

May 2022

FELTWELL PARISH MAGAZINE

YOUR CONNECTION TO YOUR COMMUNITY

Events, Celebrations & Special Days

Star Wars Day 4th May

International Nurses Day 12th May

National Numeracy Day 18th May

World Bee Day 20th May

Towel Day 25th May
(in memory of Douglas Adams)

National Biscuit Day 29th May

May Day 1st, Bank Holiday 2nd May



Teenage Years in Feltwell
War Hero No.43 - A. Wilson
Plus: Feltwell in Bloom,
From the Classroom,
Good Health, Scams,
Council Report, RSPB,
Puzzles & lots more.
Another maxed-out issue



FELTWELL ORGANISATIONS

List maintained by Paul Garland.

Feltwell Bowls	Trevor Hobbs	827079
The Royal British Legion	John Linkin	828729
RBL Poppy Appeal Organiser	Mary Reynolds	828130
Feltwell Historical and Archaeological Society	Marion Lucas (Chairman) (Secretary)	828769
Feltwell Baby and Toddler Group	Lara Payne	07592 126767
Beavers and Cubs	Claire Scarff	827555
Feltwell School PTA	Lisa Strutt	@ the school
Feltwell Women's Institute	Claire Scarff	827555
Feltwell Playgroup	Samantha Newman	07582 371984
Feltwell Scout Group	Claire Scarff	827555
Feltwell Football Club	Sarah Ramsey (Secretary)	07825 506974
Feltwell Youth Football Club	Andy Kennedy	828914
Feltwell & Thetford District Mencap	Mrs T. Sismey	827292
Feltwell Brownies	Lisa Allbut-Kentish	07710 688857
Feltwell Social Club		828093
Feltwell Primary School	Mrs J. Lillycrop	828334
Alveva Quilters	Beryl Quilter	01366 727472
Feltwell Golf Club	Joanne Bates	827644
Feltwell Wellbeing Group		
Rector of St Mary's Parish Church	Revd. Joan Horan	828034
Curate of St Mary's	Juanita Hawthorne	01336 728545
Churchwarden of St Mary's	Christine Parker	827152
Friends of St Mary's	Stephen Parker	827152
Feltwell Men's Breakfast Club	Paul Garland	827029
Feltwell Methodists	Mike Wilkinson	07712 578721
Feltwell Museum	Graham Simons	828387
Parish Clerk, Jo Martin. Email: feltwellparishclerk@gmail.com .		828383

Parish Council website: <https://feltwellparishcouncil.norfolkparishes.gov.uk>
Feltwell's History Website can be found at <http://www.feltwell.net>

Deadline for the next issue is 14th May 2022

Submitted articles may be hand written or typed in Word 2019 or earlier.

The editors are Paul Garland, 16, Falcon Road, Feltwell, (827029),

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Advertisers, please contact Susan Withers (827758)

Distribution is by Ian Webb (828167) & Paul Garland

GROWING UP IN FELTWELL IN THE 1950S & 60S

BY ROBERT WALDEN

14. The Teenage Years

Reaching the age of 13 in 1963 was a milestone. It meant that my mates and I could join the village Youth Club which met then in the old infants school which still stands on the south side of the Beck. Old and cold with high ceilings and just a coal fire and two grey paraffin stoves for heating, it opened on Tuesday and Saturday nights. And there were no toilets! The main activity was table tennis and a little dancing to the low-volume Dansette record player or more usually, chatting to those of both sexes while sipping from a bottle of Cola or Fanta. My birthday was on a Wednesday that year and my older sister assured me that I could not attend a day early so I deferred until the following Saturday which also happened to be my friend Terry's birthday. We felt very young in the company of 18 yr olds and over! The Beatles had just entered the The Hit Parade (*The Charts*) with "Please Please Me". We did not know it but pop music was about to undergo a massive change. Competent artistes like Frank Ifield, Susan Maughan, Lonnie Donegan and Brenda Lee who had followed on from the post-war Big Band Sound and had rubbed shoulders with the skiffle and rock 'n' roll music of the 1950s, would soon be eclipsed by younger (and very British) bands from all our major industrial cities. For young village teenagers just beginning to take more than a passing interest in the opposite sex, these would be exciting and memorable times. A host of good Liverpool bands followed the rise of the Beatles but other cities spawned bands like the Rolling Stones, The Who, Manfred Mann and The Hollies. Folk music provided a springboard for the likes of Donovan and Dylan and solo artists like Cliff Richard and Dusty Springfield achieved huge success. There was little pop music on BBC Radio then but the music became known and accessible when "Top of the Pops" was broadcast on TV in 1964 with The Beatles' "I Wanna Hold Your Hand" at No 1. The acts just mimed to their records – but we loved it all.

In 1964 a Youth Club was established on the Camp: first in a very

solid and warm building adjacent to the Astra cinema; then in a very rickety and sweaty wooden shed which we all loved and finally in one of the main hangars which then housed an athletics track, tennis and badminton courts – all of which were available to us. There was little security on the camp in those days (the Thor rockets had gone) and no attempt to bar village children. Quite the reverse in fact: parents from Mundford, Weeting and Brandon brought over their daughters for the evening, driving round the perimeter track in their Ford Zodiacs and Triumph Heralds, returning to collect their daughters – some of whom were without doubt, among the prettiest girls in the world – soon after 9.30pm while youths from Methwold and Hockwold would come on their BSA Bantams and Vespas, rain or shine. For us, Friday night was the night of the week. Usually there was just one adult present but it was always well run and managed.

The village club continued to operate 2 nights a week but was in a different league, attracting a tiny fraction of the camp's attendance. We lacked support from willing adults though David Howes dropped by to keep a helpful eye on us. By the age of 15 we were ordering the monthly supplies of Cola, Fanta and Crisps from Hunter & Oliver in Thetford (we left the door unlocked all day so the delivery could be made and the empties could be collected) and even organising and hiring a Towler's coach from Brandon for a trip to Yarmouth where we saw the Nashville Teens, The Mojos and Billy Fury. We were out-trumped by the RAF club when their excursion enabled a large contingent a once in a lifetime opportunity to see the Beatles live in concert! I missed that one being in bed with the 2nd of my 3 bouts of influenza. The village club was however affiliated to the National Association of Youth Clubs and in 1966 a 5 a-side football competition took place at the Norwich Lads Club, then based in King Street. Our team - Charlie, Doggy, Jim, Barry, Peter, Colin & Chuck picked and organised themselves. With no kit available they decided to play in white which was the easiest colour to procure - though some items having been worn recently were no advertisement for a "washes whiter" Persil advert. In 5 a-side matches you need to be a

good footballer but also to think quickly and be prepared to slam the ball onto the wooden sides so that it rebounds into play like a snooker ball off the cushion. I think most folk in the hall that Saturday afternoon had no idea where Feltwell was but after winning three matches without conceding a goal we were suddenly through to the semi-finals and the immaculately turned out home Princes St side looked like the team to beat. But those teams no longer in the competition and their supporters were suddenly cheering for "The Dirty Whites" and Feltwell defeated yet another Norfolk town with a 2-0 win! The noise inside the old building was now very loud and the organisers could hardly make themselves heard over the PA system. Halfway through the final the Princes St side were a little rattled; 0-0 in a match against a place they had never heard of and over which they had expected to cruise to victory. But they were very fit and their mature goalie was one of the tournament's organisers: Feltwell were playing two matches in succession. We conceded just minutes from the end – the only goal we conceded in the entire tournament! We tried to repeat the show in 1967 but this time were knocked out in the semi-final. I remember even less of that day except for walking outside onto King Street for some fresh air, to be asked by a stranger if I had heard that Foinavon had won the Grand National at 100-1?

In late autumn 1966 we raised funds for the Youth Club by holding a jumble sale. We had leafleted Munson's Place asking for unwanted items and Terry and I went round the estate one dark evening with a wheelbarrow collecting. As we crossed the road at the bottom of Munson's Lane, the black uniformed figure of PC Gotts stepped out from behind one of the trees lining the road there, shone his torch and began a stern lecture about wheelbarrows being vehicles and as such requiring lights. A torch I had but alas, no red rear light. Then he recognised me as my father's son. Father was not only a parish but also a local district councillor and it soon transpired our wheelbarrow didn't need lights after all. To this day, we have never been sure how close to a summons before Methwold Magistrates (for pushing a wheelbarrow without lights) we were that night....

FELTWELLBEINGS

Thursdays from 10.00 till 12.00 at Feltwell Methodist Church Hall.

We adhere to all government guidelines and you will be required to wear a mask unless you are exempt. Tables and chairs are all set out socially distanced and a one-way system is in operation. Hand sanitisers are in place on entry and around the hall. The hall is cleaned before and after all meetings. Everyone is welcome. £3.00 per session to cover hall costs including insurance, tea, coffee and snacks. We start off with gentle exercises which are mostly sitting in your chair. This is followed by a organised game session which can include a Quiz, Bingo, Countdown, a talk, Beetledrive, Candle abstract making and glass painting. Other topics will be included. After the first hour, we play games that you want to play, these include scrabble, table tennis, small snooker table, cards, chess, draughts and dominoes to name a few. Tea and snacks provided throughout the session. New members always welcome.

Walking on Air

07596157826

D.T.Byrne MCFHP MAFHP

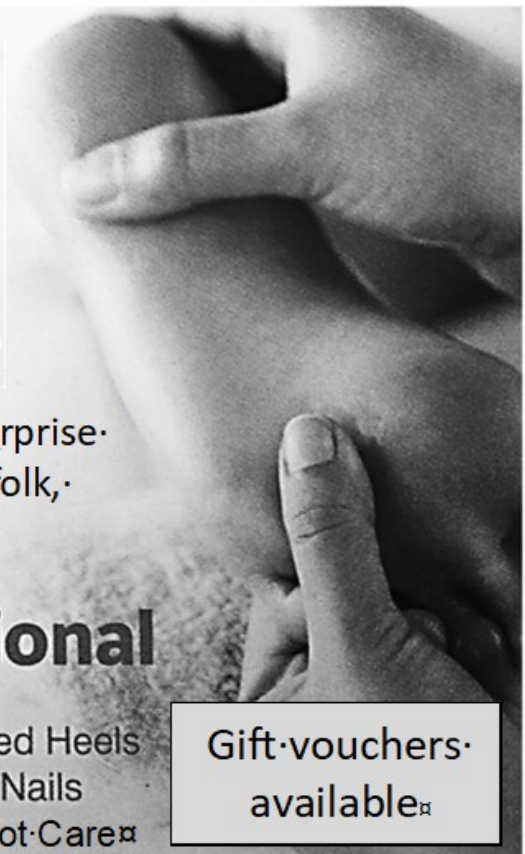
Walking on Air, Unit 4, Harvey Adams Enterprise Centre, Wimbledon Avenue, Brandon, Suffolk, IP27 0NZ

α

Foot Health Professional

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

Gift vouchers available α





FROM THE CLASSROOM

Springtime is in full bloom in the village of Feltwell: bright-yellow daffodils can be seen bobbing their heads across the landscape; the birds are singing harmoniously in the morning; and after a concerning turn in weather earlier in the month, the days are now becoming noticeably warmer. At Edmund De Moundeford Primary School, spring also meant the exploration of British Science week, whose theme this year was, 'Growth'. Across school there was a hive of activity as the children participated in a range of practical activities to study this topic further.

Lower down the school, in Key Stage 1 (comprising of Robins, Puffins and Owls classes) the children have investigated animal lifecycles. Owls class industriously constructed nests for reproducing birds to help ensure that they can raise their young successfully. They had lots of different ideas about what the best type of nest might be! Five, new, green, wriggly and very hungry members joined Puffins class-who are hoping they may transform into beautiful butterflies in the coming weeks.



In lower Key Stage 2, (Kingfishers and Kestrels classes) the children explored growth relating to our soils and plants. Kingfishers were the stars of science week, not only did they explore the soils around our school, they also set up their very own wormery which inspired some extraordinary compost bin portal stories. You will find extracts from two superb writers below. In Kestrels class, the children were more green-fingered planting seeds and bulbs to observe the differences in their growth.

Finally, in upper Key Stage 2 (Hawks and Eagles classes) the children considered more unusual links to our theme of, 'Growth.' In Hawks, the children tackled a complex biological issue of developing the



PARTY IN THE MEADOW

THURSDAY 2ND JUNE 2022

PORTERS MEADOW, OLD METHWOLD ROAD, FELTWELL

7 PM ONWARDS

**JOIN US FOR A FAMILY EVENING OF MUSIC, FOOD, DRINKS &
FIREWORKS TO CELEBRATE THE OFFICIAL LIGHTING OF THE
VILLAGE BEACON AT 9.45 PM TO COMMEMORATE THE
QUEEN'S 70TH YEAR OF REIGN!**

**BRING YOUR OWN FOOD AND DRINK OR BOTH CAN BE
PURCHASED ON THE NIGHT**

FURTHER DETAILS TO BE CONFIRMED

All proceeds will go towards new play equipment for the playing field and a defibrillator

Please contact feltwellcommunitygroup@gmail.com for more info!



most effective product for cleaning our clothes. A dilemma which has plagued parents for millennia. Eagles class attempted to *grow* their own crystals. Learning all about the processes of crystal formation and dissolving.



All in all, the children and staff alike had a wonderful time during British Science week. The children have even been tasked with growing their own sunflowers at home to see whose will grow the largest. So, keep your eyes peeled as these start to emerge all around the village. If you are a local scientist or expert and can help, we'd love to hear from you at the school office. Contact details available from the school website.

George was an intelligent boy who loved playing in mud. One sunny morning, he was reading a book about soil. "Did you know that soil is made up of 25% water, 25% air, 47% minerals and 3% organic matter?" George asked his dad.

"You should go to the compost bin to see what that soil looks like." his dad replied. George went down to the compost bin and leaned over. Suddenly, the compost bin started to glow like the sun and he was sucked in.

It was almost pitch black but Jelly's eyes quickly adjusted to the light. Amazingly, the worms were as big as a bus and pink in colour.

"That must be a burrowing worm because they are long and fat." Jelly thought to herself.

Shockingly, a worm started to speak.

"You might find a mole so don't dig a hole." he warned her.

As Jelly looked around, she saw huge blades of grass, giant apple cores and mouldy banana peels. There was shredded newspaper and leaves as big as a door. She saw eggshells as big as a chicken and potato peelings as long as a snake.

FELTWELL'S MEN'S BREAKFAST CLUB TAKE THE RADISH HOME

On the 10th of July 2022 at 10am members of Feltwell's Men's Breakfast Club, with the help of Love Radish, will be raising money to support the wonderful work of the Norfolk and Waveney Prostate Cancer Support Group by pushing wheelbarrows full of radishes!

Back in 2019 we pushed barrow loads of radishes from the Love Radish factory to the Wellington Pub, this year we are going to take them back home!

We hope you'll support us in our efforts by sponsoring us.

Every year over 47,000 men are diagnosed with prostate cancer. We have, therefore, decided to push 47,000 radishes from the Wellington Pub to the Love Radish facility on the Southery Road. The distance of our Radish Push is, coincidentally, 4.7 miles (approx.) so each mile travelled represents 10,000 men diagnosed with Prostate Cancer.

47,000 radishes weigh approximately 211kg assuming the average weight of a radish to be 4.5gms.

Every year over 11,500 men die of prostate cancer, 1 every 45mins. Most of our members know someone who either has, or has died from prostate cancer so this is a cause close to our hearts.

Sponsorship will be sought for the Radish Push from friends, family and our community. A donations box will be in the Wellington for those who wish to donate rather than sponsor. A sponsorship form is available in the pub for anyone to pledge their support for this event at, say, £1 a mile (make it a fiver) or even more if they so wish.

All monies will be given to the Norfolk and Waveney Prostate Cancer Support Group. In 2019 we gave them just over £3,400. It would be wonderful to beat this total this year but we do appreciate that times are getting harder.

If anyone who is not a member of the Breakfast Club would like to

Continued over page

join us on our Radish Push – maybe because you know someone who has prostate cancer or has died from it – please contact Club coordinator Paul Garland on garlandp@btinternet.com or Feltwell 827029 to lodge your interest.

Did You Know? The wearing of a light blue ribbon represents support for prostate cancer.



From back in 2019. Everyone was keen to get pushing.

01842
828481

FELTWELL SURGERY OPENING

8.00am - 6.30pm Mon-Fri only

Extended Hours for Appointments Only

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

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

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

01842
828481

Eating, Sleeping and Health *by Helen Goddard-Nickolls*

Do you snack or eat late in the evening?

Late eating habits could be having a big impact on your health.

Some people think that eating close to bedtime will cause them to gain weight.

You might have an uncomfortable night's sleep, but those calories won't be any more calorific than if you'd eaten them earlier.

So, although weight gain has an impact on your health it is not caused by late eating, it's caused by overeating.

- Late eating upsets our body clock, our circadian rhythm.

We are all animals, despite how sophisticated we have become, and we are still governed by our circadian rhythm.

Anything that throws this off balance will put our health, energy, and mood at risk.

- Supporting our body clock will help us to be happier and healthier.

Research suggests that our body clocks want us to eat in an 8–12-hour window every day.

This will vary from person to person, but try sticking to a 12-hour window to see if you feel any improvements.

This might look like 7am-7pm (or whatever your schedule dictates).

- Late eating will upset our digestion.

Not only is it uncomfortable lying down on a full stomach, but the body will be unable to 'shut down' sufficiently to sleep. This will have an impact on the quality of your sleep, your energy and mood the next day. And should you keep a food diary you might notice how it effects your appetite.

For example, you might wake up not feeling hungry, and put off eating until lunch time, and then overeat in the afternoon.

Enable your body to focus on falling asleep and entering into a proper, restful sleep cycle. (The subject of another article coming

soon) As a result, you'll wake up feeling rested, energised, and in a good mood – which will help you not want to stay up snacking for another night.

Proper digestion and sleep are major factors in helping you face each day with energy, focus, and a positive mindset.

This has a huge knock-on effect on your productivity, activity levels, and healthy choices.

By simply not eating so late at night, you could sleep better, have better gut health, and make healthier choices about food and fitness every day.

- What time should you stop eating?

There is no definitive answer to this, but I advise leaving at least 2 hours between your last mouthful of food and going to bed.

It's also a good idea to stick to a 12-hour eating "window". If you eat breakfast at 7am, this means eating your final meal or snack at 7pm.

If that's not quite doable because of work, training or family, give it 30-60 minutes wiggle room. But do your best to stick to a schedule.

Your body will thank you.

- A few tips to avoid late night eating

1. Eat regular meals throughout the day and make sure they are filling enough (lean protein, vegetables, whole grains etc)

2. Don't make a habit of eating something after dinner – you shouldn't need to

3. Avoid keeping "trigger food" snacks in the house (or put them out of sight)

4. Brush your teeth after your last meal of the day

5. Drink herbal tea to replace your snack habit

Enjoy what you eat but rememberYou are when you eat

By Helen Goddard-Nickolls

Stott trained Pilates Instructor and personal trainer.

Helen has trained and helped many women achieve extraordinary results. Message 07977186969 to book a call to find out more.

Live the life you are capable of and do the things you want to do.

FELTWELL GRAND VILLAGE FETE

SCARECROW COMPETITION



Make a
Scarecrow and
put it in your
front garden for
judging!

(make sure it is in full
view from Monday
30th May for judging
that week)

Theme: 1950's

Winner to be
announced and
prize awarded at
the Village Fete
Saturday 4th June

Please contact feltwellcommunitygroup@gmail.com
for a registration form and more information

NEWS FROM THE LEGION

By the time this magazine is being read the Feltwell and district RBL will have a new chairman. The main reason that I have stood down is because the role that I have in the county set up (county training officer) is getting a lot more involved. I took on the chair of the branch in the May 2015 and in those almost 7 years I feel that along with the team that I have taken the branch as far as I can. (Not getting any younger). The branch will be in the very capable hands of the new chairman who will be named after the SGM which is being held after the branch meeting (19th April) Just a reminder about our coffee mornings, they happen on the second (2) Wednesday of the month starting at 10.30.

The months of March and early April have been very good for hall hires. As we move into the outdoor bowls season the numbers for the crib will drop a little so if you are not an outdoor bowls person and you want to learn a new card game or start playing again, please feel free to come and join our happy bunch of cribbers. The carpet bowls (evening session) has not started well but we will not give up as we have until the end of April to get it established, so I hope it will be better news in the next issue.

John Linkin

NEW DOCTOR AT THE SURGERY

On behalf of all our readers we would like to welcome **Dr O'Donnell** to the team at Feltwell Surgery.

Feltwell Dispensary Opening Hours


Monday: 08:30-12:00, 14:00-18:00

Tuesday: 07:30-12:00, 14:00-18:00

Wednesday: 08:30-12:00, 14:00-18:00

Thursday: 08:30-12:00, 14:00-19:00

Friday: 08:30-12:00, 14:00-18:00

 01842 829738 or 01842 828481

You can order your medication or ask any queries regarding your medication [online](#). Or use our dedicated telephone line for ordering your prescriptions. It is open from Monday to Friday 10:00–12:00 and 14:00–17:00. Repeat prescriptions can be ordered [online](#).

Sudoku Puzzle

Each row, column & 3x3 square must contain numbers 1-9

Answer on page 59

			1				8	3
		3		7				
8		1	5		6			
9	4	7						8
2						3	9	7
			3		8	5		1
				6		2		
3	1				9			



The Food Pantry Feltwell

WHO ARE WE ?

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

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

For that we supply free fruit, vegetables & bread depending on availability & also the ability to shop with us at vastly reduced prices.

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

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

OPENING TIMES:

Monday	9AM - 11:30AM
Wednesday	9AM - 11:30AM
Saturday	12:30PM - 2:30PM

For more details visit our Facebook Page or call 07454 259280

THE HIGHWAY CODE: UPDATE TO RULES ON USING MOBILE PHONES

This notification arrived too late for the April edition.

From 25 March, rules in The Highway Code are coming into force to make any hand-held use of a mobile phone while driving illegal, except in limited circumstances.

The changes were supported by 80% of respondents in a public consultation in 2021.

This means you must **not** use a device in your hand for any reason, whether online or offline. The law applies to you if you're:

- supervising a learner driver
- stopped at traffic lights
- queuing in traffic
- driving a car that turns the engine off when you stop moving
- holding and using a device that's offline or in flight mode

There are exceptions, such as if you need to call 999 or 112 in an emergency or making a contactless payment in a vehicle that is not moving.

[You can find the full rules on using a phone, sat nav or another device when driving on GOV.UK](#)

Why staying up to date is important

It's important that everyone – not just learner drivers – understand their responsibility for the safety of other road users.

Many of the rules in the code are legal requirements, and if you disobey these rules you're committing a criminal offence.

If you do not follow the other rules in the code, it can be used in evidence in court proceedings to establish liability.

How to stay up to date

The full version of [The Highway Code is available, free of charge, on GOV.UK.](#)

MAYPOLE DANCING LOGISTICAL

The maypole has ten ribbons, two of each colour. Match the dancers to their corresponding dancing partner and ribbon colours.

	Red	Blue	Green	Orange	Purple		Penelope	Sanjay	Kelly	Johanna	Benny
Gemma											
Alison											
Leslie											
Alan											
Gregory											
Penelope						This Logistical puzzle was designed by Chris at the Wellington.					
Sanjay											
Kelly											
Johanna											
Benny											

1. Between Sanjay and Gregory, one held a Blue ribbon, the other held Orange.
2. Leslie held the Purple ribbon, she wasn't paired with Johanna or Kelly.
3. Alan held a blue ribbon.
4. Gemma & Benny have the same colour ribbon, it wasn't orange.
5. Alison wasn't paired with Sanjay or Kelly, she held the Green ribbon.

Answer on page 65

ART FOR PLEASURE

Every Thursday 10.30 am – 12.30 pm in Weeting Village Hall.
 Contact Beryl Pountney, Secretary, for details on 01842 828750

LATEST CONSUMER ALERTS AND TRADING STANDARDS NEWS

This month we're highlighting the following Scams, Consumer Alerts and News:

[Scam Alert – Text messages about Monzo bank accounts](#)

[Scam Alert – HMRC issue reminder to self-assessment users to be Scam Aware \(See below\)](#)

[Scam Alert – Suspicious Texts claiming to be from Energy Providers](#)

[Scam Alert – Text messages claiming to be from the 'Post Office'](#)

[Scam Alert – Investment Scams and fake cryptocurrency exchanges](#)

[Scam Alert – Scam Callers claiming to be from the Fire Service](#)

[Information Alert – 'Copycat' websites \(See below\)](#)

[Information Alert – Scams taking advantage of the Ukraine crisis](#)

[Scam Alert – QR Codes](#)

For more advice and updates

Visit our Consumer Alerts web page and catch up on previous alerts

Find us on Facebook Follow us on Twitter

Reporting scams

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

You can report scams and get further advice from our partners the Citizens Advice consumer helpline: **0808 223 1133 (freephone)**

[Citizens Advice consumer service website](#)

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

You can also report Frauds, Cyber Crime and Phishing attempts to Action Fraud, the National Fraud & Cyber Crime reporting centre:

0300 123 2040

This is a live link to the [Action Fraud website](#) in the online issue.

HMRC issue reminder to self-assessment users to be Scam Aware

After HM Revenue and Customs (HMRC) issued emails and SMS to Self-Assessment customers as we enter the new tax year, the

HOCKWOLD COUNTRY FAIR

**SUNDAY 19th June 2022
10am - 5pm**

Wilton Farm, Main Street, Hockwold,
Thetford, Norfolk, IP26 4NA



MAIN RING ACTS - STALLS & EXHIBITORS - STEAM ENGINES

CLASSIC CARS & MOTORCYCLES - VINTAGE TRACTORS

FUN DOG SHOW - CHILDRENS AREA

CHECK IT OUT ON OUR FACEBOOK PAGE OR WEBSITE

www.hockwoldcountryfair.co.uk

department is reminding them to be on their guard as more than 570,000 tax-related scams were reported in the last year.

Fraudsters are circulating “refund” scams after the Self-Assessment deadline to try and steal money or personal information from unsuspecting individuals. In the last year alone, HMRC has received nearly 360,000 bogus tax rebate referrals.

Never let yourself be rushed. If someone contacts you saying they’re from HMRC, wanting you to urgently transfer money or give personal information, be on your guard.

HMRC will also never ring up threatening arrest. Only criminals do that.

Criminals use emails, phone calls and text messages to try and dupe individuals, and often mimic government messages to make them appear authentic. They want to trick their victims into handing over money or personal or financial information.

Customers can [report suspicious phone calls using a form on the GOV.UK website](#) customers can also forward suspicious emails claiming to be from HMRC to phishing@hmrc.gov.uk and texts to 60599

‘Copycat’ websites

Copycat websites are those which offer services from Government Departments or Local Government but are not the official site and charge an additional fee over the genuine one for their ‘assistance’.

We have recently received a report from a Norfolk resident who mistakenly applied for a driving license renewal using a copycat website. The resident was charged £80 for the renewal and did not receive a new license.

We are reminding Norfolk residents to continue to be aware of ‘copycat’ websites when looking to access official sites to apply or make payments for services.



We would very much like you to submit a **FOOTNOTE** of your own. A quip, a fact, an idiom, whatever you feel would be suitable. Please send your **FOOTNOTE** to Paul at garlandp@btinternet.com.

Chris Mills

Antique Furniture Restorations

Repairs, Repolishing
Waxing and Woodworm Treatment

Antiques bought and sold.

Tel: 01842 827357

Mobile: 07790 707036

Total Health Footcare

Your feet in safe hands

Karen Stewardson
Foot Health Practitioner

TCFCP Dip. BEd Hons

07789 608310

Toenail cutting and ingrown nails treated.
Verrucae, Corns and Callouses and hard skin
removal. Complete Diabetic Footcare.

Please call for a home visit appointment

Now offering Reflexology



John Skelly (Fish) Ltd



*Fresh Fish delivered
to your door every
Thursday afternoon*

Fresh, Smoked & Shellfish

Mob: 07759 916990

Suffolk Maids

The Housekeeper Register

Domestic Cleaning & Ironing Service

Established May 2006

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GAS SAFE REGISTERED



Our speaker for April was Stephen Barber, ex-managing director for coach tour company Wallace Arnold (WA). This was Stephen's second talk to the club and this time he regaled us with stories about the people who were the face of

WA on the road, the Tour Drivers and their relationship with their customers.

But first some background. By the end of the 1990s WA were carrying over a million customers a year on tours around the UK and Europe. The average age of the customers was 72 and three out of every four were female. Consequently WA had procedures in place to deal with the hazards of old age. Some passengers would wander off and get lost and on average one died each week. It was part of the Tour Driver's job to



explain procedures for returning the bodies of loved ones back to the UK, they would be flown. But even in such dark moments humour helps one through. On one particular tour of Europe a husband died unfortunately on the first night. When the repatriation procedures were explained his distraught wife had replied, "Can't we keep him as he won't mind finishing the tour!" In another case the grief-stricken wife's reply was, "But he doesn't like flying."

WA hotels served dinner at 6.30pm prompt. Why? Because most guests had finished by 7.20 in time for Coronation Street to start. On one particular occasion 200 guests had sat down for dinner but one lady was missing. As enquiries began it was noticed that water was dripping through the ceiling of the dining room. Moments later the ceiling gave way and a large bath containing the lady plummeted to the floor, narrowly missing the seated guests. It transpired that she had died whilst getting into the bath and so was unable to turn off the taps. Such events, although not always as extreme as this last



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example were not uncommon and it was the Tour Drivers responsibility to deal with them in as calm and reassuring manner as possible and not to panic.

In this last respect Stephen explained that it is the job of Bus Drivers to avoid pedestrians, of Coach Drivers to do the same but with a smile whilst Tour Drivers need that little bit of extra 'stardust'.

A Tour Drivers life, when you think about it, is not a healthy one. They spend up to ten months away from home each year, Feb-Nov. They sit down for most of the time and yet have to haul heavy luggage a couple of times each day. They are well fed by the hotels and often plied with drinks by their passengers who wouldn't even think about the fact that he'd be driving them around tomorrow! However, in all his years with WA Stephen stated that no accident was ever caused by excess alcohol in a Tour Driver's bloodstream. Stephen was full of praise for his old colleagues saying that Tour Drivers are the crème de la cream of the industry and the face of the company that employs them.

He then went on to regale us with some ribald stories involving Tour Drivers and their libidinous exploits. Although not applicable to all Tour Drivers it would appear that just as it is said that sailors have a girl in every port, some Tour Drivers have one at each hotel or even on each trip!

The Men's Breakfast Club usually meets on the 1st Saturday of the Month at The Wellington in Feltwell at 9am. It costs £7.50 per person to attend which includes a talk, tea or coffee and a full English breakfast which has to be tasted to be believed just how good it is.

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

Our next meeting will be on **7th May** and the speaker will be Robert Enderby given a talk entitled, "London Calling—30 years in the Metropolitan Police.



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Your Good Health

by Dr Ian Nisbet

As promised, THE SIX BOB BANANA!

Those of you who are old enough, please join me on an unashamed trip down Memory Lane. Youngsters are welcome to tag along for the ride.

Management and I usually buy our bananas at the Supermarket at about £1.30 for seven. I was in a local store recently and saw loose bananas, looking a bit jaded, priced at 30p each. Good Heavens, I thought – that's six bob each! I cannot rid myself of the habit of converting decimal currency into old money and then relating it to my bob (1/-) a week pocket money as an A level school boy. I expect many of you do the same. However, we will have already lost the youngsters tagging along so here's the explanation:

Over 50 years ago, on 15th February, 1971, a year or so

after I started life as a GP, Edward Heath's government abolished the old coinage which had served the UK for generations, replacing it with a new decimal system inspired by Napoleonic France. Millions of Britons were outraged that decimal currency was introduced without any consultation.

Before decimalisation, we had £10, £5, £1 and ten shilling notes. There were 20 shillings to each pound, 240 pennies to each pound, 480 halfpennies and 960 farthings to each pound. We had octagonal threepenny bits, silver sixpences, shillings worth 12 pence, two shilling pieces (2 bob bits), half crowns worth two shillings and sixpence, and crowns (rare) worth five shillings.

At decimalisation, one new



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penny was worth 2.5 old pennies. Ten new pennies were worth 25 old pennies and a pound became worth 100 new pennies.

As a young schoolboy, I would visit the penny tray at the local sweetshop where the ever patient shopkeeper would wait for the decision to be made. One penny (two halfpennies or four farthings) would buy 4 aniseed balls, 4 Black Jacks, 2 Traffic lights or one Gobstopper. As I grew older at senior school my bob (shilling) a week (12 pence, 24 halfpennies or 48 farthings) would buy me 6 iced buns at 2 pence each or 8 Manchester tarts (reconditioned spare bread and cakes with cinnamon, etc) at three ha'pence each. As there were six school days each week, I rarely went hungry. A top of the range Dinky Rolls Royce car with suspension and steering cost 4/6d (four shillings and sixpence) – I had to save up for weeks and weeks to get such a toy!

Private school fees were £40 per term and, with two of us at school, this nearly crippled my

parents. When I went to London at aged 17 to study medicine, full board was 4pounds and ten shillings a week (£4-10-00).

So, when my pocket money was a bob a week (one shilling or 5 new pence) at current rates, it would have taken 6 weeks pocket money to buy one banana. **This ignores the decrease in the value of sterling over the years.** £1 in 1971 is the equivalent of £12.60 today. So, my £4/10/00 weekly rent would now be £56. Reversing the process, my 6 bob 30p banana seen last week would have cost 2.4p in 1971.

2.4 new pence = 6 old pennies or half a shilling, the cost of three iced buns or 4 Manchester tarts.

THE MORAL OF THIS TALE:

Head Office has been telling me for years that I must stop converting modern prices to the pounds, shillings and pence and “doing my nut” all over the shopkeeper. The above exercise has taught me that, if I factor in the devaluation of the currency over the years, my conversion is a fatuous thing to do and

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causes me unnecessary distress. I shall try to mend my ways but it will be hard!

John and Jessica were on their way home from the bar one night and John got pulled over by the police. The officer told John that he was stopped because his tail light was burned out. John said, "I'm very sorry officer, I didn't realize it was out, I'll get it fixed right away." Just then Jessica said, "I knew this would happen when I told you two days ago to get that light fixed." So the officer asked for John's license and after looking at it said, "Sir your license has expired." And again John apologized and mentioned that he didn't realize that it had expired and would take care of it first thing in the morning. Jessica said, "I told you a week ago that the state sent you a letter telling you that your license had expired." Well by this time, John was a bit upset with his wife contradicting him

in front of the officer, and he said in a rather loud voice, "Jessica, shut your mouth!!" The officer then leaned over toward Jessica and asked. "Does your husband always talk to you like that?" "Not always" answered Jessica, "only when he is drunk"

As Mrs. Jones went to the market, she realized upon arriving that she had lost her purse somewhere along the way. Feeling very upset, she started to walk back in the scant hope that it will still be where she dropped it. However, after 2 minutes, a boy came running at her, holding her purse in his hands. "Is this yours, lady?" he cried at her "Yes it is!" She cried in joy. She was so happy she hugged the boy and opened the purse to see everything was there. Looking in her purse, she commented, "Hmm, that's funny. When I lost my bag there was a £20 note in it. Now there are 20 £1 coins." The boy

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replied, "Well, the last time I found a lady's purse, she didn't have any change for a reward..."

A distraught senior citizen phoned her doctor's surgery. "Is it true," she wanted to know, "that the medication you prescribed has to be taken for the rest of my life?" "Yes, I'm afraid

so," the doctor told her. There was a moment of silence before the senior lady replied: "I'm wondering, then, just how serious is my condition because this prescription is marked 'NO REFILLS.'"

All good wishes

Ian Nisbet

Open Gardens

You are invited to take part in this event. You can register your interest with one of our committee members below.

- Want to help in some way?
 - Make a donation
 - Help to plant the plants/bulbs
 - Watering/weeding
 - Register for Open Gardens
- Are you a member of an organisation which would like to take part, Brownies, Scouts, WI, Feltwellbeings, Bowling Club, Playgroup, Monday Meet-up, Church, Parish Council, etc., etc.

Please get in touch with one of the people listed below or contact mikegw15@gmail.com message me or text me 07712578721. We have a letter box at the Methodist Chapel if you want to drop us a note.

Bailey Brown, Christine & Stuart Samuels (The Wellington), Mike & Brigitte Wilkinson, Stevo Saunders, Martin & Jo Blackman, Janet Clements, Carol Fletcher, John Bone, Geoff Dennis



OLD CODGERS NIGHT
Last Saturday each Month
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Quizzes & Refreshments



Do you have an unusual or interesting garden? If so would you like to open it to visitors for Feltwells first annual open gardens event on August 6th 2022?



Feltwell
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For more information please get in touch at

stevesaunders_59@yahoo.-



Feltwell
in Bloom



ACTION TIME

Now it is time to create your flowerbeds in the village.

We're going to create some colour on our grass verges

We have permission to create flowerbeds at the entrance to some of our housing areas. These are at the entrances to St John's Way, Newcome Drive, the footpath to St John's Way, Addison Close, Mulberry Close and the exit to The Beck

In May we hope to be planting the 500 plants. If you'd like to help at this momentous time, please get in touch. Just imagine the **kaleidoscope of colour** we're looking forward to.

If you have a camera & would like to help record these events for the village records, please get in touch.

Watch for dates & details on Feltwell Village News Facebook page or the Feltwell in Bloom Facebook page.

There are **NO AGE RESTRICTIONS**.

The project needs you. As one of over 2000 residents of the village your contribution will make a huge difference to our progress. Just 50p each will help us secure funding from other sources to help us buy some large plant tubs. Some of you may have seen the beauties in Brandon. We also need willing helpers to cultivate the plots where the plants will be, and then to give them a soaking when the weather is dry, and to 'dead-head' the flowers to help prolong flowering. If you have a watering can, you'll be invaluable to us.



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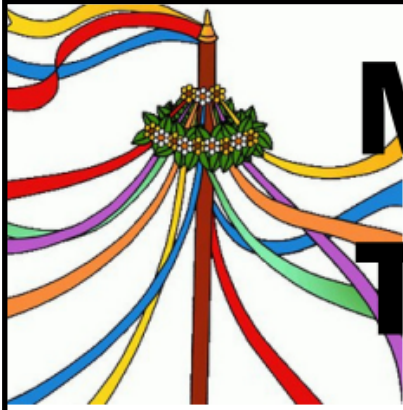


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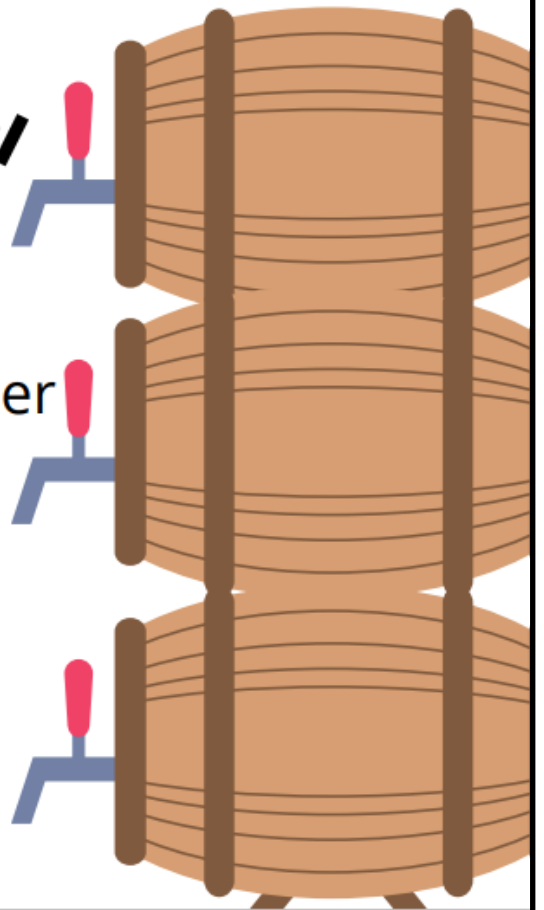
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FELTWELL BOWLS CLUB



Enrolment evening was held on the 7th April.
We had a very good turn out with possibly two new members.

The green opened on Tuesday 19th April. There was a very good attendance which was well enjoyed by all and looking forward to the season ahead.

Club night will be on a Tuesday evening.

I will be there on a Monday and Wednesday evening if anyone wants to give the game a try. We have plenty of bowls and I can take you through the rudiments, start time is 6-30pm.

The green looks great with thanks to Colin our green keeper aided by Neil.

The work party did a good job clearing and tidying up on the 4th and 30th April and also a great thank you to Steve who has made us four new benches providing us with plenty of seating for those wanting to watch the play.

We have entered two leagues,

1. The Rosie Smith League played on a Monday commencing May 16th consisting of 3 teams of Triples.
2. The David Allen League played on a Thursday commencing June 23rd consisting of 4 teams Singles, Pairs, Triples and Fours.

They are fairly local, the furthest being Swaffham and Shropham.

There will also be some friendlies matches but dates have still to be finalised.

Looking forward to meeting anyone wishing to give the game a try.

Max

DID YOU
KNOW?

A man named Charles Osborne hiccupped for a total of 68 years.

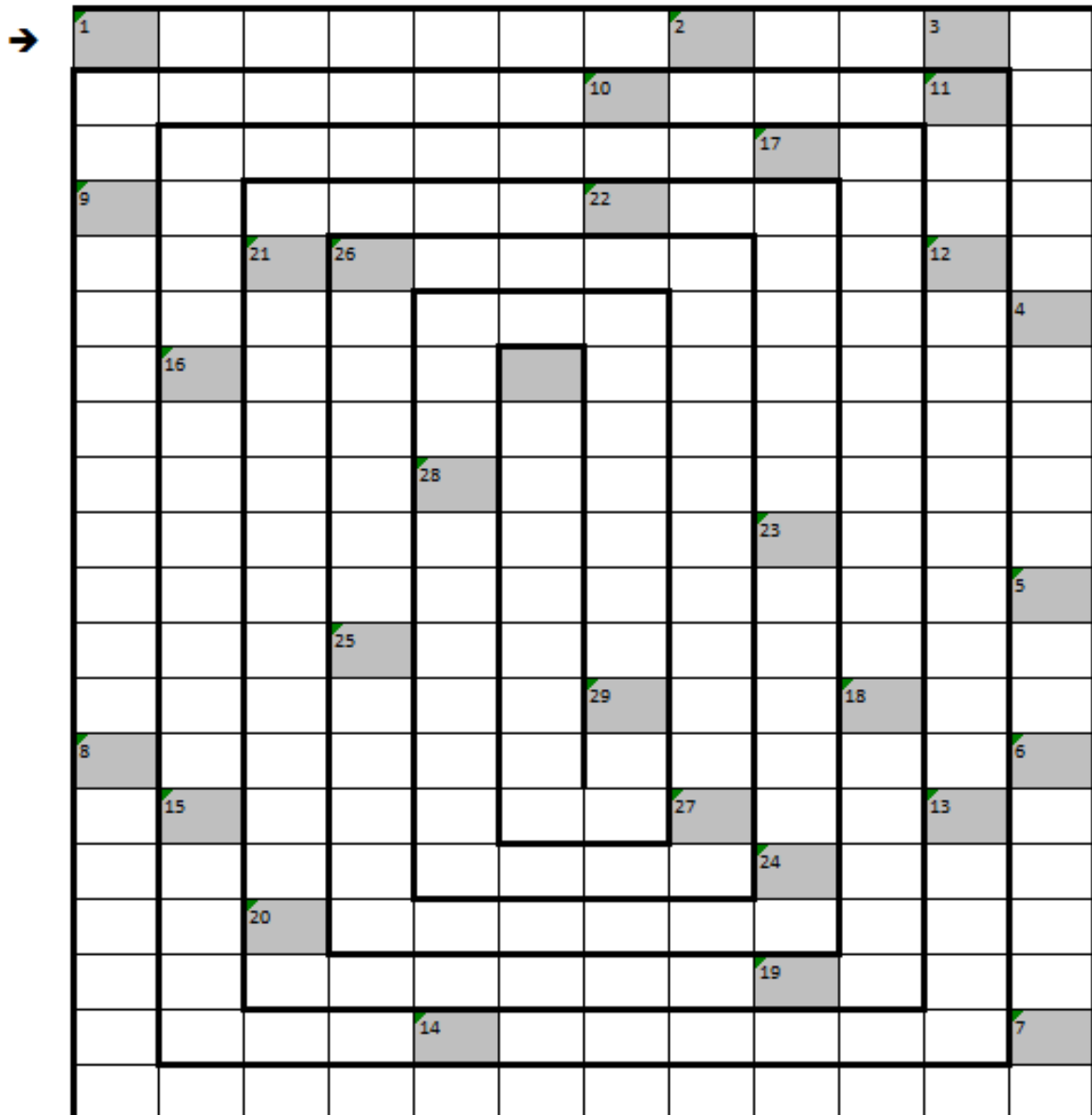
A hiccup is an involuntary spasm of the diaphragm and respiratory organs, with a sudden closure of the glottis and a characteristic gulping sound.



WORD TRAIL NO. 16

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

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



CLUES

- 1 Prospect, wide view (8)
- 2 Adjoin, border (4)
- 3 Ploughing (7)
- 4 Form a workplace protest (2-4)

- 5 To cry or sob (4)
- 6 HISTORY: A famous ancient city found in the Metropolitan City of Naples (6)
- 7 The name given to the spongy type matter found between the vertebrae (14-5)
- 8 Relation by marriage (11)
- 9 The capital of Iceland (9)
- 10 FOOD: A Jewish dumpling of flaky dough filled with cheese and baked or fried (5)
- 11 A circle of white or coloured light around a luminous body, esp. sun or moon (4)
- 12 Excess financial outlay (11)
- 13 MUSIC: Who composed the 1812 Overture (11)
- 14 Sing by changing register (8)
- 15 It is sometimes called the 'sword lily' (9)
- 16 This pepper is a relative of the Habanero (6-6)
- 17 The biggest animal in the world (3-4-5)
- 18 Tallin is the capital of this country (7)
- 19 A disease characterised by progressive anaemia, debility and brown discolouration of the skin (8)
- 20 MUSIC: Gary & Martin Kemp were in this band (7-6)
- 21 The largest venomous snake found in Australia (6)
- 22 Mythical Son of Cephissus and Liriope, loved by Echo (9)
- 23 A 675-mile-long river found in West Africa (7)
- 24 A common European Gull (8-4)
- 25 The location of the human Fibula bone (5-3)
- 26 A children's song: 'The wheels the bus' (2-5-3-5)
- 27 Originally released in 1939 'We'll Meet Again' was a nostalgic WW2 song sung by whom (4-4-4)
- 28 COOKING: Food writer and TV presenter (7-6)
- 29 In a way that makes you feel as if you want to vomit (12)

This month's Word Trail solution can be found on page 67

J M Harris EST. 1996

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A GLIMPSE INTO THE PAST

A semi-regular column featuring historical news reports relating to the village.

Thetford & Watton Times 5 Nov. 1909

WEDDING

Considerable interest was manifested in a wedding which took place in the parish church on Wednesday. The bride-groom was Mr. Francis Ernest Rudland and the bride, Miss Bessie Alderton of Walthamstow.

The bride wore a gown of cream, bridal veil and wreath of orange blossoms, and carried a beautiful shower bouquet. She was attended by two bridesmaids, her sister (Miss P. Alderton) who wore a dress of champagne colour and hat to match and Miss L. Lambert (cousin of the bridegroom) who wore a dress of tweed mixture and black picture hat.

The bride was given away by her brother (Mr. P. Alderton) and Mr. S. Lambert (cousin of the bridegroom) acted as best man.

The ceremony was performed by the Rector (Rev. H. T. O'Rorke). The organist (Miss Laurence) presided at the organ and played the 'Wedding March' and the choir sang. The wedding presents were numerous. Mr. Rudland is a member of St. Mary's Church Choir and of the Feltwell Enterprise Band.

CHURCHYARD UPKEEP

It is very difficult in the village of Feltwell to raise sufficient money for the upkeep of St Nicholas' Churchyard. Besides the many who go to attend their relatives' graves, many visitors come during the summer months, and relatives from long distances.

Because of this a built-in collection box has been fitted in the porch of the church and it is hoped that donations will greatly assist this cause.

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WILDLIFE CRIME

This month we have had a report of a buzzard trapped in a fen trap, thankfully and somehow the bird was not badly injured and was released by finder. Our enquiries in relation to the trap are continuing and it is possible the bird moved the trap a significant distance before being discovered. If a fen trap is used correctly, it should be impossible such a bird should be trapped. Anyone using this style of trap please make sure you are complying with standards in relation to how the trap is set and species you are targeting.

Only in the last few days we have started an enquiry into some work carried out on Site of Special Scientific Interest (SSSI) which has highly likely damaged the features of the site. This is an offence under the Wildlife and Countryside Act and this is alongside damaging/disturbing Water voles (a schedule 5 protected species). Every time I do these site visits, I believe I won't see anything that will shock me but sadly all too often that isn't the case. The scale of the damage involving this one is quite significant at first look, and I now await an ecologists report to confirm initial thoughts.

HARECOURSING

We have issued three Community Protection Warnings to three people living in Norfolk, suspected of being involved with this illegal pursuit. We will continue to monitor their behaviour, and should they fail to take advice from the warning we can look to take further action.

Lauren, Mark & Sam Skinner



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HEATING OIL/FUEL STORAGE/FERTILIZER STORAGE

As we see the price of heating oil rise alongside nearly all other fuel types, we are encouraging people to again consider the security around their heating oil tanks. We have seen a small increase in reports of heating oil being stolen. These are the key points to consider:

- * Keep your tank in a well-overlooked position – this will ensure thieves are more likely to be seen.
- * If your tank is close to your house make sure that it can be seen from your windows – this coupled with lighting will make it less of a target.
- * Security lights can help deter potential thieves. Low-level ‘dusk ‘til dawn’ lights positioned close to the tank should provide sufficient light to illuminate any suspicious activity.
- * Enclosing your tank in a building that can be secured is better still. It is important not to overlook the importance of ventilation.
- * If you have a gate, keep it closed and locked when you are out.
- * Make sure your perimeter fence is in good condition and is not easy to climb. Consider the use of trellis on top of any rear fencing to increase height.
- * Invest in a good quality lock. Close shackle padlocks are recommended as they offer better resistance to bolt croppers and other tools that thieves usually come equipped with.
- * Invest in an approved tank alarm.
- * Check your oil gauges regularly to alert you to any potential thefts and help investigations by narrowing crime times down.

If you see something suspicious or not quite right you can report it to Norfolk Constabulary by calling **101**.

We also want to ensure anyone who has other fuel stored, that it is correctly stored. Incorrectly stored fuel can pose a serious health and safety risk both to humans and animals/livestock.

Similar with farmers storing fertiliser in larger quantities. Again, the price of this has gone up significantly. Incorrect storage of such

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material can again lead to serious health and safety risks to humans and animals. Also, fertiliser compounds (ammonia nitrate) has previously been used by terrorists and it is therefore essential to make sure it is stored securely and records are kept accurately.

Points to consider:

- * Wherever possible use a Fertiliser Industry Assurance Scheme (FIAS) approved supplier.
- * Wherever possible keep in a secure area such as a building (with other security measures thought about; CCTV, lighting and alarms) or sheeted away from public view.
- * Carry out regular stock checks and report any loss to the Police immediately (call 101).
- * Avoid leaving fertiliser in a field overnight – never leave fertiliser in the field for a long period of time.
- * Remember it is illegal to sell ammonium nitrate without the correct documentation.

BIRD FLU/HOUSING REQUIREMENTS

As you may have read in the news in recent weeks, colleagues at Trading Standards and Defra continue to deal with outbreaks of Avian Influenza (Bird Flu). This year has well surpassed last years total already. There remains an order in place that all poultry/birds must be housed at all times commercial and private collections. local Norfolk Trading Standards have reported finding some people are not keeping birds housed especially as the warmer weather has returned.

Housing requirement is essential to try and stop the spread of this highly infectious strain which is believed to be spread by migratory birds coming into contact with domesticated birds.

As I have said previously, the risk to humans from bird flu remains incredibly low however please do not touch any dead wild birds. If you find dead wild waterfowl (swans, geese or ducks) or other dead wild birds, such as gulls or birds of prey, you should report them to the Defra helpline (03459 33 55 77).



St. Mary's Church, Feltwell

Organ Recital by Daniel Battle Friday 13th May 7pm

PROGRAMME

Marco Enrico Bossi
Flor Peeters
J. S. Bach
Sir Edward Elgar
Joseph Haydn
J S Bach
Richard Wagner
Charles Callahan

Entrée Pontificale, Op. 104, No. 1
Aria, Op. 51
Chorale Partita 'O Gott, du frommer Gott'
Cantique, Op.3, No. 1
Flötenuhrstücke (Pieces for Mechanical Clock)
O Mensch, beweine dein Sünder Groß
Prelude from Die Meistersinger von Nürnberg
A Patriotic Suite
i) Improvisation on Melita
ii) America, the beautiful
iii) Theme (on pedals) and Variations and
Finale on The Star-Spangled Banner

Daniel Battle is currently Organist at the Oratory of St. Philip Neri, Birmingham. Daniel was first taught the organ by Rosemary Nayyer. He was Organ Scholar at both Bangor Cathedral and Southwell Minster. After Southwell, Daniel was appointed to positions in various places, including Surrey, Limerick, and Cork. He has additionally performed in venues such as Westminster, Gloucester, and Worcester Cathedrals, St. Mark's Basilica, Venice, Peterskirche, Vienna, and Christ Church Cathedral, Dublin, as well as venues in the Czech Republic, Germany and Belgium. He has also appeared on Radio and Television. Broadcasts include Services on BBC Radio 4 and RTÉ Radio and Television.

Tickets £10, to include a glass of Pimms,
available from Chris Parker
cmparker@talktalk.net 01842 827152

WHAT HAPPENED IN THE COUNTRYSIDE IN APRIL

As the temperatures started to rise, much came alive in the countryside over the last few weeks. The hedges greened up and many trees started to show life. I would encourage everyone now to be very careful around doing any work in hedges in gardens etc, as birds start to build and occupy nests. Birds will of course nest in unusual places too (post-boxes, bins and plant pots amongst many others). Remember that all nests whilst being built and in use are protected under the Wildlife and Countryside Act no matter where they are located. You will have seen many more tits and finches in hedges and similar, as they became more active in their breeding season.

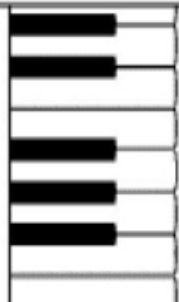
One of my favourite sites of spring was the return of the swallows (probably our most well known migratory bird). Many of our other native species who spend most of the winter months hidden up in warmer areas became much more active. If you were lucky enough you might have seen creatures such as badgers, hedgehogs, butterflies, and dormice.

A lot of woods started to have a distinctive purple to blue carpet when our native bluebells started to appear. Sadly, these all too often are targeted by thieves and I ask anyone who sees any person uprooting bluebells to contact police immediately. They are a protected species under the Wildlife and Countryside Act, and all wild native plants are protected from being uprooted.

Farms began hitting a very busy period, many of our dairy and cattle farms began turning the cattle out. I have already seen plenty of very young lambs around which is always lovely to see especially in the sun. Again, if you can quietly sit and watch a field of ewes and lambs you may be lucky enough to see all the lambs playing together. You will often see the ewes quietly getting on and the lambs will run up and down as a group, these groups can often be 30-40 lambs all playing together - a brilliant site.

Many farmers breathed a sigh of relief as they turned out their stock and looked at their food and bedding stocks and saw that all last year's hard work had paid off. However, there is no rest. Preparations started back in Autumn 2021 for Winter 2022 with the planting of crops like winter barley and winter wheat, many grass fields would have had preparations too. April saw fertilising taking place alongside pest and weed control methods to make sure that this summers harvest is good enough to see their livestock through Winter 2022.

As we move into the summer months and more grass is turned into silage and hay its important that visitors to the countryside take all their rubbish home with them. If the litter ends up going through the machines and being digested by cattle and sheep it can cause them serious harm. This is the land version of ocean micro-plastics. Enjoy the countryside, respect it and leave it how you found it!



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*Reminiscences by Mr A. J. 'Pip'
Orange Part 2*

*Taken from his 'The Story of Feltwell' published in
1970*

Extra police had to be drafted in every Saturday night to keep the peace when the "weekly hop" took place at the rear of the Bell Inn (The licence was withdrawn prior to 27/4/1914 when the property was purchased by Mr. William Wing.). Feltwell Enterprise Band and choirs from both Chapels and the Church used to tour the streets at Christmas playing and singing carols beneath their swinging lanterns.

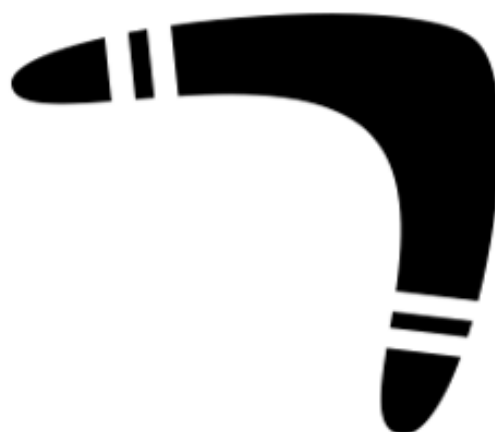
On Valentine's Day, the local bakers used to heat up coppers in their ovens to throw them into the street when the children sang "Good Morning Valentine". Perhaps the busiest month, certainly the noisiest, was November. It got off to a good start with the explosions of fireworks and on the night of the Fifth the whole village was ablaze with bonfires. Armistice Day was always the 11th, when the massive Church of St. Mary's was packed for the evening Service of Remembrance. Major Swann usually called the Roll of Honour and my father played the Last Post from the gallery.

A week or so later, children would gaze with gathering excitement as great lorries with trailers and caravans converged on Fair Close. During the evenings of the 20th and 21st, the eardrums would suffer as the raucous music of the roundabouts, Wall of Death, cakewalks, dodgems, etc., suddenly rent the peaceful country air.

Mr. Walter Beamis once told me of a wedding which took place at fair-time about 1900, between two young people from well-known families of showmen. Walter was in the Bell Inn, where the reception took place, when the father of the bride or groom placed on the table a pint pot-full to the brim with sovereigns-as a wedding present.

More next month.

FELTWELL



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FELTWELL'S WW1 WAR HEROES No.43

All of the information in the "Feltwell's War Heroes" series can be found at <https://www.flickr.com/photos/43688219@N00/42905937225/in/album-72157679638767304/>.

This month's War Hero is:

A. WILSON, R.A.M.C.

Abbreviations used.

CWGC - Commonwealth War Graves Commission

SDGW – Soldiers Died in the Great War

IRC – International Red Cross

MIC – Medal Index Card



There is a picture of him in the edition of the Norwich Mercury dated Saturday September 14 1918. The caption reads:- Pte. Alfred Wilson, R.A.M.C., youngest son of Mr. and Mrs. Alfred Wilson, Feltwell, killed in action on August 8th.

On the Church Roll of Honour he is also recorded as A. Wilson.

The Roll of Honour website thinks it's this man: -

Private WILSON, ALFRED

Service Number: 6564

Died: 08/08/1918

Unit: 1st Cav. Div. Field Amb., Royal Army Medical Corps

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Commemorated at VIS-EN-ARTOIS MEMORIAL

CWGC: www.cwgc.org/find-war-dead/casualty/1750378/wilson,-alfred/

SDGW records that Private Alfred Wilson was Killed in Action on the 8th August 1918 whilst serving in France & Flanders with the Royal Army Medical Corps. He was born Feltwell, Norfolk and enlisted Norwich. No place of residence is shown.

The Medal Index Card for Private 6564 Alfred Wilson, Royal Army Medical Corps / 2 G. Hosp, is held at the National Archive under reference WO 372/21/222249

discovery.nationalarchives.gov.uk/details/r/D5928004

He qualified for the 1914 Star as he first entered a Theatre of War on the 15th August 1914.

He also qualified for the Victory Medal and the British War Medal.

1894 Birth

The birth of an Alfred Wilson was registered with the Civil Authorities in the Thetford District in the April to June quarter, (Q2), of 1894.

The baptism of an Alfred Wilson, born 19th February 1894, took place in the Parish of St Mary and St Nicholas, Feltwell on the 29th April 1894. Parents were Alfred, a Labourer, and Elizabeth. The family live in the parish.

Source: www.freereg.org.uk/search_records/5818f8fee93790eca32d292...

Then, as now, you had 42 days after the event to register the birth with the Civil Authorities without facing prosecution and a fine. The date of birth shown in the baptismal roll and the period of registration are not therefore incompatible.

The most likely marriage of his parents occurred on the 16th April 1887 in the Parish of St Mary and St Nicholas, Feltwell. This was when a 24-year-old bachelor Alfred Wilson of Feltwell married the 19-year-old spinster, Elizabeth Shackles, also of Feltwell. He worked as a Labourer. His father was William Wilson, a Shepherd. Hers was John Shackles, a Labourer.

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1901 Census of England and Wales

The 7 year old Alfred Wilson, born Feltwell, was recorded living at one of the Branthill Cottages at Wighton, Norfolk. This was the household of his parents Alfred, (aged 37, a Farm Labourer, born Barnham, Norfolk) and Elizabeth, (aged 33, born Feltwell). As well as Alfred their other children living with them are:-

Eliza	aged 13	born Feltwell
Arthur S	aged 11	born Feltwell
Harold	aged 9	born Feltwell
Frances H	aged 1	born Feltwell

1911 Census of England and Wales

The Wilson family were now recorded at a place called Doughton in the Parish of Dunton, near Fakenham, Norfolk. Parents Alfred, (48, Farm Labourer) and Elizabeth, (43), have been married 24 years and have had 6 children, all then still alive. Still single and living with them are:-

Sidney	aged 21	born Feltwell	Farm Labourer
Harold	aged 19	born Feltwell	Farm Labourer
Alfred	aged 17	born Feltwell	Farm Labourer
Florence	aged 11	born Feltwell	

Until September 1911 the quarterly index published by the General Registrars Office did not show information about the mothers' maiden name. A check of the General Registrars Office Index of Birth for England and Wales 1911 – 1983 shows no likely additional children of parents Alfred and Elizabeth.

1913 - 1915 Norfolk Registers of Electors

The 1913 edition records a move from Lodge Road, Feltwell to Oak Street Feltwell for an Alfred Wilson. Alfred was entitled to vote in Parliamentary, County Council and Civil Parish elections as he was a (male) householder of a dwelling house on Oak Street.

In 1914 he moved from one dwelling in Oak Street, Feltwell to another.



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The family search website doesn't index Alfred as being on the 1912 edition for the Feltwell electoral register. A check using one of the other names shown on the 1913 edition confirms that whilst that individual was listed in the 1912 edition, Alfred Wilson was not.

This Alfred is most likely to be the father, unless it's a co-incidence. Other than buying property, the most common route to being able to vote was being a male householder aged 21 or over. The younger Alfred would not have reached that age until 1915.

On the day

From the Norwich Mercury dated Saturday September 7 1918.

WOUNDED AFTER FOUR YEARS' SERVICE.

After being exposed to many perils and dangers, Pte Alfred Wilson, R.A.M.C., has been wounded. This was on August 8th. He is the youngest son of Mr. and Mrs. Alfred Wilson, Cross Roads, Feltwell. The gallant soldier enlisted three years before the outbreak of war, and received his training for his future useful work. He was sent out to France on the declaration of war and was with a travelling hospital, and was injured by a falling box in September, 1914. Having recovered he was again sent out in February, 1915. He had two leaves.

SUDOKU SOLUTION

6	5	2	1	9	4	7	8	3
4	9	3	8	7	2	6	1	5
8	7	1	5	3	6	9	4	2
9	4	7	6	2	3	1	5	8
1	3	5	9	8	7	4	2	6
2	6	8	4	1	5	3	9	7
7	2	9	3	4	8	5	6	1
5	8	4	7	6	1	2	3	9
3	1	6	2	5	9	8	7	4



FELTWELL METHODIST CHURCH & COMMUNITY HALL

MONDAYS - CRAFT GROUP continues – 2.00pm to 4.00pm

NEW LOOK WEDNESDAYS

THE COMMUNITY GARDEN

There are exciting things happening in our garden, hopefully in time for “Open Gardens” later this year. We’ve recycled our old chairs and have strawberry plants growing in the raised beds we made with the chairs. One or two other features will begin to appear as the weeks go by and our wild flower meadow will rise again with tall grasses waving in the breeze.

To help raise funds for our disabled persons’ access we are offering Bacon Butties & coffee 10.00am to 12 noon along with Community Gardening.

THEN from 1pm – 3pm it’s **“Indoor Sports Club”**

– Table tennis, Snooker, Darts & Badminton.

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mikegw15@gmail.com Mike & Brigette Wilkinson



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Charity Coffee Morning & Cake Sale—Saturday 7 May 10.30am

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THE WEST NORFOLK AVIATION SOCIETY

In April, Flight Lieutenant Andy Tennant was the star attraction at the Mundford Bowls Club where he held captivated members of the West Norfolk Aviation Society and, a contingency from the Norfolk Aviation Group.



The resulting attendance figures soared to new heights.

Andy has modestly entitled his talk: "Some Flying Stuff" and when one hears stories of rags to riches Andy's own draws some parallels. From a relatively humble beginning and an early interest in flight he soon became an air cadet and, with a later visit to Duxford his sights were firmly set; by sheer determination and hard work he joined the RAF without any assistance from a university education.

From what was available to read in his log book it was soon clear that it might have been easier to list the aeroplane types that he hadn't flown rather than the ones that he had. Favourite talking points were: Jet Provost, Hawk, Canberra, Jetstream, Hercules, Tucano.....

During his time with the RAF he was invited, with his wife, to spend some time in the US as an instructor. When he was 38 he retired and joined the world of civil aviation and spoke with affection for a number of these giant conquests, his favourite being the Jumbo 747.

Andy lives in Feltwell so it won't be that far away for us to entice him back to talk about the 'stuff' he left out: perhaps a deeper appraisal of the effects of volcanic ash on airworthiness?

The meeting was punctuated by a few side shows: Another record raffle; the auction of a valuable aeronautical tome which went for a song but, to a worthy recipient; a charismatic barman and an equally charismatic fare stewardess. A missing sideshow, unfortunately, was the ever popular Chairman cum Comedian, Chris H, who sent his apologies for absence following a covid outbreak in his family.

Next month there are plans afoot to visit Marham. Details are on the website: <https://sites.google.com/view/wnas-uk/home>

And for membership details phone our membership secretary on 07706030307 or email wnas-uk@googlegroups.com



St Mary's Feltwell Your Parish Church

CONTACTS

Rector

Rev'd Joan Horan

01842 828034

joanhoran123@btinternet.com

The Rectory, Oak Street, Feltwell

Curate

Rev'd Juanita Hawthorne

01366 728545

revjuanita58@gmail.com

Churchwarden

Chris Parker

01842 827152

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TO ARRANGE BAPTISM

Please contact Tracey Rudge 07880 490187

WORD SEARCH

Submitted by Mrs J. Clements.

This month our word search is on things you would find **NAMES OF AUTHORS**. Find the words from the list. They run vertically, horizontally, diagonally, backwards and forwards but always in a straight line.

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

*The solution is on
page 71*

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Imagine two boys lazing away a weekend fishing in a pond. What do they talk about? Frederick James has some ideas.

WHAT YA GONNA DO?

“What ya gonna do, when ya grown up? I know ya said once as 'ow ya was gonna be an astronaut, an' go ta Mars, but I reckon ya was 'avin' me on, like. That was when we was talkin' about Willie Wrigglesworth goin' 'orse ridin, an' 'im bein' too fat, an' all. Any road, seein' as 'ow you're still 'ere, I s'pose ya musta changed ya mind, an' got summat else in mind now. Ya gotta think about, ain't ya? Ya's gotta 'ave summat ta do when ya leaves school, ain't ya? Like ya tells me often enough, can't waste all that education, after all! So, what'ya got in mind, then?”

“Well, since ya's askin', thought I'd be a brain surgeon. That wouldn't waste my education, would it? An' you bein' my best mate, I could practice on you, an' see if I can find t'parta your brain that comes up wi' all these daft questions!”

“Cor, that would be summat, an' no mistake! But it wouldn't hurt, would it? Wot wi' you pokin' about inside me 'ead, like? Wouldn't want it ta hurt!”

“Well, they do say that where's there's no sense, there ain't no feeling, so you'd be ok.”

“That's ok then. Dad's allas tellin' me I ain't got t'sense I were born with. That means I wouldn't feel nowt, don't it? Yea, ok, I'll let ya practice on my brain, as long as ya're careful. After all, we is mates, an you'd do the same for me, wouldn't ya?”

“Now, 'ang on a minnit! I ain't said I's definitely gonna be a brain surgeon. I was sorta pullin' ya leg, but if I was to be one, an' practice on your bonce, 'course I'd be careful! Goes wi'out saying, 'cept I's just said it, ain't I? Wouldn't wanna make ya dafter than ya already are, would we? Any road, what you gonna be, then?”

“I s'pose I'd have ta get a job somewhere round 'ere, so's I can be around ta 'elp Mum, like. Dad allas comes in pissed from t'pub, an' passes out on t'livin' room carpet, an I 'as ta help Mum get 'im upstairs ta bed! E's a big bugger, is Dad, an she'd never get 'im up there on 'er own! I told ya before, I wouldn't mind bein' a street-sweeper. Ya gets all ya own kit, an' it's reg'lar. And ya gets an allowance for washin' ya uniform, so that would 'elp Mum out. I ain't as clever as you, so it's no good me getting' any ideas about gettin' a posh job like yours. Keepin' t'streets clean an' tidy is important, innit? An' I know I could do a good job at it, an' be there ta 'elp Mum at t'same time.”

“So that's settled then! I's gonna be a brain surgeon, an' practice on you, an you's gonna be a Council Hygiene Operative. Ya see, give it it's proper name, an' it's just as important as bein' a brain surgeon, ain't it? We's gonna do well, ya can bet on it! So, whatta we gonna do in t'meantime?”

“Well, like ya's always tellin' me, we's gonna 'ave ta give it some thought!”

MAYPOLE DANCING LOGISTICAL SOLUTION

Red	Gemma	Benny
Blue	Alan	Sanjay
Green	Alison	Johanna
Orange	Gregory	Kelly
Purple	Leslie	Penelope

A warm welcome from
St Mary's to our Services.



Sun 1 st May	Eucharist	10am	Feltwell
Sun 8 th May	Eucharist	10am	Hockwold
Sun 15 th May	Service of the Word	10am	Feltwell
Sun 22 nd May	Eucharist	10am	Northwold
Thur 26 th May	Ascension Day	7pm	Northwold
Sun 29 th May	Eucharist	10am	Feltwell

Morning Prayer Every Tues 9.30am Hockwold

Zoom Eucharist Every Wednesday 10am

Please email Chris Parker for invitation details:

grimshoebeneficeoffice@gmail.com



St Mary's is open every day from
9am - 6pm.

It is for your use if you need some space or
quietness, somewhere to reflect, think or pray,
or indeed just to admire the building or avoid a
passing rain cloud.

Feltwell Open Gardens

If you have an interesting garden with unusual plants or landscaping and would be interested in opening it to the public in July/August in order to raise funds for Feltwell in Bloom, please get in touch with Mike Wilkinson.

Email: mikegw15@gmail.com, Phone/text 07712578721.

WORD TRAIL No. 16—SOLUTION

→

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



The Cuppa Care Bus will be visiting Feltwell in the Methodist Car Park on **Friday 29th April, 10.00am—12 noon.**

Whether you just want to get out of the house, to meet new people, or chat about something that's worrying you, they have friendly people on hand who can help.



giving
nature
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Events at RSPB Lakenheath

Places for all events need to be booked online- please visit events.rspb.org.uk/lakenheathfen to read more and book tickets. Please call **01842 863400** or e-mail lakenheath@rspb.org.uk with any queries.

Friday's Foray

Adults: £7 non-RSPB members, £5 for RSPB members

Children (10+ years): £3 for non-RSPB members, £2 for RSPB members.

Monthly guided walk – 11am-1pm, **usually** the first Friday in each month, so: **Friday 6 May** Fridays 3 June, 1st July.

Monthly guided walk with a member of the reserve team, taking in current highlights.

Treasures of the Moth Trap

Adults: £3 non-RSPB members, £2 for RSPB members. Children (under 16's) go free! 10am to 11am: **Thursday 26 May**, 30 June, 28 July

Monthly moth-trap opening at the Visitor Centre.

Harrier and Bittern Nest Watches

Join the wardening team to help us complete our bittern and marsh harrier nest watch surveys. Breakfast, transport, stellar views and early morning wildlife all included.

Adult RSPB members £40, Adult non-RSPB members £50

07:30 to 12:30am: Tuesday 17 May Tuesday 31 May Tuesday 13 June

The Sound of Spring- Dawn Chorus at Lakenheath

A dawn chorus walk on International Dawn Chorus Day -we will look for cuckoos and warblers! **Sunday 1 May (6am-9am)**

Price: Adults £20 (RSPB members), £16 (non-RSPB members), Under 18's £10 (RSPB members), £8 (non-RSPB members).

The Butterflies and Dragonflies of Lakenheath Fen

A guided walk during peak season for butterflies and dragonflies at Lakenheath Fen. **Saturday 11 June (11am-1pm)**

Price: Adults £10 (RSPB members), £12 (non-RSPB members).



RSPB Lakenheath Fen

SPRING IS WELL UNDER WAY

As I write this, it was only an hour ago that we received our first report of a singing sedge warbler here at RSPB Lakenheath Fen in 2022- and it feels like Spring has well and truly arrived. When you walk around now, blackcap and chiffchaff are easily heard, and there are young moorhens and mallards on the pond at the Visitor Centre. In the past couple of weeks we have had separate reports of two ospreys passing over the reserve on their migration too.

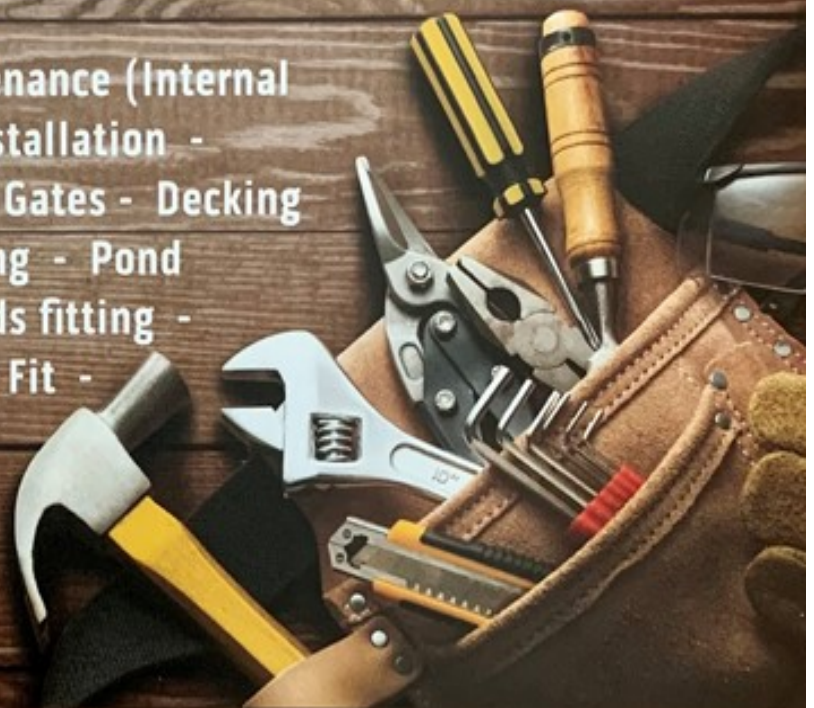
May is a superb time to visit the reserve as not only will we have the early Spring bird arrivals well into the throes of raising their first broods of chicks, but we should also start to see cuckoo, hobby, whitethroats and swifts turn up too- the trails will be heaving with exotic song from these summer arrivals. In the past week we have taken delivery of four swift nest boxes too, and we hope to have these installed on the Visitor Centre building ready for the coming breeding season. Our aim is to have them up by mid-May, so look for these on your next visit. Eventually we hope to have a camera installed in one of them so that when the birds do settle (it



A Common Whitethroat
Photograph by Tim James.

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could take just a few days, or a few years) we can watch them live from inside the Visitor Centre. There are also plans afoot for a more modern television which can have a 'split screen' allowing for multiple nest box cameras to be showing at once. Watch this space!

Our work parties have been busy with the unenviable job of filling potholes along the entrance track in the past two weeks- leading both to the staff car park and the main visitor car park. It can get a bit monotonous after a few hours and is really tough-going in bad weather, but luckily the sun has shone for them and they've trooped through it. The end result is that access for is now much more pleasant. We are forever grateful to our work party volunteers who help us to do so much more than we could alone with just our paid staff. Work party duties are a little limited following the theft of so much equipment in our two recent burglaries; but we are focussing on what we can do with what we have left.

We hope to be able to welcome you to the reserve in the coming weeks, and please do visit us in May for what should be a spectacular show of singing warblers, hunting hobbies and a beautiful array of butterflies and dragonflies too. We should have common lizards basking in the sun on the raised Fen bed outside the Visitor Centre and newts in the raised pond too.

With best wishes for a contented Spring.

Heidi Jones.

Word Search Answer

Next month's Word Search will feature **WEATHER TERMS**

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

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SPOT THE DIFFERENCE NO. 31

Photos taken from Mr P. Garland's "Feltwell: Yesterday and Today" presentation first shown in 2018 and provided by Mr C. Cock. Modern photos taken August 2018 by Mr C. Brown.



Looking south out of the village. The entrance to Paynes Lane is after the railings on the right. Note the house in the distance.



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BRECKLAND CATS PROTECTION—HYPERTENSION

In cats, high blood pressure – hypertension – usually occurs as a result of another underlying disease, for example kidney disease or hyperthyroidism. It can also occur as a primary problem in itself. The organs most vulnerable to high blood pressure are the eyes, kidneys, heart and brain. Initially there may be very few signs of high blood pressure, particularly if it is the primary problem, but sometimes the signs can occur very suddenly.

The signs include blindness, changes inside the eye including bleeding, disorientation and seizures. If left untreated these become permanent, so seek veterinary advice as soon as possible. If the hypertension is caused by another underlying condition, the signs will relate to that disease.

It is diagnosed after a clinical examination. Your cat's blood pressure can be measured using a cuff device applied to the leg or tail. Repeated measurements are normally taken over a period of time, so a short stay at the vets may be necessary to stop the stress effect that will increase all cats' blood pressure. Your vet may also want to check for other diseases associated with hypertension, so blood and urine tests may be necessary.

If your cat has an underlying condition, this should be treated first. However, due to the potentially severe consequences of high blood pressure, it may be necessary to start medication immediately in some cases, such as hyperthyroidism. Other conditions such as kidney or heart disease, treatment is often needed long term for both this and the hypertension. The most common treatment is oral drugs and it is important that your cat's blood pressure is regularly monitored to allow any necessary adjustments to the medication, which may be needed for life.

Many cats can go on to lead relatively normal lives following diagnosis and stabilisation but this will depend on the type and severity of any underlying disease. If left untreated signs such as blindness may be irreversible.

If you have any problems giving your cat tablets, we have come up with a cunning plan! If your cat likes Webbox – the thin, long, soft cat treat, you can hide tablets inside! Just cut off a small piece and then partly cut it in half, like a bread roll, and put the tablet inside and squash the piece of Webbox back together. Most cats really like it and it makes it much less stressful for the cat than trying to give him tablets orally.

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

Rita Thompson.



Hockwold Amateur Theatrical Society

Are pleased to announce that we're
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Mermaid**

To audition come along to Hockwold Village Hall on Sunday 10th
July, 2pm to 6pm

No previous experience needed, just enthusiasm and sense of fun
Show dates: 24th to 26th November 2022

Rehearsals will take place on Tuesday and Thursday evenings and
Saturday mornings from 6th September.

Full membership to be paid at auditions.

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GRANTS AVAILABLE FOR POST 16 STUDY

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

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

Do You Pay For Prescriptions?

In England, most working-age adults have to pay prescription charges, however [Certain groups are entitled to free NHS prescriptions](#) (*This underlined text is a live link to the NHS website*) and some prescribed items are always free, including contraceptives and medication for hospital inpatients.

The NHS prescription charge is currently £9.35 for each prescribed item, which means that there is a charge for each different drug or medical appliance on your prescription. Support stockings are charged per stocking.

If you regularly pay prescription charges, a prescription prepayment certificate (PPC) could save you money.

Get a prescription prepayment certificate

You can buy prescription prepayment certificates (PPCs) from the NHS which may make your prescriptions cheaper.

A 3 or 12 month PPC covers all your prescriptions for that period, no matter how many you need.

A prescription costs £9.35 per item, but a PPC costs:

- £30.25 for 3 months
- £108.10 for 12 months

This means if you're going to buy 4 or more prescriptions in 3 months, or 12 or more prescriptions in 12 months, it may be cheaper to buy a PPC. Or two items a month for three months.

You can pay in 10 monthly instalments if you buy a 12 month PPC

How to buy

You can [buy PPCs online](#) or call the order line below and pay by debit or credit card. (*The underlined text is a live link to the NHS 'Purchase a PCC' web page*)

PPC order line—Telephone: 0300 330 1341

A Meeting of the Parish Council was held Monday 11th APRIL 2022 in the British Legion, Long Lane. 9 Councillors attended, 3 members of the public and RAF Commander Geary

The RAF Commander gave an update on aircraft activities during March. The DIO Housing Strategic Housing team confirmed the houses at Trenchard Close could not be offered to Ukrainian refugees because any spare MOD houses were being offered to Afghanistan refugees. The 48 Fighter Wing were tentatively exploring the option of bringing the Trenchard Close houses back online to support the future growth in USVF housing requirements. Requests for 48 Fighter Wing support at various Queen's Platinum Jubilee celebrations were currently being consolidated before being advertised widely across the Station. Mrs Wilson said the Feltwell Community Group would welcome assistance for their event on 2/6/22 and asked if this could be prioritised as there is an RAF base in Feltwell.

Potholes at Oakfields junction have been programmed, B1112 potholes have been temporarily filled until permanent patching is done, dip in St Mary's Street has worsened slightly so Highways have programmed it to be patched. If it deteriorates further, Highways will ask Anglian Water to camera check their system to confirm it is just settlement even though they already checked this when the Londis flooded. Grups were not cleared last year due to this budget being spent on draining ditches due to flooding events but are programmed to be cleared later this year. Resident raised concerns about the condition of footpaths on Long Lane near the Hereward Way estate, and on High Street near the One Stop and Central Garage. Chair said the council shared his concerns and have already reported these footpaths to Highways, however Clerk will contact them again and the resident was urged to do this as well as Highways seem to be more reactive to resident complaints. Resurfacing of Wilton Road footpath is planned for November and Bell Street

footpath has been prioritised for 2023/24 program. Highways Engineer will investigate what can be done about the width of Oak Street to Wilton Road footpath.

Work to increase the vehicle entrance onto the playing field has been delayed but will be done in time for the village fete. Clerk to investigate funding for a new dog bin to be installed near the Londis.

A donation of £100 will be made towards the Year 6 primary school children's prom following their successful litter picks around the village this month.

Clerk had ascertained the council were registered with NCC's Recycling Credit Scheme which is still in operation and therefore can submit recycling claims for the contents of the bottle banks at £64.04/tonne which can be backdated to April 2021. It was therefore decided to reinstate both bottle banks and submit a claim. Residents are encouraged to use these facilities.

Don't forget to join Feltwell Parish Council's Facebook page for regular updates and subscribe to our website <https://feltwellparishcouncil.norfolkparishes.gov.uk>

The Annual Parish Meeting is to be held on Monday 9th May 2022 at 7.00 pm in the British Legion and will be followed by the Annual Meeting of the Parish Council. Accounts will be on display from 6.45 pm. All are welcome.

Your **Parish Councillors** are:

Mr Ian Rayner (Chair), Mr Edmund Lambert (Vice-Chair), Mrs Sue Arnold, Mrs Miranda Bane, Mr Christopher Cock, Mr Paul Cole, Mrs Helen Wilson, Mrs Bernadette McGeeney, Mrs Linda Peckham, Mr Martin Storey, Mr Jonathan Fenn.

The Parish Council website can be found at:

<https://feltwellparishcouncil.norfolkparishes.gov.uk/>

The Parish Clerk, Jo Martin can be contacted by email at feltwellparishclerk@gmail.com. Or by phone on 828383.

**NATIONAL
FISH & CHIP DAY**
FRYDAY 27 MAY 2022

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offers and our free to
enter raffle.

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