NORTHWOLD & WHITTINGTON
Village Life

Issue DEC.2011/JAN.2012
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ARCHIE RAMSHAW

... photo of Archie handing the £50 cheque to Kelly & Janet at Kings Lynn, Queen Elizabeth Hospital on the 24th October. Archie was in hospital during a routine visit for a blood transfusion *(we make it sound so simple)*. We are truly grateful for the support and kindness of which this village is renowned for.

Note from the Ramshaw's

We would like to wish all our family and friends a wonderful Christmas and a Happy New Year!! As many of you know, over the last year Archie has spent a lot of time in and out of hospital, almost become second home. As a way of showing our appreciation, we will be donating money to the Rudham Children's Ward at Queen Elizabeth Hospital instead of sending out Christmas cards. In the last year we have learnt an awful lot about how sudden changes within our lives can change the way we live, equally how quickly we can adapt to those changes if given support. We can truly say that without the support of all our friends and family over the last 12 months life would have been somewhat of a challenge.

THOSE WERE THE DAYS

In 1945, I was ten years old and living in Northampton with my dear old Nan, then one day her youngest son, my Uncle Stan, came home from the war. Uncle Stan was a good bloke and we got on very well. One Sunday he came into my room and said "Get out of that pit, get washed and cleaned up and put your best suit on, we're going for a walk". "Where to?" I asked. "You'll see" he said "now get a move on".
So I got washed, combed my hair and put my best suit on. He inspected me, said "you'll do", and we went out. Down the hill, through the cobblestones of the Market Square, through the alley-way, across the road to the All Saints Church, where we joined the crowd around the monument. Uncle Stan pinned a poppy in my button hole and then it all happened.

POPPY DAY

The day the Army came to town was absolutely grand
Three companies of fighting men and a Regimental band.
Hats bedecked with poppies, they paraded in the street
And our Sunday morning echoed to the sound of marching feet
As arms swung with precision in practiced unison
And the Regimental heartbeat was the beating of a drum.

Behind them came the Sea Cadets, Boy Scouts by the score,
Girl Guides, St. John's Ambulance, the Cubs and many more.
Then the men of the British Legion who had seen it all before.

This marching column made its way through narrow, winding streets
Then halted at the monument, there to lay their wreaths
And listen to the haunting sound of mellow, plaintive notes,
As the Regimental Bugler played a bittersweet Last Post.

The weak November sun looked down as soldiers far below
Remembered other soldiers who had died so long ago
And for two, long, silent minutes it seemed the world stood still
For brave men that we can't forget, pray God we never will.

Yes, those were the days when Great Britain really was great, when the British
People were proud to be part of it, and nobody p...ed on War Memorials!

Oh yes, those were the good old days.

Steve Stephen

HALLOWEEN NIGHT AT THE CROWN INN

Halloween Charity night for Wishhouse Trust raised over £290. Thanks to all who came and supported us

CHERYL & DAVE

PLOUGH MONDAY

Just a reminder that Plough Monday will be 9th January 2012 @ 7.30pm starting from the Crown Inn Public House

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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.

ST.ANDREW'S CHURCH DIARY 2011

DECEMBER
Sunday 4th
10.00am Benefice Rector Methwold

Friday 9th
10.00am Toy Service Rector

Sunday 11th
11.00am Matins Carol Nicholas-Letch
4.00pm Christingle Rev'd Waters

Friday 16th
2.30pm School Service

Sunday 18th
08.00am Holy Communion Rector
6.30pm Tree Festival Rector

Saturday 24th
4.00pm Posada Rector
Please note the Midnight Mass begins at 11.00pm Rector

Sunday 25th
11.00am Holy Communion
Rev'd Waters

JANUARY 2012
SERVICES WILL BE DISPLAYED ON THE CHURCH NOTICE BOARD

If you have any questions or would like further information, The Churchwardens, Chris Collins and Carol Sharp, may be contacted on 728404 and 728227 respectively.

Church website:
www.northwoldchurch.org.uk

THERE MAY BE CHANGES SO PLEASE KEEP AN EYE ON THE NOTICE BOARDS

CHRISTMAS TREE DECORATION

The trees will be arriving at Church on Monday, 5th December and they may be decorated during the week. We would like them to be finished in time for the Toy Service to be held on Friday, 9th December at 10am.. Thank you to everyone who has agreed to decorate a tree.

Carol Sharp

St Andrew's Church.

We will again be having an arrangement of Carnations in the church over Christmas.

If you would like to make a donation towards this - maybe in memory of a loved one - please hand to Brenda Ayres or Veronica Legge.

The Benefice of All Saints Wretton with Stoke Ferry and Christ Church Whittington

The Benefice is in interregnum.

For queries, in the first instance, please contact Father David Evans, Rector of the Hilgay group.
The Rectory, Church Road, Hilgay, Downham Market.
Telephone 01366 384418 or email david.evans@ely.anglican.org
Licensed Lay Ministers:
Keith MacLeod - West Barn, Ryston Road, West Dereham. Telephone 01366 500960
Carol Nicholas-Letch - Honey Tree, Furlong Drove, Stoke Ferry. Telephone 01366 500704
For information concerning marriage, baptism or funerals, please contact The Churchwardens or Verger of the appropriate Parish.

DECEMBER
Friday 9th
7.00pm Christmas Concert **

Sunday 11th
10.00am Holy Communion
Father David

Christmas Eve
11.30pm Midnight Mass
Carol Nicholas-Letch

JANUARY 2012
Sunday 1st
9.30amMorning Service
Carol Nicholas-Letch

Sunday 15th
9.30am Morning Service
Keith MacLeod

Sunday 29th
9.30am Morning Service
Keith MacLeod

WISHING EVERYONE A PEACEFUL CHRISTMAS AND A HAPPY NEW YEAR

If you need a lift to Church, please telephone the Churchwardens or Verger.
Churchwarden - Elaine Taylor, 01366 500948
Verger - Trish Willis, 01366 500138
Mrs. Sylvia Jackson & Wendy Hodson are upholding the cleaning and flower rat

Whittington church now keeps a diary (on the table next to the visitors book) in which to put anniversary dates for loves ones; if you would like to enter a name in the appropriate date and put some flowers in the church with a card with their name on, we will make sure they are left for the anniversary. Please ring Jenny on 500143 for more details.

Christmas Concert in ** Whittington Church
Friday 9th December @ 7pm

A light-hearted fun evening with mulled wine and mince pies, raffle and stalls
Entrance fee of £3.00
All proceeds to the Kieran Lee fund

WHITTINGTON PICTORIAL JUBILEE BOOK

In October I delivered to all Whittington residents an invitation to join in a project for the Queens Jubilee in 2012. My idea is to produce a pictorial history of the village, the buildings, houses, residents (only if you wish) and businesses.

The book would be kept in the church and available to view to other residents, visitors and future generations.

I am only asking for your participation, but so far response is disappointing with only 6 replies out of 90 I delivered. So please get your replies to me before the end of the December so that I can begin work in earnest in the New Year.

Any queries please call me.
Wendy Hodson 01366 501052

ST THOMAS'S DAY DOLE

The Dole will be paid on Wednesday 21 December from the Vestry in Northwold Church, between 10 and 11am, and at 11.15am near the entrance to Norman Drive, Whittington. Please collect in person, or arrange for someone else to collect on your behalf. The Trustees are unable to deliver cheques after the stated distribution date and times. In the case of married couples, cheques are made out jointly unless otherwise previously notified.

HELAINE WYETT

St Andrew's Church Sherry Morning

Wednesday 21st December

10.00 - Noon

Come and join us for a glass of sherry or hot spiced apple juice and Christmas nibbles

If you are coming to collect the St Thomas's Day Dole why not join us for some refreshments and a chat with friends

Northwold Village Hall Cabaret Night

This event, on Friday 28th October, was a sell out with a packed hall. A fantastic night was had by everyone with Carolann providing top class entertainment. A sum of £621 was made for village hall funds and thanks to all those people who gave prizes for the raffle.

John Burton

NORTHWOLD CALENDAR, 2012

A new calendar for 2012 has been produced using some of the photographs displayed at the History Weekend in September. This calendar is A4 size and is available from Ann Howarth (tele: 727772). All profits from the sale of these calendars will go to the St Andrew's Church Restoration Fund.

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Georgina Sims

Just Looking….

by Rev'd Joan Horan

At this time of the year we tend to spend a significant proportion of our time in shops. Even if we do much of our Christmas shopping on-line, nothing can quite beat wandering around 'just looking' and experiencing the sights, sounds and smells of Christmas while we browse for those special gifts. It can be nice and relaxing, somehow, to take time pottering around attractive, crafty little shops looking for unusual stocking fillers. But the experience can be tarnished if we encounter a pushy sales assistant intent on exceeding their Christmas 'targets'. 'Oh I'm fine, I'm just looking' you mutter hoping that the person will go away and leave you to browse in peace. Nothing makes me exit from an otherwise inviting shop more rapidly than a sales assistant who doesn't understand the meaning of 'no'. There's nothing worse than being pressured.

Often people find it helpful to discuss the decision-making process with others. That's why I generally go Christmas shopping with a friend – we browse together, 'just looking' until we eventually unearth 'just right' gifts for our two'horsey' and two 'unhorsey' daughters. We invariably find that two heads are better than one when it comes to surprising discerning young ladies in their 20's at Christmas…and we have lots of laughs in the process!

In all major life decisions time for 'just looking' is vital. It gives us space to gather information and to reflect before making a firm commitment. Mature decision making is a process. Most of us don't make life changing decisions, to marry, or to purchase a house for example on the spur of the moment.

Teenagers and adults who choose to explore how their lives might be changed through encounter with Jesus, invariably begin with a period of 'just looking'. This is really important. People need space to explore, to reflect and to ask questions. Few people like to be pressured into a snap decision of the kind beloved by 'Telly Evangelists'. Most people, even people who have always attended church, tend to become Christians gradually. Christians aren't zapped into existence…we grow as Christians in the same way that we grow from infancy, into childhood, adolescence, adulthood and finally to into aged wisdom….if we're lucky. Christian life is about exploration, journey and yes, even adventure. It's about belonging and sharing the journey with other ordinary, everyday people…not 'holier than thou' people who think they're better than everyone else, but 'normal' people who are simply on a journey into wholeness – which is what 'holy' actually means.

'Just looking' involves asking important questions about life and death. Often these questions surface when we've experienced life changing events. But sometimes we simply feel a longing inside to know more, longing for life to have a deeper meaning. Often these feelings are heightened at Christmas, when the birth of Jesus is before us in carol services and in the media, even though our secular society appears to celebrate a 'Winter Festival' with its centrepiece of nodding reindeer in our shopping plazas and streets.

Adults who feel that they might quite like to explore adult baptism or confirmation can sometimes feel that they've somehow missed the boat – after all isn't baptism for babies and confirmation for teenagers? Well no – in the early church baptism was about adult commitment. People may feel self conscious about asking what might be involved for fear of looking foolish or even admitting that they've never been 'done' which is

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really sad. It's **never** too late to explore, never too late to ask those questions that you long to ask and then you can see where the journey takes you.

In mid-late January or early February I'm going to run a group called 'Just Looking'. It's for older teens and adults who want to find out, in a completely relaxed 'no strings' environment, what the Christian faith is really about. I'd hope through responding to your questions and concerns that some popular myths and misconceptions may be debunked. All questions are welcome…there is never such a thing as a silly or trivial question – especially when it comes to matters of Faith! Some folk in this group **may** choose to be baptised or confirmed later in the year **but this isn't obligatory**. If you would like to join in 'Just Looking' please phone me on 01842 828034 or send me an email joanhoran123@btinternet.com. I will be delighted to hear from you. Further details will be published in the magazine in the New Year.

Christmas message 2011

The Angel of the Lord brought tidings to Mary and she conceived by the Holy Ghost.

These words from St Luke's Gospel open the ancient prayer of the church called the Angelus which I say twice each day. It begins with an angel on a mission confronting a very ordinary teenager called Mary with an extraordinary message from God. She was invited to be the mother of God's Son…pretty impossible for a virgin!

In so many ways the prayer does not do justice to the complexity of the situation and the decision that Mary faced.

Mary had a choice. She wasn't just zapped by God and impregnated against her will. Luke's Gospel is open to the very real possibility that Mary could have exercised her God given free will and said – No Way! I often wonder in fact how long it took her to say 'Yes'. It could not have been an easy decision, especially for one so young. God was disrupting all her plans for a 'normal' life – to marry the young man she loved and live as a respected married woman in her community. Saying 'yes' could endanger all she held dear – even her life. There may have been resentment – what does God think he is doing asking me to disrupt *my* life? Her faith would have been tested to its limit, I suspect. But …God did not and does not impose His will. He waited for her to respond. She was completely free to choose and because she was a person of deep faith and prayer, her heart was sufficiently open to allow God's purposes to be worked out in and through her…so…as the Angelus continues in the words of St John:

The Word was made flesh and dwelt among us… Jesus was born.

The whole point of Jesus' conception and birth is that God solidly identified with every aspect of human existence – from cradle to the grave. Jesus is Emmanuel – God with us. Our God is completely, utterly different to any pagan god – our God is involved, connected in the deepest love possible with all humanity. Because of Mary's yes, Jesus, God's Son, took human flesh and was born, lived, suffered and died among us. The Word was born and wrapped in swaddling clothes, wrapped in the frail humanity that is ours. And he transformed that humanity beyond our wildest dreams or imaginings when He broke the chains of death in His glorious resurrection which is our great hope and promise for a bright future in eternity with Him.

What a gift!

Gift invites gift. At Christmas we will exchange gifts with those we love. In this we reflect God's love for us in the love we have for our families and friends. Gift invites gift. Jesus gives me Himself – what then is my response? I conclude with the words of the poet Christina Rosetti.

What can I give Him, poor as I am?
If I were a shepherd, I would bring a lamb;
If I were a Wise Man, I would do my part;
Yet what I can I give Him: ***give my heart.***

In invite you all to open your hearts to Emmanuel, God with us, this Christmas and be transformed by His love so that we all may be worthy of His promises and enjoy abundant life in Him.

May the light and peace of Christ shine in your hearts this Christmas.

Joan+ Rector

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RIVER WATCH

It was dark. The moon kept disappearing as volumes of black clouds came and went. A strong wind swept a bitter chill across the marshes and the tall reed beds bowed over in waves. It was between day and night. For sure very few people would be awake. However in the distance a lone figure of a hunched man was surveying all about. It looked as if he was standing in the middle of a field of sedge but in truth he was standing in his punt. The presence of water was not obvious but he was definitely afloat and pushing his way along with a single oar.

We have journeyed back in time between the wars when the lower reaches of the river Wissey joined endless acres of wet meadows and reed beds. There were numerous outlets and inlets. Each dyke led to another making up an intricate network of watery threads. Few knew the geography but our friend followed all the courses without problem. Since a young boy this had been his territory and he worked away with deftness and intuition. An owl floated low in front of him which he instantly recognised as the tenant of a neighbouring church tower. They crossed paths and carried on their separate ways.

The man was an eel catcher who every day of the year visited and reset his traps. Night time was when the eels were most active and at very first light of day the catch was collected. Five score and more long conical willow traps were laid out in the waters. There were no markers but our friend knew the position of every single one!

Before sunrise his job would be finished. A large wooden tank inside the punt was almost full with wriggling eels. They were a heaving mass with some as thick as a man's forearm. It had been a good catch and now there was great haste to get home. Home was alongside the river a mile or so upstream. The cottage left much to be desired but in winter time there was always smoke coming from the chimney and every night the cooking pot was on the black stove.

The next job was to get the eels to market. The punt was exchanged for a trade bike of sorts and with lots of push and shove the journey was made to the Stoke Ferry railway station to catch the first train of the day. The station yard had its own ice house and the eels were transferred to travel boxes with a generous topping of ice. Thus they would remain fresh for the journey to London.

By lunchtime the eels would be at the capital where they were cooked and jellied for the night time trade on markets or for sale in the many pubs. Few people would realise that that very morning they were alive and swimming within our very own river.

When the eel catcher left the railway station his work was far from finished. He did not return to his cottage as his real day had only just begun! He also laboured in the fields for a local farmer. Only at tea time he returned home to a welcome meal but alas even then he was often out again. During the winter nights he would be wild fowling on the very same marsh land to catch the last flight. He was also the only person on the river Wissey to have a punt gun and with good fortune he could bag fifty or more ducks with a single shot! These would then also be sent on the train the following morning. Sleep was a luxury which he could ill afford but he survived keeping a wife and large family and he was always happy!

We have a lot to learn!

By Ivor Hook

WHAT DOES THE DOCTOR THINK THIS MONTH?

As this article will go to print during the frenetic time leading up to Christmas, by which time the economy may have imploded and general misery might prevail, and as I have just been given a Tommy Cooper joke book for my birthday, I thought that a light-hearted article containing only jokes might be appropriate. The fact that I cannot think of anything to write about this month and Revd Ken Waters had just Emailed several pages of jokes to me is irrelevant! So, with apologies to that reader who only reads my articles for the "gravitas" content, here we go! Let's start with Tommy Cooper:

I got this dog for my wife – I wish I could make a swap like that every day. He is a one-man dog – He only bites me! He took a chunk out of my leg yesterday; a friend said "Have you put anything on it?" I said "No, he likes me as I am". He's getting on a bit, my dog – I said "attack" and he had one. I got him as a watchdog but all he watches is TV!

I was walking home the other night. A man popped up and said "Have you seen a policeman around here?" "No" I said "Stick 'em up" he said.

They were striking for shorter hours. I joined them as I am all in favour of that – I have always thought sixty minutes was too long

An agent said to a producer "I've got a girl who wears a 102 size brassiere. "What's her act?" "She tries to stand up!"

"Would you like some pornographic photos?" "No, I haven't got a pornograph".

……

Having been accused of racism, I have not included any Paddy and Mick jokes recently. However, such has been the outcry from my regular reader that I have been forced to reconsider my position. I have been sent some Paddy and Mick jokes by an Irish friend of mine so I have "genericised" them. The characters are now called P and M which could, of course, stand for name at all (beginning with P or M), so make of them what you may!

P shouts frantically into the 'phone "My wife is pregnant and her contractions are every 2 minutes apart". "Is this her first child?" asks the doctor. "No!" shouts P – "It's her husband".

P was driving home, well intoxicated, swerving from side to side. The police pulled him over and he told the officer that there were trees all over the road and he had been trying to miss them. The officer could see no trees and he eventually solved the problem – P's tree-shaped air freshener had been swinging about!

M's dog went missing and his wife suggested putting an advert in the local paper – no response. She asked M what he had put in the paper. "Here, boy" he replied.

P spent a time in jail and became very depressed. His guard found him hanging upside down on a rope around his ankles. "What on earth are you doing?" "Hanging myself". "The rope should be around your neck!" "It was, but I couldn't breathe".

……

Personally, I have nothing to do with Facebook, Twitter and so on. However, one of my friends, who was awaiting delivery of a new Porsche, twittered (or should that be the acronym for The War Against Terrorism – think about it) that he couldn't wait for the new 911 to arrive. Suddenly, he had 4000 of our radical friends as Facebook Friends. Talking of our radical friends, some of them have taken to weaving prayer mats out of plastic explosives. The mats are uncomfortable but prophets are going through the roof..

A modest friend of mine checked into a hotel and asked the receptionist whether the porn channel was disabled. "No, it's regular porn, you sicko" she replied. Another friend of mine told me he was having a sexual relationship with his girlfriend and her twin. "That must be difficult" I said "How do you tell them apart?" "Oh, that's easy" he replied "Her brother's got a moustache".

You may say a lot of bad things about paedophiles but at least they drive slowly past schools

Apple have had to scrap their plans for a new children's iPod after realising that "iTouch Kids" was not a good product name.

An elderly man lay dying in bed. Suddenly, he smelled the beautiful aroma

of scones cooking collapsed into a chair and picked up a scone – a wooden spoon smacked his hand – "You leadownstairs. Summoning up the last of his energy and taking a couple of painkillers, he staggered downstairs and saw the table loaded with scones of several varieties. His wife had obviously cooked his favourites as a last act of love for her dying husband. He ve those alone" said his wife "They are for the funeral".

Deannie joins me in sending you all best wishes for Christmas & The New Year.

NORTHWOLF BOWLS CLUB

Northwold Bowls Club held its annual Dinner and Presentation on 21st October at the Sports & Social Club.

A collection was made and £62 was sent to the Macmillan Nurses.

Photo of singles trophy winner Gavin Cater presented by Basil Eyles.

DOLL & TOY PATTERNS

Dear readers,
Has anyone got any toys and dolls clothes knitting/crochet patterns they don't use anymore as my daughter is learning to knit and crochet and we are finding any of these patterns very difficult to come across.

Many Thanks

Mrs J. Fisher
1 Hillcrest
Pickhill, Thirsk

Community Action Northwold

JACK THE RIPPER WHODUNIT?

A select audience met at the Sports and Social Club on Friday, 11 November to hear the evidence against suspects and then to decide Jack's identity.

Mike Wabe, alias Detective Chief Inspector Abberline, set the scene by describing the area and the standard of living in Whitechapel at the time of the grisly murders.

In 1888, the Police Forces in London had to investigate the gory deaths of six women in the Whitechapel area. DCI Abberline described each woman and their lifestyle/occupation - which was, on the whole, prostitution and drink!

Although numerous theories and suspects have been suggested over the years, DCI Abberline presented only ten of the most credible culprits. Most of them were quite unpleasant characters, with some rather nasty traits!

Having heard all the evidence, only two members of the audience came up with the same identity of the perpetrator. All other members came up with different answers. Whilst we'll never know the true identity of Jack The Ripper, DCI Abberline gave his deliberations at the end of the evening .....

(... If you want to know his views you'll need to attend one of his presentations! Contact details are available from CAN.)

Sharron Freemantle
01366 727675

CELEBRATE AT THE CROWN INN

Taking bookings now for Christmas Eve, Boxing Day and New Years Eve.
Join us for the New Year celebrations.
Book early
Food available New Years Day.

Senior citizen Xmas Lunch
THURSDAY 15th December
3 course meal @ £12.50

VALENTINES NIGHT
TUESDAY 14th February 2012
Bookings taken now.
Treat someone special

MERRY CHRISTMAS & HAPPY NEW YEAR TO ALL

Don't forget
QUIZ NIGHTS -
EVERY OTHER WEDNESDAY

December 7th & 21st

NORTHWOLD WI

On the evening of Tuesday 8th November several car loads of ladies from Northwold WI converged on Brown's Restaurant at Mundford for their annual Birthday Party. Twenty-eight members attended the meal and everyone enjoyed it immensely. The attention to detail was superb – from the table decorations to the food itself, which was exquisitely presented. One lady commented particularly on her Shepherds Pie which was absolutely delicious being made with Roast Lamb.

Our next meeting is our Christmas Party which will be held in the Village Hall on Tuesday 13th December when our guest speaker will be Mike Wabe entertaining us with Christmas Stories and Songs. The competition will be Unusual Christmas Tree items.

Glenda

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NORTHWOLD YOUTH CLUB

Busy! Busy! Busy!

We've been working on a fun, on-going project for early 2012 with Toni Arthur-Hay.

The young members of the youth club (and probably some of the not so "young ones") are planning to present a modern day version of a Mummers Play. Please look out for the announcements giving details of the date and venue of their performance (yet to be confirmed). In the meantime, all budding stars are preparing to be cast and learn their lines ... and actions!

A big shout goes out to JoAnn Kidd who spent time with the Club, helping everyone make some stunning Christmas Tree Decorations for the Tree in the Church. Be sure to have a look at all their efforts when you go to the Tree Service on 18th December.
Archie Ramshaw has been a Youth Club Ambassador for us and recently presented a £50 cheque to the QEH Children's ward (Rudham), as the recipient of the Ray Osborne (NYC) Youth Award. (see front page)

The young members have also been busy working on a fund raising effort for their club, by creating two Christmas Cards. The proceeds from the sale of these brightly coloured cards will be used to cover the costs of future activities and projects for the children. As this article goes to press, so the cards are being printed. Please support the youngsters' efforts! You can place your orders with Youth Club Helpers and also from the Youth Club Tuck Shop on Club nights.

Northwold Villagers will already be aware that Youth Club Members are encouraged to participate in active citizenship. For this reason, you would have seen some of them representing the Club at the War Memorial on Remembrance Sunday, and also by participating in the Church Bazaar. It is heartening to report that on each occasion the children have volunteered to carry out these "duties".

We also have our AGM to look forward to later in November, when the young members elect their Management Committee (including their own representatives) and vote on all the other administrative issues that have to be raised each year. The AGM is (obviously) kept as brief as possible, because we all want to get on with the Annual Quiz hosted by Ace Quiz Mistress, Ann Howarth – who determines which teams win the coveted Tuck Shop prizes.

This report has been written on a balmy November evening, so it is rather hard to imagine what it will be like when the next Youth Club report is due, after Christmas and New Year!

Bernie has already been booked for another "Bingo with Bernie!" on *11 January 2012* – our first meeting of the New Year.

So, without further ado, we wish you all everything you would wish yourselves and, in particular,

A Very Merry Christmas and a Happy, Healthy and Prosperous New Year.

Sharron Freemantle 01366 727675
Jane Lukman 01366 728921

Feltwell Surgery Patient Participation Group Newsletter No. 3

We've had a talk from a Prescribing Advisor for NHS Norfolk – West. We found out some things that might help us to understand how we can help save money and at the same time have more money to spend.

Whether we like it or not the NHS has to save £20 million over the next 4 years by 2015. There has to be changes.

None of us want those changes to affect our own care and treatment.

None of us want to be left out or to have anything done on the cheap.

We can save on the cost of drugs. How?

- A drug with a brand name is no different from a drug with a generic name. It does the same thing. While a drug is in the process of being developed the company applies for a patent to protect it from being copied by rival drug companies. This patent lasts for 20 years. If it comes to market before the end of the patent the company may put a cost for R&D on top of the actual ingredient costs. Once the drug is out of patent other companies can make copies (generics). These copies are required by law to be of the same standard as the original. The drug then becomes part of a competitive market. Tesco's, Boots, Sainsbury, Waitrose etc can change the way the drug is packaged, coated, coloured or shaped – but the active ingredient has to be the same. It's like Nurofen versus Ibuprofen – the same drug in different packaging – with a different sales price.
- When a drug first comes into the pharmacies if it's still 'in patent' the original branding ***has*** to be used, it's an EU ruling - there is no choice – no alternative. When the drug is 'off patent' and generics are used it means the NHS can save money. That's why doctors ask us to change the make of the medication.
- In the last 6 months 132 patients changed to generic drugs. The cost saved for this is £11,600.
- These savings mean more money can be spent on other things like operations and carers.
- A hip replacement costs approximately £6,000. We've saved enough to pay for nearly another two.

Here's some examples:

Brand Name	**Cost**
1. Efexor xl (Venlafaxine) 75 mg tabs	**£22.08**
2. Efexor xl (Venlafaxine) XL 150mg tabs	**£36.81**
3. Actonel (Risedronate) 35mg	**£19.12**
4. Protium (Pantoprazole) 20mg tabs	**£11.83**
5. Protium (Pantoprazole) 40mg tabs	**£20.57**

Generic Name	**Cost**
1. Venlalic (generic venlafaxine) XL 75mg tabs	**£11.20**
2. Venlalic (generic venlafaxine) XL 150mg tabs	**£18.70**
3. Risedronate generic 35mg	**£1.66**
4. Pantoprazole generic 20mg	**£1.18**
5. Pantoprazole generic 40mg	**£1.77**

So – if you get offered a generic drug by your doctor – give it a go!! You're not being palmed off with something substandard.

If you've changed to generic medication – thank you.

Hip, Hip Hooray
A hip replacement is on its way

TONI ARTHUR-HAY

NORTHWOLD BRIDGE CLUB AT THE SPORTS & SOCIAL CLUB

We meet on Tuesday afternoons at 1.15pm for 1.30pm.
We are a very friendly bunch playing duplicate bridge just for the fun of it.
We charge £1.00 per session, which includes a cuppa and a biscuit, and you have to join the Social Club, which currently is £5.00 per year.
We welcome improvers, and we only play no fear bridge.
Why not come along and give us a try?
Call Ray 01842 827120 or just turn up.

I am nearly at the end of my first year and am looking forward to the Christmas Tree Service at St. Andrews Church to make my year complete. I remember sitting feeling so proud of the school choir and knowing that I would soon get to know these children.

Again, we have had an action packed term with the children being involved in all kinds of visits and activities.

Our key stage 2 children went to Ely Cathedral to celebrate being part of the Church Society. They had an interesting day of dancing, problem solving and performing. We were particularly proud that of all the school s represented only our children took instruments along to join the orchestra. Little did they know that our two children would be the orchestra so well done Isabel and Harry!

The children have been learning about the life in the Victorian times which has involved them time travelling and being taught for a day at the Victorian School in Gt. Cressingham. They are also due to go to Gressenhall to find out more about the life of the rich and poor during Victoria's rule.

Several fund raising events have been organised by our year 6 children. A group organised a Talent Show, which was well supported by the other children in the school. It was a wonderful event with talented children throughout the school performing acts from singing, gymnastics to ventriloquism and magic tricks. They were able to raise £141 for school funds and with some additional PTFA funds we will be replacing our tiny digital photo-frame with a larger more sophisticated one so visitors to school can share in the children's interesting and exciting learning opportunities. New York Class organised a Macmillan Coffee morning on Children in Need Day. They planned, cooked, advertised and served the customers for the coffee morning. It was lovely to see, our parents, carers and grandparents joining us but also other members of the community coming to share in this enjoyable event. Thank you to the generosity of everyone who came the children raised £247 for the Macmillan Charity. As it was also Children in Need Day the non-uniform day along with donations from Little Normans raised £117. I have some of the Year 6 children beginning to organise a fundraiser for the Village Hall so do look out for information about this.

Madrid Class have been learning to play the ukulele this term and it seems to have taken over. It is delightful to observe their music lesson with our visiting musician. The children are so engaged in learning the various chords and importantly the tunes. They have written songs to perform and obviously have enjoyed performing in Celebration Assembly, Harvest Festival and at the Macmillan Coffee Morning.

London Class recently went to Banham Zoo and had a fabulous time there. They saw all kinds of creatures and were able to get very close to some of the animals. I will let Joey share more of their visit below.

I will finish my piece and let the children finish with some of their writing.

Banham Zoo
On Monday, we went to Banham Zoo and first we saw some snowy owls, the female owl and the male owl. Next, we saw some meerkat. They were under the light and some were outside on the sand. Next, we saw some red pandas. They are part of the racoon family. Then we saw a bald eagle called Sam. Then we saw some kangaroos. A baby kangaroo is called a Joey.
We needed to find stamps around the zoo. If you collected all of the stamps you got a medal.
Joey Anderson, Y3

Rio Class have been reading 'We're Going on a Bear Hunt' by Michael Rosen and making up their own versions. Here's Mia's imaginative version:

We're Going on a…!
We're going on an Alien Hunt.
We're going to catch a big one we're not scared.

Uh Oh! Long alien wavy tentacles!
We can't go over it! We can't go under it!
We have to go through it!

Uh Oh! Sticky goo!
We can't go over it! We can't go under it!
We have to go through it!

Uh Oh! Sharp Stars!
We can't go over it! We can't go under it!
We have to go through it!

AN ALIEN! We must get home!
Back through the
Alien wavy tentacles!
Sticky goo !
Sharp Stars!
Mia Holley Y1

London Class Have been rewriting the Hansel & Gretel Story putting in their own twist! Here is James' version:

Hansel & Gretel
Once upon a time Hansel and Gretel went in to a forest. They saw a ginger house. Hansel said, " Let's get some of it." They rushed over to it. They ate some of it.

An ugly step mother came out of the door and snatched Hansel away from Gretel. Hansel shouted as loud as he could. Inside the ginger house the witch put Hansel into a cage. The witch put a pot on to cook Hansel.

Gretel ate the sweetie door. When Gretel got in she opened the cage and set a trap for the witch. The witch fell in trap and fell in the pot and she was never seen again and they lived happily ever after.
James Muir Y2

New York Class have been building up the different aspects of writing and have been thinking about describing a setting:

The moon was shimmering as Jim sat outside but the sound of Rosie and the old woman shouting was disturbing him. The sights of the boats on the river chugging to the other side made Jim want think about sailing away with Rosie and never coming back. The smell of the fish and the smoke from the chimneys of the boats ruined his thought of sailing away and he began to think about his mum, the more he thought of his mum the more lonely he became.
Tallulah Stocking Y6

Madrid Class designed and built a life size model of a Victorian Steam Train in their classroom. The children were asked to reflect on how the build went and what they would do differently if they were to do this again:

My favourite bit was building the carriage out of cardboard. I liked putting the sticky tape on and making the door.
We had trouble with the roof. It had a dip in it because it was not strong enough and was too big. I did not like doing the wheels because they were hard to stick on. Next time the carriage needs to be more square and stronger and the roof needs to be the right shape to fit.
Finley Roberts Y4

Madrid Class also imagined what it would be like to visit the beach in Victorian Times. They wrote postcards describing their visit:

A Victorian Beach
Dear Frederick,
I'm having a great time in Hunstanton going to the Arcade. I won £10! I went on a wheel that spins around slowly, it is very high and scary. I then went for a swim, it was fun. I saw a jellyfish. I went rock pooling and I caught a crab, one big, one small and one medium.
The weather was hot but when I got in the sea I was freezing.
Yours sincerely,
Rhys
Rhys Davies Y4

MINUTES OF NORTHWOLD PARISH COUNCIL MEETING HELD AT THE VILLAGE HALL TUESDAY OCTOBER 4th 2011

Present: Mrs R Crisp, Mr D George, Mr M Peake, Mrs S Bury, Mrs S Jackson, Mr A Collins, Mr F Eglington, Miss A Muir

4 members of the public

1. Apologies for absence
Mrs V Lynch

2. Declarations of Interest:
Mrs S Jackson declared an interest in matters relating to Whittington Churchyard/Cemetery.

3. The minutes of the meeting held on 06/09/11 were agreed as a true record.

4. Matters Arising from previous meetings

- It was noted that drainage work has been undertaken at School Lane but a large hole in the road has still not been filled. This will be reported to Highways.
- It was reported that rabbits are prevalent at the Playing Field and lots of holes are being dug.

5. Reports

5.1 **Chairman's Report**

- Some discussion took place regarding the practise of charging double fees for a grave space to someone who is not a resident of the parish at the time of death but who has lived in the parish for the majority of their life. It was agreed the Parish Council will maintain the practise of discretion and will consider individual circumstances should an application to relax the fees be made. It was agreed to consider Cemetery prices and rules at a future meeting.
- It has been reported that effluent has been seeping from a drain in Common Drove, Northwold. This will be reported to the Environment Agency.
- Following receipt of the Annual Play Equipment Inspection it was decided to remove the chains and seats from swings at the Playing Field due to wear. Replacements will be ordered. It was noted that money is held in the village for maintenance of the play equipment.

5.2 The Clerk's Report

- The Highway Rangers are to visit the village on November 7th 2011. Councillors were asked to pass suggestions for jobs the Highways Rangers could be asked to undertake to the Clerk.
- Two further enquiries have been made by residents keen to take on an allotment. Half of the one vacant garden allotment has recently been rented and approaches will be made to the two new applicants regarding sharing of the remaining half plot.
- Following a request made at last months Parish Council meeting for clarification of whether domestic septic tanks should be registered with the Environment Agency the clerk has been informed this is not compulsory at the present time. The Environment Agency and the Government are undertaking a joint review on the requirement to register small domestic discharges in England. While this review is underway there is not a requirement to register small domestic sewerage discharges or septic tanks. Householders can however register if they wish via the Environment Agency website.

5.3 **Community Action Northwold Update**

- A meeting is to be held at Northwold Sports & Social Club on September 10th to consider whether CAN should continue with the project to open a village shop in Northwold.
- CAN is investigating holding a mobile skate park event at Methwold High School.
- A volunteer has offered to design and paint the back board of the notice board at Whittington.
- CAN is to look at how to celebrate the Queen's Jubilee in the New Year.

5.4 **Manor House Update**

- The Borough Council has agreed to pursue with a compulsory purchase order for Manor House. It is estimated the process may take up to a year and it is possible the property will be purchased by English Heritage.

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6. Whittington Cemetery

- The Parish Council has written to two landowners in Whittington who have been previously contacted by the Parochial Church Council regarding the possibility of selling land to create a cemetery at Whittington. No responses have yet been received and it was agreed the Parish Council will proceed to seek planning permission for change of use of part of Whittington Playing Field to use as a cemetery.
- As the change of use would mean loss of part of a playing field which is against policy in the emerging Local Development Framework a planning consultant has been approached to undertake a pre-planning assessment. Sports England, the Environment Agency and the Borough Council will be approached before the application is submitted to gauge whether the change of use would be accepted. A scale plan will be produced indicating an area to the edge of Whittington Playing Field which the Parish Council would be willing to see used as a Cemetery. It was estimated and accepted that it will cost £500 for a pre-planning application to be made on behalf of the Parish Council by Parsons & Whittley.

7. Agreement with Northwold Sports & Social Club for hire of the Club building

Northwold Sports & Social Club is in desperate need of support and assistance from the village if it is continue to run. At a well attended public meeting held on September 20th volunteers offered support to undertake maintenance work to the Sports & Social Club building and several suggestions were made as to how the Club could fund raise. Cash bingos are to be organised and so far indications are that the Club is continuing to operate as usual. It is not known how much longer the present Committee will be able to keep the Club going and discussion ensued as to whether the Parish Council should persist in its efforts to sign a new agreement with the Sports & Social Club. A letter will be sent to the Sports & Social Club requesting an update on the present situation.

8. Queen's Diamond Jubilee

Consideration will be given at a later date as to how the Parish Council may help celebrate the Queen's Diamond Jubilee.

OPEN FORUM

- Comment was made that the Football Club members who use Northwold Sports & Social Club support the Club by spending money at the bar.
- It was reported that drains in School lane are sinking. Work was said to have been undertaken on the drains only a few weeks ago.
- It was reported that a tree is overhanging the road at Hovells Lane. The owners will be approached.

9. The following payments were agreed:

MHB Services (street lighting maintenance) £53.76
E.on Energy (street light electric) £150.11
Village Hall Committee £10.00
Mazars – external audit £162.00
Clerk Salary/postage £108.36
Inland Revenue - PAYE £81.00
BCKLWN – play equipment inspection £70.02

The Parish Council current bank balance stood at £19469.40 on 12th September 2011.

9.1 A quote of £215.00 to remove ivy from the bus shelter at Whittington has been received. Councillors will consider whether to proceed with this work.

9.2 A request was made for a second salt bin to be located at Whittington. Investigation will be made regarding a suitable location.

10. Correspondence

10.1 2013 Review of Parliamentary constituencies in England – www.independent.gov.uk/boundarycommissionforengland
The Boundary Commission has suggested a shake-up in the region's electoral boundaries – including a new seat straddling Norfolk and Cambridgeshire. The new Wisbech and Downham Market constituency takes in part of the South West Norfolk seat currently held by Elizabeth Truss. The South West Norfolk seat would disappear under the proposals. Individual comments can be made on the Boundary Commission website and the Parish Council will send representations against the proposals.

10.2 Borough Council of King's Lynn and West Norfolk Local Development Framework Site Specific Allocations and Policies Development Plan Document Issues and Options Consultation – September 2011. The Council is due to consult on the Site Specific Allocations and Policies Development Plan Document from Friday 23rd September 2011 to Friday 4th November 2011. This document sets out the main proposals for where development should occur and key areas that should be protected from new development. It does this by 'allocating' specific sites on a map for future development and 'designates' these on a map. Drop in sessions on this document are to be held around the borough.

11. Planning applications received for consultation

Mr. Peake took no part in the discussion relating to item 11.

A planning meeting held on August 17th considered the following:

11.1 Change of Use from car sales to car sales and hand wash including siting of demountable canopy at Whittington Garage 11/01425/CU

Support

11.2 Dormer extension to dwelling at 18 West End, Northwold 11/01517/F

Support

No further reports made

Answers to Northwold Quiz

1. Methwold Road
2. 10
3. The Gunstead, Everett, Steward, Howlett, Cooper, Jackson, Read, McQuitty, Rome and Germany families.
4. 1960
5. Mr. E. Hardy (accept Mrs Dodd who acted as Temp. .Head for a short while).
6. The Jeffrey Archer incident.
7. Carol Sharpe
8. 30
9. Beryl Warren
10. The opening of the Methwold Secondary Modern School
11. Chop and Change (accept Smitties)
12. Alan Bunyan's Office (Mrs.. Carr) Next door to the Crown (B&M Jenkinson)
    Jane Luckman's House (Mrs Parlett)
13. Capuchin monkeys
14. Molly Waring
15. Mrs. Bloomfield
16. 1988
17. 30years
18. 1937
19. From Beckfield Corner to Didlington Bridges
20. December each year
21. Women over 60, Men over 65 who have been resident in the village for 5 years.
22. The recreation ground.
23. P.C.Parfitt
24. Jason Cooper
25. Mrs Filby
26. Cockerel
27. No. 1 West End (Frank Fendick's House)
28. Dr. J. Norris
29. Armed Raid.
30. Don Bales
31. George and Dragon. Red Lion. Bricklayers Arms, The Crown.
32. Gillian Shepherd
33. 8.
34. Village Cross
35. Hale Bopp comet.

I believe these answers to be correct – but if anyone can add any more information to the questions, please let me know.

Brenda Ayres

Pat Cooper and family managed to find 40 of these answers out of a possible 49.

Congratulations again.

St Andrew's Restoration fund Appeal (SARA) Update November 2011

SARA Committee Members:
Ailene MacMullen, Christine Collins, Val Elwes, Tim Elliott, Irene Quinn Ann Haworth, Veronica Hutchby

St Andrew's is in urgent need of important restoration work which will cost well over £150,000. We hope that we will receive some grants to help us with this work but we also know that in order to qualify for the grants we must raise some money ourselves. Nothing will be handed to us without us proving that we are working hard and have the support of you all in this project. This church is essential to us as a community. Baptisms, weddings and funerals take place here; as do coffee mornings, Christmas Tree services and this year we held a large part of the Northwold History Exhibition in church. So, why do we need to spend so much money on the church?

The copper roof was last replaced in the 1950's and is now beyond repair. It is leaking and damaging the glorious timbers we so enjoy.

On the north wall - opposite the entrance door - we have a rare mediaeval wall painting which is deteriorating before our eyes and we need to restore and stabilise this before it is lost for ever.

The walls have rising damp which is trapped in the wall by the 'modern' renders both inside and out. This render will need to be removed - and the walls allowed to dry out and breath again.

The windows have leaded lights and the lead is slowly losing its flexibility and cracking. If this is not attended to, the windows will break and fall out.

So please support our appeal.

Lucky Ball -

Hurry up and join our Lucky Ball- over half of our 49 numbers are taken already. Do you realise that if you had held the Bonus Ball number 10 on November 12, you could have won £25. Information and application forms available from Veronica Hutchby. Tel. 728555 or vhutchby1@sky.com. Forms also available at the rear of the

LUCKY BALL
St.Andrew's Church Restoration Fund

Q. How does Lucky Ball work?

A. 49 participants will be allocated a number from 1 – 49. Each week, a bonus ball 'lucky ball' , numbered between 1 and 49, is randomly drawn for the National Lottery. We will use this number and the fortunate winner will receive £25.00.

Q. How much will this cost me?

A. Just £1 per week per number – paid in advance on a yearly basis that is, £50 per year per number. There will be a 2 week break over Christmas & New Year.

Q. So what are my chances of winning?

A. The law of averages suggests that in a year you should have at least one win. So you should recoup half your outlay – you may be lucky and win more than once – and recoup all your outlay – or even more often. Conversely, there is a risk that you may not win at all!

Q. How many numbers may I hold?

A. You may hold as many as you want but initially we will allocate one number per adult (over the age of 16). If we fail to sell all 49 then we will allow second and third numbers.

Q. What happens if you are over subscribed?

A. The numbers will be allocated on a 'first come, first served' basis. However, if more than 49 are requested, a waiting list will be implemented. Should 98 numbers be sold, we will run two Lucky Balls per week.

Q. How much money will St Andrew's make from this?

A. 49 people paying £50 pa. = £2,450. After winnings the annual profit of £1,200

Q. This is not very much if we need to raise over £160,000.

A. I would disagree. Over 10 years – the time we hope to spend on the restoration project – we will raise £12,000 and that is a sizable sum (nearly 8% of the total we want to raise). If we are able to run two Lucky Balls the profit would be doubled. However, remember that this is just one way of raising funds and this is why we need to run this as well as many other fund raising ventures.

Q. Do I have to pay for the years in advance?

A. It will make the administration easier if people are able to pay for a year at a time but 6 monthly payments would be acceptable.

Q. How do I apply for a Lucky Ball number?

A. Application forms are available in the

FOOT HEALTH CLINIC

May we remind our readers that the next foot health clinic is as follows:-
Wednesday 7th December & 25th January at the Village Hall, Surgery Room.
I also carry out home visits for treatment
For appointments tel. 01362 652757 David Noble. WMSCh(Hons)., PSPract.,MVR.

THE GreenBalanceUK Ltd
www.thegreenbalance.co.uk

'Harness your own internal power'
At times everyone can feel low and if this continues it can build up as 'stress' moves in. We often make the mistake of thinking 'that's life' we have to put up with it. Taking away our 'joy of life,' as we look to gain comfort from the emotional pain, we may experience this in a number of ways.
This could be:
Inability to concentrate/focus Disruptive sleep patterns/anxiety/emotional/tearful.
Constantly on the go/Sickness from work/Irritable bowel syndrome/Weight gain/ Diseases
Aches and pains/Feeling of Loneliness even in the company of others/Poor relationships with self and others
Deep down you know life should be better. You can take the next step to living the life you deserve by contacting
Sue Leet for an appointment in **Northwold now 01366 727782**
sue@thegreenbalance.co.uk or visit www.hnlp.co.uk
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Prices start form £35.00 per session.

Northwold Spiritualists

Meet every other Friday in the Village hall at 7.30 pm and on other occasions. Schedule.

2nd December - Ashley George
16th December - June Hughes
6th January - Richard Bartholomew
20th January - Mark Smith

ADDITIONAL EVENTS

Enquiries to Eileen on (01366)727174

church, and from the organiser – Veronica Hutchby at West End Manor, Tel 728555 or email: vhutchby1@sky.com

S A R A
St. Andrew's Restoration Appeal

JUMBLE SALE

GOOD AS NEW, WHITE ELEPHANT

ON 31ST MARCH 2012

At the end an AUCTION

If your New Year's Resolution is to make a clean start in 2012 remember SARA and save your things for us. We will collect nearer the time. Please tell your friends.

Information from Val Elwes 728 795
Email Val.elwes@gmail.com

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SARA
Mile of 20 pence pieces.

It is very encouraging to hear that so many of you have already started collecting your 20pence pieces! Thank you. We will be collecting any you have already saved at the Coffee Morning in St Andrew's on the 21st December and after the Christmas Tree Service on Sunday 18th December.
If this is not convenient, members of the committee will collect your first donations from you. Names and telephone numbers of committee members are on the notice board in the church porch.
We are planning to do our first "count" on the 6th January so we can let you know how far we have gone on our mile by the February edition of the Village Life. This will be our first collection, so please try to make it count!
The Route.
We start at the lytch gate and then head up Church Lane before going along School Lane, down Methwold Road, and finally along the High Street before a lap of the church takes our mile to the door of St. Andrew's.
Mrs Reich at the Norman School and Cheryl in the Crown have agreed to have a collection jar in the school and the pub for you to donate spare 20 pence pieces…so no excuse to … " KEEP GIVING!"

Ailene MacMullen

ALLOTMENTS VACANT

There are now 5 allotments available. The cost is £6 per annum and the allotments can be ploughed for a small fee to the farmer in the spring if required.

Applications can be made in writing to:
The Chair of Trustees, 20 Methwold Road, Northwold or to the Clerk to the Trustees, Pangle Cottage, Church Path, Wretton PE33 9QR

SARA

BEETLE DRIVE
Friday 3rd February 2012
Norman School
6.30-8.30 pm

For a fun family night out come to the Beetle Drive in the school on the 3rd February. Refreshments will be served and there will be a prize for both the adult and child with the highest overall score!

Rediscover the thrills and spills of good old - fashioned fun!

Tickets will be on sale from January 9th from committee members and from the school. (at the end of the school day) Look out for posters in January with more details.

Beat the winter blues
Come to the Beetle Drive
Make a note in your diary now.

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Carolling with Thetford Voices

Thetford Voices is set to repeat its popular Carol Workshop at the beginning of the school holidays. Young singers from 6-16 are invited to join in on Tuesday 20th December (1.30 - 4.45) & Wednesday 21st December (1.45 - 6.30).

We meet in Thetford Grammar School at 1.30 on Tuesday 20th to learn and practise repertoire with our accompanying band before a traditional visit across the Bury Road to Hanbury Court.

On Wednesday, meeting at 1.45, we'll once again be supported by Coach Services whose buses will take us to several Residential Homes in the town. After a Christmas tea we are off to Elveden to contribute to their Late Night Spectacular. As well as singing, there will be shopping for last-minute presents and rides on a genuine Victorian Galloper.

The Workshop has proved an enjoyable and worthwhile activity (over the two days we shall be collecting for EACH, the East Anglian Children's Hospices) with which to celebrate the season. Do come along. We look forward to meeting returning and new singers in December.

There is no charge, thanks to the generosity of volunteers and sponsors, this year the D'Oyly Carte Trust, Coach Services Ltd, Concertina and Keystone Development Trust.

To get a booking form and make sure of a workshop place, email johnweeks@madasafish.com or telephone 01842 820060 by 14th December.

Tuesday 20th and Wednesday 21st December
supported by the D'Oyly Carte Trust, Coach Services Ltd, Concertina and Keystone Development Trust

Christmas Carol Workshop

Young singers from 6-16 are invited to join a workshop from 1.30 - 4.45 on Tues 20 December in the Williamson Hall of Thetford Grammar School. After rehearsing a group of carols and Christmas songs, we sing at Hanbury Court .

On Wednesday 21st December we meet again at 1.45 to tour a number of Residential Homes in Thetford. After tea, we travel by coach to the Elveden Estate to take part in their Late Night Spectacular (with Victorian Gallopers) 5.00 - 6.30.

There is no charge for this course.

Application Forms are available from John Weeks 01842 820060. Please return directly (to the address on the form) or through school music teachers by Wednesday 14th December.

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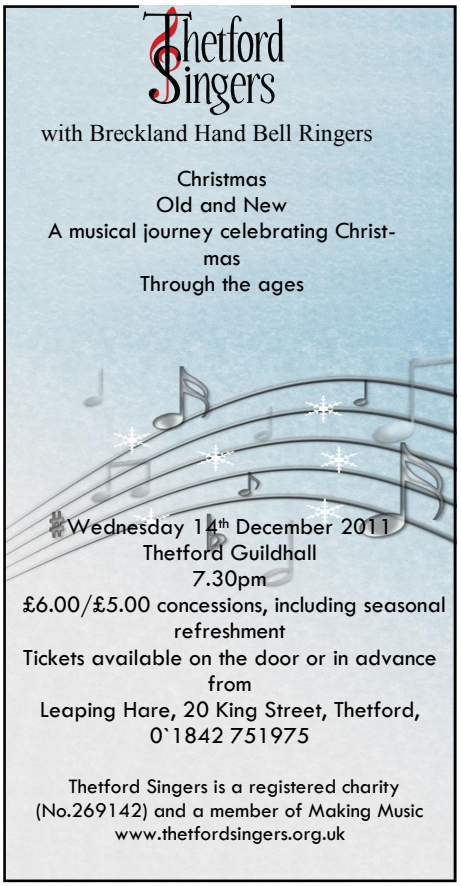

Thetford Singers Celebrate Christmas Old and New

Glowing from the success of their summer concert in July, the **Thetford Singers** have been hard at work rehearsing their winter programme. This year, the Singers will be performing a truly eclectic mix of seasonal music at their Christmas concert, taking place on **Wednesday 14th December** at the **Thetford Guildhall**.

"**Christmas Old and New**" will lead the audience on a musical journey through time, taking in festive music from old English, medieval and modern times, celebrating Christmas through the ages. The repertoire will visit sacred and classical pieces, well- and lesser-known carols, as well as a cappella and jazz versions of modern Christmas favourites. Including performances from Breckland Hand Bell Ringers, and opportunities for audience participation in carols, this will be a jam-packed Christmas stocking of a concert with something for everyone!

The performance starts at 7.30pm and tickets are available in advance from Leaping Hare, King Street, Thetford (01842 751975), or on the door priced £6 (£5 concessions), including seasonal refreshment.

To help keep weary shoppers in the festive spirit, the choir will also be singing carols outside **St. Cuthbert's Church** on **King Street** on the morning of **Saturday 10th December**, collecting for CLIC Sargent (a charity which cares for children with cancer).

For more information about Thetford Singers or CLIC Sargent go to www.thetfordsingers.org.uk or www.clicsargent.org.uk

VOLUNTARY SELF-SUPPORT NETWORK FOR YOUTH GROUPS LAUNCHED

A number of voluntary organisations and agencies who provide activities or support to local youth (from 0 – 18 years) recently met at Methwold High School to set up their own networking group.

MAYA (Methwold Area Youth Access) has been set up to support and promote local youth groups and those offering opportunities to the younger members in the villages of:

Feltwell, Foulden, Gooderstone, Hockwold, Methwold, Mundford, Northwold, Oxborough, Stoke Ferry, Weeting, Wereham, Whittington, Wretton.

It was agreed that a comprehensive list or directory of youth organisations in the area would be really useful for young people, parents, schools and other agencies.

The meeting did, however, identify the struggle to recruit and promote activities to young people in neighbouring villages, because of the lack of transport facilities and the cost to parents who have to act as "taxis".

Another issue of particular importance is the need for young people to develop their CVs so that they can be more attractive to prospective employers. This can be achieved through voluntary work - hence their need to access organisations who offer those opportunities.

In addition, there is a strong need to reach NEETS (Not in Education, Employment or Training) through avenues not always associated with education. Voluntary youth organisations could be a rich avenue for young people to learn about opportunities they would not, otherwise, hear about.

The MAYA Group meeting recognised the need to promote youth activities in the area and agreed to investigate the use of a website and hard-copy directory for distribution to schools, churches, local magazines and organisations.

Voluntary groups need help and encouragement in these difficult times; it's not just the "youngsters" who need the help. They are looking for easy to access, straight forward information, or shared experiences with other like-minded groups. Members in the MAYA Group are starting to do just that!

If you would like further information or, as a youth group would like to join MAYA, please contact us on one of the following:

e-mail: maya-group@hotmail.co.uk

Sharron Freemantle, c/o Northwold Youth Club 07769791186

Sarah O'Donnell, Momentum, 01603 263209

Katharine Pike, Methwold Schools Cluster Co-ordinator – 07932997876

A NEW WAY TO CONTACT YOUR POLICE

Norfolk Constabulary has introduced a new telephone number for people who want to talk to the police about non-urgent issues.

Instead of ringing the current switchboard number of 0845 456 4567, people should dial 101.

The introduction of 101 in Norfolk is part of a nationwide initiative which will see all forces adopting the number by the end of the year.

It is designed to offer one easy way to contact your local police force to report non-emergency crimes, disorder or anti-social behaviour or to speak to your local police officers.

Assistant Chief Constable Kevin Wilkins said: "Everyone knows to ring 999 in an emergency – but research shows that only half of the public know how to contact their local police if they want to talk to them about less urgent issues.

"The introduction of an easy-to-remember, three-digit number should help address this.

"By the end of the year, people will be able to use 101 to contact their local police force's non-emergency service, wherever they are in England and Wales.

"It is also hoped that the introduction of 101 will help divert more non-urgent calls away from the 999 system, freeing up call handlers to deal with genuine emergencies."

The new number should be used to report issues which don't require an emergency response. For example, people should ring 101 if:

- their vehicle has been stolen;
- their property has been damaged;
- they suspect drug use or dealing;
- if they want to give the police information about crime in their area; or
- if they would like to speak to a local police officer.

101 will be available 24 hours a day, seven days a week. When calling **101**, the system determines the caller's location and connects them to the police force covering that area.

A recorded message announces which police force the caller is being connected to – and gives them a choice if they are on a boundary between two or more forces.

Police call handlers in the local force contact centre will then answer the call and respond appropriately.

There is also an option of speaking to an operator, if the caller wishes to contact another force.

Calls from landlines and mobile networks cost 15 pence per call, no matter what time of day or the duration of the call.

People who are deaf, hard of hearing or speech impaired can textphone 18001 101.

The new 101 service is not for emergencies. In an emergency, people should always ring 999 for immediate police assistance. An emergency is where:

- **life is in danger**
- **a serious offence is in progress**
- **a suspect is at a scene**
- **an alleged offender is identified at any location**
- **there is an imminent likelihood of violence/damage to a person's property**
- **there is a serious road traffic collision**

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Mark & Val Elwes

would like to wish all their friends in the
village, a very Happy Christmas and a successful New Year.

We will not be sending or delivering cards this year but giving a donation to St Andrews Restoration Appeal (SARA)

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The District Council has increased the driver's mileage allowance from 40p to 45p. Passengers should increase their "fare" by about 10%, i.e. £2.20 to Boughton, £4.40 to Downham Market and £8.80- to King's Lynn.

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