

FELTWELL PARISH MAGAZINE

YOUR CONNECTION TO YOUR COMMUNITY

August 2025



More Carnival 2025 Photos inside

INSIDE THIS ISSUE



Patient Feedback

Shoe-String Security

7/7 Remembered

Curios

Our MP Talks About Casework

Water, the Miracle Molecule

Aviation Heritage

**And much more inside incl. all
our usual puzzles**

All proceeds from the sale of this magazine are shared between village organisations and St Mary's Church.

FELTWELL ORGANISATIONS

List maintained by Paul Garland.

Alveva Quilters	Sharon Burbridge	01366727002
Feltwell Bowls	Martin Blackman	829821
The Royal British Legion (Hall 828480)	Ian Rayner	07766 348679
RBL Poppy Appeal Organiser	Mary Reynolds	828130
Feltwell Historical and Archaeological Society	Marion Lucas (Chairman)	828769
Feltwell Table Tennis Club	Steve Wellington	07436 905520
Beavers and Cubs	Claire Scarff	827555
Feltwell School PTA		@ the school
Feltwell Women's Institute	Claire Scarff	827555
Feltwell Playgroup	Merle Gallagher	07582 371984
Feltwell Scout Group	Claire Scarff	827555
Feltwell United Football Club	Neil Edwards (Secretary)	07391866914
Feltwell United Youth Football Club	Kate Collins	07888847452
Feltwell & Thetford District Mencap	Mrs T. Sismey	827292
Feltwell Brownies	Tracey Cock	
Feltwell Social Club		828093
Feltwell Primary School	Mrs J. Lillycrop	828334
Feltwell Golf Club	Joanne Bates	827644
Feltwell In Bloom	Rita Page	07785345614
Rector of St Mary's Parish Church	Revd. Joan Horan	828034
Curate of St Mary's	Juanita Hawthorne	01336 728545
Churchwarden of St Mary's	Christine Parker	827152
Friends of St Mary's	Stephen Parker	827152
Feltwell Men's Breakfast Club	Paul Garland	827029
Feltwell Methodists	Mike Wilkinson	07712 578721
Feltwell Museum	Graham Simons	828387
Parish Clerk, Jo Martin. Email: clerk@feltwellparishcouncil.gov.uk		828383
Parish Council website: https://feltwellparishcouncil.gov.uk		
Feltwell's History Website can be found at http://www.feltwell.net		

Deadline for the next issue is 14th August 2025

Submitted articles may be hand written, emailed or typed in MS Word and sent to: The Editor, Mr Paul Garland, 16, Falcon Road, Feltwell, (827029),
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You can subscribe to this magazine for £5 a year, incl. two free issues and free delivery in Feltwell. Gift subscriptions are available, contact the editor.

IS YOUR SKIN CRYING OUT FOR A SALAD? (ASKING FOR A FRIEND...)

Ah, August. That glorious British mix of unpredictable weather, noisy children at home 24/7, and the noble attempt to enjoy "a little something chilled" in the garden before the wasps arrive.

It's also the time of year when our skin starts to act like a moody teenager. One minute glowing, the next blotchy, dry, or hosting a surprise spot that wasn't invited to the barbecue. If your face feels like it's gone on holiday without you, you're not alone.

Here's the scoop: it might not be your skincare routine that's causing the chaos. It could be your gut.

Yes, your gut. That ever-reliable internal engine room that's been battling valiantly through weeks of sausage rolls, Aperol spritz and ice cream. Bless it.

The Gut-Skin Gossip

Science now tells us there's a thing called the gut-skin axis, which basically means your tummy and your face have been chatting behind your back this whole time. When your gut microbiome (that's the good bacteria keeping everything in order) is out of whack, your skin can go a bit rogue.

Think of it like this: a well-fed, rested gut = calm, plump skin. A grumpy, overloaded gut = skin that looks how you feel after three hours in a theme park queue with a melted Cornetto.

So, what can you do?

Look, I'm not here to ruin anyone's holiday, or confiscate the clotted cream. But if your skin's starting to resemble a raisin in sandals, here are a few gentle nudges to get you back on track:

1. Hydrate (with actual water):

Rosé doesn't count. Neither does coffee. Your skin loves a good rinse from the inside, so keep that reusable bottle handy.

2. Eat something that grew from the ground:

I'm talking fibre, colour, crunch! Think berries, leafy greens, and



LINE DANCING



**Join us for a fun filled evening
with Maria.**

£10 ticket

BBQ food available on the night

Bring your own alcohol and soft drinks



Friday 22nd August

7pm-11pm

St Mary's Church, Feltwell



Beginners Instruction 8pm thru 10pm



In aid of Feltwell Food Pantry

beans; all fabulous for feeding your gut (and your glow).

3. Get moving:

You don't need to scale a mountain. A walk around the village, a bit of gardening, or chasing the kids while holding a Calippo will do.

4. Sleep (when and if you can):

It's when your skin regenerates, your gut resets, and frankly, you get to be horizontal and unbothered. Grab it with both hands.

5. Laugh more:

It's good for everything. Wrinkles caused by joy are always worth it.

Final Thoughts From the Pilates Mat

I'm not promising to make you look 25 again (though people often say Pilates makes them feel younger and far less creaky). But I can tell you this; looking after your insides is one of the easiest ways to love the skin you're in, especially after a summer of ice cream and insect repellent.

If this kind of thing interests you, or you're feeling a bit sluggish and not quite yourself, you're always welcome to visit my website to see what classes or programmes are running. Or just catch me in the village and let's chat, I'm always up for a natter about feeling good from the inside out (and the occasional grumble about wasps).

Whichever way you're spending your summer, whether it's wrangling kids, sipping something bubbly, or dodging Norfolk's finest weather systems, don't forget that a little movement, a bit of balance on the plate, and a nod to your gut can go a long way in helping you glow.

Wishing you a happy, healthy, well-fuelled summer; skin, gut and all!

Helen Goddard-Nickolls

<https://lifefitnessreengineering.com>

This magazine is printed by **Limetree Printing**,
1-2 Trafalgar Industrial Estate, Downham Market, PE38 9SW. .
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Feltwell Bowls Club

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FROM THE CLASSROOM

First, two items from the school's younger classes.
In Swifts, we have been planting beans and sunflowers.
Here are some instructions on how to plant a seed.

How to grow a plant

First, we get a plant pot.
Then, we put soil in our pot.
Next, we make a little hole in the middle.
Then, we put our seed in the hole.
After that, we water the soil but not too much!
Finally, we leave our pot somewhere sunny.

Magpies Class have been finding out about The Great Fire of London.
(The bracketed letters are the initials of the children providing the answer.)

How can we find out about the past?

We can look and read non-fiction books (A)
We can search the internet (G) We can visit museums (S)
We can look at the diary of Samuel Pepys (R)

When was The Great Fire of London?

1666 (R)

Where did The Great Fire of London start?

In Thomas Farriner's bakery, Pudding Lane, London (E)

Why did The Great Fire of London spread?

It had been a hot summer (G) The houses were made of wood (R)
The houses were close together (D) It was windy (D)

How did people try to put the fire out?

They filled leather buckets with water from The River Thames (F)
They used water squirts to spray water (S)
They pulled houses down with a fire hook (A)

What happened after The Great Fire of London?

Houses were made of stone and brick (O)
King Charles II asked Christopher Wren to help design and build
London (A)
Christopher Wren designed and rebuilt St Paul's Cathedral (D)

The Wellington In August



2nd

90s/00s DJ NIGHT
& JJeB FARM



8th

Jonnos 3 piece Blues Quartet



10th

3pm Sunday Session with
Bruce Aldred



15th

Back Of Beyond &
Asker's Pizza



22nd

Dusty Seagulls &
Pimp My Fish



23rd

Dividers &
Purple Pepper



24th

Blacksox



30th

Martha's Wood



West Norfolk Aviation Society

www.westnorfolkaviationsociety.org.uk



July 2025

Master raconteur, Trevor Hewitt, with delightful enunciation and polished north Norfolk accent, delivered a masterpiece to WNAS, with enthusiasm and passion. It's not surprising when one realises the circumstances in which Trevor's story began: In 1944 a B24 Liberator, the Belle of Boston, took off from RAF Horsham St. Faith and, shortly after its ascent, crashed into a wood close to Ralph Hewitt's farm at Frettenham. Ralph and other villagers rushed to the scene and managed to rescue 4 out of the 10 crew members. Trevor, who was only a twinkle in father Ralph's eyes at the time, has since identified eye witness accounts of the bravery of some of the rescuers. Trevor, the originator of the New Farm Aviation Heritage Group, has made it his mission to establish contact with the families of the fallen and those of the survivors. As a result of which, the American families have rewarded him with their hospitality. During a 'dig', a gold bracelet was discovered bearing the name of an airman's wife. This was generously donated by the American family to Trevor's cause but, on a subsequent visit to America, Trevor, in an equally generous gesture, took the treasure back to the family where he thought it rightfully belonged and, it was gratefully accepted. There was another gesture of magnanimity by one of the survivors: when presented with a 'purple heart' he returned it because, he felt, the award was making a mockery of bravery when all he had lost was one little finger.

Trevor's digging career did not finish in Frettenham; armed with excavation licences he has since unearthed 179 sites. After the war it seems, there was a political 'initiative' introduced which deemed it cheaper, or more expedient, to bury war surplus rather than recycle it; one such site was at RAF Watton. Formally, and ironically, it held German ownership. This burial site revealed an unusual collection of artefacts: apart from Mosquito undercarriage and Merlin engine parts there were also pristine RAF monogrammed mugs, tea service sets and ladies wooden toilet seats.

Continued on page 13

Chimney Sweeping & CCTV Inspections

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- Need a website setup?
- General IT help required?

Covering Feltwell and the surrounding area

To discuss further please email me at:

david@help-with-it.services

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FELTWELL UNITED FOOTBALL CLUB

2024/25 SEASON REPORT

Feltwell United FC have 3 teams affiliated — U15's playing in Norfolk Youth League, VETS playing in Norfolk Vets League and Senior Team playing in Anglian Combination League.

U15's - Our first season at Feltwell has been challenging, sometimes disheartening, especially for the boys but a thoroughly rewarding season. We were promoted from the previous season into the Championship where the quality of football was a lot higher than division one. We started the season without a settled team and lost our first home game then another 7, although we picked up a couple of draws and a win during that time. We then managed to pick up a hard-fought win away from home which seemed to be the start of the boys really believing in their football. Even though we only managed 3 more wins for the rest of the season the boys showed perseverance and character in every game and never gave up. The quality of their football just got better and better. The last game of the season was a must win game away from home, the fight and togetherness of the team was brilliant to watch, and they finished the season with a well-deserved win. — Matt Grass
Manager

VETS — Following a promotion to league one in our debut season last year, we started this season firing on all cylinders, scoring 15 goals in our first 3 games. With notable wins home and away against Mundford overall we've had a great second season finishing mid table after a struggle for players in the last few games. If you are over 35 and interested in joining our VETS team, please contact the club. Our end of season awards have gone to — Manager's player Nick Ward, Player's player Kev Shafto and Captain's players Zolton Waites. - Jamie Dempsey — Manager

SENIORS — We started the season in the division 3 north after being promoted for the sixth season in a row. After going up so many leagues in a row we knew this league would be a challenge but with an excellent group of players we were confident we could get

FELTWELL LODGE

RESIDENTIAL CARE HOME

Lodge Road, Feltwell, Norfolk IP26 4DR



Feltwell Lodge is a comfortable Victorian property dating from 1860. It is a former hunting lodge set in 5 acres of beautiful landscaped gardens situated between Feltwell and Methwold.

The home is run by the proprietors, together with a fully experienced and caring staff providing a full 24 hour cover. The atmosphere is friendly, with no restrictions other than consideration for fellow guests.

Visitors are welcome and we encourage the maintenance of close links between residents and their families and friends.

**For Brochures please phone: Mr Paul Hanley RN
or Mrs Sandra Hanley RN**

01366 728282

Website: www.feltwelllodge.com

E-mail: feltwelllodge@hanleycarehomes.com

somewhere. Some players left the team, we gained other very good players, but the core of our team remained the same led by our Captain Teddy Webber. Unfortunately, we narrowly missed promotion by two points, finishing third in the league. End of season award winners were — Charlie Baker Award — Charlie Power, Player's Player — Charlie Power, Captains Player — Clayton Waites and Manager's player — Clayton Waites. The up-and-coming preparation for the new season is well under way giving Feltwell United the best possible chance for promotion and silver ware at the end of the season. Carl Peckham - Manager

Feltwell United FC would like to thank all our sponsors, donators, the many people who work tirelessly outside of playing football to keep our club going, the tea hut ladies, the Parish Council for use of the facilities and our fans/supporters who turn up at most of our home games and even some of our away.

We look forward to seeing you all in the up-and-coming season at the Lane.

WNAS Report continued from page 9

As a tribute to posterity and remembrance Trevor's museum is free to savour and in another act of good will he has also supplied our society with a list of possible future speakers - thank you Trevor. More from him on facebook @newfarm aviation.

More from us at www.westnorfolkaviationsociety.org.uk

Thanks also go to our Bowls Club stalwarts, Val and Len, whose generosity provides us with free refreshments.

Nigel Tooth - reporter.

*Thank
You!*

FELTWELL'S BEST KEPT SECRET

Barrie and Jackie would like to say thank you so much to all of you who kept the secret and gave us such a fantastic surprise. You have made beautiful memories we will treasure.

Feltwell Historical Society - programme 2025

We meet at the Wellington, 7pm, 3rd Friday of the month

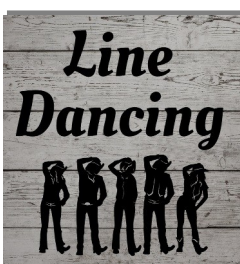
Aug. 15th - Kevin Boardman - TBA

Sep. 19th - Liz Lesley-Smith - Oxburgh Hall

Oct. 17th - Stuart Samuels - Ghosts of Feltwell

Nov. 21st - Society Annual Dinner

Dec. - St. Nicholas Church - Carols by Candlelight TBA



LINE DANCING with MARIA
FRIDAY 22ND AUGUST, 7pm-11pm
Instruction 8pm thru 10pm
See advert for more info. In aid of Food Pantry



FELTWELLBEINGS

On your own? New to the village?

Want to meet other people?

Then come and join us.

Thursday 10am -12.noon at Methodist Church Community Hall in Bell Street.

CHAT, Gentle Exercises, Play Table Tennis, Snooker, Board Games, Cards, Dominoes and loads more. We do Countdown, Bingo and more. We also have a Bring & Buy table.

We are also a listening ear and can help with form filling and other information.

Open to all over age 18 —whatever your ability.



Come and see the warm welcome you will get in our Warm Space.

Oh, and we do refreshments.



TOTALLY ACCESSIBLE PREMISES



Well folks, we promised you a treat and hopefully you all felt that is what you got at this year's Grand Village Fete & Carnival Parade. We went from a downpour in 2024 to a heatwave in 2025 and we have to thank everyone for their huge support again whatever the weather!

Now to some more thank you's:-

Scott Watson and all at East Coast Growers for their very generous donation



Niagri Engineering for always sponsoring and supporting our events

Freedom Recycling who gave us a free skip for the event and another as a raffle prize along with other lovely prizes

David, Brigitte, Matthew and Graham Waters for delivering and emptying the potato bins and donating all the haybales

Steve Peckham of Peckham Haulage for obtaining and setting up the trailer free of charge

Travis Perkins for donating the heras fencing

Judith and Jeremy Porter for allowing the floats to be decorated and stored in their barns, and letting us use their premises as a starting point

Providers of the float vehicles as well as all the float participants who endured the blazing heat rather than the pouring rain of last year, all of whom make an



incredible effort and ensure we can actually have a parade – Feltwell Brownies, Feltwell Playgroup, Edmund de Moundeford Primary School PTA, Cubs & Beavers (winners), Feltwellbeings on their vintage bus, Women's Institute, Vinnie Baker and his vintage tractor, and the Solid Rock Community Group

Float Marshalls - Matt

Martin and his team (all friends who we rope in every year) – Emma & Neil Edwards, Benjamin Wilson, Jamie Dempsey, Karen Massingham, Josh and Katy Holland



(who provided much needed ice pops and water to everyone halfway around the parade) , Sally Bonnett, Carly Webb, Eva & Will Martin, Lizzie Nunn, Steve & Devon Whamond, Alice Gooch, Abbie & Mollie Fairburn, Grace Morris, Ellie Kent, Louise Kennedy, Stevo Saunders, Graham Waters, Chris Mills and Terry & Tania Barnard

All of the stallholders who this year battled blazing heat (40 of them so unfortunately too many to mention but pics will follow!)



Those who created scarecrows and to Gene & Diane Grimes for judging them, selecting this year's winner as Mrs Liz Gray of The Old Rectory, Lodge Road

Everyone who donated raffle prizes

as we had some wonderful prizes again particularly from local companies

St Mary's Church for providing teas and cakes, **Feltwell Social Club** for their wonderful outside bar set-up and **Feltwell United FC** for the BBQ who always support us and do such a great job considering outside events are not their usual forte

Mister E (aka Gene Grimes) who again gave up his afternoon free of charge to entertain us

Dave, Lewis and all at Norfolk Sound Systems who ensure we have all the PA and sound equipment need

Karl Rose, our Sound Engineer, who arrives at 7 am and doesn't pack up until the event ends

Derek Leader from Lakenheath Photography Club, who has supported us from the start, giving up his time freely to come and take photos of our special village day (photos are all courtesy of him)



Echo Rising for providing the evening's entertainment – “proper” musicians who we hope everyone enjoyed as much as we did



Maria Tennant for providing impromptu line dancing and lots of laughs, and **Tracey Cock** for her outstanding rendition of Whitney Houston's "I Wanna Dance With Somebody" (we need to do a Feltwell's Got Talent next!!)

Thank you also to **Neil Wilson, Matt Martin, Jason Sheldrick and Don Gray**, our long-suffering husbands who don't see much of us in the lead up to the event but are roped in to do all sorts and work so hard behind the scenes to make sure we don't fall flat on our faces.

Finally, a really big shout out to everyone who came and persevered this year's hot weather. It was our pleasure to organise the fete because once again, you all did Feltwell proud, getting behind us and supporting it. We had the same comment from a number of stallholders – that Feltwell has a really great community.

We will let you know shortly the final figure raised and any profits will be donated to our village groups and go towards funding next year's fete.

Hope to see you all at our next event - Picnic in the Park - on Sunday 27th July 2025!

Helen, Jo, Liz, Tonia, Tracey & Jay - Feltwell Community Group



SHOE-STRING SECURITY

This month Frederick James has had enough and has got back on his soapbox.

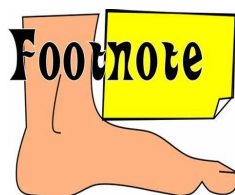
Should we be worried? Dammed right, we should! Over the last decade, we have been drip-fed assurances, that our successive governments are keeping us safe from harm at every level.

However, events in late June at our major RAF hub, Brize Norton made me suddenly feel so afraid and intensely angry at what a couple of misguided idiots on electric scooters could achieve in the middle of the night with complete impunity.

Their act of vandalism wasn't discovered until the base woke up at dawn the following morning! They managed to breach the base perimeter, cross the huge hard-standings and manage to spray red paint into the engines of two rather expensive jets, before sneaking away without a trace, leaving the MOD with a multi-million pound repair bill which would have been avoided with the security that existed during my time in the Air Force.

I say I am frightened? I *am* frightened at the thought that rather than red paint, those two numpties could just as easily have been putting IED's in the intakes of those Voyager aircraft.

I say I am angry? I *am* angry because this would never have happened in my day. Even serving personnel couldn't get within spitting distance of a dispersed aircraft, without being challenged by an armed handler and his 'oh-so-friendly' guard-dog! So where were the handlers and their dogs that night? Why were those two



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vandals able to even get past or through the perimeter fence without being pounced on by Brize Norton's version of the Hounds of the Baskervilles?

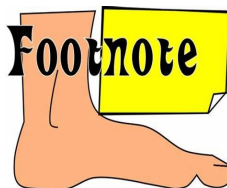
Apparently, it's all down to money, or lack of it, according to 'sources' who briefed the press. It would appear that, owing to lack of the readies, the base's 5-mile perimeter cannot be patrolled 24/7/365. It can't be because dog food is too expensive, surely? In my time, every base had a pig farm. [We had bacon and the guard dogs were catered for in a suitable fashion. But that's another story]

Why has the Base Commander at Brize Norton had to live with the fact that he cannot keep one of the world's busiest military airfields secure at night, from two troublemakers with spray-guns on electric bikes, because his Government won't give him the means whereby he could do that? It really can't be down to a lack of dogs and their handlers? There are armed guards on the main gates at Brize Norton, day and night, but these guys went through or over the fence at dead of night, which is when they should have been detected.

My twenty-two years in the Air Force was a happy time, but most of all, despite the apparent heavy-handedness of it, base security made me feel safe, doing my job, by day or night.

When is our government going to do right by our servicemen and women, and give the Services the means to protect themselves and their equipment?

Situations like Brize Norton sometimes make me ashamed to have ever worn the Blues, but I am going to stand in the corner now, and try to calm down.



Excerpts from various aviation engineers' fault report forms

Pilot: Target radar hums.

Engineer: Reprogrammed target radar with lyrics.

Do you feel modern technology is leaving you behind?

Would you like to brush up your skills?

If so, why not drop into the sessions below?



Extra sessions added for 2025:

1st August, 5th September

3rd Oct. 7th Nov. 5th Dec

10-12pm at St Mary's church.

Refreshments provided.

- Do you need to book appointments, buy things online and apply for jobs, but you've run out of credit and your phone screen is too fiddly?
- Have you got a smartphone, but think you might not be getting the best out of it?
- Do you wonder if you're missing out because you're not on the internet?
- Are you worried about staying safe from online scams?
- Do your kids need to do their homework, but you haven't got a laptop or the internet at home?

Tech Skills for Life is here to help!

Our friendly Community Tech Coaches can help you with laptops, tablets and data and advice about affordable broadband. We can also teach you new skills that will make tech easier to use.

Community Tech Coaches can:

- Give you the skills and confidence to be safe online and use your tablet, laptop, or smartphone however you want.
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- Help you get free mobile data or a cheaper broadband tariff.
- Teach you new skills and suggest useful things like classes or social groups.

Get your tech skills sorted, make your life easier, and get in touch today.

Call 01485 536420 or 01493 448246, Monday to Friday from 9am to 5pm and speak to a Community Tech Coach, or leave a message, and we'll call you back.

If you're online already, fill in our contact form: www.norfolk.gov.uk/TechSkillsForLife

CURIOS ARE BACK! No 3

All of these old curios and objects come from the collection of Paul Blackmur of Flitcham. The idea of a column in this magazine came from Robert Walden.

Answer to last month's Curio.



D TYRE GROOVER 3%
PAT. APP'D FOR N° 14243/38
CUTS RUBBER LIKE BUTTER!
WITH 3 SPARE CUTTERS

Smooth Tyres are Dangerous

SMOOTH TYRES are illegal and more liable to puncture. wear out quicker, than when re-grooved. can invalidate your Insurance Policy.

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THIS TOOL WILL SAVE YOU £££s

Extra cutters 6d. Box of Two

The name on the box says it all! If your car tyres were worn smooth this might be seen as a remedy. You can imagine the headline in the newspaper advertisement: *"Must you keep on buying new tyres when the tread on your existing ones has worn smooth?"*

This month's Curio is over the page

ALMSHOUSE RESIDENT VACANCIES

Sir Edmund de Moundeford Trust Almshouses, originally built in 1642, were refurbished by the trustees 1994 to create four one-bedroomed cottages on Oak Street, Feltwell.

We currently have available two ground floor one-bedroom cottages which are currently being modernised. Accommodation comprises of kitchen; bathroom; hallway; bedroom and living room with solar panels installed. Communal grounds, close to Feltwell village centre. Available from September 2025 onwards

There is no resident warden. Maintenance charge applies. Residents are responsible for their own council tax and utility bills. Each cottage is unfurnished.

Criteria:

Open to anyone in a condition of need, hardship or distress and with limited finances, who are resident in the parish of Feltwell. Applicants should be of 'good character' and be 'in need of assistance' – this is based on both financial and housing need.

Must be capable of independent living – able to look after yourself and your home. Sorry, no pets and no smoking within the property.

Application process includes references, checks and an interview at current address to validate information.

Contact:

To request an application form please contact:-

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T: 01366 387180



JEM PROPERTY MAINTENANCE



Handy Man & Property Maintenance

JOHN - 07798 672 552

jempropertymaintainer@gmail.com

This Month's Curio

An old leather collar with spikes protruding out. Like something out of a torture chamber? (probably 18th century or earlier.



Answer next month.

Feltwell Dispensary

NEW Opening Hours from 2nd Dec

Monday: 08:30-12:00, 15:00-18:00

Tuesday: 07:30-12:00, 15:00-19:00

Wednesday: 08:30-12:00, 15:00-18:00

Thursday: 08:30-12:00, 15:00-18:00

Friday: 08:30-12:00, 15:00-18:00

 01842 829738 or 01842 828481

You can order your medication or ask any queries regarding your medication online via our website:

www.feltwellsurgery.co.uk or by using the NHS App. We have a dedicated telephone number in place for our housebound patients to order their medication, which is open Monday to Friday between **10.00-12.00** and **14.00-16.00**.



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Moundeford
students**

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how to donate
items**



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in good condition and
get a £5 voucher for
use in PLUS**



LATEST CONSUMER ALERTS AND TRADING STANDARDS NEWS

Scam Alert - Emails claiming to be from 'Barclays'

We are warning residents about emails circulating claiming to be from 'Barclays' stating, 'we're refreshing the way we look' and that 'over the next few months some of our emails will look different, while others will remain the same' with the email going on to say, 'Rest assured, both are from us'. The email also claims that, 'as part of these updates, and in line with FCA (Financial Conduct Authority) requirements, biometric authentication will become mandatory from 22 July 2025 for all account access'. The email then provides a link to 'complete the re-authenticate process' to 'ensure uninterrupted access to your account'.

These emails are not from Barclays and are designed to mislead the recipient into thinking changes are about to be made to communication from them and changes to account access. Anyone following the link will be taken to a website which will attempt to gather personal, account and financial details.

Our advice is **always** to be wary of claims made in unexpected email approaches and **never** click on links or open attachments if approached in this way.

If you are concerned about the security of a bank account contact your bank directly using the Customer Service number printed on your card, on a recent statement or via information available on their genuine website or app. Never use details provided in a cold call.

Scam Alert - Text messages claiming to be from the Chartered Trading Standards Institute

We are warning residents about scam text messages circulating claiming to be from the Chartered Trading Standards Institute (CTSI).

The text messages state that CTSI can help you claim back money from an investment and asks you to click on a link to book a 15-minute meeting to discuss.

We can confirm that these messages are **not genuine**. Trading Standards officers are working to get the linked fake website taken down. CTSI states they have no involvement with investments.

You can report any suspicious text messages received by forwarding it to 7726. If you are unable to forward a suspicious message you can also take a screenshot or screen recording of the text message and send it to the National Cyber Security Centre at report@phishing.gov.uk

You can also report scams received to us via our partners the Citizens Advice consumer helpline on freephone 0808 223 1133.

Contacts

Associate Priest

Rev'd Juanita Hawthorne 01366 728545

revjuanita58@gmail.com

Churchwarden

Chris Parker 01842 827152

cmparker@talktalk.net

Benefice Administrator

Fiona Hearn 07811 782316

wisseygrimshoebenefice@gmail.com

TO ARRANGE, WEDDINGS, FUNERALS AND HOME COMMUNION

Please contact:

Fiona Hearn 07811 782316

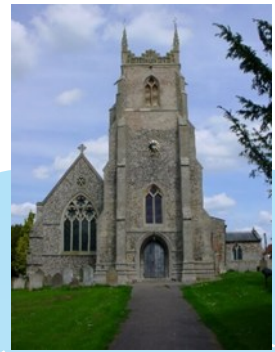
wisseygrimshoebenefice@gmail.com

TO ARRANGE BAPTISM

Please contact Tammy Wright

07717 507665

grimshoebaptism@gmail.com



Welcome to St Mary's Church Feltwell

Part of Grimshoe Benefice

including

St Mary's
Feltwell

St James'
Hockwold

St Andrew's
Northwold

St Mary's
Weeting



Scam Alert - Emails claiming to be from 'EE'

We are warning EE customers about scam emails circulating claiming to be a 'Payment Reminder as 'your last bill payment was not settled in full and there remains an outstanding balance of £6.21 on your account'. The email goes on to state that 'to avoid any potential service interruption' payment should be made via a link included in the text.

These emails are fake and anyone following the link will be taken to a fake version of the EE website which will attempt to gather personal, account and financial details or download malware onto your device. The criminals sending these emails often use small amounts as the figure to be paid as they believe people are more likely to make payment to avoid issues with their service but would question requests for larger amounts

Our advice is always to be wary of claims made in unexpected email approaches and never click on links or open attachments if approached in this way. It is highly likely that versions of this email will be circulating claiming different outstanding amounts.

If you are concerned about the security of an online account log in to it directly via the official website or app or contact your service providers customer service via a number available on a recent bill, official website or app, never use contact numbers given in these emails.

Scam Alert - Emails claiming to be from 'BT'

We are warning residents who are BT customers about scam emails circulating claiming to be a 'Final Warning' as 'viruses have been detected on your device'.

The email goes on to say that 'your anti-virus subscription has been suspended' and 'despite our repeated attempts to inform you, we have not received any response from you'. The email then claims to 'restore your account' you need to 'renew your license' via a link in the email.

These emails are not from BT and anyone following the link will be taken to a website which will attempt to gather personal, account and financial details.

Our advice is **always** to be wary of claims made in unexpected email approaches and **never** click on links or open attachments if approached in this way.

Scam Alert - Emails claiming to be from 'British Gas'

We are warning residents about scam emails circulating claiming to be from 'British Gas' stating that 'unfortunately your last Direct Debit hasn't gone through' and that 'there is £7.21 overdue on your BritishGas account'. The emails, which are branded and designed to mimic genuine emails from British



NEED A WILL?

NEED PROBATE?

NEED LASTING POWERS OF ATTORNEY?

FUNERAL PLANS?

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07710 825253

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SERVICE**

www.turnerfunerals.co.uk

Brandon
2A Thetford Road | Brandon | IP27 OBS
Telephone: 01842 811245
Email: brandon@turnerfunerals.co.uk

Gas, go on to say that 'to avoid losing your service please pay the outstanding balance in the next few days and provide us with Direct Debit details for ongoing payments' followed by a link to 'check your account'.

Anyone following the link will be taken to a phishing website which will attempt to gather personal and financial information.

Our advice is **always** to be wary of claims made in unexpected email approaches and **never** click on links or open attachments if approached in this way.

If you are concerned about the status of an account you hold contact the service provider directly using the customer service number provided on a recent statement or via information available on their genuine website or app. Never use details supplied in the suspicious email.

Scam Alert - Emails regarding 'Council tax payments'

We are continuing to warn residents as a number of scam emails making claims about Council Tax payments and accounts are circulating.

Recent examples have included:

Emails claiming to be from 'Council Revenue Services' titled 'Council Tax Payment Alert' and stating that 'according to our systems your council tax payment appears outstanding' with a link to 'proceed to payment verification'

Emails claiming to be from 'Local Authority' stating that your council tax is in arrears and then quoting a small amount, usually in the tens of pounds, and providing a link to make the payment

Emails claimed to be from 'Local Taxation Office' titled 'Important Council Tax Notification' and stating that 'We currently show no record of receiving your council tax payment for the current period' with a link to 'verify your payment'

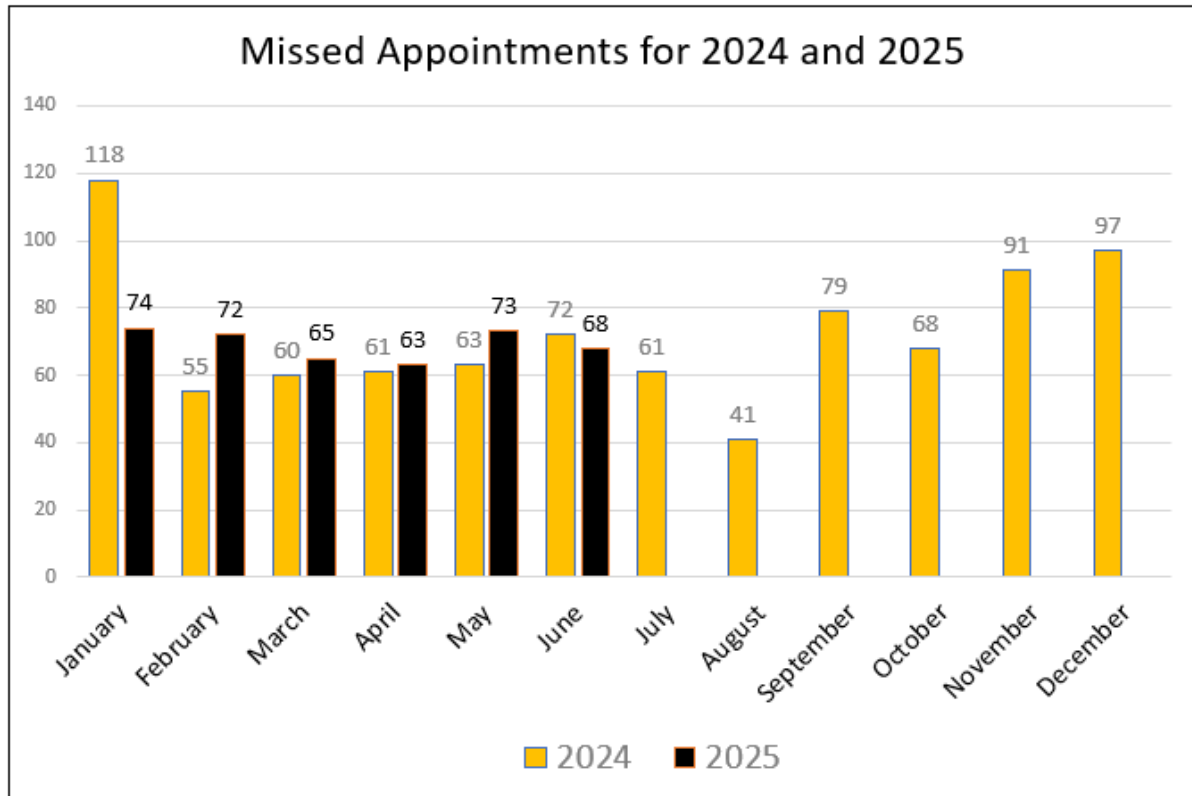
Our advice is **always** to be wary of claims made in unexpected email approaches and **never** click on links or open attachments if approached in this way.

If you need to confirm a contact about council tax is genuine, or you have any other council tax queries, contact your local council direct. [Find contact details for local councils via the GOV.UK website.](#)

You can report any suspicious email received by forwarding it to report@phishing.gov.uk.

If you think you have received a scam contact you can also report this to us via our partners the Citizens Advice consumer helpline on **freephone 0808 223 1133**.

NO COMMENT NECESSARY AND LITTLE IMPROVEMENT



A REQUEST FROM THE SURGERY

The surgery has received complaints from patients that dog walkers are using the surgery car park. They ask dog walkers to please park elsewhere as it causes great inconvenience to genuine patients when the car park is full.



Large brown stool ambulating in the hall.
Apparently from an actual entry on a patient's hospital record.

SUBSCRIPTION INFORMATION

If casual readers would like all future issues of this magazine delivered **FREE** to your home in Feltwell please contact our Distribution Manager Ian Webb on 828167.
March 25-March 26—£5 (12 issues, 2 free).
All subscriptions below 11 copies are pro rata.

MAKING A DIFFERENCE IN THE CONSTITUENCY

From : terry.jermy.mp@parliament.uk

Having served on all three levels of local government prior to becoming MP, and given my youth worker background, I know how impactful the right support is for people facing difficulties.

My ambition as your Member of Parliament has always been to be a constituency MP, where my focus is purely on South West Norfolk and doing everything possible to help you see and feel the difference from having an engaged, visible and dedicated representative.

A large part of my role therefore is casework, where constituents get in touch with my office needing support.

When it came to forming my casework team, I wanted to ensure that when constituents emailed in, their experiences would be met with empathy and expertise. I set about finding caseworkers with extensive experience in agriculture, health and social care, welfare, education, and planning and infrastructure – all critical areas that have long needed support in South West Norfolk. As a result, we are one of the only constituencies with a dedicated SEND caseworker.

To give you an insight into the volume of casework undertaken by the team and I, on average we open 20 new cases a day, totalling 7577 cases in the last year. Each case is a person needing support, and it can be complex work liaising with multiple organisations to implement the assistance needed.

I think often of the people we have helped. For instance, the constituent who had been waiting months for a hospital appointment, their condition worsening, and despite their GP trying to escalate concerns, their appointment wasn't being brought forward. We raised concerns with the appropriate organisations, highlighting the clinical risks, and the constituent was provided an appointment within two weeks.

Or the constituent who had been facing long-standing issues with their poorly maintained rental property, which was impacting their

**Services
elsewhere in the
Benefice**

**St James'
Hockwold**

Eucharist

August 10th 9.15 am

Service of the Word

August 24th 9.15 am

Eucharist 9-30am

1st Tues in month

Morning Prayer

All Tues except 1st in
the month 9-30am

**St Andrew's
Northwold**

Eucharist

August 10th 11am

Eucharist

August 24th 11am

**St Mary's
Weeting**

Eucharist

August 3rd 11am

Service of the Word

August 17th 11am

Benefice Eucharist

August 31st 10am

**Services at St Mary's
Feltwell**

Eucharist

Sunday 3rd August 9.15am

Eucharist

Sunday 17th July 9.15am

Benefice Eucharist at Weeting Sunday
31st 10am



**Other happenings at
St Mary's Feltwell:
Food Pantry Open**

Weds 9am—11.30am

Sat 12.00pm—1.00pm



**Every Wednesday come
for a warm welcome,
tea coffee and cake and
good company.**

Internet available and help to use it.
Community Information Point.
Borough Services.

**The church is open every day from
9am until 4pm.**



children's health, and had resulted in them seeking temporary accommodation. My team and I liaised with the housing provider to get the necessary repairs completed and the family was able to move back into their home in time for the holidays.

Being an MP is a privilege and responsibility, and knowing the help we are providing every single day is one of the most rewarding parts of my role.

Should you or someone you know need support, please email; terry.jermy.mp@parliament.uk



Last month, to mark my first year as MP, I held a summer listening tour where I visited dozens of villages across the constituency to meet with residents and hear your thoughts and concerns. The conversations and issues raised varied greatly. Thank you for taking the time to meet with me.

THE BOOKCASE

In the Chapel Entrance

Hundreds of books for your every moment.
OPEN 7 DAYS A WEEK,
dawn til dusk (usually)

including Children's Bookcase

**WANTED.....MORE BOOKS FOR CHILDREN'S
BOOKCASE – ALL AGES WELCOME.**

Please keep them coming. Pass on those you've read and take something new.



PLEASE DO NOT LEAVE OLD MAGAZINES IN THE FOYER

We do not have the facilities or borrowers for this type of media

FREEDOM RECYCLING

**Moving home, having a
tidy-up, renovating your
home or garden?**

**Then a skip might be just
what you need!**

**Why choose Freedom
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We are your local, reliable, family run business (Est. 2005)

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01842 828888



reception@freedomrecycling.co.uk



<https://freedomrecycling.co.uk/>



Messenger

BANK HOLIDAY BBQ LOGISTICAL

This Logistical puzzle was designed by Chris at the Wellington.
The solution is on p77.

	Katrina	Theodore	Hamish	Claire	Beer	Wine	Cider	Soda	Crisps	Chips	Coleslaw	Garden Salad
Veggie Burger												
Hot Dog												
Belly Pork												
Chicken Kebab												
Crisps												
Chips												
Coleslaw												
Garden Salad												
Beer												
Wine												
Cider												
Soda												

Four friends meet for a Bank Holiday BBQ, match the Person to their Barbecue Food, Side Dish and Beverage

CLUES

1. Theodore doesn't drink alcohol or eat potatoes.
2. Katrina had a Hot Dog with her Beer. She doesn't like vegetables.
3. The person who had Crisps also drank Wine.
4. The Pork Belly, the Kebab, the Cider & the Garden Salad weren't served to Hamish.
5. Claire doesn't eat Chicken or mayonnaise.



Answer me this:

Wouldn't it be nice if we all said, 'Good morning' or 'Good afternoon' or even just a simple 'Hello' to complete strangers whilst walking around the village.



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WORD SEARCH

Submitted by Mrs J. Clements.

This month our word search is on **MAKES AND MODELS OF CARS**

Find the words from the list below. They run vertically, horizontally, diagonally, backwards and forwards but always in a straight line.

There is ONE extra word in the list that is not found within the grid.

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

ABARTH SPIDER ABARTH TURISMO ACURA AUDI BENTLEY
 BMW BUICK ENCLAVE BUICK VERANO SEDAN FIAT GMC
 HONDA JAGUAR XF JAGUAR XJS JEEP MASERATI LEVANTE MINI
 MITSUBISHI NISSAN ARMADA NISSAN FRONTIER
 SEAT IBIZA SEAT LEON SKODA OCTAVIA SUBARU
 TESLA SEDAN TOYOTA CAMRY

*The solution is
on page 79*



Local Domestic Oil Boiler Servicing

Servicing Standard & Condenser Boilers
Annual Service with Tank Inspection &
Boiler Commissioning
Breakdowns, Maintenance & Repairs

Electrical Testing Specialists

Portable Appliance Testing
Fixed Appliance Testing
Full Reports, DRB Checked

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WWW.MAYESELECTRICAL.NET

**COVID-19: As an essential Business we are open
and operating with Covid-19 guidelines in place**

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M J HAWES — Est 1988

Garden rubbish! You make it, we take it!

GARDEN CLEARANCE:

Soil, concrete, hardcore removal * Ponds emptied and filled
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Prompt, reliable service.

Fully insured and licensed to carry and process garden waste.

Waste transfer certificate issued with every removal, large or small.

Tel: 01842 878784

Mobile: 07951 206602

Email: mjhgs88@gmail.com



August is here and so is the heat of summer. Our plants all need extra care with being regularly watered but normally by now, our water butts are empty and we have to find ingenious ways of using water from the house. As long as it's not too soapy, the washing up water in our bowl is first allowed to cool and then it is put around the bottom of the plants in the cool of the evening. I always water in the evening after the fierce heat of the day is going away, then the plants get more time to drink before the sun rises again. If you have half a cup of cold tea or coffee left, or a soft drink, pour it around the base of a plant; they also like these drinks.

Feltwell in Bloom have been busy with two stalls this Summer so far. It was good to see so many people and chat on both occasions. The money raised on our stalls will go towards buying new plants for the tubs for the next season, so thank you for your support. Please come and visit us for our next sale of plants which will be held outside the **Wellington on Saturday September 6th. We will also have coffee, tea and cakes** on sale that day. We start early at **9am and will finish by 12pm**. Come and say hello.

I would like to thank all of those who have helped us this year by providing plants to sell or practical help, such as with the watering. Firstly I would like to thank all volunteers in the group who help to keep the tubs looking so good during the year. I would also like to thank the following people: Ed Joy, Barbara Savage, Sheyenne Monaghan, Sue (from Nightingale Lane), Sue Garland, All of the Samuels family, Baz, Mo, Jenny Brown, Sandra Pritchard, Simon Glasgow, Denny Wright, Steve Saunders and Aspal Lane Nurseries. We all appreciate all of the help you have given us; **thank you**.

Finally, we will be finishing judging the **hanging basket competition** early this month. If you haven't been able to put your entry form in,

Continued on page 45

MISSED APPOINTMENTS @ THE SURGERY 2025

June 2025 saw **68** appointments missed, that's only **5** less than in May. This represents a loss of medical care to the tune of **£2040** for the month and **1120** minutes of wasted time.

So far this year **415** appointments have been missed representing a total of **£12,450** of medical care lost. These appointments could have gone to someone else in need.

If you cannot attend your appointment, please cancel it.

Lead Times for Prescriptions

PLEASE ALLOW **5** FULL WORKING DAYS FOR YOUR MEDICATION TO BE READY

Ordered

Sat, Sun & Mon
Tuesday
Wednesday
Thursday
Friday

Ready for collection

Following Tuesday
Following Wednesday
Following Thursday
Following Friday
Ready a week Monday

ART FOR PLEASURE

Every Thursday 10.30 am – 12.30pm. £3 per session at Weeting Village Hall.

Contact Beryl Pountney, Secretary, for details on
01842 828750

The kettle is always on.



All walks and no play makes Jack a doll boy.

Her hair is always hanging about her moon-shaped face with horn-rimmed spectacles.

Taken from children's essays written in an examination.



Your Good Health

by Dr Ian Nisbet

I must apologise that there was no article last month. I had a couple of major health issues at the same time. There were many trips to hospital and I have felt most unwell.

Unfortunately, I did not have enough “emotional headspace” to create the article. I am now “on the up” and I am happy to offer next month’s article below

Have you ever had a really bad idea? Just to set the scene – at the time of writing this article (21.06.25) the weather is extremely hot but, so far, there is no hosepipe ban. For the past week, I have been working in the garden from 6am until about 11am before escaping indoors from the heat until 5pm or so when the weather is cooler and I return to the garden. Further scene setting – the front of my house has two large bay windows and a central front door. Years ago, I installed

long horse trough type flower baskets under the windows and either side of the front door. There is a 6ft flower bed along the front of the house. All of the above are packed full of colourful plants which need watering.

The only outside tap is on the rear patio so watering the plants at the front involves dragging a hosepipe all the way around the back, side and front of the house. I have made the job easier by treating myself to a really long hosepipe which, unlike my previous battered hosepipe, is not full of joints which can pull apart. The business end of the hosepipe ends in a Miracle-Gro spray dispenser which is full of fluorescent blue granules which dissolve in the water in the dispenser.

“OK” I hear you shout
“What’s the brilliant idea

then?”. It seemed to me blindingly obvious that the best idea would be to take the hosepipe through the middle of the house. In the old days, Management (Deannie – Also known as Head Office) would have squashed the idea at birth but, since she died, I have lost her restraining influence so I ploughed ahead. Needless to say, the hosepipe got stuck when I was halfway through the house so I parked the dispenser on the kitchen island and went to sort out the problem. There was an almighty crash. The dispenser fell onto the kitchen floor, split open and discharged at least a pint of fluorescent blue liquid all over the kitchen floor and halfway up all the kitchen units and nearby wall. Two large towels later and the water was mopped up. Happily, we have cream tiles on the floor, not some pale carpet. I pulled the remainder of the hose through the front door and along the front of the house and watered all my plants. Then, of course, the hose had to be pulled back through the house. Inevitably, it had picked up some wet soil

(our blackbirds love chucking it all over the pathway) and I managed to mess up the hall, the kitchen floor and the bottom of the curtains at the rear patio doors.

Let us summarise: Time saved by not dragging the hose around the outside of the house and then dragging it back again - 4minutes

Time spent dragging the hose through the house, mopping up the unholy mess on the floor, cleaning the cupboards and walls and further time dragging the hose back through the house. Allow a conservative 10 minutes to clean the curtains – 45 minutes. So, my brilliant idea cost me 41 minutes, no end of aggravation and a good deal of self recrimination. Oh, how I miss my Deannie!

Food for thought: The things which come to those who wait may be the things left by those who got there first. *If the shoe fits, get another just like it.* The 50-50-90 RULE: If you have a 50-50 chance of getting something right, there is a 90% probability you’ll get it wrong. *Change is inevitable, except from a*

vending machine. A TORCH or a FLASHLIGHT is a case for holding dead batteries. God gave us toes to help us find furniture in the dark. Give a man a fish and he will eat for a day. Teach a man to fish and he will sit in a boat all day, drinking beer. And now for my favourite – Those who live by the sword get shot by those who don't.

A man had two sons and he loved them very much. John was very clever and had a very high power job in USA. Fred was not so bright and he helped his father to run their business. Sadly, the father died and Fred telephoned John who promised to get the first flight home and asked Fred to arrange the funeral. John gave Fred his credit card details and told him to spare no expense - Dad should have everything required for a first class funeral. The funeral went very well and John congratulated Fred. Six

months later, John telephoned Fred because his credit card was being debited £150 every month and he wondered if Fred was still using his card. Fred denied this vigorously and it turned out that, because they both wanted Dad to look his best, Fred had rented the best tuxedo in town.

A man was coming up to his 80th birthday and his children thought it would be a good idea to arrange for a prostitute to visit him. That evening, his doorbell rang and a beautiful girl, wearing very little, stood on the doorstep and offered him some SUPERLOVING. The old man thought about the offer and said, "Thanks for the offer, I think I'll take the soup." NOTE: I shall be 80 in October and Heaven help any of my offspring who think this would be a good idea for me!

All good wishes to you all from Ian Nisbet.



just give me a call on the number below and I will enter your baskets for judging.

Contact us on the following platforms:-

Facebook - *Feltwell in Bloom*

Email – *feltwellinbloom@yahoo.com*

Or phone Rita on 07785345614

			5		2	6		
1		7		9			8	
4				7		2		
7	6						5	9
		5		2				3
	9			4		3		7
		4	3		8			

SUDOKU PUZZLE

Each row, column & 3x3 square must contain numbers 1-9

Answer on page 76



The Food Pantry, Feltwell

WHO ARE WE?

We are a group of volunteers who have set up a small non-profit shop of greatly reduced prices to help with the high cost of living for the local villages, as we are a rural community with no supermarkets nearby.

We run a membership scheme for a one-off charge of £3.50

For that we supply free fruit, vegetables & bread depending on availability & also the ability to shop with us at vastly reduced prices. Food donations are gratefully accepted, please leave in the Food Pantry area in St. Mary's Church, Feltwell.

We can also provide crisis packages for those in need, free of charge with the help of public donations.

You can find us at St Mary's Church, Feltwell.

OPENING TIMES:

Wednesday 9AM – 11:30PM

Saturday 12:00PM – 1:00PM

For more details visit our Facebook Page or call 07454 259280



Our speaker for July was the ever-popular Fraser Reich. This was Fraser's fourth visit to the Club and this time he talked about that precious and yet taken for granted resource, water.

We started by answering the question:

What is the chemical symbol of water? H_2O .

But what does it mean?

It means that two atoms of Hydrogen gas are joined to a single atom of oxygen gas. They do this by sharing sub-atomic particles called electrons that whizz around the centre of the atoms in 'orbits', like planets around the sun, that scientists

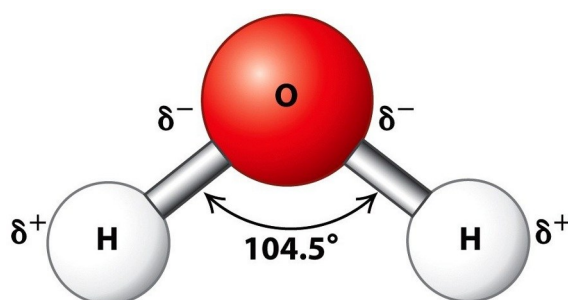
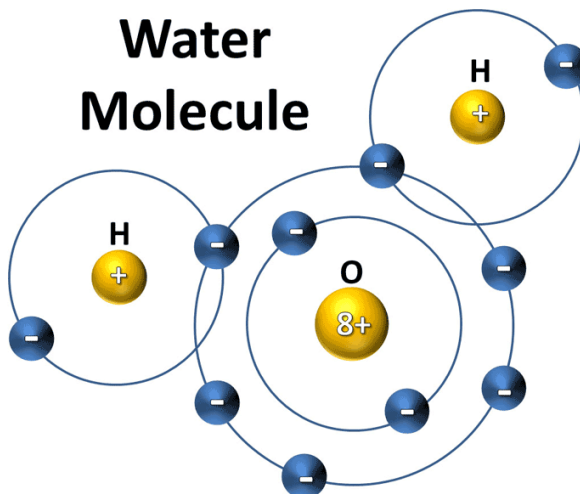
call shells. (In the diagram each Hydrogen (H) atom is sharing an electron with the Oxygen (O) atom) This shell model is what we call the atomic structure of an atom. The inner shell can only contain two electrons, the next shell can contain eight. (In the diagram above each Hydrogen atom is 'happy' because, by sharing, it has a full shell and the oxygen is 'happy' because, by sharing, it has its outer shell full.)

Still with me? I hope so, because what comes next is very important.

Notice, in the diagram above, that at the 'bottom' of the water molecule are four unshared electrons, each with a negative charge.

This results in the oxygen part of the molecule being slightly more negative than the hydrogen ends which are, therefore, slightly more positive. The consequence of this 'charge distribution' is that the water molecule takes on a slight 'bomerang' shape as shown here.

Water Molecule



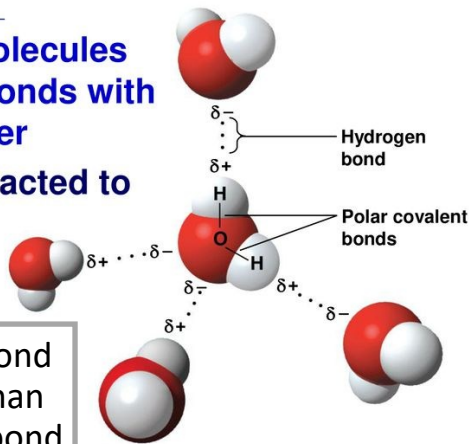
The δ symbol means 'slightly'

Now, we'll look at what happens when lots of water molecules get together.

Water molecules form H bonds with each other

• $\delta+$ attracted to $\delta-$

A covalent bond is stronger than a hydrogen bond



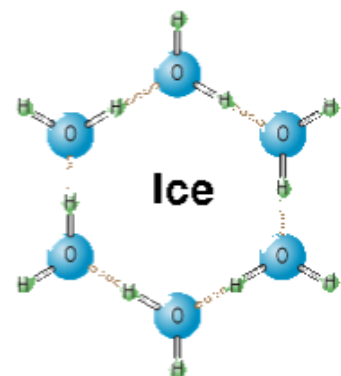
We all know, I assume, that negative and positive attracts (like North and South in a magnet) and that negative and negative, and positive and positive, repel.

This diagram shows how the different positive and negative parts of each water molecule

attract each other. This is a **weak** attraction we call a hydrogen bond. These hydrogen bonds are constantly breaking and making and it is this that makes water liquid. Each individual water molecule is constantly 'jiggling' about, it's in constant motion.

This property of water (the imbalance of charge) enables 'jiggling' water molecules to be, what we describe as, a 'universal solvent'. This means that it is capable of dissolving most solid molecules like, for example, table salt (chemically called Sodium Chloride). The charge imbalance disrupts the molecular structure of the salt, thus breaking it down and the solid dissolves in the water.

An interesting property of water is that when it is cooled to zero degrees centigrade it becomes a solid, ice. As it cools each water molecules jiggles less and less until, finally, the hydrogen bonds don't break, they hold firm. Because they are boomerang shaped there is a logical way that six of them can get together to make an ice crystal. Interestingly, ice is less dense than water which is why your ice cubes float in your G&T and icebergs don't sink.



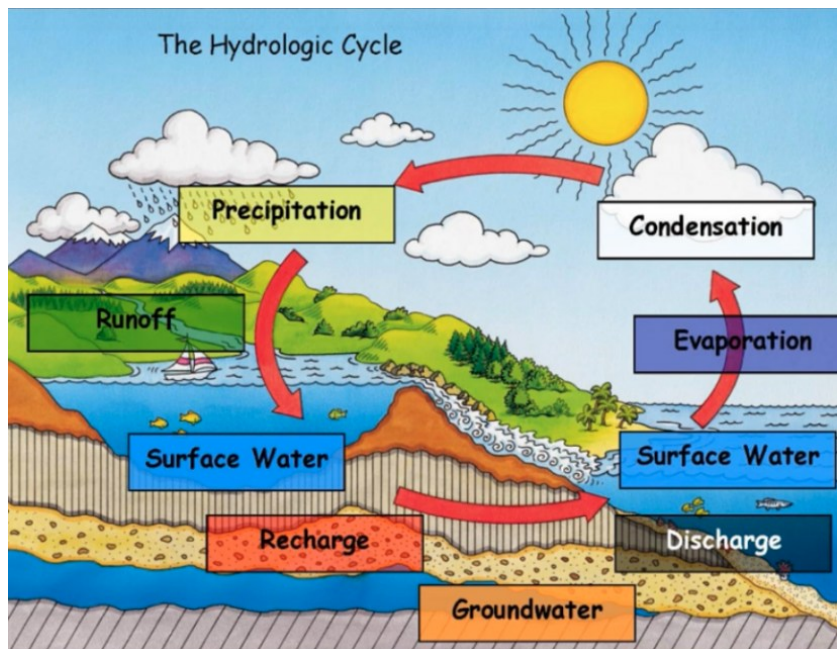
But how do we explain the evaporation of water? At 100 degrees Celsius the jiggling of the molecules is so great that it completely overcomes the hydrogen bonds and water turns into a gas. However, water disappears quickly on a hot day. So how does that happen? At the surface of any amount of water, a

puddle, the sea, the molecules at the very top can escape if they get enough energy from the sun, even a bit of sunlight is sufficient, and off they go into space as a gas. Eventually, the puddle dries up.

But be careful, don't confuse steam with a gas. Steam is water droplets and clouds. Clouds are not gas. They're tiny droplets of water which eventually join together to become rain. But when water is past 100 degrees, the water molecules are completely separate from one another. And there's a huge expansion. So one centimetre cube of water turns into 1600 cc's of gas. And that's the basis of steam engines and all that fantastic 18th century technology which kick-started the industrial revolution.

So, evaporation is key to the water cycle (See diagram) and weak hydrogen bonds are key to evaporation so without them there would be no life on earth.

Finally, Fraser took us through a calculation. How many molecules in a litre of water? The answer: lots. Just joking. Actually, there are



33,400,000,000,000,000,000,000 (33.4 septillion (3.34×10^{25}))

The Men's Breakfast Club usually meets on the 1st Saturday of the Month at The Wellington in Feltwell at 9am. It costs £8.00 per person to attend which includes a talk, tea or coffee and a full English breakfast which never fails to please.

New members are always welcome. If you would like to join us then either call The Wellington and book on 01842 828224, before 4pm on the previous Wednesday, or email the Club coordinator Paul Garland at garlandp@btinternet.com.

Our next meeting will be on Saturday 6th Sept. Our speaker will be Stephen Smith who will tell us about 'A day as a Reserve Fireman.

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WHAT WE ATE IN THE UK IN THE EARLY SIXTIES

- People who didn't peel potatoes were regarded as lazy.
- "Kebab" was not even a word never mind a food.
- Cornflakes had arrived from America but it was obvious they would never catch on.
- The phrase "boil in the bag" would have been beyond comprehension.
- The idea of "oven chips" would not have made any sense at all to us.
- Sugar enjoyed a good press in those days, and was regarded as being white gold.
- We never heard of Croissants we certainly couldn't pronounce it
- We thought that Baguettes were a problem the French needed to deal with.
- Garlic was used to ward off vampires, but never used to flavour food. * Water came out of the tap, if someone had suggested bottling it and charging more than petrol for it they would have become a laughing stock.
- Food hygiene was all about washing your hands before meals.
- The one thing that we never ever had on our table in the sixties were elbows.

Early Arrivals



The Atmere Charity

The Charity awards grants to individuals who are in conditions of need, hardship or distress by making grants of money for items, services or facilities designed to reduce the need hardship or distress.

It also helps for severe chronic illness in younger people.

Applications for assistance must be made to: The Atmere Charity Secretary, 16 Falcon Road, Feltrwell, IP26 4AJ giving as much detail as possible about the need, hardship or distress being experienced.

The applicant **MUST** be a Feltwell resident.

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The Surgery recently sent me a list of all the feedback comments they had received for June from patients via the automated post-appointment 'Friends and Family' NHS request system. All comments are anonymous. What follows is a selection from both the positive and negative comment lists with the surgery's answers.

I have to say that there are far more positive comments than negative ones



As someone new to the surgery I am really impressed with the staff and quality of care. I was seen promptly at both of my appointments, I felt listened to and taken seriously. After poor experiences at my previous surgery I was hoping for the bare minimum but Feltwell Surgery has far exceeded this - from the kindness of the reception staff to the brilliant care of the GP. I feel much more confident in my healthcare now.



The nurse that I saw was so lovely! We spoke about all my test results and I walked out feeling that there is hope. She is a credit to you surgery!



Stop wasting my time with this rubbish please

Response

Friends and Family questionnaire is a mandatory service which is out of our control unfortunately.



Radio in waiting room was very loud and uncomfortable. Wait time of 1/2 an hour after appointment time was not good.

Response

Music in waiting room irritating – we are looking into purchasing a patient information TV monitor for the waiting room which will have relevant patient information with some background music so hopefully this will help as we'll be able to then remove the radio from the waiting room.

Response

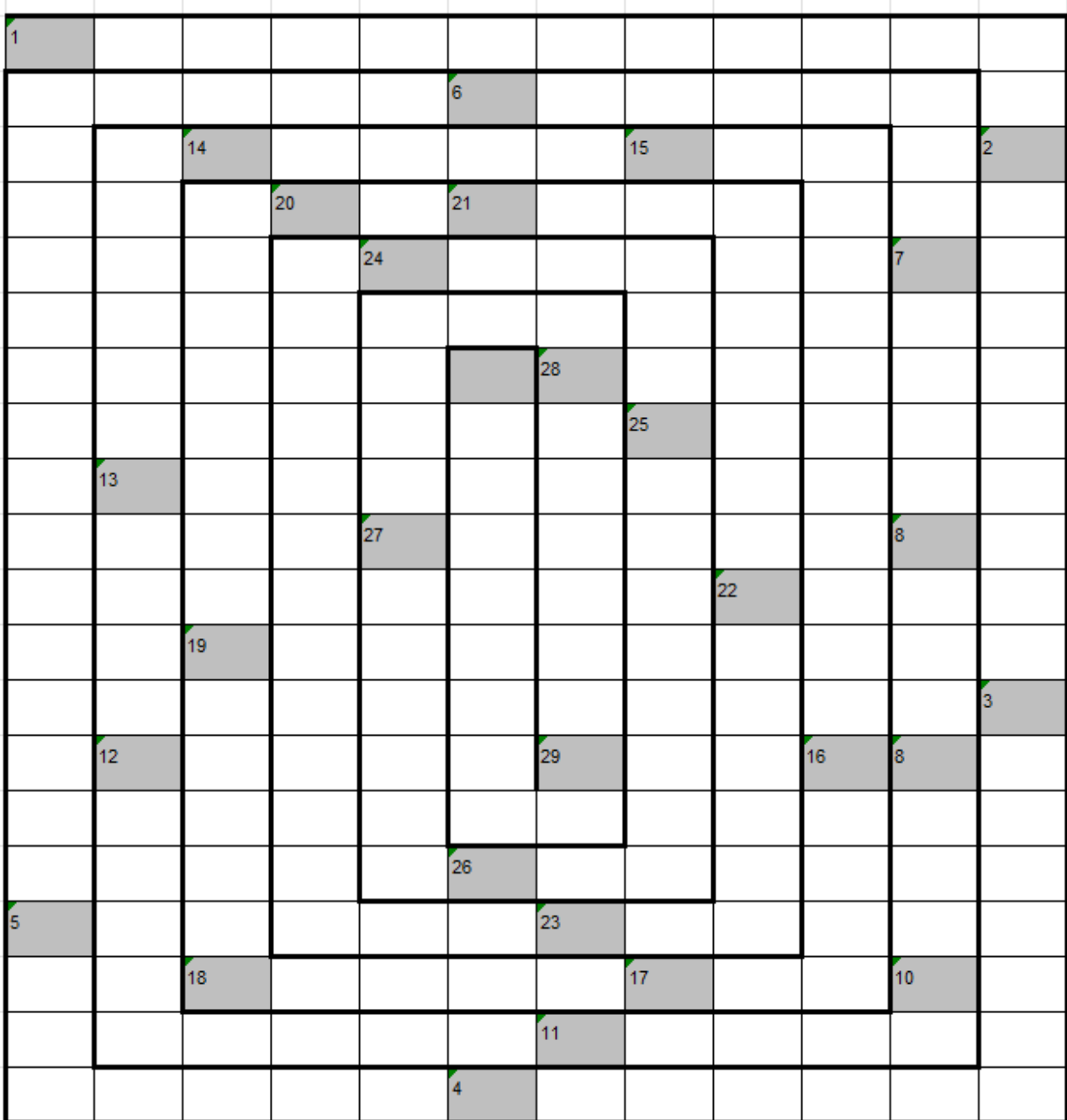
Waiting times – sadly are unavoidable at times.

PLEASE CONSIDER DOWNLOADING THE NHS APP.

WORD TRAIL

Janet Clements brings us a different type of puzzle, a Word Trail.

Starting at No.1 follow the clue numbers around the box clockwise finishing in the middle. The last letter of each answer is the first letter of the next answer. Work clockwise. Have Fun



CLUES

- 1 1844 author of 'The Count of Monte Cristo' (9-5)
- 2 Dogged determination not to change one's attitude (12)
- 3 Boeing B-52 American long range strategic bomber (14)
- 4 A system of sending messages using two flags or poles (9)

- 5 **FILM:** 1982 American film about a child and an unusual friend
(2-3-5-11)
- 6 Tiredness (9)
- 7 Itchy skin disorder (6)
- 8 Gas, symbol Ar (5)
- 9 Spiral stairway support (5)
- 10 Slatted window cover (6)
- 11 **FILM:** a 2014 USA Sci-fi film about a telekinetic alien (5-2-4)
- 12 Get the better of (6)
- 13 A fruit such as a coconut (8)
- 14 **MECIAL:** A chronic bone disease causing enlarged, deformed bones
which causes the bone weaken and possibly fracture (5)
- 15 **SONG:** a 2011 hit by Adele, with haunting piano melody, powerful
vocals and lost love.
- 16 First published in 1922, James Joyce novel was considered a parallel
to Homer's epic poem (7)
- 17 Patrick _____ ' late actor (6)
- 18 Surrounded (7)
- 19 Frown on (10)
- 20 Tall bird (3)
- 21 Flawless (11)
- 22 Hallucinating (9)
- 23 **MUSIC:** Sung by Dusty Springfield in 1969 (3-2-1-8-3)
- 24 Ramen, soba, e.g. (7)
- 25 Squanderer (110)
- 26 An east African country known known for its vast wilderness (8)
- 27 Excited, lively (8)
- 28 Ancient Greek God of wine making, orchards, fruit and veg (8)
- 29 That which exists or has real being (11)

<i>This month's Word Trail solution is on page 78.</i>
--

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7/7, 2025

7/7 (2005)

On the 20th anniversary we have just been remembering those terrible events. This date will stick in my memory from personal experience.

From a job managing a youth centre, with over 100 members, in a large quiet Somerset village, having obtained my Degree in Youth & Community work, I was told by my boss that I needed to move on from this youth club. Leaving this successful and popular venue I found it difficult to leave them all to, what, I knew not.

I moved to a post as national youth worker for the Methodist Church of Great Britain. This meant finding digs in the metropolis that is London, and going home to Nailsea in Somerset at weekends, by train of course. My son lived and worked in London too, so we were able to catch up occasionally. I even left a pub in Aldwych without paying for our meal one day. I did go back the next day and pay up.

In my teens I had attended the MAYC national youth weekends in the city with over 5000 other young people from around the UK. I would now find myself helping to organise and manage the events. At all those annual events there was never any trouble, except when we walked through the underground tunnel all shouting OGGY OGGY OGGY....OY OY OY!! Oh the echoes!

So I found a room at our youth hostel at Muswell Hill. From there each day I would catch a bus or a tube to Kings Cross and then walk to Head Office in Marylebone Road. On 7 July

2005.....I had the day off! Every time I'm reminded of that day, I shiver. Not only was I saved, some would say by good fortune, I say my/our God had a hand on my future.

Stunningly still..... my son who would have been through Waterloo on his way to work, also had the day off. You could not right this stuff before hand! The bus bomb was just outside the Baptist Church Head Office in Tavistock Square.

A week to the day after these terrible events every office, shop and

READING HELPERS WANTED

Coram Beanstalk, a national charity with over 50 years' experience of helping children to grow a love of reading have recently been working with the village school.

They are looking for a few people who they can train to become **READING HELPERS** and support the school. They provide all the training via Zoom as well as a DBS check.

If you would be interested in becoming a **reading helper** please contact Kerry Ward at Coram Beanstalk, email:

Kerry.Ward@corambeanstalk.org.uk expressing your interest.

For more information about Coram Beanstalk please see:

<https://www.beanstalkcharity.org.uk/>



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In a genuine emergency you should call **999** and ask for an ambulance.
Chest pains and / or shortness of breath constitute as an emergency.

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TABLE TENNIS

Feltwell Table Tennis club is now up and running every **Monday at 7.00pm** and **Tuesday from 1.45** at the **Methodist Hall, Feltwell**.

Any skill level or none. Just come along for an afternoon of fun. It's a load o' laughs, which is good for the heart, and the physical exercise loosens those stiff joints. **All ages** welcome. Steve Wellington is the organiser. **£3 for two hours of fun.**

Pool Table NOW available.

business stopped work, buses, taxis and cars all stopped in the middle of the roads, pedestrians stopped where they were and everyone stood on the pavements outside to stand in memory of those who had been killed, injured and the emergency services stretched on that day. One or two vehicles tried to drive past us while silent on the pavement. London was at a standstill. There wasn't a sound..... Silence! People jumped into the road and stopped the vehicles during the moments of remembrance. A massive silent vigil in unison. Awesome!

My memory of this is so vivid I doubt I'll ever forget it. I'm just happy to be alive.

Mike Wilkinson

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RSPB Lakenheath Fen

EXOTIC VISITORS AND BREEDING SUCCESSES

Recently at RSPB Lakenheath Fen we have been treated to some more unusual birds- the first was a Caspian tern which was spotted on the Hockwold Washes on 14 June. This was only our second record of one (the first was in 2002) and usually they breed on the North American great lakes and around the Baltic and Black Seas in Europe, so it was well off course when it landed here! It is the world's largest tern, about the size of a Herring gull, with a heavy-duty red bill. It stayed for a couple of days and visitors came from far and wide to see it.

Then, on 1 July, two of our regular visitors spotted a beautiful Glossy ibis- these are getting more common as time goes by and are even beginning to breed locally, but they still look really exotic! They are about the size of a Little egret, with a very long bill, downcurved like a Curlew's. In cloudy or dull conditions they just appear dark in colour, but in sunshine you see their stunning colours- a chocolate-rusty brown body with deep purple wings. They are waders so it has been spending quite a lot of time between the Hockwold Washes and Gary's Pool. It hasn't been seen since 6 July but we hope it will visit us again soon.

We are pleased to be able to report that we have had a pair of Cranes successfully rear two chicks on the reserve- and the family can now be seen flying as a group together around the reserve. We have two other pairs here- unfortunately these were unsuccessful in raising young this year but it does mean we have 8 Cranes on the reserve at the moment! Our Marsh harriers have also done well, fledging at least 17 chicks which can be seen learning to fly and hunt across the reserve at the moment. Not bad for a bird down to one breeding male – at RSPB Minsmere – in the 1990's. The youngsters



giving
nature
a home

Events at RSPB Lakenheath Fen

Places for all events need to be booked online- please visit
<https://bit.ly/LakenheathFenEvents> to read more and book tickets.

Treasures of the Moth Trap 29 August (10am to 11am)

Learn more about the amazing world of moths. Join us to admire what we catch in our harmless trap.

RSPB members £5 (£2.50 Under 18's); non-RSPB members £6 (£3 Under 18's)

Guided Pond Dipping 6 September (11am-1pm)

Why not borrow a pond-dipping kit to see what beautiful and strange creatures live below the water? Come along to learn about the underwater world with our knowledgeable volunteer to guide you.

RSPB members £5 (£2.50 Under 18's); non-RSPB members £6 (£3 Under 18's)

Summer Wildlife Walks Sundays 17 August (10am-1pm)

Join our knowledgeable guides for a tour of the reserve taking in the best of our wildlife highlights. During the summer months there will be lots of migrant birds to see as well as plenty of dragonflies and butterflies. Come and celebrate the summer with us!

RSPB member £12 (£6 Under 18's); non-RSPB member £15 (£7.50 Under 18s)

Big Wild Sleepout 2025 Saturday 2 to Sunday 3 August (1pm-1pm)

Our ever-popular Big Wild Sleepout is back! Come and join us for the ultimate closer-to-nature experience- sleeping under the stars, a camp fire, wildlife walks and stargazing. Suitable for adults and families alike.

RSPB members £30 (£15 for Under 18's); non-RSPB members £35 (£17.50 for Under 18's).

Amazing Autumn Guided Walk Sunday 17 August (9:30am-12:30pm)

On this seasonal walk we will be looking for the first signs of Autumn- dazzling ducks in their new plumages, waders passing through on migration and beautiful fungi popping up here and there! Suitable for all knowledge levels and ages.

RSPB members £12 (£6 for Under 18's); non-RSPB members £15 (£7.50 for Under 18's).

spend quite a bit of time waiting in willow bushes in the reedbeds for their parents to bring them food, especially in the early days when they are not confident fliers!

We were also very pleased to see success for a few pairs of Lapwing and Redshank who decided to nest on the fringes of the Hockwold



Photo by Warden Henry Cook

Washes— above is a photograph of a fledgling Redshank chick who has just about reached adulthood- he or she still has a bit of downy fluff around it's head, and quite a short tail, but it can fly and has made it through the most difficult stage of life. Redshanks and Lapwings have declined so fast due to habitat destruction and degradation that they are now on the 'Red List' of birds considered most in need of conservation help in the UK. It has been a privilege of all the staff and volunteers here to support these rare birds and we hope that visitors continue to enjoy coming to see us to catch a glimpse of them too.

On behalf of the team at RSPB Lakenheath Fen – enjoy the rest of the summer!

By Heidi Jones (Visitor Experience Officer).

J M Harris EST. 1996

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Breckland Branch

In a survey carried out by the British Veterinary Association last year, it was found that half of all vets treated animals for conditions relating to hot weather, such as heat stroke.



Now that summer is here, it's important to keep your cat cool. Cats with white fur, especially on their head, are in danger of getting skin cancer on ears and noses. You can use a sunblock on their most sensitive parts, but check with your vet first about a safe one to use. Try to keep them indoors between 10am and 3pm when the sun is hottest. Make sure there is lots of shade both indoors and outside providing bushes outside and boxes indoors. Keep curtains closed to keep your house cooler.

Hydration is the key. Clean fresh drinking water is important. Place lots of bowls away from their food bowls and don't use plastic bowls, use ceramic, glass or metal instead. Use large bowls with a big surface area and keep it topped up so that the cat doesn't have to bend down too far. Cats like running water, and may prefer a water fountain. Keep lots of fans in different places indoors. You could fill a bottle with water and freeze it, and then place it wrapped in a towel in the cat's bedding, making sure that they can get away from it and that the bottle doesn't leak.

If you are having a barbecue, please remember that open flames are a risk to all animals. Don't leave the barbecue unattended and cover the grill while it is cooling down. Don't feed a cat from the barbecue as you don't want them around that area which may encourage the cat to come back for more food.

Keep onions, garlic and chives out of reach as they are toxic to cats. It might be best to set up a safe place for your cat indoors, as he might not appreciate having lots of visitors as you do.

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Mondays (7-9pm) & Tuesdays (1.45-3.45) we have a laugh, get some vital exercise and enjoy sporty activities together, table tennis, pool, snooker, and whatever else we can drum up!

Join us on Wednesdays for a cuppa while we pot or potter!! Gardening is recognised as a calming and relaxing activity. Come and help us grow more fruit and veg for the community.

SUNDAYS – our day to relax and reflect on our lives, where they’ve been and where they should be going with guidance from The Holy Bible. Songs, Prayers & Refreshments available.

11.00am – Noon – Community Fellowship group

Celebrate Harvest in Song with us 21st September

Give us a call or message us or one of our members. Contact us on Facebook, Messenger or mobile 07712578721 or by email mikegw15@gmail.com Mike & Brigitte Wilkinson 07799216693

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Stmarysbton@gmail.com. Please include your mobile number so you can be added to group chat.

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St Nicholas Drive	15:40	16:00	IP26 4DW
Munson's Lane nr junction with OMR	16:05	16:25	IP26 4DE
Hereward Way	16:30	16:50	IP26 4BP

Upcoming Dates

7 August
04 September
02 October

Please note this information is subject to change or amendment both on a permanent and temporary basis.

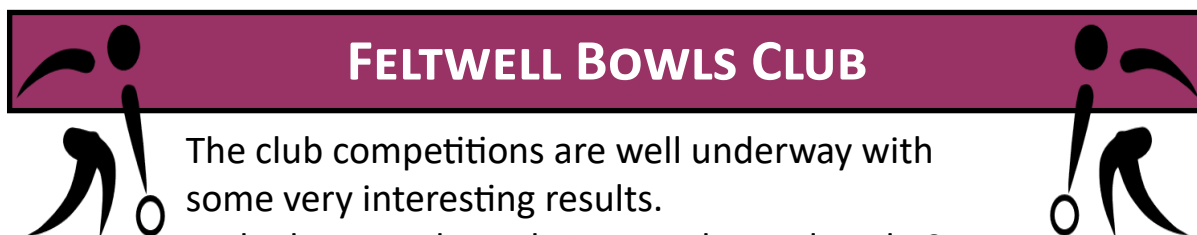
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If you can answer "YES" to all of the above then apply in writing to Mr B. Hawkins, Agent for Sir Edmund De Moundeford Trust, 15 Lynn Road, Downham Market, Norfolk. PE38 9NL. In your letter you **MUST** include the date you moved into the village, details of the course you are studying, where you are studying, the qualification you expect to achieve upon completion and any costs necessary for you to embark upon the course. Include details of any books and/or equipment required. If you know a Trustee please put their name in your application. The award of a grant is at the discretion of the Trustees and shall not exceed £300. Only one award will be made per applicant.



FELTWELL BOWLS CLUB

The club competitions are well underway with some very interesting results.

In the leagues through June we have played 10 games, winning 5, losing 3 and drawing 2 as follows.

(RS = Rosie Smith, Ash = Ashill, DA = Dave Allen)

DATE	LEAGUE	OPPONENT	VENUE	RESULT	SCORE	POINTS
02/06	RS	Mundford	Home	Loss	44 - 60	1 - 7
03/06	Ash	Wicklewood	Away	Draw	52 - 43	4 - 4
09/06	RS	Hockwold	Home	Win	56 - 40	6 - 2
10/06	Ash	Hingham	Home	Win	54 - 48	6 - 2
16/06	RS	Shouldham	Away	Loss	48 - 53	2 - 6
17/06	Ash	Harling Blue	Away	Loss	46 - 62	0 - 8
23/06	RS	Weeting	Home	Win	56 - 48	6 - 2
24/06	Ash	Shropham	Home	Win	51 - 39	6 - 2
26/06	DA	Shouldham	Home	Win	49 - 44	6 - 2
30/06	RS	Swaffham	Away	Draw	48 - 48	4 - 4

The results are as follows:-

Rosie Smith	Shots for—255	Shots against— 262	Points—22
Ashill	Shots for—199	Shots against—192	Points—16
Dave Allen	Shots for— 51	Shots against— 61	Points— 9

The stall held at the Fete was very well supported and successful on a very warm day, a lot of interest was shown in the Club and we made a nice sum to put towards the new project.

The Quiz Night held on the 28th June was well supported on a very warm evening raising a welcome sum for the new project, the purchase of new Club shirts.

The next event is a Treasure Hunt and Cream Tea to be held on Sunday 3rd August in the large room in the RBL starting at 2pm (see advert). This is open to all so why not come along, join us and see what a friendly club we are.

If you are interested in trying the game come along on Monday or Wednesday club roll up 5-45 starting 6pm. You are allowed 3 tries before joining. Please contact myself on 01842 827511 or Martin, the Chairman, on 07771882428 for further information.

Max

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FELTWELL FUEL ALLOTMENT CHARITY

If you can answer “YES” to the following two questions you may be eligible for a **Winter 2024 Fuel Payment** from three Feltwell charities.

Are you at least 70 years of age or will be by the end of 2025?

Have you lived in the village of Feltwell for a minimum of 10 years and are still resident?

The Feltwell Fuel Allotment Charity does its best to maintain a list of qualifying recipients but relies heavily on local knowledge. The list is also used by the Trustees of the Atmere and De Moundeford charities who also give winter fuel donations. Last year the three charities issued a combined donation of £100.

If you meet the qualifying criteria and have **not** received a grant before, please write to: Feltwell Fuel Allotment Agent, 15 Lynn Road, Downham Market, Norfolk, PE38 9NL. Please provide your **name, address, date of birth and the date that you moved into the village.**

Please mark the envelope “**Feltwell Fuel Allotment List.**”

Only one grant per household will be given.

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Quarter page—£60 per year or £6 per month

Eighth page—£30 per year or £3 per month

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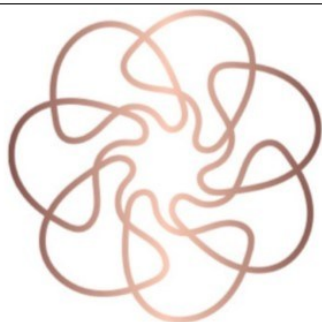
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A Meeting of the Parish Council was held on Monday the 14th of JULY 2025 in the British Legion, Long Lane. Nine Councillors attended. Ms Vikki Quamina (Community Liaison Advisor at RAF Lakenheath) and 3 members of the public were also in attendance.

Ms Quamina said a Combat Readiness Exercise is planned for 25th-28th August at RAF Lakenheath but was unsure if Feltwell would be impacted.

Latest data collected from SAM2s:- Between 24th March and 18th April, 85,339 vehicles drove past Wilton Road SAM2 (30 mph zone), highest speed recorded was 70 mph at 2.45am on 25th March and average speed recorded was 31.8 mph.

Between 24th March and 28th April, 23,163 vehicles drove past Lodge Road SAM2 (40 mph zone), highest recorded was 70 mph at 6.25pm on 25th March and average speed recorded was 38.9 mph.

Costs are still being gathered for installing a new street light at Mulberry Close. Streetlight maintenance contract has been renewed with K&M Lighting again due to the excellent service they have provided over many years.

Quotes to be obtained for tree work at the playing field following a recent survey and for widening the Falcon Road entrance onto the field to accommodate mobility scooters.

Clerk has written to Terry Jermy MP to follow up a resident's email to him asking if something could be done about Hill Street junction with St Mary's/The Beck which the Council also deems dangerous because numerous drivers do not stop to give way. The Council had met with Highways on several occasions only resulting in the Give Way sign being moved forward. At the previous meeting, the Chair said the whole junction needed re-designing and Mr Storey had agreed, stating the current one-way system drives traffic into traffic both at this junction and the Long Lane and Short Beck junctions with High Street. He said common sense is needed

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and someone must come out and look at what is happening on a daily basis. Mr Atterwill had said Mr Jermy would be pleased to do this which Mr Storey felt would put some weight behind the Council's persistent requests for action, however Clerk had had no response from Mr Jermy.

Clerk to contact the Highways Area Manager to request an assessment of Lodge Road junction with the B1112 following two recent serious accidents.

Several letters are to be sent to residents whose overhanging greenery is obstructing neighbouring footpaths and roads. Residents are politely requested to trim overhanging greenery back to their boundaries.

From 1st July, community groups across Norfolk can apply for grants through the newly launched Norfolk Community Fund. Grants between £200 and £2,500 are available for initiatives that promote social inclusion, volunteering, and community engagement. Projects under £500 don't require match funding, while those over £500 will need to raise 50% through Crowdfunder. Whether it's a village hall coffee morning, youth sports kit, or a local arts event, the fund is designed to help small ideas make a big impact. To apply, Feltwell groups should first contact their local county councillor, Martin Storey, on 07850 866854. More info and application guidance is available at: <https://www.norfolk.gov.uk/communityfund>

The Parish Partnership Scheme for local highway improvements is open again until 1st December.

Residents are encouraged to deposit any glass waste into the bottle bank on the playing field as the Parish Council obtains recycling credits for every tonne collected.

Bulk tipping dog waste into a dog bin is not permitted and residents are reminded that bagged dog waste can be deposited in their domestic black wheelie bins and in village litter bins.

Please subscribe to the Council's website (<https://feltwellparishcouncil.gov.uk>) and Facebook page for latest news and notifications including RAF Feltwell demolition activities and road closures.

The next Parish Council meeting will take place at the British Legion on Monday 11th August 2025 at 7.30pm.

Everyone is welcome.

Ice Cream is Always Popular on a Hot Day.



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3	4	9	5	8	2	6	7	1
1	2	7	6	9	3	5	8	4
4	8	3	9	7	5	2	1	6
7	6	2	1	3	4	8	5	9
9	1	5	8	2	6	7	4	3
5	9	8	2	4	1	3	6	7
2	7	4	3	6	8	1	9	5
6	3	1	7	5	9	4	2	8

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SPIRITUALIST SERVICES

Friday Meetings 2025. Doors open 7pm for 7.30 start.

AUGUST CLOSED.

5th September MELLINDA BASSETT.

19th September JOHN ENNIS.

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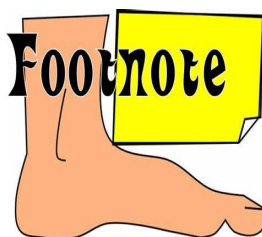
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Did you know?

Bungle the bear from TV 'Rainbow' children's show, wore pyjamas to bed, a towel after a bath but nothing the rest of the time.



WORD SEARCH SOLUTION

NEXT MONTH'S WORD SEARCH WILL BE ON
TITLES OF TERRY PRATCHETT BOOKS

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G	A	L	O	G	O	E	P	A	S	I	M
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If you'd like to submit a **FOOTNOTE** of your own, be it a quip, a fact, an idiom, whatever you feel would be suitable, please send your **FOOTNOTE** to Paul at garlandp@btinternet.com or post it through my letterbox.

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