CSV Vocal Volunteers in Local Action



Volunteers from the CSV Vocal Project in Downham Market were kept very busy this summer! As well as their usual voluntary activities in their communities, they joined forces with CSV Vocal Project volunteers from Hunstanton to clean up some community areas there.

CSV VOCAL Projects are local schemes based in Downham Market and Hunstanton that provide opportunities for adults with learning difficulties, referred by Norfolk Social Services, to become involved in their communities through volunteering. Some of our adults with learning difficulties require additional support in order to volunteer. This is provided by other members of the community who volunteer their own time and skills and act as 'support volunteers' for CSV Vocal Projects.

On Wednesday 4th August, volunteers and support volunteers from both projects got together to plant beds and clear public areas in both New and Old Hunstanton. They invited other individuals interested in volunteering to join them for the day as a taster of

what it can involve and how much fun it can be! The day was an enormous success. A new rose garden was planted in front of the Pier Amusement Centre, and the old chapel ruin garden was tidied and pruned. The day was organised by CSV Vocal Hunstanton, in partnership with West Norfolk Council and the Community Transport Scheme. A lot of hard work was put in by everyone involved in the day, including other voluntary groups who helped with lunches, Eric Linge, Hunstanton's Mayor, ioined volunteers for lunch and thanked everyone for all they had done.

CSV Vocal project Downham Market is now planning a day of volunteering in October, to coincide with Make a Difference Day (a national CSV scheme to get people involved in their communities through volunteering). We will be organising a project for one day during the week of 25th October where CSV Vocal volunteers will get together to 'make a difference' in some part of the local community. If you would be interested in getting involved in this day, and seeing what being a support volunteer with CSV Vocal is about, then please call Jemma Mindham on 01366 385839 or at jmindham@csv.org.uk for more information.

CLASSIFIED ADS

D.E.T T.V Service - Repairs to TVs, VCRs and Microwaves, Fast, reliable service, John Clifford 01842 878486.

Static Holiday Caravan to let at Happisourgh. Nice sea view, quiet site. Reason-able rates. Telephone Ed. On 728118 or Mobile 07775 741627

Coal/Coke bin. Approx. 35" x 35"x 35". Free o collector. Alison Lynch, West End. 728850

eeling Stressed?.. Why not treat yourself (o omeone else!) to a relaxing massage by fully aualified therapist, Fully BABTAC recognised and insured. Gift vouchers available, Full body massage £17.50 (1 hour) back massage £12.50 (1/2 hour). Contac Shelly Farrow on 01366 328835 or 07881

Northwold **Spiritualist Group**

Meetings in Northwold Village Hall, alternate Fridays at 7.30pm;-

8th Oct, Paul Sayer 22nd Oct, Gwendoline Swain 5th Nov, Ron Reardon

Enquiries to: Eileen Cooper 01366 728289

(

New to the area, or just not been in the shop for a while?

Why not drop in and see for yourself?

"We constantly strive to extend & improve the Services

we offer so that your shop can be of more use to you"

Many of our branded products are priced like your Supermarket

Did you know that we are your only MAIN LOCAL

morning delivery service SEVEN DAYS A WEEK?

NEWSAGENT, offering a reliable & personal

Woodside Gardens Tel: 01842 878741

Special Offers on Beers, Wines & Spirits that change monthly

Xmas Club Open – Toy Catalogues Available

Martin & Karen Turver 728262

MUNDFORD ROAD, CRANWICH

FEED THE BIRDS Nuts £1.20 kg Wild Bird Seed £0.75kg

Independent Financial Advisers

Many readers may already know of me from my 7 years working locally as a financial adviser. Since becoming an INDEPENDENT financia adviser over a year ago, your support has kept me very busy. Thank You.

I offer, in the comfort of your own home, independent financial advice on financial planning and products from the majority of the market place. My aim, for both new and existing clients, is to provide a personal service without obligation

Nigel Elson MLIA (dip)

I DO NOT CHARGE FEES

You can contact me on:-

Tel: 01953 717132 • E.Mail: niael.elson@friendly-finance.co.uk

Nigel Elson, Principal, Friendly-Finance Independent Financial Advisers Walnut Tree Cottage, White Hart Street, East Harling, Norfolk NR16 2NE

An Appointed Representative of Sesame Ltd which is authorised and regulated by the Financial Services Authority **GRAEME COOPER ELECTRICAL CONTRACTORS & ENGINEERS** INDUSTRIAL, AGRICULTURAL, DOMESTIC 01366 727321

FAX 01366 727322

THETFORD · NORFOLK IP26 5LE

PROSPECT VILLA · 4 WEST END · NORTHWOLD 🌊

FOR YOUR ANIMALS FOR YOUR FAMILY ALL OUR PRODUCTS ARE 25kg £6.00 Lavers Mash/Pellets CHEMICAL FREE Mixed Corn. £4.50 20kg £5.50 FRESH FREE RANGE EGGS Bunny Brunch Mix. £5.50 Extra large £1.60 doz. Horse Cool Mix. 20kg £6.00 Large £1.50 doz. Medium £1.40 doz. Horse & Pony Nuts 20kg £6.00 Jamster Mix 20kg £7.00 OVEN READY CHICKENS 20kg £6.50 Guinea Pig Mix. me produced, freshly processed and frozen Weights from 3-7lbs . 15kg £10.50 /alumix Dog Food. Norfolk Gold Dog Food. £11.50 . 20kg Large Bale £2.50 <u>STOP PRESS!</u> WE ARE NOW STOCKISTS OF HORSEHAGE Large Bale £1.50 HORSE FEED

WORKING DOG NUGGETS

£9.25 (no V.A.T.)

St Andrew's Church.

Picnic in the Churchyard Sunday 12th September

Northwold

In spite of the threat of storms, wind and floods we optimistically prepared for our picnic to meet the "team" of Ministers and readers who will be looking after St. Andrew's in the future. They say that the sun shines on the righteous, and it certainly did on that day!

A goodly crowd of people from Northwold, Whittington and Wretton enjoyed a very happy couple of hours during which we also took the opportunity of celebrating the special birthday of one of our Church members with delicious cake and general rejoicing!

Meeting our "Team", and each other was a very positive step towards the future and we hope that it will encourage continuing support of our beautiful Church and all it stands for.

Brenda Ayres and Jane Luckman. Churchwardens.

Charity Notices

Northwold Education Foundation

Grants are available from the above Charity to students of further education up to the age of 21. Apply to Mrs. J. Norris 25 West End Northwold. Closing date October 10th

Allotments

Rents are due on Saturday 9th October the clerk will be at the main gate between 2.00 and 2.30 pm.

The Norman Almshouses Charity

We have available a property in School Lane for a person in need. Apply to Mrs. J. Norris, 25 West End, Northwold. Tel: 728296

Harvest Festival

Harvest Thanksgiving will be on Sunday, October 10th at 11.00am. Canon Rowsell will conduct a traditional harvest Festival Service.

After the service. Harvest lunch will be available in the Village hall. Tickets for lunch are £3. 50p for adults and £1. 50p for Children, obtainable from Brenda Ayres or Jane Luckman.

The Church Bazaar

The Annual Church Bazaar will be held in the Village Hall on Saturday, November 27th, and will be opened by Mr Tom Shephard at 2.30 pm.

Any donations for the stalls or offers of help would be appreciated.

Christmas Tree Festival

We are planning to have the Church decorated with Christmas trees again this year.

If you, or your family or local organisation would like to decorate or sponsor a tree please contact Brenda Ayres on 728565 or Jane Luckman on 728571.

Help required...

In order to keep the Church looking cared for and clean, we desperately need help with cleaning and gardening! It is a huge building with a large churchyard and it needs a lot of care.

Even if you don't worship with us, please can you spare some time to help?

St Andrew's is our heritage - a building of great beauty and with historical significance. We want to be proud of it.

> Please contact Jane Luckman on (01366) 728921.

Church Diary

(DESTRICTED REPORTED BEING BEI

Issue: October 2004

Copy date for the next issue is:

25th October

copy@northwold.net

Tel. 01366 728233

* marks Sunday school at St. Andrew's, Northwold

17th after Trinity

Sarving of The Word at All

October

9.30am	Service of the Word at All				
*11am	Holy Communion at St Andrews				
10 th	18 th after Trinity				
9.30am					
	Church				
*11am	Harvest Festival, St Andrews				
17 th	19 th after Trinity				
8am	Holy Communion at St Andrews				
9.30am	Holy Communion at Chris				
	Church				
24 th	20th after Trinity				
9.30am	Benefice Holy Communion				
	At Christ Church				
31 st	All Saints - 4th before Advent				
11am	am All Age Worship at All Saints				

November

7 th	3rd before Advent			
9.30am	Service of The Word at Chris			
	Church			
*10.30am Holy Communion at St Andı				

Northwold Generosity

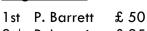
May I say a very BIG thank you to those who supported the Northwold Macmillan coffee morning.

So many of you donated cakes, books and raffle prizes plus cash on the day. that we raised the grand total of £300 for Macmillan cancer relief.

Thank you too to the ladies of the W.I. who gave their time so willingly and worked so hard on the day to keep everything running smoothly.

Verity Lynch

Bowls Club 100 Club Draw August 2004



2nd P. Lanario £ 25

3rd D. Lanario £ 15

Sylvia Knights

Inside this issue:	
St. Andrew's Church	cover
Whittington News Parish Council	2
Northwold News Riverside Group Northwold Playground	3
Northwold Primary School Requests for assistance	4
Produce Show Report	5
Keith MacLeod's report	6
Keith MacLeod's report - cont Little Normans Pre-school	7
No Hands Massage	8
What the Doctor thinks	9
Rita's Ramblings	10
Letters	11
CSV Vocal Classified advertising	12

The Village Life Team



Graeme Whiting Manor Farmhouse 30 West End, Northwold IP26 5LE editor@northwold.net Tel. 727425 Fax. 386088

Editor



Deputy Editor

Michael Parfitt copy@northwold.net Tel. 728233

Advertising ads@northwold.net

Circulation Manager

Mark Elwes circulation@northwold.net Tel. 728795

Committee

Chair

Carol Sharp Tel. 728227

Secretary

Position vacant Treasurer

Geoff Bartram Tel. 728673

The views expressed in submitted items are not necessarily endorsed by Northwold & Whittington Village Life. Whilst we endeavour to ensure that all information contained in the newsletter is correct, we cannot be held responsible for errors. The Editor reserves the right to refuse or omit items without explanation.

Photo call - success!

am the person in the centre of the photograph. John Pedlow on the left, and myself were stationed at RAF Seletar, Peter



Back (Mary's brother) was in the Navy and we met twice when the ship he was on called at Singapore Island.

Also, during my two and a half years in Singapore three other Northwold lads were stationed there at sometime, David Selwood also at RAF Seletar, Brian Stone (Army camp) and Michael Armstrong, RAF Tengah.

After leaving the RAF, I settled in Bicester, Oxfordshire - home area of my wife, Pamela - we now have two children and seven grandchildren.

Most of my working life I have worked for a local company as a Production Manager, until it ceased trading a few years ago. Since then, until I retire in January, I am employed as an Officer at the local prison.

have fond memories of Northwold and try to visit twice a year. Many thanks to Chris Darlow for sending me a copy of "Village Life" each month.

David Bloomfield

3 St. Peter's Crescent, Bicester, Oxon. OX26 4XA

Wanted (still!) **Editor for Village Life**

Unfortunately, due to work and home commitments, I feel that it's time to hand over to someone else as Editor.

Of course I'm happy to continue to assist on an "ad-hoc" basis. If you're interested in the position, just call for a chat! 01366 727425

From the deputy editor...

Have we all noticed how neat and tidy the arass along the end of the allotments is and has been all summer. The reason is that one of our allotment holders has taken it upon himself to cut this grass every week making it neat and tidy, and you don't get your feet wet when it has been raining. Nobody asks him to do this, which he does at his own expense and in his own time. No fuss made, nothing said, he just gets on and does it.

Step forward Richard Pearce! I'm sure there are many like me who would like to say thank you. So thank you Richard on behalf of the allotment holders and myself.

Deputy editor

Whittington News

Reports on activities, news and events in and around Whittington

Halloween Quiz Night. On Saturday. 30th October, 2004 at Whittington Church, 7.30pm.

Bangers and mash and Mulled wine included in the entrance fee of £5

50/50 Raffle.

Teams of no more than four please!

Come and have some fun and test your knowledge on a variety of subjects.

Entries must be pre-booked for catering purposes on answer phone 01366 500591.

Grow your own?

Northwold Combined Charities have allotments available at £3-00 per annum in Methwold Road.

Applicants please apply to:

25 West End, Northwold

Northwold & Whittington Parish Council

At the September meeting of Northwold Parish Council, Mr Darlow tendered his resignation, due to pressure of work. Jim Norris was coopted to the Council, but there is still one vacancy. 14 members of the public attended to show their concern about developments planned in West End. The Council repeated its previous view that the access to the site was too narrow and unsafe.

Dogs are not allowed on the Recreation Ground, and the play equipment is in excellent condition. The litter warden clears the site weekly. The old toilet is to be removed and the field entrance repaired.

Mileage payments to Community car drivers are to be increased from 36p to 40p per mile in October, passenger paying half. Councillors again complained about the vast quantity of expensively produced documents received from pubic bodies - Police, Fire and County Council, etc - most of which goes straight in the bin.

Jim Booty



Xmas Shopping Trip

Should there be enough demand I will organise a trip to Ipswich on Monday 29th November for Xmas shopping or whatever. The coach will leave Northwold church at 9.30am, and will arrive at Ipswich before 11.00am. It will then leave Ipswich at 4.30pm. and arrive at Northwold around 6.0pm. Due to world fuel problems the cost will be £7. payable when booked.

Should you be interested in going, please 'phone 728400 or email daisyfour27@hotmail.com.

Mary Hull

Play area

Editor, I would like to point out to the person who wrote to the Village Life in September about the bad state of our children's play-area at the Recreation ground that two of our young 'mums' made all arrangements to form a group in 2003 with the sole purpose of improving this play-area and NO-ONE attempted to join them in a fund-raising scheme. Where were you then?

> Rosemary Crisp 20 Methwold Road

To the Editor.

With reference to last month's letter page, I have completed my weekly inspection of the play equipment on the recreation ground, and found everything in excellent condition. Dogs are not allowed on the field, and there are five litter bins clearly visible. Our litter warden clears the field every week. Matters reported to the Council are always dealt with immediately. If anyone wants to help, there is still a vacancy on the Council.

WE can only deal with doggy poo if a photo of the dog performing with it's owner is produced.

The "Common" has not been a common since 1798, the land is private and maintenance of footpaths is the owner's responsibility.

No complaints about noise from the

Village Hall have been made to the Committee for at least a year.

Jim Booty

From Steve, Lorraine Rvan and Max...

We would like to say thank you to everyone who gave cards and presents to our son Rvan who arrived on Friday, 13th at 5.45 pm. Your blessings and generosity have been over whelming. Once again. Thank You!!

And a special thank you to Roy and Jasmine for taking Max for his walks.

A regular contribution

Have you thought about being a regular contributor to Village Life?

The magazine needs someone to write a monthly column of 500-1,000 words - and you get to choose the subject. It could be a completely different subject each month! (No long-term commitment)

If you can help, just start sending copy to Michael Parfitt (details inside front cover). Ed.

PAUL'S TAXI'S

01366 385885

> Local Runs Airports, etc.

A.M. Stannard 🏷 Stoke Ferry



Bouncy Castle Hire

Suitable for ages 1-10 yrs

Tel. 01366 500675 Mob. 07748 412627





FORALLYOURJOINERY NEEDS: STAIRS, WINDOWS, DOORS, ETC.

The Old Coachhouse & Stables · Common Drove · Northwold

01366728213

Ray Gribble

Antique Restoration & Traditional Upholstery All aspects of antique furniture restoration including French polishing, cabinet repairs and traditional upholstery

> Traditional Upholstered Furniture Footstools, Sofas, Chairs made to commission

> > Picture Framing & Mirrors

An extensive range of mouldings including hand painted and gilded finishes

Antique and Reproduction Prints for sale Vine House, Church Road, Wereham, King's Lynn 01366-500387 www.raygribble.co.uk



County Graphics

Graphic Reproduction & Print Specialists Tel: 01842 819500 Fax: 01842 819679 E.mail: sales@county-graphics.co.uk

Quality Printing

Efficient Service

Competitive Prices!

Why not contact us for a no obligation quotation or further information on our services.

Rita's Ramblings

Well here we are again with the days getting shorter and the temperatures beginning to drop. It doesn't seem all that long ago when I was writing that the days were getting longer etc etc. Is it that as you get older you tend to appreciate the speed at which time flies by or is it that you have more jobs to do than a mere 24 hours allows? The other morning, before I went to work, I was walking the dogs and thinking of what I was going to do as soon as I got home. Truth be told, I wasn't really paying much attention to the dogs, it was just another chore to get finished before starting the next. Bonnie was trying to rush along the road eager to experience something new and exciting: Amber, on the other hand, was walking quite sedately sniffing here and there. As I glanced down to tell her to hurry up she paused and lifted her head to catch an interesting scent wafting past on the

breeze. It was obvious that she was thoroughly enjoying the moment. It made me think how often I make a list of jobs to do and as soon as I get started on one I start to think about the next. I really can't believe I have that much to do with just Nigel and I and the dogs, but I often seem to be dashing around and almost running late. I really should have learnt my lesson by now and I know I ought to try and take one job at a time and enjoy the moment more. Having said that, I don't think I'll follow Amber's example and start sniffing around the bottom of telegraph poles! I don't know whether you are like me thinking that one of these days I will get round to doing It may be something simple like rejoining the WI or going to the Produce Show or one of a hundred ideas that spring into my mind occasionally. Then it comes around to the relevant day and something else needs to be done: it's the first dry day for a week and the grass ought to be cut and the washing is still in the basket waiting to be hung out; or the wallflower seeds have been in the seed box for the past 3 years and they really should have been planted last month!!! It is often said that if you ever want someone to do a job for you, choose a busy person because it will get done. I certainly admire all those people in the village who work tirelessly for the benefit of others and always seem to be involved in a whole host of different activities. They seem so adept at organising their lives efficiently and, most importantly, they make a difference. Perhaps, one of these days, I will manage to follow your example and become more actively involved in the village calendar of events. Perhaps it will all be different when I retire - or is that just another pipe dream too?

On that note I had better say cheerio for now – I am overdue making a phone call to my sister! Until next month, take care.

Rita

UNDER NEW MANAGEMENT

Come and try our new mouth watering Menu, with a new chef and specially selected ingredients.

We are offering every Sunday in October & November a FREE 3rd course, when dinning on a 3 course meal, in the Restaurant at the Comfort Inn in Northwold.

Please present this voucher when arriving. For further information telephone 01366728888

Terms and Conditions Apply

NORTHWOLD NEWS

DAILY DELIVERIES OF
NEWSPAPERS AND MAGAZINES
FOR A FRIENDLY RELIABLE SERVICE
CALL DEREK OR CHRIS ON
01366728409 OR 07714588918
OR CALL IN AT:
FIVE STAR FRUIT AND VEG,
BROOKVILLE

TPF Property

Property Maintenance Services

Interior, Exterior Decorating, Carpentry, Wall & Floor Tiling, Wooden & Laminate Flooring

 $\begin{array}{c} \text{Call Tim} \\ 01366 \ 728 \ 881 \end{array}$

Nija Levis Holistic Therapist

IHBC IIHHT C&G BABTAC Over 17 YRS Experience

Treatment for

Stress/tension - muscular pain - headaches - fatigue emotional stress - depression poor circulation - insomnia -Relaxation etc.

Northwold 727243

FRENCOD

STOCK UP FOR WINTER - NOW! HARDWOOD LOGS

split, dry, seasoned – 8' x 4' trailer load

£50

FREE LOCAL DELIVERY

All proceeds towards restoration of

DIDLINGTON PARK NATURE RESERVE 01842 878673

Northwold News

Reports on activities, news and events in and around Northwold

Forget me not Club

Mr Roger Warner told members about his friendship with a village in the Ukraine, and his frequent visits to take clothing and other items to help the poor people there.

Jim Booty

Care Group Community Car Scheme

As from 1st October charges have been set at 20p per mile - thus

King's Lynn Hospital	£8.00	
Downham Health Centre	£4.00	
Feltwell Surgery	£3.00	
Boughton Surgery	£2.00	
Minimum charge	£1.00	

All passengers pay except when an adult is accompanying a child or a helper is with a severely disabled person

All persons may book this service who have health appointments where public transport is not suitable and who have no access to private transport.

The scheme is supported by the Borough Council (25%) and Parish Council (25%).

Cars will now be paid at 40p per mile. Drivers receive no further allowances - all time is given free.

On behalf of all those who use this service the Care Group wish to record their appreciation to all volunteer drivers.

Anyone wishing to offer help or would like any other information please contact our Community Car Scheme Coordinator Jim Booty 728 515.

Riverside Group

The group was started as a response to the Questionnaire circulated on behalf of the Village Hall about two years ago. Many people had ticked the box for "talks" - so where are you all?

When preparing to fulfil this request the only comments I had were that folks don't really want to turn out on a cold winter's night and that many retired people liked a nap after lunch - hence the morning time tried.

At £2 a head the first four people pay for the hall (at a modest £8.00) and then there are the fee and expenses of the speaker - it doesn't take a wizz-kid to work out we need a few more than are attending at the present. There were eight present at our last talk and that is a disappointment for any speaker.

Please may I make another attempt at trying to find out what you want. Any notes to 90 West End or ring 728 208.

Pam Eyles

Foolhardy Folk Circus

(A Child's Account)

At the circus there was some really good acrobatics being done. That was my favourite bit. They had cold drinks, chocolate bars, crisps and candyfloss. It was really good when someone from the circus sat in the crowd and then he suddenly got up with a loud shout and joined the circus. It wasn't a circus with animals, just people. Everyone enjoyed the part when they got the water out. The tent was really hot, and all the clothes were funny. I think the circus was great.

By Christina

Playground needs your (

Northwold



In the past we looked at improving the play area on the "Big Rec". We'd like your help with this project.

The Parish Council have kindly given us their permission and have earmarked an area for development. We now need to know what sort of equipment you'd like in our playground. When you visit other play areas, please take photos or draw pictures of equipment you (or your children!) like. Also, look for notices of where they received funding from - and pass on the details to us

Rebuilding the play area will cost money but there are numerous bodies with grants to offer. We've managed to get lots of application forms for funding. These forms are quite complicated (you need a degree in "form filling" to complete one) so if you're able to help, please do!

A proportion of money will need to be provided by our own fundraising so if you have any fundraising ideas forward them too.

We have such an opportunity here to make a big difference; we just need community support and input.

If you have any ideas/suggestions on this please drop them off at 59 School Lane (You can't miss it-it's the half a flint house right at the end of School Lane but there's still a letterbox at the front of the house!). If you'd like to help, please ring 01366 727344.

There will also be an informal meeting for everyone interested on Wednesday 13th October, 8pm at Manor Farmhouse, 30 West End. Please don't be shy and do come along!

Carrie Hatfield & Eve Harris

MARK ROBERTS Plumbing & Heating

Plumbing & Heating • Boiler Replacement Central Heating Installation Bathrooms/Showers • Water Softeners

ALL WORK & MATERIALS GUARANTEED REFERENCES AVAILABLE

Telephone **O1366 727344** Mobile **O7887 646587**



~ CHRISTMAS HAMPERS -

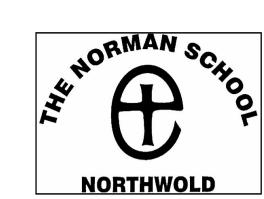
BRIAN WATERS

YOUR LOCAL MILKMAN

TEL: 01366 728024 DEPOT: 01284 754720

Northwold ~ Foulden Feltwell ~ Methwold Methwold Hythe Mundford

Page 10



This column is kindly sponsored by **COOKSON BUILDERS**

The start of the new school year is always a time of welcome to new children, their families and to new staff too, this term is no exception.

We are delighted to welcome the new children to school and two new members of staff, Miss Fiona Witton, teaching years three and four and Mrs. Jill Fysh teaching years one and two.

We always approach the new school year with anticipation and excitement and this year we had the added thrill of the completion of the new building.

The staff worked extremely hard during the holidays to prepare the school for the children and we made it (just in time). The new building is stunning both inside and out with only a few cosmetic touches to finish.

There are many exciting events planned for the term, children have already contributed to the Produce Show and taken part in the Cluster Rounders Tournament.

The oldest children in school will be visiting Ely Cathedral in early October and we will be celebrating Harvest Festival in St Andrew's Church on 8th October.

Thank you to all parents who have already started to help in school or returned to their role from last year, to Mrs. Young who has started work on the garden and to Mrs. Rauch who is helping to establish an American section in the library. We are grateful to all who offer any help.

Advance Notice: The opening ceremony for the new building will be on Friday 26th November. As a thank you to the community (for tolerating the construction traffic, without complaint) and to enable all members of the community to look round the building will remain open from 3.15 - 5 p.m.

Marion Dawe

Requests for assistance

Northwold & Whittington Parish Council receive a number of requests for donations each month from local or regional groups.

In the past, funds have been available to support these groups, however the Parish Council now feel that it is not their position to "donate" taxes to these groups.

However, the Parish Council hope that residents may be in a position to make their own donations to support these groups.

In all cases, please make any donation directly to the group involved (please don't s e n d donations to the Parish Council).



METCALFE

COPEMAN & PETTEFAR

SOLICITORS - THETFORD

We are an established East Anglian firm offering a

friendly, efficient and personal service in all areas of the

law from a modern and conveniently located office in a

town with free parking.

If you are moving house or wishing to plan for the future

by making a Will, or require legal advice, then please

call in and see us.

Telephone (01842) 756100

Norfolk Accident Rescue Service

Dear Parish Clerk,

The Norfolk Accident Rescue Service continues to provide immediate care to accident victims throughout the County. 24 hours a day, 365 days a year. Our doctors and paramedics offer their services on a voluntary basis and are called to duty only through the 999 system at the same time as the other emergency services.

Our responsibility is to provide them with the necessary up to date equipment and it is for this reason I am writing to ask if your Parish Council would seriously consider making a further donation this year.

David Thompson, Managing Director Norfolk Accident Rescue Service **Hunters Lodge** 145 Spixworth Road Old Catton, Norwich NR6 7DU Reg. Charity 261666

Victim Support Norfolk

Dear Parish Clerk,

I am writing to you on behalf of Victim Support Norfolk. We are a caring organisation helping and supporting victims of all types of crime in your

I am writing to ask you to support us by sending a donation to help us towards our volunteers' expenses such as travelling, telephone calls and training. Our volunteers give their time freely but we feel it is only fair to help them with any "out of pocket" expenses.

> Sue Traferri Branch Manager Victim Support Norfolk Town Hall Queens Square Attleborough NR17 2AF Reg. Charity 1091731

ARE YOU A CARER?

At present, in the practice, we have decided to identify those who are carers. In this context, a carer is an untrained person, be they a relative. friend or neighbour, who looks after a person who is, in some way, physically or mentally handicapped. Some carers look after the infirm person on a fulltime basis, often having put their own life "on hold" for the duration. Others visit once or twice daily, providing mental and physical support. In any event, being a carer can be physically and emotionally draining and we have come to realise that carers have significant needs of their own.

Once we have worked out which people are doing the caring out there in the community, we will be in a position to create a register of carers within the practice and to offer the carers, and those for whom they care, help, starting with a West Norfolk Carers' Support Pack and, if desired, Social Services assessments of the carer and the infirm person, either together or separately.

We are compiling a list of carers but we are aware that there will be many in the community of whom we are currently unaware. So, if you are a patient of ours who either is a carer or has carer, please give the receptionists a ring on 828481 and we shall add you to the list and try to help you.

If you have a carer who is not a patient of ours, please let us know. Once we have the carer's permission (Data Protection Act) we can keep their records on our computer and offer them help as the carer of one of our patients.

Obviously, between ourselves and the district nurses, we have identified many of the carers in the community but we do need to hear from others who are caring or being cared for. Please contact us!

'FLU VACCINATION

WHAT THE DOCTOR THINKS THIS MONTH...

This year, we are writing to about 800 of our patients who should really have a 'flu vaccination. The letter will be on orange paper and will contain a lot of important information about special clinics, etc. Please read it carefully and either come for a jab or, if you really don't want one, send back the tear off slip at the bottom of the letter and we will leave you alone,

THE NEW PHARMACY

As many of you will have noticed, building work is taking place at the Feltwell surgery. Over the years, we have been threatened by pharmacists who have applied to open a pharmacy in the village. If one had opened, all Feltwell patients would have been denied the right to obtain their drugs from our dispensary and would have had to take a prescription to a pharmacy for dispensing. Patient power, in the form of outrage at the inevitable loss of their one-stop service, has enabled us to repel the attacks, but our credibility with the authorities is now exhausted and we would not be able to defend ourselves against another pharmacy application, even though an independent pharmacy would be financially unviable

As a result of this, we have decided to build a pharmacy and to rent the space to a friendly pharmacy company with whom we can have a good relationship.

This will have a

double benefit for the Feltwell patients. Firstly, after the consultation, they will be able to walk the 20 feet to the pharmacy to collect their medication, thus preserving the one-stop arrangement (See the doctor and get the medicine all at the same time). Secondly, and this also applies to all other patients from Methwold, Hockwold, Northwold, etc., for minor ailments and advice, they will have access to a local pharmacist as part of the practice "team". As time goes on, the pharmacist will become involved in other initiatives such a blood pressure and cholesterol management, the morning-after pill and so on. We are very excited about the entire concept and I myself am sure that the patients will benefit greatly from the expansion of services at the surgery. Although there will be some "over the counter" medicines available, it is not our intention to sell shampoos, soaps, nappies, etc. because we do not wish to damage the trade of the existing village stores.

I am sorry this article has all been a bit serious, but they are things you need to

"I try to take one day at a time but, sometimes, several days all attack me at once."

Q. How many men does it take to change a toilet roll?

A. We don't know – it has never happened!

Best wishes to you all,

Ian G. Nisbet

COOKSON BUILDERS Est. 1960

Thinking About Building Work?

Then look no further than Cookson Builders – with over 35 years experience and with a professional service to match.

WE OFFER A UNIQUE FREE DESIGN SERVICE & OUR FREE QUOTATION SERVICE

01366 728285

COMMERCIAL OR DOMESTIC

So call the company who's byword is QUALITY

Fax: 01366 728606 · Mobile: 0860 356574 2 HIGH STREET, NORTHWOLD, THETFORD, NORFOLK.

WE SPECIALISE IN: **EXTENSIONS · RENOVATIONS · PROPERTY MAINTENANCE** STRUCTURAL REPAIRS · CENTRAL HEATING & PLUMBING · ALTERATIONS AND ALL OTHER PROPERTY RENOVATIONS AND IMPROVEMENTS

RJFENDICK 01366 728852

SEPTIC TANKS EMPTIED **DRAINS CLEARED**

SAND & GRAVEL DELIVERED

RUBBISH REMOVED



Advanced NO HANDS® Massage

NO HANDS® Massage just gets better, I am now a qualified NO HANDS® Advanced practitioner. You may think advanced and perhaps better techniques but NO HANDS® is about a whole new approach to bodywork not about techniques.

The approach is about the power of the NO HANDS® touch allowing you to be able to release what you no longer need. As we go through our lives we add more and more, accumulating and storing on a material basis, an emotional basis and a physical basis. What we forget to do is release what we no longer need. Materially we tuck things away in draws or in the loft or garage, emotionally our bodies hold onto the upsets we have causing us various physical symptoms such as pain, tension, high blood pressure etc, and physically most of us do not eliminate the waste from our bodies efficiently.

Releasing is often very difficult to do because we live in a society where the more you have the better it is. The fear of not having something to replace what we let go of stops us from releasing but by letting go we allow more to come our way. The NO HANDS® Treatment creates a safe feeling for release to happen. The body can let go of the tension it holds wherever it needs to, even if that particular part of the body isn't being worked on at the time. This is due to the holistic approach of treating each person as a whole, not just a sore arm or back but as everything connecting and working together, therefore each part having an effect on the whole body. Pain and tension in one part of the body will affect you as a whole because it is attached to the rest of you and the body works as a unit to heal itself. Many people find their bodies have adjusted and realigned after treatment especially with Advanced NO HANDS® Massage due to the gentle yet powerful moves.

With Advanced NO HANDS® the stomach area can be specifically worked to allow for physical elimination. Many people suffer with bowel problems and complaints of bloating, constipation, diverticulitis, irritable bowel etc. Over the years the walls of the colon (large intestine) become encrusted with waste matter that should have been passed out of the body but due to diets consisting of

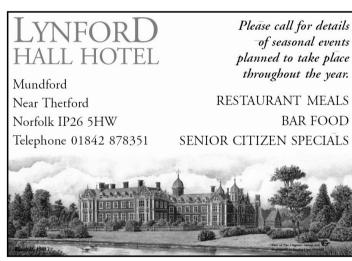
Page 8

For Quality & Service

too much bread, pizza and stodgy food and lack of fibre this sticky waste gets stuck. This layer can build up over time causing the colon size to be reduced making it difficult for waste to pass through effectively. The other function of the colon is to reabsorb water back into the body. Due to the build up of waste the colon will be reabsorbing toxic matter back into the system. This can cause us many problems such as headaches, backache, tiredness, poor immune system etc. If the immune system is affected then our whole health can be affected. The NO HANDS® Massage can work to dislodge this waste and help to regain regular decent bowel movements. The treatment feels very comfortable to have, even if you suffer with a tender abdomen as you are in control of the depth at which your colon needs to be worked. It has been found that the colon has reflexes that relate to the rest of the body, like the foot does in reflexology, by massaging the colon in this way other parts of the body can also benefit.

If you'd like to know more or to book an appointment do give me a ring on Northwold 727243.

Nija Levis









Annual Produce Show Report (By Jim Booty)

There was a good turnout at the Annual Produce Show, with several newcomers exhibiting. Winners Were:-

Winners Were:-			
White Potatoes	J. Cooper	T. Arthur-Hay	A. Callaby
Coloured Potatoes	J. Cooper	A. Callaby	L. Wales
Shallots	J. Cooper	F. Everett	2. // 4100
Spring Onions	J. Cooper	R. Akers	
Runner Beans	R. Akers	J. Cooper	L. Wales.
Globe Beetroot	L. Wales	J. Cooper	R. Akers
Short Carrot	J. Cooper	A. Callaby	M. Hodges
Long Carrots	J. Cooper	L. Wales	A. Callaby
Parsnips	J. Cooper	L. Wales	M. Hodges
Courgettes	R. Akers		C
Marrow	R. Akers	J. Cooper	C. Smith
Cabbage	F. Everett	•	
Individual Veg	F. Everett	R. Akers	
Cucumber	M. Hodges	M. Ward	F. Eyles
Tomatoes	C. Darlow	F. Eyles	M.Ward
Cooking Apples	V. Elwes	J. Ayres	J. Haylock
Dessert Apples	J. Cooper	P. Eyles	J. Haylock
Pears	V. Elwes	J. Ayres	L. Wales
Plums	P. Clear	V. Lynch	V. Elwes
Fruit Collection	V. Lynch	L. Wales	P. Eyles
Vegetable Collection	R. Akers	J. Cooper	P. Haye
Dahlias	R. Akers	V. Elwes	P. Haye
Gladioli	F. Everett	J. Cooper	A Dand
Asters	M. Hodges F. Everett	D. Riches	A. Bond
Chrysanthemums Roses	P. Clear	V. Elwes	A. Bond
Spray Chrysanth'	J. Haylock	F. Everett	A. Crisp
Individual Bloom	R. Akers	A. Crisp	F. Everett
Small Arrangement	V. Lynch	C. Darlow	B. Akers
Foliage House Plant	V. Lynch	B. Akers	D. TIKUIS
Large Arrangement	B. Ayres	C. Darlow	V. Lynch
Tallest Sunflower	F. Everett	L. Lavender	S. Cooper
Largest Sunflower	S. Cooper	F. Everett	L. Lavender
Apple Cake	B. Akers	D. Riches	B. Booty
Butterfly Buns	B. Akers	D. Riches	J. Wales
Swiss Roll	D. Riches	B. Booty	P. Clear
Cheese Scones	V. Lynch	D. Riches	P. Clear
Viennese Fingers	D. Riches	B. Booty	P. Clear
Flapjacks	B. Booty	D. Ward	D. Riches
Apple Turnover	D. Ward	B. Booty	D. Riches
Sausage Rolls	D. Riches	J. Wales	D. Ward
Cornish Pasty	D. Riches	B. Booty	N. II 1
Jar Soft Fruit Jam	P. Clear	V. Lynch	M. Hodges
Any Other Jam	J. Norris V. Elwes	P. Eyles	V. Elwes B. Akers
Marmalade Wine	D. Riches	P. Eyles	D. AKEIS
Landmark Photo	J. Webb	B. Ayres	R. Webb
Childs Jumper	V. Lynch	P. Clear	A. Crisp
Cross Stitch	V. Lynch	1. Cicui	т. спър
Embroidery	P. Haye		
Christmas Decoration	D. Ward	V. Lynch	F. Everett
Animal From Veg	C. Darlow	S. Cooper	
Teenage Art	J. Spindley	1	
School Art-Class 1	Madeline Rauch	Evie Thomas	Emily Young
Class 2	Louisa Fisk	James Ashley	Dee-Anna Ancliffe
Class 3	Lucy Hogan	Hannah Shorthose	Christia Fonken
Pre School Craft	Maisie	Harry	Alex
Tots Craft	Kayla	E. Rickard	Laura
Child Fancy Buns	A. Ward	L. Wortley	E. Wortley
Child Cookies	K. Eyles	V. Lavender	A. Ward
Animal From Veg	K. Waddilove	V. Lavender	T. Waddilove
Tallest Sunflower	Emily Reeve	Monique Reeve	Katie Waddilove
Largest Sunflower	Evie Thomas	Max Thomas	Katie Waddilove

Trophies Presented

Vegetable Cup R. Akers Moore Shield R. Akers Lavender Flower Cup F. Everett Cookery Cup D. Riches Wine Cup D. Riches Cooper Cup V. Lynch Children's Cup Emily Reeve Tallest Sunflower Cup Emily Reeve Tom Stimpson Runner-up Cup D. Riches W. Dixon Shield J. Cooper

As usual, we managed to get pics. of some of the entries (sorry if yours isn't shown)...



Katie Waddilove, 1st prize, Animal from Fruit/Veg



The table of Tots & Co. entries



hat a lovely pear Mr Ayres! (2nd prize, righ ont). Also plumbs, damsons and dessert apple

Reader: Keith MacLeod, West Barn, Ryston Road, West Dereham, tel. (01366) 500960 or 07766 766137, email: keith.macleod@virgin.net

Keith MacLeod's monthly report

The Tragedy of Beslan

- Are we all Hypocrites?

As I write the Beslan Tragedy has disappeared off our newspapers and the TV news broadcasts, because we are now involved with the disaster of Hurricane Ivan wreaking havoc in the Caribbean. As ever, we are asking where God is at these times. He seems to have his back turned an awful lot. There have always been those who do not believe in any God and the West is particularly home to such at present.

I read an article in The Spectator over 3 years ago (before9/11 incidentally) by Paul Johnson, to whom I apologise if I misrepresent him to you. The headline was 'The notion that God permits atrocities is more bearable than the grim alternative'. Johnson recognises that "The licence God apparently gives to the commission of unpunished evil, and the infliction of pain on the innocent, is undoubtedly the commonest reason why intelligent men and women cease to believe in a deity". He goes on to discuss how in modern times we have become aware of the sheer power and complexities of intelligence. Our minds are powerful enough to perceive the possibility of God's existence and of the nature of an intelligence inconceivably greater than our own. BUT, knowing as yet only a fragment of the facets of existence, in the widest sense, we would indeed be foolish to pronounce judgement on a being whose workings we do not as yet – and may never – understand; or to dismiss him, in rage and despair, as non-existent.

The alternative to suspending judgement is far more terrible. It is

to conclude that the amount of pain in the world serves no purpose at all: that the existence of the human race, with all its delights and dramas as well as suffering, is a meaningless accident,; that life is totally without aim or principle, plan or design or explanation, beginning in pain, ending in pain and followed by senseless annihilation: that no one is in charge, ever has been or ever will be, and that life will continue its motiveless course until another meaningless accident extinguishes the whole. I find this explanation totally unbearable and far more merciless than the vision of a God who permits dreadful things to occur which we cannot understand but which one day we may come to comprehend as the wisdom which passeth all understanding."

This negative 'proof' that God exists is very distressing, but nonetheless powerful. Members of recognised religions, such as Christians look for more positive evidence that God is there as well. I sometimes look at the Footsteps story, which has become very popular is recent years and which I assume most readers will know. What I find interesting in it is not so much the obvious message - that God carries you when you are in trouble, but the other side of the coin. There are many times when there TWO sets of footsteps – those are the times when God is not expecting to carry you but hopes that you are carrying We have to take yourself! responsibility for what goes on.

I have recently seen an impassioned cry against the passion with which we in this country and elsewhere rail against the perpetrators of the Beslan massacre, reminding us that it is we who supply the weapons, it is we who were responsible for thousands of infant deaths in Iraq and so on. I don't argue with that as a statement of fact, but I do feel that we have a duty to feel for tragedy when we can. If sometimes we fail, that is no excuse for failing for ever. It is also no good hiding behind the belief that where we act out of good intentions (eg Iraq) the 'collateral' damage is unfortunate but not our fault and then denying the 'terrorists' the same logic.

As I read what I have written, I wonder if words are ever any good. But that is the stuff of the beginnings of despair. At this precise moment all I have are words and I must go into battle with them – unfortunately perhaps using the language of war – but so did Jesus and so did Mohammed and so did Moses. There are those in our local villages who go to war-torn or recently war-torn parts and take with them some of our Western wealth and goods and try to make change for the better in a practical way. There are others who contribute money to the charities and organisations who try to relieve the starvation and disease of the Darfour victims or to dig up the landmines in the Congo. There is actually no limit to the ways in which we can try to alleviate the terrifying distress we see

I believe, as do many others, that this is the hand of God at work though the agency of humankind to relieve the

Church Rotas

Christ Church - cleaning & flowers

Oct Mrs D Eves & Mrs Jenny Elsie Nov Mrs D Eves & Penny

All Saints' - cleaning & flowers

Sept Mrs P Willis & Mrs H Durrance Oct Mrs P Willis & Mrs H Durrance

St. Andrews - cleaning

Oct 8th Mrs J. Elliot, Mrs V. Hutchby Oct 15th Mrs P. Coles, Mrs. B. Akers Oct 22nd Mrs B. Ayres, Mrs. V. Legg

Oct 29th Mr & Mrs Everett Nov 5th Miss J. Luckman,

Mrs S. Randell

Sunday School - All Welcome!

There is a Sunday School during the main 11am Sunday services at St. Andrew's Church, Northwold (except for Sunday's with All Age Worship).

This is open to any school age child living in the villages of Northwold, Wretton, Stoke Ferry, Whittington and Brookville. If you are not able to stay with your child please drop them off by 10.50 am and collect them by 12.15pm

effects of the disasters brought about by humankind and no effort is too little. This is, of course, the butterfly's wing theory. A butterfly flapping its wings in Norfolk may cause a tornado in the Caribbean. Your little effort could be mindblowingly effective.

Perhaps it is also necessary to remember that structure and organisation is something that humankind is good at — not the inevitable organisation of an ants' nest, but the creative, dynamic organisation that can lead to an international phone system that no one has yet been able to map. 1 million people trying to help in Darfour individually will not work. But 1 million people combining their efforts through a small number of knowledgeable and efficient agencies

can perform miracles. Mother Theresa's achievements were specially hers in quality, but in quantity were only possible through organisation.

So, if your gift is words, use them, not something else; if you are rich, put your wealth to use; if you are practical or a relevant specialist, lend your skills. If, however, you are committed to Paul Johnson's dreadful alternative, it is difficult to see why you should try at all. If you are atheist or agnostic, but nonetheless you are impelled to love your neighbour anyway, then be of good cheer – hold on to what you perceive to be your beliefs/non-beliefs, but many like myself will think that God has found a way into your heart, even if he is keeping his face covered.

Keith MacLeod

Art Exhibition

The second Northwold Art
Exhibition took place over the
weekend of 10th-12th September, and
raised £580 towards Village Hall
funds.

There was also a preview evening on Thursday 9th September - which raised money through ticket sales and sales of exhibits. Special thanks for help to:-

Sue and Jodie Spindley
Jenny Bunyan
Jenny Langley
Jackie Elliott
Brenda Ayres
Jim Booty
Michael Parfitt
John Haylock

Also, everyone else who donated raffle prizes or helped in any way.

Caroline Whiting



Little Normans Northwold Pre-School

Everyone at Little Normans seems happy to be back into the swing of things after their long summer break. We returned to a very full register, even after we said farewell to a lot of children at the end of last term, as they moved onto Primary School. We are sure that they have settled in well, but would like to take this opportunity to wish them luck and to thank the parents/carers for any help they gave the Pre-School during their child's time there.

Thank you also goes to the (very few!) parents/staff that gave their time on the Spring Clean evening. A special mention must go to Graeme and Paul, who on a <u>very</u> wet and thundery night, still proceeded to pressure wash the mobile, roof and gutters, a job well done. THANK YOU.

Autumn/Harvest is always an enjoyable time at the Pre-School. The children enjoyed entering the Produce Show, with their Sunflower pictures, made with lentils. Prizes were awarded to:- 1st Maisie, 2nd Harry, 3rd Alex. Well done to everyone that entered. We will also look forward to our trip to the Church on Friday 8th October for the Harvest Festival.

Next Committee Meeting:- TUESDAY $5^{\rm th}$ OCTOBER. $7.30\,\mathrm{pm}$ @ 40 Methwold Road (Tina's). We always

welcome new committee members. Thank you goes to Christine Gatward and Catherine Fisk who have now resigned from the committee, due to their children moving onto Primary School. Your time and dedication has been much appreciated.

The AGM will be held during the second half of the Autumn term, date to follow.

As always, if you wish to register your child for the Pre-School please contact us during opening hours:- Monday, Thursday, Friday: 9am-12noon, Tuesday & Wednesday: 9am-2pm. Telephone 01366 728804.

Half Term Hols. Thur 21st-Fri 29th Oct Return to school Mon 1st Nov End of Term Fri 17th Dec

Tina Billmen

DIDLINGTON NURSERIES

Visit our walled in garden nursery for your trees, shrubs, perennials and lots more.

In stock now - winter flowering pansies, violas, primroses, polyanthus, wallflowers and bulbs. Available from end November - a vast selection of fruit trees, ornamental trees and bare root hedging.

You can find us situated between Foulden and Northwold

Tel. (01842) 878288

Est. 1962

GARY BOYCE

QUALITY RETAIL AND CATERING BUTCHER, est. 1985

25, High Street (next to Fire Station)
Methwold, Thetford, Norfolk
Tel 01366 728512 (or Fax 01366 728883 anytime)

Prime Barley Fed Beef (11/13 months old), Pork, Lamb, direct from the farm (locally). All our meat is prepared to the highest standard & cut to customer's requirements. Norfolk pork sausages made by Mr Dennis Self, formerly of Waters Butchers, Stoke Ferry.

We also offer a delicatessen counter of traditional cooked hams, also home cooked quiches, pork pies, Cornish pasties, sausage rolls, scotch eggs and much more. On the

sweet side of the pastries we offer a large selected of Curtis of Lincoln cakes. British bacon, unsmoked and smoked, dry cured - **no added water**. A range of English and continental cheeses plus our usual range of cooked meets, once again cut to your requirements by our team of friendly staff.

y Monday 9am-1pm

Tuesday 8am-1pm, 2pm-5.30pm
Wednesday 8am-1pm
Thursday 8am-1pm, 2pm-5.30pm
Friday 8am-1pm, 2pm-5.30pm

Saturday 7.30am-1pm

Page 6