

# Community & Church News

Itteringham ● Little Barningham ● Wickmere

● Aldborough & Thurgarton ● Sustead

November 2022



Photo by Helen Goulty—Wickmere

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

For more information check out the Team Website

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# Itteringham

## Church News

Church Services in October:

- Sunday 13 November, Remembrance Day, gathering at the War Memorial at 10.45 am, followed immediately by Morning Service in the Church.

Sunday 27 November, Holy Communion, at 11.00 am.

The collection at Morning Service with Harvest Hymns on the 9<sup>th</sup> October raised £62 and we used the money to support the Aylsham Foodbank. Many thanks to those who donated tins and packets etc, which we also delivered to the Foodbank.

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

## Harvest Supper

A quick reminder about the Harvest Supper at the Village Hall on Saturday 29 October, 7.00 pm for a 7.30 start. Tickets (£15) are still available from Matt and Helen Skinner (01263 584237).

As you know Henry is our new Church warden – please do read his piece below.

## Village Hall News

The Village Hall AGM took place on Wednesday 12 October at 7.30 pm. Charles, as chair, gave a brief report a copy of which will be placed on the Parish Notice Board.

The Village Hall Committee is Charles Skinner (chair), Matt Skinner (vice-chair), Rachel Sidell (Treasurer), Helen Skinner (bookings), James Fowell, Mel Atkins (Parish Council representative), Guy Wickham-Brown and Sandra Morris. See below for further Village Hall events.

**Wine tasting – Friday the 2<sup>nd</sup> December, 6.30 for 7.00 pm.** A selection of Wines for Christmas for all courses to taste provided by Adnams. Tickets are £20 per person to include cheese and pates to accompany the wines. Please do let Guy know if you are coming as we need to have an idea of numbers (07415790003). Many thanks Guy for organising.

**New Year's party – Saturday 31<sup>st</sup> December, 7.30 pm until late (sometime after midnight).** Helen Skinner and Mel Atkins are organising the Itteringham New Year's party, all the family welcome. There will be a disco, and food and soft drinks available to be purchased. Alcohol will be bring your own. This is definitely the place to celebrate the New Year. Mel will drop a flyer and booking form to everyone in the Itteringham. Pre-booked tickets only and tickets are £5 and available from Helen (01263 584237) and Mel (01263 587741). Many thanks to Helen and Mel for organising.

The pop-up pizza at the Village Hall on Friday the 14<sup>th</sup> October was a great success. The **next pop-up pizza night will be Friday 11<sup>th</sup> November** - bring your own drinks – 6.00 pm start.

The Village Hall hopes to hold further events such as this. Look out for details in the Village Shop. And if anyone wishes to host a Village Hall event for the Village please do get in touch with Helen or Mel.

## **Village Shop and Café**

**Shop opening hours** - from 9.00 am until 5.00 pm Monday to Saturday, 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.

Huge welcome to Hilary Bell who has been appointed our new Shop Co-ordinator – please do read the piece from Hilary below.

**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 (01263 587325). Orders for fresh fish need to be with the Shop by 12 noon on Wednesdays (but please note C&A Seafoods will only deliver if the Shop places a minimum order). Artisan bread from Bread Source is available on Friday and at the weekend. A list of the breads and pastries we can order is available in the Shop.

The Shop has now been redecorated and is looking very smart. Thank you everyone for your patience whilst the Shop was being redecorated.

Also please do take a look at the wonderful range of gifts in the Gallery.

Information about orders for Christmas will be available in the Shop soon.

## **100 Club**

October winners:

1<sup>st</sup>: Daphne Dawson Smith

2<sup>nd</sup>: Alison Hoskins,

3<sup>rd</sup>: Julian Hemming.

**Christmas Extravaganza, all day on Saturday 10<sup>th</sup> December**, mulled wine, mince pies and nibbles, potted Christmas trees and wreaths for sale, a wonderful range of gifts in the Gallery, an all-day Christmas raffle (prizes include a Tori Christmas cake), and most importantly Father Christmas is coming to the Village Stop (Bus stop). We hope there will be carols round the Christmas tree in the afternoon. Car parking available at the rear of the Village Hall. Look out for more information in the Village Shop.

**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 dates for the visit by the **mobile library** (parked opposite the Rectory) are the 27<sup>th</sup> October and the 24<sup>th</sup> November, 11.20 to 11.35 am.

**Itteringham Book Club** – “The Exhibitionist” by Charlotte Mendelson was well written, amusing and largely enjoyed. This month’s choice is “Away with the Penguins” by Hazel Prior.

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

Sandra

## **From Hilary**

Hi, my name is Hilary and I have recently joined the team at Itteringham Community Shop & cafe as their new Coordinator. My background is in children's nursing, not retail or hospitality, so this has been a very steep learning curve but also an interesting and exciting change for me. I am so impressed with the dedication of the team involved in running the shop & cafe and was surprised to discover how competitive the prices are, this clearly is a very valuable local resource.

I am keen to help the shop continue to grow to meet the needs of local people as well as the many visitors we have throughout the year. I would very much like to hear from anyone who has any suggestions on products that they would like to see stocked in the shop or items they'd like to see available in the cafe as we will be looking to increase the cafe "menu" over the coming months. I would also love to hear from anyone who may be interested in joining our small but dedicated team of volunteers who help keep the shop well stocked and the cafe orders flowing, no past experience is needed, and our current volunteers work a variety of hours to fit in with the rest of their lives. The best way to contact me is via the store email which is :

[itteringhamcommunityshop@outlook.co.uk](mailto:itteringhamcommunityshop@outlook.co.uk).

## **Itteringham Post Office**

I'd like to extend a huge thank you to our Post Office customers who have helped to raise **over £1 million** through cash, cheque and debit card donations made over PO counters across the UK for the Disasters Emergency Committee (DEC) Ukraine Humanitarian Appeal.

If you're popping into the Post Office to pay a bill, send a parcel or access cash in the coming weeks, you can still make a valuable contribution to this important cause. If the Post Office is closed, then there is a collection box on the shop counter for Ukraine cash donations.

Penny

## **Itteringham St Mary's New Church Warden - Henry Walpole**

Having been officially sworn in as the Church Warden of Itteringham on the 18<sup>th</sup> September I would like to introduce myself to the village and wider group.

I was born and raised in Norfolk, first attending John of Gaunt School in Aylsham, then on to Beeston Hall School and finally leaving the county to go to The Kings School Canterbury. I was baptised in the summer of 1982 in the ruined Chapel at Mannington, which you can see if you are on one of our lovely walks around Mannington. I was lucky enough to go to school in the shadow of Canterbury Cathedral which was founded by the first Archbishop of Canterbury St Augustine in 597 AD and exactly 1400 years on I was confirmed there by then Archbishop Lord Rowan Williams.

As of the last PCC meeting I have taken on the position of Fabric Officer to the church, I feel that I can bring my knowledge and expertise to the role dealing with ancient buildings on daily basis. As some of you might have noticed the fantastic work that has been carried out on the porch by Tyrrels builders, with whom I met last week to discuss other works needed to be done as set out in the Quinquennial Report. These works include security markings on the lead work, the cleaning and painting of the gutters and downpipes.

I have a personal and fond affiliation to St Mary's, I feel honoured to be Church Warden and to follow the large footsteps of previous church wardens; my late father, Mollie Fowell and Ray Covell, I hope to carry on their incredible legacy.

On a personal note, I would like to thank Sandra and Rob for all their hard work. I am looking forward to working with them and the Reverend Tony and seeing you all at church when we can chat over a cup of coffee and cake afterwards.



# Little Barningham

## Welcome to Little Barningham's November village page.

It's always good to start something different, maybe something that you've always wanted to do but never had the opportunity to. It's now 10 weeks since the start of the Little Barningham art group and those who have been attending have some great things to say about the group.

*"It's been life changing. Love it!!"*

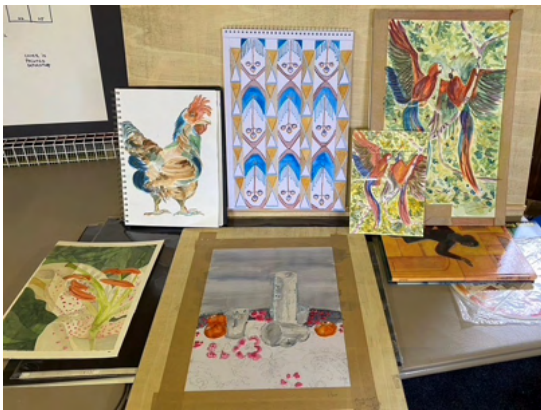
*"I never, ever expected to enjoy this as much as I do."*

*"It has been a thoroughly enjoyable 10 weeks - a lovely class and we have all learned so much."*

*"I had no interest in art before I started this class but now I see the world in a completely different way, everything is there to be painted."*

*"A real treat, with friendly artists, tutored by a professional, in the comfortable confines of Little Barningham Village Hall, splashing paint around. What's not to like?"*

Here are some of the works of art that have been produced - you may see an exhibition one day.



The group continues to meet on a Wednesday morning in the village hall.

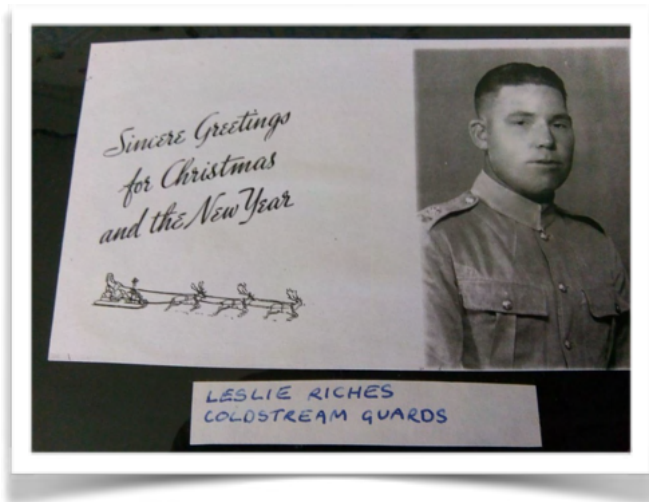
## St Andrew's Church, Little Barningham

There will be a Remembrance Service at 9.30am at Little Barningham on 13 November and a Holy Communion service on 27 November each service will be followed by coffee and biscuits.

The Community Sunday will take place on Sunday 6 November, 10am in the Village Hall - great coffee/tea and good cake. Come along and meet up with other members of our community.

Once again November is a month of remembrance. Each year the nation unites to make sure that no-one is forgotten, and to remember and honour those who have sacrificed their lives to secure and protect our freedom. We too continue to remember those who are fighting today to protect their country and their loved ones in Ukraine.

To remember one of those lost in the second world war here is a photograph and write up of Leslie Riches.



**Leslie Riches** - Guardsman 5772408, 3rd Battalion, Coldstream Guards. Died 27th May 1941 aged 31. Son of William & Mary Ann Riches of Little Barningham. No known grave. Commemorated in Alamein Memorial, Egypt.



*They shall grow not old, as we that are left grow old; age shall not weary them, nor the years condemn. At the going down of the sun and in the morning, we will remember them. We will remember them.*

### **Parish Council**

The last Parish Council meeting was held on Thursday 22 September.

We are still waiting for the village gates to be installed along Matlaske Road, we are ever expectant. The council unanimously co-opted Paul Scott onto the council to complete the full number of councillors on the council.

It was also agreed that the council will fund the refurbishment of the two benches in the village and also to look into having the Coronation plaque reinstated onto the bench at Dog Corner (apparently it was stolen some many years ago), adding some additional words to include thanks for the reign of Queen Elizabeth II.

The refurbishment will also include the fixing of the 'bus stop' at the crossroads, that is looking a bit sad.

To see the full minutes do take a look at the website: <https://littlebarninghampc.wixsite.com/littlebpc>

You may also of seen the notices which have appeared around the village concerning the Sheringham Shoal Extension Project and Dudgeon Extension Project do ensure you read them or copy and paste the following web page:

[file:///Users/carolineallen/Documents/Little%20Barningham/Monthly%20Magazine/November%202022/SEP%20&%20DEP%20Section%2056%20notice%20\(1\).pdf](file:///Users/carolineallen/Documents/Little%20Barningham/Monthly%20Magazine/November%202022/SEP%20&%20DEP%20Section%2056%20notice%20(1).pdf)

### **Mobile Library**

The Mobile Library will be in the village on Thursday 24 November 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."

## A reminder

Located on the front of the Village Hall there is a defibrillator. Donated and maintained by East of England Ambulance Service, the village own the casing.

### If it is required:

First call 999, NEVER leave the patient on their own.

If a second person is available, collect the defibrillator, the number to release the case is 2222 ✓ Do remember the phone reception at the hall is very poor.

Open zip on the case and follow the very clear instructions.

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*

## YOGA

Alice Martineau



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# Wickmere & Wolterton

Well, here we are in mid-October already!!

A final note on the sad events of last month. What an amazing send off for Her Majesty. The whole event was fantastic, with over 4500 members of the armed forces alone. The abiding image of the Royal Navy marching in step pulling the carriage with Her Majesty onboard was incredible. The whole procession from Westminster Hall to the Abbey and then onto Windsor was something that will remain in our memories for years to come, and a very fitting end to her glorious reign.

**A REMINDER - Wickmere's Service of Light - Sunday 4<sup>th</sup> December - 5pm.** Come along and enjoy a beautiful start to the Advent season.

Once again, HUGE congratulations to Ali 'The Flash' and Phillida for their fantastic efforts on Churches Bike-Ride Day. The combined amount they raised was £1180!! Such a shame that not all of that will be passed onto St Andrew's, we get a percentage. Sadly, the downside of this news is that on Sunday 25<sup>th</sup> September, some lowlife broke into Ali's garage and stole both bikes!!! Our love goes to Ali, and hope that they can be recovered.

There was a lack of froth and gossip last month in respect for The Queen.

Belated congratulations to the Saracens Head on their success at the Aylsham Show this year. They won the Local Food and Drink Hero Award, well done to Head Chef Sam Rush and owner Tim Elwes. It was lovely to see ex-Wickmerian Jake Sayers, carrying on the family tradition.

A lovely story has evolved over the summer. Rev Tony had an e-mail from a family whose Father/Grandfather was evacuated to Wickmere from Dagenham aged only 6 during the war. Victor Reeves was billeted at Goose Green. He told many stories to his family of having to go to Church 3 times on a Sunday. He also attended Wickmere School. There was a photo of him in Herb Symmons' latest book about Wickmere School. He returned to Wickmere and Norfolk, with his own family over many years. Sadly, he passed away last year. His family asked whether it would be possible to scatter his ashes in the Churchyard? As they felt he would've been happy there. This was a lovely request, and one that was wholeheartedly welcomed by the PCC. Happily, his and their wishes were carried out last month.

The daily trips outwards of an evening are always different, most recently the amusing sight of birds gathering on telegraph wires, they look like notes on a piece of music. The skeins of geese that are making their journeys inwards now, a sure sign that the season is changing. The most beautiful full moon the other night. Hunters Moon. It rose up large over the village, a beautiful orange glow, along with that the lovely sight of Venus shining brightly just above it. We take so much for granted these days, it's just lovely to stop and appreciate what is around us.



## **Wickmere with Wolterton Parish Council**

The next meeting will be held on **Wednesday 9th November in the Village Hall starting at 7:00 pm**. Everyone is welcome to attend and there will be an opportunity to make comments on items on the agenda which will be published on the [Council's website](#) at least 6 days before the meeting. The main items for consideration at this meeting may include:

- the budget for 2023-2024
- the installation of a defibrillator in the old BT Phone box (are there any volunteers to help with painting and cleaning?)
- the provision of a Community "Warm Hub" planning applications received

Is there anything that you would like to Council to consider? It needs to hear from you.

**There are Two Vacancies** - Are you 18 or over and do you live, work or have property locally? Would you like to support your community? Why not join the Council - they are a friendly team! Training will be provided.

Please contact a Councillor or the Clerk to find out more. Contact details on the Website and the Village Hall noticeboard.

*Ros Calvert*

*Clerk to Wickmere Parish Council (Locum)*

*07732677571*

### **Original Norwich Charity Christmas Card Shop**

The 'pop up shop' opens on Wednesday October 19<sup>th</sup> in St Peter Mancroft Church (just opposite the Forum in central Norwich) and will be open every Monday to Friday 10.45 to 3.00 pm with cards from 26 charities.

We hope to beat last year when we raised over £44,000 for the charities. It is our proud boast that every penny we raise goes to the charities. Any expenses are covered by an annual hamper raffle and everyone is a volunteer.

If you visit the church between 30<sup>th</sup> October and 27<sup>th</sup> November, you will be able to see *The Leaves of the Trees* a spectacular memorial art installation with 5000 metal leaves remembering all those who died in the covid pandemic.

The Christmas Tree Festival with charities decorated trees is from 30<sup>th</sup> October to 6<sup>th</sup> December.

## **Beekeeping tales from Peartree Cottage, Sustead**

I have been asked to share a few of our beekeeping adventures with you. I write this in my usual last-minute rush as I am about to leave our busy girls and head on up to Yorkshire for a week's walking. I leave with the knowledge that they are tucked up safely for winter having gifted us their best ever yield of rich and delicious honey.

Whilst the rest of the world is in turmoil our bees have diligently carried on as normal, busy through the gloriously sunny days of summer - such a contrast to last year's wet and stingy affair.

So, the girls:

We have our "happy clappy" garden bees – their temperament is sweet and soft, almost waving as we open the hives for inspection. They are the least productive of the team but forgiven as their nature is mild and gentle.

Next the industrious Wroxham crowd, nestled by the river and foraging on the flowers and trees that grow there. These bees are generally pleasant as long as there is not a thunderstorm brewing, at which point, they are tetchy and best left alone.

The Trunch girls are a little temperamental, sometimes not a care in the world and sometimes ping-pong relentlessly off our bee suits looking for a way in.

Finally, the feisty beasts at Colby: these ladies are not for the faint hearted. My first encounter with hive number 22 resulted in no less than 7 bee stings straight through the bee suit. A stiff coffee was required each time just to muster the courage to enter. Their honey however is second to none and their foraging prolific.

Late summer is a time for the second harvest and this year it has been bountiful. We always ensure that the bees have plenty of their own honey to see them through the winter months. A varroa mite treatment is essential. The mites lay their eggs on the bee larvae within the cell prior to the capping of the cells; if left untended, the colonies become diseased and weak. It is vital now to check that the hives are watertight, in good repair and have their mouse guards in place. Once we have extracted the honey, we freeze the frames to ensure that any wax moth larvae are eradicated and then the frames and supers are stored away for next year. The beehives are checked at regular intervals and hefted to ensure that stores are sufficient. The busiest times are behind us now and we look forward to a bit of a break before the frenzy of Spring.

Time to sit back with a well-earned mug of tea and hot buttered toast lathered in rich delicious honey.

# Nature Notes

## Nature Notes from Libby Keen at Mannington

Recently I have sadly found many dead birds that presumably have perished from the avian flu. Please remember not to touch any dead birds that you may find. (This included the odd occurrence of a dead Gannet found on the Boardwalk)

Onto more positive news the kingfisher has been seen on the hide pond and around the moat. Usually, a kingfisher stays for a couple of days at most but in this case it has been a couple of weeks. The pair of adult mute swans have disappeared, but their cygnets have remained. The cygnets are doing well and strengthening their wing muscles.

There are lots of rosehips in the garden and hedgerows bringing a burst of bright colour on dreary days.

Also emerging are shaggy ink caps and parasol mushrooms, replacing the field mushrooms which had a good harvest this year but are now depleting.

Soon we will be seeing winter migrants such as fieldfares, redwings and snipes.

## Nature Notes from the Mill and Around

As with Mannington we too have seen dead birds and are so sorry to report the death of two of the cygnets from the local swan family. Happily, moor hen, mallard and egret are still around and the kingfishers have been busy flitting from perch to perch as they hunt for small fish. The barn owl, kite and buzzard are regularly seen flying over and around the nearby fields. Lis was greatly entertained recently watching an aerial battle between pairs of rooks and a kite as they each sort to collect prey from a spot deep amongst the sugar beet vegetation. The rooks won.

Lis saw a weasel running across the road by the village bridge. Readily distinguished from its relative the stoat by its shorter tail and absence of a black tip to it, the weasel is Britain's smallest carnivore and has a diet of mice, voles and small birds.

Lis Downs

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- Sticky Tape
- Scissors
- A4 coloured cellophane sheets



### How To Make A Homemade Firework sparkler.

Cut a sheet of tin foil to the same size size as the A4 cellophane. Choose two colours of cellophane and sandwich the tin foil between them.



Lengthways fold the 3 layers in half or nearly in half. Here we've folded it nearly in half which gives different lengths of tassels in the finished firework craft. Folding the sheets in half will mean that all the tassel lengths are all the same. There is no right or wrong, it's really just a matter of personal choice. Maybe you could make a few and try different lengths for each one?

From the open end, cut strips towards the fold being careful not to actually cut through the fold itself. Continue cutting strips all along the length of the sheets of cellophane and foil.



Wrap the cut cellophane and foil tightly around the end of straw using sticky tape every now and again to secure it. If you don't like the look of the sticky tape you could use glue.

Gently open out all the individual layered strips to give a wonderful pom-pom like head to your homemade firework sparkler. And that's it a safe 'firework' that you can enjoy over and over again.





# FIREWORK WORD SEARCH

q	w	e	t	s	k	y	r	o	c	k	e	t
b	y	s	u	l	p	l	k	j	h	g	a	s
l	a	p	s	f	d	f	f	l	a	r	e	s
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c	o	r	k	r	l	a	n	m	b	v	o	z
k	l	k	f	e	s	n	e	h	l	j	u	t
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s	f	a	d	l	s	p	l	a	y	e	s	a

bangs  
black snakes  
fireworks

display  
fountains  
skyrocket

sparklers  
lights  
flares

I was afraid I'd failed my fireworks exam - but I passed it with flying colours!

What do you get when you cross a dinosaur with a firework? Dinomite!

How's the fireworks business? Booming!!



## MANNINGTON ESTATE

Mannington gardens now closed until spring 2023

WALKS open daily with boardwalk, bird hide and arboretum

Plans from January 2023 include a programme of Taster Saturdays with subjects including Fitness, Gardening and Wildlife with a preparing for Easter Day with craft and cookery on April 1st (no joke!) and literary and history suppers in the Hall.

If you want to join our mailing list for early booking email [admin@walpoleestate.co.uk](mailto:admin@walpoleestate.co.uk)

Season ticket holders get priority booking. Season tickets (£50 family £30 single) give free entrance to gardens on open days, free car parking throughout the year and regular updates on events.

[www.manningtonestate.co.uk](http://www.manningtonestate.co.uk) [admin@walpoleestate.co.uk](mailto:admin@walpoleestate.co.uk) 01263 584175

### WEA Aylsham – Two Day Schools with Andrés Hernández-Salazar

Saturday 12 November at Aylsham Town Hall,  
Market Place NR11 6EL

10.30 – 15.30 (arrive from 10.00 for coffee)

#### The Operas of Mozart and Da Ponte

*An exploration of one of the most fruitful musical connections between W A Mozart and librettist Lorenzo da Ponte, resulting in the three masterpieces of The Marriage of Figaro, Don Giovanni and Così fan tutte*

**Cost £28. Booking reference number  
C2229226 enrolonline.wea.org.uk or call  
0300 303 3464**

Saturday 19 November at the Friendship Hall,  
Mill Road, Aylsham NR11 6DS

#### Beethoven's Ninth Symphony

*An exploration of Beethoven's Ninth Symphony (Choral). An appreciation of Beethoven's last symphony and why it is one of the greatest works within the classical repertoire.*

**Cost £28. Booking reference number  
C2229225 enrolonline.wea.org.uk or call  
0300 303 3464**

If you receive certain benefits, you may be entitled to a free course.

Everyone Welcome

### ITTERINGHAM VILLAGE SHOP

Established 1637

**General Store, Post Office, Café & Off Licence  
Run by the Itteringham Community Association**

Groceries, Deli, Whole Foods, Wines, Beers  
Delicious Cakes, Hand Made Pies, Pet Foods

Wide Range of Gifts & Cards,  
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**Take away service available**

**Shop** Open Mon-Sat 9.00am - 5.00pm

Sunday 9.00am - 4.00pm

**Post Office** Open Monday 9.00am – 1.00pm  
& Thursday 9.00 – 1.00pm

Home Deliveries telephone 01263 587325  
or email [ourvillagestore@gmail.com](mailto:ourvillagestore@gmail.com)

# Aldborough and Thurgarton

## Hatha Yoga and Somatic Movement

A new class has started at the Community Centre on Mondays from 2pm - 3pm and is suitable for all levels of experience. Mats etc may be borrowed if required. This is a practice to enhance physical and emotional wellbeing and allow for a felt sense of bodily awareness and inner calm. For details and to book call Emma on 01263 826952, 079409634 or [www.harmony-yoga.net](http://www.harmony-yoga.net)

## ALDBOROUGH SURGERY

### Covid and Flu Clinics:

The Covid and Flu clinics started on the 23rd September 2022 and will run weekly through to the end of October 2022. The clinics are for people aged over 50 and those vulnerable / who fit certain criteria.

The Surgery will contact patients to attend an appointment. Although, all patients who are over 65 who would like a Covid / Flu vaccination should contact the surgery now.

### Staff Update:

Dr David Daley left Aldborough Surgery in August 2022 and has been replaced by our new registrar, Dr Hassan Tahir who will be with us until February 2023.

Suraj De is retiring from the Dispensary on 31st October 2022. Amy Dunham will join as Suraj's replacement on 10th October 2022.

Melanie Dyball, Advanced Nurse Practitioner will be reducing the number of hours that she works to one and a half days per week from the 1st November, concentrating on clinical work.

Kirsty Smith's role is changing. She has become our Health and Well-being Coach and will complete her training in October 2022. Her role will evolve over time and a key element will be the administration of integrated care. This means a patient with several conditions would, in previous years, have needed separate appointments for each. These will now be co-ordinated in one visit by Kirsty who will be a link with the community and our Social Prescriber, Elissa Draper.

Elissa's role is to provide a link to help and support what might be needed to relieve stress or depression effects experienced, - for example, by financial hardship issues.

**ZUMBA** : Every Thursday evening at the Community Centre 7.15pm. Come along and transform your body the fun way. All levels of fitness welcome. £6.00 per class. Telephone or email Sally for more information on **07786 697563** or **millersally784@gmail.com**



## VILLAGE CARE

Aldborough & Thurgarton NEEDS VOLUNTEERS!

We serve all the communities within a five-mile radius of Aldborough Green and, as a charity, seek to support everyone's health and wellbeing.

We are currently in need of more volunteers to help with:

- preparing and serving our Village Lunch on Tuesdays
- driving people to medical appointments
- helping with our planned Hot Spot\* on Tuesdays and Thursdays

We also have urgent need of a new SECRETARY.

None of the above would need you to commit to more than a short time as often as you can manage it (e.g. Lunch Duty would normally be once a month and a secretary usually takes minutes of meetings five times a year). We are a very friendly and supportive group and try to be flexible at all times.

We would love to have more volunteers, especially from outside Aldborough. If you are interested and would like more information, please contact Jane (Chair) at [sjmaguire0401@aol.com](mailto:sjmaguire0401@aol.com) or 01263 761578.

\*Our "Hot Spot" will hopefully see our Community Centre open (in the first instance on Tuesdays) from 10.00 – 16.00 for anyone to come, keep warm, have hot drinks and socialise, with a programme of special activities (games, films, talks etc.). We hope that this can start on November 1st, but please check with posters, social media and by phoning either **761578** or **768470**.

### **ALDBOROUGH & THURGARTON PARISH COUNCIL**

Although there has been no decision made on what the village would like to do to commemorate the Queen's reign - i.e. a bench, tree or something else – suggestions are invited and should be sent to the Parish Clerk [aldboroughparishcouncil@outlook.com](mailto:aldboroughparishcouncil@outlook.com).

We await details of Santa's arrival to light the Christmas tree and bring presents for the children. Look out for posters which will also give the date for carols around the tree when, traditionally, the Black Boys serve mulled wine and mince pies making this a festive event for everyone to enjoy,



### **“Ukrainians delightful, bureaucracy a nightmare”**

So said a fellow sponsor of a Ukrainian family. We absolutely concur with that sentiment. We have had the privilege of hosting Sascha, Alla and Nelia Lashchuk for the last 5 months. From the moment we met them at Stansted airport with one suitcase apiece, they have been cheerful, respectful and full of smiles. That's not to say the language barrier has not reared its ugly head a few times for example when Bob was kindly selling them a car and they thought he wanted £2,000 when he was only asking for £200! We were somewhat surprised when Alla said that Nelia needed snakes for school; it turned out it was snacks! Never-the-less with the help of a translation app and a good sense of humour we have enjoyed sharing our meals and home with them.

As for the UK bureaucracy, it's been a complete eye-opener. Who knew you don't open a bank account in a branch but online! Who knew you don't go to the job centre to find a job, it's all online. Who knew that applying for Universal Credit is...you've guessed it, all online. Who knew that the Home Office is completely uncontactable by telephone, even when their Biometric Permits took 12 weeks instead of 2 weeks to arrive? Who knew that having a permanent job with a regular income and good references is no longer sufficient to rent a property in the UK?

Without the help of friends, family and our local church and community we would really have struggled. From the help with online forms (thank you family) to collecting Nelia from the school bus (thank you

Village Care) to helping the Lashchuks set up home in Aylsham (thank you all those individuals who donated money and household items), we are enormously grateful!

This has been a unique experience which has taught us so much we didn't know about British Society. We feel enriched and grateful for this experience.

We wish the Lashchuks all the best for the next step in their lives and hope that they will return to Aldborough to visit us from time to time!

Sue and Jamie Mumford



## GREENER ALDBOROUGH

present a talk by The Hawk and Owl Trust on 9<sup>th</sup> November 7.30pm in the Green Room. Learn more about our native owls and how we can help them thrive. Everyone welcome.

### ALDBOROUGH COMMUNITY CENTRE (ACC) (registered charity 268101)

#### Jack and the Beanstalk

#### Aldborough Players 2023 panto

has started rehearsals at the Community Centre

Show dates Feb 1<sup>st</sup>-4<sup>th</sup>, 2023

#### Aldborough Film Club at ACC

BAR OPENS AT 7pm

Wednesday, November 23<sup>rd</sup> 7.30pm

New schedule from January will be posted in ACC or email David at [dpg.jazz@icloud.com](mailto:dpg.jazz@icloud.com)

#### Weekly activities at ACC

Monday afternoon: Hatha Yoga

Tuesday lunch: Village Lunch

Tuesday evenings: Bridge Club

Wednesday mornings: Art Club

Wednesday evenings: Film Club (monthly)

Social Club (3 times/month)

Thursday evenings: Zumba

Friday mornings: Extend Fitness

Friday evenings: Yoga

Please check [website for timing and details](#)

#### ACC News

Thank you everyone for supporting the Back to 70s Fund Raiser. We made a fantastic profit of £1250 which will be used for important refurbishment and upgrading the facilities. We got great feedback from this event which celebrated our community and its special talents. Big thanks to all the amazing volunteers who made it happen.

Together with Village Care we are launching a Warm Hub/Hot Spot initiative so people can spend Tuesdays and, funding permitting, Thursdays in a warm space with friends rather than heating their own houses. Hoping to start on November 1<sup>st</sup>. There will be activities such as film shows, bingo, board games and talks arranged throughout the Winter

#### ACC Bookings and hire:

Please use the **new website booking system** [www.aldboroughcommunitycentre.com](http://www.aldboroughcommunitycentre.com) and click on 'BOOK NOW'

Or email: [julie@floribunda-workshop.co.uk](mailto:julie@floribunda-workshop.co.uk)

£13/hour for full facilities (Well-being rate £10/hour)

£5 per hour Bar or upstairs snooker room.

*Your 'go to' venue for classes, parties, birthday celebrations, wakes, fund-raising events.*



## From Tony

You know that there are so very many articles worth reading in CCN. The Nature Notes fascinate me as I can never manage to spot the birds and animals being described. Perhaps Reg scares them off. I also love reading Rachel's advice about what to do in the garden. True, I may not do just what she advises.....

But my especial delight in looking at the Children's Pages. Being cackhanded, there is no point in trying to create the models and delights that appear there. No, it's the Word Search that takes up too much of my time. And yet, and yet. Even though the answers are provided, I still find it difficult to spot them. I cannot believe that all the words are really there. A true mystery.

Then there are the other mysteries in life. Why does toast always land on the floor butter side down? Why are traffic lights always at red when you are late? Why does Reg eat the cat's food? Why do weeds grow more luxuriously than expensive plants? Why do we have to eat ice cream before cabbage?

Who knows what the answers are to those questions? Who's bothered? But there are some questions which ought to have answers. Why does God allow people to suffer? Why does God allow wars to happen? Why is God allowing it to flood in some places whilst there is drought in others? While I do not know the answers to these questions, and so many more, I still believe that God through Jesus cares. He cares for all of us, whoever we are, wherever we are. Without that certainty, I'd be lost.

As I am when I attempt the Word Search.

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THANK YOU for your support over the years. During Lent and Advent, you've shown huge generosity to child carers, patients in NN University Hospital, those in refuges.  
THANK YOU.



PLEASE will you help those relying on food banks? From the end of November, the churches will be open for donations of Christmas treats for those who are find it difficult to provide even daily food for themselves and their families. More details in the next CCN.

SORRY to mention Christmas at this time, but the need is great.

## 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.

### DISILLUSIONMENT AND A GLIMPSE OF THE TRUTH

Then we were formed up in columns of four rows and marched off under guard. We were going to our new camp. There was a shock awaiting us. The bamboo and attap huts stood in a foot of water and we had to wade to our bed spaces. Along each side of the long hut were horizontal bamboo canes on which we had to sleep and each of us had two feet of space.

We had a meal of boiled rice and hung up our boots and socks to dry but there was little chance of that as everywhere was wet. An uneasy night passed and early in the morning, after another meal of boiled rice, we were paraded and those who held any rank were given a small piece of canvas about three inches by three inches on which the nearest Japanese equivalent to their name and rank were drawn. This had to be fastened on shirt with a safety pin. Later, as clothing wore out, these disappeared but I still have mine. My piece read in Japanese writing 'Soychow Hosa Kinsa'.

We were then marched off a mile or so to a banana plantation at a place called Nong Pladuk. This we learned, was to be our camp. It was alongside a railway line. Each day we had to march from Ban Pong to Nong Pladuk to construct the huts we were to live in and then back again. Gradually it emerged that we were to build a railway line from this point to Burma, connecting with a place called Ye. Our education in a new way of life was beginning.

Some of us were issued with wooden yokes with a basket on each end. Others had chunkels (a kind of reversed spade for chopping the ground). We had to take down the banana trees and level the ground. The soil for levelling was carried in the baskets and we had in effect become coolies. At end of each day we returned to Ban Pong, our shoulders raw and blistered as a result of the unaccustomed heavy work in the tropical sun. Sometimes we disturbed snakes and scorpions. The next day we changed over jobs, the basket carriers of the previous day now using chunkels under the watchful eyes of the guards who always carried their rifles with fixed bayonets..

We learned the hated word 'Speed' shouted by a guard and often followed by a blow. We learned ways to save our strength. We walked more slowly or stopped work when the guard was not looking. We put less soil in the baskets that had to be carried. Slowly the camp was built. The huts were wood framed with bamboo sides and holes cut for windows. The roofs were of attap which made it look as if it had been thatched. The whole was raised off the ground two or three feet. Railway sleepers were used to make steps up to the entrance. Each hut was intended to hold two or three hundred men. There were six forming a U shape and a cookhouse, Japanese headquarters and a guardroom situated near the gate. All were of similar construction and the camp was enclosed by a high bamboo fence. Each man was again allowed only two feet of space.

The cookhouse was supplied with large cast-iron pans or dobies which were set on baked mud bricks and heated by wood fires underneath. A wood collecting party would leave the camp daily escorted by a Japanese guard and this sometimes led to trouble with the local Thais. From the remnants of the wood from the building of the huts, some of us made simple beds until stopped by the guards. Mine consisted of three removable planks in a framework over which I laid my blanket. The planks were removable to enable me to clean out the bugs which rapidly infested all huts. One night I counted 97 which I removed as they crawled over me. They gave off a pungent smell when crushed.

More again from Fred in the next issue....

**Sunday, 30th October**  
**GROUP SERVICE 10 am WICKMERE**  
**A Service for All Saints' Day**

**Church Services in November**

Sunday, 6<sup>th</sup> November                      Wickmere                      9:30am

Aldborough                      11am

**Sunday, 13<sup>th</sup> November    REMEMBRANCE SUNDAY**



**Little Barningham 9:30am**

**Itteringham                      10:45am**

**Aldborough                      10:45am**

Sunday, 20<sup>th</sup> November                      Sustead                      10am

Sunday, 27<sup>th</sup> November                      Little Barningham 9:30am

Itteringham                      11am

Sunday, 6<sup>th</sup> December                      Wickmere                      9:30am

Aldborough                      11am

*Further details from The Reverend Tony Lynn 01263-735524*



## Correction

The words starting "*And I said to the man who stood at the Gate of the year*" were said by George VI (not V) in his Christmas message in 1939 said to have been suggested to him by his young daughter, our late Queen, his daughter and repeated in her mother's funeral service.

They are by M. Louse Haskins, written in the early twentieth century and published much later in book form. The poem has more verses including this one which seems appropriate for these troubled times :

*God knows. His will  
Is best. The stretch of years  
Which wind ahead, so dim  
To our imperfect vision,  
Are clear to God. Our fears  
Are premature: In Him  
All time hath full provision.*

Miss Haskins seems to have been an interesting character who after time as a missionary in India as a mature student studied and later lectured in sociology at London School of Economics.

Laurel

If you enjoy reading this *Community and Church News* please pass it on or you can request additional copies via your village contact.

If you have any articles or photos you would like including then please do get in contact with your village contact shown inside the front cover.

Please also be aware that there are costs associated with printing hardcopies so if you are able to receive a copy via email then that will reduce costs.

Please contact your village rep if you would like to make a donation towards the production costs of the magazine.

Thank you.

Photos from Aldborough's BACK TO THE 70'S fundraiser of Sep 24th





**Rosie!**



**HAPPINESS IS RUNNING AS FAST AS YOU CAN ON HOLKHAM BEACH!!**