

February 2026

# FELTWELL PARISH MAGAZINE

YOUR CONNECTION TO YOUR COMMUNITY

Give one to  
your  
valentine on  
Valentines  
Day -  
February  
14<sup>th</sup>



Share a  
stack with  
your  
valentine  
on Shrove  
Tuesday -  
February  
17<sup>th</sup>.



Subscriptions for existing subscribers  
will be collected this month for the  
year March 2026 - 27.

## INSIDE THIS ISSUE

The Parish Council Tells Us  
About Its Work During 2025  
Are You a Carent?  
Food or Supplements?  
2025: Another Year in the Can  
+ Scams, Curios & Reports  
And much more inside incl. 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
Associate Priest of St Mary's	Revd. 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: <a href="mailto:clerk@feltwellparishcouncil.gov.uk">clerk@feltwellparishcouncil.gov.uk</a>		828383

Parish Council website: <https://feltwellparishcouncil.gov.uk>  
Feltwell's History Website can be found at <http://www.feltwell.net>

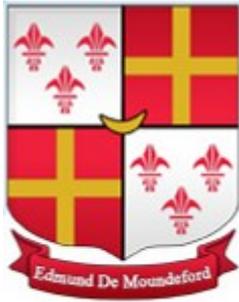
## **Deadline for the next issue is 14<sup>th</sup> February 2026**

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),  
Email: [garlandp@btinternet.com](mailto:garlandp@btinternet.com)

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Distribution is by Ian Webb (828167) & Paul Garland

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.



# Edmund De Moundeford

## Voluntary Controlled Primary School

**"Soaring to success"**

**A Good School!**  
July 2013, May 2017  
and November 2022

The start of a new year brings many opportunities and also allows us to reflect on the previous year. December was a busy time for Edmund de Moundeford Primary School, with carol concerts, nativity plays and celebration assemblies. Thank you to all the parents who came along to support our school – the staff and the children are always grateful for the encouragement you give.

We are incredibly thankful to Arren Potton and Gemma Prior, through their company CCS (Commercial Catering Services) <https://www.ccscatercareltd.com/>, who have kindly arranged the installation of a new oven in our canteen, which has been gratefully received by staff and pupils alike. They also organised a free training session with a chef from Retigo, the makers of the commercial oven, for our catering team. This generous support will make a real difference to the daily life of our school.

No one knows what 2026 may bring, but at Edmund de Moundeford Primary School there are many things to look forward to, including further class trips, special sports visitors and, no doubt, a range of PTA events. These opportunities enrich school life and provide the children with experiences they will remember for years to come.

As always, we appreciate the continued support of families and the wider Feltwell community and look forward to sharing more of our news throughout the year.



## 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 26-March 27—£5 (12 issues, 2 free).

All subscriptions below 11 copies are pro rata.

**DID YOU  
KNOW?**

There is an interactive **Life Expectancy Calculator** on the Office for National Statistics website. You input your age and sex and it tells you your average life expectancy. I'm 70 this year (yes, I know) and it told me I could expect to live until I'm 86 assuming my health and lifestyle don't change.



[Life expectancy calculator - Office for National Statistics](#)



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## FOOD FIRST... OR PASS THE PILLS?

*Supplements: helpful boost or expensive wee?*

If you were to open the average kitchen cupboard in February, you'd likely find three things:

- a slightly stale biscuit tin,
  - a bottle of something labelled "*Ultra Mega Vitality Plus*",
- and a vague feeling that you *should* be doing something healthier.

January, after all, is the month of good intentions. February is when we quietly wonder what on earth we were thinking.

Supplements have a habit of creeping into our lives at this time of year. Someone recommends one for joints. Another swears by something for sleep. A headline promises more energy, better digestion and possibly eternal youth — all in a handy capsule. Very tempting.

So the question is: **do we really need them?**

### **Food first (yes, really)**

The boring but reassuring truth is that most of what our bodies need is already available in ordinary, everyday food. Meat, fish, eggs, vegetables, fruit, dairy, potatoes, bread — nothing exotic, nothing with a hashtag.

A decent diet provides protein to keep muscles strong, fats for joints and hormones, carbohydrates for energy, and plenty of vitamins and minerals to keep the whole system ticking along. No blender required.

That said, winter can be a bit of a nutritional wobble. Fewer daylight hours, less sun exposure, more comfort food and fewer salads (because nobody genuinely wants a cold tomato in February). So there *are* times when supplements can be helpful.

### **The sensible supplement short list**

Rather than swallowing half the chemist, here are the ones most commonly worth considering — calmly and without panic.

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- Is your laptop slow?
- More storage needed?
- Wi-Fi coverage issues?
- 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

## PLUMBER

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## **Vitamin D**

This is the big winter one. We make vitamin D from sunlight, and British winter sunlight is... optimistic at best. Many people are low by February, which can affect bones, muscles, immunity and energy. A modest daily supplement can be useful for most adults.

## **Omega-3 (fish oils)**

Helpful for joints, heart health and inflammation, especially if oily fish doesn't appear on your plate very often. Not essential for everyone, but sensible for some.

## **Magnesium**

Often taken for muscle cramps, sleep or stress. Some people find it very helpful, others notice absolutely nothing. Bodies are like that.

## **Turmeric/curcumin**

Popular for joint comfort. It can be useful, but it works best when taken properly — and no, sprinkling it vaguely on a curry doesn't quite count.

And that's about it. Notice what's missing? The neon-coloured "super blends" with 47 ingredients and a promise to "reset" something unspecified.

## **When supplements don't help**

If a supplement claims to:

- melt fat,
- detox your liver,
- balance your hormones instantly,
- or fix years of poor sleep in three days...

...it's probably fixing your bank balance instead.

Supplements cannot replace meals. They can't undo long-term stress, poor sleep, inactivity or weeks of beige food eaten standing up. They are called *supplements* for a reason — they top up, they don't perform miracles.

And more is not better. Taking high doses "just in case" can sometimes cause more problems than it solves.

# Do you know someone who doesn't take the magazine?

Why not give them a subscription as a gift this year.

Fill out the form below and return it to Paul at the address inside the front cover before 14<sup>th</sup> February 2026 and they will receive their first issue in March.

All current gift subscriptions expire with the February 2026 issue.

I wish to give a gift subscription of 12 issues of Feltwell Parish Magazine to:

Name of recipient: \_\_\_\_\_

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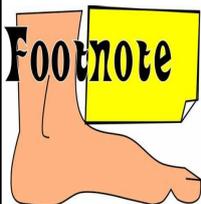
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**Payment.** Cheques must be made payable to Feltwell PCC. £5 for village addresses, £17.00 for elsewhere in the UK (includes P&P)

Signed: \_\_\_\_\_

## Did you know?



Scotland's national animal is a Unicorn. Unicorns have been linked to Scotland for centuries. In Celtic mythology the unicorn was a symbol of purity and innocence, as well as masculinity and power. Tales of dominance and chivalry associated with the unicorn may be why it was chosen as Scotland's national animal.

## The February question to ask yourself

Before buying anything new, try this simple check-in:

- Am I eating regular meals?
- Am I getting enough protein and vegetables?
- Am I sleeping reasonably?
- Am I moving my body most days?

If the answer is mostly yes, you're probably doing far better than you think.

If the answer is no — start with food, warmth, movement and rest before reaching for the capsules.

### So... food or supplements?

The answer is gloriously un-dramatic.

#### Food first. Supplements if needed.

Not instead of food. Not because January made you feel guilty. And not because someone on the internet shouted.

February is a month for steadiness. Warm meals. Sensible habits. And the occasional supplement taken with purpose — not hope.

And if nothing else, it might finally free up some cupboard space for the biscuits.

**Disclaimer.** I am not a medical practitioner, a pharmacist, or a wizard in a white coat. I'm a fitness professional who spends a lot of time around real people, real food and real joints. If you have a medical condition, take medication, or feel unsure, your GP or pharmacist is always your best first port of call.

Yours in health and fitness

Helen

## CHANGE TO DISPENSARY OPENING HOURS

The dispensary closing times have now been shortened to 12.00 - 14.00 each day (instead of 12.00 - 15.00) at lunchtime to help patients with collecting medication.

# Hear for Norfolk



Supporting people with hearing loss and related conditions

Hear for Norfolk is your local charity dedicated to improving the wellbeing, aiding communication and furthering the quality of life for people with hearing loss and hearing related conditions.

We provide support through the following range of services:

**Aural Care - removal of earwax using microsuction**

**Adult Audiology - NHS funded hearing assessments and fitting of hearing aids for people ages 50+**

Both services are delivered by trained, registered and experienced nurses and audiologists

**Hearing Support - maintenance of NHS issued hearing aids**

**Otoscopy Clinics - screening of ears for the presence of earwax**

**Cuppa Care Project - emotional and wellbeing support, information and advice to people of all ages**

**Hearing Loss Awareness Training**

Our services are available from our community-based and mobile clinics, and domiciliary/care home visits for people who are housebound



Please call us on 01603 404440, email us at [nda@hearfornorfolk.org.uk](mailto:nda@hearfornorfolk.org.uk) or visit our website at [www.hearfornorfolk.org.uk](http://www.hearfornorfolk.org.uk) for more information

Scan me!



Hear for Norfolk is the operating name of Norfolk Deaf Association (NDA), a Charitable Company Limited by Guarantee registered in England & Wales No. 07966408 Registered Charity in England & Wales No. 1146883

## ANOTHER ONE IN THE CAN

In a recent conversation with our Editor, Paul, he asked me to submit my final words of 2025 and initial expectations of the New Year and what 2026 may have in store for us. In the same breath he mentioned that I did have a confirmed reader out there somewhere, so, not wanting to disappoint that reader, I'd better come up with something that satisfies both.

One of my daily habits that I have followed for as long as I can remember is my bed-time drink and a few moments with a book. By pure coincidence, my current bed-time read is by Richard James Percy, and his recollections of Scarborough's war-time years. My parents were born a couple of years before the First World War and I was born in 1937, two years before the start of the Second World War, and now, here we are, all of us, living through more conflicts in our green and pleasant lands across the World.

Why all the gloomy preamble? Well, that seems to be the way I spend those few days before and after the advent of every new year. That is when I yet again find myself comparing the 'then-and-now' of my eighty-eight years, and despite everything, I still end up considering myself so lucky to have survived it all, so far. There will be those amongst you, especially my newly declared reader, that have travelled along that road with me, and hopefully feel the same. Over those eighty-odd years, everything has changed, and yet everything has remained the same. When I was a lad, there were no luxuries, and yet our parents coped. (How they did it, I'll never know) We lived on 'make-do-and-mend' 'hand-me-downs', and whatever could be afforded with our ration books. Today, modern man and his family throw away food that would have kept us in luxury throughout both of those awful times. Until the early forties, we were still depending on powdered egg, powdered milk, Spam and other hand-outs from America. And yet our parents managed to clothe and feed us.

Those are the facts about my early years, and I can hear you saying "Blimey, he's a miserable old sod, isn't he?", but I'm not, and I bet

## Friends of Feltwell Playgroup

*Helping little hands explore a big world*

We are delighted to introduce **Friends of Feltwell Playgroup**, a fundraising group set up to support the children of our local playgroup. Our aim is to provide the very best start for the children, creating happy memories and special opportunities through fundraising and community events.



One of the simplest ways to get involved is by joining our 100 Club. For just £24 per number per year, you'll be entered into a monthly prize draw. The winning number will be drawn on the 1<sup>st</sup> of every month, starting this October. The prize is 50% of the total collected each month, with the remaining funds going directly to benefit the children of Feltwell Playgroup.

Please email - [friendsoffeltwellplaygroup@gmail.com](mailto:friendsoffeltwellplaygroup@gmail.com) to register your interest.

We warmly invite you to follow our page on Facebook — **Friends of Feltwell Playgroup** — where you can find out more about upcoming events, fundraising, and how to get involved.



Together, as a community, we can help our little learners explore a big world.



The "Street Piano" is available every day from dawn til dusk in the Methodist Chapel entrance. Come and dance those fingers over the keys!

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there are those amongst you who feel just the way I do, that, as Leonard Sachs would say, as he presented his show at the City Varieties in Leeds in the fifties, that, “Those were the good old days!”

I have so much to be thankful for, despite my struggle to keep up with the breathless advance of technology since 1937. There were no phones or television until the fifties, and now we have social media at every turn. My parents had to cope with the dolly tub and wringer, and now our appliances are all Wi-Fi' connected and think for themselves. The marble slab in the pantry has given way to the fridge-freezers that chill our food and keep it in permafrost conditions for months or even years. The little corner shop has been replaced by the megalithic superstores that satisfy our every need, and so it goes on!

I think I still refer to those early years as 'the good old days' because, despite the sacrifices, there didn't seem to be the same pressure on life, that exists today.

What do I want for me in 2026?

I've learned to live a simple life since my wife died in 2015, in order to live a reasonably healthy life, and long enough to out-live the warranty on my new tumble-drier, and long enough to see England win the Ashes again, I'd like to stay healthy enough as long as possible, so as to not be a burden to my family. As my bones creak, and my muscles complain, I'm lucky to be able to afford to slowly surrender, little by little, to the technology and kindness of others that will help me hang on to that erstwhile, stubborn independence I've been so proud of over the years. And whilst I can still do my ironing, mend my socks and operate my microwave, I shall prevail!

Maybe 2026 will be a happier year for all of us, that will provide some modern 'good old days' for us to enjoy, as I enjoyed all those years ago. Let's hope so.

I hope you all had a happy Christmas, that Santa visited, and that the year to come will be a peaceful one for all of us.

Frederick James

# **OPEN AFTERNOON**

**Saturday 7th FEBRUARY 2026**

**2 – 4pm**

**SNOOKER – TABLE TENNIS – POOL**

**at the Community Hall, Methodist Church,  
Feltwell**



**Come and see our new SNOOKER ROOM, three quarter size table. Refreshments available.**

**Register your interest in playing, beginners welcome, let us know your preferred days and times you can play.**

**Open at the moment Monday evenings, Tuesday afternoons and Thursday mornings.**

## ARE YOU A CARENT? MIGHT YOU BE ONE SOON?

*I picked up a leaflet recently with a word on the front I'd never seen before. It intrigued me. The word was Carent, but just what is a Carent and what is Carenting.*

A Carent is an adult who cares for elderly relatives or friends in the community. There are over 4 million carents, representing 57% of all carers. Carents provide £100bn of unpaid care annually, yet many face career, financial, and wellbeing challenges without formal recognition.

Carenting refers to the multitude of activities carents undertake as first aiders, homemakers, care coordinators, personal shoppers, chauffeurs, secretaries and financial or legal advisers.

I'm quite certain that many of our readers either are currently a carent, have been one or expect to be one at some point in the future, which is where the online resource [carents.co.uk](http://carents.co.uk) comes in.

[Carents.co.uk](http://carents.co.uk) was founded by Dr Jackie Gray, a qualified GP and a Consultant in Public Health Medicine with over 30 years of experience tackling the consequences of ageing in individuals and communities. Through her work she realised that carents matter because:

The UK's ageing population is growing rapidly:

- 25–50% of over-85s live with frailty,
- 30% of over-90s live with dementia.
- Even among those eligible, 100,000 families miss out on care due to underfunding.
- And the number of carents is likely to grow as the population ages. Yet carents often don't see themselves as carers and fall through existing support systems. They are frequently left to navigate complex health and council services alone. 71% change career paths, 37% alter retirement plans and 55% report serious wellbeing issues.

**Carents.co.uk** is free, available 24/7 and offers expert information, advice and guidance and a space in which you can connect with other carents. It's well worth a look.

# 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](http://www.feltwelllodge.com)

E-mail: [feltwelllodge@hanleycarehomes.com](mailto:feltwelllodge@hanleycarehomes.com)

## WHAT HAS THE PARISH COUNCIL BEEN DOING OVER THE PAST 12 MONTHS TO IMPROVE OUR WONDERFUL VILLAGE OF FELTWELL?

Following a spate of negative posts on the village Facebook page, here is a summary of the work carried out by the Parish Council over the past 12 months.

### **Highways and Road Safety**

We have continued to campaign strongly on a number of highways and road safety issues across the village:

- **Short Beck / Long Lane / High Street junction** – Raised concerns about safety due to vehicles parking on the pavement outside Central Garage, blocking visibility. We are awaiting an assessment from the Network Safety Team on potential schemes, including a change of priority.
- **Hill Street / The Beck / St Mary's Street junction** – After many years of complaints/meetings with Highways trying to improve the safety of this junction we requested a safety assessment following repeated failures by vehicles to stop at the give way. A change of priorities at this junction would not improve safety due to the layout, the PC has long suggested/proposed that the junction is changed to a STOP rather than the present Give Way. Highways have put up more signs advising of the give way upon it's approach. The PC is regularly being advised that there is no money in the budget and there are no records of fatal accidents (the one thing the PC have been trying to prevent at this junction for a long time). The Network Safety Team has visited, and we are awaiting their assessment and proposed solutions.
- **Paynes Lane** – Over many years the PC has put forward several suggestions to try and improve the safety of this road; we have suggested a partial one way (not viable), speed humps (deemed not acceptable due to noise and other issues these can cause), a trod around the boundary of the playing field roadside to give



# St Mary's Feltwell

Your Parish Church is open  
every day 9am until 4pm.

## CONTACTS

### Churchwarden

Chris Parker

01842 827152

[cmparker@talktalk.net](mailto:cmparker@talktalk.net)

### Benefice Administrator

Fiona Hearn

07811 782316

[wisseygrimshoebenefice@gmail.com](mailto:wisseygrimshoebenefice@gmail.com)

St Mary's is part of **Grimshoe Benefice**  
Including St James' Hockwold, St Andrew's Northwold  
& St Mary's Weeting

### TO ARRANGE, WEDDINGS, FUNERALS AND HOME COMMUNION

Please contact:

Fiona Hearn 07811 782316

[wisseygrimshoebenefice@gmail.com](mailto:wisseygrimshoebenefice@gmail.com)

### TO ARRANGE BAPTISM

Please contact:

Tammy Wright 07717 507665

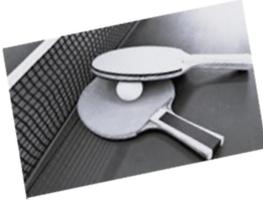
[grimshoebaptism@gmail.com](mailto:grimshoebaptism@gmail.com)

somewhere for people to walk along part of the road, the PC would have funded 50% of this scheme if it had been accepted (deemed not enough room), during one of many visits with the Highway officer we enquired about a possible speed limit reduction to 20mph for all or part of the lane, apparently these schemes are quite expensive and would not be policed. Finally, more recently, we applied under the Parish Partnership Scheme (50% of costs would be met by the Parish under this scheme) for a solar powered speed sign to be placed near the entrance of the playing field, this was refused as there had been no recorded accidents in the last five years and Paynes Lane has 90 degree bends which should constrain vehicle speeds. Bearing in mind we would have sited it before reaching the playing field gate coming from Wilton Road.

- **Oak Street to Feltwell Surgery footpath** – Successfully campaigned for widening of the footpath with works scheduled for 2027/28.
- **Southery Road repairs** – Challenged the adequacy of repairs carried out by Highways and sought support from Terry Jermy MP.
- **Lodge Road / B1112 (Weeting to Mundford Road) junction** – Requested a safety review which has resulted in Highways programming additional safety measures.
- **Village white lines** – Pursued Highways for the renewal of road markings throughout the village.

**Speeding concerns** – Applied to the Parish Partnership Scheme for two solar-powered speed signs on Wilton Road and Paynes Lane (see above); unfortunately, both applications were refused.

The Parish Clerk regularly chases Highways for responses to concerns raised and has to wait long periods for a reply. Highways advise of the limited resources available to them and the Safety Team obviously, on some occasions, have a different prospective on safety than the people that live in the Parish. **It would also help if parishioners reported areas of concerns to Highways as this may put more pressure on them to take some action.** As a Parish Council, we have limited authority and can only keep pressing to



## **MONDAY and TUESDAY CLUBS**

Table Tennis 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 and Snooker NOW available.**

## **THURSDAY CLUB**

**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 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**

make our village as safe as possible. **Highways can be contacted on 0344 800 8020 or online at [www.norfolk.gov.uk/highwaysproblem](http://www.norfolk.gov.uk/highwaysproblem)**

### **RAF Lakenheath EOD Activities**

We have actively campaigned for RAF Lakenheath to relocate their EOD activities away from the village. This included contacting the Defence Minister and seeking support from Terry Jermy MP.

### **Allotments**

The Parish Council provides and manages the village allotments. Currently, 21 garden allotments are let and approximately 38.5 acres of farmland are contracted out on short-term tenancies.

### **Community Support and Events**

- Organised and facilitated road closures and traffic management measures for the Remembrance Parade ensuring it can take place safely.
- Organised a Winter Event in partnership with the Feltwell Community Group, providing residents with advice from Age UK, Lily, Careline, and Caring Together Charity, and a further event is planned for 11<sup>th</sup> February 2026.
- Donated to the village fete.
- Sponsored the Primary School Year 6 litter pick in aid of their Leavers prom.

Supported Feltwell United FC through football pitch maintenance.

### **Funding and Facilities**

- Secured 100% National Lottery funding for a target trainer and monkey wall challenge which were installed at the playing field in November.

Reclaimed land previously leased to Feltwell Surgery for use as an overflow car park following the lease expiry in October 2025. Repair and reinstatement works were completed in December.

### **Health, Safety, and Maintenance**

- Continued maintenance of the village's five defibrillators, located

**FELTWELL PARISH COUNCIL**

**NOTICE OF VACANCY**

**FOR PARISH COUNCILLOR**

Notice is hereby given that there is a vacancy on Feltwell Parish Council. The vacancy has previously been advertised and no election has been requested therefore the Council is now able to fill the vacancy by co-option.

- *Do you have time or expertise which could benefit your community?*
- *Do you want to make a difference to all those around you?*
- *Are you concerned about your local area?*
- *Do you want to represent the views of local people?*

If you would like to make a difference and be involved in shaping the future of your local community, why not step forward and apply to become a Feltwell Parish Councillor?

Applicants should note that Councillors are expected to attend regular monthly meetings on the second Monday of each month and any additional meetings as may be arranged, and to represent the electors of Feltwell in raising and discussing those issues of interest and concern on which the Parish Council is empowered to act.

Membership of the Council is open to electors who are citizens of any state in the European Union or of the Commonwealth and:-

- Have lived in the Parish or within three miles of it for the preceding 12 months
- Are a registered elector in the Parish, or
- Have occupied as owner or tenant any land or premises in the Parish for the preceding 12 months, or
- Have their principal or only place of work in the Parish for the preceding 12 months
- Must not be disqualified from holding office as a Councillor (by reason of a criminal record, bankruptcy or involvement in corrupt practices)

Any person wishing to apply for this vacancy should contact the Parish Clerk on 01842 828383 or email [clerk@feltwellparishcouncil.gov.uk](mailto:clerk@feltwellparishcouncil.gov.uk) for further details.

at R H Lindsays, Londis, the British Legion, the Social Club, and Feltwell Surgery. *Our thanks go to R H Lindsays, Londis, the British Legion, and the Social Club for covering the ongoing running costs.*

- Maintained play equipment at the playing field to ensure compliance **with BS EN 1176 safety standards.**
- Ensured all trees in public spaces were professionally assessed.
- Installed a new gate and entrance area at the playing field to improve safety at the Paynes Lane corner.

Maintained village street lighting, ensuring all columns remain structurally sound.

### **Thank You's**

Feltwell Parish Council would like to thank all the village groups and organisations who continue to contribute towards making Feltwell a lovely place to live.

### **If You Think You Can Improve Our Service to the Village.....**

The Parish Council currently has a vacancy for a Parish Councillor. This is an opportunity for a local resident to become involved in supporting the village and contribute to decisions that affect the community. *(See facing page for vacancy notice.)*

Meetings are held on the second Monday of each month and require a commitment of a few hours. If you are interested in serving your community then please get in touch with the Clerk on 01842 828383 or email [clerk@feltwellparishcouncil.gov.uk](mailto:clerk@feltwellparishcouncil.gov.uk).

### **SUBSCRIPTION INFORMATION**

If you would like future issues of this magazine

delivered **FREE** to your home in Feltwell please contact our Distribution Manager Ian Webb on 828167.

March-March -£5 (12 issues, 2 free).

All subscriptions below 11 copies are pro rata.

**A warm welcome from  
St Mary's to our Services across the  
Benefice.**

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



Sunday 1st February	<b>Service of the Word</b>	9.15am	<b>Feltwell</b>
Sunday 8th February	Service of the Word	9.15am	Hockwold
Sunday 15th February	<b>Eucharist</b>	<b>9.15am</b>	<b>Feltwell</b>
Wednesday 18th February	Imposition of Ashes	7.00pm	Methwold
Sunday 22nd February	Eucharist	9.15am	Hockwold

**Other happenings at St Mary's Feltwell:**

**Food Pantry Open**

Tue 9-10am, Weds 9-11.30am & Sat 10-11am

**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.



**WISHING YOU ALL A PEACEFUL FEBRUARY FROM  
THE TEAM AT ST MARY'S**

## A MESSAGE FROM OUR EX-EDITOR SUSAN WITHERS

**About the Magazine** - Sadly after 26 years volunteering on the magazine, I have had to give it up. I would like to thank everyone, especially Paul for his help, especially in the early days with this.

Thank you everybody who regularly contributes for helping to produce a magazine for the village and to all the volunteers who go out in all weathers to make sure the magazine is delivered.

Please support the advertisers as without them there would be no magazine.

**About The Fish Piper** - My brother Paul and I would like to thank everyone for their custom, all the laughs along the way and mostly for supporting our business. You'll all be missed.

We have sold the business and would like to wish Serken and his team the best of luck in their new venture in Feltwell.

We have been lucky to have such wonderful staff and customers over the years.

Thank you!

**On a personal note**, I would like to thank everyone for their cards, gifts and messages of support. I hope to see you all soon.

*From the editor. Thank you Susan for everything you did to help keep this magazine going, from Sudoku puzzles to recipes, from being Advertising Manager to retailer of the printed issues.*

*I hope your road to recovery continues and look forward to seeing you back in the village as soon as possible.*

## CLOCK WINDER WINDS DOWN

For 43 years Mr Barry Reeves has wound the church clock and now he has decided to hand over the job to someone younger, although he's still available should some maintenance be required. Thank you, Barry, for your tireless service to the village.





Charity #: 1208763

**Veterans Central West Raynham SHQ,  
5 Blenheim Way, West Raynham  
Business Park, Fakenham, NR21 7PL**

**The Veterans Voice** project aims to help veterans and family members find how to access veteran organisations and support groups, such as breakfast clubs and social hubs, identify opportunities for social interaction with other veterans, and provide information about support resources.

**Veterans Central**, as part of the Veterans Voice project, will be running a monthly **drop-in hub** in Swaffham.

**Come along for a FREE hot drink, cake, and a spot of chat and banter, or to ask question about veterans support.**

**Venue:** The Regency Room, Swaffham Assembly Rooms, Swaffham

Tuesday 24<sup>th</sup> February 2026

Tuesday 24<sup>th</sup> March 2026

Tuesday 28<sup>th</sup> April 2026

Tuesday 26<sup>th</sup> May 2026

**Time:** 10.30 – 13.00 hrs

**Location:** The Assembly Rooms are located in the centre of Swaffham and there is adjacent 2 hours free parking (but use machine to get a ticket). You are welcome to bring partners or carers.

**More information? Contact: [ops@veteranscentral.co.uk](mailto:ops@veteranscentral.co.uk)**

**Mobile: 0771 3860040**

## CURIOS ARE BACK! No 9

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

Answer to last month's Curio.



**This is a Lark Lure**—used to attract and capture larks whose tongues were considered a great delicacy in the Middle Ages and up to the early 18th century.

Until mechanisation allowed for the expansion of arable farming, larks were more numerous: meadowland, their natural habitat, was much more common than it is today. This item would be placed on a stick on which it could spin and (most probably) a young lad would hide in nearby bushes holding both ends of a piece of string attached to the lure. The birds were attracted by the twinkling mirrors and could be rapped with nets or (later) killed by fine shot. Sometimes a captive lark would be tied to the lure too: this might have had its eyes burnt out with hot wire as it was believed that blind larks sang louder so that more birds would be attracted and caught. This method was practised all over Europe.

**For two photographs of this Month's Curio, please turn over.**

This is a hand tool with a rough, rasp-like surface. Like most hand tools it had a specific job to do. What was that job?

## ADVERTISING RATES

Full page—£240 per year or £24 per month

Half page—£120 per year or £12 per month

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

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

Our advertising year runs 1st Apr to 31st March

If you would like to place an advert in this magazine please  
contact our Advertising Manager: Jean Winter

Email: [jean.winter@gmx.com](mailto:jean.winter@gmx.com)

## MOBILITY AIDS

Want to bring a friend or relative to stay, need to take a mobility challenged person to hospital or on holiday. We have some mobility aids to help you. Short or long term use. Just give us a call or message us.

We can be contacted on  
Facebook, Messenger or mobile  
07712578721 or by email  
[mikegw15@gmail.com](mailto:mikegw15@gmail.com) Mike &  
Brigette Wilkinson 07799216693  
(Feltwell Methodist Chapel)



## 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.



Answer next month.

*If you'd like to email me if you think you've worked out what this curio was used for my address is garlandp@btinternet.com. Please use CURIO in the Subject line.*

*If you get it right you can bask in the fame when I publish your name next month.*

*Paul*

**Feltwell Dispensary**  
**NEW Opening Hours**

Monday: 08:30-12:00, 14:00-18:00

Tuesday: 07:30-12:00, 14:00-19:00

Wednesday: 08:30-12:00, 14:00-18:00

Thursday: 08:30-12:00, 14:00-18:00

Friday: 08:30-12:00, 14:00-18:00

 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](http://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**.

# FREEDOM RECYCLING

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

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**Why choose Freedom Recycling?.....**



We are your local, reliable, family run business (Est. 2005)

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**01842 828888**



**admin@freedomrecycling.co.uk**



**https://freedomrecycling.co.uk/**



**Messenger**

## LATEST CONSUMER ALERTS AND TRADING STANDARDS NEWS

### Scam Alert - Text messages claiming to be from EE

We are warning residents who are EE customers to be alert for scam text messages that are continuing to circulate.

The messages claim that your 'EE points are about to expire' with the message providing a link to 'redeem them immediately'.

These messages are not from EE 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.

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.](#)

If you think you have interacted with a scam message and provided scammers with your financial details you should contact your bank immediately on a number you know to be correct, such as the one on the back of your bank card.

### Scam Alert - Emails claiming to be from 'Tesco'

We are warning residents about scam emails circulating claiming to be from Tesco stating that you can 'claim your £250 Giftcard now'. The emails, which are branded and designed to mimic genuine emails from the retailer, provides a link to start your claim.

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

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.

You can report any suspicious email received by forwarding it to [report@phishing.gov.uk](mailto: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**

### Scam Alert - Be aware for Student Loan scams

We are highlighting a warning from The Student Loans Company (SLC) urging students to be aware of an increase in fraudsters attempting to steal personal and financial information.

January marks the second maintenance loan instalment for many students whose courses started in autumn - and the first payment for those starting



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[WWW.BOWERSFUNERALS.CO.UK](http://WWW.BOWERSFUNERALS.CO.UK)

courses in January - making this a period where scammers will be targeting students.

Each year, SLC pays billions of pounds directly into students' bank accounts. Scammers take advantage of these payment windows by sending out convincing text messages, emails and phone calls that appear to come from trusted organisations, often claiming there is an issue with a payment that needs urgent action.

- **Remember** - The Student Loans Company will never ask you to confirm your personal or bank details by text or email
- Check the quality of the communication - misspelling, poor punctuation and bad grammar are often signs of phishing
- Keep an eye out for any suspicious looking emails, phone calls or text messages, especially around the time of an expected payment
- Scam emails and text messages are often sent in bulk at the same time and are unlikely to contain both a first and last name. These commonly start - 'Dear Student'
- Messages that convey a sense of urgency are also unlikely to be genuine - for example, 'failure to respond in 24 hours will result in the account being closed.'
- Think before you click

If a student receives a suspicious message, they should report it to SLC's Economic Crime Unit immediately by emailing [report@phishing.gov.uk](mailto:report@phishing.gov.uk) and calling the dedicated hotline on **0300 100 0059**.

Neither SLC or Student Finance England (SFE) provide any services through WhatsApp and will never initiate contact with a student through social media channels to discuss their application or student finance entitlement. If a customer receives a communication from SFE that they are unsure of, they should log into their online account to verify if it's genuine.

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

### **Scam Alert - Be aware for Self-Assessment Scams**

We are reminding those who are self-assessment customers of HM Revenue & Customs (HMRC) to be aware for scams.

Scammers target individuals when they know people are getting ready to file their tax returns.

Since February 2025, more than 4,800 self-assessment scams have been reported to HMRC. Scammers target people when they expect the HMRC to get in touch, such as around tax return deadlines. *Continued on page 35*



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**TEL: 01842 828129/MOBILE: 07791 204492**

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*Garden rubbish! You make it, we take it!*

**GARDEN CLEARANCE:**

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

Tel: 01842 878784

Mobile: 07951 206602

Email: [mjhgs88@gmail.com](mailto:mjhgs88@gmail.com)

You should watch out for:

- phone calls that try to rush you or threaten you with legal action; HMRC will never leave voicemails threatening arrest, for example
- emails or texts that ask for personal or financial information
- an email, text, or phone call to tell you you're owed a refund and where to claim one

You can find more information about bogus contacts and phishing emails claiming to be from HMRC on the GOV.UK website.

You can also report suspicious HMRC phone calls received via this GOV.UK online form or by emailing [phishing@hmrc.gov.uk](mailto:phishing@hmrc.gov.uk) where possible including:

- Your phone number
- The callers phone number

*Continued over page*



## 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.

**NEW  
FOR  
2026**

### OPENING TIMES:

**Tuesday**

**9AM—10AM**

**Wednesday**

**9AM – 11:30PM**

**Saturday**

**10:00PM – 11:00AM**

**NEW  
FOR  
2026**

**For more details visit our Facebook Page or  
call 07454 259280**

- The date and time of the call
- A brief description of the call content

If you think you might have responded to a scam cold call and provided your bank account details, contact your bank immediately.

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

### **Scam Alert - Be aware for fake QR codes**

We are continuing to remind residents to be alert for fake QR codes.

Quick Response (QR) codes are the black and white patterned squares which when scanned with a smartphone take you to a linked website. These provide a quick way to find a website for information or access to services but can also be used by fraudsters looking to divert you into fraudulent versions of genuine sites.

Action Fraud state that quishing happens most frequently in car parks, with criminals using stickers to tamper with QR codes on parking machines. Quishing also occurred on online shopping platforms, where sellers received a QR code via email to either verify accounts or to receive payment for sold items.

They also say that phishing attacks can impersonate HMRC, or other UK government schemes, targeting people with QR codes designed to steal personal and financial details.

Action Fraud offer the following advice to avoid being a victim of quishing:

QR codes used in pubs or restaurants are usually safe to scan

Scanning QR codes in open spaces (like stations and car parks) might pose a greater risk. Check for signs that codes may have been tampered with (usually by a sticker placed over the legitimate QR code). If in doubt, do not scan them: use a search engine to find the official website or app for the organisation you need to make a payment to

If you receive an email with a QR code in it, and you're asked to scan it, you should be cautious due to an increase in these types of 'quishing' attacks

Finally, Action Fraud recommend that you use the QR-scanner that comes with your phone, rather than using an app downloaded from an app store

If you've lost money or provided financial information as a result of any potential scam, notify your bank immediately and report it to Action Fraud via their website or by calling 0300 123 2040

If you receive a suspicious email, report it by forwarding it to [report@phishing.gov.uk](mailto:report@phishing.gov.uk)

## Breckland Branch



Trap, neuter and return, or TNR as it is commonly known means exactly what it says. We trap feral cats and sometime abandoned cats so that they can be neutered. Our traps are humane traps, when the cat enters the trap to eat the tasty food put down for him, and he approaches the metal plate on which the food has been placed, which then triggers the door to close behind him, so that he cannot escape. We have four very dedicated ladies who are out in all weathers trapping cats, which are then taken to our vet for neutering, and then released. We try to do all we can to keep the kitten population down.

The cat is then taken to our vet, still in the trap, for neutering. This also helps us decide if the cat is in fact feral, or if it a domestic cat that has been dumped. The vet will check for a microchip and if there is no chip, then the cat is classed as a 'stray'. True feral cats cannot be homed. They have never been handled or close to humans and all we can do for them is to stop them breeding. They are often put back where they are found. Some farms are happy to feed the cats and offer them shelter in a barn, as they help to keep the rodent population down, and also protect their bags of feed which are given to their farm animals.

The traps are set mainly at night, and often covered over with plastic sheeting, so the cat doesn't get wet if it rains, and also to disguise the trap. Hungry cats are tempted inside the trap with some smelly food such as tuna to entice them in to eat. They are obviously not happy in the trap, and true feral cats will do all they can to escape. But it is for their own good. Neutering not only stops



## MISSED APPOINTMENTS @ THE SURGERY 2025

December 2025 saw **70** appointments missed, that's **11 more** than in November. This represents a loss of medical care to the tune of **£2100** for the month and **1110** minutes of wasted time.

So far this year **857** appointments have been missed representing a total of **£25,710** 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. £4 per session at Weeting Village Hall.

Contact Beryl Pountney, Secretary, for details on  
01842 828750

*The kettle is always on.*



*When writing an essay in an examination hall it is easy to make mistakes...*

One of the advantages of living in Austria is that one can hear the Matterhorn being blown.

There are four kinds of food—tined, jared, caned and raped.

unwanted kittens from being born, but reduces roaming and therefore the risk of getting lost, injured or killed in a road accident. Neutered male cats are less likely to fight with other cats which helps prevent them from catching and spreading infectious diseases such as Feline Immunodeficiency virus and Feline Leukaemia virus. Unneutered female cats are also prone to womb infections and mammary cancers which are 90% less likely if cats are spayed before they are six months old. The traps are checked in the morning and taken to the vet for neutering. One vet keeps a space for us every day, as we never know when we are going to find a cat in a trap, and we can't keep it there indefinitely, so once it is neutered, we return it to where it was found.

The other problem we have is with the US air bases which are in our area. US citizens come here for a limited time, get a cat and some of them abandon them when they leave the country. These cats are tame and often traumatised and need rehabilitation for a long time.

With stray or dumped cats, often found on farms or in woodlands, we try to find them homes. Some are obviously domestic and are friendly, which are much easier to home. But it becomes more and more difficult to home any cats and kittens at the moment, because of the cost of living, and the vet fees being so high.

We are very lucky to have our TNR ladies. They are often fosterers too and either have a pen in their garden or foster indoor, until the cat or kitten has been found a home. One of the ladies has told me of the physical and emotional toil of trapping. It can cause exhaustion and distress when you are trying to trap an injured cat or a kitten. This lady has recently trapped a mum and her kitten, leaving one kitten behind who wouldn't go into the trap. The kitten is on her mind night and day, she loses sleep and is anxious and worries about the kitten, all by itself outside. I can't imagine what that must be like.

For help or advice, or if you need assistance with the cost of neutering, please call us on 01842 810018.

Rita Thompson

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 2026:  
6th February  
6th March  
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.
- Help you get access to a smartphone, laptop or tablet at no cost to you.
- 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](http://www.norfolk.gov.uk/TechSkillsForLife)

## FARMING AND THE ENVIRONMENT

From : [terry.jermy.mp@parliament.uk](mailto:terry.jermy.mp@parliament.uk)

As a rural MP, farming and the environment is at the heart of the constituency, and throughout the election, I made clear it would be one of my top priorities.

It is for this reason I spent the last year campaigning against changes to Agricultural Property Relief. Having met with dozens of South West Norfolk farmers, both in the constituency and in Parliament, and working closely with both the National Farmers' Union (NFU) and the Country Land and Business Association, I promised I would voice their concerns about this policy, and I did so.

I wrote directly to the Prime Minister on a number of occasions, lobbied the Treasury and the Department for Environment, Food and Rural Affairs (DEFRA), met with Secretaries of State and other Ministers, and spoke in the House of Commons raising these concerns. I took the voices of South West Norfolk farmers with me in every conversation and in every correspondence, urging the Government to find another way and mitigate the worst impacts of this policy.

Just a few weeks ago, the Government showed it had listened,





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**NEED LASTING POWERS OF ATTORNEY?**

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announcing that the threshold would rise from £1 million to £2.5 million per person, meaning up to £5 million for married couples or civil partners.

The change represents a significant boost for family farms and rural businesses, helping to ensure that agricultural land and property can be passed on to the next generation without forcing sales to meet inheritance tax liabilities. The announcement has been welcomed by the NFU.

Another aspect of farming that has been a core focus of mine has been ensuring the Government quickly re-establishes the Sustainable Farming Incentive (SFI). SFI is a government scheme that helps fund the implementation of sustainable farming practices and provides much-needed financial assistance for farmers. Though the scheme had aspects that needed addressing, it was a key fund for farmers and growers to access, and I was disappointed with its sudden closure. I urged DEFRA to commit to bringing the scheme back and presented findings from a survey I conducted with local farmers to the Secretary of State and other Ministers showing ways

*Continued on page 45*



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](mailto:garlandp@btinternet.com) or post it through my letterbox.

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# The Wellington This February



7th  
**Rankin  
2Tone**



13th



21st

DAN  
STAR



28th



that the scheme could be improved.

I was very pleased with the announcement in January that the scheme will return, and I look forward to hopefully seeing some of the suggestions proposed by South West Norfolk farmers in its new iteration.

Whilst I recognise these announcements won't solve every issue, they are both significant steps forward and will do much to support small family farms, many of which are right here in the constituency, and they both show that this Government listens.

I will continue to work with my colleagues in the Labour Rural Research Group and as a member of the Environment, Food and Rural Affairs Select Committee to raise concerns and champion farming.

<b>Methodist Church Community Hall</b>	
<b>Book - 21 March - Now.</b>	
<b>EASTER CRAFT FAIR</b>	
<b>FROM 10am</b>	
	

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

# Temperature Check your Winter Event

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-  **Date: 11th February 2026**
-  **Time: 9 am to 12 noon**
-  **Location: St Mary's Church, Bell Street, Feltwell, Thetford, IP26 4AL**

## VALENTINE GIFT LOGISTICAL

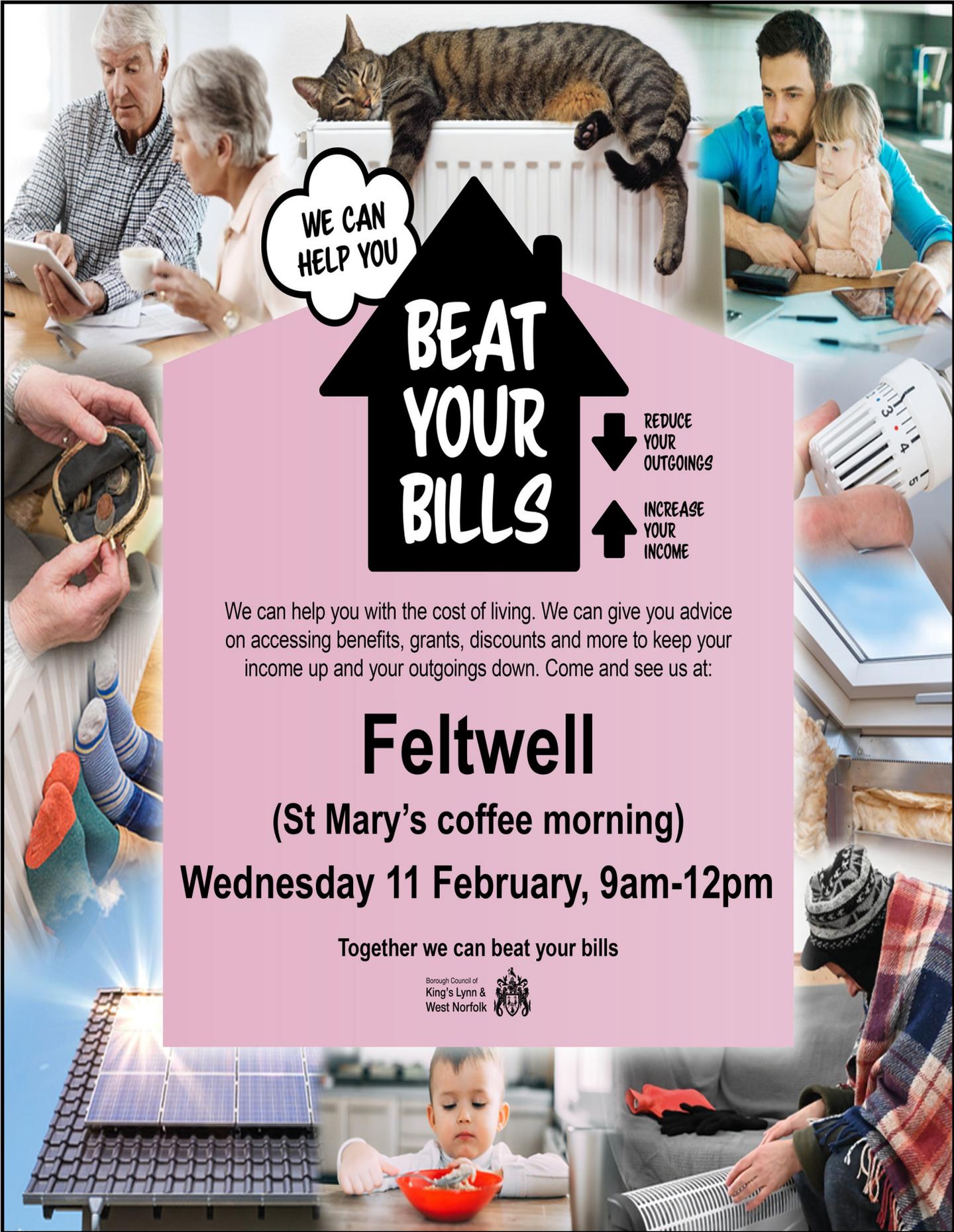
This Logistical puzzle was designed by Chris at the Wellington.  
*The solution is on p74.*

	Sarah	Simone	Sylvia	Scarlet	Flowers	Jewelry	Chocolates	Novelty Gift	£20	£25	£30	£35
Adam												
Adrian												
Alan												
Aiden												
£20												
£25												
£30												
£35												
Flowers												
Jewelry												
Chocolates												
Novelty Gift												

Match the valentine to their partner, their gift and the cost.

### CLUES

1. Adam spent more than Alan and Adrian, he spent less than Scarlet's gift was worth.
2. Sylvia received a box of fancy chocolates.
3. The Jewellery was the most expensive gift, the Flowers were the cheapest.
4. Adrian spent £5 more than Sarah gift was worth.
5. Adrian bought a gift for Sylvia.



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## WORD SEARCH

Submitted by Mrs J. Clements.

This month our word search features **WORDS WITH A SILENT LETTER**

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.***

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

ABSCISS    APLOMB    AWRY    BALLET    BOMB    BRIDGE  
CONSIGN    FASCINATE    FEIGN    GNARLY    GNOME    GOURMET  
HANDKERCHIEF    HEIR    HERBS    HYMN    KNEE    KNICKERS  
KNOW    LEDGER    PLUMB    PNEUMONIA    PSEUDO    RHINO  
SHOULD    SUCCUMB    VEHICLE    WHY    YOLK

*The solution is on page 76*

## 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.

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# Feltwell in Bloom

Making Our Village Beautiful



Hello all,

Hope you all coped with the awful weather we had in January.

Have any of you noticed the Daffodils sprouting up in our tubs and verges. I noticed how tall some of them have got so early in the season but rest assured they will be fine.

We have been busy planting more bulbs throughout the village even some in St. Mary's Church by the Women's Institute Bench. A big thank you to everyone that has helped us in any way to make Feltwell Blooming lovely.

We are holding our AGM on the 18<sup>th</sup> March at 7pm at the Wellington Pub, you don't need to be a member of Feltwell in Bloom to attend as everyone is welcome to come along. There will be tea and coffee offered and a chat if you are interested in what we do, it would be lovely to see you.

Contact us on the following platforms:-

Facebook – Feltwell in Bloom

Email: feltwellinbloom@yahoo.com

Or phone Rita on 07785345614

*Thank  
You!*

The Christmas Raffle at the Wellington raised £804.25p for Crohn's and Colitis UK. A big thank you to all who participated.



**Footnote**

I read somewhere that, a long time ago, a very famous composer went missing. He did turn up eventually. He must have been Haydn.

# **FELTWELL METHODIST CHURCH, COMMUNITY HALL & GARDEN**

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**Join us on Wednesdays** for a cuppa while we pot or potter!  
Gardening is recognised as a calming and relaxing activity.

### **SUNDAYS – 11.00am – Noon – Community Fellowship group**

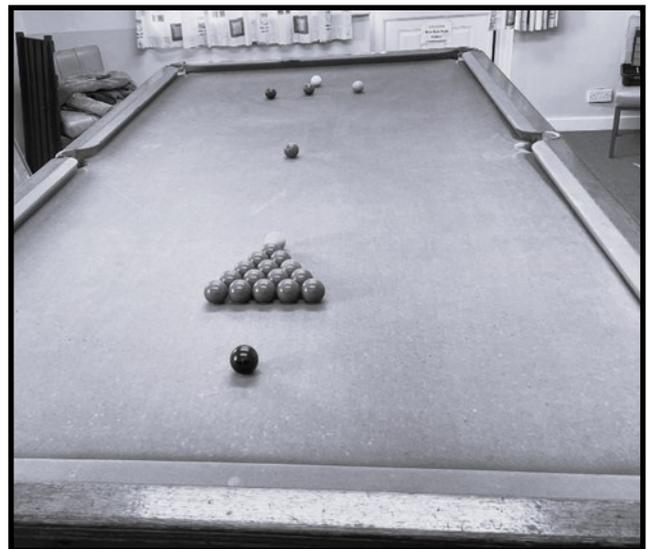
How are our lives challenged? What have we done?

How have we got through the last week/month?

How do we share God's Love with our community?

Songs, Prayers & Refreshments available.

**We did it!!!  
Come see  
7 Februareee!**



*Continued on page 57*



# **Your Good Health**

**by Dr Ian Nisbet**

Life is slowly returning to normal. Because the deadlines for the magazines were distorted by the Christmas holidays, it was necessary to write the January 2026 article early in December and now, reverting to normality, writing the February article at the end of the first week in January for submission by January 12<sup>th</sup>. The outside temperature is minus 5 deg C and there is snow on the ground. I am sitting indoors, writing this article, wearing a short sleeved shirt with no heating in the room and a large fan blowing cold air over me. "Oh, my Goodness", I hear you cry. "What has he done to save all this money?" Well, the answer is simple. You have a pellet inserted into your tummy. It is free of charge on the NHS and only needs replacing every three months. It is used following radiotherapy for

prostate cancer, reduces your testosterone and gives you the most amazing menopausal type hot flushes! I will have the benefit of these money-saving pellets for two years and I am just arranging to have air conditioning fitted to my bedroom and sitting room to enable me to survive the Summers.

I am pleased to report that the choir for whom I act as musical director really excelled themselves at the Christmas Concert on December 13<sup>th</sup>. They had really pulled out all the stops for our three anthems at the Remembrance Sunday service on 15<sup>th</sup> November; we had been practising since May and the singing was so polished and expressive that it shone!

The Christmas concert was equally successful and much appreciated by all the audience who sang with Gusto.

# Walking on Air

07596157826

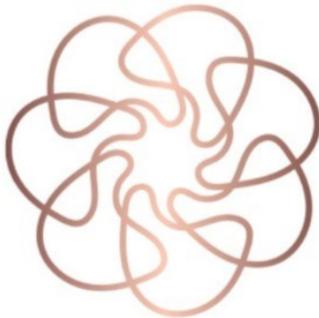
D.T.Byrne MCFHP MAFHP

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I spent most of Christmas quietly at home, dealing with the not insignificant residual side effects of my radiotherapy treatment. I visited family in the afternoons of 24<sup>th</sup>, 25<sup>th</sup> and 26<sup>th</sup> and had a lovely quiet New Year's Eve with my dear local friends (those who were not ill with the Covid-like illness which is currently causing terrible problems around here). Angus and family, Duncan and James visited over the holiday period so I saw many of the family. Poor Grandchild Maggie is spending a great deal of time in hospital with her neurological problems but seems to be improving slowly. Now, we have a deep frost and some snow so I am spending a lot of time in my study, cooled by the fan, dealing with e-mails, bills, etc. and working on my latest photobook which will have 160 pages and will cover 40 years.

At present, my driving distance is impaired by exhaustion so there will be no trip to Norfolk or in the near future.

So, here I was, desperately casting around for something of

interest about which I could write when the doorbell rang. There stood a beautiful blond girl delivering mail. Regardless of the well-below zero air temperature, a howling wind and penetrating sleet, she seemed quite cheerful and strenuously denied feeling cold. Her male counterpart, about the same age and also wearing shorts, was covering the other side of my road. So, I closed the door and my brain kicked in:

Q. What is the correct term for a female postman?

A. A postwoman – a female postal worker who sorts and delivers mail and parcels, also known as a postperson or mail carrier. The term postperson is now a common gender-neutral term and can be applied to males or females.

Q. What is the plural of postperson?

A.1 Postpersons directly follows the “-person” to “persons” rule.

A.2 Postpeople treats “postperson” like other “person” words that become “people.” As in chairperson to “chairpeople”

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All the above are from English dictionaries. If you really want to blow your brains, try a USA version!

Q. Why do postpersons wear shorts in the deepest winter?

A. Almost all the information is that they hate wearing long trousers because they are horrible when wet. Bare skin dries much more quickly. They all walk at least 30,000 steps a day, often at speed, and shorts soon dry out. There are suspicions that there is an unspoken competition in many sorting/delivery offices to find the postperson who wears shorts all the way through the winter and is “the hardest postperson”.

If you are tired of living and really wish to blow your brains, try Googling the word PARASOCIAL which is the Cambridge Dictionary Word of

the Year 2025. Now, slip your brain back into neutral for some humour

Two farmers met at a market. Both were nearly bankrupt. One owned five female pigs and the other owned five male pigs. Cunning plan – mate the pigs and split the profits. The farmers lived 60 miles apart so they agreed to meet each other at the midway point and mate the pigs in a field owned by a mutual friend. They each got up at 5am daily, drove 30 miles, mated the pigs and drove home. They both agreed that, if the pigs were rolling in the mud the next morning, they were not pregnant. Lying on the grass would mean they were pregnant. The farmer with the females was exhausted by day 7 and did not want to get out of bed so he asked his wife to open the curtains and see if the pigs were lying on the

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grass or rolling in the mud. “Neither”, she replied “they are all sitting in your pickup truck and one is honking the horn!”

A young woman woke up from an afternoon nap on Valentine’s Day and said to her husband, “I just dreamed that you gave me a pearl necklace for Valentine’s Day. What do you think it means?” He replied with a wink and said, “I have a feeling you will know later tonight”. She screamed with delight. That evening, after her husband came home with the present, she opened her package and revealed a book entitled, “The meaning of dreams”.

A soap factory was informed that there had been complaints that some of the soap boxes contained no soap tablet and the customers were complaining. The CEO spent many thousands of pounds to assemble a team to solve the problem. They inserted a weighing machine into the production line. When it detected an empty box, it would ring a bell and stop the production line while the empty

box was removed. After 2 weeks, the weighing machine suddenly detected no empty boxes so the result was 100% successful, well worth the investment. The CEO visited the production line to compliment the workers and he noticed a large £20 fan blowing empty boxes off the line and into a bin. He asked the line manager what was going on. “Oh, the fan was installed by a new apprentice from maintenance. After a couple of weeks, he was fed up walking backwards and forward to the line to remove empty boxes and re-start the belt every time the bell rang”. As the fan was blowing empty boxes off the line before they came to the weighing machine, the weighing machine discovered absolutely no empty boxes and was thus redundant! The apprentice saved shoe leather and had an easier life.

I wish you all a very happy, HEALTHY New Year.

Ian Nisbet

# J M Harris EST. 1996

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The speaker for our January meeting was Robert Walden who told us about walking along Hadrian's Wall. In the process we learnt a great deal about how the wall was built, why it was built and what has happened to it since the Romans left these isles.

Robert began by encouraging us all to walk regularly even if only for a short distance. The benefits include socialising with other walkers, it's good exercise and helps you keep fit and gives you access to places that cannot be accessed in other ways. In addition you may well get the chance to learn some history. Which is where Hadrian's Wall comes in.

Robert did a self-guided walk along the wall between 24-31st May 2017 and walked 105 miles, including the distances from and to his various B&Bs. This was organised by a company who move your luggage between lodging spots saving you the effort of having to lug a heavy suitcase up hill and down dale.

The wall was built from east to west, running from Wallsend to Carlisle and on to Bowness on the south coast of the Solway Firth. Work commenced in 122 AD and took 14 yrs to complete. It was constructed on the orders of Emperor **Hadrian** who had visited Britain. It was 80 mls long, about 10ft wide and 15-20 ft tall. (80 Roman mls = 74 mls, that's about the distance from Feltwell to Leicester, imagine a wall being built between the two.) It was the largest Roman structure ever made and marked the NW boundary of the Roman Empire.

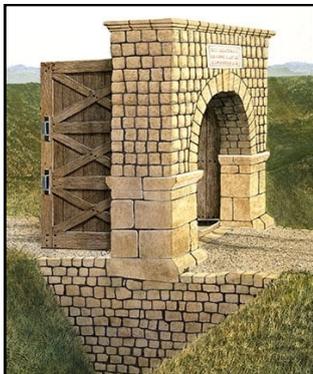
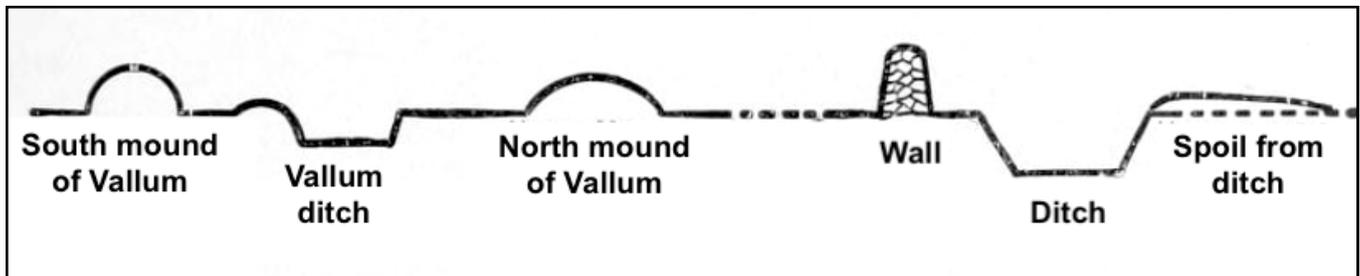
It was built to stop the "Caledonian Barbarians" i.e. the Picts & Scots.

Despite being vastly superior in open warfare the northern tribes inflicted



severe casualties as they harried and ran. It was decided that conquest to the North was too much effort for too little reward and so the wall was built.

A few years later the Vallum was built south of the wall as an extra obstacle. It was 18ft wide and 10ft deep.



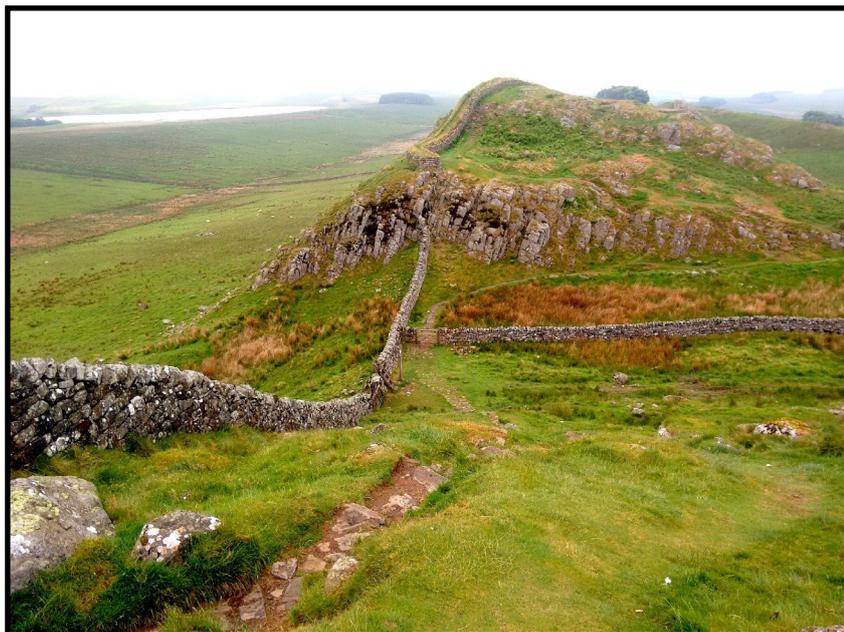
Periodically a defensible gate (left) had to be built to enable the vallum to be crossed. This allowed soldiers and supplies access to the garrisons (Milecastles) that were built together with 2/3 story Turrets (watchtowers) constructed every third of a mile as part of the wall. (Right)



By 450AD the Roman Empire civilisation was collapsing and the Romans abandoned Britain leaving the wall exposed to Scottish raiders. It was at this point that Robert deviated slightly with this thought: consider: 122AD – 1066AD, that's 944 yrs, what is referred to as The Dark Ages during which time little changed, technology barely advanced. Now, compare that with the huge changes that have been seen in the 944 years since 1066 which takes us to 2010, just 15 years ago.

Some say the Wall should be walked east to west, the way it was built but, according to Wainright's logic, you read books left to right. Moreover, it is better to have any wet west winds on your back, not in your face, or hot afternoon sunshine on your back and not in your eyes! And so Robert walked it West to East. Unfortunately, the instructions from the company he used, although they had the B&B order correct gave directions to him as though he was walking East to West! Eventually, once he realised this, he was no longer late to his B&Bs. Regard this as a word of warning to anyone who wishes to walk the wall.

Today, what is left of the wall is a mere shadow of its former glory much diminished in height. Since the Romans left the beautiful



dressed stone of the wall has been repurposed—removed by subsequent generations and used elsewhere. Or demolished to make way for roads and railways, but, as the photograph shows, enough remains for you to appreciate what an awe-inspiring

construction the wall must have been in its heyday.

In 1987 it was declared a World Heritage Site.

Robert ended his talk by mentioning the famous Roman fort of Vindolandia and some of the archaeological finds that have been discovered there including, found in 1973 in an excavated ditch, 2000 wooden tablets on which was roman handwriting and over a 1000 shoes. Vinlandia pre-dates the building of the wall and is not part of it unlike the younger Housesteads fort. Members thanked Robert in the usual fashion and he has agreed to come back and talk to us again.

The Men's Breakfast Club usually meets on the 1<sup>st</sup> 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](mailto:garlandp@btinternet.com).

Our next meeting will be on Saturday 7th February. Our speaker will be - Jim McNeill who will deliver part 2 of his talk on the "History of the Agricultural Workers' Union in Norfolk."

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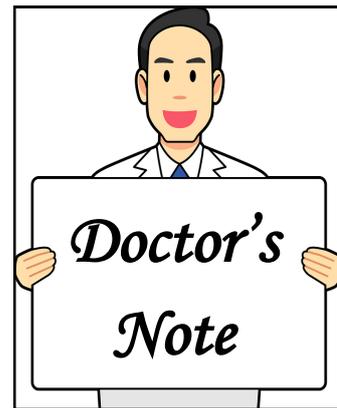
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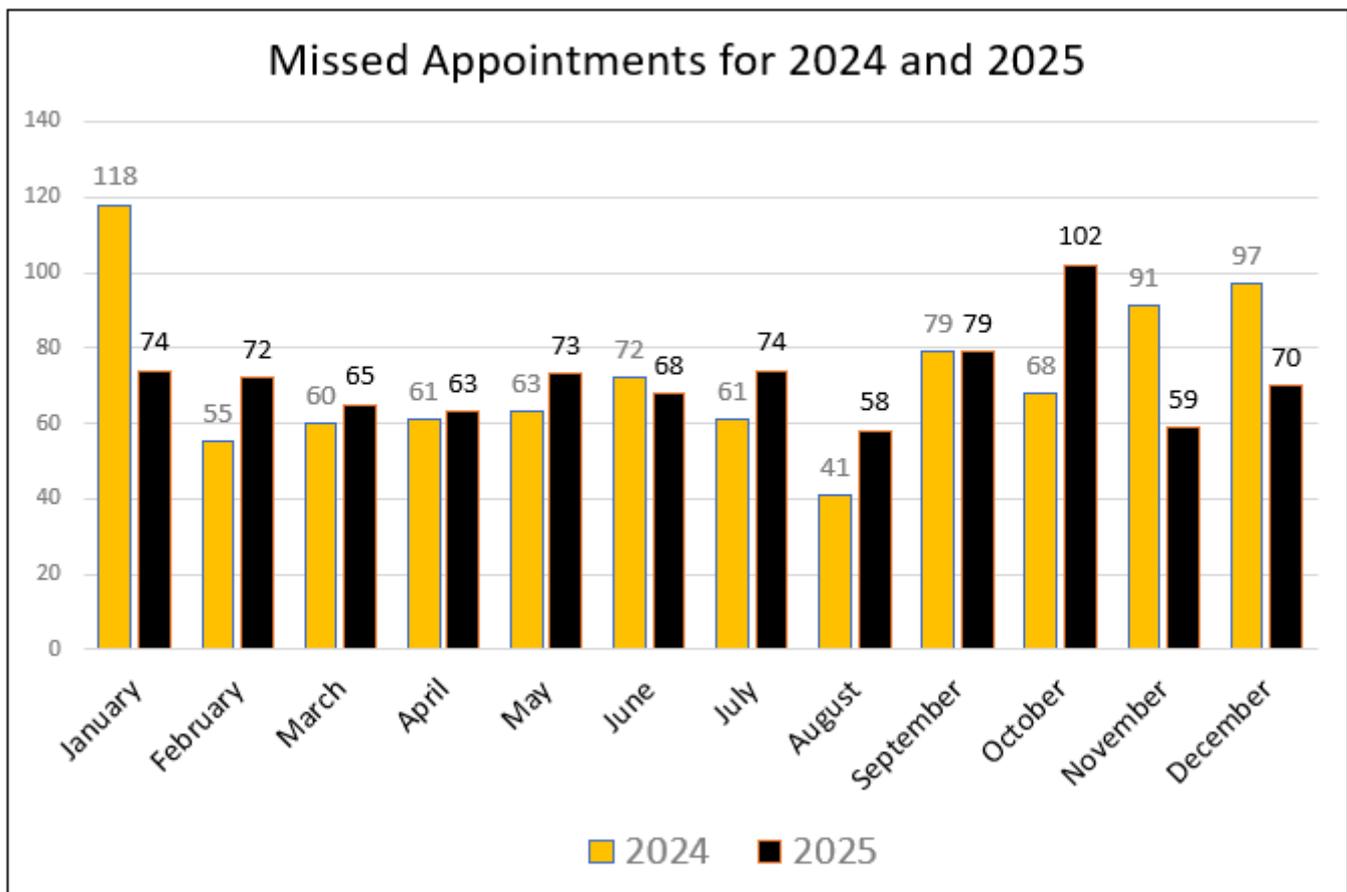
**[www.markskinnerfunerals.org.uk](http://www.markskinnerfunerals.org.uk)**

It's been a long time since we looked at the Missed Appointments (Did Not Show, DNS) data for the surgery and, as I've now got two complete years of data, it seems opportune that we return to the subject.



The DNS data for 2024 showed 866 missed appointments representing £25,980 of consultation time lost. The same data for 2025 shows a marginal decline to 857 missed appointments representing £25,710 of consultation time lost. I don't like drawing conclusions based on only two years worth of data but it looks like having a DNS rate of around 860 might well be the norm for Feltwell surgery. But it's not their fault, responsibility clearly lies with us, the patients. We are responsible for notifying them if we cannot make an appointment. They can then give it to someone else.

The chart below shows the month by month data for the last two years. Draw from it any conclusions or observations you wish.



## 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

→

1													
					13							2	
					19								
				22									
	12					25	23						
6										14	7		
									20				
												3	
			18										
	11							26					
												8	
								24			15		4
			17	21									
								16					
				10							9		
											5		

### CLUES

- 1 This King was born around 849 and was son to Aethelwulf ( 6-3-5)
- 2 Today's equivalent to two shillings (3-5)

- 3 Words inscribed on a tomb (7)
- 4 Person in charge of locomotives when not in use (7)
- 5 R.A.A.F. in full (5-10--5)
- 6 Song: Lionel Richie and the Commodores sang this in 1977  
(4-4-6-7)
- 7 French Soldier, mounted or on foot, employed in police  
duties (8)
- 8 Uncertain in movement, irregular in conduct (7)
- 9 General customs and beliefs of a particular group of people (7)
- 10 Set up on a permanent basis (9)
- 11 A visible star group named after a greek mythological figure (8)
- 12 This action hero was born on Krypton (8)
- 13 The name of a Japanese WW2 Destroyer (9)
- 14 To make bright, light up ( 10)
- 15 Tolerate, bare (6)
- 16 An insect with pincers (6)
- 17 Rothschild is one species of this animal (7)
- 18 The name of a climbing Rose that is red in colour (3-8)
- 19 Which sports presenter, presenting rowing, made this slip of  
the tongue: 'And later we'll have action from the men's cockless  
pairs' (3-6)
- 20 This fish can alter its colouring according to its moods but is  
usually coloured yellow to gold with a horizontal black bar (7-7)
- 21 To confuse someone, upset, disorient (14)
- 22 Access point, an item that is recorded (5)
- 23 A small European bunting (12)
- 24 A group of muscles in the belly region (6-9)
- 25 A type of tree (8)
- 26 Using new ideas or methods (12)

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

# Creative Ideas

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Once again positive patient feedback comments on the automated post-appointment 'Friends and Family' NHS request system far outnumbered the number of negative comments. These requests are required as part of the surgery's contract with the NHS and are anonymous.

The Practice Manager is required to complete feedback to any negative comments. I'm printing her answers to these first as they address some of the most common complaints.

- Phone lines can be very busy but there are other options i.e. callback option if you don't wish to wait for a receptionist to answer or alternatively you can avoid the phone lines altogether by putting your request through online via our website.
- We don't have the funding to provide patients with home BP monitors. We did purchase a few to lend out to patients, however when they are in use patients are advised they will need to purchase their own.
- We are restricted to the times we can perform phlebotomy due to hospital collection times. The diabetic nurse would need to discuss a patient's symptoms first however, before deciding if a blood test was necessary.

*And now some positive feedback.*

- Staff are so friendly and hard working. I cannot fault the surgery or pharmacy in anyway.
- Good surgery, very responsive, friendly helpful staff. Moved from a different local surgery which was just awful, so very pleased I moved to Feltwell.
- I can't fault, plenty of parking and nice & quick
- Amazing, offered a quick appointment and felt listened to in my consultation with Ruth regarding my diabetes and weight loss. Thank you.
- Super surgery, the whole team are always friendly, helpful and kind. 10/10.

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# **RSPB Lakenheath Fen**

## **REDWING, FIELDFARE, WAXWING**

In midwinter it seems a good idea to shine a spotlight on three birds that visit us just for the colder months. Two of them are thrush species, closely related to our more familiar Blackbirds and Song thrushes that we see in our parks and gardens, and these are the Redwing and Fieldfare. The third, the Waxwing, is scarcer, much less reliable (most winters there aren't many around) and they have a curious affinity for urban places, rather than our countryside.

You might encounter Redwing and Fieldfare first in October, and it's usually Redwing that get here first having migrated here from Scandinavia and eastern Europe to escape harsh weather. Being smaller than Fieldfare, they are not quite so robust and seem to need to escape rough weather sooner than their more substantial cousins, who might find it easier to stick it out for longer due to their larger size. A week or two later sees the first Fieldfare arrive, and the best way to detect them is to listen out as they fly overhead. Redwings have a high-pitched 'seep' call which they repeat, and when they first arrive you are quite likely to hear them overnight as they migrate around the clock and Redwings never seem to stop calling. They get their name for the rusty-red patch under their wings, if birds had armpits this is where you could describe it as being, but when they are perched with their wings folded you can often still see a bit of this red patch.

Fieldfare are darker and more serious looking birds their heavy black eyestripe on a stone-grey head and harsh chattering call makes them seem a bit stern. If you disturb them, they sound like they are telling you off! Like Redwings they are sociable, and it is common to see them guzzling berries in groups on hedgerow bushes, especially



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.

### Moth Mornings

27 February, 27 March, 24 April, 29 May (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)

### Bittern Walks

Saturday 25 April, Sunday 17 May (9:30am-12:30pm)

In 1995 the reserve was created to provide a home for beautiful but threatened Bitterns. Their booming calls are now a common sound in Spring and on these walks we will look for them during peak season.

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

### Dawn Chorus Guided Walk Sunday 3 May (5-8am)

A bright and early start should be rewarded with a wide variety of birdsong from our resident and summer visitors. We should hear a range of common species as well as scarcer birds joining in such as Bittern and Cuckoo, typical of the habitat here. Come along to learn a little or just appreciate this natural wonder. Coffee included afterwards!

RSPB members £15 (£7.50 for Under 18's); non-RSPB members £18 (£9 for Under 18's).

### Hobby Walks Saturday 9 May, Sunday 24 May (1-4pm)

From May onwards, we are graced with the presence of these elegant raptors for the summer, and when they first arrive there can be dozens here at once. Come along to one of the UK's best reserves for spotting them, with a knowledgeable guide on hand.

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

Hawthorn. They will also come to gardens to feed on windfall apples and pears where they are often joined by other thrushes such as Blackbirds. Both species are big fans of earthworms, so you may see them in fields and meadows that have not been treated too heavily with pesticides.

Although Redwing and Fieldfare are quite common to see in winter, Waxwings are not though we do get 'influx' years where particularly cold conditions on the continent cause mass immigrations into the UK, and then nature lovers are in for a real treat! Unlike the thrushes discussed earlier that are most often found in rural settings, Waxwings love berries of any

kind and are quite confident around people. As a result, many groups of them are found in good years in places like supermarket car parks, industrial estates and urban gardens so long as there are plenty of berries for them to gorge themselves on. They are a stunning bird with a ground colour of warm peachy-brown with a black facial mask, white eyebrows and striking red, yellow and black wingtips.



Waxwing by Pat Rolph

In fact, the red patch is what gives them their name as it looks like old-fashioned red wax used to seal letters. If the berry supply is good, a group can spend weeks in one spot before having to move on to find more fruit to gorge on!

In the remaining weeks of winter, do keep an eye out for these winter visitors while they are still here. Redwing and Fieldfare are a common sight at RSPB Lakenheath Fen, especially on the wooded Brandon Fen trail where they are often seen rummaging through the leaf litter under the trees. But if you pop into your nearest town or supermarket car park, do keep an eye out for the jazzy Waxwings too, which really do look far too exotic for our British climate!

With best wishes for a safe and peaceful winter,

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



## FELTWELL BOWLS CLUB



Indoors the Club Knock Out competitions commenced on 17<sup>th</sup> December with yours truly winning the first round, so await to see who we meet in the second round in the New Year.

As I write the Green is covered in snow, its cold and not bowling weather. Maintenance of the Green is on hold giving the Green keepers a well earned rest.

The coffee morning held on 13<sup>th</sup> December was very well attended with a Christmas Quiz by our Quiz compiler John Mann. It was a bit of a stinker with the winner getting 15 out of 20 questions.

There was a committee meeting on the 9<sup>th</sup> January, so I will be able to give a more comprehensive report in the next edition.

### Coming Events

**Quiz Night** Saturday March 14<sup>th</sup> 7 for 7-30pm. in the large room at the RBL. All are welcome.

**Coffee Morning** Saturday 14<sup>th</sup> February 10 to 12 o'clock in the large room at the RBL. All are welcome to a friendly morning with cakes.

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Adrian	Sylvia	Chocolates	£25
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Aiden	Scarlet	Jewellery	£35

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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

19 February  
19 March  
16 April

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# WORD SEARCH SOLUTION

NEXT MONTH'S WORD SEARCH WILL BE ON  
CRIME AND MYSTERY

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

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A Meeting of the Parish Council was held on Monday the 12<sup>th</sup> of JANUARY 2026 in the British Legion, Long Lane. 9 Councillors attended.

The precept was set at £70,000 to reflect increased village running costs, along with rises in wages and National Insurance contributions. It was also agreed to increase reserves to support the planned revamp of the war memorial garden. Mr Storey explained that the aim of devolution is for Parish Councils to take on more services themselves which has also been taken into account. Feltwell has 1132 properties of which 777.2 are liable for Council Tax, according to figures supplied by BCKLWN. The agreed precept will result in an increase of £12.90 per year for a Band D property, equivalent to approximately 25p per week.

Mr Storey is due to meet the Highways Engineer this week to discuss ongoing matters in the village as well as the rapidly deteriorating condition of Southery Road.

Signs are due to be erected at the top of Lodge Road to improve safety at the junction with the B1112. The extra 'SLOW' lining has been ordered and will be undertaken when the weather allows.

Potholes on Wilton Road, Paynes Lane junction with Wilton Road and The Beck junction with Oak Street have all been reported to Highways. The poor condition of a section of road along Short Beck and the turning point of St Mary's Street with The Beck have also been reported. **Residents are encouraged to report any Highways issues to NCC via their website [www.norfolk.gov.uk/highwaysproblem](http://www.norfolk.gov.uk/highwaysproblem)**

Total disregard of planning conditions for the development on Long Lane, i.e. inappropriate entrance kerbing, demolition of chalk barn and the sale of the green space behind the Chinese have all been reported to the BCKLWN who are now investigating.

Chair gave an account of SAM2 data collected:- Lodge Road (30mph zone) SAM2 flashed 40,837 times between 12th October and 6th November, highest speed recorded was 70 mph at 3.45 am on 24th October and an overall average speed of 26.6 mph. Wilton Road SAM2 flashed 18,288 times between 12th October and 24th

# WORD TRAIL SOLUTION

<sup>1</sup> A	L	F	R	E	D	T	H	E	G	R	E
I	K	E	S	U	N	D	A	Y	M	O	A
L	E	R	M	A	<sup>13</sup> N	A	T	S	U	R	<sup>2</sup> T
Y	P	N	E	S	<sup>19</sup> S	U	E	B	Z	N	E
S	U	K	T	<sup>22</sup> E	N	T	R	A	U	I	N
A	<sup>12</sup> S	R	A	N	U	<sup>25</sup> S	<sup>23</sup> Y	R	K	N	P
<sup>6</sup> E	E	A	L	I	L	Y	E	K	<sup>14</sup> I	<sup>7</sup> G	E
C	L	H	U	M	A	C	L	E	L	E	N
R	U	A	B	O	T	A	L	<sup>20</sup> R	L	N	C
O	C	N	O	D	N	M	O	A	U	D	<sup>3</sup> E
F	R	<sup>18</sup> E	B	B	E	O	W	I	M	A	P
R	E	F	M	A	M	R	H	N	I	R	I
I	<sup>11</sup> H	F	O	S	I	<sup>26</sup> E	A	B	N	M	T
A	S	A	C	U	R	X	M	O	A	<sup>8</sup> E	A
N	I	R	S	T	E	P	M	W	T	R	P
A	L	I	I	C	E	<sup>24</sup> R	E	C	<sup>15</sup> E	R	<sup>4</sup> H
I	B	<sup>17</sup> G	<sup>21</sup> D	I	L	H	C	I	N	A	O
L	A	I	W	R	A	<sup>16</sup> E	R	U	D	T	S
A	T	S	<sup>10</sup> E	R	U	T	L	U	<sup>9</sup> C	I	T
R	T	S	U	A	L	A	Y	O	<sup>5</sup> R	E	L



Answer me this:

Who are Flo Gas and General Waste?

October (when the battery died), highest speed recorded was 55 mph at 6.15 pm on 19th October and an overall average speed of 26.2 mph. Chair said the Wilton Road SAM2 had been full of water when he opened it and would soon expire. He also reminded everyone that the SAM2's could flash 2 or 3 times at the same vehicle or not at all if vehicles were travelling below 26 mph so the number of flashes was not an indication of how many vehicles had driven past.

Work to reinstate the car park behind Feltwell Surgery has been completed.

Mr Storey said the main focus for both Norfolk County Council and the Borough Council was the 2026/7 budget and savings to fill a gap of £42.6m had been found which did not have too much of an impact on services. A fleet of 58 gritters had completed 2200 miles this winter undertaking two grit runs every 24 hours. Further news and information could be found on both websites.

Winter Event at St Mary's Church planned for 7<sup>th</sup> January had to be postponed due to the extremely cold weather but has been re-scheduled for Wednesday 11<sup>th</sup> February.

Applicants are still be invited for the post of Parish Councillor. Please contact the Clerk on 01842 828383 or [clerk@feltwellparishcouncil.gov.uk](mailto:clerk@feltwellparishcouncil.gov.uk) for further information.

Report from RAF Lakenheath advised Exercise Point Blank will run from 26th January to 6th February which is a significant joint exercise with NATO partners meaning there may be more flying activity.

Quarterly Playground Inspection was carried out by Online Playgrounds on 8th December.

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

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 9<sup>th</sup> February 2026 at 7.30 pm. Everyone is welcome.



# **FELTWELL MUSEUM**

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