

# FELTWELL PARISH MAGAZINE

YOUR CONNECTION TO YOUR COMMUNITY

November 2025



## INSIDE THIS ISSUE



**Caring for Hedgehogs Pt 2**  
**Only the Brave**  
**From 1 to 36 Trillion**  
**Our MP Talks Renewing Britain**  
**The Moths and Butterflies of November**  
**+ Scams, Curios & Reports**  
**And much more inside incl. all our usual puzzles**

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

## **FELTWELL ORGANISATIONS**

Alveva Quilters  
Feltwell Bowls  
The Royal British Legion (Hall 828480)  
RBL Poppy Appeal Organiser  
Feltwell Historical and Archaeological Society  
Feltwell Table Tennis Club  
Beavers and Cubs  
Feltwell School PTA  
Feltwell Women's Institute  
Feltwell Playgroup  
Feltwell Scout Group  
Feltwell United Football Club  
Feltwell United Youth Football Club  
Feltwell & Thetford District Mencap  
Feltwell Brownies  
Feltwell Social Club  
Feltwell Primary School  
Feltwell Golf Club  
Feltwell In Bloom  
Rector of St Mary's Parish Church  
Curate of St Mary's  
Churchwarden of St Mary's  
Friends of St Mary's  
Feltwell Men's Breakfast Club  
Feltwell Methodists  
Feltwell Museum  
Parish Clerk, Jo Martin. Email: [clerk@feltwellparishcouncil.gov.uk](mailto:clerk@feltwellparishcouncil.gov.uk)  
Parish Council website: <https://feltwellparishcouncil.gov.uk>  
Feltwell's History Website can be found at <http://www.feltwell.net>

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**Deadline for the next issue is 14<sup>th</sup> November 2025**

Submitted articles may be hand written, emailed or typed in MS Word and sent to: The Editor, Mr Paul Garland, 16, Falcon Road, Feltwell, (827029),  
Email: [garlandp@btinternet.com](mailto:garlandp@btinternet.com)

Advertisers should contact our Advertising Manager: **VACANCY**

Advertisers please contact the Editor (See details above)

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.

## BABY HEDGEHOGS

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

Hedgehogs are maimed and killed by strimmers, Dogs, Slug Pellets and Cars. So, please check your garden for Hedgehogs before strimming and try not to use Slug Pellets

Cats usually ignore Hedgehogs, but if your dogs are going bonkers in a corner of the garden just check that if it is a Hedgehog it is safe from being bitten by your dog. Pop the Hedgehog under a shed or Summerhouse or somewhere that your dog cannot get to.

### **WINTER RESCUE OF BABY HEDGEHOGS**

Hogs will not survive hibernation if they do not weigh at least 600 grams. Our benchmark has always been 650 grams .

As soon as the cooler Autumn weather arrives Hogs will start to look for safe corners of your garden to hibernate. They like the dark, quiet corners full of dry leaves, branches, dry moss etc. We save our leaves, branches and moss and stuff them into corners of our garden, under hedges, summer houses, sheds. We setup water and feeding stations near by.

Any Hedgehog seen out in the daylight is in trouble at this time of year, no matter how big or small. If you find a Hog out in the daylight, put your gardening gloves on, get an old towel and pick it up and gently wrap the Hog in it. Place the hog in a tall sided box with newspaper, old clothing on the bottom and take it somewhere warm and quiet.

If you have a heat mat use this underneath the box half way across so the Hog can keep warm but move to a cooler spot if it becomes overheated. Give a shallow dish of water and a pile of dry cat biscuits.

**Baby Hedgehogs under 650 grams in weight** feeding at night as it gets to freezing or below need to be rescued. Follow the above advice and call the **British Hedgehog Preservation Society on 01584 890801 for advice.**

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



# Christmas Cream Teas

3pm

**SATURDAY 13 DECEMBER**

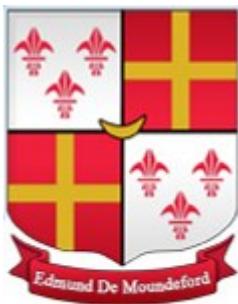
**GET TICKETS NOW - £2.50ea**

**To avoid disappointment**

**Community Hall**

**Bell Street**  
Methodist Church





### FROM THE CLASSROOM

**Goldfinch Class** have had an exciting term at Edmund de Moundeford Primary School discovering the wonders of South America. Their learning began with a lively Reading Café, where parents and children shared the story *The Kapok Tree* together. This interactive session sparked curiosity and set the scene for the exciting activities ahead.

Children got hands-on with creative activities inspired by the rainforest. They made colourful paper chain snakes, hand-print parrots, and paper plate alpacas, bringing the vibrant wildlife of South America to life while having fun with art and craft and of course with the added bonus of some tea and biscuits.

Building on this learning, the children have been able to create their own rainforest descriptions, using second-person perspective, carefully chosen adjectives, prepositions, and verbs to transport the reader straight into the heart of the jungle.

We hope you enjoy them:

As you look up you can see monkeys laying in the canopy. Behind you there are gigantic trees as tall as a mountain. Beautiful sun and raindrops sparkling on the leaves. By I

As you look up you can see a jaguar's tail as orange as a carrot swishing gently on a tree branch. The majestic beast wakes up and stares at you with its glistening, golden eyes. By C

Behind you, there are parrots squawking in the gigantic trees which are as tall as houses. Quickly looking over your shoulder, you stop and see a snake flowing through the green, dark water. By H

Behind you, you can see gigantic trees rising up to the sky with glistening leaves swaying in the wind. Raindrops are dripping off the leaves but then you look to the side and see a pack of jaguars getting ready to charge. Without hesitation you run towards the waterfall. By T

# Hear for Norfolk



Supporting people with hearing loss  
and related conditions

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

We provide support through the following range of services:

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

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

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

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

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

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

**Hearing Loss Awareness Training**

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



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

Scan  
me!



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

## THE ART OF STAYING WARM (WITHOUT JUST TURNING UP THE HEATING)

There's a moment each November when the house suddenly feels just that bit too cool, the dog gives you the "you go first" look at the back door, and everyone begins the annual dance with the thermostat — on, off, up, down, and back again.

This is also the month of Bonfire Night, when we all pretend to enjoy standing in a damp field watching things go bang, clutching a lukewarm hot chocolate, and thinking, "I should have worn thicker socks." But while the fireworks might warm our spirits, it's movement that truly keeps us toasty once the sparklers are out.

Our bodies are actually quite marvellous heating systems. When we move, even gently, our muscles generate warmth, our circulation kicks in, and we become our very own log burner — minus the smoke alarm drama.

Now, of course, there's always one person who sighs and says, "*Oh Helen, I can't move like that anymore!*"

I've heard it all ... from "*My knees sound like a gravel drive*" to "*If I get down on the floor, you'll need a crane to get me up again.*"

My reply is always the same: "*Then let's start before we need the crane!*"

Because movement doesn't have to mean bending yourself into a pretzel or joining a bootcamp at dawn. It might be as simple as rolling your shoulders while the kettle boils, circling your ankles during the news, or walking briskly to the post office instead of driving. Every small action stokes your internal fire, and costs far less than a tank of heating oil.

Here's a little local routine to try:

- March in place while you wait for your toast to pop.
- Stretch your arms wide before heading out to fetch the bin.
- Give your toes a secret wiggle under the table at the café (it'll make you smile, too).



**Care &  
Repair** @

Borough Council of  
**King's Lynn &  
West Norfolk**

Are You able to access your bathroom facilities?

Are You having difficulties using your stairs?

Are You able to move safely in and around your home?

### **WE CAN HELP**

**Care & Repair** provides a range of practical services designed to support older, disabled and vulnerable people and enable them to live independently in their own home in comfort, warmth and safety.

With more than 10 years experience we have knowledgeable and skilled staff who will assist you through the whole process.

Our Services include:

- ◆ Home adaptations such as stairlifts, level access showers, through floor lifts, ramps and access.
- ◆ We can also provide you with equipment including shower boards, stools and grab rails.
- ◆ Providing advice about the types of repairs, improvements or adaptations available.
- ◆ Advice on whether you may be able to receive a grant for work and help you to apply.
- ◆ Project manage and organise building work through to completion.
- ◆ Our Handyperson Service can assist with home security, energy efficiency and falls prevention measures. It also offers practical solutions for those living with dementia.

For further information visit [www.careandrepair-wn.org](http://www.careandrepair-wn.org) or call 01553 616200 or email: [careandrepair@west-norfolk.gov.uk](mailto:careandrepair@west-norfolk.gov.uk)

And if you fancy upping the warmth factor, think of your muscles as kindling, they need regular sparks to stay lit. The more you move them, the easier they burn energy, keeping you cosy, strong, and far more cheerful through the darker days.

So, before you reach for another jumper or nudge the thermostat up a notch, try firing up your own internal bonfire. No matches required — just a little movement, a dash of humour, and maybe a sparkler or two for inspiration.

Have fun.

Yours in fitness and health,

Helen

*Life Fitness Re-engineering*



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[www.dbchimneysweep.co.uk](http://www.dbchimneysweep.co.uk)

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# The Wellington In November



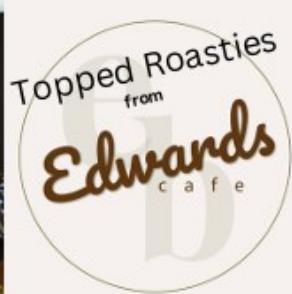
**7th** Carol Ann  
& JJeB Farm



**8th** The  
Sixtenths  
& Purple Pepper



**14th** Stoli Gibson &  
The Pearl Onions  
& Edwards Cafe



**22nd** ALLIKATZ  
& Surfing  
Sombrero



**29th** Serena Grant  
& Asker's  
Pizza



## EAAA ONLY THE BRAVE

A mixed team of staff and customers from The Wellington and Edwards Cafe took on the 2025 East Anglian Air Ambulance's (EAAA) Only The Brave obstacle course on the Euston estate.

With the 6m/10km course with 25 obstacles chosen we ended up completing the course in just over 2 hours. Bailey and Adam Brown from Edwards Cafe also took on the 3km course with their son Max beforehand. Bravely hanging around in wet clothes in the cold wind to take on the 10km course with the rest of us. The support of friends and family on the start/finish line helped get us all



Above, top row: Beth Mead, Mick Bloy, Alister Matthews, Adam Brown, (Little) Chris Grandison

Bottom row: Sarah Ramsay, Jenna Ramsay, Bailey Brown

## Chimney Sweeping & CCTV Inspections

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Covering Feltwell and the surrounding area

To discuss further please email me at:  
[david@help-with-it.services](mailto:david@help-with-it.services)

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through.

Spotting a few other Feltwellians around the course as well as meeting people from all over the EAAA's region of Northamptonshire, Bedfordshire, Cambridgeshire, Suffolk and Norfolk it was full of fun, comradery and lots and lots of Mud.

It will take a few days for the fundraising totals to come in but we believe we raised in the region of £1000 for the EEEA.

We, as Team Brave Potatoes, are discussing next year already. I would recommend it as a fantastic way to raise money for a well needed resource in our rural community.

Get your team together and sign up on the EAAA website.

Little Chris.



How to make your day more fun...

**Learn a Joke.** Rehearse your routine on the phone with a close friend to perfect your timing and delivery

A St. George's Guildhall Event

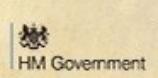
# Dragon Festival

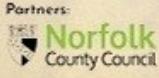
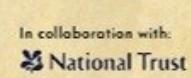
Saturday 8<sup>th</sup> November 2025  
From 10am

Dragon Festival 2025 is going town-wide in King's Lynn!

For more information visit [stgeorgesguildhall.com](http://stgeorgesguildhall.com)

FREE

Funded by:  

Partners:    

## **Friends of Feltwell Playgroup**

*Helping little hands explore a big world*

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



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

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

We warmly invite you to follow our page on Facebook

— **Friends of Feltwell Playgroup** — where you can find out more about upcoming events, fundraising, and how to get involved.



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

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

**JEM PROPERTY MAINTENANCE**  
Handy Man & Property Maintenance  
**JOHN - 07798 672 552**  
[jempropertymaintainer@gmail.com](mailto:jempropertymaintainer@gmail.com)

## BEST KEEP YER GOB SHUT!

*Oh, deary me, Fred has got the hump this month. He's really letting off steam. To find out why read on but, be warned, if you are easily offended I suggest you turn the page.*

How long is it going to be before we have to carry around ration books again? No, I don't mean we are returning to those trying times during and after the two World Wars, despite my motif in the corner being reminiscent of those war-time posters warning that 'Careless Words Cost Lives'.



For those who are too young to remember, every man woman and child had a small booklet, about the size of a modern-day passport, which contained a means by which we could still obtain things that were in short supply during those times of tight belts. Everything, literally everything, had a value, irrespective of your ability to pay. The only thing that escaped the National Ration Book, when it appeared in January, 1940, were fruit and vegetables grown on the land and in our back gardens. Everything else had to be bought with the help of the coupons contained in that book.

Every person had an entitlement to a certain amount of items such as eggs, butter and cheese, for example. 4oz of butter, 4oz of cheese and one egg, to last a week! One ounce being 28 grammes in today's money. And only when they were available, and also providing you had the coupons to go with the cash! Meat was very scarce, and only for that special occasion, as the protein was needed for the soldiers at the front. I could go on, but you get the picture of how things were then? I'll leave you to imagine living on sixteen ounces of cheese for a month. Only seeing a chicken on Christmas day, and knowing that turkeys were for the very rich.

So, what have I been leading up to, you may ask? Well, bring back the image on those war-time posters, with a slight adjustment to the wording. That poster would now read, 'Careless Words Mean Court Cases!!' I know the SUN tabloid is frowned upon

# **FELTWELL LODGE RESIDENTIAL CARE HOME**

**Lodge Road, Feltwell, Norfolk IP26 4DR**



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

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

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

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

**01366 728282**

**Website: [www.feltwellodge.com](http://www.feltwellodge.com)**

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

by some, many maybe, but sometimes the SUN's columnists manage to exacerbate the pain felt from the open sore of wokemannship, (or womanship), that is the curse of our lives, day after day, and draw our attention to the abject stupidity of those who actually listen to the idiots who spend their time thinking up new ideas to blight our lives. For example, today we are told that it isn't a good idea to insult a female of the species by calling her a 'lady', (forgive me, I can't think of another way to say it), or that she might be 'lovely'. As I remember it, this all started, way back, with a builder-chap whistling at a pretty girl passing by, way below him, and look where we are now, all those years later!

Those generally 'happy-go-lucky' years are far behind us now, and only remembered by an ever-dwindling few of us! Today, that well-meant complementary whistle will be highly likely to have that pretty girl calling the law and her solicitor in short order. Everyone now lives in fear of whatever we might say could be taken the wrong way by someone. Woke is now well-entrenched in our society, so much so that a fella has the problem of having to know how to address a person of the opposite gender, (can't say 'sex', can we?) in the event that that person is most likely to be offended, whichever term they chose. (Can't say 'he' or 'she', can we?)

I remember the unease when Mary Quant introduced the mini-skirt in the 1960s, and then raised its hem with every fashion show that followed. The very idea that young girls were prepared to reveal their stocking-tops or, heaven forbid, nine inches of bare leg above the knee, was utterly outrageous! The point I'm trying to make here is that those young lasses loved the attention that Mary Quant had brought them with her pinking shears, and they would have been mortified to walk past a building site and not get whistled at by an appreciative audience in hobnail boots and hard



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



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hat.

However, today, some of the world's couturiers are producing a product that only just manages to conceal what would cause the 1960s observers to experience a bout of heart-bursting tachycardia on the spot! A sight that must get the blood pumping in many a hot-blooded male, (or even female, I suppose), an appreciation of which is curtailed by new laws which have us biting our tongues.

No longer can we show that old-fashioned appreciation that today is forbidden by laws which are apparently designed to protect the vulnerability of those who choose to be offended, whilst flouting that so-called vulnerability for all to see, well almost, anyway!

So what can we say, see, or do, without fear of retribution from those who choose to vet and censor everything we say, see, or do? I have wracked my brain and employed every one of my aging grey cells, looking for something that isn't preceded by that now familiar Trigger Warning, telling us of the evil that awaits the unprepared.

A prime example is that it looks as if every pantomime we are now looking forward to will carry a warning of something that is a danger to our kids' health and wellbeing. Only a couple of days go, my daily rag covered a warning about Charles Dickens' 'A Christmas Carol', to prepare us for ghosts and ghoulies risen from the dead, that had us mildly scared, hiding behind the sofa when we were kids.

The scary thing is that just about everything we love to say, see, and do, is now subject to this insane scrutiny from a group of jelly-brained halfwits with nothing better to do. Actually, I have a suspicion that it's a group of Ambulance-chasers, hell bent on finding every opportunity to line their pockets from others' misfortunes. Only a thought, but it does seem strange that every breach seems to end up in court?

So, why did I begin this piece with mention of the WW2



# St Mary's Feltwell

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

## CONTACTS

### Associate Priest

Rev'd Juanita Hawthorn                    01366 728545  
[revjuanita58@gmail.com](mailto:revjuanita58@gmail.com)

### Churchwarden

Chris Parker                                01842 827152  
[cmparker@talktalk.net](mailto:cmparker@talktalk.net)

### Benefice Administrator

Fiona Hearn                                07811 782316

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

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

Please contact:

Fiona Hearn 07811 782316  
[wisseygrimshoebenefice@gmail.com](mailto:wisseygrimshoebenefice@gmail.com)

### TO ARRANGE BAPTISM

Please contact:

Tammy Wright 07717 507665  
[grimshoebaptism@gmail.com](mailto:grimshoebaptism@gmail.com)

ration book? Don't know, really, but it did seem like a good idea at the time. It was just that everything then was so tightly controlled, with penalties for the black-marketeers, that I saw a parallel with what is happening to our freedoms today. We had restrictions then, which were somewhat assuaged by the use of the coupons in our ration books, so my bright idea was to introduce a Woke Ration Book, which would allow a little latitude when the occasion required it. You could whistle at a pretty girl, but it would cost a number of coupons. You could watch old comedies such as 'It Ain't Half Hot, Mum' and the 'Carry on' series, for a price. Pantomimes, war films and James Bond would attract a suitable tariff, and when your coupons ran out, you did without, just like in the 40's and 50's.

And now, even the big-wigs in NATO have joined in. Apparently, we should no longer have servicemen and servicewomen in our forces to protect us! It would appear that they are to be known as 'Servicepersons'!

George Orwell wasn't far wrong with his prophecy in his vilified book, Ninety Eighty-Four, but there will be many who think that he had it right then, and that we are now living a re-incarnation of what Orwell warned us of , all those years ago, on the eight of June, 1949.

Heaven help us! What is this world coming to?

Frederick James

## **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.



## **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**

## CURIOS ARE BACK! NO 6

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

Answer to last month's Curio.



**A Bale Lifter.** Some combined harvesters produced very light bales which one man could lift above his head with ease. This tool could be swung in an arc to throw a light bale up onto a cart or used with heavier high-density bales which, cut

open, needed to be spread around a cattle yard. It spread the load over both wrists whereas the traditional long-handled, 2-pronged pitchfork could strain the wrist and the hand next to the 2 prongs.



### This Month's Curio.

*For a photograph of this month's Curio, turn the page.*

Anyone over fifty years of age will remember various food preparation gadgets which clamped firmly onto kitchen table tops, like this one. The ubiquitous mincing machine was one such tool, often employed on a Monday to mince the remains of Sunday roast. But such mincers were usually fed from the top and disgorged the meat from the side. With this tool the particular food was fed from the side and helped along its way with the wooden pusher. As the handle was turned so was a circular blade. To cut what?

Answer next month.

Celebrating 25 years of Feltwell's  
**'FESTIVAL OF LIGHT'**

on Friday 28th November 2025

Come and join us for an evening of music, dancing and great company!

Starting with the **GRAND CHRISTMAS LIGHT SWITCH ON**  
of the Community Tree in St Mary's Churchyard at 7 pm

Followed by  
entertainment  
from '**MISTER E**'

Donations to  
The Food Pantry  
will be much  
appreciated

Bring your own  
alcohol and nibbles

Tea, coffee, hot choc &  
mulled wine available



The Festival is also open 4pm–7pm on Saturday 29th and Sunday 30th November

Another chance to see the trees and also visit Santa in his Grotto!

If you would like to decorate a tree, the theme is 25 years in television

In Conjunction with St Mary's Church, Feltwell Community Group & The Food Pantry



Ignore the tape which is only there to hide the maker's name.

**Feltwell Dispensary**  
**NEW Opening Hours from 2nd Dec**

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

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

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

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

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

**01842 829738 or 01842 828481**

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

[www.feltwellsurgery.co.uk](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.

**A warm welcome from  
St Mary's to our Services.  
The church is open every day  
from 9am until 4pm.**



Sun 2nd Nov All Souls	Service of the Word Eucharist	3pm 11am	Hockwold Northwold
Sun 9 <sup>th</sup> Nov	<b>Remembrance</b> 	<b>10.50am</b>	<b>Feltwell</b>
Sun 16 <sup>th</sup> Nov	<b>Eucharist</b> Service of the Word	<b>9.15am</b> 11am	<b>Feltwell</b> Weeting
Sun 23rd Nov	Eucharist Eucharist	9.15am 11am	Hockwold Northwold
Sun 30th Nov	Benefice Eucharist	10am	Wretton

### **Other Services**

Every 1st Tuesday All other Tuesdays	Eucharist Morning Prayer	9.30am	Hockwold
---	-----------------------------	--------	----------

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

#### **Food Pantry Open**

Weds 9am-11.30am & Sat 12.00pm-1.00pm



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

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

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

## LATEST CONSUMER ALERTS AND TRADING STANDARDS NEWS

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

We are warning residents to be aware for scam emails claiming to be from TV Licensing. Common themes for these emails are claims that your licence is about to expire or there was an issue with your latest payment or direct debit. The emails also provide a link to enable the recipient to resolve the 'issue'.

These emails are **not** from TV 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** to be wary of claims made in unexpected email approaches and never click on links or open attachments if approached in this way.

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

Check the sender - Genuine TV Licensing emails are sent from [donotreply@tvlicensing.co.uk](mailto:donotreply@tvlicensing.co.uk) or [donotreply@spp.tvlicensing.co.uk](mailto:donotreply@spp.tvlicensing.co.uk).

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

Look for your name - If you've given us your name, then we'll always address you using your last name and title. The scammers won't normally have that information about you. So, watch out for emails that only address you as "Dear client" or "Dear customer" - or just use your email address (or part of it)

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

Check the links - Be wary of emails promising money/refunds. For example, phrases such as, "click below to access your refund", followed by a request to provide your credit card or bank details (we would never process a refund in this way). Always check links in an email before clicking or tapping them.

If you're on a computer: Hover over the link (but don't click it). This will reveal the name of the web address that you are being sent to.

If you're on a smartphone or tablet: Press and hold on the link (don't release while you are on the link). This will reveal the name of the web address that you are being sent to.

# **FREEDOM RECYCLING**

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

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



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

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

Our Domestic & Commercial use skips range from 4yd to 40yd roll-on roll off bins

Avoid the risk of fly tipping. Environment Agency Licensing means all of our waste streams are fully traceable

We give you the most Competitive Pricing - when you call us directly you get 'our' price, not a brokers!

**Prompt & Friendly Delivery**

Other Services we offer include:

Wait & Load ~ Farm Waste Recycling ~ Various Hire Durations on Request

**We make contacting us easy too!**



**01842 828888**



**reception@freedomrecycling.co.uk**



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



**Messenger**

TV Licensing offer further advice on helping you to avoid TV Licensing Scams on their website

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

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

### **Scam Alert - Fake parcel delivery messages**

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

Recent examples have included emails which claims to be from 'DPD' and state 'this is your final opportunity to claim your undelivered parcel or it will be returned to its sender'.

The message goes on to provide a link to 'rearrange delivery'.

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

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

Suspicious or scam emails can be reported by forwarding the message to [report@phishing.gov.uk](mailto:report@phishing.gov.uk)

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

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

### **Scam Alert - Online surveys to receive high value items**

We are warning residents about numerous fake emails circulating claiming 'you have been chosen' to receive a high value item in exchange for completing an online survey.

The emails, which are often branded to appear as if they come from well-known companies, contain a link to the survey which it states is required to 'claim' your item.



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1921 - 2021

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VISIT OUR WEBSITE FOR SERVICES OFFERED AND PRICE LIST  
[WWW.BOWERSFUNERALS.CO.UK](http://WWW.BOWERSFUNERALS.CO.UK)

Recent examples have included:

Emails claiming to be from Halfords offering a '200 Piece Socket & Spanner Set'

Emails claiming to be from Currys offering an 'Apple Gift Bundle'

Emails claiming to be from Aviva stating it is 'your last chance to claim your free gift'

Emails claiming to be from the RAC stating you 'can claim a free Emergency Car Kit'

Emails claiming to be from Tesco saying you can claim 'a £100 gift card'

Anyone following the links will be taken to a well-designed website carrying the same branding as the email which will attempt to gather personal and financial details as part of you claiming the non-existent prize.

If you receive this or any other suspicious email it can be reported to the National Cyber Security Centre by forwarding the email to [report@phishing.gov.uk](mailto:report@phishing.gov.uk)

### **Reporting scams**

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

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

#### [Citizens Advice consumer service website](https://www.citizensadvice.org.uk/consumer/scams)

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

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

You can also report Frauds, Cyber Crime, Phishing attempts, suspicious emails

*Continued over page*

### **SUBSCRIPTION INFORMATION**

If casual readers would like all future issues of this magazine delivered **FREE** to your home in Feltwell please contact our Distribution Manager Ian Webb on 828167.

March 25-March 26—£5 (12 issues, 2 free).

All subscriptions below 11 copies are pro rata.



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to Action Fraud, the National Fraud & Cyber Crime (NCSC) by forwarding it to [report@phishing.gov.uk](mailto:report@phishing.gov.uk).

You can report suspicious text messages received by forwarding them to **7726** a free service for you to use to report suspicious texts or calls you might receive on your mobile.

**What is 7726?** A free service for you to use to report suspicious texts or calls you might receive on your mobile.

7726 is a number that most mobile customers using UK networks can text to report unwanted SMS messages or phone calls on a mobile. The number '7726' was chosen because it spells 'SPAM' on an alphanumeric phone keypad – that's a handy way of remembering it.



## **The Food Pantry, Feltwell**

### **WHO ARE WE?**

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

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

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

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

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

### **OPENING TIMES:**

**Wednesday      9AM – 11:30PM**

**Saturday            12:00PM – 1:00PM**

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

## MISSED APPOINTMENTS @ THE SURGERY 2025

September 2025 saw **79** appointments missed, that's 11 more than in August. This represents a loss of medical care to the tune of **£2370** for the month and **1328** minutes of wasted time.

So far this year **626** appointments have been missed representing a total of **£18,780** of medical care lost. These appointments could have gone to someone else in need.

*If you cannot attend your appointment, please cancel it.*

## Lead Times for Prescriptions

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

### Ordered

Sat, Sun & Mon  
Tuesday  
Wednesday  
Thursday  
Friday

### Ready for collection

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

## ART FOR PLEASURE

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

Contact Beryl Pountney, Secretary, for details on  
01842 828750

*The kettle is always on.*



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

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

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

## A FOCUS ON RENEWING BRITAIN

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

Last month, I attended the Labour Party Conference in Liverpool.

Conference is a fantastic opportunity for the Government to set-out our ambitions and vision for the country, and the Prime Minister was very clear – this Labour Government is focused on renewal and investment, and a Britain built for all.

A Britain with Free Breakfast Clubs in every primary school, where young people can learn technical skills through a world-class Further Education system, and where the most disadvantaged students will receive grants to support them to study at higher levels to ensure opportunity for all.

A Britain where people can see NHS specialists without needing to leave their homes, and where families will be able to build a life and community in new towns with first class local GP surgeries, schools, green spaces and transport links.

As a constituency-focussed MP, conference is also a chance to meet with different national organisations to discuss matters in South West Norfolk.

A core issue in rural constituencies like South West Norfolk is transport, and ensuring connectivity – be that through infrastructure (e.g. roads, rails) or internet – is a key focus of mine. It was great to meet again with Greater Anglia to discuss train services in South West Norfolk. As a regular commuter, I know first-hand the frustration caused by delays and how crucial upgrades to Ely Junction are. Services in rural areas must be firmly on the map, and I will continue to push Greater Anglia and other transport providers to address these as a matter of urgency.

I met with the Stroke Association who I work closely with both in Parliament and the constituency, Dementia UK, and Pancreatic Cancer UK to discuss the importance of early diagnosis and health inequalities in South West Norfolk.

I also met with national charity, Scope, to talk support for the

Do you feel modern technology is leaving you behind?

Would you like to brush up your skills?

If so, why not drop into the sessions below?

**Extra sessions added for 2025:**

**7th November**

**5th December**

**10-12pm at St Mary's church.**

**Refreshments provided.**



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

Tech Skills for Life is here to help!

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

Community Tech Coaches can:

- Give you the skills and confidence to be safe online and use your tablet, laptop, or smartphone however you want.
- Help you get access to a smartphone, laptop or tablet at no cost to you.
- Help you get free mobile data or a cheaper broadband tariff.
- Teach you new skills and suggest useful things like classes or social groups.

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

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

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

disabled and the ways we can work together to ensure an equal future with disabled people.

As a passionate advocate for animal rights, I was thrilled to meet with the Animals Matter coalition, formed by the RSPCA, Humane World for Animals, Compassion in World Farming, and Four Paws, charities of which I have strong ties with, given our joint work in successfully opposing the Methwold megafarm proposal.

Farming is at the heart of much of the work I do, and I was honoured to be invited to speak at an event hosted by the National Farmers' Union. I also met with the Country Land and Business Association and the CPRE to talk protections for the countryside – a matter of huge importance here in South West Norfolk.

It was an inspiring and productive conference, with clear ambitions set that will ensure a Britain where people can see a better future for themselves and their families.



## THE BOOKCASE

### In the Methodist Chapel Entrance

Hundreds of books  
'Factual' & 'Fiction' for  
your every moment.  
OPEN 7 DAYS A WEEK,

dawn til dusk (usually) **including Children's Bookcase** with books to help children learn to read and books for Teens.

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



**PLEASE DO NOT LEAVE OLD MAGAZINES IN THE FOYER.**

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



**NEED A WILL?  
NEED PROBATE?  
NEED LASTING POWERS OF ATTORNEY?  
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## BONFIRE NIGHT LOGISTICAL

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

	Susan	Albert	Ernestine	Greg	Sparkler	Rocket	Catherine Wheel	Roman Candle	Can of Pop	Hot Chocolate	Tea	Coffee
Toffee Apple												
Candyfloss												
Baked Potato												
Chips												
Can of Pop												
Hot Chocolate												
Tea												
Coffee												
Sparkler												
Rocket												
Catherine Wheel												
Roman Candle												

Four friends go to a Bonfire Night fireworks display. Match the friend to their favourite firework, their snack and their drink.

### CLUES

- 1 - The man who likes Sparklers didn't drink Tea, the Tea drinker likes Rockets.
- 2 - Ernestine enjoyed the Roman Candle whilst eating Candyfloss.
- 3 - Greg likes Catherine Wheels, he didn't eat Chips.
- 4 - The person who had Hot Chocolate ate something savoury and doesn't like Catherine Wheels.
- 5 - Albert, the person who ate the Chips, the person who drank Pop and the person likes Catherine Wheels are all different people.



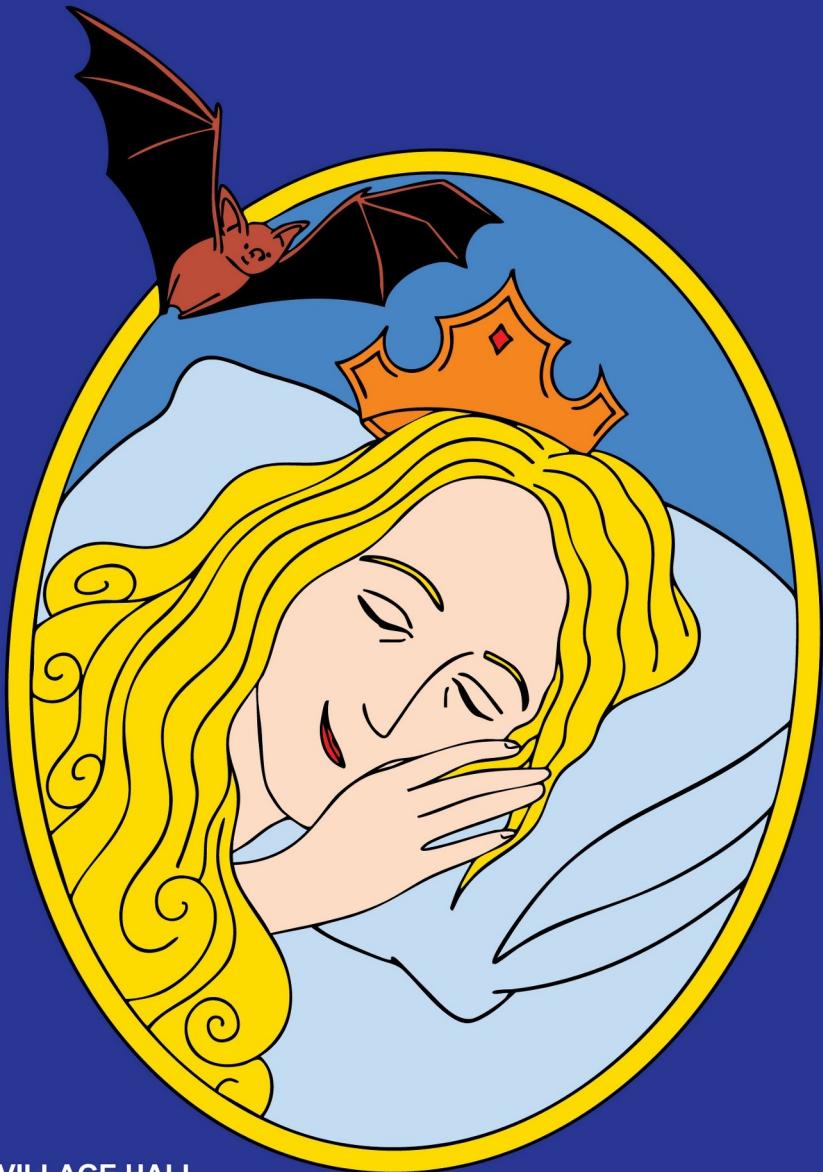
Answer me this:

Who are Flo Gas and General Waste?

THE VILLAGE PLAYERS PRESENT

# SLEEPING BEAUTY

A 'SPOOKTACULAR' PANTO



**NORTHWOLD VILLAGE HALL**  
Saturday 6th December - 7pm  
Sunday 7th December - 3pm

**GREAT CRESSINGHAM VILLAGE HALL**  
Saturday 13th December - 7pm  
Sunday 14th December - 3pm

**FELTWELL METHODIST HALL**  
Saturday 20th December - 3pm  
Sunday 21st December - 3pm

Adults - £8  
Children under 12 - £6  
Family ticket of 4 - £24

For tickets and more info please contact:  
Rosie Pye on 07753 439803

Or email:  
[thevillageplayers@outlook.com](mailto:thevillageplayers@outlook.com)

## WORD SEARCH

Submitted by Mrs J. Clements.

This month our word search is on **PARTS OF THE BODY**

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.***

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

ADRENAL GLANDS

APPENDIX

BLOOD CELLS

BRAIN

DIAPHRAGM

EARS

EYES

FALLOPIAN TUBES

HYPOTHALAMUS

KIDNEYS

LIVER

LUNGS

MOUTH

NASAL CAVITY

PHARYNX

PROSTATE

SKIN

SPINAL CORD

SPLEEN

STOMACH

THYMUS GLAND

THYROID

URETERS

UTERUS

*The solution is  
on page 76*

# St. Mary's Festival of Light

**25<sup>th</sup> Anniversary**

**Saturday 29<sup>th</sup> and  
Sunday 30<sup>th</sup> November**

**Theme “25 Years of Television”**



**2000 saw the installation of the floodlights at St. Mary's Church and to celebrate the switching on the first Festival of Light was held.**

**The event has grown bigger and better as time has gone on – let's make this 25<sup>th</sup> year extra special.**

**Christmas Trees in St. Mary's are decorated by local organisations, businesses, friends and families. If you would like to take part or find out more information I would love to hear from you.**

**Further details, including Santa's visiting times will be in next month's magazine.**

**NEW**

**BADMINTON AT ST. MARY'S**

**NEW**



**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.**



# Feltwell in Bloom

Making Our Village Beautiful

As we move into November, the days are shorter and the nights longer. Our volunteers have been busy over the last few weeks changing the annuals in the tubs to the winter blooms and bulbs we hope will flower well. We have also installed six new tubs around the village (please offer to sponsor these if you can) during the Autumn. It is becoming difficult to know which type of our more naturally acclimatised plants will do well in our gardens, baskets and tubs because of climate changes. We will be looking at which plants have blossomed well this summer and making some changes to those which have struggled. The salvias have given the tubs two shows of beautiful blue blooms and the petunias have also been superb this year. There are many others, such as geraniums, which have withstood the dry and very hot conditions well. Perhaps some of the tubs will need more of these types of plants next year. If you have any ideas for future planting, please let us know.

Thank you to all of those who have shown their appreciation for our efforts during the year. It gives our volunteers a boost and we do enjoy talking to you as we work on the tubs. Also, some of you have passed your thanks to us in different ways. All of these are welcome.

Our group continues to grow. Everyone is welcome to join us, whatever your ages, physical abilities or knowledge level.

Enthusiasm and ideas count for a lot in the group. We will not be meeting until February now but continue to stay in touch with our sites for further news on our activities.

Finally, even though we are moving towards the coldest time of the year, we need to remember that Winter can also be quite dry, so don't forget to continue watering your tubs and pots during the season.

Contact us on the following platforms:-

Facebook: Feltwell in Bloom      Email: [feltwellinbloom@yahoo.com](mailto:feltwellinbloom@yahoo.com)  
Or phone Rita on 07785345614

## The Atmere Charity

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

It also helps for severe chronic illness in younger people.

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

The applicant MUST be a Feltwell resident.

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**SUNDAYS – 11.00am – Noon – Community Fellowship group**  
our day to relax and reflect on our lives, where they've been and  
where they should be going with guidance from The Holy Bible.  
Songs, Prayers & Refreshments available.

## **CHRISTMAS EVENTS**

**Our Christmas Cream Teas are back again this year.**  
**To be sure of your treat it's best to book your ticket early. Only £2.50 each**

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Community Hall**

## **“SLEEPING BEAUTY SPOOKTACULAR”**

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December**

**Tickets Adults=£8,  
under 12s=£6,  
Family of 4=£24**

**Tickets sold fast last year  
Book early to be sure of a  
seat**

*Continued on page 49*



# Your Good Health

by Dr Ian Nisbet

Our long hot Summer is sliding rapidly into Autumn and Winter. Lots of rain so the lawn is happy again. In the early Spring, I grew tired of all the really coarse meadow grass which had infested my lawn, having blown in like a snowstorm from the neighbouring fields. So, very carefully, I sprayed the meadow grass, only spraying the meadow grass, and then I watched the meadow grass die, accompanied by a 12 – 18 inch circle of good grass which had somehow been affected. Not to worry, I thought, the good grass will recover and will repopulate the entire area, including the bit where the meadow grass had been. I spent most of the Summer looking at about 30 massive brown patches in the lawn until I accepted that the repopulation would not happen.

I wielded my semi circular lawn edge cutter and dug out all the patches, about a week's work, leaving holes a couple of inches deep which I back-filled with topsoil and then re-seeded. Happily, everything worked out well and I now have a beautiful green lawn, weed-free after repeated selective weedkilling. I have mown the lawn this morning and discovered a few more clumps of meadow grass which will receive the aforementioned treatment and I also discovered my old arch enemy – MOSS! – which has gained a foothold in the past 10 days. Out will come the Iron Sulphate this afternoon. I bought several kg of the stuff while I was maintaining the lawn at Feltwell.

The Winter colour plan is working well and I have some massive white pompom dahlias

which are about 4ft tall, and several red and yellow shorter versions. The Alstroemeria have recovered from the dry Summer and I have just bought some Winter colour bushes and I am planting them this week. I have 120 winter colour plug plants growing well so we should have a colourful winter. A lot of those will go into my window boxes and beds at the front of the house. I find it all very therapeutic while I wait for my prostate radiotherapy

I have my 80th birthday later this month and I think Calum is arranging a bash, funded by all the children. Watch this space.

I am now working hard on my new photobook which will cover the time from 1986 when Deannie and I married, to the end of 2022 when she died. It will be 200 page book and its construction will take several months. The latter years are relatively easy because all the pictures are on camera cards and memory sticks and are easy to upload. However, the early years' photos will have to be scanned from albums and

edited – a much more laborious process.

Spoiler alert! There follows some slightly indelicate humour: A 5 year old boy watched a TV programme about an emperor who had seven wives. He said "Mummy, I want seven wives; one will cook for me, one will read to me, one will go for a walk with me, one will sing for me, one can bathe me, one will take me to school and the other can collect me from school. However, Mummy, I still want to sleep with you. His mother's eyes filled with tears and she said "My sweet son" before asking her son who would sleep with the seven wives. "Oh, that's easy" said the son "they can sleep with Daddy". His eyes filled with tears and he said "My sweet son".

Three women friends, one is engaged, another is a mistress and the other has been married for 20 years. They decided to spice up their relationships by greeting their homecoming partner wearing only sexy underwear. The first two ladies were enormously successful (the mistress met her

# Walking on Air

07596157826

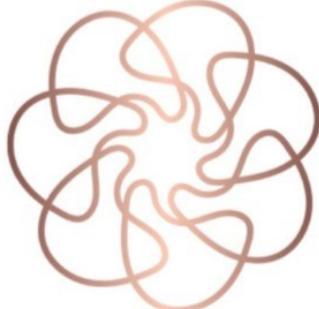
D.T.Byrne MCFHP MAFHP

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

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man at his office) but the married lady was not so successful. She had chosen to wear black underwear, black stockings, stilettos and a mask over her eyes. Her husband came through the door, said "Hi, Zorro, what's for dinner?" before sitting down and turning on the television.

Two wives had a good evening drinking and, while walking home, had to relieve their full bladders in the local

cemetery. They had to wipe themselves. One used her underwear and the other used a wreath. The two husbands met the next day. One said "I'm not happy, my wife came home with no underwear". The other replied "My wife had a card stuck to her buttock saying "From all the guys at the fire station, we will miss you".

Best wishes to you all.

Ian Nisbet

*Continued from page 41*

**Sunday 16 Nov – Rev Paul Critchley will share Holy Communion**

**Sunday 30 Nov – Mrs Joella Nash—introducing ADVENT 2025**

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

Find us by scanning this QR code on your Android or iPhone.



We can be contacted on Facebook, Messenger or mobile 07712578721 or by email

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

## **SOME POLITE REQUESTS FROM THE PARISH COUNCIL FOR RESIDENTS**

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- Please trim overhanging greenery back to your boundary.**



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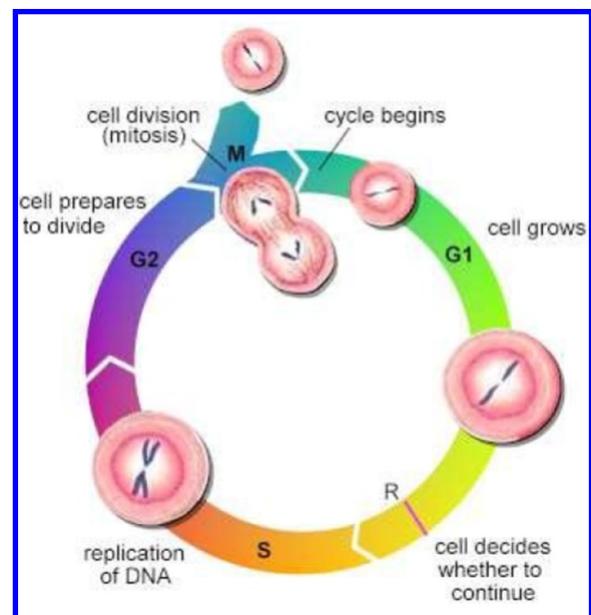
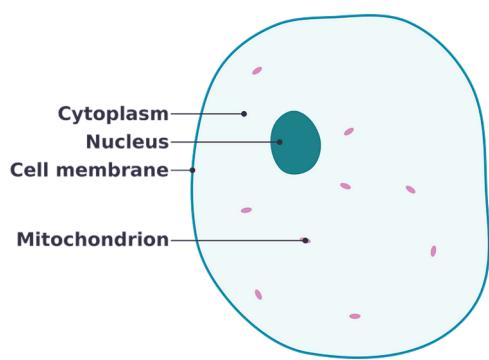
The speaker for our October meeting was yours truly and I delivered a talk entitled "From 1 to 36 trillion" which was all about how we grow from a single cell, a fertilised egg, to an adult.

The answer is through a process called cell division or Mitosis. (Some readers may recall being taught this is your Biology lessons.) I began by a brief refresher on the structure of

a typical animal cell as seen under a light microscope and explained that mitosis is required for growth, repair and development and that when a cell divides it produces two exact copies of itself.

Then we looked at the process of Mitosis and where it fits into the Cell (Life) Cycle. When a cell is NOT dividing we say it is in INTERPHASE, undergoing activities to get ready to divide. The most important activity is replicating its DNA which is found in its chromosomes located in the nucleus. Why is this necessary? Because without duplicating its chromosomes each of its 'daughter' cells would only have half the number of their parent. And so on through the generations which, if you think about it, would result in cells having smaller and smaller bits of DNA and would, therefore, be unable to survive.

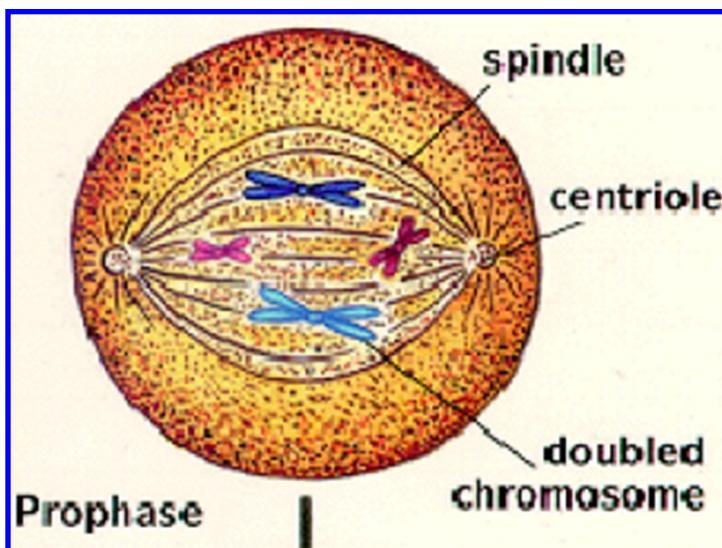
A newly formed daughter cell is half the size of its parent (the parent has split in two) and has, firstly, to grow in size. At some point it has to 'decide' to divide or not. If there is space to divide into (say, a cut in the skin which needs to grow to heal) then it will begin replicating its DNA (doubling the number of chromosomes it has). Human cells



have 46 chromosomes, a cell about to divide has 92.

Now the fun begins! Mitosis is a continuous process and as such it is difficult to identify different 'phases' in it. The names that follow are based upon the appearance of the chromosomes at different points in the process.

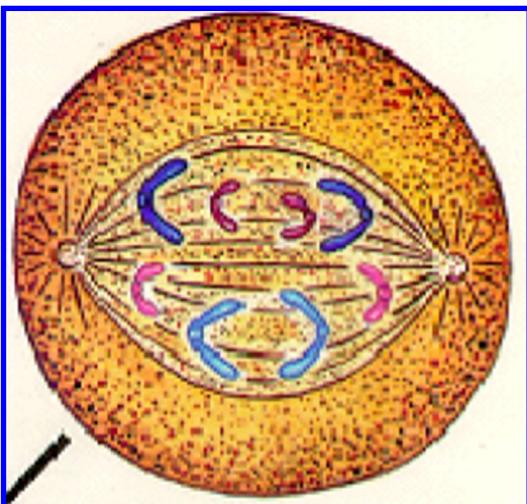
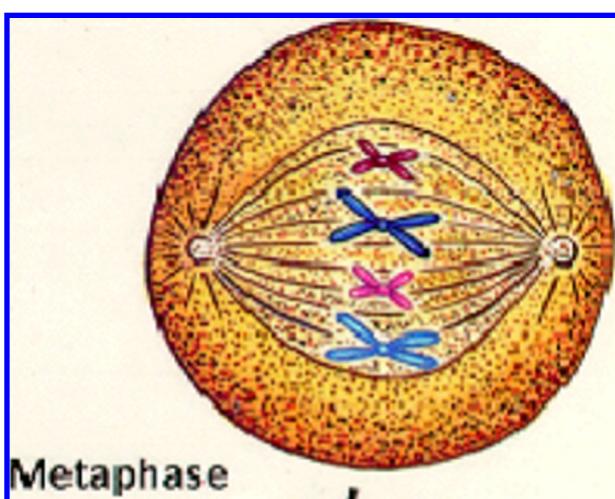
**Stage 1—Prophase.** Chromosomes, which are very difficult to see in



Interphase, shorten and thicken and can be seen as pairs. I demonstrated this by twisting a single piece of string. As you do so it coils and the coils coil and the length of the string appears to get shorter and thicker. (Try it for yourself and you'll see what I mean.)

A scaffold of microscopic tubes grows across the cell and the membrane around the nucleus breaks down. The replicated chromosomes attach to the scaffold.

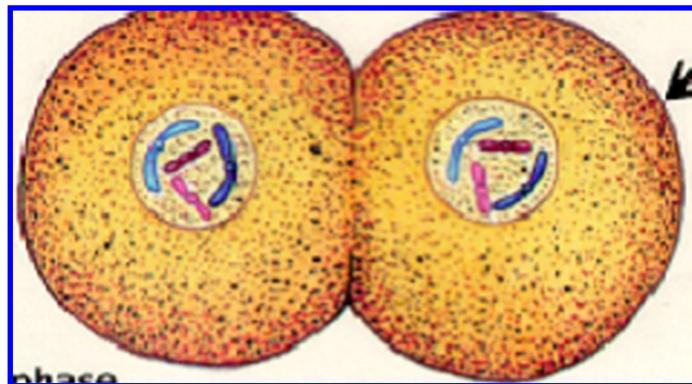
**Stage 2—Metaphase.** The chromosomes line up at the equator of the cell.



**Stage 3—Anaphase.** The chromosomes separate and move to opposite ends of the cell.

And finally, **Stage 4—Telophase.** (See over.) The scaffolding disappears, a

new membrane grows around each nucleus enclosing the chromosomes which uncoil and become indistinct. The cytoplasm splits (this we call cytokinesis) and we have two new daughter cells.



I then showed photographs of the process in both animal and plant cells and finished off with a film of mitosis happening. (There are several available on YouTube should you wish to view one.)

I said earlier that a cell can 'decide' to divide or not. If not, it remains in a resting state. This depends on a number of factors. Is the organism, of which the cell is a part, still growing? Is there space to divide into? Does an injury need repairing? Etc. However, should this control mechanism break then the cell will undergo one division after another after another and you end up with a cancerous growth, a tumour. A tumour is simply a mass of cells formed from out-of-control cell Mitosis. Tumours come in two types. **Benign tumours** are an abnormal mass of normal cells that remain at the original site whereas, **Malignant tumours** are abnormal rapidly dividing cells. And on that happy note I finished to polite applause and a very good Full English breakfast.

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

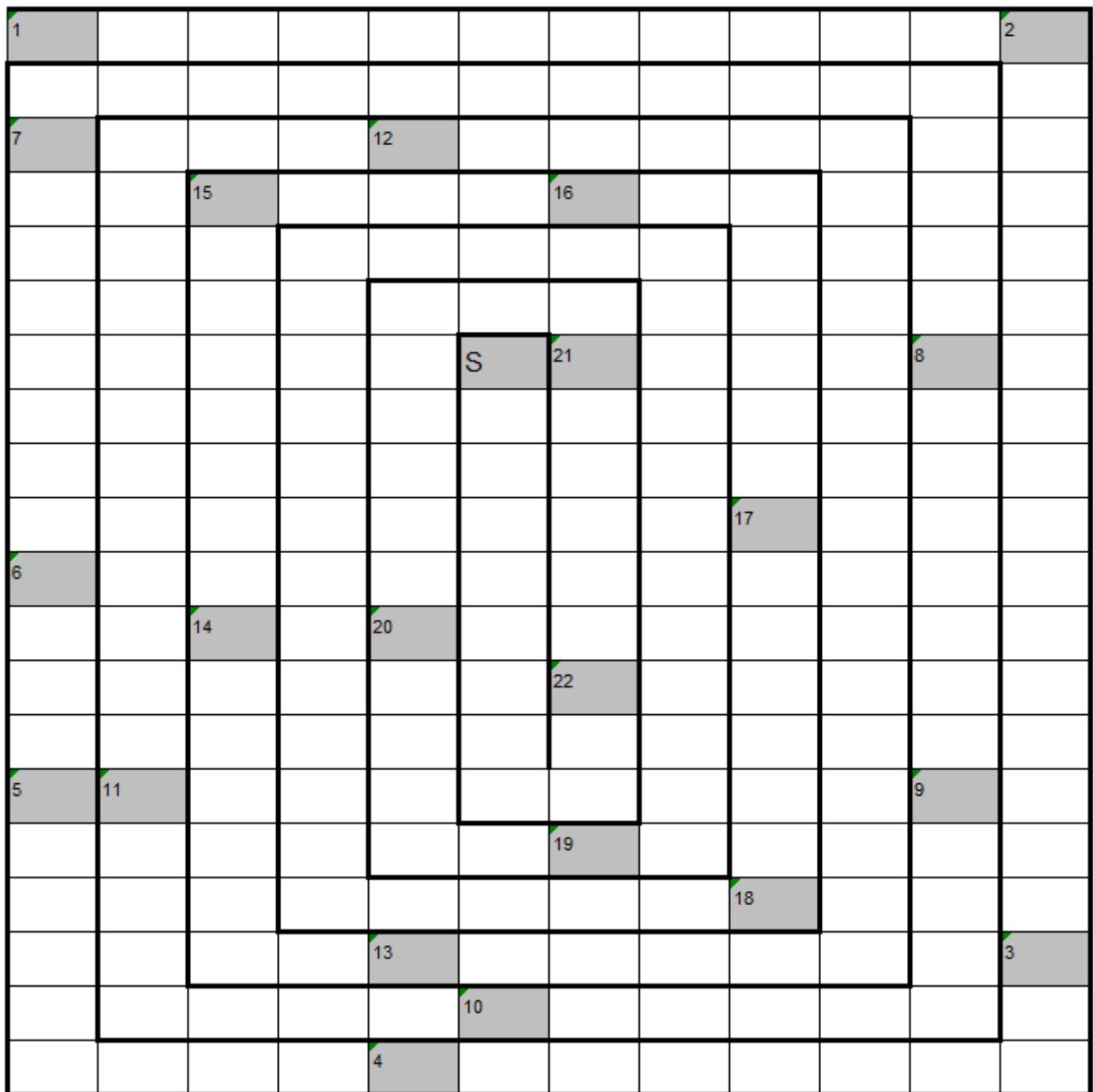
New members are always welcome. If you would like to join us then either call The Wellington and book on 01842 828224, before 4pm on the previous Wednesday, or email the Club coordinator Paul Garland at [garlandp@btinternet.com](mailto:garlandp@btinternet.com).

Our next meeting will be on Saturday 1st November. Our speaker will be the ever entertaining and informative Kevin Boardman who will tell us about the Wright Brothers in a talk entitled, *They taught us how to fly*.

## 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 16th Century religious revolution (11)
- 2 U.K. Prime Minister from 1937-1940 (7-11)
- 3 A person who has excessive interest in or admiration for themselves (10)

4 Conform (3-3-4)

5 Provide with a quality, ability, or asset (5)

6 Archaic laundry device (9)

7 This British fighter aircraft was built in 1944 and retired in 1950 (2-9-6)

8 Defiant (9)

9 **SONGS:** This was a hit for the '*Eagles*' in 1972 (4-2-4)

10 A type of Tuna fish (9)

11 **FILM:** A 2006 film where a new security guard and a curse all result in chaos in a building (5-2-3-6)

12 Abbrev; M.A.S.H. full (6-4-8-8)

13 An adjective meaning very foolish (9)

14 On screen caption (9)

15 This black and white diving duck is a winter visitor to the UK (5)

16 Research model (9)

17 Charged with excitement (8)

18 **MEDICAL:** Abbrev; C.O.P.D. in full (7-11-9-7)

19 **PLANT:** This plant is commonly known as the *Pineapple flower*' but what is its botanical name (7)

20 Superbly (10)

21 A large peninsular south west of Mexico (7)

22 A jukebox, originally one operated by the insertion of a coin (11)

*This month's Word Trail solution is on page 79.*



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*From the September replies via the automated post-appointment 'Friends and Family' NHS request system come the following comments, all of which are anonymous. What follows is a selection from both the positive and negative comment lists with the surgery's answers. There are far more positive comments than negative ones.*

A very good surgery, unfortunately with the cutbacks, there's a bit of a shortage of doctors! However, the surgery as a whole, including, receptionists, dispensary and all staff are extremely helpful and supportive. It's still the best surgery in the area.

I'd be more than happy to recommend to anyone to get there doctors care at Feltwell surgery. Everyone is so pleasant all the doctors and nurses I have seen are brilliant every time.

Not sure I would recommend at this stage, not even sure myself after waiting over an hour for our first consultation with GP was not advised at reception of any delay, when we booked in nor was we made aware of delays, no reasons given or apologies for long delay by anybody.

We will remind reception staff to try to keep an eye on the waiting **Response** times and keep patients updated if there are delays.

I do not like unqualified receptionists presuming a condition that may be serious and sending me miles up the road to seek treatment for something I may or may not have. What is the point of the surgery if you cannot see a qualified nurse or doctor? I also do not like discussing my personnel health with a receptionist that should be confidential with my doctor?

We don't have any unqualified receptionist staff. Our staff are fully **Response** qualified care-co-ordinators and are trained to triage all requests appropriately and professionally. They work as part of our larger clinical triage team. This is a necessity in this day and age. The doctors are not able to triage all calls in addition to running full clinics. All staff are trained in confidentiality here at the surgery.

# FELTWELL BOWLS CLUB



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# West Norfolk Aviation Society

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

Our speaker tonight was Keith Mutton who is managing director of Phoenix Bird Control Services Ltd. He is responsible for bird control at



**W.N.A.S**

amongst others RAF Lakenheath. Keith has been involved in training birds since he was a child commencing initially with the humble Pigeon. He went to great lengths to explain that to hand rear a bird for this type of work is very intensive as to keep the bird from screaming the house down each time its fed, think Springwatch, the bird has its food delivered when its asleep and in that way it doesn't need to compete for any food

available and believes it just arrives... think Deliveroo! For our edification Keith brought an Indian Lagger Falcon (see picture), a Peregrine Falcon, a Barn Owl and a European Giant Eagle Owl which he presented to us. It was truly fascinating to see such magnificent birds and his love and enthusiasm for his birds were obvious to all in the room. He pointed out that the eagle owl has one ear higher than the other to aid its direction finding for its prey and the Peregrine Falcon has special 'flaps' to cover its nostrils to stop its lungs bursting when diving at speed up to 200 mph!

He had many stories as you might expect but the best one was when many years ago he lost a bird in fog and put out an appeal on local radio. A guy from Anglian Water phoned in to state that a bird was trying to get in his van through the side window each time he went along a stretch of road. Keith went to look and sure enough it was his bird, the van they were both using was identical and Keith trains his birds to exit and enter moving vehicles via the side windows to minimise time spent on busy runways!

This was a fabulously interesting talk on a different but vital aspect of aviation (bird strikes are a huge danger to aircraft) and a big thank you to Keith for taking the time and trouble to speak to us and how privileged we were to see his beautiful feathered friends.

Mark Burch, Stand In Scribe, WNAS



Methwold Theatre Club



# Give us a sign

by  
Tony Domaille

Friday 14<sup>th</sup>  
Saturday 15<sup>th</sup>  
November

Performance begins 7.30pm.  
21 Room, St George's Hall Complex,  
Methwold IP26 4NT

Licensed Bar

Tickets 01366 727526  
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[methwoldtheatre@gmail.com](mailto:methwoldtheatre@gmail.com)

[www.facebook.com/MethwoldTheatreclub](https://www.facebook.com/MethwoldTheatreclub)

Tickets are on sale for our next performance – **Give us a Sign** – however, due to unforeseen circumstances, we can now only present it to you on Friday 14<sup>th</sup> and Saturday 15<sup>th</sup> November, **NOT Thursday**.

It's a very funny play so don't miss out. Contact us to book, call 01366 727526; Email [<methwoldtheatre@gmail.com>](mailto:methwoldtheatre@gmail.com)

## Breckland Branch



I recently had a telephone call from a lady who adopted a kitten from us just over a year ago. The kitten now 16 months old and was critically ill. Her owner had noticed her become lethargic and off her food so took her to the vet. She was immediately referred to Dick White Referrals, a specialist vet just outside Newmarket. When they saw her, they described her as 'not compatible with life' The cat was grossly anaemic. The anaemia is measured by the PCV, which stands for Packed Cell Volume. The red cells should take up about a third of the blood volume in cats, other animals and humans. The other 2 thirds is taken up by the white cells, platelets and serum that the cells float around in. In this poorly cat the reds cells took up just 4 per cent of the cats blood, rather than 30 per cent. The cat was suffering from Auto Immune Haemolytic Anaemia, which means her immune system had gone into overdrive and was destroying her red cells and also any red blood cells from donors that were transfused into her.

The cat was immediately transfused with blood from a donor dog probably because the vets had to get some red cells into her before her heart gave out, as it wouldn't have anything to pump. Dogs blood can be used once, but not again, as the cat's body is likely to make antibodies to the dogs blood, which could cause severe problems if the transfusion is repeated. She then had blood donated from the owner's other cat, so two transfusions altogether, and started on a strong regime of corticosteroids to stop her immune system from destroying her red blood cells.

Thankfully the drugs kicked in quite quickly and after a few days, the cat was well enough to go home. When any cat is adopted from us, the new owners get four weeks free pet insurance with Pet Plan. We always recommend that this is continued as vet fees can be very expensive. Fortunately the owner did keep up with the insurance, and the bill so far is £6000. The owner will only have to pay the excess, which for a young cat is £80. It just goes to show the

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Touch You with My Hands, But I Will Feel You  
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[www.marks Skinnerfunerals.org.uk](http://www.marks Skinnerfunerals.org.uk)

importance of insurance for animals. You think the insurance won't be needed until the cat is older, which is usually the case, but this cat was a young adult and you never know what's around the corner.

Cats can be blood donors for other cats, providing they meet the criteria needed. They must be younger than 8 years old, and weigh 4kg. They should also be fully vaccinated and be up to date with boosters, and flea and worm treatment and they can't have left the UK at any time. The cat must be easy to handle as he would have to lie still while the blood is taken from him. They usually take around 55mls of blood from an adult cat and immediately give the donor cat the same amount of fluids to make up the blood volume. As with humans they can donate blood every 4 months. If you think your cat could be a blood donor, tell your vet and they will take your details in case there is a cat in need of a transfusion at some stage, and then they will be in touch with you. The blood of the donor cat must be the same blood group as the recipient. Cats have 3 blood groups, A, B and AB. The cat in question was Group A.

However the continuing drugs don't come cheap, and it will cost the owner around £300 a month unless she can find a cheaper option than the vets. There are companies that you can buy animal drugs from, but you must have a prescription from your vet.

Rita Thompson.

Breckland Branch.

## **GARDEN MACHINERY SERVICED AND REPAIRED**



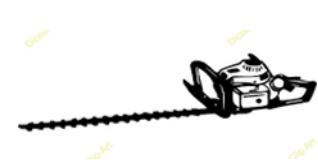
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# RSPB Lakenheath Fen

## THE MOTHS AND BUTTERFLIES OF NOVEMBER

It's all too easy to think that now that the days are getting shorter and the temperatures colder that we have seen the last of the beautiful moths and butterflies that brighten up our walks and our gardens, but there is plenty still to see.

Some garden plants like salvias, buddleia, ivy and asters will flower well into November and will attract more robust butterflies like Comma, Peacock and Brimstone. These species are capable of hibernating through the coming winter but they will be keen to feed up on nectar on warmer days, a bit like the new queen bumblebees who will also be visiting our gardens.

In our moth trap on the reserve we will expect to see a whole range of beautiful moths whose colouring and patterning matches autumn colours perfectly- so that when they rest by day amongst the trees they are well hidden from predators. We will see species like Mallow - a larger, triangular brown moth with fine bars across the wings, as well as the sallows-

these are a group of moths that come in beautiful shades of yellow, orange, rosy pink and warm browns.

One species of moth you may see when you are out and about is the Feathered thorn- these are quite easily disturbed by people when walking in the



**Mallow moth**

Photograph by Katherine Puttick,  
ex-Warden at RSPB Lakenheath



giving  
nature  
a home

## Events at RSPB Lakenheath Fen

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

### Treasures of the Moth Trap

28 November, 27 February (10am to 11am)

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

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

### Wild Wetland Winter Guided Walks

Sundays 23 Nov, 11 Jan (9:30am-12:30pm)

Wrap up warm and join us to see the best that winter has to offer. We will be looking for seasonal highlights with our knowledgeable guides on this beautiful reserve!

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

### Raptors in the Reedbed

Sunday 25 January, Saturday 14 February 2026

Watch the reserve come to light as darkness falls, and birds of prey gather to hunt or roost in the reedbeds.

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

### Winter Walking Safari

Sunday 8 February 2026 (9:30am-3:30pm)

Many parts of the reserve aren't usually open to the public, and this behind the scenes tour provides a great opportunity to see the wildlife hiding out in pools and reedbeds which aren't visible from the current visitor trails. This walk is just over six miles long, and will include a visit to Botany Bay SSSI.

RSPB members £20 (£10 for Under 18's); non-RSPB members £25 (£12.50 for Under 18's).

woods as they tend to settle on leaf litter and low vegetation which we might brush past. They get their name because the males have very well-feathered antennae- these pick up the female moth's pheromones (hormones that only members of the same species can detect) so that he can find her through the darkness of an autumn night.

If we are lucky, we may even catch a *Merveille du jour*- a stunning lichen-mimic moth whose name translates from French to 'marvel of the day'. They migrate to the UK from Europe so we don't see them every year- but when we do it is a real treat.

It's also not too late to spot dragonflies in November too- we expect to be able to still see Common darters this month- these are a smaller species where the males are bright red and females pale brown. They are quite sociable as far as these territorial insects go- you can often spot several together on a fence post or bench, keeping an eye out for their smaller insect prey, or for other passing dragonflies. Migrant hawkers will still be around too- with our milder winters these now breed in the UK (they used to be solely migrants) and they are a bit bigger than Common darters- and a beautiful mix of black with blue and green spots and stripes.

When you get out and about this Autumn, do keep an eye out for insects if the weather is warm- they will be taking advantage of the better days as we will too.

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

### **A Timely Reminder from Anglian Water**

It might be spooky season, but scary items are flushed down loos and plugholes all year round.

Wipes are the most troublesome tricksters, with around half a million wipes being flushed into our region's sewers every day. These don't break down like toilet paper - they clog pipes and force wastewater back through loos and manholes.

80% of these costly blockages could be avoided by only flushing the 3Ps: pee, poo and paper. For everything else - just bin it.

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## FELTWELL BOWLS CLUB



The indoor bowls is now well underway. We now need to get used to the smoother, flat carpet surfacing which, to make it more so, had just been stretched. It will take two to three weeks to get used to.

Two or three members have joined the RBL short mat bowls held on a Thursday evening to try and keep their hands in.

The coffee morning held on the 4th October was well supported with the club room full to the brim. A quiz was held, run by our Quiz Master, and was enjoyed by all present. A handsome amount was made to add to the new project.

Total club league results:-

We played a total of 35 games, Won 15, Lost 12, and Drew 6.

The results are as follows :-

Rosie Smith	Shots for: 773. Shots against: 774. Points: 114
Ashill	Shots for: 599. Shots against: 575. Points: 49
Dave Allen	Shots for: 153. Shots against: 166. Points: 17

We came 7<sup>th</sup> in the Rosie Smith, 5<sup>th</sup> in the Ashill and bottom in the Dave Allen

If you are unable to join the Club maybe you can help out by "easyfundraising" See advert, it costs nothing to join.

### **COMING EVENTS**

Quiz night, Saturday 1<sup>st</sup> November 7 for 7-30pm. to be held in the large room in the RBL.

Coffee morning, Saturday 13<sup>th</sup> December to be held in the Club room or the large room in the RBL.



The patient was given an enema for constipation, which was effective in relieving his headache.

*With thanks to [forum.facmedicine.com](http://forum.facmedicine.com)*



## Raise FREE donations for

Feltwell Bowls Club

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## MOBILE LIBRARY TIMETABLE—THURSDAYS

Stop Name	Arrival Time	Departure Time	Postcode
Wilton Road	14:25	14:35	IP26 4AY
Fairfield Way	14:40	15:00	IP26 4AT
Church	15:05	15:35	IP26 4DA
St Nicholas Drive	15:40	16:00	IP26 4DW
Munson's Lane nr junction with OMR	16:05	16:25	IP26 4DE
Hereward Way	16:30	16:50	IP26 4BP

### Upcoming Dates

27 November

No visit in Dec.

22 January 2026

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

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

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**NEWS FROM THE PARISH COUNCIL**

A Meeting of the Parish Council was held on Monday the 13th of OCTOBER 2025 in the British Legion, Long Lane. 10 Councillors and Ms Vikki Quamina (Community Liaison Advisor at RAF Lakenheath) attended

11 members of the Airmen Leadership School at RAF Feltwell recently volunteered their spare time to help clean up St Mary's Churchyard. Sgt Samantha Ballard of Detachment 4, Space Force at RAF Feltwell is delighted to be representing USAF at Feltwell's Remembrance Sunday. New email for those wishing to fly drones around the airbase is 48OSS.drone.lakenheath-feltwell@us.af.mil, please allow 14 days for requests to be approved. 494th and 493rd Sqns returned safely from recent deployments. The Communications Sqn have been doing some maintenance work following complaints of white noise coming from the speakers during the Combat Readiness Exercise. An EOD visit is tentatively being looked at for February 2026 for up to 20 people to attend.

Mr Storey said the focus at Norfolk County Council and the Borough Council was still on local government reorganisation and both had submitted their decisions to the Government. He emphasised the importance of Norfolk residents having their say by completing the Government's consultation expected this November. Election for a new Mayor for Norfolk and Suffolk will take place in May 2026 coinciding with NCC elections. NCC won't disband until after this date and BCKLWN may exist for another two years. All information can be found on the NCC and BC websites.

No date yet for the Network Safety Team's visit to look at improving safety at Hill Street junction with St Mary's/The Beck and change of priority at Short Beck/Long Lane/High Street.

SAM2 data collected over a four week period:- 26814 vehicle movements past The Beck SAM2 (20 mph zone), highest

## **FELTWELL FUEL ALLOTMENT CHARITY**

If you can answer “YES” to the following two questions you may be eligible for a **Winter 2025 Fuel Payment** from three Feltwell charities.

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

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

The Feltwell Fuel Allotment Charity does its best to maintain a list of qualifying recipients but relies heavily on local knowledge. The list is also used by the Trustees of the Atmere and De 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.

## **ADVERTISING RATES**

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

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

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

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

**Our advertising year runs 1st Apr to 31st March**

**If you would like to place an advert in this magazine please contact our Advertising Manager: Currently a vacancy exists**

**In the interim email the editor at: [garlandp@btinternet.com](mailto:garlandp@btinternet.com)**

# NEWS FROM THE PARISH COUNCIL

speed recorded was 65 mph at 6.30 pm on 25th July and average speed recorded was 23.4 mph. 10220 vehicle movements past Hythe Road SAM2 (30 mph zone), highest recorded was 45 mph at 10.35 am on 17th July and average speed recorded was 24.5 mph. Clerk said she had received a complaint regarding speeding along Wilton Road and was asked to look into costs for a solar speed sign, possibly to be part-funded via the Parish Partnership Scheme or Mr Storey's Member's Budget.

Deteriorating and dangerous condition of Southery Road was reported again to Highways. They attended immediately but repairs are not believed to be adequate particularly as the Wissington Sugar Beet campaign is about to start. Residents are encouraged to report any Highways issues to NCC via their website [www.norfolk.gov.uk/highwaysproblem](http://www.norfolk.gov.uk/highwaysproblem)

Complaints have been received about vehicles parking too close to junctions in the village causing visibility obstructions for drivers exiting them. Residents are kindly requested to be mindful of this and either park in their own driveways or further back from the junction.

Clerk is continuing to pursue Terry Jermy MP and Freebridge re the empty property on Old Methwold Road.

All playing field tree work identified in the Tree Survey was carried out 18th September by K C Peckham.

New Financial Regulations were adopted. Privacy Policy was reviewed and amended.

Insurance renewed with Zurich Municipal at a cost of £2177.05. Street light energy supply renewed with SSE on a one-year contract with a projected spend of approx. £6300.

Mrs Peckham and Mr Rayner will continue to represent the Parish Council on the Sir Edmund de Moundeford Trust for another four year term.

Mrs Wilson is arranging another event offering residents

01842  
828481

## FELTWELL SURGERY OPENING

8.00am - 6.30pm Mon-Fri only

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**Extended Hours for Appointments Only**

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

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

In a genuine emergency you should call **999** and ask for an ambulance.

Chest pains and / or shortness of breath constitute as an emergency.

## WORD SEARCH SOLUTION

**NEXT MONTH'S WORD SEARCH WILL BE ON  
TV CHANNELS**

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

financial help and advice for keeping warm during the winter months which will take place on Wednesday 7th January 2026 at St Mary's Church. BCKLWN 'Beat Your Bill's' Roadshow will attend as well as Age UK and the Carers Charity.

### **Polite requests for residents:-**

- **Please trim overhanging greenery back to your boundary**
- **Please be mindful of parking too close to junctions**
- **Please deposit any glass waste into the bottle bank on the playing field as the Parish Council obtains recycling credits for every tonne collected**
- **Please do not bulk tip dog waste in the village dog bins. Bagged dog waste can also be deposited in domestic black wheelie bins and village litter bins.**

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

The next Parish Council meeting will take place at the British Legion on Monday 10th November 2025 at 7.30 pm. Everyone is welcome.

### **Feltwell Historical Society - programme 2025**

We meet at the Wellington, 7pm, 3rd Friday of the month  
Dec. - St. Nicholas Church - Carols by Candlelight TBA

This magazine is printed by **Limetree Printing**,  
Unit 5 Trafalgar Industrial Estate, Downham Market, PE38 9SW  
**Phone:** 01366 383989

# **METHWOLD SPIRITUALIST CHURCH SPIRITUALIST SERVICES**

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

**"Due to unforeseen circumstances The  
Methwold Spiritualist Church Services will  
be cancelled until further notice and  
apologise for any inconvenience caused."**

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

~~Entrance donation £3. Evening of Clairvoyance £5 (towards costs)  
(Ample parking at rear) For further information ring 01366 727160~~

## **BONFIRE NIGHT LOGISTICAL SOLUTION**

Susan	Chips	Tea	Rocket
Albert	Baked Potato	Hot Chocolate	Sparkler
Ernestine	Candyfloss	Can of Pop	Roman Candle
Greg	Toffee Apple	Coffee	Catherine Wheel

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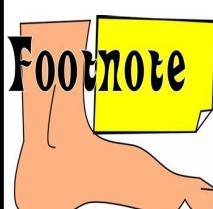
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## WORD TRAIL SOLUTION

<sup>1</sup> R	E	R	F	O	R	M	A	T	I	O	<sup>2</sup> N
E	H	A	V	I	L	L	A	N	D	H	E
<sup>7</sup> D	S	E	U	<sup>12</sup> M	O	B	I	L	E	O	V
R	U	<sup>15</sup> S	C	A	U	<sup>16</sup> P	R	O	A	R	I
A	M	E	E	P	U	L	M	T	R	N	L
O	E	L	V	I	D	L	O	O	M	E	L
B	H	T	I	D	S	<sup>21</sup> Y	N	T	Y	<sup>8</sup> T	E
H	T	I	T	N	N	U	A	Y	S	R	C
S	N	T	C	E	O	C	R	P	U	U	H
A	I	B	U	L	E	A	Y	<sup>17</sup> E	R	C	A
<sup>6</sup> W	T	U	R	P	D	T	D	L	G	U	M
O	H	<sup>14</sup> S	T	<sup>20</sup> S	O	A	I	E	I	L	B
D	G	U	S	I	L	<sup>22</sup> N	S	C	C	E	E
N	I	O	B	M	E	I	E	T	A	N	R
<sup>5</sup> E	<sup>11</sup> N	R	O	O	K	C	A	R	L	<sup>9</sup> T	L
N	I	C	C	C	U	<sup>19</sup> E	S	I	H	A	A
I	F	I	I	N	O	R	H	<sup>18</sup> C	O	K	I
L	W	D	U	<sup>13</sup> L	A	T	I	P	S	E	<sup>3</sup> N
E	O	L	L	E	<sup>10</sup> Y	S	A	E	T	I	A
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### Did you know?

*With thanks to the BBC Science magazine*



Giraffes are 30 times more likely to get hit by lightning than people. There are only five well-documented fatal lightning strikes on giraffes between 1996 and 2010. But due to the population of giraffes being just 140,000 during this time, it makes for about 0.003 lightning deaths per thousand giraffes each year. This is 30 times the equivalent rate for humans.

# Need help with transport?



## Feel isolated?

## Door to Door Transport?



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