nearly 150. Do look out for the foot patrol along Sweetbriar Lane, between the crossroads and Green Farm.



Jumble Sale

The jumble sale in March raised £265 for the village hall. A huge thank you to Ellie for organising the event and thank you to everyone that helped on the day and thank you to everyone who came along to pick up a bargain. All the left over donations were taken to the YMCA charity shop in Holt.

St Andrew's Church, Little Barningham

During Holy Week there will be a service at Little Barningham church on Tuesday 4 April at 7.30pm, the service will be based around some of the stations of the cross, refreshments will be served from 7pm. Our group Easter Sunday service (9 April) will take place at Itteringham Church at 10am. On 23 April, 9.30am at Little Barningham Church there will be a Holy Communion service followed by coffee and biscuits. See other pages for all services in the group.

Community Sunday will take place on Sunday 2 April, 10am in the Village Hall - great coffee/tea and good cake.

Come along and meet up with new and old members of our community.

Village Hall

Any thoughts about what you would like to see happening in the village hall?

Do let the Friends of the Little Barningham Village Hall group know if you would like to use the hall or if you have any ideas of clubs or activities you would be interested in.

Contact Heather on lbvh.friends@gmail.com

Parish Council

The last Parish Council meeting took place on Thursday 16 March.

The main item was to receive all the nomination papers for the councillors. Sadly Harry Betts stands down as a councillor, he has faithfully served as Chairman and councillor for over 40 years. A huge thank you to him and all the work he has done for the village.

There is still a vacancy on the Parish Council, so if you would be interested in being a part of the Little Barningham Council please let me know.

Do look on the website for the latest agenda's and minutes.

<https://littlebarninghampc.wixsite.com/littlebpc>

Mobile Library

The Mobile Library will be in the village on Thursday 13 April at 12.05pm, located by the entrance of Ferndale Farm in The Street. There is a great possibility that we will lose this great resource, please do support it.

Facebook page

Just search Facebook for Little Barningham Community, do check it out. Do post anything that you think the residents of the village would be interested in.

Book Exchange

The Book Exchange continues, do take a look. "Take a book and leave a book."

I'm always looking for something to include in the magazine so if you have anything you would like to share please contact me, details at the front of the magazine.

Do share the magazine with others and if you would prefer to receive it via email please contact me and I will put you onto the mailing list.

Caroline

Wickmere & Wolterton

Well, where did February go????


Mind you, my prediction of a nippy snap returning was right. This morning was yet another crispy white start!!

I have an apology for missing an item out of last months' edition. **HUGE** thanks and much appreciation to Phillida and Ali for their hard work on the Bike Ride - St Andrews, Wickmere, has been gifted £608.24 from their epic efforts. Thank you so much ladies. xx



Many thanks to Mark for his repair job on the Church notice board, following some wind damage.

Easter Service - Sunday 2nd April - 9.30am Come along and join us for a lovely Communion Service and a wander to Aldborough??

It has been mentioned that the mobile lawnmowers () will soon be back on the plot at the Church. This will be another sure sign that Spring is on the way - Now, all we need is to see the cattle out in the meadows. They have been calling quite a bit lately, maybe they can sniff the fresh grass?? Looking forward to seeing them out soon?

Talking of the Church. The path edges and banks are looking lovely at the moment, with the green of the coming Daffy's' brimming both sides. Hopefully some warmer weather, and they will be glorious in time for Easter?

Looking forward to the **Coronation 6/7th May**. It seems there may be a the Sunday? Keep an eye open for



Celebrations on the weekend of Hog Roast on offer at the Village Hall on posters to verify this.

Finally, and I hope this is NOT the final edition of the CCN! It has to be said, a HUGE Thank You to Rob for his sterling work as Editor. Thank you for all your patience, nudging when items are late!!, and your skills at bringing it all together both on-line and hard copies. I know you said it was only temporary, but you've done a brilliant job. Hopefully this won't be too higher a bar for a replacement to continue? Please, please someone, somewhere might be willing to take over the reins? If not, once again we will be without an informative monthly magazine of all things local to us.....



From Tony

Please and Thank You and Please *For Rob*

As someone who reads Community and Church News, you will surely have found much in it to **please** you. **The Temporary Editor** has always managed to include a huge range of material, whether interviews with interesting people, word searches, gardening tips, tales of the recent past, what to see, to visit, to enjoy. Photos of such beauty and delicacy, taken by The Temporary Editor, have been most eye-catching.

So, I offer **The Temporary Editor** a great big and sincere **Thank You**. I kept hoping that he'd drop the "temporary" bit, and soldier on in the careful, patient and precise way which he has done. It is not to be. This is his last edition, but my gratitude for what he has done will continue.

This magazine, as I write, is without an editor. So **please**: if you would like to take on the role, do make contact with me. **The Temporary Editor** will be able to give you details of how he has put the magazine together. All I can do, probably, is to offer you no pay but my delight.

Let the final words be for Rob: **THANK YOU**.

The Reverend Tony Lynn, 01263-735524

Dear Rosie and Daisy,

It is a shame that we won't be reading about your exploits in the months that follow. We won't be seeing photos of you both, cuddled up in front of a fire, or belting across the fields.

Of course, we all wish you well, and thank you for helping us enjoy your company over the last few months.

May there always be games to play, treats to eat, and tails to wag.

With a wuff and a bark,

Reg

Just because dad isn't doing his bit any more doesn't mean to say that we won't be chipping in from time to time!!!!

R&D



Easy DIY bird feeder

Treat the birds this Easter with this easy craft idea. As spring is here it's great watching the garden birds as they perch on the side, pecking away at the seed. It's a great way to learn about local wildlife and enjoy a fun afternoon of craft.



To make an Easter bird feeder, you will need:

- 1 large orange
- 2 kebab skewers
- Bird seed
- String

What to do

1. Cut a large orange in half and scoop out the middle (you can eat this as a snack).
2. Poke a kebab skewer through one side of the orange and out through the other, then poke another kebab skewer through from the other side so the two skewers make a cross in the middle. Little birds can perch on these skewers while they eat the seed.
3. Take two equal lengths of string and tie these onto the skewers on either side so you can hang it up. It might not balance with just one, so be sure to do both.
4. Fill the orange with bird seed, then hang on a branch for the birds to enjoy.

Easter Word Search



Basket
Bonnet
Bunny
Candy
Chicks
Chocolate
Daffodil
Decorate
Ducks



Dye
Easter
Egg Hunt
Eggs
Family
Flowers
Grass
Happy
Jellybeans

Lily
Parade
Peeps
Rabbit
Spring
Sunday
Tradition
Tulips



What's a forgetful bunny called?
Hare-brained.

How do you know carrots are good for your eyes?
You've never seen a bunny who needs glasses!

What do you call a rabbit with fleas?
Bugs Bunny.

Gardening

Finally, it feels like Spring has sprung as our gardens, woodland and roadside verges are bursting into leaf and bloom.

However, not all plants in the garden are greening up, there have been a few casualties this winter.

Hebe, Euphorbia, Rosemary and Penstemon have noticeably suffered, even in sheltered gardens. These plants are generally considered to be tough enough to survive winter temperatures in this region. I suspect the extreme temperatures of last summer, followed by continued mild weather and then sudden prolonged hard frosts in December, just put too much stress on the plants to survive. I've not given up on them as there's a chance they may start sprouting further down the plant. Some Penstemon are certainly now sprouting around the stem base.



Going forward, to grow these heat loving Mediterranean plants, we need to ensure we provide sufficient drainage for them when planting. This will prevent them sitting in cold damp soils in the winter, which they really do not appreciate.

Things to do this month

- Sow seeds undercover and directly where they are to grow.
- Make a plan to visit some gardens for inspiration while supporting organisations such as the National Garden Scheme, St John Ambulance and village fundraisers. Itteringham Village open gardens is returning this year, on Sunday 18th June.

Rachel

backgardenflowers@gmail.com

07721 763552

ITTERINGHAM VILLAGE OPEN GARDENS

SUNDAY 18TH JUNE





REJOICE!

JESUS

CHRIST

IS RISEN TODAY!

ALLELUIA!

If you are as old and grumpy as me, you'll probably be appalled and mystified by the illustration here. It's by Nicholas Markell, a modern American artist, and is the final one of the fifteen pictures that describe The Stations of the Cross.

Markell's illustration contains all the elements of The Resurrection with which we may be familiar: the rock, the empty cross, an angel (or is it The Risen Christ?), and rays of light streaming from the tomb. There is a hard edge to the work: all those straight lines which, to me, hint at power and might. I like that. There is little here that is soft and gentle. That suggests that The Resurrection happened. A fact.

For many of us, we are so familiar with the story of The Resurrection of Jesus that we take it for granted. Gentle paintings of Christ, bathed in Holy Land sunshine, a lush garden, craggy rocks: such may not move us, so Markell gives us the opportunity to consider the over-powering effect of The Resurrection anew. To consider again, afresh, that Jesus, truly and really, overcame death, and did what God his Father said he'd do: Rise Again.

And in that, we base our faith, our hope, our eternal life. Alleluia!

In St. Andrew's church, Little Barningham, there are more traditional depictions of The Stations of the Cross.

CORONATION SUNDAY

CREAM TEAS AND OPEN CHURCH TOWER AT SUSTEAD

2.30 onwards. MAY 7th 2023

Rosie and Daisy



Daisy

I am growing at a rate of knots..... I am now wearing Fleur's coat and I am only 6 months old!

I love playing in the garden with Rosie - We chase each other in turn & go down to the bottom of the garden and chew sticks..

I'm not sure whether I am a Good Dog or a Bad Dog as I am called both in turn at regular intervals.

My recall skills are better than Rosie's especially when mum and dad carry biscuits in their pockets.....

Rosie

We took Daisy to the seaside for the first time last week. She is a bit of a wimp as she doesn't like getting her feet wet! I on the other hand am not scared of the sea at all (now!)



Nature Notes from Libby Keen at Mannington.

This is the last contribution from Libby as she moves to a new role at Pensthorpe. Libby has been at Mannington for seven years as assistant and Conservation officer and as well as her usual duties developing the children's garden and Enchanted trail.

WHAT TO SEE ON YOUR WALK

Yellow Flowers:



This time of the year most of the flowers that you will see are yellow.

Examples are lesser celandines, daffodils, gorse and primrose.

If you walk through our wet woodland (the Cut), you will notice along the path there are many primroses already in flower.

Birds Breeding:

Birds are getting busy checking out possible nest sites and collecting nest materials. Keep an eye on nest boxes.

Hedges Flowering:

Cherry plum is the first to flower with its pretty white flowers. Soon after, Blackthorn and then Hawthorn will flower.

Boxing Hares:

Hares can be seen chasing and boxing one another as the breeding season has started. Male hares pursue females in order to mate, however this annoys the female hares making them fight back and a scrap often occurs.



Frog and Toad Spawn:



When we get a warm wet night, the amphibians will be on the move to find areas to breed. Check ponds, lakes and even big puddles for spawn.

Frogs tend to breed earlier than toads, but it is easy to tell the difference between the two spawns. Frogs spawn their eggs in clumps whereas toads spawn strings of eggs.

Migrants Leaving and Arriving:

Winter migrants are beginning to leave. Thrushes such as Redwings and Fieldfares will start their long journey across into areas of Europe.

On the other hand, summer migrants will be arriving soon. Listen out for Chiffchaffs in the next couple of weeks.

Nature notes from Itteringham Mill

Hints of spring abound through seeing blooms of narcissi, daffodils, purple crocus, aconite and, trees in blossom. I heard and saw a lark singing high in the sky above a beet field, a pair of pigeons seeing off a large flock of siskin thinking of settling in the nesting trees of the pigeon and a pair of cock pheasants considering fighting but choosing to peck for food instead. The garden birds are filling up on fat and peanuts from the feeders and judging from the way they fly as pairs between the bushes and over the river, they seem to be engaging in some courting behaviour. The swans arrive nearly every day and feed and groom together but they are not yet displaying courting behaviour. Rather to my despair but a pleasure to see, a pair of muntjak are daily visitors to the garden, eating away at new foliage, the male scenting the shrubs as he sniffs and pokes around the leaf litter and later, the female arriving follows those markings.

Powerful winds of the 13th March brought down trees in many places around Itteringham and we all experienced a one-two hour power cut in late afternoon into early evening. The power cuts as displayed on PowerGen's area map showed multiple areas of Norfolk being affected. The wind itself felt unexpectedly warm. March as personified, seems to be battling with indecision as to whether to remain in winter cold, even to give us snow, move to April-type showers or winter downpours or whether to provide us with glorious sunshine. The gardens must welcome the wet after such a dry 2022.

Lis Downs



MANNINGTON
ESTATE

APRIL 1ST (NO JOKE!) At Mannington Hall 10-4

FOOD AND FLOWERS FOR EASTER

Easter garland and table decorations with florist Indira

Easter food and drinks with chef Grace

Just £5.00 entry

Come all day or drop in for some sessions and enjoy the garden and walks

Church Services in April 2023

Sunday, 2nd April

PALM SUNDAY

Please note there may be changes on Palm Sunday.

This board will detail what is happening. Otherwise:

Wickmere 9:30am

Aldbrough 11am

During Holy Week: Services about The Stations of The Cross

Monday, 3rd April at 7:30pm at Lamas

Tuesday, 4th April at 7:30pm at Little Barningham

Wednesday, 5th April at 7:30pm at Cawston

Refreshments served from 7pm

Good Friday

3pm The Last Hour Aldborough



EASTER SUNDAY
Itteringham 10am



Sunday, 16th April

Sustead 9:30am

Itteringham 11am

Sunday, 23rd April

Little Barningham 9:30am

Itteringham 11am

Sunday, 30th April

GROUP SERVICE

Little Barningham 10am



**WHEELS FOR
REBEKAH**



DRAVET
Syndrome UK



Aldborough and Thurgarton

ALDBOROUGH COMMUNITY CENTRE (ACC) (Registered charity 268101)

Film Nights at ACC

Many of you enjoyed *Cinema Paradiso* in February. Lots of brilliant films planned for 2023! Every third Wednesday of the month at 7.30 pm (bar opens 7pm). **Join us!**

April 19th, May 18th June 21st
(note May film has been moved to Tuesday)

Details of films on posters at ACC or email David at dpg.jazz@icloud.com

Exercise at ACC

Stay local, -save time and fuel!

Monday afternoons: Hatha Yoga 2-3pm

Thursday afternoons: Pilates 4.30-5.30pm

Thursday evenings: Zumba 6.15-7.15pm

Friday mornings: Extend Fitness 10-11am

Friday evenings: Yoga 6-7pm

Please check website for timing and details

New! Introducing HUB Talks

Every 1st Tuesday of the month
Interesting people with interesting stories to share.

See website for details
2pm start

Defibrillator demonstration

David Draper, Tuesday March 28th 2pm

ACC Bookings and hire:

Please use the website booking system
www.aldboroughcommunitycentre.com and click on
'BOOK NOW'

Or email: julie@floribunda-workshop.co.uk

£13/hour for full facilities (Well-being rate £10/hour)
£5 per hour Bar or upstairs room.

Full AV equipment, wifi and very well stocked bar

ACC Refurbishment

Our next big project is re-designing the upstairs room to make a multi-use flexible space. Come along to our AGM to '**have your say**' about how you would like this space utilised.

Every first Tuesday of the month

10-12 noon

Meet our **Community Connector**, Coralie Martin. A fountain of knowledge on recreation, hobbies, support groups, wellbeing activities she can connect you with..

Councillor for Erpingham Ward, **John Toye** answers your questions about community matters.

Warm Hub ends at the end of March BUT....

We will be starting the **HUB café** soon.

This will be open **all day** Tuesday for cake and coffee/teas.

Each afternoon there will be either a film, Hub Talk, classes or demonstrations.

Full programme of activities out soon

Singing for Fun

Singing is good for the body and mind
A new group is forming. **Interested?** Contact
Ricki xx

NEW!! BELLY DANCING CLASSES

Taster class APRIL 4th £5

Subsequent classes £7

Belly dance is a great workout, good for toning, flexibility and wellbeing. It's suitable for all ages and fitness levels and you don't need any previous dance experience.

Contact; Gwenth
gk@landmarkwebsites.co.uk

THE FALL OF SINGAPORE AND THE THAI/BURMA RAILWAY

The continuing story of the time Fred Hoskins spent as a prisoner of war of the Japanese, written in 1992 and told in his own words.

Clothing had virtually vanished, most men now wearing only a 'Jap Happy' - a piece of cloth tied with a lace around their loins. No evidence of rank was visible, so it was proposed by Captain P that I claimed for more warrant officers and sergeants than was actually the case. The extra money then went into a welfare fund and I was given an extra dollar every ten days for my trouble! The risk was of course a serious one if the Japanese found out. One evening, I felt an irresistible urge to put in the true details of ranks.

The next morning, my working parties were stopped at the guard room and checked, the warrant officers and sergeants being separated from the privates. My return was of course correct, and an urgent warning was flashed around the camp to other huts to observe caution in the future.

We had to salute all Japanese or Koreans unless we were not wearing a hat, in which case, we had to bow. The man leading a working party past the guard room had to give the command 'Kashira Hidari' or 'Kashira Migi' - eyes left or right as the case might be, followed by 'Nore' (pronounced noray) - eyes front. Failure to do so meant being halted and beaten. One man forgetting the command for eyes front and fearing reprisals, gave the command 'Eyes back again!'

We now found we had another problem - body lice. Regularly on the occasions of 'yasume' we would boil such clothing and blankets as we had, for a minimum of twenty minutes and this way we kept it under control. The clothing etc. quickly dried in the heat of the sun.

Flies too, were an abomination. There were so many of them. Working on the railway often resulted in skin damage to arms and legs, and dozens of flies would be attracted to the sore places. Dreadful ulcers then developed, the flesh melting away and leaving the bone exposed. The only treatment then was for the arm or leg to be amputated. In one hut there were about two hundred men with amputated limbs and the stench was sickening. We were able to buy small round patches of paper with tar on them which if applied to the damaged area immediately, kept the flies off and reduced the risk of infection.

Our boots had worn out and we were given one-piece wooden clogs which had a toe-strap made of old bicycle tyre. While walking with these, I kicked one against my shin. A small ulcer developed but by treating it with neat carbolic acid it slowly went. Most men went around with the purple scars of healed ulcers.....

Due to the uncertainty of the future of the CCN, I cannot promise another episode of Fred's time as a prisoner of the Japanese.

However, if anyone would like a copy of the complete account of Fred's time as a POW they can contact me, Geoff Hoskins (Fred's son) when I would be pleased to provide one.

My contact number is 01263 587123.

Aldborough Surgery News.

Staffing:-

Dr Tahir, GP registrar, has now left the practice to be replaced by two new registrars, Dr Shelley Gray and Dr Celina Uppal. Both will be working two days per week and will be with us for the next 6 months.

Sue Waller, our Dispensary manager will retire on 31st March. Helen Hall who started with us on 27th February will replace Sue as our new Dispensary manager.

Sheila Vince – receptionist – retired at the end of January. Tracy Collar has joined us as her replacement.

Both Sue and Sheila have worked at the Surgery for 13 years and we are grateful to them for their long and dedicated service.

Well-being:-

Kirsty Smith, one of our nurses, is now in the role of Health and Well-being coach.

Her role is to motivate and support patients in self managing their lifestyles around chronic disease such as diabetes, high blood pressure and kidney issues making them more manageable.

In addition helping behaviour change to help health related physical and mental conditions, including weight management, diet and exercise.

Kirsty can be accessed via the surgery appointments system.

Our online system:-

Did you know you can do the following on line?

- Order repeat prescriptions
- View outstanding prescription requests
- View tests carried out, results and diagnoses
- As of last month, view all clinical records going forward (historic full records to come later)

To request access to online services you can either visit the Surgery or complete an online form on the website.

Finally:-

Don't forget the walks from the surgery. Every Wednesday at 11.00. Just turn up. You can even bring the dog!

The gentle exercise class Friday mornings in the Community Centre at 10.00. For further information contact Chrissy at christine.harvey28@yahoo.co.uk. Tel. 07986548358.



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25th June 2023

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val_kingj@hotmail.com

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