

Community & Church News

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

February 2023



Printed by Aylsham & District Team Ministry

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

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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

Itteringham

Itteringham Parish News - February 2023

Church Services in Itteringham will now be on the third and fourth Sunday in the month. Tea/coffee and cakes/biscuits available after church services. February services:-

- Sunday 19 February, Holy Communion at 11.00 am.
- Sunday 26 February, Holy Communion, at 11.00 am.

Christingle with Carols

We enjoyed a lovely Christingle Service with Carols (even if Little Donkey got a little lost!) on the Thursday before Christmas, followed by mulled wine, mince pies and Christmas cake (thanks to a generous donation). The Church was full, and children and adults had a great time making the Christingles (and eating the sweets!). We turned off the lights for Silent Night, Holy Night and sang by candlelight. Magical. Thank you, Tony, Caroline and Henry for organising. The collection raised £65 which we have sent to the Children's Society.

Quiz night – Friday 10 March

Another date for your diary. Laurel and Henry have organised a quiz night for Friday 10 March at the Village Hall. Wide range of questions, everyone welcome, all ages. Doors open 6.45 pm, light supper of jacket potatoes with a choice of filling from 7.00 pm, and quiz to start at 7.45 pm. Bring your own drink. Cost - £5.00 per person. Tea/coffee, optional cakes/sweets will be available to buy. Teams of 2 to 6 persons. Please book ahead (so we know the numbers) but pay on the door. Please contact Sandra to book a place or sign the sheet which I will leave in the Shop.

Monies raised are for the church.

May Fayre

A date for the diary, the Itteringham May Fayre will take place at the Village Hall on Monday 1 May, starting at 11.00 am and finishing at 4.00 pm. Attractions will include a children's entertainer, games, the Home Guard, vintage and craft stalls, a cake stall, tombola, car boots and a fun dog show. More details next month. And if you would like to volunteer to help - making cakes, on the gate, selling raffle tickets and in the hall - we would love to hear from you. Thank you. If anyone would like to book a pitch (available from 9 am) – craft or car boot please let me know.

Monies raised are for the community – the Church, Village Hall and the Village Shop.

Village Hall News

Wine tasting - great wine tasting on 2nd December – Adnams supplied a range of wines to suit every taste, a delicious fizz, two each of nice whites and reds, a moreish dessert wine and a very good port, all to accompany Christmas fare. Thanks to Guy for organising.

New Year's party - another great evening, celebrating New Year. And they raised £175 for the Village Hall. Thanks to Matt and Helen and Mel and Chris for organising.

Other news. New lights, hand dryers and a baby changing facility have been fitted in the toilets. The next stage is to install new heating in the Village Hall as the current heaters need replacing and WiFi. We hope this will be done in the next couple of months.

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.

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 new café menu and the wonderful range of gifts and cards in the Gallery.

Christmas event - we all enjoyed the Shop's successful Christmas event on Saturday 10 December. Although it was bitterly cold and icy, the event was well attended. With Father Christmas in the mezzanine, a wonderful Christmas raffle, we served mulled wine, sausage rolls, mince pies and other goodies all day. Helen's plant stall just outside the Manor did well, despite the weather. And finally, Christmas carols in the Gallery with Penny playing the keyboard in the mezzanine. Really successful day. Many thanks to everyone who helped and supported the event.



Other dates for the diary.

Cake – Tuesday 14 February all day

We will be showing our love of cake by offering 2 drinks and 2 pieces of cake for £10, all day. Please do come and see us if you can.

Mother's Day – Sunday 19 March

The Shop will be doing cream teas on the Sunday. Look out for more details in the Shop and again please do come if you can.

Film night – Friday 31st March

The postponed film night - **BAIT "a genuine masterpiece"** - will take place on Friday 31st March at the Village Hall, doors open at 6.45pm, tickets £10 may be purchased from the Shop. Refreshments will be available. Look out for the poster in the Shop.

We hope to organise other film nights through the year.

Open Gardens

Open gardens will take place on Sunday 18 June. If you would like to help – making cakes, selling garden tickets and raffle tickets and in the hall please do let me know. Thank you.

Post Office reminder:

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

100 Club

December winners: 1st: Penny Clifford, 2nd: Alison Davidson, 3rd: Alan Wright.

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 visit by the **mobile library** (parked opposite the Rectory) is the 16 February 11.20 to 11.35 am.

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

Best wishes

Sandra

Little Barningham

Welcome to Little Barningham's February village page.

If it's not too late a very Happy, healthy and peaceful 2023 too you all!!

Christmas seems quite some time ago now and we are hopefully now moving into a less wet spring.

We had a very well attended Community Carol Service and Christmas Day service in the church. Even the stable had a makeover for the occasion.



2023 will be a year of celebration as the nation celebrates the Coronation of the King on 6 May 2023, with an additional Bank Holiday on 8 May.

How do you think we should mark this historic event in Little Barningham? Do you have some ideas to share, do let me know?



Spring is a time of clearing out and having a 'Spring Clean', if you have anything that you think would be useful for someone else, please hold on to it a little longer as there will be a "Jumble Sale" shortly to raise funds for the Village Hall. Do look out for further information.

'One small step for toads, one giant leap for frog-kind'

In 2022 East Anglia ended up with their fifth driest January on record, whilst February in the UK will be remembered for its cluster of three storms Dudley, Eunice and Franklin, with their impacts and disruption. There were red warnings, gales, rain, snow and England's highest ever recorded gust of 122mph at the exposed Needles lighthouse. So my grateful thanks to the toad patrollers who gave up an evening or two each week last year from mid-February to early April, to help me 'patrol' the road moving toads, frogs and newts to the safety of the spawning ponds at Barningham Green.

New volunteers are most welcome, if you can help one evening for about an hour each week at dusk when weather conditions are favourable for the migration of the toads (usually March/April) with temperatures above 7 degrees Celsius with damp surfaces, I and the wildlife would be most grateful! Some evenings are very sparse, and often conditions are not suitable for toad movement, but when conditions are right the toads can be out in their masses and over 100 can be saved in one evening! A bucket with a little water in, a torch and reflective vest are all that are required. Signs will be in place to warn traffic of patrollers.



We usually patrol in pairs, and I can always match you up with another volunteer.

Thankyou Lauren for the photo.

Please contact me on 01263 577430 or richalove@icloud.com

Many thanks,

Rich

St Andrew's Church, Little Barningham

There will be a Holy Communion Service on 12 & 26 February, 9.30am at Little Barningham Church followed by coffee and biscuits.

The **Community Sunday** will take place on Sunday 5 February, 10am in the Village Hall - great coffee/tea and good cake.

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

The Christmas Community Sunday raised £150 for Crisis at Christmas, a big thank you to everyone who came along and for your generosity.

Village Hall

"The group - 'Friends of the Little Barningham Village Hall' asks you to let us know what kinds of clubs or activities you are interested in seeing there.

If you haven't already joined us, just send a contact email to lbvh.friends@gmail.com or give me your address. You don't have to do anything else to be a part of the group but I will keep you informed about anything happening and welcome!

Heather Carpenter

Parish Council

The Parish Council met on 12 January, do take a look at the minutes either posted on the notice boards or on our website :

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

There was an informative presentation by the Community Liaison team of the Sheringham Shoal Extension Project and Dudgeon Extension Project, I have put this up onto the Parish Council website.

Do speak to one of the councillors for more information.

Concerning the Gateways for the village, they are progressing, all be it VERY slowly, hopefully they should be in place by April/May - nearly one year later than expected.

There will be one vacancy on the Parish Council this April, as all councillors have to be re-elected this year.

Would you consider to be part of the Parish Council? If you are interested and would like more information do speak to one of your councillors or to myself (Clerk to the Parish Council).

Current Parish Councillors are: Steven Harding- Lister, Fiona French, Harry Betts, Chris Allen, Ruth Swinbourne, Paul Thurtell and Paul Scott.

Time to get walking again!

With Spring on its way we start to think about getting out to walk in the beautiful English Countryside again, but where to find new and interesting walks?

Walking in Norfolk <https://www.walkinginengland.co.uk/norfolk> has loads of walks to download and print, free, it also has books of walks, details of all the walking groups in the county and much more. Whether you want to walk on your own or with a group all the information is there in one place.

John Harris (who maintains the website) said 'There is so much walking information on the web but it is difficult to find. Walking in Norfolk (part of the Walking in England website) has brought it together in one place so whether you are walking from home, or away on holiday, you will be able to find a walk suitable for you'.

With walks from half a mile to twelve miles plus long, and a note of suitability for push-chairs and wheelchairs, everyone can find a walk to enjoy.

So home or away, check out the websites and get walking!

Mobile Library

The Mobile Library will be in the village on Thursday 16 February 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

A **HUGE** Thank You to all who came to our Service of Light on 4th December. Many thanks again to Tracy and her Mum, you never let us down. Thank You's to Roger for doing the honours, walking the main candle up the aisle. To Lesley, for lights, nibbles and your support. To Phillida, for the DELICIOUS mulled wine. To Debs, for saving me time scrumping holly and ivy. Most of all to Tony, for bringing it all together and making it a wonderful service.



Well done to the hardy souls who gathered for the Xmas Tree switch on, on 9th December - Well Done and Thank You to Richard H and his 'elves' for putting the lights on the tree. Thanks to Tracy for the magic power.

Well done and Thank You, once again, to Richard & Dawn, Vic & Linda, Pat & Richard and Robin & Leanne for their wonderful light displays. A very impressive sight on the homeward journey each night. Now, sadly Wickmere has been plunged back into darkness again. All warm festive illuminations have been packed away for another year. Now for the time being, we await the gradual lengthening of daylight.

What a cold snap we had!! The roads locally were ... interesting?...challenging?...No, just dangerous! It has to be said, it looked beautiful, and as the cold days went on, the hedgerows and banks became more crystalised and lovely. Hoping everyone kept safe & warm?

During the brief freeze - I walked up to the Lego salt bin at the Village Hall to liberate some salt to put on our path and drive - on opening the lid, I found it full of water?! This has been mentioned and it is to be sorted out.

Despite the wet/cold/freeze before Christmas - a small, determined clump of Snowdrops pushed their way through and are still greeting me each morning. The daffys are on the way too!



There is a **Parish Council Meeting** at the Village Hall
Wednesday 25th January at 7pm.

Stay safe and warm, and look forward to February and lighter nights BUT not, possibly, warmer days yet??

Church Services in February 2023

<u>Sunday, 5th February</u>	Wickmere	9:30am
	Aldborough	11am

<u>Sunday, 12th February</u>	Little Barningham	9:30am
	Aldborough	11am

<u>Sunday, 19th February</u>	Sustead	9:30am
	Itteringham	11am

*Wednesday, 22nd February Ash Wednesday
Please see the Aylsham Church website for service details.*

<u>Sunday, 26th February</u>	Little Barningham	9:30am
	Itteringham	11am

Church Services in March 2023

<u>Sunday, 5th March</u>	Wickmere	9:30am
	Aldborough	11am

Further details from The Reverend Tony Lynn 01263-735524



From Tony

Changes are afoot. Well, underfoot for, yesterday, I saw my first snowdrop this year. It was in Aldborough graveyard, and offered a real delight. Something pleasant and cheering, a bright contrast in these chilly, dark days.

Changes are afoot. Well, in two of the churches. There is a slight shuffling of the rota. From February onwards, Sustead's service will begin at 9:30am. Itteringham will have a service of Holy Communion on both third and fourth Sundays in the month. The PCCs in Sustead and Itteringham have approved these changes.

Changes are afoot. Well, maybe. Currently, as a priest I can bless a car, a house, a dog, but not those people of the same sex who are in a legal and civil partnership. All sorts of letters and reports and discussions are around just now in an effort to determine what priests in The Church of England can and should do. For myself, I believe that God is the God of love. It surely follows, then, that I should be able to celebrate and bless the love between those of the same sex in God's place, the church.

Unchanging: Jesus said, "A new commandment I give unto you, That ye love one another; as I have loved you, that ye also love one another" (John 13:34-35). Amen to that.

YOGA

Alice Martineau



ITTERINGHAM

Bure Valley Community Centre

9.30am & 7pm

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www.cromertrophies.co.uk

SUSTEAD

We would like to thank Tony for all his work taking services over the Christmas period. Five churches to manage cannot be easy, all hours in terrible weather. Sustead is so grateful to have been taken in by the Aylsham Ministry when the Roughton Benefice was disbanded. This was managed very sympathetically by Archdeacon Ian, and we were devastated when he was taken ill and died so quickly.

Having joined Aylsham in January 2022 it was difficult to understand why we were not yet "legal". Also, we did not know where our payment for the 2022 Parish Share had been allocated.

However, we have now had this explanation from the Diocese:

We will be shortly preparing a journal to remove both the allocation and the receipt of Parish Share from the Roughton Benefice code and place this under the Sustead parish code.

As you have noted, Sustead has yet to legally join the Aylsham and District Team Ministry, so our reports would not show Sustead under the Aylsham and District Team as yet, but by showing Sustead as a stand-alone parish on our reporting (rather than part of the Roughton Benefice allocation) it will clearly show that the PCC paid 100% of their allocation.

To look forward to 2023 we are going to have to remember that our monthly service will be at **9.30** and not 10.00 from Sunday **February 19th**.

The bulbs are coming up, the witch hazel is flowering, the winter honeysuckle is amazing, and the iris stylosa beautiful. Above all the days are getting longer!

Priscilla

THANKYOUTHANKYOUTHANKYOU
for your Christmas generosity.

About eight bin bags, filled with Christmas treats
were delivered to the North Norfolk Food Bank.



THANKYOUTHANKYOUTHANKYOU

While I await a formal acknowledgement from
the Food bank, let me express my gratitude. I'm aware that
things are difficult for so many so your kindness to people
whom you'll probably never meet is much appreciated.

I hope you had some treats too!

Tony

Bouquet of hearts card for Valentines Day

Make this adorable homemade heart bouquet card and give it to someone special this Valentine's Day! Decorate each heart in their own unique way, or you can write a special note on each one like conversation hearts – BE MINE!



You will need:

- White card
- Different coloured paper for the hearts
- Pens
- Glue
- Ribbon



Cut a big pile of hearts from the coloured paper, in various shapes and sizes, but small enough to fit quite a few on the card. **The folded-paper method for cutting hearts is perfect for this project.**

Spend some time adding details to your paper hearts. You could add lots of doodles with a black pen, but you could also use coloured markers, stickers, or even glitter! Writing names, words, or lovey messages on the hearts would be fun too.



Now it's time to add the paper hearts. **Attach each heart to the card with a single a small dot of glue in the center.** This makes the hearts easy to overlap and arrange, plus it gives the card some interesting pop-up dimension. Continue filling in the top of the card with hearts for a full heart bouquet.



For the finishing touch, tie a small piece of ribbon into a bow and attach to the drawn stems.

Happy Valentine!!

Valentine's Day

L	E	T	T	E	R	S	F	S	E	S	O	R	S
C	A	R	D	L	R	S	L	S	K	L	S	E	E
G	N	I	C	N	A	D	O	E	L	O	W	L	T
N	S	E	I	V	O	M	W	I	W	N	E	E	N
E	T	L	L	A	N	S	E	N	H	E	E	H	S
D	O	S	N	O	V	L	R	E	I	L	T	R	K
L	A	S	D	Y	V	E	S	N	S	I	S	O	I
T	S	U	A	N	P	E	E	I	P	N	L	M	S
R	S	E	S	Y	A	I	E	T	E	E	L	A	S
I	N	L	T	O	S	H	E	N	R	S	E	N	G
L	S	R	E	N	N	I	D	E	P	S	S	C	H
F	A	H	E	A	R	T	S	L	C	R	S	E	R
P	S	G	N	E	H	R	N	A	O	D	A	T	E
E	S	C	O	U	P	L	E	V	S	H	A	D	H

- LOVE
- LONELINESS
- VALENTINE
- DINNER
- HOLD HANDS
- PARTY
- DANCING
- LETTERS
- SWEETS
- CARD
- ROMANCE
- ROSES
- WHISPER
- FLOWERS
- DATE
- COUPLE
- HEARTS
- MOVIES
- KISS
- FLIRT



What did the blueberry say to the other blueberry on Valentine's Day?

I love you berry much!!!

What did the paper clip say to the magnet?

"I find you very attractive."



Nature Notes

Nature notes from Itteringham Mill and around

Moving into the Christmas period we experienced a sudden drop in temperature and woke to the beauty of frost laden trees with spangles of ice dripping from twigs and glistening on the grasses below. Now settling into January, we have rivulets of water running along the sides of roads, huge puddles in some places and driving, sleeting rain. It is winter after all but at least the days are getting longer.

Seasonal delights have been watching four teal feeding on floating vegetation on the upper river, joined periodically by a grey wagtail; spotting the little grebe diving up and down in the mill pond by the dipping willow tree and getting occasional glimpses of the kingfisher on his perch eyeing the river on more clement days.

Good news to impart is that we have seen a pair of swans on the pond near the river by the bridge into Itteringham. After the sadness of the loss of at least two of last year's cygnets, which we assumed to be due to avian flu, we are now hopeful that a new brood will appear this year.



Here's a picture taken from indoors of the underside of a winter moth which was on the outside of our kitchen window. Most likely it is male as these are attracted to the light. It is about 1.5cm long and 2cm wide on its wings

Lis Downs

Nature Notes from Mannington

One young swan has remained at Mannington throughout the winter. A few others have come in briefly but in the last week its parents returned. At present they all seem happy together but that may change in the breeding season as Mute swan, especially males, can become very aggressive and territorial. Little grebe and numerous mallard are seen on the moat and lake with appearances from heron and egret.

Along the main drive thousands of daffodils are appearing, it still seems a long time until their welcoming bright yellow flowers appear. Snowdrops and hellebores are flourishing but sadly some shrubs which started to flower early were affected by the low temperatures referred to below and now have nasty dead branches.

A pair of blue tits are already checking out possible nesting sites. They together with great and long tailed tits continue to entertain us at the bird feeders near the Hall.

The Coldest day in December from our weather records was on the 14th when the ground temperature got to minus 9.8.

Laurel and Libby

Wildlife and Conservation Day March 18th – book now

Aldbrough and Thurgarton

ALDBOROUGH & THURGARTON NEWS

GREENER ALDBOROUGH & THURGARTON

Save the date! **Wednesday 22nd February 2023**

We are delighted to welcome 2 volunteers from NNDC's Master Composting Team. Their knowledge and expertise around 'composting' will, hopefully, bring new ideas and methods to improve or start us 'composting' saving money and improving the health of our soil in our gardens and allotments.



More information on posters and Facebook from beginning of February!

VILLAGE CARE

TRANSPORT

It is with sadness that we announce the death of Shirley Candler.

Shirley was our Transport Coordinator for several years and we appreciated all her work. She will be greatly missed in the village.

Her role has been taken over by Nita Good and the system will continue as usual, with the new contact details as follows:

Tel. **01263 761580** Email: goodnita@hotmail.com



A reminder that we try to provide a volunteer driver to take you to medical appointments if no other means are available to you. Please contact our Transport Coordinator.

We do always need volunteer DRIVERS. There are not that many requests and drivers only do what they can. Please contact Jane (761578) to discuss

VILLAGE BREAKFAST.....

These are held monthly on a Sunday from 9.30 to 11 in the Church Room and the dates for 2023 are:

15th January, 19th February, 19th March, 16th April, 28th May, 18th June, 16th July, 20th August, 17th September, 15th October and 26th November

They are free but donations are welcome



ALDBOROUGH COMMUNITY CENTRE (ACC)
(Registered charity 268101)

Aldbrough Film Club at ACC

New dates for Film Club for 2023... every third Wednesday of the month at 7.30 pm (bar opens 7pm). Join us!

January 18th February 15th March 15th

April 19th May 19th June 21st

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

ACC News

Come and visit our newly refurbished bar – with comfy sofas and new décor. A great place to hold an informal meeting or social get-together (just £5 per hour to hire).

Exciting developments upstairs at ACC.... We will be relocating the storage space and have plans to develop a work space and meeting room in the new year.

New door, new skylights, new paint! ACC is renovating for Spring!

The hearing loop will be installed by the time you read this. Together with installation of a multi-directional microphone over the stage, everyone will benefit from enhanced sound not just those with hearing difficulties.

NEW YEAR'S RESOLUTION – GET FIT!!

Range of weekly activities at ACC

Support local-save time and fuel!

Monday afternoon: **Hatha Yoga 2-3pm**

Thursday evenings: **Zumba 6.15-7.15pm**

Friday mornings: **Extend Fitness 10-11am**

Friday evenings: **Yoga 6-7pm**

Sadly, we have stopped Wednesday Social Club for lack of support BUT you can always hire the hall yourselves for table tennis, darts or the snooker room upstairs. Go to the website to book

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 snooker room.

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

Full AV equipment, wifi and very well stocked bar

Gardening

Happy 2023 everybody. With the shortest day behind us, it's been a real joy the past few weeks to finish work in daylight, and witness some spectacular sunsets to boot.

Rose pruning for me is nearly complete, but there's still plenty of time to complete this task before new leaves start sprouting. The cold snap in mid January made ground conditions perfect for pruning the roses, as the soil wasn't compacted by walking on it and muddy trails across paths were avoided. I use some of the pruned rose stems for "cuttings" material. Rose cuttings couldn't be easier to do, but you do need to be patient waiting for them to root.

Take a nice healthy stem, about the thickness of a pencil, and remove all the leaves. Make a straight cut just below a leaf node/bud. Next make an angled cut above a node/bud, roughly a foot above your first cut. You can usually get two or three cuttings from a stem.

With your bundle of stem cuttings, find a sheltered and lightly shaded patch of ground to grow them on. Loosen the soil with a fork and plant the stems roughly 20cm apart and with two thirds of the stem below the soil. It's important that you plant the stems the right way up, which is why we made an angled cut above a bud to make it easy to identify the top of the cutting.

A deep pot filled with soil or soil based compost works just as well, but you will need to be vigilant on the watering front to ensure the soil doesn't dry out. It can take a year or more for the cutting to establish a good root system and be ready to transplant, so not the quickest of results, but a useful technique especially when you've fallen in love with a friend's rose, but they have no idea what it's called to enable you to buy one.

Others tasks I'm busy with this month include pruning Gooseberries, Currents and Raspberries, and the Apple and Pear trees. I'll also be planting some new bare root Raspberry canes.

Rachel
backgardenflowers@gmail.com
07721 763552



Aldborough & Thurgarton Parish Council

Looking back to 2022 we would like to send out a big thank you to those who helped out with the tree in particular but all the Christmas endeavours. Without volunteers none of this would be possible.

In terms of Parish Council activities, after extensive consultation in 2022 a Parish Council committee has been established to manage the pond and wildlife area on the Green including representatives from the Council and from the new Greener Aldborough and Thurgarton group of enthusiasts.

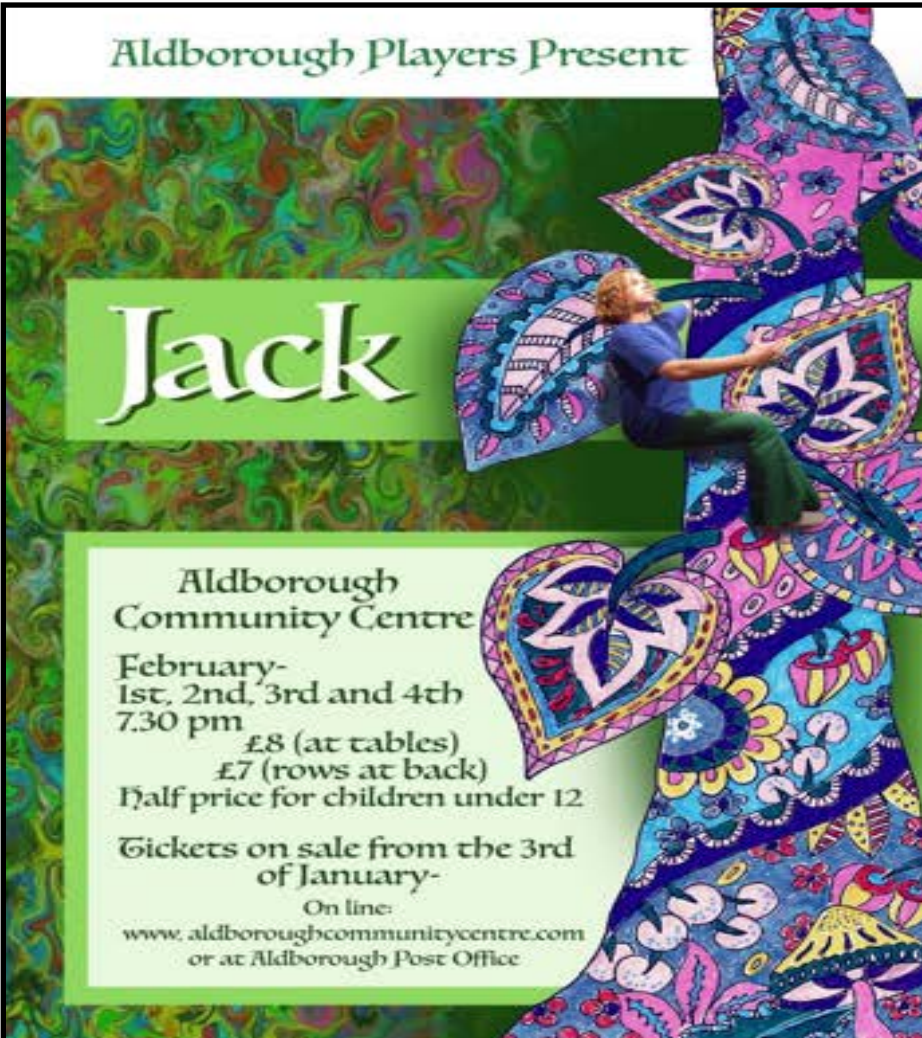
The long-awaited emergency plan has gone through several drafts and is progressing well, with a separate working group dedicated to ensuring the village is prepared for emergencies.

We are pleased to welcome Bob Botwright back to the Council. After repeated complaints about speeding in the village Cllr Botwright is leading a project to investigate this and suggest solutions if needed. Please contact Bob directly if you have any ideas, experiences or comments to contribute.

The Council is very grateful to be working with a local volunteer to organise for some of the potholes on the Green to be repaired. Residents are reminded that parking and driving on the Green including the extremities is prohibited and is causing damage to our wonderful village Green.

There is one vacancy on the Council and an election for the entire Council in May of this year. If you are interested in joining the Council to help manage your village then information and application forms are available at NNDC and will be on the ATPC website soon, or as with any issue contact one of our Councillors or the Clerk.

Next meeting will be 6th March 2023, contact details on the website.

A poster for a play titled 'Jack' by Aldborough Players. The background is a vibrant, colorful pattern of swirling lines and shapes in shades of green, blue, purple, and yellow. A woman in a blue shirt and dark pants is depicted in a dynamic, acrobatic pose, appearing to be climbing or falling through the pattern. The text is arranged in a clean, white box on the left side of the poster.

Aldborough Players Present

Jack

Aldborough
Community Centre
February-
1st, 2nd, 3rd and 4th
7.30 pm
£8 (at tables)
£7 (rows at back)
Half price for children under 12
Tickets on sale from the 3rd
of January-
On line:
www.aldboroughcommunitycentre.com
or at Aldborough Post Office

ALDBOROUGH COMMUNITY CENTRE (ACC)
(registered charity 268101)



'Jack'

Aldborough Players 2023 panto

Show dates

Feb 1st-4th ,2023

Aldborough Film Club at ACC

New schedule from January 2023 will be posted in ACC or email David at dpg.jazz@icloud.com

No film club in December

Weekly activities at ACC

- Monday afternoon:** Hatha Yoga
- Tuesday:** Warm Hub 10-4pm
Village Lunch from 12.30 pm
- 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

ACC News

The Tuesday Warm Hub has been going since November 1st. The Ealing comedy '*Passport to Pimlico*' was shown in the afternoon of the first warm hub day and board games were played on the second hub day. Future afternoon plans include invited choirs, demonstration of defibrillator use by first responder, computer basics, bingo and other entertainment to be confirmed. Updates of what's on each Tuesday afternoon are posted in the ACC window and on our website..

Our big news is that the bar area has now been re-painted and the feedback has been wonderful. We are now awaiting new furnishings and blinds to make it a very inviting space.

The kitchen was inspected recently and retained its Five Star Hygiene accreditation!

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 snooker room.

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

Rosie and Daisy

Daisy says - I went on my first walk outside just after Christmas - *VERY EXCITING*. There is so much more to sniff and eat - much tastier than the sawdust balls I am given to eat in home!! The trouble is, like Rosie, I have to wear a



coat when it is cold or wet or both... I think I am getting used to it but Rosie thinks it's a good game to try and pull it off me - I'm

only little though and mum thinks Rosie is too rough - I might be little but I can give as good as I get!!!



Rosie....

I seem to have lost pole position in front of the woodburner - the little brown squirt keeps getting there first - I think I'll start using my weight! I also have trouble getting on to **MY own** bed!!! It is not as though she has-

n't got one of her own!

I think I am going to have to put my paw down.

Mannington Taster Activity Day February 11th 10 - 4 **GARDENING**

Come all day or just drop in - only £5.00

Please book but fine to pay on day

See the winter gardens and learn about making a new garden for the less able

Sessions on compost, pruning and sorting perennials

Refreshments available with emphasis and recipes on winter produce

admin@walpoleestate.co.uk 01263 584175

Advance notice - Wildlife and Conservation March 18th

Easter Food and Flowers April 1st

Arts and Craft April 22nd

Garden open for NGS 11-4 March 26th

MANNINGTON ESTATE

Mannington gardens now closed until spring 2023

WALKS open daily with boardwalk, bird hide and arboretum

If you want to join our mailing list for early booking of events email

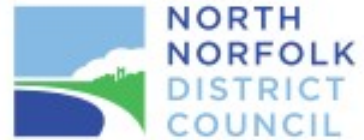
admin@walpoleestate.co.uk

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 admin@walpoleestate.co.uk 01263 584175

Community Connectors



North Norfolk
Health & Wellbeing Partnership

What do the Community Connectors do?

We specialise in promoting and supporting groups and organisations across our local communities. We strive to build links between services and people, connecting them to improve health, wellbeing and community spirit for the residents of North Norfolk.



How can the Community Connectors help?

COVID lockdowns have left many of us feeling worried and isolated. We can give you information about community groups where you'll receive a warm welcome and support.

The cost of living crisis is affecting us all. We can tell you where your local food hubs and warm spaces are. We can signpost you to organisations who can provide financial and emotional assistance.

Maybe you're new to the area and would like to meet likeminded people. Perhaps you would like to start a new hobby or volunteer.

We're also here to support you if you run a community or voluntary group. Whether you require support to recruit volunteers, find funding streams or encourage more people to participate, we're here to help.

Contact the Community Connectors

Visit

www.north-norfolk.gov.uk/tasks/your-community/community-connectors/

Email

communityconnectors@north-norfolk.gov.uk

Phone

01263 513811

Address

North Norfolk District Council, Council Offices, Holt Road, Cromer, Norfolk, NR27 9EN

The Community Connector Team are funded by the Health & Wellbeing Partnership and North Norfolk District Council. Our aims are to improve the quality of life for residents in North Norfolk by connecting people, harnessing community spirit and resilience.

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.

A small group of Thais were allowed to construct a simple bamboo hut in one corner of the camp and from them, we could buy peanut brittle, gula malacca (a sticky kind of yellow sugar), duck eggs, bananas, coffee with their home-made condensed milk and razor blades. A duck egg cost 20 setangs (a days pay) and it called for a difficult decision to eke out our earnings. If we bought duck eggs, we boiled them in a tin over a fire in a hole in the ground or fried them in coconut oil. A razor blade cost 2 dollars or ten days pay, during which time no extra food could be bought. It could however be re-sharpened by rubbing with a little water as lubricant on the inside curve of a broken bottle. This way, a razor blade could be made to last three months. Some used a sharpened steel table knife for shaving. As dysentery became general, bananas became unpopular.

We had to learn the hard way that if a Japanese apparently waved you away, it meant he wanted you to go to him! A man who was number 'ten' was no good but number 'one' was good. Thus, Churchill was number ten and Toja number one! A Japanese private wore one star, a corporal two stars and a sergeant three stars. Senior rank has virtually power of life or death over subordinates. I saw a Japanese corporal line up some Japanese privates and beat them unmercifully about their heads with a bamboo pole, causing lacerations which bled freely. They accepted this and were then sent to get their wounds dressed. There were also Korean guards who were generally bigger than the Japanese but as a slave nation to the Japanese could hold no rank above private. They were particularly brutal towards us.

All had a sadistic streak. A land crab was caught, put in a tin, covered in wood shavings and set on fire. A monkey which frequented the Japanese cookhouse was thrown high into the air and allowed to crash to the ground. Sergeant R was given a cat by a Japanese and ordered to kill it. A cigarette might be offered to a prisoner who was then not allowed to take it from his mouth after it had been lit.

THE STRIKE

Life on the railway continued day after day and beatings were frequent. One day a man was taken away by a Japanese engineer and after some time of absence, members of the work party went to see where he was. They found him on the ground being jumped on by the engineer who had been drinking heated sake (pronounced saki) a distillation of fermented rice. It was the last straw and the Japanese had been warned by our Commanding Officer, Major S.

The next morning, the bugle sounded the parade call for work but with rapidly beating hearts, we stayed in our huts refusing to work and so began the terrifying episode of our strike. The thin, high-pitched voice of Ichi Kura could be heard. Then the officers were ordered to one part of the camp while we had to parade in another in a long line facing the front. An alarm call by the Japanese brought in from outside a large body of Japanese troops who came running in, their chin straps below their chins and rifles held ready with fixed bayonets. They lined up facing us while the officers were led off behind some trees. The cookhouse fires were put out.

More again from Fred in the next issue...

Aldborough Community Centre

Welcome to
your
warm
Hub



Open to all every Tuesday from 10 am – 4pm

Coffee, tea, cakes and biscuits

Village Lunch from 12.30 (except 3rd Tuesday of month)

Afternoon activities including; film shows, talks, demonstrations, carpet bowls, board games, cribbage bingo, table tennis, darts- *different every week.*

Organised by



Aldborough Surgery talk..



February 28th

**'Our services &
guide to using
our internet
services'**

**'Love your
computer'**



*Practical basic skills -
emailing, editing
Word docs & photos*

*sorry, not for Apple Mac. Users
Date TBC*

**An introduction
to carpet bowls
Jan 31st**



Saving lives



**How to use the defibrillator &
basic first aid
David Draper
dateTBC**

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Fully insured, All work to BS3998

tim.daykin@btinternet.com

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NR11 7QB

First class
free of charge

Please contact Pia

pia.shell@gmail.com
07767896610

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,

Ices, Sweets, Books, Plants

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

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.