

FELTWELL PARISH MAGAZINE

YOUR CONNECTION TO YOUR COMMUNITY

September 2025



Breakfast Club Members Arrive at Mid-Suffolk Railway

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Operation Wallacea

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Back: Y6 thoughts**

Help the Hedgehogs

MP & Parish Reports Curios

**Breakfast Club goes on a
Train Journey**

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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
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Friends of St Mary's	Stephen Parker	827152
Feltwell Men's Breakfast Club	Paul Garland	827029
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Feltwell Museum	Graham Simons	828387
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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 September 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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CLEAR THE CLUTTER, REAP THE REWARDS (NO TRACTOR REQUIRED)

Ah, September. The season of misty mornings, overgrown courgettes, and the mysterious disappearance of school shoes.

The kids are finally back to school (hallelujah), the village is knee-deep in conkers, and there's a slight whiff of woodsmoke in the air, or is that just someone overdoing their bonfire?

Either way, it's the perfect time of year to embrace a little harvest thinking in our own lives.

We clear the fields, pick what's useful, and let the rest... well, compost itself.

Which brings me neatly to something I read recently by James Clear (he's the chap behind Atomic Habits, and no, that's not a farm fertiliser).

He said:

"It is common to think about what you would like to accomplish. It is less common to think about what must be discarded to make space for your new endeavours."

Now, I don't know about you, but I have a to-do list so long it's started scrolling itself.

But a to-stop list?

Now that's a juicy idea, like discovering one last ripe tomato behind the greenhouse.

What could we give up to make space for something better?

Maybe it's saying "yes" out of guilt (except to tea and a slice at the church coffee morning, that's sacred).

Or clinging to the idea that you must be "productive" every minute of the day.

Or perhaps it's time to stop waiting for a quiet spell, there's always another casserole to prep, a grandchild to taxi, or a husband asking where his other wellie's gone.

It's not always about what we need to start doing, but just as

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much about what we might need to stop. Letting go of the habits, time-wasters, or energy-drainers that no longer serve us is often the first step towards real progress. Like pruning back the garden in September, it's about making space for the good stuff to grow.

Because to move better, feel stronger, or simply have energy left after 3pm, something's got to give.

It might be 20 minutes of scrolling, half a packet of biscuits, or the belief that self-care is selfish (it's not—it's absolutely essential, right up there with tea and waterproof mascara).

So, here's a thought for this month of harvest and return-to-routine:

Let's make some space.

Let's prune the things that no longer serve us, pile them on the metaphorical compost heap, and focus on what we do want to grow—like stronger legs, steadier balance, and that lovely feeling of being able to get off the floor without sounding like a bag of cement.

So, as the season shifts and routines settle (more or less), it's the perfect time to clear a little clutter; mental, emotional, or just the pile on "that chair" in the corner. Make some space, reap the rewards, and step into autumn feeling just a little more fabulous.

Because let's face it, if we can't find the kids' PE kits, we might as well find ourselves.

Helen

Lifefitnessreengineering.com

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@



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FROM THE CLASSROOM

Looking Back, Looking Forward

Pelicans Class 2024 -25 have been an amazing class – full of fun, laughter and a willingness to try their best. As the end of primary school approached, they thought back to their experiences at Edmund de Moundeford Primary School, and looked forwards to their new adventures at high school. Here is a selection of their thoughts.

So many stories

Looking back, I remember joining in year one. I was so nervous – I didn't think anyone would like me so I almost hid under the table! I'm glad I didn't; I fit right in and loved it.

In Year 6, I have learnt so much and made A LOT of memories. I made new friends, spoken with old ones, lost some friends and gained so many! This last year has been life-changing. I remember Number Day – all the boys used it as an excuse to wear their football kits!

When I look to the future, I see a girl who's found her way – I know I will be okay- fear can't stop me. I'll admit I'm scared, terrified for high school but I'm also so excited.

I will make so many new friends and learn a lot. Thanks Edmund de Moundeford School, thanks for all of this. You've made me a better person.

I know for sure high school will be amazing and I'm going to be with all my friends. I will be unstoppable!

Memories and moving on

My final memories in Primary school is scary because I have been here for seven years. I will miss all the best teachers in the world.

In year 6, I have learnt so much because of my teachers. I will remember all the school trips especially Colchester Zoo. The art and

The Wellington In September



Friday The
5th Dividers



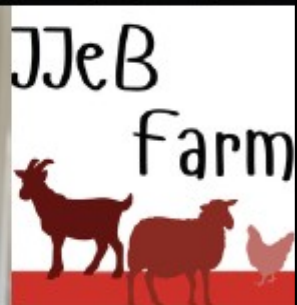
Friday THE
12th PUNKTURES



Sunday 3pm Sunday Session
14th With
 Rowena Toledo



Saturday *Alisha*
20th



Saturday **VOODOO**
27th **HAZE**



PE were the best. From being the oldest in the school, to being the youngest.

When I go to High School I want to make new friends. Also keep the friends I have now. I could write more but I will cry. It has been fun but it is time to move on in life.

Looking Back ...

In reception, I remember when I got invited to Mrs Lillycrop's tea party. I had never eaten a biscuit before and I loved it! During Lockdown my mum made me do lots of work even though we weren't at school. It was really boring until I made a book about turtles with my sister which I would never would have been able to do if I were at school.

In year 6, I won a TTRS competition and got a certificate. When I got home I stuck it on the fridge but next day it wasn't there. I tried even harder in the next competition so I could get another certificate.

Looking Forwards...

At Iceni, I am going to join lots of the cross-curricular clubs. I am excited to learn new subjects and meet new people. I hope I will do well at high school and pass all of my tests.

Memories and Moving on

I remember in reception at break our class drank milk from a small carton while we watched Number Blocks or Number Jacks and we ate raisins. I also remember Lockdown and barely doing any jobs!

Looking back on the past year, I'm super proud. I remember the fun we had at Colchester Zoo and how nervous I was for SATs, even though I really shouldn't have been.

I'm a mixture of scared and excited for high school. I'm mainly excited to have drama as a lesson because I want to be an actor. I'm also excited for music so I can play bass at school.

Looking back; looking forward

I remember when I came in on career day in my racing uniform. I

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also remember the good old days of show and tell when I used to go on and on about my toy cars. As well as that, I remember when my friend asked our Year 3 teacher to marry him!

This year has been a very exciting year but the moments I remember most are: Japanese art day where we learnt new art styles; Crucial Crew trip where I was the person who told the crowd when to cheer in a game show; Number Day, which we used as an excuse to wear our football kits; and when I ran the 800m and all my friends that were in the race before ran beside me and tried to motivate me.

I'm excited for high school where I can make new friends but also very nervous in case I don't fit in.

Past, then Future

Here I will share my memories of the past years, now in Year 6 and finally hopes for the future.

In the past years there have been some fun things and I will tell you some of the best: What you want to be when you grow up day; non-school uniform day; break the rules say and more. I remember in Year 2, one of my teachers said there was a unicorn or dragon on the field – I can't remember which!

In year 6 we've had so many things – let me tell you about them. In Year 6 we went to the Museum of Zoology, Colchester Zoo (which I loved), had pyjama day and more! At the start of the year, I was diagnosed with Type 1 diabetes and it has been hard but I've managed to get through it. Since then I've got used to it and as I have a pod, it is so easy. The thing is, I am still the one I always will be...

At my high school, there is a really nice teacher and she helps me with my diabetes. My new high school is Iceni Academy and I'm excited to draw better and learn more things.

Best wishes for the future Year 6.

May all your hopes and dreams come true.

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

HEDGEHOG FEEDING, WATERING AND WATCHING THIS AUTUMN

We have had a lovely summer but it has been a dry year.

Our Hedgehogs who are natural insectivores are struggling to find their natural food, which is a “buffet” consisting of beetles, caterpillars, earthworms, slugs and millipedes.

Hedgehogs are also opportunistic omnivores and will eat birds’ eggs, small mammals and carrion when available.

If you wish to encourage Hedgehogs into your garden and help protect the village population there are several things you can do to give them help.

WATER

Water a small area of your garden every evening at dusk to keep the soil very wet.

This ensures that the natural food comes to the surface and the Hedgehogs can eat their natural prey. It also has the added advantage of getting rid of slugs and snails that eat all our flowers and vegetables.

I thoroughly soak a different patch of soil every evening at dusk to give the Hedgehogs a fighting chance of getting some natural food.

I put down shallow dishes of water around the garden so that the Hedgehogs have a number of drinking stations to choose from. Dehydration is a bigger cause of death than a shortage of food.

FOOD

Pick a quiet spot in your garden and put down some dry cat biscuits.

We find that wet cat food attracts flies but the dry cat food does not and it has more protein than dog food.

What the Hedgehogs leave your cats or the Blackbirds will eat at daylight.

We also put out scraps of unsalted fat and meat at night to help boost protein levels and assist smaller Hedgehogs to gain body fat before hibernation.

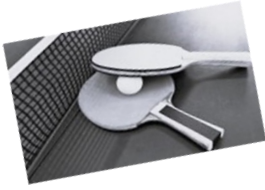


TABLE TENNIS

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.

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



Typically, Hedgehogs need to weigh 600 to 650 grams if they are to survive hibernation as the weather gets cold.

Hedgehogs will eat wild bird food but **do not feed meal-worms** to Hedgehogs, it strips them of calcium and ultimately kills them.

BABY HEDGEHOGS

At this time of year, you will start to see smaller Hedgehogs; this years young.

Hedgehogs are maimed and killed by strimmers, Dogs, Slug Pellets and Cars.

So please check your garden for Hedgehogs before strimming and try not to use Slug Pellets.

Cats usually ignore Hedgehogs, but if your dogs are going bonkers in a corner of the garden just check that if it is a Hedgehog it is safe from being bitten by your dog.

Pop the Hedgehog under a shed or Summerhouse or somewhere that your dog cannot get to.

If you follow the above tips, you will get Hedgehogs in your garden and they make a lovely Wildlife experience for most of the year.

Feltwell Historical Society - programme 2025

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

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

01842
828481

FELTWELL SURGERY OPENING

8.00am - 6.30pm Mon-Fri only

Extended Hours for Appointments Only

Tuesday: 07:30 – 08:00 Thursday: 18.30 – 19.00

Out of Hours Service - Between 18:30 and 08:00, Monday to Friday, and all day at weekends and on Bank Holidays your call will be redirected to the **NHS 111** service.

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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Coffee Morning

27th September 2025

10 am - 12 noon

**Join us for a coffee and a
delicious cake or savoury!**

**The Royal British Legion
Long Lane, Feltwell, IP26 4BJ**

ALL WELCOME



MUTTERINGS FROM THE FARMYARD

Since my last epistle things have remained really dry and at times quite hot. So much so that all our crops seem to be about three weeks ahead of their normal development stage. In fact, for the first time ever all our combining was completed in July. 1976 was a similarly hot and dry summer but even then, we didn't finish until early August.

The situation with regard to irrigation water has been challenging. We have a licence to abstract water from the cut off channel. All season we have been using a reduced daily amount as requested by the Environment Agency in order to protect the supply. In previous years of low rainfall, we have been told to reduce our irrigating to night times only or even just every other night. Doing this enables us to prioritise the crops that are most in need but this year a total ban was imposed in early July severely threatening our onion crop in particular. The only justification that we have been given for the total ban was that the fish in the channel might be affected despite the fact that the water levels are higher than in recent years.

The vineyard continues to make good progress. The vines themselves have grown very quickly and have been trimmed mechanically to keep the alleyways passable. We have had a small team of friends and neighbours walk through the vines twice now to make sure that the growing shoots are tucked into the supporting wires. Most recently we have mechanically plucked leaves from around the developing bunches of grapes. This allows better air circulation to discourage disease and enables us to assess the potential yield. In fact, some varieties have too much fruit and we have had to trim some off. The assessment is that there is potential for a 30% harvest and it looks as if it might be ready some weeks before normal.

During June Tim and Georgie organised a successful 'Sip and Savour' event. Visitors were able to spend a lovely summer's evening in the vines with pizza and a taste of the type of wines which we hope to have produced for us this autumn. They are currently planning our August sunflower evenings when we hope to welcome more neighbours to the Farm.

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:

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?

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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:

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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

HOWZAT!

This month Frederick James gives us his thoughts about the state of English cricket at the national level.

I have today E-mailed the ECB, voicing my concern over the state of our National English cricket team, and it's preparedness for the forthcoming Ashes competition in Australia in particular, and international Tests in general.

Events during the recent Test against India have highlighted the need for a different approach to team selection for Test matches in the future.

Without the injuries to Ben Stokes and Chris Woakes, we could very well have pulled off a 3-1 win against what proved to be a better-prepared Indian side. Of course, there were amazing individual performances from the stars of the England side, which cannot be denied, but there were many displays of what you might call 'school-boy' cricket, from players who were obviously not up to par. Missed catches of balls that clearly carried, featured throughout the Tests, and resulted in Indian innings which should have been cut short much earlier. Also, the number of 'byes' gifted to the Indian batsmen was unacceptable in First Class cricket, and would have had Freddie Truman turning in his grave. What the other Freddie, Flintoff, must be thinking, I couldn't guess.

I played cricket in my school days. Spent most matches on the boundary, where I couldn't cause any bother, and didn't spend much time at the crease, either, so I'm talking more from an observer's point of view, rather than a player of quality. The sofa is my fielding position now, of late from behind it, but an ardent cricket fan, none-the-less. All I ask is that I can watch my cricket heroes playing at their peak, and not so much below it.

We expect, and see our athletes performing at that peak, and we should expect the same from our national side cricketers. Is that too much to ask?

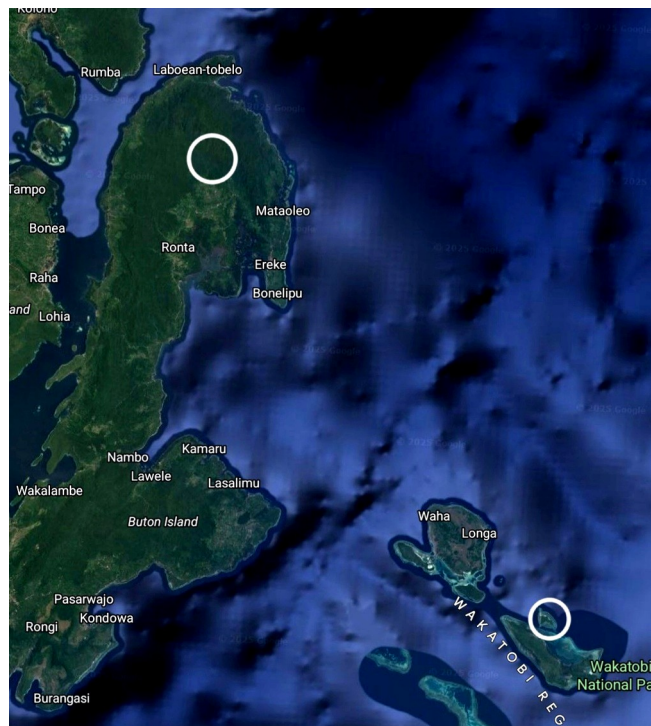
Am I being too harsh? You tell me. There must be some cricketers out there amongst you readers who might agree with me. Or otherwise, of course, so why don't you have your say, via our editor.

OPERATION WALLACEA

Sam Wilkinson tells us about his educational trip to Indonesia.

Between the 21st July and 2nd August, I had the amazing opportunity with Operation Wallacea to go on a 2-week ecological expedition to the Wallacea region in Sulawesi, Indonesia. This consisted of a terrestrial week and a marine week, where I helped to collect habitat and ecosystem data for the world's leading climate scientists

to use to support their research in the effects of human activity on biodiversity in tropical regions. The terrestrial week took place in the north of Buton island and the marine week on Hoga Island (shown by the white circles). Due to the remoteness of such an area, it took 4 days to reach the forest camp and 3 days to return from the marine camp, so a lot of sleep was caught along the way. The data set that Operation Wallacea



has compiled extends for 25-30 years, providing a detailed picture of the history of the Wallacea region. This area was specifically chosen by researchers due to the high levels of species endemism and so



conservation efforts are key to protect potentially endangered species. During the terrestrial week, we conducted

surveys about habitats, birds, bats, herpetofauna and butterflies. For each survey, we would walk along a 1.2 km long transect line, doing point counts every 300m and recording the species that we saw, including relevant information about size, sex, age and distance along the transect. All this raw data would then be taken back to base camp, where it would be put through complex computer software to add to the existing database. For some surveys, such as birds, this included waking up at a ridiculous time in the morning to catch the birds while they were still waking up from their roosts. For bat surveys, this would involve going out late at night to the mist nets, which are really fine nets that make it hard for the bats to locate, thus trapping them and carefully extracting them so as not to damage their wings. We were coming out of the wet season at that point so for the first few days it was monsooning and those clothes didn't dry until the end of the week with the hot, humid environment.

The hardest thing about the terrestrial week was definitely adapting to the rice-based diet, while walking 10+ km each day; I



lost roughly 5kg during that first week alone. My favourite moment of the week was probably seeing the early morning views from the hills along Transect 5 through the farmland.

It was then time to transfer to the marine week on Hoga Island. During the week, I completed my PADI Open Water scuba diving course, qualifying me to depths of 18m. Once I completed the course, I joined the research assistants in reef ecology surveys, identifying the types of coral and the extent to which coral bleaching has had an effect on the marine ecosystem. I saw plenty of wildlife,

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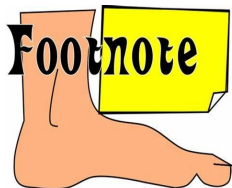
For more information Call 01553 770310

most of which can be extremely poisonous, including lionfish, banded sea kraits and porcupinefish. I also got to see various other fish such as sting rays, turtles and triggerfish. Towards the end of the week, we went to the Sampela village on the nearby Kaledupa island, to visit the local people and bring gifts such as colouring books and calculators to help the village children with their education. We then travelled back to Hoga to do a beach cleanup with the help of the eager village children. After about an hour, we had collected 15 large bags of plastics and rope that had washed up onto the shore.

The whole experience was unforgettable and with it being an educational trip, it came with a hefty price tag. This trip wouldn't have been possible without the help from fundraising and various grants that I applied to such as the Sir Edmund de Moundeford Trust, who kindly donated towards the cost. I went with the intention of exploring the world of marine biology but came back with much more than I expected. All the locals were super friendly and we made many friends along the way. In the future, I would love to go on another expedition with Operation Wallacea to Peru to explore the rainforests of South America and dive the reefs there too.



Sam is on the left in the black sandals



Excerpts from various aviation engineers' fault report forms

Pilot: Mouse in cockpit.

Engineer: Cat installed.



QUIZ NIGHT

Saturday

20th September

7.30 pm

??



??



St. Mary's Church, Feltwell

£7.50 to Include Supper

Please bring you own plates, cutlery, glasses, drinks
and nibbles.

All proceeds to Church Funds

CURIOS ARE BACK! No 4

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.



This gruesome looking device was used for protection not for inflicting pain. It is known that spiked collars were used to protect dogs when hunting wolves—the last wolf may have been killed in England as late as the 14th century but wolves are believed to have existed until the 1600s in Scotland. Of course, when the wolf

was killed it is unlikely that the hunter or anyone else would have known it was the last living wolf.

Such collars were also used to protect dogs being set upon the bears chained to a stake. Bear baiting was enjoyed not only by the masses but by Henry VIII and Elizabeth I. It had been opposed by the Puritans (1642-60) but mainly only 1 fit took place on Sundays. It fell from favour in the 1700s (live bears were becoming expensive) and was finally outlawed as inhumane in 1835.

This Month's Curio *(Photographs over page)*

A wooden rack with an open slat with what could be a carrying handle above. Note the round hole at one end of the slat, covered over with a brass flap. Probably mid 1800s. Shown in both single and double slat varieties with a closeup of one end.



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Answer
next
month.



Feltwell Dispensary

NEW Opening Hours from 2nd Dec

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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

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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**.

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



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Hockwold

St Andrew's
Northwold

St Mary's
Weeting



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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:-

Marcus Hawkins, Clerk to the Trustees, The Estate Office,
15 Lynn Road, Downham Market, Norfolk, PE38 9NL
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LATEST CONSUMER ALERTS AND TRADING STANDARDS NEWS

Scam Alert - Text messages claiming to be from DWP

We are continuing to warn residents to be alert for text messages claiming to be from DWP.

One recent example, which is titled 'DWP - Reminder', states 'Your application for the 2025-2026 Winter Fuel Payment has not yet been submitted or the previously submitted application information is incorrect'.

The message then claims that to 'ensure you receive the £300 allowance you must apply' via a link in the message within a short time window, usually around 24 hours from when the message is received as 'late applications will result in the cancelation of eligibility for this year'.

These messages are not genuine and anyone following the link will be taken to a fake version of the official government website which will look to gather personal and financial information.

If you receive this or any other suspicious text messages you can report them by forwarding the message free of charge to 7726.

Scam Alert - Fake Parking Charge Notice text messages

We are again warning residents to be alert for **fake** parking fine infringement text messages.

These messages, which frequently claim to be a Penalty Charge Notice (PCN), make a range of claims about 'outstanding', 'unpaid' or 'overdue' fines. Often messages will state that 'additional fines and interest', 'vehicle seizures' or 'driving licence suspensions' are a risk if fines are not paid 'immediately'.

These messages are fake and anyone following the link will be taken to a well-presented website which will look to gather personal and financial information.

Genuine PCNs are on physical paper and always include instructions on how to pay or appeal it.

If you receive this or any other suspicious text messages you can report them by forwarding the message free of charge to **7726**.

Scam Alert - Emails claiming to be from 'TV Licensing'

We are warning residents to be aware for scam emails claiming to be from TV Licensing.

Common themes for these emails are claims that your licence is about to expire or there was an issue with your latest payment or direct debit. The emails also provide a link to enable the recipient to resolve the 'issue'.

These emails are **not** from TV Licencing and any links contained within the message are likely to go to a genuine looking fake version of the TV Licencing website which will attempt to gather personal 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.

TV Licensing offer the following advice to help spot scam TV Licence emails:

1. **Check the sender** - Genuine TV Licensing emails are sent from donotreply@tvlicensing.co.uk or donotreply@spp.tvlicensing.co.uk.
2. **Partial Postcode** - If you have provided us with your postcode details, our emails will include part of your postcode and/or the name on the licence.
3. **Look for your name** - If you've given us your name, then we'll always address you using your last name and title. The scammers won't normally have that information about you. So, watch out for emails that only address you as "Dear client" or "Dear customer" - or just use your email address (or part of it).
4. **Check the spelling and grammar** - Because scammers can't use our genuine TV Licensing web addresses or email addresses, they'll try to use slightly different spellings - look out for things like hyphens and full stops in odd places. Be suspicious too if there are mistakes in the email with capital letters or other grammatical errors, like missing full stops - this could be a scam.
5. **Check the links**—Be wary of emails promising money/refunds. For example, phrases such as, "click below to access your refund", followed by a request to provide your credit card or bank details (we would never process a refund in this way). Always check links in an email before clicking or tapping them: **If you're on a computer:** Hover over the link (but don't click it). This will reveal the name of the web address that you are being sent to. **If you're on a smartphone or tablet:** Press and hold on the link (don't release while you are on the link). This will reveal the name of the web address that you are being sent to.

[TV Licensing offer further advice on helping you to avoid TV Licensing Scams on their website](#)

You can report scam emails to the National Cyber Security Centre by forwarding the email to report@phishing.gov.uk

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

Scam Alert - Text messages claiming to be from 'TSB'

We are warning residents about text messages circulating claiming to be from 'TSB'.

One recent example reported to us states 'Alert: Your Internet Banking phone numbers were changed'. The message goes on to say 'DID NOT do this' followed by two contact numbers.

Criminals are experts at creating spoof messages that then link to fake websites using official logos and branding of trusted organisations to trick you into taking urgent action without closer inspection.

Always be wary of unexpected messages received and **never** respond or click on any links unless you know you can trust them.

If you are concerned about the security of a bank account or think you have interacted with a scam message and provided scammers with your financial details contact your bank directly using the Customer Service number printed on the card, on a recent statement or via information available on their genuine website or app. **Never** use details provided in an unexpected text message.

Suspicious or scam text messages can be reported by forwarding the message to 7726. More information on this free reporting service and how to forward messages from your device [is available on the Ofcom website](#)

You can also report text messages which you believe to be a scam to us via our partners, the Citizens Advice consumer helpline on **freephone 0808 223 1133**

Reporting scams

Reporting scams you receive helps us continue to build up intelligence on the scammers and how they target people.

If you have received a telephone cold call which you believe to be a scam or think you have been a victim of an online scam you can report it to us via our partners the Citizens Advice consumer helpline on freephone **0808 223 1133**.

[Citizens Advice consumer service website](#)

(<https://www.citizensadvice.org.uk/consumer/scams>)

If you've been the victim of an online scam you can get advice and support from Citizens Advice Scams Action: 0808 250 5050 (freephone)

You can also report Frauds, Cyber Crime, Phishing attempts, suspicious emails to Action Fraud, the National Fraud & Cyber Crime (NCSC) by forwarding it to **report@phishing.gov.uk**.

You can report suspicious text messages received by forwarding them to **7726**

a free service for you to use to report suspicious texts or calls you might receive on your mobile. It is a number that most mobile customers using UK networks can text to report unwanted SMS messages or phone calls on a mobile. The number '7726' was chosen because it spells 'SPAM' on an alphanumeric phone keypad – that's a handy way of remembering it.

To forward a text message follow these steps:

iPhone or iPad:

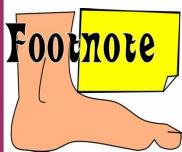
1. Take a note of the number that sent you the message
2. Press and hold on the message bubble
3. Tap More
4. Select the message or messages you want to forward
5. Tap the arrow on the bottom right of your screen
6. Input 7726 and send

Android:

- Take a note of the number that sent you the message
- Enter the conversation then press and hold on the message bubble
- Tap on the three vertical dots on the top right of your screen
- Tap Forward and Input 7726 and send

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.



Patient has two teenage children, but no other abnormalities.

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.

RESPECT AND ENGAGEMENT ARE KEY

From : terry.jermy.mp@parliament.uk

Across the country we have seen political turmoil for the past decade, from Brexit and the pandemic to the UK's shortest serving Prime Minister and a disastrous mini-budget. Amongst the unsettled political landscape, many people feel disconnected and trust in the political process is at an all-time low.

This is something I've been very conscious of, which is why engagement and listening have been at the core of my work over the past year.

When I stood against the former Prime Minister, Liz Truss, I made a promise that I would be a dedicated constituency MP. I wanted to represent the people I grew up with, the community who raised me, educated me and had now put their faith in me.

My recent summer listening tour took me to 36 of the 72 villages in my South West Norfolk constituency and provided a huge insight into the place I have called home my entire life.



During the tour, we would arrive at the village green or pub car park, open the boot of the car and pop up a table and chairs. Around 300 people took the time to meet with me, many of which had not engaged with me or my office previously.

Around 75% of the issues raised were entirely local – speeding and other highway issues being the most frequent topic of discussion, followed by the environment. People care deeply about their communities and want leaders who understand and

**Services
elsewhere in the
Benefice**

**St James'
Hockwold**

Eucharist

Sept 14th 9.15 am

Eucharist

Sept 28th 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

Sept 14th 11am

Service of the Word

Sept 28th 11am

**St Mary's
Weeting**

Eucharist

Sept 7th 11am

Harvest Festival

Sept 21st 11am

**Services at St Mary's
Feltwell**

Eucharist

Sunday 7th Sept 9.15am

Harvest Festival

Sunday 21st Sept 9.15am



Other happenings at

St Mary's Feltwell:

Food Pantry Open

Weds 9am—11.30am

Sat 12.00pm—1.00pm



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9am until 4pm.**



advocate for them.

In an increasingly turbulent political atmosphere, with much discourse online, chatting with people face-to-face, remains by far, the best form of engagement.

In recent years, many politicians have thrived on sewing division, using catchy slogans and press conferences full of bombastic promises to create conflict in communities, but it's easy to make promises when you're not the one responsible for delivering them. While some may like being the loudest voice, others are quietly doing the real work that benefits our local communities.

Throughout my summer listening tour, I also met with many of our local Parish Councils. Each of the villages in my constituency is unique with its own set of challenges and opportunities, and so often it is the Parish Council that binds a community together. As MP, supporting and advocating for Parish Councils, and joining-up national and local services is a key focus of mine.

I recently hosted two work experience students, and something I highlight to everyone who has an interest in politics, whether you're a student or someone later in life – if you want to get involved in your local area, start by joining your local Parish Council. There are plenty of vacancies, so please do look into joining.

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Messenger

BACK TO SCHOOL LOGISTICAL

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

	Mr Henderson	Mrs Smith	Mr Robinson	Mrs Hinkley	Maths	Science	English	Geography	Bag	Shoes	Trousers	Jumper
Declan												
Jenny												
Shawn												
Amanda												
Bag												
Shoes												
Trousers												
Jumper												
Maths												
Science												
English												
Geography												

Match the Student to their new item, first lesson and teacher name.

CLUES

- 1 Mr Henderson teaches English.
- 2 Shawn had his 1st lesson with Mr Robinson.
- 3 Jenny forgot her new Bag in Mrs Smith's classroom after class.
- 4 Neither Amanda or Shawn had new shoes, one of them did have a new Jumper.
- 5 The person with the new Trousers took Science.
- 6 Declan hated his Maths lesson with Mrs Hinkley.



Answer me this:

Why do, when I say, 'Good morning' or 'Good afternoon' or even just a simple 'Hello' to complete strangers whilst walking around the village, some of them ignore me?



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WORD SEARCH

Submitted by Mrs J. Clements.

This month our word search is on **TERRY PRATCHETT BOOKS**

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.

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

The solution
is on page
79

DIGGERS.
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POSTAL.
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WEAR
MIDNIGHT.
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MONEY.
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September is with us after a very varied summer. Heat waves and then torrential rain have made it difficult to garden this year. Some of the crops have been very bountiful where the plants have enjoyed the weather, whereas others have been very frugal in the cropping. The flower garden has been similar this year in having mixed results. Many of us are starting to look at how we need to plant in slightly different ways in the coming years to allow for our changing weather.

Thank you to those who entered the hanging basket competition. I will publish the results next month. Don't forget to join us outside the Wellington on the morning of **September Saturday 6th** when we will be selling house plants and perennials mainly, at a good price. We will also be selling cakes, coffee and tea. Come along for a chat, it will be good to see you. Remember that all of the sales we make help us to re-stock the tubs around the village during the year. Watch out for the six new tubs which should be on display for the winter.

If anyone would like to help us by sponsoring a tub, or partially sponsoring one to mark a special occasion in your life (e.g. a special anniversary) then please contact us or speak to one of the members. A full sponsorship, for example to promote a business, costs £250. This provides us with money to buy a new tub to place in the village and to provide the soil and plants to fill it.

Also, if anyone would like to join our group, we meet on the third Tuesday of the month in the Wellington meeting room. Our next meeting will be Tuesday 21st October, starting at 7am. Come along and join us, we are a friendly bunch.

Contact us on the following platforms:-

Facebook - *Feltwell in Bloom* Email – *feltwellinbloom@yahoo.com*

Or phone Rita on 07785345614

MISSED APPOINTMENTS @ THE SURGERY 2025

July 2025 saw **74** appointments missed, that's **6 more** than in June. This represents a loss of medical care to the tune of **£2220** for the month and **1250** minutes of wasted time.

So far this year **489** appointments have been missed representing a total of **£14,670** 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

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Wednesday
Thursday
Friday

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Following Wednesday
Following Thursday
Following Friday
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Contact Beryl Pountney, Secretary, for details on
01842 828750

The kettle is always on.



Swollen dead bodies were taken to the doctor for cross-examination.

I was given a blanket and some coffee, but I could not drink them.

Taken from children's essays written in an examination.



Your Good Health

by Dr Ian Nisbet

A few days ago, I was with my grandchildren and I took the opportunity to sort out my mobile 'phone. They can do in minutes what would take me a week! The conversation turned to "apps". For a long time, I have used PlantSnap, a plant recognition app. They introduced me to a bird recognition app "Merlin Bird ID" which enables the user to record bird song (or take a picture) and the app will identify the bird. *Now, you need some background information. For a long time, every morning, I have joined in the conversation between two blackbirds who sit on chimney pots of my house and the house next door. I have a small upper dental plate which enables me to whistle and thus to join in their conversation.* Yes, I know, the neighbours would agree with you. Back to the article –

The grandchildren installed the app and we were then asked to record some bird song for it to identify. No bird was nearby so I whistled my blackbird imitations. We asked the app to identify the bird and it produced the identity of the bird - Eurasian Blackbird! I was truly flabbergasted and the kids were mightily impressed. "Grandpa can talk blackbird!" I shall tell the blackbirds about it tomorrow.

How about some heresy?

A Japanese doctor has burst into print debunking the Cholesterol argument and all its ramifications.

Q. Is it true that cardiovascular exercise can prolong life?

A. Your heart is only good for so many beats. Don't waste time on exercise. Speeding up your heart will not make you

live longer. It's like saying you will extend the life of a car by driving faster. If you want to live longer, take a nap.

Q. Should I reduce my alcohol intake?

A. No, Wine is made from fruit which is good. For brandy, they take water out of the fruity bit so you get even more goodness that way. Beer is made from grain which is good.

Q. What are the advantages of a regular exercise programme

A. I cannot think of one. My philosophy is No pain....good.

Q. Is fried food bad for you?

A. Food fried in vegetable oil; how can getting more vegetable be bad?

Q. Is chocolate bad for me?

A. Cocoa bean – another vegetable.

Q. Is swimming good for your figure?

A. Explain whale to me

Q. Is getting in shape important for my lifestyle?

A. Hey, "ROUND" is also a shape
The doctor's summing up –
"Look, mister, you should not aim to arrive at the grave in an attractive and well preserved

body. Skid in sideways, beer in one hand and chocolate in the other, body well used.

I have been using another form of this joke for years but it should be pointed out that it is a spoof and not necessarily accurate, or is it? If you see Dr Giselle Sagar, remind her of this joke and enjoy her reaction. We had a lot of fun.

A man telephoned his wife, "Darling, I have to go fishing in Scotland with four friends. I shall be away for a week. Please pack me enough clothes for a week and set out my rod and tackle box. I shall swing by the house later today to pick it all up. Oh, and please include my new silk pyjamas." A week later, he arrived home, tired and exhausted. "Yes, I caught a lot of fish but why did you not pack my silk pyjamas?" "Oh," said the wife, "I packed them in your fishing tackle box". Busted!

Matt, an art collector, was telephoned by his solicitor who had some good news and some bad news. The good news was that Matt's wife had invested £5,000 for two pictures which she expects will be worth

between £15 million and £20 million. The solicitor said “I think she might be correct”.

“Brilliant,” said Matt, “What’s the bad news?” “The pictures are of you and your secretary”.

One stormy night, a hitch hiker was having no luck when, out of the mist and the torrential rain, there appeared a car which stopped. Delighted, he opened the passenger door and jumped in, closing the door behind him. He then realised that the car had no driver. The car started to move and, terrified, he noticed a bend in the road. He was completely spooked when a

disembodied arm appeared through the driver’s door window and moved the steering wheel. This happened several times until, completely terrified, he jumped out of the car and ran to the nearest village, entered the pub, ordered his drink and started to tell the other drinkers about his terrible ordeal. Half an hour later, two exhausted men entered the pub and one said to the other “Look, John, there’s the idiot who climbed into the car while we were pushing it!”

Best wishes to you all.

Ian Nisbet

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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 usual meeting in August was replaced by a trip to the Mid-Suffolk Light Railway, the 'Middy,' at Brockford near Stowmarket. We were invited by one of our members, Martin French, who is Chairman of the MSLR, to

coincide with the opening of the newly extended line. In addition Martin would be unveiling the name of his recently purchased steam locomotive.

Twenty members assembled at 7:15am at the Wellington to board the old Green Line bus kindly provided by the Brandon Bus Restoration Group based at Arrowpack. The bus was driven by John Heath, one of our members who



dressed up in the full company colours for the trip. Departing at 7:30 we arrived at 9:00, had a very welcome cup of tea and a bacon roll (obtained with a secret code!), kindly provided by Martin, before, at 9:30, the naming ceremony began.

Transcription of Martin's speech.

"It's lovely to have you all here for History in the Making. When I told Jane I had bought a diesel locomotive, her response was, 'at least I thought you'd have bought a steam one,' which brings me on to this lovely little piece of equipment. It's an Andrew Barclay 040 saddle tank, works number 2315, hence the code you had earlier for the bacon rolls. It was built in 1951 in Kilmarnock in Scotland for the South Scottish Electricity Generating Board and it spent its working life, called number one, at Brayhead Power Station, where it shunted trucks and things for coal. It had a twin, which they named rather imaginatively, number two. It worked until the 60s and then it was bought into preservation and stayed on the Bowness and Kinneal Railway in Scotland. It then moved south to Sussex to the

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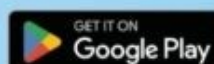


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Martin, Jane and the David Patrick.



railway line at Isfield, which is the Lavender line, and after that it moved to the Spa Valley in Tunbridge Wells in Kent.

Anyway, the previous owner decided that he would name this after his wife, who was called Ingrid, so it was called Lady Ingrid. So, in line with that, Jane, would you be so kind as to reveal the engine's name?" Jane,

Martin's wife, then moved forward to remove a black sheet to reveal... "There we are. David Patrick. If you've never been on a footplate, do feel free. The rest of the morning will be a train down to the end of the line and back. You are the first public people to travel on their new extension, so that's your bit of history in the making. I'd also like at this point to thank John and all the rest of them at the railway who've made this possible, so thank you very much indeed." What's the significance of the name? The locomotive is named in honour of Martin and Jane's son who died when he was 18 of cystic fibrosis.

Martin's locomotive was then taken away to be replaced by the steam-puffing Sir Berkeley pulling three restored passenger cars.



Sir Berkeley preparing to get to work.

We all piled in for the first public ride along the newly extended track which now runs almost two kilometres along the original route through countryside served by the MSLR between 1908 and 1952. This is more than double the length of the previous ride. Sir Berkeley pushed us at

a sedate pace to the still to be completed Aspall Halt and then pulled us back to the main station. It was a wonderful ride which brought back many



Our driver John (right) with other members of the Club.

memories from our childhoods. We then had some free time to explore the various displays at the museum, housed in original station buildings, to visit the restoration shed and have a tipple in the bar before



returning to Feltwell around 1:00pm. (If you have a model railway at home the model shop is well worth a visit.)

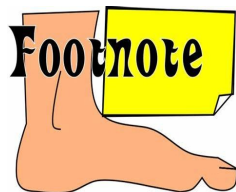
It was a delightful trip, thoroughly enjoyed by everyone and our thanks must be extended to all the volunteers at the MSLR who made the morning such a success. And, thank you Martin.

For further information about the MSLR including how to donate or volunteer see <https://www.mslr.org.uk>.

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.'



How to make your day more fun...

Grab a camera, drive somewhere you don't know and click away. The results might surprise you.

NEW

BADMINTON AT ST. MARY'S

NEW



Wednesday — 1pm to 8pm

Saturday — 9am to 8pm

If interested in playing please email:

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

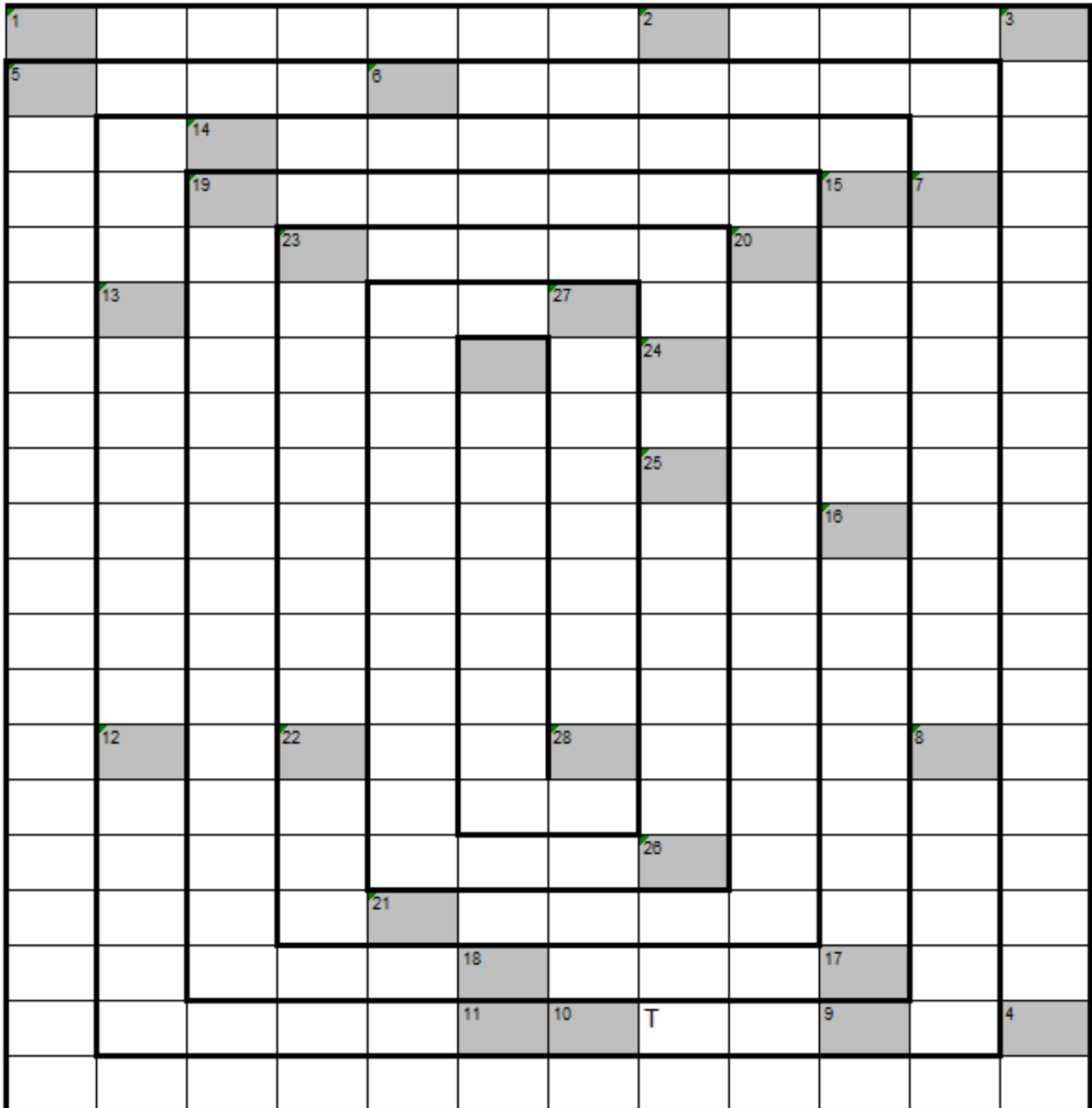
Full instructions on how the court is booked will be emailed to you.



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 Avaricious, grasping (9)
- 2 A mythical woodland god (5)
- 3 FILM: A 2009 film with Dwayne Johnson as the luckless cabbie protecting two alien children (4-2-5-8)

- 4 N.A.T.O. in full (5-7-6-12)
- 5 Pacific Republic (5)
- 6 MEDICAL: a kind of skin rash with red raised, itchy bumps that may burn or sting (9)
- 7 Metes out (11)
- 8 Sneered (7)
- 9 Analyst's figures (4)
- 10 From the Periodic table, silver is represented by (2)
- 11 Warm Atlantic current (4-6)
- 12 A promotional catalogue designed to resemble a high quality magazine (9)
- 13 PLANTS: Heather genus (5)
- 14 Advice columnist (5-4)
- 15 FOOD: A Japanese dish where fish and veg are coated in a thin batter and fried (7)
- 16 Large tropical snakes (9)
- 17 Because (5)
- 18 MUSIC: A hit for Gladys Knight and The Pips in 1967 (9-5-4)
- 19 This country is bordered on two sides by Sudan and Kenya (8)
- 20 MEDICAL: a serious allergic reaction that involves more than one organ system (12-5)
- 21 Ned _____, famous Australian bushranger (5)
- 22 Plural for an act of chattering or casually talking (10)
- 23 Vast Russian region (7)
- 24 A unit consisting of an electronic amplifier and a loudspeaker. (3)
- 25 English hills (8)
- 26 FILMS: A musical made famous by Gene Kelly, Donald O'Connor and Bebbie Reynolds in 1952 (7-2-3-4)
- 27 Declared void (9)
- 28 To provide the developing embryo with additional nutrients, such as vitamins, minerals, proteins and lipids. (11)

This month's Word Trail solution is on page 78.

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Breckland Branch



In February this year a cat was found wandering around in Feltwell and she appeared to have been left behind when her owners moved back to America. She is a sweet tortoiseshell and white girl, around 6 years old and very friendly. She was taken into our care and named Mittens.

To get her ready for a new home, I took Mittens to our vet to start the vaccination programme and she had flea and worm treatment. It was only when I lifted her from the basket into the examination table, that I felt something under her front leg. The vet had a look and said she had an old collar injury where the collar she had been wearing was too loose and she had managed to get her front leg through it, causing a split in the skin under her arm. The collar had been removed before she came into our care. She was given antibiotics in case of infection and the vet gave me some skin ointment containing honey to treat the injury. We were hoping that surgery wouldn't be necessary.



Mittens was a lovely friendly sociable cat and was quickly found a new home. The elderly lady who wanted to adopt her was confident that she could continue putting the ointment on her injury twice a day as up until then it was healing nicely.

However, unbeknown to me, the lady couldn't manage with the cream, and when I met her again at our vets to have her injury

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checked, Mittens injury was now infected again. More antibiotics were given, but it was clear that the new owner wouldn't be able to tablet Mittens either, so she came back into our care.

With regular check ups with the vet, it was decided that she did need surgery. A date was set and two vets operated on Mittens to close the wound. However, the repair didn't take and the wound broke down again. Poor Mittens, she had to be kept in a large cage, so that she couldn't jump to stretch her front leg, but she was so good natured, that she didn't appear to mind.

Sometime went by before another experienced vet could carry out



the procedure again. This time a skin graft was taken from Mittens chest and put over the wound under her arm. So now she had two sore places. With regular check ups at the vet, the wound eventually began to heal, but we were now into July. All this time, since February, Mittens had been in a small cage so that no further damage was done to her injury.

Eventually the day came when the vet was very pleased with her progress, the wound had completely healed and she went back to the lady who had previously adopted her. And the cost to put Mittens right, around £2,700.

If you need advice or help with the cost of neutering, please call us on 01842 810018

Rita Thompson.

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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WEETING ART FOR PLEASURE

In June we attended Feltwell Carnival and sold some of our paintings. It was a lovely day and many people commented on the quality and variety of our art work. Most members mainly work in acrylics and watercolour but pencil sketches can produce some lovely results. Some members try new ideas and mix mediums.

We all work individually, assisting each other if we have a problem, or asking how a member has created a certain effect or colour and then try it ourselves. However, we do have a few workshops by professional artists each year, when we always learn something we can use in our work.

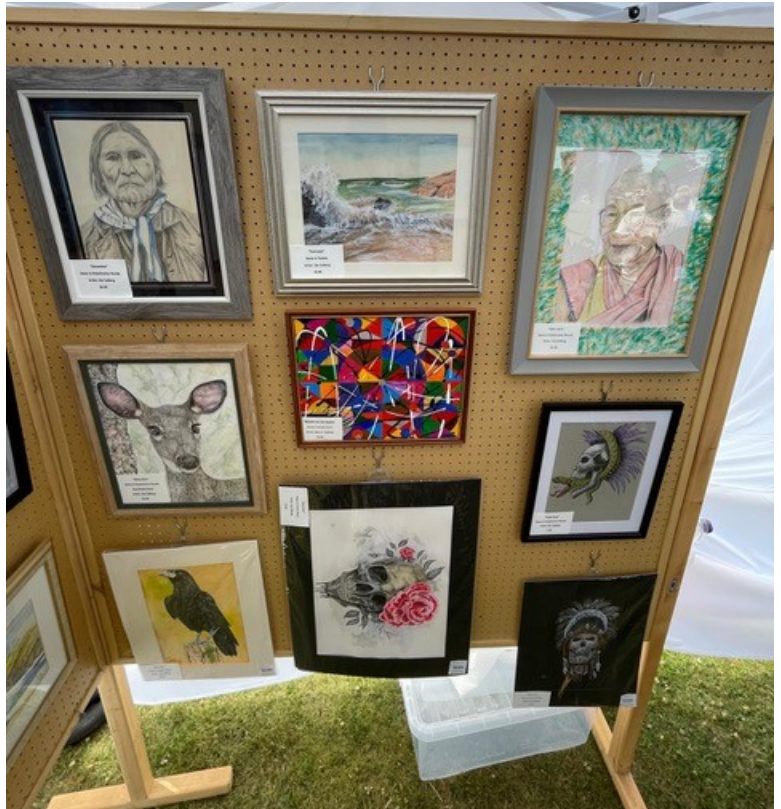
While the weather is being so pleasant we are planning to sharpen our pencils; pick up our sketch pads; (probably) need to pack a

few rubbers and meet up to sketch outdoors. Hopefully to then produce a painting. It is more challenging but also more rewarding to work from a real subject rather than pictures or photos.

If you have always wanted to try your hand at drawing/painting, or want to return to a hobby you once enjoyed, we would love to see you any Thursday morning at Weeting Village Hall 10.30 a.m. to 12.30 p.m. The cost is £4 a session, which includes tea, coffee and biscuits.

New members are always welcome, The main essence of the group is in the title – the pleasure of painting and socialising with like minded art lovers.

Further details can be obtained from:-
Beryl Pountney, – Tel: 01842 828750



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RSPB Lakenheath Fen

LATE SUMMER AT RSPB LAKENHEATH FEN

During August and September we are treated to many warm, calm days on the reserve and it is a fantastic time to pop down and see us. Often, the extreme heat of summer has passed and the air can be a bit cooler, but still warm enough for a range of beautiful butterflies and dragonflies to take to the wing.

Dominating the dragonfly scene at the moment are thousands of Ruddy and Common darters- the males are bright lipstick-red and the females a sandy-brown. Amongst them are larger Migrant hawkers, and the larger still Southern hawkers, both with their complex pattern of black with blue and green spots and stripes. The Migrant hawkers tend to be sociable and will hunt with the darters in shared open spaces for smaller insects; Southern hawkers tend to be more solitary. If you see one perched on vegetation you can really admire their spectacular colours.

The butterflies of late summer are also vividly coloured too- large Peacock, Red admiral and Comma are busy on the big flowers of several late-flowering wetland plants. Pale pink Hemp agrimony blooms mix often here with the brighter, magenta-coloured spikes of Purple loosestrife and both of these species are popular with the butterflies. Out in the drier, sandier areas of Brandon Fen, smaller butterflies like Brown argus and Small heath are a common sight in the last weeks of summer.

In the past few weeks we have seen quite a few young birds around- including a young Kingfisher learning to catch his or her own fish at Mere Hide- as well as a young Great crested grebe who was one of a brood of four that hatched near the hide in Spring- him and his siblings are nearly fully grown now. Not far from the reserve is a small breeding colony of Grey herons, and they seem to have been quite successful this year because we have some youngsters roaming the



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 26 September (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)

Fascinating Flora Guided Walk

Sunday 27 July (10am-1pm)

A visit to Lakenheath Fen in Summer is a very colourful one with a wide variety of plants in flower. But, behind their pretty exterior lies a hidden world of folklore, poisons and medicinal properties. Join us to discover more about the secret world of our wildflowers.

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

Amazing Autumn Guided Walk

Sunday 14 September (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).

reserve- they are much greyer and plainer than their parents. The bird feeders are also supporting lots of young tits as well as Greenfinches, who are still begging for their parents to come up to the Alder trees above and feed them. Our volunteers have also spotted a



A Juvenile Kingfisher.

Photo taken by Tushar Bala in late July.

couple of young Cuckoos which have fledged from their host nests, and for a few days they will still be fed by their surrogate parent- which is often a Dunnock or Reed warbler.

As a nod towards Autumn, we are also beginning to see the first wading birds passing through on their migration south- such as Greenshank, Black-tailed godwit and Curlew. The Hockwold Washes, viewable from the riverbank, is a real magnet to them- the muddy edges offering a buffet of worms and other bugs that can be easily dug out for a quick snack. Keep an eye out more unusual waders amongst the usual Lapwing and Redshank.

If you visit us soon there is still plenty to see- so come and enjoy the warm days still full of wildlife. If you are here into the evening, you may also spy a bat or a Barn owl- we've been seeing these later in the day recently too.

Heidi Jones (Visitor Experience Officer, RSPB Lakenheath Fen).



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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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.

Pull a weed (plant control!).....or sow a seed,

just your time is all we need.



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

If you would like to join us for lunch,

Please let us know by Sunday 14 September.

Give us a call or message us or one of our members. Find us by scanning this QR code on your Android or iPhone.



We can be contacted on Facebook, Messenger or mobile 07712578721 or by email mikegw15@gmail.com Mike & Brigette Wilkinson 07799216693

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Munson's Lane nr junction with OMR	16:05	16:25	IP26 4DE
Hereward Way	16:30	16:50	IP26 4BP

Upcoming Dates

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02 October
30 October

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- Do you need assistance with the purchase of equipment or books to enable you to study?

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FELTWELL BOWLS CLUB

SPONSORS Feltwell Bowls Club are looking to buy new kit for the 2026 season. Are there any local businesses that would like to support the bowls club and become a sponsor?

If interested please contact the club on Tel. 07771882428.

The project to purchase new Club shirts is progressing well.

The club competitions are reaching the quarter finals and there have been several surprises with some new faces that could reach the Honours board.

The finals day is 13th September, this will be a great day. I will report on it in the next issue

The Cream Tea and Treasurer Hunt was a huge success and thanks must go to the social committee for organising it.

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

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

DATE	LEAGUE	OPPONENT	VENUE	RESULT	SCORE	POINTS
02/07	RS	Mundford	Away	Loss	44 - 60	1 - 7
03/07	Ash	Wicklewood	Away	Draw	52 - 43	4 - 4
09/07	RS	Hockwold	Home	Win	56 - 40	6 - 2
10/07	Ash	Hingham	Home	Win	54 - 48	6 - 2
16/07	RS	Shouldham	Away	Loss	48 - 53	2 - 6
17/07	Ash	Harling Blue	Away	Loss	42 - 62	0 - 8
23/07	RS	Weeting	Home	Win	56 - 48	6 - 2
24/07	Ash	Shropham	Home	Win	51 - 39	6 - 2
26/07	DA	Shouldham	Home	Win	49 - 44	6 - 2
30/07	RS	Swaffham	Away	Draw	51 - 48	4 - 4

The results are as follows:-

Rosie Smith	Shots for - 255	Shots against - 249	Points - 49
Ashill	Shots for - 199	Shots against - 192	Points - 16
Dave Allen	Shots for - 49	Shots against - 44	Points - 3

COMING EVENTS

Finals day Saturday 13th September.

Coffee morning Saturday 27th September 10 to 12 noon in the large room in the RBL.

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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 2025 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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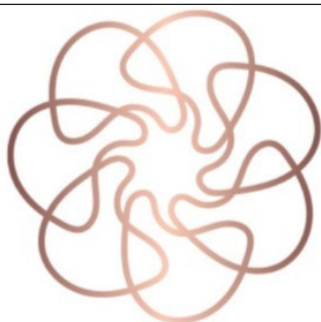
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A Meeting of the Parish Council was held on Monday the 11th of AUGUST 2025 in the British Legion, Long Lane. 8 Councillors attended. Ms Vikki Quamina (Community Liaison Advisor at RAF Lakenheath) and 3 members of the public were also in attendance.

Ms Quamina said the Combat Readiness Exercise scheduled for 25th-28th August at RAF Lakenheath will impact Feltwell as sirens, alarms and public addresses will take place both day and night. She assured the Council this is just a training exercise and not a real world emergency. An EOD visit is being planned for the Autumn for Councillors and residents to view demolition activities and understand why they are undertaken. Residents should contact the Clerk to register their interest.

Highways Area Manager has arranged for the Network Safety Team to re-assess the Long Lane/Short Beck junction with a focus on visibility and junction priority. A re-examination of the feasibility of altering the layout and priority in consultation with design and safety teams will also be carried out. Potential funding routes will need to be explored if a suitable design is identified.

Highways Area Manager will undertake a desktop assessment of Lodge Road junction with the B1112 following two serious accidents recently to obtain historical and recent accident data. If a formal feasibility study is required, funding would have to be externally sought so he encouraged the Council to seek viable funding options if the need arises. Cutting verges around this junction would greatly improve visibility and the Chair questioned whether Norfolk County Council's (NCC) current schedule of three verge cuts a year around junctions was good enough.

Still no response from Terry Jermy MP regarding improving safety at Hill Street junction with St Mary's/The Beck.

White-lining has been renewed in some areas but Clerk to

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enquire why others have been left.

The request for a street light at Mulberry Close has been withdrawn.

Mr D Peckham will undertake all tree work at the playing field following a recent tree survey.

Developers of the site on Long Lane will completely remove all protruding greenery near Feltwell Chinese whilst installing a boundary fence in the next two weeks.

Clerk will continue pursuing Freebridge regarding their property on Old Methwold Road which has long been standing empty.

Mr Storey said the main topic for both NCC and BCKLWN was local government reorganisation and a decision had to be reached by 26/9/25. NCC full council will meet to discuss all information gathered but financial implications indicate a preference towards a single unitary council. BCKLWN prefers a two-three tier unitary council but Norfolk residents' consultation results are of the utmost importance to both council's decisions. NCC voted against solar farms, pylons and reservoirs consuming agricultural land. He reiterated that as well as a Member's Allowance, both he and Mr Lawrence as Borough Councillors have a community fund of £1000 each and as County Councillor, he has a Norfolk Community Fund of £2500 to support community projects. All information can be found on the NCC and BC websites.

Polite requests for residents:-

Please trim overhanging greenery back to your boundary

Please deposit any glass waste into the bottle bank on the playing field as the Parish Council obtains recycling credits for every tonne collected (last year this amounted to £370).

**Please do not bulk tip dog waste in the village dog bins.
Bagged dog waste can also be deposited in your
domestic black wheelie bin 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 8th September 2025 at 7.30 pm. Everyone is welcome.

Having a party?

Don't have enough plates, dishes, glasses or cutlery?
Contact Sue Garland 827029 or Chris Parker 827152.

St Mary's Church can loan you all of the above
(at least 40 settings)

All we need in return is a donation to St Mary's Church Funds
and an understanding that you will pay for any breakages.



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

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

5th September MELLINDA BASSETT.

19th September JOHN ENNIS.

**10th October An Evening of Clairvoyance
With SAM REED & LINDA BISHOP.**

24th October JO BRUNO

**Peggy's Room, St. George's Hall Complex,
16 High Street, Methwold, Norfolk IP26 4NT.**

Entrance donation £3. Evening of Clairvoyance £5 (towards costs)
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Shaen	Mr Robinson	Science	Trousers
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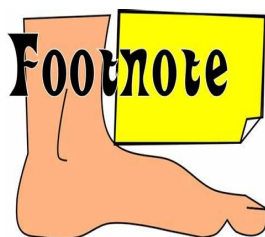
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WORD TRAIL SOLUTION

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Did you know?

The cake that appears, amongst other items, on the cover of the Rolling Stones album *Let it Bleed* was baked by the then-unknown cookery writer Delia Smith.



WORD SEARCH SOLUTION

NEXT MONTH'S WORD SEARCH WILL BE ON
NAMES OF COUNTRIES

G	A	E	H	T	U	R	T	E	H	T
T	Q	S	M	R	A	T	A	N	E	M
H	D	I	G	G	E	R	S	C	Q	J
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C	G	E	H	T	M	E	N	W	I	B
W	I	N	T	E	R	S	M	I	T	H

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