

June 2026

# FELTWELL PARISH MAGAZINE

YOUR CONNECTION TO YOUR COMMUNITY



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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<br>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       |
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| 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: <a href="https://feltwellparishcouncil.gov.uk">https://feltwellparishcouncil.gov.uk</a>            |                          |              |
| Feltwell's History Website can be found at <a href="http://www.feltwell.net">http://www.feltwell.net</a>                   |                          |              |

## **Deadline for the next issue is 14<sup>th</sup> June 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)

Advertisers should contact our Advertising Manager: Jean Winter, 10, Clough Drive, Feltwell, Thetford IP26 4AS . (01842 827710)  
Email: [jean.winter@gmx.com](mailto:jean.winter@gmx.com)

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.

A vibrant, colorful illustration of a village fete at night. In the center, a scarecrow wearing a straw hat with a flower, a red and white plaid shirt, and blue overalls stands on a haystack, holding a red ribbon with the number '1'. To the left, two more scarecrows in formal wear stand on a hay bale. In the background, a crowd of children and adults are gathered, some holding signs with numbers. To the right, a boy dressed as the Tin Man stands next to a girl in a blue dress and a woman in a brown coat. The scene is decorated with string lights, bunting flags, and tents. The sky is a mix of blue and purple with stars.

# FELTWELL'S SCARECROW COMPETITION

*At The Movies....*

TO BE JUDGED AT

**FELTWELL'S**  
GRAND VILLAGE FETE  
& CARNIVAL PARADE

**SATURDAY 20<sup>th</sup> JUNE 2026**

Please contact  
[feltwellcommunitygroup@gmail.com](mailto:feltwellcommunitygroup@gmail.com)  
for further details.

The poster features a festive background with a cloudy sky, bunting flags at the top, and a crowd of people in the background. The main title is displayed on a large, stylized banner. Below the title, several lines of text describe the event's activities. At the bottom, a large banner indicates the date and time, with a note about the carnival's arrival. Contact information and a disclaimer are provided in the bottom right, alongside the Feltwell Community Group logo.

# **FELTWELL'S GRAND VILLAGE FETE**

**& CARNIVAL PARADE**

**GIN PALACE, BAR, BBQ, TEA & CAKES, ICE-CREAM  
FLOATS, GRAND RAFFLE, BOUNCY CASTLES,  
RODEO BULL, FACE PAINTING & LOTS OF STALLS**

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**PERFORMANCE BY THE LIBERTY CHEERLEADERS**

**PROCEEDS WILL SUPPORT VILLAGE GROUPS & PROJECTS**

**SATURDAY 20<sup>th</sup> JUNE 2026**

**1 PM TIL LATE**

**CARNIVAL  
ARRIVES 2PM!**

Contact [feltwellcommunitygroup@gmail.com](mailto:feltwellcommunitygroup@gmail.com) for info!

Assistance dogs only permitted on the playing field

**Feltwell**  
COMMUNITY GROUP



The summer term has begun at **Edmond de Moundeford Primary School** and it has been a joy to welcome the sunshine, lighter days, and the first signs of spring around our village. The blooming flowers and brighter mornings always lift everyone's spirits, and the school community is certainly feeling that boost.

We remain incredibly grateful for the dedication of our wonderful volunteers and our PTA, who continue to work tirelessly to make the front of our school an even more welcoming and enjoyable space. The pond area has been cleared, with further improvements planned. An event is also planned for July, bringing together the Governing Board, the PTA, and the school—so please keep your eyes peeled for more details.

Inside the school, several learning spaces have been refreshed. After thoughtful discussions with both staff and pupils, lighter and calmer colours were chosen. The impact has already been felt. One Year 6 pupil shared, *"I feel calmer coming into school,"* and a professional from Norfolk's School and Communities Team commented, *"Wow, it feels calm—the difference is huge."*

This decorating has only been possible thanks to the generous support of the **Edmond de Moundeford Trust**, and we would like to extend a heartfelt thank-you from all staff, pupils, and the wider school community. Creating a calm, welcoming environment where children can excel will have a long-term impact on our current pupils and those who join us in the future.

School life remains as busy as ever. Our Year 6 pupils have taken their SATs, and now we wait anxiously for their results. We also enjoyed our first Parent Café of the term with Goldfinches, where families took part in a range of Ancient Greek crafts and activities.

*Continue over to find out what Penguins class has been doing.*

# 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!*

## **B.R LANDSCAPES**

EST 1986



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In **Penguins**, we have been learning about animals and their habitats. Throughout this unit we explored food chains, investigated microhabitats and compared different environments where animals live.



To conclude our learning, we researched Sir David Attenborough, whose work has had a huge impact on our understanding of the natural world. Our study also linked perfectly with the celebration of his 100th birthday.

Here is a fact file sharing some of the fascinating information we discovered about this inspiring man.

**Date of birth:** 8<sup>th</sup> May 1926      **Place of birth:** London

**Known for:** Presenting, studying animals and speaking against climate change

**What is his job?** TV presenter, Writer, Naturalist

**What did David Attenborough do when he was younger?**

As a young boy, he enjoyed learning about the natural world and had a collection of fossils and stones. He studied at Cambridge.

**What has he achieved?** He has been involved with over 100 TV programmes about animals and the world. He has supported many charities that help endangered species.

**Did you know?** He has many species of animals and plants named after him. He was knighted in 1985.

### **Feltwell 2nd Annual Family Activity Afternoon**

**Saturday 27<sup>th</sup> June – 2pm onwards**  
at the Methodist Community Hall, Bell Street

Table tennis, pool, skittles, darts  
& lots more

Try out our large  $\frac{3}{4}$  size snooker table  
or

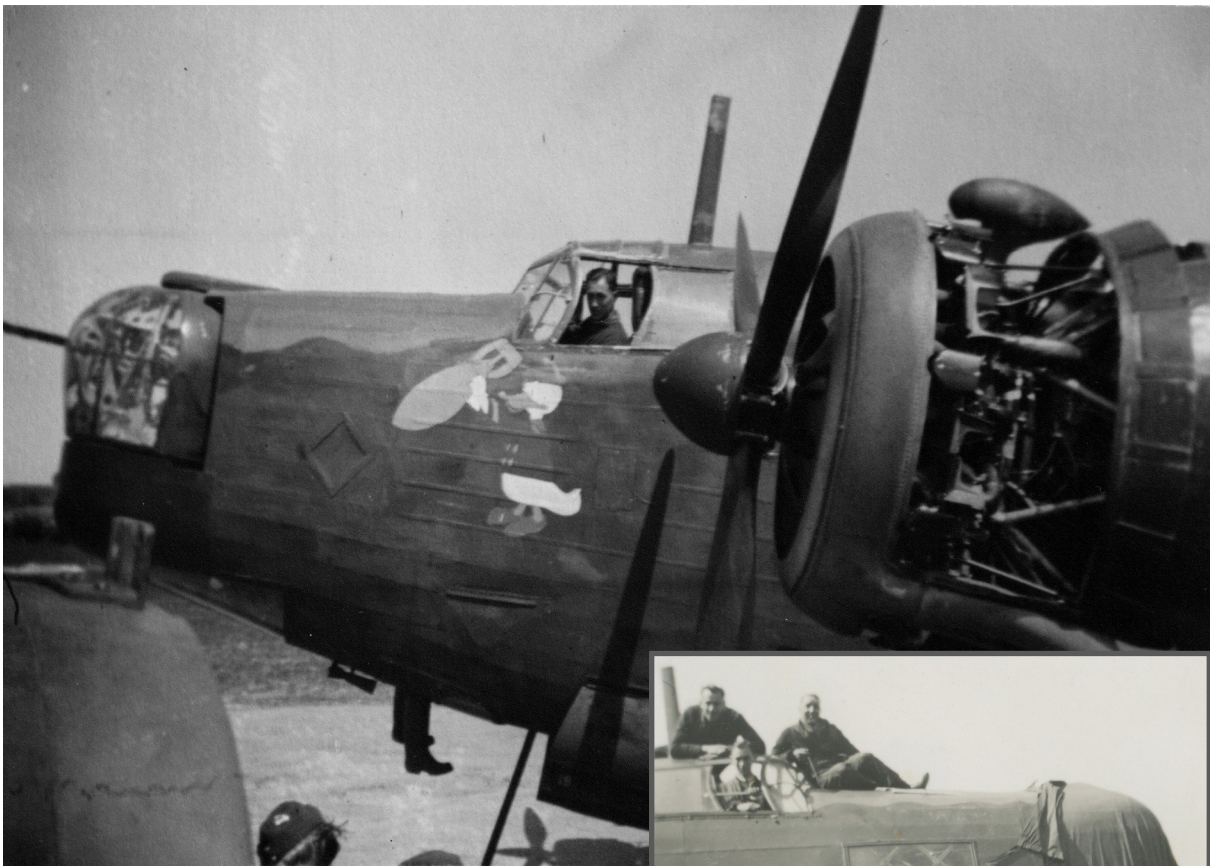
just pop in for a look round at what's available in our village  
Refreshments available

# Feltwellians Around The World



**Susan Weeks** (*Contact continued from last month*)

Susan's father was **Reginald Alfred Kear** who served with 75 Squadron as ground crew in 1941 at RAF Feltwell.



*Above.* Reginald is pictured sitting in the cockpit of this Wellington about which Susan would like to know more. The nose art ought to help with identification.

*Larger versions of these photos are available for viewing at*  
[https://www.feltwell.net/raffeltwell/75sq\\_james\\_ward\\_plus\\_others.htm](https://www.feltwell.net/raffeltwell/75sq_james_ward_plus_others.htm)



*Continued over*

*And then she calmly dropped this wonderful surprise.*

I also have the menu for the 7<sup>th</sup> August 1941 on the occasion of the approval of the award of the Victoria Cross to James Ward, signed by Ward, 'Popeye' Lucas and 2 others.

*To which I'm certain I shouted out, "What!"*

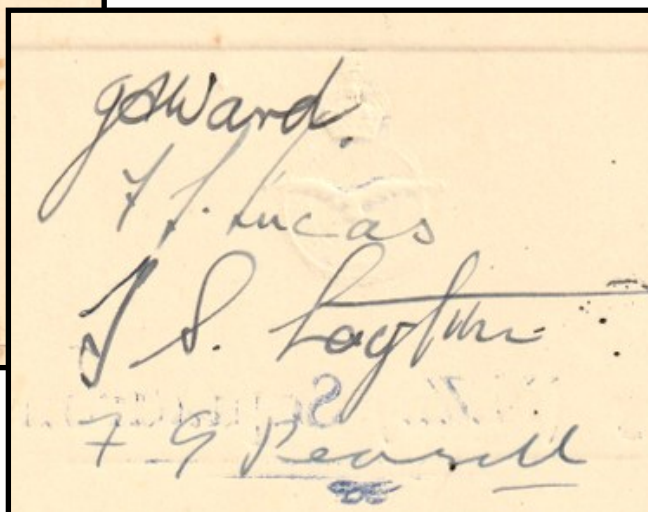
*Can you guess what was on the menu? See below. She finished with this request: I should be interested in any further information you have about my father's time at Feltwell. I have his military records.*



*Perhaps not much of a menu by today's standards but remember that this was in wartime.*

Below: top signature is J. A. Ward (James Allen Ward), second is F. J. Lucas (Frederick John Lucas) nickname, "Popeye".

The other two not known, possibly ground crew.



Available to view much larger at:  
[menu for james ward.pdf](https://www.feltwell.net/raffeltwell/images/reginald_pear/menu_for_james_ward.pdf) ([https://www.feltwell.net/raffeltwell/images/reginald\\_pear/menu\\_for\\_james\\_ward.pdf](https://www.feltwell.net/raffeltwell/images/reginald_pear/menu_for_james_ward.pdf))

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Covering Feltwell and the surrounding area

To discuss further please email me at:

david@help-with-it.services

# PLUMBER

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# The Great Marshmallow Debate (and Why Your Body Doesn't Care)

I was all set this month to talk about nutrition, what to eat, how to eat, and how it all supports your strength, balance, and overall wellbeing.

And then... I read something that stopped me in my tracks.

Since 2022, a case has been working its way through the UK tribunal system — all the way up to the Court of Appeal and back again, to answer one very important question: Should giant marshmallows have VAT charged on them?

In other words... are they confectionery or not?

Now, you might think that would be a fairly simple decision. You would be wrong. Because, in order to decide this, the courts had to establish whether giant marshmallows fall into a very specific category in VAT law — namely: “Sweetened prepared food which is normally eaten with the fingers.”

And this is where it gets interesting. The original tribunal looked at packaging, marketing, and where the marshmallows sit in the supermarket. Sensible enough. But the Court of Appeal said that wasn't the right approach. No — the real question was: Are marshmallows normally eaten with the fingers?

Naturally, this required further investigation...

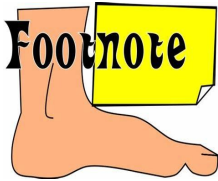
So the case was sent back, and a fresh tribunal examined four official ways of eating a marshmallow:

- Roasted on a stick and eaten from the stick
- Roasted, cooled, and then eaten with fingers
- Squashed between biscuits and chocolate as a “s'more”
- Eaten straight from the packet

There is even — and I promise I'm not making this up — a touch of algebra in the judgement:  $A > B$  and  $C > D$  therefore  $(A + C) > (B + D)$

Which leads us to the grand conclusion: Giant marshmallows are not normally eaten with the fingers.

Q. What is Thermohaline Circulation?



Thermohaline circulation is a global system of ocean currents driven by differences in water density, which are controlled by temperature and salinity, moving water between the surface and deep ocean and redistributing heat, nutrients, and gases worldwide.

## 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](mailto: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.

And therefore... They are not confectionery. Which means... no VAT.  
All that... to decide the tax status of a marshmallow.

Meanwhile, your body has a much simpler system. While this has been going on for the past few years — costing time, money, and a fair bit of brainpower — your body has been quietly getting on with things.

It doesn't care: whether something is zero-rated or standard-rated, what category it sits in, or how it's eaten.

It simply asks: "What is this made of... and what do I do with it?"

That's it. No tribunals. No appeals. No algebra required.

Back to basics (where the real magic is). When we strip away the noise — the labels, the trends, the endless rules — nutrition becomes refreshingly straightforward.

Your body thrives on:

- Proper food
- Regular movement
- A bit of strength work to keep everything supported
- And enough energy to live your life well.

Not perfectly. Just consistently.

And here's the important part — the stronger you are, the better your body uses what you give it. Muscle isn't just about appearance. It supports your joints, keeps you steady, and helps your body manage energy far more efficiently.

A small challenge for June. Nothing extreme. No fads. Just this:

Before you eat something, ask yourself: "Is this going to help me feel stronger, steadier, or more energised?"

If the answer is yes — you're on the right track.

If the answer is, "well... it's a giant marshmallow roasted over a fire."

Enjoy it anyway — just don't expect the Court of Appeal to guide your nutrition.

Helen Goddard-Nickolls

<https://lifefitnessreengineering.com>

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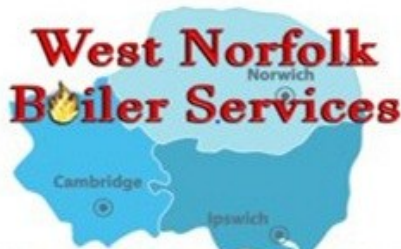
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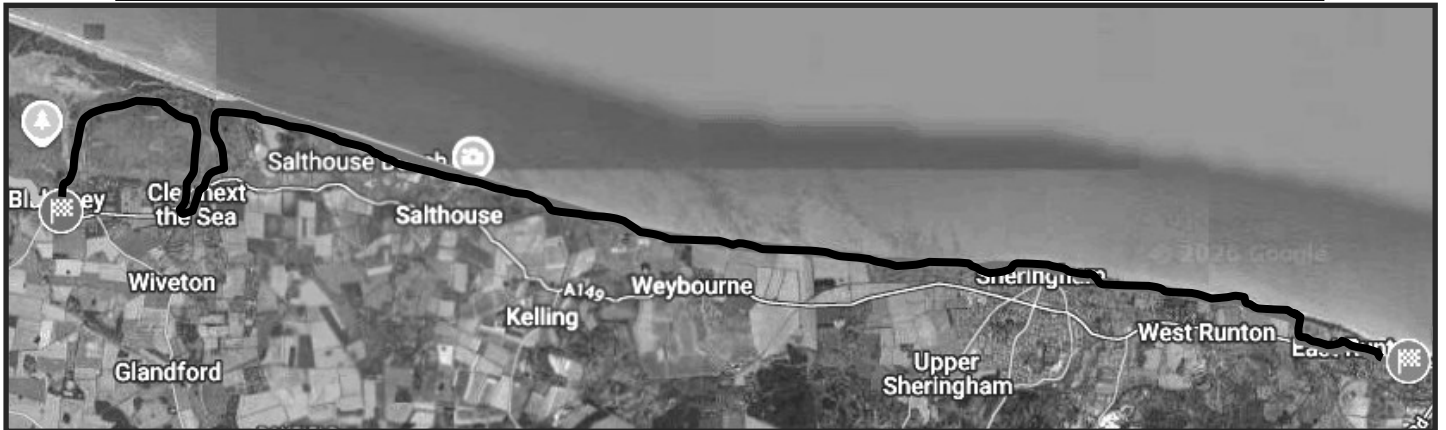
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# FELTWEILLIANS WALK FOR MACMILLAN



## 1. The Mighty Half Marathon Hike for Macmillan Cancer Support (10th May 2026)



**Michael Adams**

Up early with a fresh (big) breeze greeting me! I arrived at the "Start village" near Cromer and joined hundreds of enthusiastic and excited fellow hikers. After a warm up and the organiser speeches I crossed the "start line" to dramatic music and began our epic 14.3 mile challenge.

The route to the first Pit Stop took me through East Runton along the Norfolk Coast Path, up Beeston Hill (63m/208 feet), an ancient glacial mound and WW2 Signals site. Then, onto Sheringham Beach, up to Weybourne Cliffs arriving at

the Pit Stop where a great range of fruit, high protein bars, water and good company were enjoyed.

Once rested I set off to Salthouse Beach. A famous shingle beach, just endlessly open, as far as the eye can see (approximately 4 miles/6.5 km)! Eventually, I arrived at Cley Beach, my second impromptu rest point. Many hikers expressed that the shingle beach was "xxxxxxx". Once ready for the last leg (4 to 5 miles to go) I continued passed the 200 year old Cley Windmill, once operated as

a flour mill and now a B&B. Passed through the National Trust Blakeney Nature Reserve onto Blakeney village then up a short hill to the "Finish Entrance".

Walking over the finish line was an amazing experience, receiving my Medal and some Fizz to welcoming applause and uplifting music.

I enjoyed every moment passing through lovely countryside and wonderful seaside views. The feeling of shared experiences and my success will remain with me forever.

Big thanks to all those who sponsored/supported me.

Michael Adams

*Please turn over to hear from our second walker. If any other Feltwellian walked the route for Macmillan please let me know so that you also can have the public recognition you deserve.*

## **News From Edmund de Moundeford PTA**

A huge thank you to everyone who has supported the PTA so far this year.

We are especially grateful to those who have helped with our woodland and pond work at the school.

We are excited to continue supporting the school and creating opportunities that benefit our pupils and wider school community.

*Helping our school thrive.*



## 2. My Mighty Hike From Runton Rd, Cromer, To Blakeney 1/2 Marathon For Macmillan Cancer Support



I set out early this morning at 6.45am from Feltwell and arrived at Cromer at 8.15 where I met up and spoke to a lot of nice people. We were all doing the hike for our loved ones, both past and present, to help Macmillan fight this horrible disease.

Off to the arrivals area where I got my bib, hike number and got warmed up ready for the start. It's 9am and the hike is well under way, walking through lovely scenery and beautiful beaches. Seven miles in and we're at our first stop, feeling good, having a water top-up, some fruit and energy bars and, of course, a comfort break.

Now onto the next stage, Cley beach and nature reserve with lots of interesting birds, very windy and crashing waves. A very difficult hour trudging through the stoney

pebble beach. I can feel my calves aching and muscles beginning to cramp but, chin up, I push through it for my loved ones. *I am strong and I can do this.* One hour later and, Yes, I am off the stones and away. Over to the left and pointing out to sea are the big guns at the Muckleburgh Collection.

I'm getting close now, last half-mile, climbing up the road to Blakeney Recreation Ground. The finishing line is here and I cross the line, arms in the air in celebration. I've done it; 14.2 miles, a lot more than my best 8 miles but well worth it. Smiles all around. My medal is placed over my head and its time for a well-earned coffee.

What a great day, aching legs and thighs but for a very worthy cause and I'm very proud of myself.

Thanks to all my friends and local supporters for all your generous donations. I will always give 100%. Mick Bloy.

*Between both our intrepid walkers they raised over £1300.*

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:**  
**5th June, 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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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)

## FOOD FOR THOUGHT

*Fred is talking cooking this month, or is he?*

Our Editor has asked me, as a senior citizen, for my views on how we oldies manage with our everyday lives, with emphasis on the most important item we all have to consider, food.

As with all animals, we eat, drink and sleep, as a matter of habit, in order that we might live to do it all again, tomorrow. Our very existence depends on the regularity of those three simple acts, carried out 24/7. In the animal kingdom, they do the same as we do, but not necessarily on a daily basis. In their world, they kill their food when they are hungry, eat as if it will be their last meal, and then sleep it off. They drink as an absolute necessity, and not a choice.

Unlike the animal kingdom, we do have the choice as to where, when and what we eat and drink, but as we get older, we generally start to depend on others to provide for our basic needs, including the sustenance that keeps us going. We reach a point where we can no longer cook for ourselves for health reasons and, we either forget, or simply cannot be bothered to put the oven on. Our appetites decrease until our health begins to suffer even more.

When my wife died, eleven years ago, my unaccustomed world of 'living alone' began, with all that that was going to mean. Luckily, I had spent twenty-two years in the military in my former life, which stood me in good stead with what was needed to hang on to my newly imposed independence. My only real problem was the cooking, which had been my late wife's forte. She had made sure that I knew how to cook, so that wasn't an issue, but cooking for one was. I found that although I started off with some enthusiasm, facing the food once it was on my plate killed my appetite most days. I was losing weight, and existed on snacks of stuff I shouldn't have been eating anyway.

It was then that I noticed the advert in my TV magazine for a firm providing ready-meals. The photographs looked so appetising that I felt my juices rising at the sight. I could get ready-meals from the

local supermarkets, I hear you say, but this firm would deliver the meals right to my door, cooked, frozen, and ready to pop in my freezer! Two or three minutes in my microwave or air-frier would restore them to life and ready to eat. Ten minutes from freezer to plate. No waste! Job done!

Why not? I thought to myself. No-one needs to know. If I don't like them, I could go back to cooking a meal and throwing half of it away, just like before. So I took advantage of the offer, put away my casserole dishes and tried my first mail-order ready meals. The meals were quite nice, and no washing-up was a bonus. But best of all, the firm did mini versions of the meals, obviously with oldies like me in mind, and pureed versions for when I started to loose my teeth!.

Quite satisfied with my new arrangement, I stayed with them, until another firm featured in my TV magazine. This time, they provided

## **Pre-Loved Uniform Shop**



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the same style meals, but they were designed to be kept in your kitchen cupboard, (or under the stairs, I suppose), for those without a freezer big enough. So I tried them. Similar price, similar size and similar product. I alternated them and the frozen meals with the fish and chips, burgers, fish fingers and fishcakes, and so-on, that would cook in my microwave and air-fryer.

The firm I am with now are proving to be the best so far, with frozen meals like the first. A little more pricey than the others, but only marginally. With these people, I get the impression that they are more a purveyor than an in-house set-up.

So, there you have it. My 'kitchen' is at the end of my phone, ready to deliver my 'a la carte' menu direct to my door in 'three-to-five' working days!

As you know, we have a Food Pantry operating here in St Mary's church, for the benefit of those who find life a little difficult at times. They have an arrangement with a well-known supermarket in Brandon, who provide items of fresh and packaged food that has mostly been over-ordered, and needs to find a good home. Some of those 'good homes' are here in Feltwell, where we can take advantage of items at way below what we would have to pay in the store. If you consider driving into Brandon or jumping on the bus, having some of your essentials available in St Mary's is quite a bonus. Things like fruit and veg are plainly fresh and 'best before' on packaged items apply just as they would in store, so The Feltwell Food Pantry is a good deal for those who need to take advantage. Thankfully, I'm not in a position of needing their services but if I ever did, I wouldn't hesitate.

We all have our own way of dealing with life's needs, and mine is frozen ready meals, taken on board for purely selfish reasons. But I would say that if you do need to economise occasionally, the Pantry is the place to go for something that might help. If you are like me, and are fortunate not to be in that position, but know of someone who maybe does need a little help, you know what to do.

And if you hate cooking and are hungry, maybe the 'readies' are for you!



# St Mary's Feltwell

## 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:**

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

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)

## CURIOS ARE BACK! No 13

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.



Answer to last month's Curio.

The tools pictured left are cork borers. Before we had chemists and pharmacists, we had apothecaries who mixed medicines, herbs and drugs. Some of the bottles and phials they used were tiny and corresponding tiny corks were needed to seal them.

*My school laboratory technicians used them all the time when assembling arrangements of glass tubing*

*and various flasks for our chemistry teachers. Ed.*

This is a set of 7 tools of different sizes but ones of up to 12 borers are available. (See photo right)



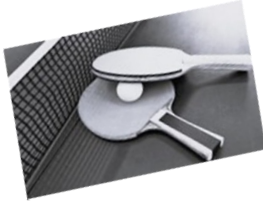
### **This month's curio.**

This is a simple hand tool. A rounded wooden handle holds a long, conical shaped steel drift which also acts as keep for the penknife-like blade.



For what purpose were/are they used? 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](mailto: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. Please don't use Google. Paul.*



## **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 - Emails claiming to be from 'TV Licensing'

Recent examples have included emails that claim 'your TV Licence could not be renewed' as your 'Direct Debit payment demand was declined'. The email then contains a link to 'update your licence'

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

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

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

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

[TV Licensing offer further advice on helping you to avoid TV Licensing Scams on their website](#) *(A live link in the online edition, available at end of month)*

You can report scam emails to the National Cyber Security Centre by forwarding the email to [report@phishing.gov.uk](mailto:report@phishing.gov.uk)

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

We are warning residents who are BT customers about scam emails circulating

**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](http://achurchnearyou.com)**



|                  |                     |           |         |
|------------------|---------------------|-----------|---------|
| Sunday 7th June  | Service of the Word | Feltwell  | 9.15 am |
|                  | Service of the Word | Weeting   | 11 am   |
| Sunday 14th June | Service of the Word | Hockwold  | 9.15 am |
|                  | Service of the Word | Northwold | 11.am   |
| Sunday 21st June | Eucharist           | Feltwell  | 9.15 am |
| Sunday 28th June | 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—June 27<sup>th</sup>—7.30pm in The Aisle**

claiming to be a 'Security notice' and that an 'unusual sign-in attempt was detected from a new device and location'.

The email goes on to say that you need to 'verify your account immediately to prevent suspension'. The email then provides a link with a final warning that 'if you don't verify within 48 hours your email access will be restricted'.

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

Our advice is **always** 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)

### **Scam Alert - Be aware 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 to divert you onto fraudulent versions of genuine sites.

Report Fraud says that quishing happens most 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.

### **Report 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, Report 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 Report Fraud via their website](#) or by calling **0300 123 2040**.



## **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 June 21<sup>st</sup>: World War Two History Day.** From 10 to 3.

Visit the Military vehicles, re-enactors and displays and learn about the role they played in the World War Two. Sit in some of the presentations – from the development of airfields in Norfolk, the Royal Norfolk Regiment in the war, 'Over Here' – the American presence in East Anglia, and more. Watch or take part on one of the World War Two wargame scenarios. Browse the various historical displays and photo albums. Get a fantastic book bargain in one of our bookshops.

**Sunday July 19<sup>th</sup>: 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](mailto:events@veteranscentral.co.uk). If you would like to participate in one or more event, email: [ops@veteranscentral.co.uk](mailto: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:**

|                                  |                                                                                                                                                      |
|----------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>June 23<sup>rd</sup></b>      | 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). |
| <b>July 28<sup>th</sup></b>      |                                                                                                                                                      |
| <b>August 25<sup>th</sup></b>    |                                                                                                                                                      |
| <b>September 22<sup>nd</sup></b> | You are welcome to bring partners or carers                                                                                                          |
| <b>October 27<sup>th</sup></b>   |                                                                                                                                                      |
| <b>November 24<sup>th</sup></b>  | <b>Please spread the word to any military colleagues in the area.</b>                                                                                |
| <b>December 22<sup>nd</sup></b>  |                                                                                                                                                      |

**Contact: [ops@veteranscentral.co.uk](mailto:ops@veteranscentral.co.uk) Mobile: 0771 3860040**

## DOES THIS COMMUNITY MAGAZINE HAVE A FUTURE 3?

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

Since last month we have had some additional advertisers reply, following reminder emails and messages from Jean our Advertising Manager. If you contact any of our advertisers please mention that you saw their advert in the magazine. It encourages them to advertise again. The revenue from these renewals totals £500 which is excellent news and means that we are now in the black by £2,474 for the year.

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. Last month only 4 copies remained unsold.

I haven't decided what to do about the cover price for 2027-2028 so please keep sending me your thoughts to the email address on page 2. As mentioned in a previous issue we lose 38p per copy as the cover price doesn't cover the printing cost (50p versus 88p). Would you be prepared to pay £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.

Increasing sales this year would be wonderful but the catch 22 here is that that would increase the monthly loss which, in turn, eats into the profit that we use to support various village organisations and events. We could absorb this this year but only if the cover price increases next year.

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

**Scouts**   
1st Methwold

**GRAND REOPENING**  
**Sat 27<sup>th</sup> June 2026**  
**2 – 4 pm**

Activities, Refreshments, Displays—All Welcome  
1<sup>st</sup> Methwold Scout Headquarters, Stoke Road,  
Methwold PE26 4PE (Entrance just before the Brookville Sign)



## 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](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**.



## 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



Most cats will be ok if they are left for the day or overnight, such as if you're out at work for 8 hours or more. But the most amount of time you should leave your cat alone is around 12 hours. But this is ok to do occasionally if needed. Make sure they have adequate food, water and clean litter trays provided for them when they are left alone.

All cats are individuals and some won't be able to be left for as long as others. Young kittens, elderly cats or cats with medical issues and other complex needs will need to be checked on more regularly.

You may wonder how you can tell if your cat is lonely. These are some of the behaviours when they are left alone that may mean they are struggling to cope. Excessive meowing, restlessness or an inability to settle, hiding more than usual, toileting outside the litter tray and excessive scratching or other destructive behaviours. But these behaviours are not exclusive to cats experiencing stress because they are left alone. They may also be a result of the cat reacting to a change in routine or a medical issue. Some cats show worrying behaviours after the loss of a cat companion they had a close bond with. Some cats may show signs of grief, such as looking around for the lost pet.

Although cats can and do form close relationships with other cats, these relationships are specific to the individual cat involved. Just because a cat has lived alongside another cat happily before, this doesn't mean they will do so with another cat. Even if your cat enjoys your company, this doesn't mean they want or need the company of another cat.

To help a lonely cat you need to have a consistent routine, playtime and rest time. Find time to play with your cat every day, just short bursts of five minutes a day to keep your cat happy and active. Outside access where it is safe to allow them to enjoy the outdoors even when you aren't home.

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

Rita Thompson.

# FREEDOM RECYCLING

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

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**01842 828888**



**admin@freedomrecycling.co.uk**



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



**Messenger**

## COLD CALLING GARDENERS

*What follows is a letter from Mr Terry Power which was given to the editor. The magazine accepts no responsibility for its content.*

I was sitting in my front garden when two men in a truck pulled up and said, "Could we give you an estimate for your back garden?"

The estimate was £220 and I said OK.

They looked genuine so I went to the post office at Londis and withdrew the money in cash and paid them.

More fool me, they did not give me a receipt and when one of my sons inspected their work he said, "Dad you have been conned it is not worth £220."

I went back to the post office at Londis and asked if I could see this person on the CCTV as he had got his lunch there. The owner said she could not let me see the pictures.

I called the police and explained the problem and asked them to take me to the shop to view the CCTV. They said that they do not operate like that. They said that I needed to call their people and explain the problem. I explained that I am profoundly deaf so that would not be possible.

I therefore decided to do some investigations myself. One of the "Gardeners" who came to my house was the same man who bought a car from people in Feltwell. I went to their house and asked them to help but they declined to saying they did not want to get involved.

I am very concerned as these people have been going around the village for some time conning people out of money for shoddy gardening work.

I live in the village, I do not have a mobile phone and I do not understand the Internet. I did not know that the van used by these people is on the Internet but the police are unable to trace the owner.

I am very concerned that these people will continue to con elderly people out of money for shoddy "gardening work."

There are many nice people in this village so can someone please tell me why I am unable to see their pictures on the Londis CCTV to stop this happening again to others.

*Mr Power added a hand-written note as follows: "The only reason I let these people give me an estimate on my garden is because they bought a car off someone (two people in village) so I thought they were genuine."*



# **PR BOWERS & SON FUNERAL SERVICE**

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## TACKLING RURAL POVERTY

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

As someone who has lived in South West Norfolk my entire life, I am acutely aware of the many inequalities that rural communities face. This was part of the reason why I stood to become a Member of Parliament; I wanted to highlight what the challenges were and put forward proposals for how to address them.

Last Summer, more than 40 rural and semi-rural Labour MPs and I launched the Labour Rural Research Group (LRRG), to ensure that rural voices are heard at the heart of government and to develop the research, evidence and policy solutions needed to tackle rural poverty, unlock rural potential, and deliver meaningful change across the countryside.

Recently, we worked to secure £53 million in Government funding for a heating oil financial support package.

Another key focus has been calling on the Government to develop a rural strategy to tackle rural poverty, following a landmark report that LRRG and I published, which warns that rural poverty is deeper and more widespread than official statistics suggest, with families across the countryside paying a structural 'rural penalty' just to reach a basic standard of living.

Drawing on evidence from councils, NHS bodies, charities, rural businesses and dedicated focus groups with residents, our report Rural Poverty in Britain finds a consistent pattern - rural households are expected to travel further, pay more and rely on fewer alternatives, yet national funding and service models continue to assume urban density, economies of scale and proximity to services.

Research undertaken in rural areas and conducted exclusively for the report reinforced these findings. Rural poverty is experienced less as isolation from places, and more as isolation from systems. Transport unreliability, overstretched health services and thinning education pathways are seen as mutually reinforcing and negative pressures, creating a persistent sense that rural living demands more from households while offering fewer supports in return.

## Walking on Air

07596157826

D.T.Byrne MCFHP MAFHP

Walking on Air, Unit 4, Harvey Adams Enterprise Centre, Wimbleton Avenue, Brandon, Suffolk, IP27 0NZ

## Foot Health Professional

Long nails, Corns, Callus, Hard skin, Cracked Heels and Fissures, Fungal Nails, Ingrowing Toe Nails (Home or Clinic visits available) Diabetic Foot Care

Gift vouchers available

## TRUSTY GARDEN CARE

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trustygardencare@gmail.com

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Care & management of trees a speciality

Communities like ours know the cost-of-living crisis hits differently in rural areas. That is because families already pay more for fuel, more for food and more for transport simply because of where they live. This 'rural penalty' isn't about lifestyle — it's about structural costs. If we're serious about fairness, we must deliver a Rural Strategy that recognises these pressures and ensures rural households are no longer paying more just to get by.

What our report makes clear is that we need coordinated, cross-government action to ensure our rural communities can thrive, which is why we are calling for a Rural Strategy to sit at the heart of national policymaking, not on the sidelines.

My LRRG colleagues and I have set out 24 recommendations that address the root causes rather than symptoms of hardship; going beyond isolated interventions or 'rural add-ons'. These address poverty across income, employment, education, health, housing, crime, connectivity and access to services. You can access the full report through my website; [www.terryjermy.com](http://www.terryjermy.com)

Rural Britain has huge untapped potential. With the right investment in connectivity, transport and local enterprise, South West Norfolk communities will have the opportunities to grow. Ignoring rural disadvantage isn't just unfair, it's economically short-sighted.

Separately, I would like to remind households that the Government's £53 million heating oil support package can be accessed. Already, two thirds of applications that have been completed have been awarded support.

To apply for support, please visit [www.norfolk.gov.uk/heatingoil](http://www.norfolk.gov.uk/heatingoil) or call 0344 800 8020.



As always, should you or someone you know need support, please do email me: [terry.jermy.mp@parliament.uk](mailto:terry.jermy.mp@parliament.uk).



**NEED A WILL?**

**NEED PROBATE?**

**NEED LASTING POWERS OF ATTORNEY?**

**FUNERAL PLANS?**

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## UNVEILING THE ORIGINAL FELTWELL VILLAGE SIGN

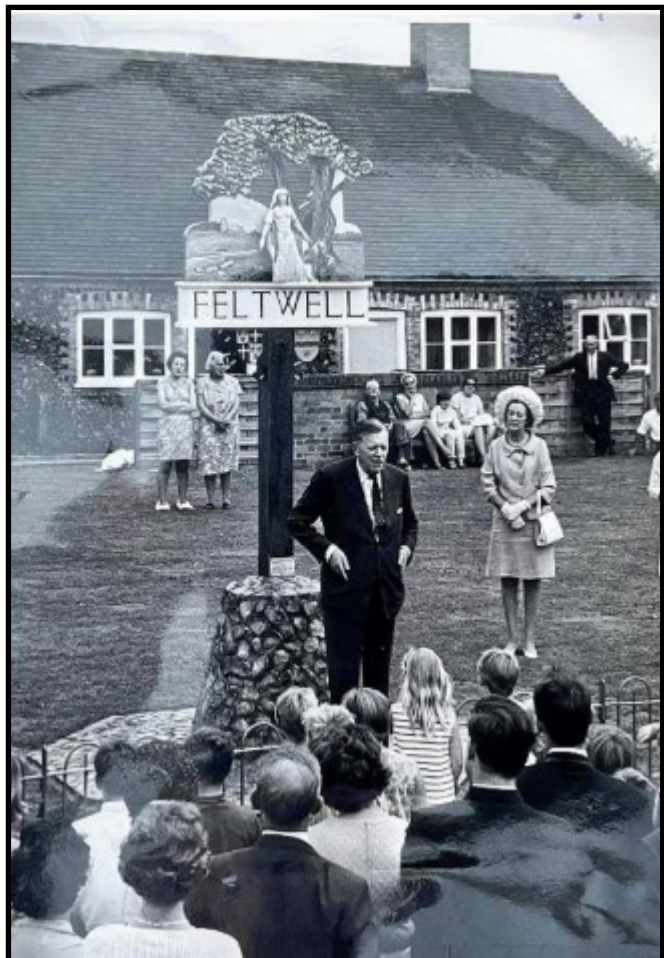


*What follows is extracted, with permission, from Robert Walden's book which he presented to the Parish Council upon completion of the renovation.*

The Sign was carved by Mr Harry Carter of Swaffham and Alfie Orange prepared the brief. It was unveiled on 9<sup>th</sup> August 1969 by the Lord Lieutenant of Norfolk Sir Edmund Bacon, Bart., K.B.E and a service of dedication was conducted jointly by the Rector

Rev. Roger C Frith and the Rev. A.C. Windridge of the Methodist Church. A collection of subscriptions towards the Sign was undertaken by the Feltwell (Historical & Archaeological) Society who presented the Sign to the Feltwell Parish Council. Mr A R Smith of Norwich built the flint plinth and octagonal base and the Trustees of the Moundeford charity agreed to it being sited. on the lawn in front of the Almshouses.

Sir Edmund Bacon with Lady Bacon beside him, addresses the onlookers after unveiling the Sign on Saturday 9th August 1969





From left to right.  
Alfie 'Pip' Orange,  
Don Feltwell  
(Chair of the  
Parish Council),  
Lady Bacon and  
the Lord  
Lieutenant of  
Norfolk admire  
the new Village  
Sign

*The sign was based upon an original design by Mr Orange which can be viewed in the village museum. Thanks to Mr G. Simons for the photograph of the design seen below.*

*You will notice that the original design and final Sign are significantly different*



To be continued next month.

## FELTWELL WALKING GROUP

May 1<sup>st</sup> saw the group embark on the seven mile Pingo trail. Numbers were small for this walk as many members had other commitments over the weekend and so only six members donned their boots and braved the 25<sup>0</sup>C heat. But was it worth it? You bet it was.



If you haven't walked the unique Pingo trail I urge you to do so. You don't have to do the full 7.21 miles, a single mile walk there and back is sufficient to experience this unique landscape.

Pingoes are shallow basins formed by glacial processes at the end of the last Ice Age. When water beneath the surface of the ground froze

and expanded the soil was forced upwards—as the ground warmed up and the ice melted the soil “slumped” leaving a small crater with raised edges, some of which filled with water. It is these shallow fluctuating pools that you can see today. And they are both varied and fascinating in equal measure and home to a multitude of insects, butterflies and other wildlife.

The trail is extremely well marked, passes the beautiful man-made Thompson Water and includes some of the Roman Peddars Way and the disused Thetford, Watton and Swaffham railway line.



A Pingo

The walk begins at a kissing-gate close to the entrance of the car park accessed from the A1075 and winds its way through the unique Pingo area with its pools of varying size either side of the trail and areas of woodland and open common land. This part of the trail



Thompson Water

extends for a couple of miles ending with views across the picturesque Thompson Water. At this point you could turn around and head back to the car park should you wish for a shorter walk.

A short distance further and you come to the well trod Peddars Way which, because of the lack of

recent rainfall was quite dusty. A couple of farms on one side and the military firing area on the other with its ominous “Keep Out” notices posted ever 100 yards or so keep you company as you pass.

A short piece of metaled road and a small car park area marks the start of a short detour through Cranberry Wood which brings you to the top of a deep cutting marking the old route of the railway. A clear path to the left, paralleling the cutting and heading gently downhill, is your direct route back to the starting point of the walk. After a few hundred yards the most astonishing bit of scenery on the entire walk is encountered.

Cranberry Rough was once the site of a large lake left by the retreating glaciers of the last Ice



Peddars Way

# The Wellington In June



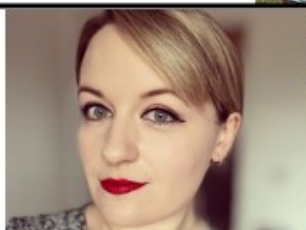
**6th**      **The Punch  
House Band**



**7th**      3pm  
Sunday Session      With *Harriet  
Jane*



**12th**      *Serena  
Grant*



**17th**

ENGLAND  
v  
CROATIA



**19th**

**FRIDAY NIGHT  
PIZZA WITH**



**23rd**

ENGLAND  
v  
GHANA



**27th**

ENGLAND  
v  
PANAMA



Age, 10-12,000 years ago. The lake would have been a vital source



Two Photos of Cranberry Rough Swamp

of fish and fowl for the medieval inhabitants of Hockham manor and, in Tudor times, Hockham Mere as it was known then, was around 280 acres in size. Over the intervening years it has gradually silted up and the area is now a swamp. As we walked along the

elevated embankment along which the line would have run, the swamp only a matter of feet away from us on both sides, reminded me of the everglades in Florida only smaller.

After a few more miles we entered the car park, climbed into our cars and headed for the nearby Thompson Chequers pub where coffees were had and three bowls



of chips shared. The walk had taken us 2hrs 42mins.

Our second walk of the month took us around Lynford Lakes and was a combination of footpaths and

roads. On the way we crossed the River Wissey, walked the Ashburton Road through Ickburgh,



**PLANTS and  
TABLE**

**SALE**

**NEW 6 June  
DATE**

**10.00**

**Community Hall**

**Bell Street, Feltwell**

**Charity  
Raffle**

**Including  
Crafters  
De-stash**

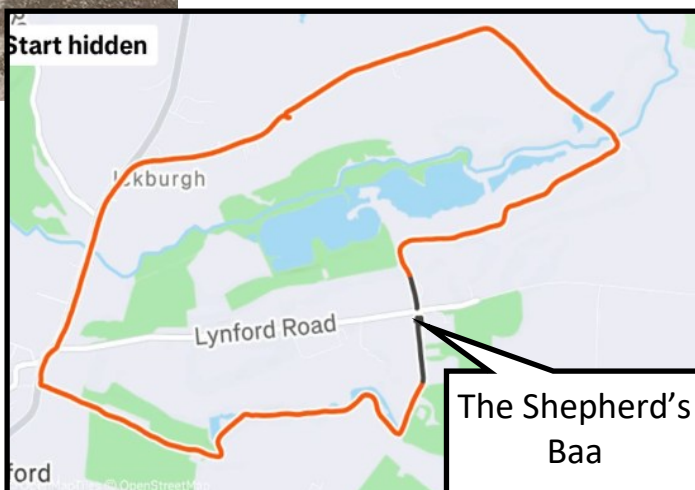
The Methodist Church 



popped into the delightful St Peter's Church, did a short pavement walk along the A1065 before joining a lovely footpath which brought us back to Lynford Arboretum and the Shepherd's Baa Coffee stop. A total of 4.89miles. Both dogs also enjoyed the walk, apparently.

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](mailto:adamsmike71@yahoo.com).

We do one walk a fortnight on a Friday morning.



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

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

 07771 882428

 Feltwell Bowls Club



## INTRODUCING OUR NEW COUNTY COUNCILLOR

### SUE PRIGG

*Readers will likely be aware that after many years we have a new County Councillor representing Feltwell Division. Her name is Sue Prigg and I thought it would be a good idea if we knew a little bit more about her, other than a name on a piece of paper and, therefore, I contacted her asking for a brief personal profile (No politics included) and she kindly obliged.*

I am a mother, step mum and grandmother and I have a varied career history. More recently, I have founded four childcare businesses including full day care, pre-school and wrap around care settings so I have good insight into the challenges faced by both parents and small businesses. I am also a very experienced relationship counsellor.

I moved to Norfolk from Essex several years ago. I am fully committed to this beautiful county. My husband is Norfolk born, and my father was a Norfolk man who served in the RAF and then displaced to Essex after the war. My mother was from Durham, and, despite being under 5ft tall she definitely had something of the Viking about her. I am resilient and determined and never complacent. I dislike bullying and unfairness in any form. The role of county councillor is a new and exciting challenge. My focus is on local community and working hard to help with the issues that are important to the people of Feltwell. I tend to smile and laugh quite a lot, this can lead to being underestimated. Those who try to undermine me may be in for a surprise! I always say that I am soft in the heart but not in the head.

I am not usually good at self-promotion. The Facebook page I opened before the election was my first foray into Social Media, so apologies to anyone who is waiting for a response as I have a habit of pressing the wrong links - I will try to do better.



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Painting & Decorating

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## FUND RAISING LOGISTICAL

This Logistical puzzle was designed by Chris at the Wellington.  
*The solution is on p72.*

|                     | Dominic | Clarke | Lawrence | Stewart | Macmillan | Cancer Research | St Nicholas Hospice | Air Ambulance | £300 | £350 | £400 | £500 |
|---------------------|---------|--------|----------|---------|-----------|-----------------|---------------------|---------------|------|------|------|------|
| Running             |         |        |          |         |           |                 |                     |               |      |      |      |      |
| Cycling             |         |        |          |         |           |                 |                     |               |      |      |      |      |
| Darts               |         |        |          |         |           |                 |                     |               |      |      |      |      |
| Swim                |         |        |          |         |           |                 |                     |               |      |      |      |      |
| £300                |         |        |          |         |           |                 |                     |               |      |      |      |      |
| £350                |         |        |          |         |           |                 |                     |               |      |      |      |      |
| £400                |         |        |          |         |           |                 |                     |               |      |      |      |      |
| £500                |         |        |          |         |           |                 |                     |               |      |      |      |      |
| Macmillan           |         |        |          |         |           |                 |                     |               |      |      |      |      |
| Cancer Research     |         |        |          |         |           |                 |                     |               |      |      |      |      |
| St Nicholas Hospice |         |        |          |         |           |                 |                     |               |      |      |      |      |
| Air Ambulance       |         |        |          |         |           |                 |                     |               |      |      |      |      |

Match the fundraiser to their activity, their chosen charity and the funds raised.

### CLUES

1. The Macmillan Fundraiser raised £150 more than the Swimmer.
2. Dominic raised more playing darts than Stewart managed to raise for the Air Ambulance.
3. The Hospice fundraiser Cycled over 100 miles.
4. Lawrence raised £350, which was less than Stewart.
5. The Runner raised £100 more than Clarke.



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.

## WORD SEARCH

Submitted by Mrs J. Clements.

This month our word search features **THINGS CHEFS DO AND USE**.

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.*

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

AIRFRY   BAKE   BASTE   BEAT   BLANCH   BLITZ   CHOP  
 CORE   DICE   FLAMBE   GARNISH   HERBS   MARINADE  
 MARINATE   MASH   PEEL   ROAST   SAUTE   SEASON  
 SIMMER   SKIN   SLICE   SLICE   SPICES   STEAM   STIR FRY

*The solution is on page 76*



Hello all and welcome to our June Newsletter.

Last month we had our first plant sale of the year at the Anglo American Car Show. All our events we have are to raise money for re-stocking the tubs in the village so it's vital for us to raise much needed funds so we can carry on making Feltwell look beautiful.

Our next event is at Feltwell's Grand Village Fete on Saturday 20<sup>th</sup> June so please come and see us for a chat or to purchase some plants to help us put something back into our village.

We now have a Just Giving page, there is a link on Facebook on our Feltwell in Bloom page. [Crowdfunding For Good From JustGiving](https://www.justgiving.com/crowdfunding/feltwellinbloom) (<https://www.justgiving.com/crowdfunding/feltwellinbloom>)

We would like to thank our FIB member Ed Joy who was very busy selling Raffle tickets around the village for our Spring Raffle which was drawn at our last meeting at the Wellington and thank you to Chris for doing the draw. Another member Lisa Hill kindly donated a lovely Easter display. Ed is already selling tickets for our next raffle which will be drawn on Tuesday 18<sup>th</sup> August at the Wellington Pub so you have plenty of time to buy tickets from Ed on 07940842150. Often people will donate plants from their garden to us instead of donations and of course we can sell these, so a big thank you to Liz Wellington for your kind donation of a lovely plant.

You may have seen our posters around the village asking for new members and advertising future events. Please, if you can help out in any way, we would really appreciate your help. Thank you to all our members who work hard behind the scenes to help make this village blooming lovely.

Contact us on the following platforms:-

Facebook – Feltwell in Bloom

Email: [feltwellinbloom@yahoo.com](mailto:feltwellinbloom@yahoo.com)

Or phone Janet on 07999356030

# **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**

**Come and have a chat, Free Wi-Fi every day our doors are open—  
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

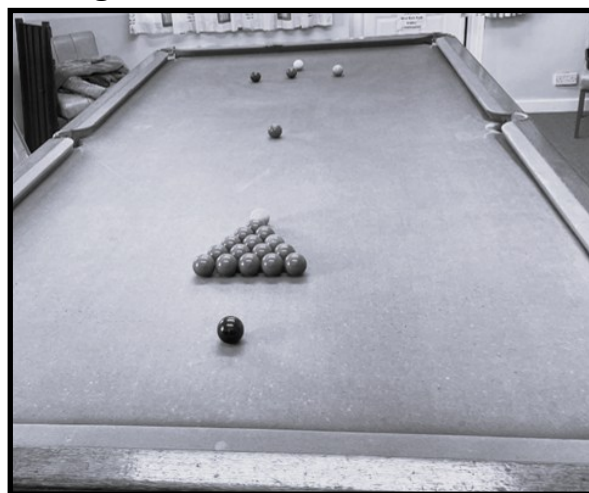
Monday: 7-9pm Tuesday 1.45-3.45pm

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.

**TABLE SALE HAS MOVED to 6 JUNE 10am**

**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 54*

#### **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

**Have you ever met a grinning snail?** Well, I have! “Go on,” I hear you shout – “Tell us more”. Well, it was like this.

A week before Easter, I received an order of 48 Begonia mini plug plants. I sorted out 48 spotless plant pots, a brand new bag of growing compost, and some clean water trays to go under the above. I took them all into the spotless kitchen, opened the packs and, under sterile procedures, I filled the pots with compost, potted up the mini plants and set the pots into the water trays. All these were sitting on the shiny quartz kitchen island when I looked at the weather forecast. There was talk of frost, gales and general unpleasantness. Because I was going away for five days over Easter, down to son Angus and his family in Orford on the Suffolk coast, I took the executive decision to leave the plants in the kitchen

while I was away.

When I walked into the kitchen after my 200+ mile drive back from Orford, I checked the plants, only to see a snail perched on the rim of one of the pots, grinning at me. Signs of his feasting were everywhere, plants decapitated, leaving stalks sticking up and assorted bitten off leaves on the compost. Now, my house is not populated by snails and no-one had been in the house during my absence so where did the snail come from? I know some people believe that people who have died can move physical objects on the earth so perhaps this was a gentle rebuke from Deannie for sullyng her beautiful kitchen. After all, the magical re-appearance of my lost hearing aid in Orford a few months ago has never been explained. Deannie always loved Orford, a very spiritual place, so perhaps she is still

about and exercising her undoubted spiritual powers. Just for the record, I admired the snail's courage and resourcefulness so I spared him and put him outside on a big leaf. Or could it have been a she snail?

The weather has been excellent recently and, as my energy is slowly returning after the radiotherapy, I have been able to do some industrial gardening to prepare the garden for the summer. The meadow grass is still a problem and I have taken to painting it with 6% acetic acid (Marketed as Weed Gone) which kills the horrible grass but does not leave a residue in the soil. It seems to be successful, if somewhat laborious. Having watched me painting the grass with a small brush, the neighbours are now quite convinced that I have "lost it". Time will tell! I have just looked at the acetic acid instructions again and I learn that it may not kill the roots so neighbours may be correct!

Eddie woke at 2am to hear a burglar in the house. He telephoned the police on his

mobile 'phone and they came very quickly, catching the burglar on his way out of the house, carrying lots of jewellery and cash. The next day, Eddie visited the police station and asked to speak to the burglar. "You will have to wait until he appears in court," said the sergeant. "Just out of interest, why do you want to talk to the burglar?" "Well," said Eddie, "He managed to get into our house at 2am and wandered about in the house without waking my wife. I would really like to know how he managed to do that as I never have!"

A policeman was walking his beat at 4am when he saw a very drunk man staggering along the pavement. He thought he should make sure that the old boy was OK. "Good evening, Sir, where have you just been?" "I have just been to my favourite place in the world, a wonderful pub with superb beer. It has a lovely gambling room with beautiful hostesses and I always have a wonderful time, even if I do lose all my money." "Ah," said the policeman, "and now you are off home to bed?" "Oh no,"

# SAVE THE DATE!



## VILLAGE YARD SALE

— Saturday 11<sup>th</sup> July —

9am - 2pm

*More details to follow...*



## AUTUMN CRAFT FAIR

at PORTERS BARN —

— Sunday 18<sup>th</sup> October —

*More details to follow...*



## SANTA'S SLEIGH

— 8<sup>th</sup>, 9<sup>th</sup> and 11<sup>th</sup> 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—JUNE/JULY. 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.

said the old man, I am on my way to a lecture about the evils and dangers of alcohol, the dangers of drugs, the inadvisability of gambling and the possible problems associated with talking to loose women". The policeman was very sceptical. "Oh, Sir, I really don't think that anyone would be delivering such a lecture at this time of the morning." The old man sighed and said, "Tell that to my wife."

Well, Holiday time is approaching. I have travelled

widely and, at this time of year, I usually advise you to put all your valuables in the hotel safe and only take out enough cash/documentation for the day. In particular, don't wear a rucksack with valuables in it (easy to steal from) and beware pickpockets, keep all your goodies in a zipped up pocket and, if anyone bumps into you, check your pockets immediately.

Have a great Summer.

All goods wishes

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](mailto:mikegw15@gmail.com) Mike & Brigitte Wilkinson 07799216693



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The speaker for our May meeting was David Cordner who told us about cryptocurrency focusing primarily on Bitcoin.

Before beginning his talk proper he took pains to emphasise that, as a qualified financial advisor, he is not licensed to provide advice on cryptocurrency investments.

He began by explaining the basic concept of cryptocurrency, describing Bitcoin as a **digital file** held in a secure wallet on a computer or crypto flash drive. He then said that in preparation for this presentation he had invested £100 in Bitcoin and indicated there would be a prize at the end to guess the current value of his investment.

David explained that Bitcoin and its creation was in response to issues with traditional banking and inflation, for example, paper money can be forged and when simply kept in your pocket or wallet becomes devalued over time. We all know that £10 today doesn't buy as much as it did five years ago.. As cryptocurrencies are independent of banks these issues don't exist. They use what is called a **blockchain ledger** to securely track transactions which, unlike in traditional banking, cannot be forged or tampered with. David also mentioned that the first Bitcoin was issued by an unknown creator named Satoshi Nakamoto in January 2009.



This is the Bitcoin logo. A Bitcoin is NOT physical.

David then elaborated upon the concept of the blockchain and mining in cryptocurrency. He described how mining involves computers solving cryptographic puzzles to verify transactions and add new data to the blockchain. He explained that the reward for these miners (the people owning the computers that are working to 'crack' the cryptographic puzzles) halves every four years, starting from 50 Bitcoin initially to the current 3.125 Bitcoin. This will further reduce to 1.56 Bitcoin in April 2028. He noted that the decreasing supply of new Bitcoin entering the market contributes to its increasing value, with one Bitcoin currently worth around £56,000. Now, about this decreasing supply.

For reasons best known to Nakamoto himself there will only ever be, 21 million Bitcoins and, due to the halving principle the final halving will be in 2140. So, the more halvings there are the greater the value of each Bitcoin. With me so far? Hopefully.

David then shared with us the story of James Howells, an early Bitcoin adopter who lost approximately 8,000 Bitcoins when his hard drive was thrown away by his girlfriend and is now attempting to recover them by fighting Newport City Council who own the rubbish tip into which the hard drive went. In today's Bitcoin value his 8000 coins are worth in the region of £400,000,000. No wonder Howells has offered to buy the tip from the council.

Initially the mining of Bitcoins was done by individuals on their home computers but now it is done on large-scale mining farms. At this point David showed us two short videos about the impact of this change focusing on a Bitcoin mining facility operated by Marathon Digital Holdings in Granbury, Texas. This megafarm of computers consumes around 300 megawatts of electricity, comparable to a city the size of Austin, Texas. The facility's operations, includes the use of hundreds of

## 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 Moundford 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.**”

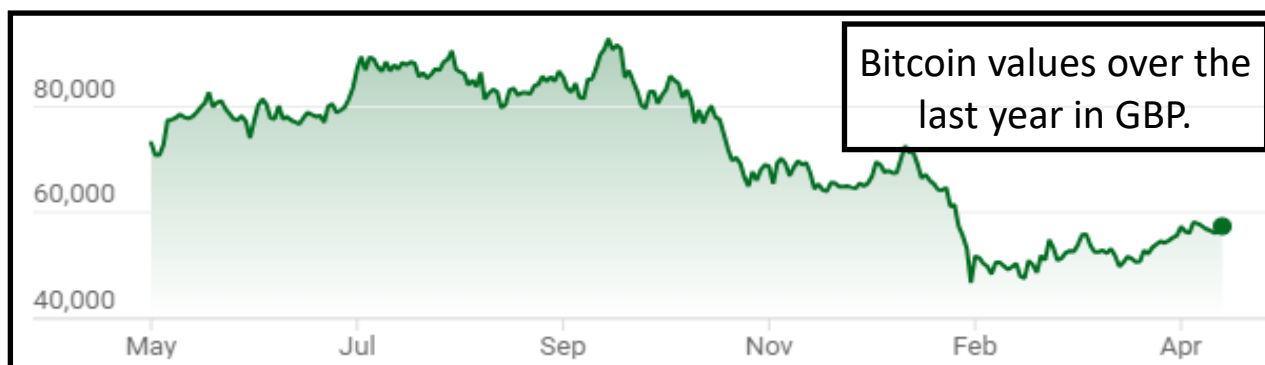
Only one grant per household will be given.

metal boxes containing thousands of computers, temperature-controlled environments, and security features. It operates 24/7 and the constant white noise that it produces is causing great annoyance and discomfort to the residents of Granbury. But small miners still exist including an Irish farmer who uses surplus energy from his bio-digester to power his small mining facility, and with Bitcoin worth £56,000 and increasing let's hope he gets lucky.

But how do you spend a Bitcoin if it isn't a physical thing? This is where third-party intermediaries like BitPay come in. They will, for a fee of course, exchange your Bitcoin for Pounds or Dollars or Yen, etc. This transaction, like all cryptocurrency transactions, will be securely encrypted and recorded on the Blockchain.

And finally to the quiz. What was the current value of David's £100 Bitcoin investment? Whilst we all wrote down our guesses he checked his Bitcoin account. I guessed £75 as the value in Sterling of a Bitcoin is known to fluctuate wildly. To be honest, I had no idea. Surprisingly, my guess was the closest to the actual value and David presented me with a bottle of Prosecco as the winner. At around 9.45am on Saturday 2<sup>nd</sup> May the value of David's £100 investment was £59.90p. Not a great investment.

At the time of writing this report (12.56pm, 3/5/2026) one Bitcoin is worth £57,973.34.



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 £8.50 per person to attend which includes a talk, tea or coffee and a full English breakfast which never fails to please.

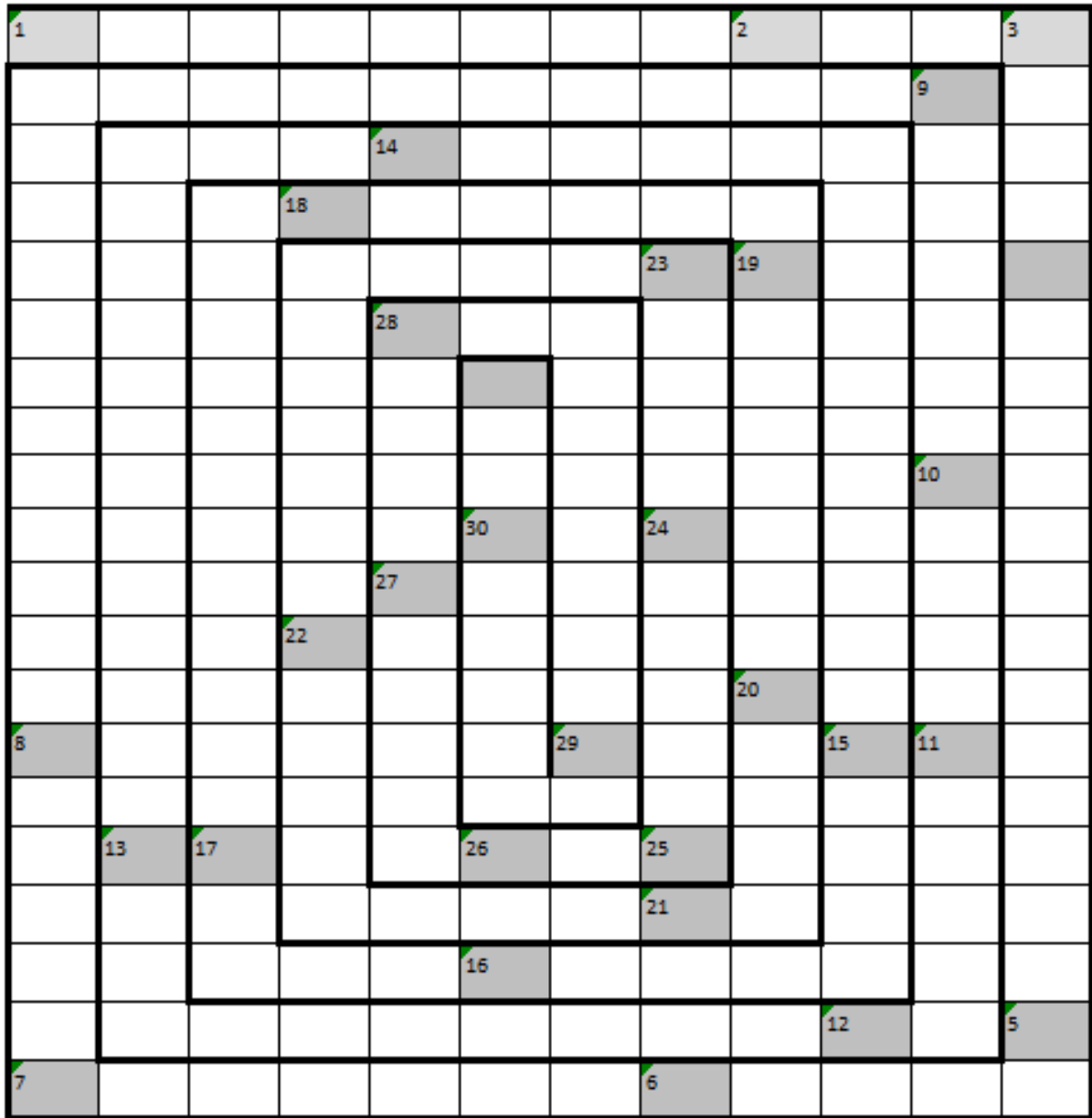
New members are always welcome. If you would like to join us then either call The Wellington and book on 01842 828224, before 4pm on the previous Wednesday, or email the Club coordinator Paul Garland at [garlandp@btinternet.com](mailto:garlandp@btinternet.com).

Our next meeting will be on Saturday 6<sup>th</sup> June. Our speaker will be Paul Garland with a talk entitled "36 Trillion Little Factories".

## 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 Believable (9)
- 2 A sound heard again (4)
- 3 Unhealthily large human (5)
- 4 The Head of State in Japan during the second world war (7-8)

- 5 In 2019 this was UK's most popular girls name (6)
- 6 The act of washing yourself (8)
- 7 This country is bordered by Cameroon, Niger and Benin (7)
- 8 The location of the U.S.A. Masters golf tournament (7-8-4-4)
- 9 The name of the bird of ill omen to an old criminal (8)
- 10 Cylinder compressor (6)
- 11 The U.S. state in which Donald Trump was born (3-4)
- 12 The name of the first presenter of the X Factor in the UK (4-8)
- 13 HISTORY: This person was famous for stating... 'an army marches on its stomach' (8-9)
- 14 MEDICAL: E.C.G. in full (17)
- 15 An Alkaline referred to as 'Mg' on the Periodic table (9)
- 16 A bird of the Corvidae family (6)
- 17 SONG: An 1965 Beatles hit (5-4-1-4)
- 18 Jewish mourner's prayer (7)
- 19 This instrument has been nicknamed as the 'Mississippi Saxophone'
- 20 This city is found in Western Australia (7)
- 21 TV series that ran from the 1930's until 1989 giving an account of the lead up to and the Second World War 'All our ..... ' (10)
- 22 Surrealist artist famous for his melting clocks (8-4)
- 23 ..... Berlin, 'Easter Parade' songwriter (6)
- 24 One of the Wizards of Istari in JRR Tolkien's books of 'The Hobbit' trilogy (7)
- 25 Winter-time illness (3)
- 26 Instrument, implement (7)
- 27 MEDICAL: A common benign tumour composed of well-differentiated fat cells (6)
- 28 Rose in value (11)
- 29 The middle name of Angela Merkel (8)
- 30 The smallest unit of an element (4)

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

## *Creative Ideas*

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Graham.smith09@hotmail.co.uk

Georgina Sims 07913 976786

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## **Having a party?**

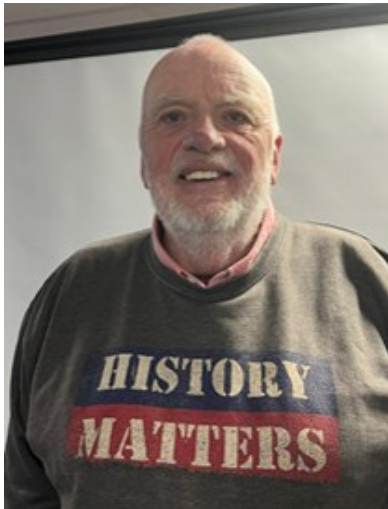
Don't have enough plates, dishes, glasses or cutlery?  
Contact Sue Garland 827029 or Chris Parker 827152.

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.

# West Norfolk Aviation Society

[www.westnorfolkaviationsociety.org.uk](http://www.westnorfolkaviationsociety.org.uk)



The speaker this month was Kevin Boardman who came along to tell us more about Katherine Johnson.

If the name rings a faint bell in some readers it is because she is the main character in the film 'Hidden Figures'. Katherine was a 'computer' at NASA from the late 1940's.

Computer in those days meant something very different to today. She was basically a

one of many carrying out mathematical equations (hence computer) in order to work out what was required to put a man into space and more importantly recover said man back to earth in one piece.

So far so good, but Katherine was a black woman in a very white and male orientated society. Due to her skills and force of personality she was quickly recognised as a mathematical genius. However she had to fight tooth and nail to get her work recognised and even to get it published under her own name. Her skill sets were, after a long struggle, eventually recognised and she went on to to a long and successful career in NASA being instrumental in the maths within the Apollo programme and Space Shuttle.

She was awarded the Presidential Medal of Honour in 2015 by President Obama and lived to the ripe old age of 101.

I have barely touched the surface of this story but Katherine Johnson was a truly remarkable person, who battled long odds to come out on top. If you haven't seen the film its well worth a watch, just remember its a Hollywood version! Next month we have our own member Ann telling us about her interesting life, and at 88 she has plenty to tell. All welcome on Tuesday 02 Jun @ 7.15pm. Further details on our website, non members entrance fee £2 per head includes a light buffet.

Mark Burch, WNAS Scribe. [www.westnorfolkaviationsociety.com](http://www.westnorfolkaviationsociety.com)



## BADMINTON IS AVAILABLE AT ST. MARY'S



Wednesday — 1pm to 8pm

Saturday — 9am to 8pm



If interested in playing please email:

[Stmarysbton@gmail.com](mailto: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

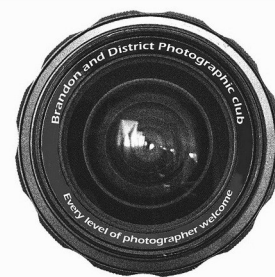
## GRANTS AVAILABLE FOR POST 16 STUDY

- 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](mailto:info@barryhawkins.co.uk), also send a copy to Mr Paul Garland, (Trustee) at [garlandp@btinternet.com](mailto: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.

## Brandon & District Photographic Club

### Club Season September 2025-May 2026



*Brandon  
and District  
Photographic Club*

Another season draws to a close for Brandon & District Photographic Club . A season that consisted of guest speakers, competitions and contributions from club members.

The club welcomed two guest speakers, the first Paul Radden a Federation registered judge. Paul gave 'An Insight into Judging,' explaining the process of judging photographs and how decisions are reached. Club members were then invited to give a critique of a photograph following the process explained by Paul of 'praise-slap-praise.' Criticisms should be constructive and encourage development rather than demoralise. Not as easy to do as it sounds.

The second speaker, David Steel, an award winning Cambridge based photographer spoke about his photographic passion for portraiture. Providing plenty of examples of his work over the years and how he had improved from beginner to winning national awards. His examples were a mix of staged portraits and those if you miss it, it's gone instances.

During the season the club holds three print competitions for the members, each competition has three categories, Colour, Mono and Open. The Open category has no restrictions on photo processing unlike the colour and mono categories. The results of each category go towards the club's league table. Photographer of the Year was won by Pat Childerhouse with 46 points.

Paul Radden was invited back to judge the club's All Winners Competition, and he judged mono print 'Café Culture' by Phil Desmond to be the Best Overall Print.

The club hosted neighbouring Lakenheath Camera Club to an enjoyable return photo-battle. Last season Lakenheath hosted. Each club



provided 10 printed and 10 projected images for an independent judge to critique and score. Lakenheath triumphed by one point!

Last October the club held an exhibition at Brandon Baptist Church Hall in Brandon High Street. The event was well attended by the public and several members of other photographic clubs who all left positive comments regarding the images on display. John Percy won the public vote for best exhibition image, but the best praise was for the homemade cakes!

This coming June the club will attend a multi-club event at Duxford Imperial War Museum providing the opportunity to spend the day photographing the exhibits and specially arranged re-enactors, plus meet other club members.

Special thanks go to members Paul and Viktoria who have and are planning to again invite members to a relaxing and enjoyable summer garden party held in their garden, what the club has now dubbed Hockwold Botanical Garden.

The club meets from September to May, on the 2nd and 4th Wednesdays of the month at 7.30pm in Brandon Baptist Church Hall, Brandon High Street. All are welcome whether you have a 'fancy' camera or just use your phone, experienced or novice. Come and discover how to record your world your way, and make Wednesday evenings your midweek social event.

If you would like to see more of the members' work, the club has a monthly themed display in Brandon Library.

For more information email; [photoclubbrandon@gmail.com](mailto:photoclubbrandon@gmail.com) or call Phil 07957185061.

### **The Flint Knappers At Night**



**by Shirley Glaister**



**Blowing Time Away by Pat Childerhouse**



# **RSPB Lakenheath Fen**

## **How to Help Young Birds this Summer**

As soon as the weather warms up, our beautiful garden birds begin their annual quest to reproduce and they often choose hedges, trees and even man-made nestboxes in our green spaces. When these young birds reach 'fledging' age- i.e. they are capable enough to leave the nest, most of the time this goes smoothly. However, even when this stage of their lives goes well, we can find a young bird (or sometimes more than one!) sitting slap bang in the middle of a path or lawn, looking helpless, clueless and very vulnerable. And when this happens, it can be difficult to know how to help them, and whether to intervene at all.

As a general rule, if the young bird has no visible injuries and is well covered with feathers, then it should be left alone and given plenty of space (such as the young Cuckoo in this photo from the reserve!). A few tufts of downy fluff on their body is fine, and appearing



not to be able to fly is fine- at this age, they can usually only flutter a little and will not be fearful of humans, dogs or other animals so



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**

26 June, 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.

### **Moth Morning – Clearwing Special**

For the first time at RSPB Lakenheath Fen, we will be deploying a full range of pheromone lures to see which of the 15 UK species of beautiful clearwing moths live here.

17 June (9:30-11:30am)

### **Guided Pond Dipping**

Saturdays 6 June, 4 July, 1 August (11am-1pm)

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

### **Join in with Harrier & Bittern Nest Watches (FULLY BOOKED)**

9 June (7:30am – 12:30pm)

### **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.

14 June, 28 June, 12 July (9:30am-12:30pm)

### **Butterflies & Dragonflies of Lakenheath Fen (Guided Walk)**

If you'd like to learn a little more about these showy insects, join us as we walk the best parts of the reserve to find them.

27 June (10:30am-1:30pm)

### **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)

may not necessarily fly away from you, even if they can. Their parents are very likely to be close by and will generally only visit their young to feed them if they feel that there are no predators around (sadly, humans, pet dogs and cats are all perceived as predators, whether they mean harm or not).

The priority for the parents of a nest of young birds is to get them to leave as soon as they are able to- as if a predator were to find a nest full of chicks, it could easily predate them all- whereas if those young birds have left the nest and are scattered around, it is more likely that only one or two might be lost, with the rest of the brood surviving. This is why chicks can leave the nest naturally when they can flutter and hop around (and so are mobile) but may not be able to fly yet. The best thing to do is to keep an eye on any young birds from a distance- ideally indoors- and you should find that the fledglings naturally move on within a few hours. Their parents will use food items as 'bait' to encourage the fledglings to move to get it, if the parents feel their young are in a vulnerable place.

But when should we intervene? If there are any visible injuries, it's a good idea to seek professional help from a wildlife rehabilitator. If the young bird is in a busy road or on a public footpath, you could gently and quickly move a fledgling to the nearest safe place such as under a bush or in a hedge. If the fledgling appears uninjured, it's a very good idea to keep any pet cats indoors, or to put a pet dog on a lead if it needs to visit the garden where the fledgling is, until the young bird has naturally moved on.

For any injured or unwell wildlife, or where it is known that the parent birds have been harmed or have not returned for a day or two, you could visit the very helpful website [www.helpwildlife.co.uk](http://www.helpwildlife.co.uk) to input your postcode and the species you have, to find the nearest suitable help.

With best wishes,

Heidi Jones

(Visitor Experience Officer, RSPB Lakenheath Fen).

## MISSED APPOINTMENTS @ THE SURGERY 2026

March 2026 saw **66** appointments missed, that's **4 less** than in January. This represents a loss of medical care to the tune of **£1980** for the month and **936** minutes of wasted time.

So far this year **267** appointments have been missed representing a total of **£8010** 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

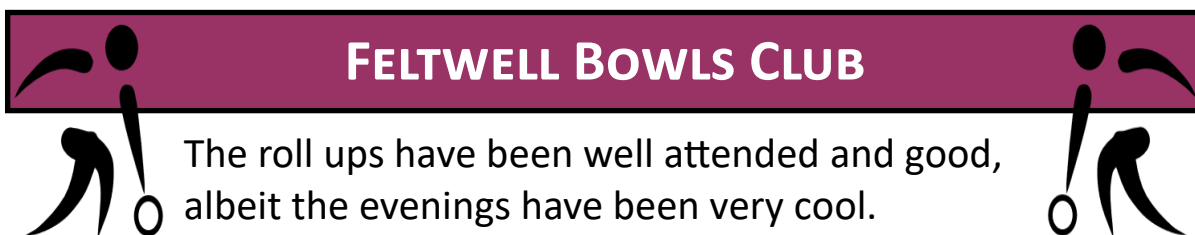
Every Thursday 10.30 am – 12.30pm. £4 per session at Weeting Village Hall.

Contact Beryl Pountney, Secretary, for details on  
01842 828750

*The kettle is always on.*

## FUND RAISING LOGISTICAL SOLUTION

|          |         |      |                     |
|----------|---------|------|---------------------|
| Dominic  | Darts   | £500 | Macmillan           |
| Clarke   | Cycling | £300 | Si Nicholas Hospice |
| Lawrence | Running | £350 | Air Ambulance       |
| Stewart  | Swim    | £400 | Cancer Research     |



The roll ups have been well attended and good, albeit the evenings have been very cool.

A lot of the maintenance had been carried out and it is with many thanks to the members who carried out the work.

The shirts had arrived and were distributed at the roll up Monday 27<sup>th</sup> April all were very pleased with them and all is ready for the first league game.

The Coffee morning held Saturday 25<sup>th</sup> April was very well attended with a full club room.

The bowls trial/try was very well attended and we hope to have gained 4 potential new members.

The league fixture list has been issued the first game being on Monday 11<sup>th</sup> May in the Rosie Smith Away to Shouldham.

We will be having a stall on the village fete, we will look forward to meet you there.

Max


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|                                                                                                                                                                                   |                                 |                               |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------|-------------------------------|
| <b>01842</b><br><b>828481</b>                                                                                                                                                     | <b>FELTWELL SURGERY OPENING</b> | <b>01842</b><br><b>828481</b> |
| <b>8.00am - 6.30pm Mon-Fri only</b>                                                                                                                                               |                                 |                               |
| <b>Extended Hours for Appointments Only</b>                                                                                                                                       |                                 |                               |
| <b>Tuesday: 07:30 – 08:00    Thursday: 18.30 – 19.00</b>                                                                                                                          |                                 |                               |
| <b>Out of Hours Service</b> - Between 18:30 and 08:00, Monday to Friday, and all day at weekends and on Bank Holidays your call will be redirected to the <b>NHS 111</b> service. |                                 |                               |
| <b>In a genuine emergency you should call 999 and ask for an ambulance.</b><br><b>Chest pains and / or shortness of breath constitute as an emergency.</b>                        |                                 |                               |

## 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<br>junction with OMR | 16:05        | 16:25          | IP26 4DE |
| Hereward Way                          | 16:30        | 16:50          | IP26 4BP |

### Upcoming Dates

11 June  
09 July  
06 August

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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- Scrub Clearance
- Forestry
- Ground and agricultural works
- Plant Hire

**Phone: 0797 230 8804**

The Annual Parish Meeting was held on Monday the 11<sup>th</sup> of May 2026 in the British Legion, Long Lane. Eleven Councillors attended, Norfolk County Councillor Sue Prigg and 5 members of the public

Clerk gave a report of the Rawlins Charity accounts.

Mr Storey welcomed Mrs Prigg and asked the Clerk to furnish her with all ongoing Highway issues which he would also pursue. Mrs Prigg gave a brief outline of her background and said she intended to do her very best for the Feltwell division.

Following recent resident concerns regarding migrants hanging around the playing field, Mrs Prigg will investigate who people need to contact if there are ever any issues.

Neil Edwards, Manager of Feltwell FC, reported that the team are now only one promotion away from senior football after being promoted again this season. Although he receives excellent feedback regarding the changing room facilities, he is also frequently told the pitch is the worst in the county and said if the team is to continue doing well and draw new players then it needs vast improvement. Whilst there may be grants available, he requested the Parish Council's support in this matter. Parish Council agreed to form a working party with members of the football club to take this project forward.

Christine Parker, Churchwarden at St Mary's, reported that David Cordner had taken over the clock-winding service which had been carried out by Barrie Reeves for many years so although automation of the clock is no longer imperative, the maintenance and servicing of its mechanism is well overdue. The clockface is also in extremely poor condition and needs repainting and regilding. Quotes for these works were £375 + VAT and £5100 + VAT respectively which the Church is unable to fund. The Parish Council agreed to pay for the clock mechanism work and is already holding funds of £1905.80 donated from a funeral collection of a longstanding village resident specifically for the revamp of the Church clockface.

## WORD SEARCH SOLUTION

**NEXT MONTH'S WORD SEARCH WILL BE ON -  
THINGS IN THE KITCHEN**

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

**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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Phone: 01366 383989

# NEWS FROM THE PARISH COUNCIL

There are some CIL funds remaining and Mr Storey advised of County and Borough Council funding avenues which Mrs Parker will explore.

The Annual Meeting of the Parish Council followed the above meeting. Ten Councillors attended and 3 members of the public.

Mr Rayner was duly re-elected as Chairman and Mr Lambert as Vice-Chairman.

Internal audit has been completed and accounts accepted as correct.

Mr Storey said vehicles parking on the pavement in front of Central Garage continue to present hazards to drivers exiting the Long Lane and Short Beck junctions, and parking along High Street is worsening. He is actively pursuing Highways to bring forward the change of priority scheme. Vehicles can use the playing field car park if there are no places to park along High Street.

Mr Storey gave an update on Borough Council news and said the new Queen Elizabeth Hospital was still on schedule. The “Call for Sites” planning consultation has been extended to 1<sup>st</sup> May. Changes within the planning system should take place early Autumn. The election for a unitary council takes place May next year.

Clerk is still awaiting a response from Clean Up regarding the road sweeping schedule.

Online Playground will continue to carry out the quarterly playground inspections and the annual inspection will be carried out in June by Wicksteed.

A Scope clothing bank will arrive at the playing field in the forthcoming weeks to replace the Salvation Army bank recently removed.

The Parish Council will support the village fete again this year, paying for the stage sound and lighting at £350 + VAT.

Gray’s Funfair will now visit week commencing 3<sup>rd</sup> August.

## WORD TRAIL SOLUTION

|                |                 |                 |                 |                 |                 |                 |                 |                 |                 |                 |                |
|----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|----------------|
| <sup>1</sup> P | L               | A               | U               | S               | A               | B               | L               | <sup>2</sup> E  | C               | H               | <sup>3</sup> O |
| N              | A               | L               | G               | O               | L               | F               | C               | L               | U               | <sup>9</sup> B  | B              |
| O              | A               | R               | T               | <sup>14</sup> E | L               | E               | C               | T               | R               | L               | E              |
| I              | P               | E               | <sup>18</sup> K | A               | D               | D               | I               | S               | O               | A               | S              |
| T              | A               | E               | R               | D               | A               | L               | <sup>23</sup> I | <sup>19</sup> H | C               | C               | <sup>4</sup> E |
| A              | N               | W               | O               | <sup>28</sup> A | P               | P               | R               | A               | A               | K               | M              |
| N              | O               | A               | D               | M               | M               | R               | V               | R               | R               | C               | P              |
| A              | B               | S               | A               | O               | O               | E               | I               | M               | D               | A               | E              |
| T              | N               | Y               | V               | P               | T               | C               | N               | O               | I               | <sup>10</sup> P | R              |
| S              | A               | A               | L               | I               | <sup>30</sup> A | I               | <sup>24</sup> G | N               | O               | I               | O              |
| U              | E               | D               | A               | <sup>27</sup> L | E               | A               | A               | I               | G               | S               | R              |
| G              | L               | T               | <sup>22</sup> S | I               | H               | T               | N               | C               | R               | T               | H              |
| U              | O               | H               | Y               | S               | T               | E               | D               | <sup>20</sup> A | A               | O               | I              |
| <sup>8</sup> A | P               | G               | A               | N               | O               | <sup>29</sup> D | A               | L               | <sup>15</sup> M | <sup>11</sup> N | R              |
| I              | A               | I               | D               | E               | R               | O               | L               | B               | A               | E               | O              |
| R              | <sup>13</sup> N | <sup>17</sup> E | R               | T               | <sup>26</sup> U | L               | <sup>25</sup> F | A               | G               | W               | H              |
| E              | O               | I               | E               | T               | S               | E               | <sup>21</sup> Y | N               | N               | Y               | I              |
| G              | T               | P               | G               | A               | <sup>16</sup> M | U               | I               | S               | E               | O               | T              |
| I              | N               | R               | O               | H               | T               | E               | T               | A               | <sup>12</sup> K | R               | <sup>5</sup> O |
| <sup>7</sup> N | O               | I               | T               | U               | L               | B               | <sup>6</sup> A  | I               | V               | I               | L              |

## ADVERTISING RATES

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

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If you would like to place an advert in this magazine please  
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Email: [jean.winter@gmx.com](mailto:jean.winter@gmx.com)

# NEWS FROM THE PARISH

Parish Council Meeting dates were agreed as follows:  
8<sup>th</sup> June, 13<sup>th</sup> July, 10<sup>th</sup> August, 14<sup>th</sup> September, 12<sup>th</sup> October,  
9<sup>th</sup> November, 14<sup>th</sup> December, 11<sup>th</sup> January, 8<sup>th</sup> February,  
8<sup>th</sup> March, 12<sup>th</sup> April and 10<sup>th</sup> May (Annual Parish Meeting &  
Annual Meeting of the Parish Council).

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 8<sup>th</sup> June 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.

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## 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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