

July 2026

FELTWELL PARISH MAGAZINE

YOUR CONNECTION TO YOUR COMMUNITY



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Carnival 2026



INSIDE THIS ISSUE

**In Colour—The Anglo-American
Car Show**

Rex's Sweet Shed Opens

How's Your Summer Going?

Fred Has A Great Idea

Farmers Need Our Support

**And much more inside incl. our
usual puzzles & reports.**

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: clerk@feltwellparishcouncil.gov.uk		828383
Parish Council website: https://feltwellparishcouncil.gov.uk		
Feltwell's History Website can be found at http://www.feltwell.net		

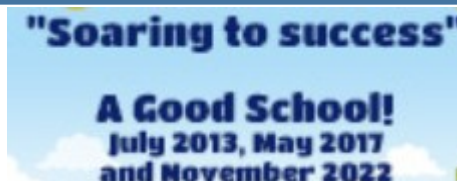
Deadline for the next issue is 14th July 2026

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

Advertisers should contact our Advertising Manager: Jean Winter, 10, Clough Drive, Feltwell, Thetford IP26 4AS . (01842 827710)
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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.



Flamingos Class – SAW Day

On Tuesday 2nd June, Flamingos Class enjoyed a SAW Day.

SAW stands for Science, Art and Writing.



We started by exploring three types of flight - making a paper aeroplane, a glider and a paper helicopter.

We tested each one to see how far it flew and how long it stayed in the air.

Next, we wrote poems inspired by flight, imagining ourselves soaring above the ground and looking down.

Here are some of our ideas:

On my journey I saw ...

People that looked like ants

As they walked across the path (GNG)

A wide, never-ending ocean

With many gentle waves moving in motion (OT)

Puffy, white clouds in the sky

Wafting high and low (AL)

Continued over page

School's Out Summer Fete!

Join us for an afternoon of fun at
Edmund De Moundeford Primary School



3rd July



3:30pm – 6:00pm



Stalls



Games



Dunk Tank



Food



Colour Run

*Bring your friends and family and
celebrate the end of term with us!*

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In the afternoon, we created collages of a plane in the sky. We sponged the background, added cotton wool clouds and attached our planes. We thought they looked amazing! Here is what some of the class thought:

I loved the art. My plane was good.

(ERM)

I really loved making the helicopters because I'd never made them before.

(RR)

I liked the art – the sketching of the plane was fun!

(NH)



I really loved making my helicopter and watching it spin to the ground.

(PL)

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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Covering Feltwell and the surrounding area

To discuss further please email me at:

david@help-with-it.services

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GAS SAFE REGISTERED

How's Your Summer Going So Far?

By the time you read this, the village fête will be a happy memory, the strawberries will be ripening nicely, and many of us will have already uttered the traditional summer phrase:

"I don't know where June went."

It happens every year.

We spend months looking forward to summer and then suddenly find ourselves discussing holiday plans, watering tomatoes, dead-heading flowers and searching for the sun cream that we carefully put somewhere safe last September and have not seen since.

If this glorious weather continues, there may even be a few people in Feltwell quietly wondering whether they should have bought shares in a garden hose company.

The interesting thing about summer is that it quietly tests our fitness without us noticing.

Nobody wakes up intending to do a workout while wandering around a seaside town, visiting Sandringham, spending an afternoon at a country show or entertaining grandchildren.

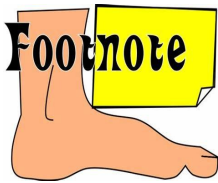
Yet somehow we find ourselves walking miles, carrying bags, climbing steps and standing chatting for far longer than we would on a typical Tuesday in February.

The Great Summer Reality Check

You may be fitter than you think if:

- You survived the village fête without spending most of the afternoon searching for a chair.
- You've spent an hour in the garden and managed to stand upright afterwards.
- You've carried several trays of plants from a garden centre despite originally going in for "just one thing".
- You've taken children or grandchildren out for the day and

Q. What are Opsins?



Opsins are molecules that absorb light from the environment, most of which allow for vision in animals. See [Opsin - Wikipedia](#) for much more detail, more than you could throw a stick at!

Friends of Feltwell Playgroup



Support your local playgroup by joining our 100 Club for a chance to win a monthly cash prize. For more information

email: friendsoffeltwellplaygroup@gmail.com

Follow us on Facebook and Instagram to keep up to date with our upcoming events including Princesses, Pints & Plaits, Pottery Painting, and our Summer Activity Kits.

Thank you for continuing to support our village playgroup.

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.

discovered they can keep going and going for hours, while your own batteries seem to reach the "low power" warning much sooner than they did twenty years ago.

These everyday activities don't usually feel like exercise, but they require strength, stamina, balance and mobility.

The truth is that fitness isn't really about treadmills, gym memberships or expensive gadgets.

It's about being able to enjoy the things you want to do.

Walking Into Summer

I was pleased to see the new Feltwell Walking Group featured in a recent edition of the magazine.

One of the great advantages of living where we do is that we are surrounded by opportunities to walk. Whether it's a stroll around the village, a wander through the forest at Lynford, or one of the many routes through the local countryside, there is usually somewhere to stretch your legs and clear your head.

Walking remains one of the simplest ways to improve fitness. It costs nothing, requires no special equipment and can be enjoyed at almost any age.

Better still, it rarely feels like exercise when you're enjoying the scenery and good company.

Of course, a walk around Lynford sounds wonderfully peaceful until somebody says, *"Let's just go a little bit further,"* and forty-five minutes later you're wondering whether you've accidentally crossed into another county.

The July Life Fitness Test

Here's a simple question:

Could you comfortably enjoy a full day out?

Not run a marathon. Not climb a mountain. Just enjoy a proper day out. Walking around. Standing for periods of time. Climbing a few steps. Carrying a small bag. Getting in and out of the car comfortably.

Bonus points if you can get out of a low deckchair without first

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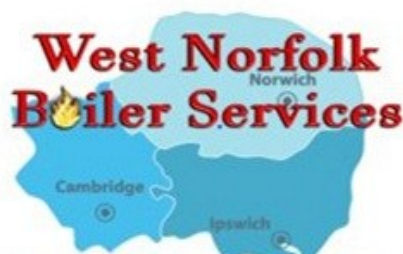
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planning the manoeuvre.

For most people, that's what fitness is really for.

If the answer is yes, keep doing what you're doing.

If the answer is "not quite", don't be discouraged. Small improvements made consistently can make a remarkable difference over time.

A Few Summer Suggestions

Make the most of the longer days.

Take a short evening stroll.

Park a little further away from the shops.

Spend time in the garden.

Walk around the village rather than driving whenever practical.

The best form of exercise is often the one that becomes part of everyday life.

Final Thought

Summer has a habit of passing quickly.

Before long we'll be wondering where July went, complaining that the evenings are drawing in, and arguing about whether turning the heating on for "just ten minutes" really counts.

So, make the most of the opportunities this season brings.

Enjoy the walks.

Enjoy the outings.

Enjoy the garden.

Enjoy the people around you.

Because good fitness isn't about adding years to your life.

It's about adding life to your years.

Helen

[https:// lifefitnessreengineering.com](https://lifefitnessreengineering.com)

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REX'S SWEET SHED LAUNCHED IN FELTWELL

At just 10 years old, Rex turned a big idea into reality when he launched **Rex's Sweet Shed**, officially opening its doors on 1 June 2026. In its very first week of trading, the business has already been a fantastic success, attracting customers from across the local community.

Rex is involved in every aspect of running the business and loves the challenge of being his own boss. From helping to build the shed and creating advertisements to managing stock, replenishing shelves, carrying out stock takes, and counting the day's takings, he enjoys every part of the journey.

As a child with dyslexia, running the Sweet Shed has given Rex a wonderful opportunity to develop confidence, learn valuable life skills, and showcase what can be achieved with determination, creativity, and hard work.

The Sweet Shed currently offers a tempting selection of sweets and baked goods, which are currently supplied by another talented young entrepreneur. However, Rex has even bigger plans for the future. This month, he is working towards gaining his food hygiene certification, which will allow him to bake and sell his own cakes and sweet treats—a milestone he is especially excited about, as baking is one of his greatest passions.

Rex has even eyed up his next shed which will be bigger than his current shed to cater for all of his new stock.

Based in Feltwell, Rex's Sweet Shed is quickly becoming a local favourite. You can also follow his journey on social media—simply search for Rex's Sweet Shed to see the latest updates, products, and exciting developments as this young entrepreneur's business continues to grow.

See the advert opposite for additional details including location and opening hours.

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:

3rd July

7th August, 4th September

10-12pm at St Mary's church.

Refreshments provided.

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

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

Community Tech Coaches can:

- 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

I'VE GOT A GREAT IDEA

Fred is being rather rash this month and throwing out a challenge. Will you come up with an answer?

As Albert Einstein once said, "If I had an hour to solve a problem, I would spend 55 minutes thinking about the problem and 5 minutes thinking about solutions! We all come up against problems of one sort or another during our lifetime, some easily solved, some more difficult to solve and some nigh on impossible. Then there are those that really are impossible, for one reason or another.



I can hear you now.

"What is it this time? What's he leading up to? Where's the little man on his soap-box? Why the scene from *The Italian Job*?"

I suppose an explanation is due, and would be appropriate under the circumstances, so here goes.

As you know, if you are an ardent, (or otherwise) reader of my musings, I do try to head up my pieces with a title and illustration that can hopefully set the scene, or at least give a hint as to what is to follow. My title is the final words spoken by Charlie Croker (Michael Caine) in the closing scene of the brilliant 1969 film, 'The Italian Job', when he tries to convince his co-conspirators that all is not lost, and that he has a way out of their predicament. I imagine that you are already coming up with a simple solution to Charlie's dilemma, but I am confident that there isn't one.. The combined weight of Charlie and his friends exactly balances the weight of the gold, leaving them with nowhere to go. An unsolvable problem!

Or is it?

As I have already made up my mind on Charlie's dilemma, I have decided to issue a challenge to readers of the Feltwell Parish magazine.

Continued over page

If you can come up with the most convincing solution to Charlie's problem, I will make a donation of £50:00 to a Village Charity of your choice.

[A word of caution: If you haven't seen the film, talk to someone who has.]

All you have to do is submit your entry to the editor, along with your name, contact number or e-mail address, and the name of the charity you wish to support, remembering that it must be a Village Charity that will benefit. The entry that suggests the most scientific or even outrageous solution will win the day, and be published in the Parish magazine.

Good luck!

Turn over for a second helping from Fred in....

Pre-Loved Uniform Shop



Affordable school uniform for Edmund de Moundeford
Primary pupils.

Open Mon–Fri 3–3.30pm (term time).

Have uniforms your children have outgrown?

We'd love to give them a second life!

**Donations of good-quality school uniform are
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while reducing waste 🍀

Keep an eye on our social media pages...

👁️ Our online store is launching soon!

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POST BALLOT BLUES

Now that it's over, and things are about to change, I think it's time for us to reflect on what has just happened, and what is going to happen in the not-too-distant future. Our current Prime Minister is now realising that it's time to be booking the removal men once again, and much sooner than he had imagined. Once again, the tinker will be on the doorstep of No10, making sure that the daggers are honed to perfection when the assassins make their move, and Larry will be hoping the new people will honour his pest control contract.

Everywhere you look, new faces appeared at the helm in our local Council offices, eager to get on with the task of making our lives even more miserable than before, whilst assuring us that 'everything is going to change'. Promises made on the hustings will soon be forgotten, and life will settle back into how it was under the old regime. The victorious will celebrate and the defeated will prepare for battle once more, as the colour-scheme in Parliament changes. At local level, we'll make a note of our new councillor's contact details, just in case, and the new status quo begins.

It no longer matters who you voted for, because, despite the results, things will not change, and your texts, letters or E-mails will fall on deaf ears once more. You will get another chance to get it wrong in three years' time, so, at least, we'll all have that to look forward to.

The sun comes up, and the sun goes down,
The hands on the clock keep a-goin around,
I just get up, and it's time to lay down,
Life gets tedious, don't it?

Grief and misery, pains and woes,
Debts and taxes, and so it goes,
I think I'm getting a cold in my nose,
Life gets tedious, don't it?

I hope Walter Brennan would forgive me for plagiarising his wonderful lyrics, but I had to find something that would epitomise the situation



St Mary's Feltwell

CONTACTS

Churchwarden

Chris Parker

01842 827152

cmparker@talktalk.net

Benefice Administrator

Fiona Hearn

07811 782316

wisseygrimshoebenefice@gmail.com

St Mary's is part of **Grimshoe Benefice:**

St Andrew's Northwold, St James' Hockwold, & St Mary's Weeting

Grimshoe Benefice is joined with **Wissey Valley Benefice:**

Barton Bendish, Beechamwell, Boughton, Methwold,

West Dereham, Wereham, Whittington,

Wretton with Stoke Ferry

TO ARRANGE, WEDDINGS, FUNERALS AND HOME COMMUNION

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wisseygrimshoebenefice@gmail.com

TO ARRANGE BAPTISM

Please contact:

Tammy Wright 07717 507665

grimshoebaptism@gmail.com

THE LAST CURIO

All of these old curios and objects come from the collection of Paul Blackmur of Flitcham. The idea of a column in this magazine came from Robert Walden. This the last curio. Unless you have any others lying around?

Answer to last month's Curio.



Last month's Curio (below) is a tool for sharpening the curio from the previous month, the cork cutters pictured left.

The knife blade scrapes the edge of the cork cutter while the conical shaped guide holds the edge of the cork cutter firm.

Simple but effective.

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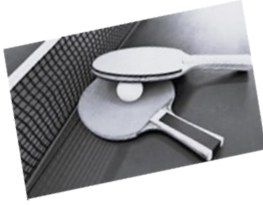


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MONDAY and TUESDAY CLUBS

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

LATEST CONSUMER ALERTS

Scam Alert - Task based job scams

We are warning residents about messages claiming to be offering online work from home employment opportunities.

Frequently these arrive as unsolicited messages via WhatsApp claiming to be a job opportunity that can be done flexibly, with no experience and working from home. The 'role' includes completing a set of tasks online and for each activity 'commission' will be earned. Initially the tasks are often registering for online accounts and then making transactions for small amounts which you are told the costs will be refunded. Having completed these initial tasks payment will be sent covering your costs and with your commission added on.

Over the following days the tasks contain more steps with the costs involved increasing but all paid on completion. Very quickly the amounts involved can reach hundreds or even thousands of pounds or the contact may say you have been selected for a 'premium' task which has greater outlay but for higher commission.

The fraudsters will attempt to get you to continue to pay to complete tasks, often until you have no access to funds, saying all tasks need to be completed before payment can be made to you. They may even try and persuade you to borrow money from others or take out loans or credit cards to make the payments.

Regardless of what you do or how much you pay in the fraudsters will not return your money. Even if tasks are completed they will often claim that taxes or fees need to be paid before money can be paid out or just cut off any further communication.

Our advice is always to be very wary of offer made via an unsolicited message or cold call.

If you have lost money to a scam you should contact your bank immediately and then report it to Report Fraud on **0300 123 2040** or [via the Report Fraud website](#)

Scam Alert - Emails claiming to be from 'Netflix'

We are warning Netflix customers about scam emails circulating claiming that your 'Netflix subscription payment has failed' and stating that 'your account will be permanently deactivated in 3 days'.

The emails, which are sent using Netflix logos and imagery, provide a link to 'update payment details now', anyone following the link will be taken to a fake version of the Netflix website which will attempt to gather personal and financial details.

Our advice is **always** to be wary of claims made in unexpected emails.

**A warm welcome from
St Mary's to our Services across the
Benefice. Find us on  **St Mary's Feltwell**
For details of other services in the
Benefices please visit: achurchnearyou.com**



Sunday 5th July	Service of the Word Service of the Word	Feltwell Weeting	9.15 am 11 am
Sunday 12th July	Service of the Word Service of the Word	Hockwold Northwold	9.15 am 11.am
Sunday 19th July	Eucharist	Feltwell	9.15 am
Sunday 26th July	Eucharist	Hockwold	9.15 am

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.

Quiz Night—Aug 1st —7.30pm in The Aisle



Cold Calling Alert - Telephone cold calls regarding 'loft insulation'

We are again warning residents to be aware of telephone cold calls regarding loft insulation.

This follows a report from a Norfolk resident who received a call in which the cold caller stated that they were 'calling as part of a government programme' and was looking to 'arrange a loft insulation inspection'. The cold caller went on to make a number of claims including that 'insulation over 25 years old is now illegal'. The cold caller then attempted to make an appoint for a visit to the property.

Our advice is always to be very wary of any approach made in a telephone cold call, **never** give, or confirm any personal details and **never** agree to someone visiting your home if approached in this way.

If you need advice about cold calling or have been told you will receive a visit to your home during a cold call contact us through our partners the Citizens Advice consumer helpline on **freephone 0808 223 1133**

Scam Alert - Fake People's Postcode Lottery messages

We are highlighting a warning from the consumer group Which? about fraudsters impersonating the People's Postcode Lottery.

Reports to Which? have said that scammers are contacting people via phone calls and fake social media accounts to promote sham versions of the Lottery.

Which? have also previously reported scam emails and letters also impersonation the same organisation.

Which? advise that you can only win the People's Postcode Lottery if you sign up, after which you're entered into prize draws every month.

Scam calls can be reported by texting the word 'call' followed by the phone number to 7726 on an iPhone. If you have an Android phone, text the word 'call' to 7726. You'll then receive a message asking you for the scam number.

[More information on this free reporting service is available on the Ofcom website](#)

You can report scam accounts on social media by selecting the three dots in the top right corner and pressing 'Report.'

Scam Alert - Fake parcel delivery messages

We are continuing to warn residents about messages claiming to relate to a parcel delivery which state they are unable to deliver the item or that you have missed the delivery.

Recent examples have included text messages which claims to be a 'Royal Mail Consignment Status Update' and states 'at 09:15 we attempted to complete delivery of your parcel. However the address details provided could not be



VETERANS CENTRAL EVENTS, RAF WEST RAYNHAM SHQ NR21 7PL.

The Veterans Central charity is holding a number of events over the summer months at their RAF West Raynham SHQ facility. The events attract people from across Norfolk and are also designed to help Veterans Central find more veterans that might benefit from the support provided by Veterans Central.

All Events are FREE to attend. The Veterans Central café will be open.

Sunday July 19th: Annual Open Day. From 10 to 3.

Our biggest event of the year with a wide range of military and other displays, aircraft cockpits and vehicles, classic cars, craft stalls, children's activity zone, games and activities – including axe throwing and archery. A massive tombola and book sale. BBQ and Hog Roast. Live music. And more.

For more information, email events@veteranscentral.co.uk. If you would like to participate in one or more event, email: ops@veteranscentral.co.uk.

The **Veterans Central** Swaffham drop-in centre is now well established (and popular) and we have now fixed dates for the rest of 2026.

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

Venue: The Regency Room, Swaffham Assembly Rooms, 1030 to 1300. On the 4th Tuesday of the month:

	Location: The Assembly Rooms are located in the centre of Swaffham and there is adjacent free parking for 2 hours (but use machine to get a ticket).
July 28th	
August 25th	
September 22nd	You are welcome to bring partners or carers
October 27th	
November 24th	Please spread the word to any military
December 22nd	colleagues in the area.

verified'. The message goes on to provide a link to 'confirm your delivery details' and reschedule delivery.

Anyone clicking on these links will be taken to fake website made to look like the genuine ones, with the same branding, layout, and font choices. These sites have been built by criminals and are used to gather personal and financial information or take required 'payments'.

If you receive a suspicious parcel delivery message do not click on any links.

DOES THIS COMMUNITY MAGAZINE HAVE A FUTURE 4?

The answer to this question is the same as in previous months, Yes, for this subscription year at least.

There is some good news this month. Jean, our Advertising Manager, has done some dogged work chasing advertisers for payment and as a result we are down eight advertisers on last year. I guess some no longer need to advertise as they have full order books or have built up a good reputation that word of mouth is sufficient advertising. In addition some are probably advertising on social media for free but they're not reaching those who don't "do Facebook" and its ilk. However, if you contact any of our advertisers please mention that you saw their advert in the magazine. It encourages them to advertise again. The lost revenue totals £690 so not as bad as a few months ago when I began this conversation.

The number of printed copies each month is 340 with 45 being placed for sale in both Londis and Spar. A big thank you to these shops for agreeing to sell the magazine and to you for buying it. In May both shops sold out, which is great news, but I'm keeping them at 45 copies each in the hope (vague?) that anyone who didn't get a copy might take out a subscription.

I still haven't decided what to do about the cover price for 2027-2028 but almost everyone who has expressed an opinion seems happy with the idea of raising it to £1. If you have an opinion please send me your thoughts to the email address on page 2. As stated previously we lose 38p per copy. Would you still buy it at £1 a copy, £10 for the year if delivered? Remember, all these calculations assume that the printing cost will remain fixed at 88p, something I doubt will happen.

You might be thinking about the extra cost of printing 4 colour pages this month. Well, its £21.50 +VAT, an extra 6p a copy but, don't worry, its been paid for by the Wellington. Many thanks to them. .

Until next month, thank you for your continued support. *Paul*

Feltwell Dispensary 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 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**.



The Food Pantry, Feltwell

WHO ARE WE?

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

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

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

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

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

OPENING TIMES:

Tuesday 9AM—10AM

Wednesday 9AM – 11:30AM

Saturday 10:00AM – 11:00AM

For more details visit our Facebook Page or call 07454 259280

Breckland Branch



With the summer coming, its important to keep you cat cool. Cats with white fur, especially on their head, are in danger of getting skin cancer on ears and noses. Try to keep them indoors between 10am and 3pm when the sun is hottest. Make sure there is lots of shade both indoors and outside. You can use a sunblock on their sensitive parts, but ask your vet first about a safe one to use.

Hydration is the key. Clean fresh drinking water is important. Don't use plastic bowls, use ceramic or glass instead. Cats like running water, and maybe prefer a water fountain. Keep lots of fans in different places indoors. You could fill a bottle with water and freeze it, and then place it wrapped in a towel in the cats bedding, making sure that they can get away from it and that the bottle doesn't leak.



Older cats may suffer more in the heat, and it would be a good idea to keep them indoors

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

Rita Thompson

Whilst on the subject of pets...

Once upon a time a free doggy poo bag dispenser was installed on the entrance to St Mary's churchyard with the request that if you needed a poo bag but had run out please, the next time you walked passed, replace the one you had used. On Wednesday 17th June the dispenser was empty. I don't believe that it is the job of the church to keep the dispenser full, but of the dog walkers. *Paul.*

FREEDOM RECYCLING

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Messenger

FARMERS NEED OUR SUPPORT

From : terry.jermy.mp@parliament.uk

As MP for South West Norfolk, Co-Chair of the All-Party Parliamentary Group for Farming and Member of the Environment, Food and Rural Affairs Select Committee, it is fair to say that I am concerned about the future of farming and the numerous challenges facing the industry.

Having lobbied the Government to provide targeted support to farmers who are facing pricing shocks as a result of the conflict in the Middle East, I was pleased with the Chancellor's recent £400 million support package.

Included in the package was the announcement that the Government will be cutting the duty rate on red diesel by over a third per litre from 10.18p to 6.48p - the lowest rate in over 20 years – to support farmers who are facing substantially increased costs on fertiliser and fuel due to the war in Iran.

This lower rate will take effect from June 15th and remain in place until December, supporting the agricultural sector in the fuel intensive harvest period through to the end of the year.

This will help to keep the cost of doing business down at a difficult time when red diesel prices are around 50% more than their pre-crisis levels.

I was also pleased with the Department for Environment, Food and Rural Affairs (DEFRA) confirming the launch date of 30th June for the Government's newly refreshed Sustainable Farming Incentive (SFI) scheme.

Following the pause of the scheme last year, I worked with West Norfolk farmers to collate their thoughts and feedback on the scheme's previous iteration, and the ways this support could be better targeted and implemented. I fed their views back to DEFRA Ministers and other Government officials to help ensure the new SFI would better support farmers.

Recently, I also met with Angela Eagle, Minister of State for Farming



QUIZ NIGHT



Saturday
1st August
7.30 pm



St. Mary's Church, Feltwell

£8 to Include Supper

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

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FMI Contact Chris Parker

cmparker@talktalk.net

07910 195360

in DEFRA to discuss precision breeding and the UK-EU Sanitary and Phytosanitary (SPS) Agreement.

The SPS Agreement is the proposed framework which will form a new strategic partnership with the EU on the trade and movement of plants, plant products, animals, animal products, feed and food.

It is designed to make trade faster and cheaper, smooth supply changes, and help improve the number of exports from the UK following the implications of Brexit, by allowing for the vast majority of the above movements to be undertaken without certificates or controls.

I have spoken with many West Norfolk farmers in addition to researchers and scientists from the University of East Anglia and across the region about the proposed framework, particularly in relation to precision breeding where the UK is the global leader.

The SPS Agreement is currently being negotiated, and I was pleased to meet with the Minister to share the feedback of West Norfolk to help inform the proposed policy measures and negotiations.

If you are a West Norfolk farmer and would like to meet, or share your thoughts or ideas to help inform Government policy, please do email me: **terry.jermy.mp@parliament.uk**

Over the summer, I will be embarking on my second constituency listening tour, where I will be visiting 31 of our South West Norfolk villages to meet with residents. Should you wish to arrange a time to meet, please do get in touch via my email above.





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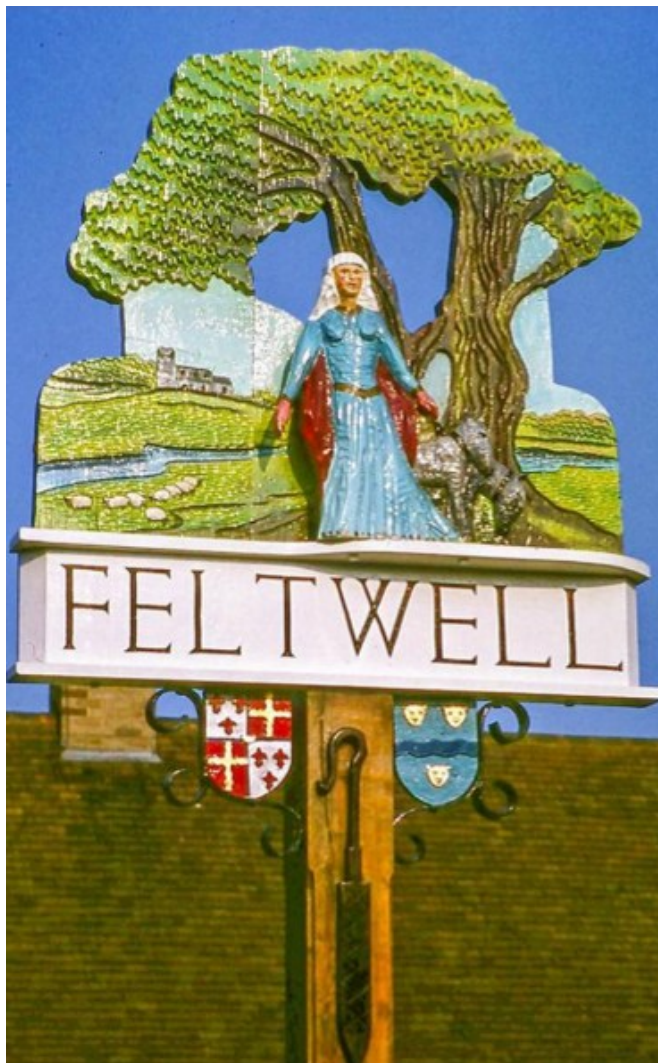
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HISTORY OF THE FELTWELL VILLAGE SIGN PART 2



What follows is extracted, with permission, from Robert Walden's book which he presented to the Parish Council upon the recent completion of its renovation.

Lady Alveva and her supporting cast...

The Saxon lady Alveva was the wife of the Earl of Mercia and owned large parts of Feltwell and Hockwold in her own right. Her husband was one of the 5 great Earls who ruled England under Edward the Confessor. The Earl died before the Norman Conquest and by 1065 her elder son Edwin ruled Mercia and his brother Mocar ruled

Northumbria. Harry Carter, who carved the sign, portrayed her as a young figure standing in front of the Ancient Oak.

Note the prominence of The Beck (stream) and St Nicholas's Church which is shown on an elevated site as in present day reality and before its thatched chancel was demolished in 1862. Its octagonal tower which fell down on the 25th October 1898 is shown still intact and is also reflected in the octagonal flint base of the plinth.



The seven Manors of Feltwell owned large flocks of sheep some of which are depicted grazing in the meadow beside the Beck.

Supporting the Sign are 2 coats of arms representing (on the left) that of Sir Edmund De Moundeford and on

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the right that of the Clough family, both of whom set up charities for the poor of Feltwell.



A third Feltwell charity is represented by the carved Shepherd's Crook adorning the post. Shepherd Edward Atmere left £60 for the purchase of land, the rent of which to be shared by each of 5 villages every 5th year: Brandon, Feltwell, Foulden, Northwold, and Weeting.



And yet another Feltwell charity for the poor is represented by St Nicholas's Church: a former rector, the Rev Thomas Rawlins set up a charity by the terms of his Will dated 26th August 1729.

Also shown on top, i.e. in front of, the Crook (at the very bottom of the photograph) is a Saxon(?) sword which was found in the 1960s during an archaeological dig of a Roman Villa in Oulsham Drove. This is more easily discerned in this photograph from the original Village Sign than in those of the new Sign.

The Replacement Village Sign

May 1994

The original Sign which was carved from solid wood, lasted less than 25 years—a warning to all parish councillors who are guardians of Village Signs made from materials that are not as durable as some people might think. It must be remembered that Village Signs are usually out in all weathers, 365 days a year, year after year. And they probably get less maintenance than most people give to their front doors.

The present Sign is made from cast metal alloy and supported in a steel frame and the post is also made from steel. The decision to change to a more durable composition was unquestionably a sensible one by the parish council of the time and which has already saved the parish considerable expenditure and will continue to do so in future.

To be continued next month.



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FELTWELL VILLAGE ANGLO-AMERICAN CAR & BIKE SHOW

The 6th Anglo American Car & Bike Show raised a fantastic £1820.15, the highest ever total, which was all donated to Feltwell Playgroup (Charity Number: 1028560). Stuart Samuels, alongside RAF Lakenheath's 48 Component Maintenance Squadron (48 CMS) Commanded by Maj. J Niederhaiser, organised the show once again. They were delighted with the support shown by not only those who came to exhibit their vehicles, some of whom travelled 100s of miles but also those who came to look around and support the charity stalls and trade stands.



The show came at the end of a very unsettled week of weather which gave the organisers a few headaches, but thankfully on the day they blessed with warm sunshine. This really helped show the vehicles in all their glory & helped bring out the crowds of supporters.



At the height of the show there were 242 vehicles on site with over 340 visiting during the day.

Stuart would like to thank the 48 CMS for providing BBQ food, The Bootlegging & Moonshine Bar for the beer, The Brecks Vineyard Coffee Trailer for hot drinks and Maisie for her ice cream.



In addition, thanks must go to the Trade Stands, DJ Jay for the bouncy castle and village charities who took up the chance of free pitches for their stalls. These included Feltwell in Bloom, Feltwell Primary School PLUS, PTA and Year 6 leavers fund raising group. (If you would like a chance to fund raise for your charity in the future please let Stuart know). It was great to see so many people supporting the stalls & in doing so, helping these good causes.

All Images Here Are Kindly Reproduced Courtesy Of David Cordner





Last but by no means least Stuart would like to express his thanks to Paul Mazey for all his work behind the scenes, friends from the village who helped marshal on the day, Brandon & District Car Club who not only brought along their vehicles but helped with the insurance & Feltwell Parish Council for allowing us to hire the field for this event.

In total in the 6 years the Car Show has been held, the event has raised in excess of £8,300 which has all been donated to good causes in the village – keeping the money local – Stuart really is grateful to all those who have made this possible.

FELTWELL WALKING GROUP

Much to your humble correspondents relief the first walk of the month was cancelled due to inclement weather. Why I was relived is open to question as I was out of the country. Suffice it to say that had it taken place it would have been the first walk that I had missed.

Thus, our first walk of the month occurred on Friday 13th June. It was advertised as 7.5 miles around Beachamwell's churches and the second walk taken from the Stoke Ferry Walkers' Guide.

After discovering that the Eastmore road was closed a quick recalculation of the route on the satnav took me through Boughton, Barton Bendish and onto the newly topped dressed Beechamwell road, where a road sweeper was blocking the road whilst removing the loose chippings. And going very, very slow. Anxiously watching



the time—five-minutes to go before I would be late— the sweeper finally crawled passed the car. Fortunately, other members had also encountered the same difficulties and I wasn't the last to arrive at the village hall from where the first church was easily visible.

The church of St Mary, pictured left, is one of only a few churches with a Saxon round tower still standing. It is currently under restoration following a fire in 2022.

A short walk along the road to the right of the church took us to a clearly marked path across a field and then, after a bit of searching we found a stile hidden by extensive grass growth. This led into a further field heavily populated by nettles with the ruins of St John's Church off to the



Norfolk County Council

Child Employment

This does not apply to work experience placements



Parents

Is your child keen to get a part time job? Maybe they already deliver newspapers, have a Saturday job, volunteer at a charity shop or work during the school holidays?

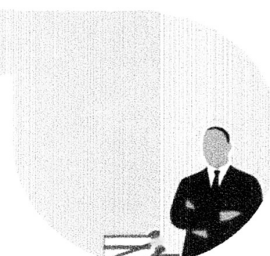


Employers

Are you keen to give an employment opportunity to a child? Do you already employ children aged 13-16 years?

Did you know?

It is illegal to employ children of compulsory school age without a **child work permit**. Without one the employer risks prosecution, and children may not be insured.



GOOD NEWS! Child work permits are free

Applying for a work permit is simple, apply using the form on our website www.norfolk.gov.uk/childemployment or scan the **website QR code** below.



Our website also has lots of information about the rules and regulations to be followed when employing children.

Feel free to email us at childemployment.edu@norfolk.gov.uk.





right. St John's was allowed to fall into decay in 1558 when its parish was consolidated with All Saints.

A second slightly hidden stile gave access to an easy path along the side of a field until we had to find the first of several gaps in hedges. A few moments searching and we were through. Eventually we arrived at the very Eastmore Road that had been closed, but not to us this time.

Good, clear and obvious paths took us along field boundaries, the wind blowing waves in the

barley, passed a wartime pillbox, deer being spotted, hares running rapidly away from our tramping feet and Red Kites gliding and swooping to catch their prey. And magnificent "big sky" views.

Just under half-way round we took a left then a right alongside a wooded area and at the end of this a tree had fallen across the path. What to do? We had little option other than to cut the corner by walking through some wheat, in single file of course to minimise any damage we might cause. Then to another gap in a hedge, this time it was almost closed over by branches but find it we did. A gravel path led us to an Oxborough road and then, after a small bridge over a tributary of the River Wissey, a left through fields heading toward Caldecote Farm.

A short road walk and the final gap in a hedge, this one the hardest to find as the finger post pronouncing "Bridleway" was completely in the hedge. The bridleway took us back to Beechamwell between fields of wheat and peas and passed the ruins of All Saints' Church, pictured over page, having done slightly more than advertised.

Unfortunately the village doesn't have a pub or café anymore so it

FELTWELL BOWLS CLUB

Feltwell has a great bowls club which is situated next to the Royal British Legion, Long Lane, Feltwell, IP26 4BJ

We have roll-ups twice a week (Mondays and Wednesdays at 6.00pm) between May and September.

We also play in two leagues.

The Club welcomes you all to come along and have a go.
Equipment available to borrow just be sure to wear flat shoes.

You can contact the Club below.



www.feltwellbowlsclub.com



feltwellbowlsclub@gmail.com



07771 882428



Feltwell Bowls Club



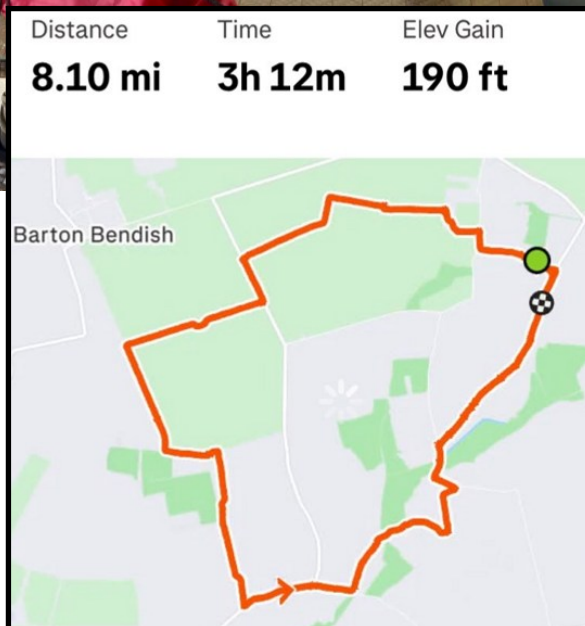


was to the Bedingfeld Arms in Oxborough that we drove for our well-deserved rewards.

Photographs are by Carolyn Cordner and Andy Smailes

If you'd like to know more about the FWG and maybe join us on a walk or two please contact Michael at adamsmike71@yahoo.com.

We do one walk a fortnight on a Friday morning.



The Wellington In July



Caribbean Day 2026

Live Music with
JUMA from 2:30pm

Fresh Cocktails
Food from JJeB Farm &
Edwards Cafe

July 4th • From 2pm

10th

★BANDEOKE



12th

*Sunday Session With
Diana's Hot Desserts*



17th

**80'S NIGHT
WITH DJ JAY**



25th

Rowena
Toledo



COCKTAIL PARTY LOGISTICAL

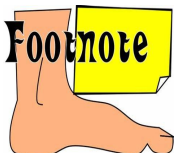
This Logistical puzzle was designed by Chris at the Wellington.
The solution is on p66.

	Blue Lagoon	Mojito	Pina Colada	Manhattan	£9.75	£10.50	£11.25	£12.00	Sambuca	Tequila	Sourz	Fireball
Sasha												
Violet												
Ryan												
Callum												
Sambuca												
Tequila												
Sourz												
Fireball												
£9.75												
£10.50												
£11.25												
£12.00												

Match the party goer to their cocktail choice, their choice of shot and the cost of their drink.

CLUES

- 1 Violet paid £11.25 for her Mojito & she didn't have the fireball.
- 2 Sasha paid £1.50 less than Ryan for her cocktail.
- 3 The Pina Colada cost more than the cocktail that was purchased by the tequila drinker.
- 4 The Manhattan was the most expensive cocktail and was purchased with a Sambuca.



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

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WORD SEARCH

Submitted by Mrs J. Clements.

This month our word search features **THINGS IN THE KITCHEN.**

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

AIRFYER BLENDER CAKE STAND CHAFING DISHES CHAIR
 COFFEE POT CREAM JUG CROCKERY CUP DISH FORK
 GRAVY BOAT KNIFE LID MUG MICROWAVE OVEN OVEN MITS
 PAN PERCULATOR POT RACK ROLLING PIN SAUCE BOAT
 SAUCEPAN SAUCER SPOON STOOL STRAINER SUGAR BOWL
 TEAPOT TRAY WHISK

The solution is on page 72



Feltwell in Bloom

Making Our Village Beautiful



July is a good time of the year to sit back in the sunshine and admire all of the hard work you have put into your garden so far this year. It is a time when we have tasted the first home grown vegetables and fruit of the year and are looking forward to soon harvesting more.

The flowers in the garden are blooming well. It just brings a smile to your face to know how much you have achieved and what you still have to look forward to.

Thank you to Sue and Richard from Feltwell who donated plants to us and all who came and supported us at the Anglo American Car Show.

All of the money we raise helps us to continue planting flowers and bulbs in the tubs around the village during the year.

If you would like to sponsor a tub, please feel free to get in touch with us. You will be advertising your business whilst helping to make the village more beautiful.

We are also always looking for volunteers to help us water the tubs and look after them. Once again, please contact us if you are able to help us.

Thank you for your support of our group.

Contact us on the following platforms:-

Facebook - Feltwell in Bloom

Email – feltwellinbloom@yahoo.com

Or phone Lisa—07718 075569



Feltwell Community Magazine is happy to
sponsor a Feltwell In Bloom flower tub.



FELTWELL METHODIST CHURCH, COMMUNITY HALL & GARDEN



DAILY SOCIAL GROUPS – WITH ADDED BENEFITS

Monday Meet-Up @ The Wellington

Tuesday Club @ The Community Hall, Bell Street – 1.30pm

Wednesday Coffee Morning @ St Mary's Church

Thursday Club @ The Community Hall, Bell Street – 10am

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Mon/Tues/Wed/Thurs.** Want help filling forms, benefit claims, housing forms, driving licence renewal, Blue Badge applications, powers of attorney, report a crime online etc. come into a quiet space, grab a cuppa and have help on hand. Look for our open sessions or **give us a call to arrange to meet.**

GET ACTIVE IN FELTWELL MONDAY & TUESDAY CLUB



Methodist Hall, Bell St, Feltham
Table Tennis, Pool, Darts, Snooker,
Skittles, etc

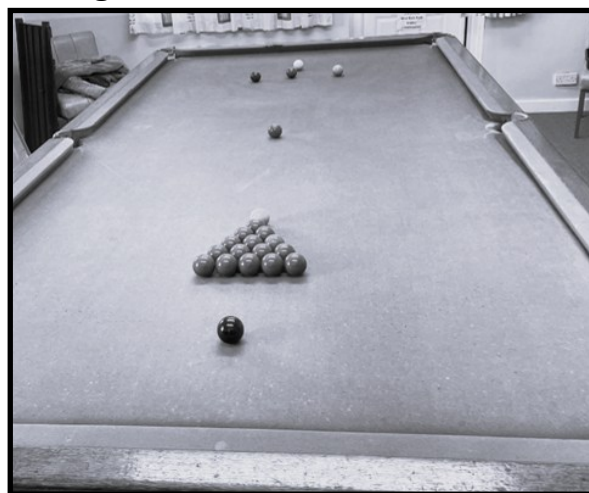
Monday: 7-9pm Tuesday 1.45-3.45pm

Or just come for Tea/Coffee and chat

Your first steps to improve your
fitness & wellbeing

First week free—then only £3 a session

You can book the table to play
snooker for £5 per hour by
calling Mike on 07712578721.



Bring your own cue. Light refreshments will be available to buy,
crisps, chocolate, soft drinks hot/cold.

FREE HOLIDAY ACTIVITIES FOR STUDENTS

Snooker by arrangement – must be accompanied by an adult
Table tennis Mondays and Tuesdays (as above) includes coaching

Join us on Wednesdays for a cuppa while we pot or potter!!

Gardening is not just about growing plants; it's a multifaceted activity that offers numerous benefits for both physical and mental health. Here are some of the positive outcomes of gardening:

- **Physical Health:** Gardening is a form of moderate physical activity that builds strength, supports moderate weight, and reduces the risk of falls, especially in older adults. It also helps in making vitamin D, which is essential for bone strength and immune function.
- **Mental Health:** Gardening can improve mood, reduce stress, and provide a sense of accomplishment. It is a mindfulness practice that eases stress levels and boosts the production of endorphins, the brain's feel-good neurotransmitters.

We can help you enjoy these benefits at the Methodist Chapel as well as taking home anything we grow together. The flowers attract the insects, which pollinate the fruit and veg, which give us our vitamins, all without any artificial chemical fertiliser or sprays.

We have written to the Social Prescribers, via Feltwell Surgery to advise them we have this facility available.

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.

Continued on page 57

DATES FOR YOUR DIARY

SUNDAY 6 SEPTEMBER—HARVEST THANKSGIVING

7 - NOVEMBER – CHRISTMAS (MEGA) CRAFT FAIR

12 - DECEMBER CHRISTMAS CREAM TEAS



Your Good Health

by Dr Ian Nisbet

**WHAT DOES THE DOCTOR
THINK THIS MONTH?
JULY 2026**

**Are your plants reaching for
the sky?**

Well, I have to admit to being absolutely flabbergasted – yes, my gast was absolutely flabbered – you might be too young to remember that joke. When I walked around the garden at the weekend, my delphiniums are 6ft tall, my climbing roses have reached about 12ft and are covered with blooms. The apple and pear trees I planted as sticks several years ago have suddenly grown from about 10ft tall to more than 15ft tall and are heavy with fruit. The Palm tree has grown from about ten feet to twenty feet and it is covered with fronds, as are some of my Photinia Red Robins which have never previously flowered. Last year, I saw similar Palm trees in

Spain; all had grown to over 70 ft and provide food for thought as my Palm tree is only about 6 feet away from the house! Even the lawn is half decent and would be perfect were it not partly populated by meadow grass from the surrounding fields (its seeds blow over like snow). The acetic acid weedkiller I painted onto the meadow grass, much to the amusement of my neighbours certainly killed the grass but the jury is still out concerning the roots.

The front garden is smart and needs frequent watering but disaster has struck in the form of Box (Buxus) moth which has destroyed nearly all the box plants in Hagley. Overnight, all the Box were stripped by the box moth and I was really concerned for my box ball plants which line the front garden and have grown to about 3ft high. Some had

SAVE THE DATE!



VILLAGE YARD SALE

— Saturday 11th July —

9am - 2pm

More details to follow...



AUTUMN CRAFT FAIR

at PORTERS BARN —

— Sunday 18th October —

More details to follow...



SANTA'S SLEIGH

— 8th, 9th and 11th December —

More details to follow...



Details will also be on Facebook

Feltwell Social Club – What's On

ALL ENGLAND GAMES WILL BE SHOWN LIVE AT THE CLUB.

MEMBERS WILL BE GIVEN PRIORITY OVER NON MEMBERS DURING BUSY PERIODS.

New members always welcome.

A poker night is held at the club on the first Friday monthly.

superficial damage and others were OK. I shot down to the garden centre and came back with a special spray which I used straight away. I think the balls have been saved but the long box hedge has perished and will need to be replaced with a fresh hedge that looks like Box but isn't.

You will be relieved to hear that my lovely car had a change of gear box oil, presumably lanced with powdered gold, and I have had the air con recharged so that is back in action!

The Greenfield Singers choir gave a wonderful concert in our acoustically brilliant church on Saturday June 6th. They sang precisely and our policy to involve the audience in communal singing is developing really well. The song "When you walk through a storm" from Rogers and Hammerstein's "Carousel" is, as everyone except me seems to know, always sung at Liverpool football matches. I had my two Liverpool granddaughters and their brother in the front row. Prodded by me, they turned around and whipped the

audience into a frenzy. The church roof has not vibrated so much since my darling Deannie's funeral in 2022 when we sang really celebratory hymns Deannie and I had chosen together. If you missed that, come to my funeral when the same hymns will be sung again. As a result of fund raising from generous folk at the concert, we have given £250 to the local Hospice

I looked at lots of Liverpool and football jokes but could not find one which would not offend anyone, so here we go with some harmless fun. If you want to hear the offending jokes, ask me when you see me and I'll fill you in. One is hilarious.

One of the local newspapers carries a page of American-style comical road signs:

*I want to grow my own food but
I cannot find bacon seeds*

*This is my step ladder. I never
knew my real ladder.*

*If your car is running, I'm voting
for it.*

*What happens if you get scared
half to death twice?*

*I Can No Longer See You With My Eyes Or
Touch You with My Hands, But I Will Feel You
In My Heart Forever*



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30 Bury Road, Thetford, Norfolk, IP24 3DE, T: **01842 752197**

www.markskinnerfunerals.org.uk

Frog parking – All others will be toad!

My wife said I never listen to her, or something like that.

Is there ever a day when mattresses are not on sale?

I checked into the Hokey Pokey clinic and I turned myself around.

A little boy asked his mother if he could have a lollipop and she said, “Yes, but you must say the magic words”. He said the words and got his lollipop. Next day, during a lesson, he asked

his teacher if he could visit the lavatory. “Yes, but you must say the magic word,” replied the teacher. At picking-up time, the teacher asked the mother if she had been teaching her child sarcasm. Eventually, the conversation came around to the magic words which were “You’re slim and you’re beautiful.”

Enjoy your Summer.

**All good wishes to you all from
Ian Nisbet**

Give us a call or message us or one of our members.

Find us by scanning this QR code on your Mobile Phone.

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



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

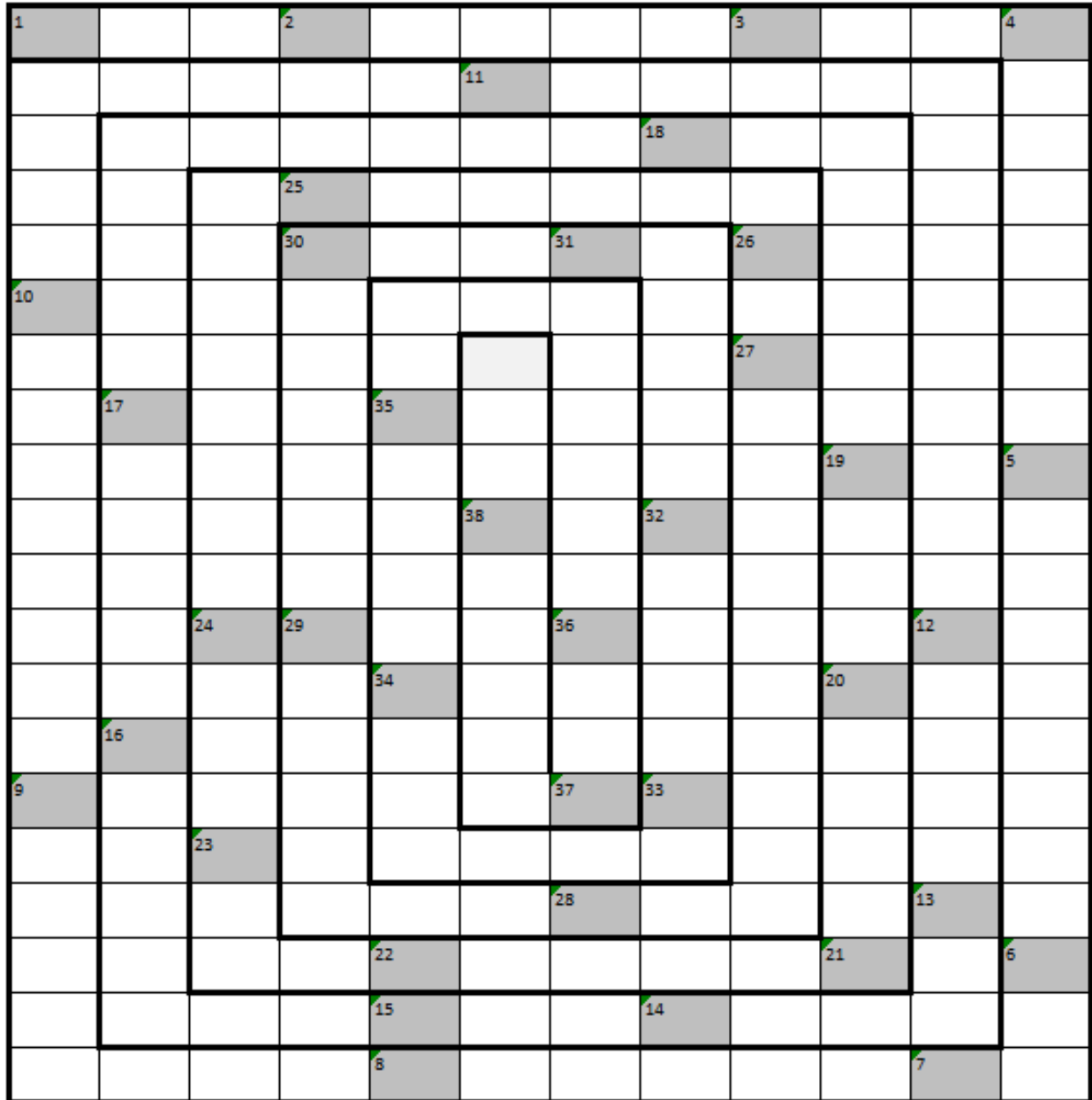
MOBILITY AIDS

Want to bring a friend or relative to stay, need to take a mobility challenged person to hospital or on holiday. We have wheelchairs and a walking frame and mobility scooters. Short or long term use. Just give us a call or message us.

WORD TRAIL

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

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



CLUES

- 1 It started with a (a song) (4)
- 2 The Sabbath day (6)
- 3 It comes but once a (4)
- 4 Over and over again (9)
- 5 Magnanimity, nobleness of heart (10)
- 6 You do this when tired (4)

- 7 A clear, volatile, flammable liquid (7)
- 8 Opposition to the belief in a God (10)
- 9 An Island in the Caribbean (10)
- 10 A device for arresting haemorrhage (10)
- 11 To change into another substance (16)
- 12 Christ's resurrection (6)
- 13 Sensor or obscure part of a text (6)
- 14 (Historic) Secret society in China (4)
- 15 A record of descent of a person (9)
- 16 Worn by Mohammedan women (7)
- 17 An optical toy (11)
- 18 To meet (9)
- 19 To face a wall with masonry (5)
- 20 A tough fibrous cord attaching muscle to bone (6)
- 21 Rough lump or mass (6)
- 22 You masticate with these (5)
- 23 Ancient Greek God of marriage (5)
- 24 The name of a trailing or climbing plant (10)
- 25 Feeling bodily discomfort (7)
- 26 The fruiting spike or head of corn (3)
- 27 Restoration of friendly relations (13)
- 28 Stimulating the mind (9)
- 29 Invade the rights of another (8)
- 30 Frozen rain (4)
- 31 Freedom from bondage (7)
- 32 The colour of gold (6)
- 33 Form of winch (8)
- 34 The warm months of ... (6)
- 35 To make cold (11)
- 36 Light fawn colour (4)
- 37 Tubes that leave the kidneys going to the bladder (7)
- 38 Line of junction of two edges (4)

This month's Word Trail solution is on page 74.

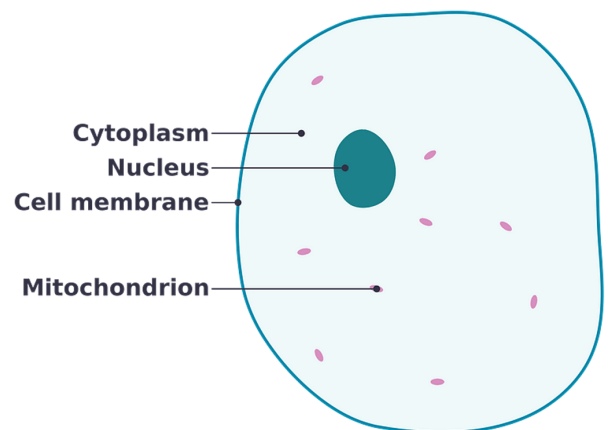


The speaker for our June meeting was Paul Garland who talked about 36 Trillion Little Factories. This was a follow-up talk from one he did last year entitled 36 Trillion Cells, the total number of cells estimated to make up the average human being.

He began with a quick recap reminding us that a Cell is the basic Structural and Functional unit of living organisms. In other words, cells make up living things and carry out activities that keep a living thing alive. Cells, generally being so small, can only be viewed with the aid of a microscope, either a light (Compound) Microscope or an Electron microscope. The former magnifies up to 2,000 times and the latter to 500,000 times.

He then explained that cells can be classified as either simple (Prokaryotic) or complex (Eukaryotic). The size of cells is measured in micrometres, there are a thousand micrometres in a millimetre. Both plant and animal cells are eukaryotic but differences do exist in their structure, for example, plant cells have a wall around them whereas animal cells do not. The smallest human cell is a sperm cell and the largest is an ovum, the longest is a nerve cell.

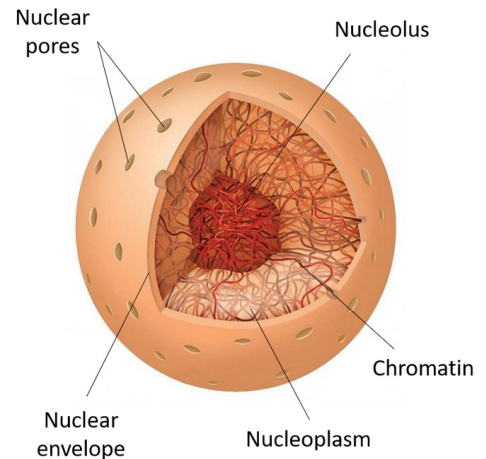
Paul then moved on to examine the detailed structure of a typical cell as one might have seen using a school microscope (assuming your school had a microscope). This drawing shows the basic features and not much detail can be seen. However, when a cell is magnified with an electron microscope a whole new world of structure and detail is revealed. This is called a cell's **ultrastructure**.



Paul then took us through the various components of this ultrastructure which are referred to as **organelles**. Just as a body has organs so cells have organelles, individual components that carry out specific functions.

1. The Cell Membrane. Extremely delicate, thin, elastic and semi-permeable membrane meaning some substances can pass through it and others can't. It is made up of two layers of lipid molecules in which protein molecules are floating. Its thickness varies from 4 to 5 nanometres. (1nm=1 billionth of a metre) Its function is to maintain the shape and size of the cell and to regulate the entry and exit of substances in and out of the cell.

2. The Nucleus. Surrounded by a Nuclear membrane which has pores in it to allow the passage of various substances into and out of the nucleus. A colourless dense nucleoplasm present inside the nucleus contains a round shaped nucleolus and a network of chromatin fibres composed of unwound deoxyribonucleic acid (DNA). These fibres wind up to form chromosomes during cell division.



3. Endoplasmic Reticulum. A complex network of membranous tubes and sheets-like structures which are interconnected with one another. Some parts are connected to the nuclear membrane, while others are connected to the cell membrane. Two types: smooth (sER, lacks ribosomes) and rough (rER, studded with ribosomes). The RER makes

FELTWELL FUEL ALLOTMENT CHARITY

If you can answer “YES” to the following two questions you may be eligible for a **Winter 2026 Fuel Payment** from three Feltwell charities.

Are you at least 70 years of age or will be by the end of 2026?

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

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

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

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

Only one grant per household will be given.

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Having a party?

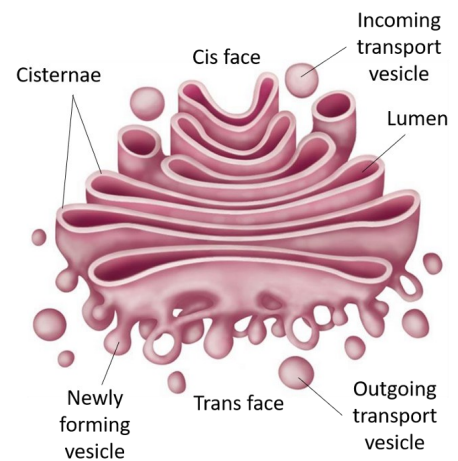
Don't have enough plates, dishes, glasses or cutlery?
Contact Sue Garland 827029 or Chris Parker 827152.

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.

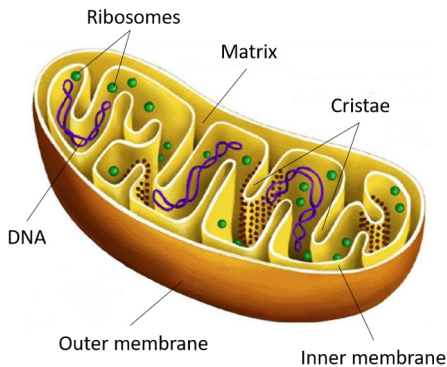
proteins like hormones and enzymes and the SER makes lipids (fats and oils) for cell membranes.

4. Golgi Body. Discovered by Camillo Golgi in 1897 they are made of stacks of 5-8 membranous sacs which are usually flattened and are called cisternae. They modify, sort and pack materials made in the cell.



5. Mitochondria. Small, rod-shaped organelles

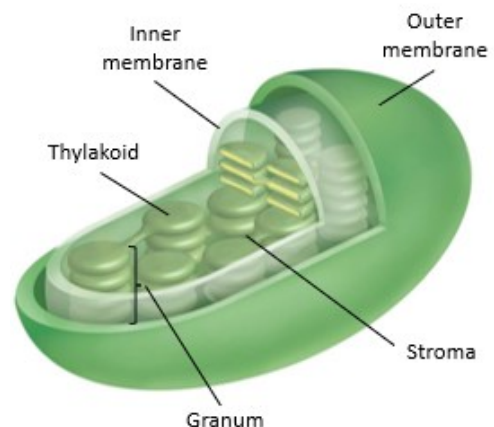
bounded by two membranes - inner and outer. They make the energy rich compound ATP (Adenosine TriPhosphate) which provides energy for the vital activities of living cells.



6. Chloroplasts.

Double membrane-bound organelles found mainly in

plant cells. Usually spherical or disc shaped. They convert light energy into chemical energy in the form of the sugar glucose. They provide the green colour to leaves, stems etc.



So, where does the idea of the cell as a factory come in? Just like this...

<u>Cell Organelle</u>	<u>Factory part/function</u>	<u>Organelle</u>	<u>Part/function</u>
Nucleus	Operations centre	Chromosomes	Blueprints
Mitochondria	Energy supply	Ribosomes	Production line
Chloroplasts	Fuel production	ER	Internal transport
Cell Membrane	Entrance of raw materials and exit of manufactured product.		

The Men's Breakfast Club usually meets on the 1st Saturday of the Month at The Wellington in Feltwell at 9am. It costs £8.50 per person to attend which includes a talk, tea or coffee and a full English breakfast which never fails to please.

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

Our next meeting will be on **Saturday 11th July**. Our speaker will be Tim Young who will tell us about growing grapes in West Norfolk to make English wine.

BADMINTON IS AVAILABLE AT ST. MARY'S



Wednesday — 1pm to 8pm

Saturday — 9am to 8pm



If interested in playing please email:

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

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

SIR EDMUND DE MOUNDEFORD CHARITY

GRANTS AVAILABLE FOR POST 16 STUDY

- Are you over 16?
- Have you lived in Feltwell for at least two years and are still resident in the village?
- Are you studying at College or University?
- Do you need assistance with the purchase of equipment or books to enable you to study?

If you can answer “YES” to all of the above then apply in writing to Mr M. Hawkins, Agent for Sir Edmund De Moundeford Trust, 15 Lynn Road, Downham Market, Norfolk. PE38 9NL. **OR** by email to info@barryhawkins.co.uk, also send a copy to Mr Paul Garland, (Trustee) at garlandp@btinternet.com. Please use Subject: Education Grant. In your letter/email you **MUST** include the date you moved into the village, details of the course you are studying, where you are studying, the qualification you expect to achieve upon completion and any costs necessary for you to embark upon the course. Include details of any books and/or equipment required. If you know a Trustee please put their name in your application. The award of a grant is at the discretion of the Trustees and shall not exceed £300. Only one award will be made per applicant.

West Norfolk Aviation Society

www.westnorfolkaviationsociety.org.uk



At our 2nd June meeting held at Mundford Bowls Club, member Ann Morgan began her talk by illustrating her family tree with a series of photographs. She proudly mentioned a connection dating back to the sister of Sir Christopher Wren and another to a member of the Royal Society. Born in Harrow shortly before the outbreak of WW2, she told us that she had only a few memories of the War. Highlights included visiting her grandparents in Woodbridge included being given sweet treats by American troops and, once, narrowly avoiding a strafing German fighter. Despite that incident, she developed a love of aircraft.

She won a scholarship to a nearby Grammar School from where she went to secretarial college. First Jobs at a London Chemical company and the Western Australia Government Agency in the Strand followed. Whilst working in London in the mid-fifties, she rediscovered her interest in aircraft and regularly visited Heathrow airport to watch the flying activity from the roof of the newly built Queen's Building. She then found a job in the airport engineering department working with Quantas and BOAC. Leaving Heathrow, she met and married her husband. Ann followed him as he moved, rather too frequently, from job to job via Bristol, Cambridge, Newton Abbot and Coggeshall.

With her marriage over Ann and her young son moved out and onwards. She took up some new hobbies and worked her way up in management at various earth moving and road haulage firms. She ended up in marketing for a renowned pharmaceutical company and finally finished work at the age of 56. Thanks, Ann, for the fascinating insight of your life.

Next month Keith Thomas returns to talk about his tour on Search & Rescue helicopters with 22 Sqn at RAF Chivenor. All welcome on Tuesday 07 July @ 7.15 pm. Further details on our website, non-members entrance fee £5 per head includes a light buffet.

Barry Raphael, Stand In Scribe

MISSED APPOINTMENTS @ THE SURGERY 2026

May 2026 saw **66** appointments missed, that's the same as last month This represents a loss of medical care to the tune of **£1980** for the month and **1083** minutes of wasted time. For the year so far **85.9hrs** of face to face doctor and nurse time has been lost.

So far this year **333** appointments have been missed representing a total of **£9990** 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.

COCKTAIL PARTY LOGISTICAL SOLUTION

Sasha	Pina Colada	£120.50	Fireball
Violet	Mojito	£11.25	Sourz
Ryan	Manhattan	£12.00	Sambuca
Callum	Blue Lagoon	£9.75	Tequila



RSPB Lakenheath Fen

The Season so far at RSPB Lakenheath

When June draws to a close and we move into midsummer, we can't help but take a look back and see how the wildlife have fared so far. Some species, like warblers, Bearded Tits and ducks will continue to try to raise broods during the coming weeks and even into early autumn, but for some species like Bittern, Marsh Harrier and Crane, they only raise one family each year- generally these are larger species that take longer to develop and need more time to learn how to be an adult than smaller birds do.

So, what do we know at the start of July? Well, we know from our early morning weekly surveys that we have had 17 booming male Bitterns (the beautifully marked brown heron for which this reserve was created). Male birds issue their deep, far-carrying boom on warm Spring days from within their territory, making them easy to count. This is one fewer than our record of 18 in 2025, so we are very pleased with that and it shows us that we are managing the reedbed habitat here well for them. Time (and more surveys) will tell how many females build nests and raise young here this summer. From the same surveys in April and May, we think we have had 11 Marsh Harrier nests, and as I write this we have had our first report come in of a fledgling,



A young Marsh Harrier



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

31 July, 28 August (10am to 11am)

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

Guided Pond Dipping

Saturdays 4 July, 1 August, 5 September (11am-1pm)

Why not borrow a pond-dipping kit to see what beautiful and strange creatures live below the water?

Summer Wildlife Walks

Join us on a tour of the reserve to look for star species such as Kingfishers, Hobbies, Marsh Harriers and Bitterns as well as lots of warblers, butterflies and dragonflies.

12 July (9:30am-12:30pm)

Big Wild Sleepout 2026

Our annual 24 hours of wildlife-themed fun is back, with guided walks, pond-dipping, stargazing, bat detecting and a camp fire.

1-2 August (1pm-1pm)

Summer Walking Safari

Our popular longer walk is back, where guests will cover approximately 6.5 miles and take in the full range of habitats here, hopefully seeing plenty of wildlife along the way!

Sunday 2 August (2-7pm)

Bats and Birds Guided Walk

On this new event, we will take our bat detectors out to see if we can hear a range of the beautiful bats that live here, along with some birds typical of dusk and night on the reserve.

Saturday 12 September (5:30-8pm)

with many more hopefully to come.

So far, our Cranes are doing well- all three pairs either have had eggs or small chicks to look after, but these take a whopping 14-16 weeks from laying to fledging, so we won't be able to report on their success until at least late July. This spring, our Hobby numbers rose to roughly 30-40 birds, but as we enter June these mostly disperse to their breeding grounds elsewhere in East Anglia. We are left with perhaps 3-5 pairs across the reserve who will now be feeding hungry, growing chicks on large insects like beetles and dragonflies, as well as small birds. Their fledglings are VERY noisy so if you hear incessant screeching from tall trees in July, see if you can see the culprit from the paths- it may well be a family of young Hobbies harassing their parents for food!

Mid-June is normally the time when we see the first young Bearded Tits leaving their nest and following their parents around in small groups, through the reedbeds, much like Long-tailed Tits do. If the conditions are good and there is plenty of insect food around, they may try to raise another couple of broods before the cooler weather of autumn arrives.

Our warden Haydn has done a stellar job of monitoring the success of dozens of tit boxes around the Visitor Centre and Brandon Fen- and has reported an average year for them, overall- with some chicks not surviving in some boxes, but most chicks still making it to fledging. This could well be because of the cooler spring weather which will have slowed down the development and reduced the size and number of caterpillars available to the parents when they need them, who try to coincide their sole breeding attempt each year with the peak of the caterpillar season. Other bugs like spiders and aphids can be used by the parents too, but their success really does depend on the caterpillars.

In the autumn, we will report again on how the wildlife has done, but so far, it's been a pretty good season!

With best wishes from the reserve,

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

MOBILE LIBRARY TIMETABLE—THURSDAYS

Stop Name	Arrival Time	Departure Time	Postcode
Wilton Road	14:25	14:35	IP26 4AY
Fairfield Way	14:40	15:00	IP26 4AT
Church	15:05	15:35	IP26 4DA
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

09 July
06 August
03 September

Please note this information is subject to change or amendment both on a permanent and temporary basis.
For all enquiries about this route please call 01603 222303



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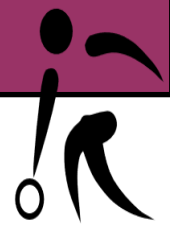
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Phone: 0797 230 8804



FELTWELL BOWLS CLUB



We are now well into the league matches with mixed fortunes. We have an extra team in the Ashill which gives us plenty of games to play. I will record the results in the next issue.

We have played 3 friendlies, 1 won, 1 drawn and 1 lost.

Saturday 13th June was The Graves Cup against West Row which we lost.

The in-house competitions have been drawn and a start made on playing them off.

The coffee morning held on 23rd May was well attended with a quiz by our Quiz Master John, it was a real stinker.

We had a stall at the Village fete which I will report on in the next issue.

Max

Readers are reminded that past copies of this magazine are available for viewing in full colour on the village website at:

www.feltwell.net/magazines/mag_index.htm



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

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WORD SEARCH SOLUTION

**NEXT MONTH'S WORD SEARCH WILL BE ON -
WORDS STARTING OR ENDING IN WAY**

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

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A meeting of the Parish Council was held on Monday the 8th of JUNE 2026 in the British Legion, Long Lane. Ten Councillors attended, Sue Prigg - Norfolk County Councillor, Vikki Quamina -Community Liaison Advisor at RAF Lakenheath and three members of the public

Cllr Prigg's report gave an update on Norfolk Community Foundation funding she was hoping to tap into for St Mary's Church clock face and The Food Pantry. She stated the two immigrants living in Feltwell speak no English and have access to little resources but said residents should contact the Police if they witness anything untoward. She had also been advised by Highways that major works are planned for Southery Road at the end of September which Chair said would probably not go ahead due to it being the start of the Wissington sugar beet campaign.

More signage has been installed at the Lodge Road junction with the B1112 (Weeting to Methwold road) in a bid to make it safer but 'SLOW' lining has not yet been done.

The internal control report for February to April was completed with no issues reported.

SAM2 data collected:- Lodge Road (40mph zone) SAM2 flashed 36,219 times between 12th April and 5th May, highest speed recorded was 85 mph at 8.25 pm on 25th April and an overall average speed of 38.6 mph. Peak hours of traffic were 8-9 am and 4-5 pm. SAM2 placed on The Beck near the primary school is still being charged.

Panel heaters will be installed in the Home and Away changing rooms as the underfloor heating is not economically viable to repair.

Grey's Funfair requested to change their visit date again and will now arrive week commencing 17th August and open that weekend.

Two benches are on order for the grassed areas outside the

WORD TRAIL SOLUTION

¹ K	I	S	² S	U	N	D	A	³ Y	E	A	⁴ R
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R	D	O	S	C	O	P	¹⁸ E	N	C	B	P
U	I	U	²⁵ M	A	L	A	I	S	O	S	E
O	E	I	³⁰ H	A	I	³¹ L	I	²⁶ E	U	T	A
¹⁰ T	L	T	C	F	R	I	B	A	N	A	T
A	A	R	A	E	M	G	E	²⁷ R	T	N	I
R	¹⁷ K	U	O	³⁵ R	A	E	R	A	E	T	N
R	A	T	R	E	E	R	T	P	¹⁹ R	I	⁵ G
E	M	S	C	M	³⁸ S	A	³² Y	P	E	A	E
S	H	A	N	M	R	T	E	R	V	T	N
T	S	²⁴ N	²⁹ E	U	E	³⁶ E	L	O	E	¹² E	E
N	A	E	T	³⁴ S	T	R	L	C	²⁰ T	A	R
O	¹⁶ Y	M	A	S	E	C	O	H	E	S	O
⁹ M	G	Y	L	A	R	³⁷ U	³³ W	E	N	T	S
S	O	²³ H	L	L	D	N	I	M	D	E	I
I	L	T	I	T	I	²⁸ T	N	E	O	¹³ R	T
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H	E	N	E	¹⁵ G	N	O	¹⁴ T	C	A	D	A
T	I	T	N	⁸ A	H	T	H	P	A	⁷ N	W

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

Oakfields Estate funded by Feltwell Community Group and Mr Storey's Community Fund.

Clerk was advised 12th May that the roadsweeper should be in the village in the "next few weeks" but it hasn't been seen yet.

Scope clothing bank should arrive at the playing field in 4-5 week's time.

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 13th July 2026 at 7.30 pm. Everyone is welcome.

Our Councillors are:

Mr Ian Rayner (Chair), Mr Edmund Lambert (Vice- Chair), Mrs Sue Arnold, Mr Paul Cole, Mrs Emma Edwards, Mr Jonathan Fenn, Mrs Bernadette McGeeney, Mrs Julie Peacock, Mrs Linda Peckham, Mr Martin Storey and Mrs Helen Wilson.

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 provides help for severe chronic illness in younger people.

Applications for assistance must be made in writing to: The Atmere Charity Secretary, 16 Falcon Road, Feltwell, IP26 4AJ giving as much detail as possible about the need, hardship or distress being experienced. Please include your contact details.

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



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