

June 2020

# FELTWELL PARISH MAGAZINE

YOUR CONNECTION TO YOUR COMMUNITY



**VE Celebrations**

**Operation Randall**

**Consumer Alerts**

**War Hero No. 20:  
B. Johnson**

**Knees Bend, Arms  
Stretch**

This wonderful tribute to the NHS was made by Roy Cook and put up by Eva and Crystal. Thank you.



**FELTWELL ORGANISATIONS**

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RBL Poppy Appeal Organiser  
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Parish Clerk, Jo Martin. Email: [feltwellparishclerk@gmail.com](mailto:feltwellparishclerk@gmail.com).  
Parish Council website: [www.feltwellparishcouncil.norfolkparishes.gov.uk](http://www.feltwellparishcouncil.norfolkparishes.gov.uk)  
Feltwell's History Website can be found at <http://www.feltwell.net>

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**Deadline for the next issue is 14<sup>th</sup> June 2020**

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

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*Our regular contributor Frederick James offers some keep fit advice during the lockdown and afterwards.*

## **KNEES BEND, ARMS STRETCH!**

## **THAT'S THE WAY TO DO IT!**

### **The Frederick James Guide to Fitness for those of a certain age!**

A daily routine in the manner of Frederick James as follows is guaranteed to make you wish you'd never started, but it's worth a try if you want to raise a finger to HM Government's life limitation of 79 years for wrinkly old men! (83 for the girls!)

I did consider doing a video, but as the exercises are carried out as Nature intended, I thought description is the wiser approach. So, facing a full-length mirror, here's what you do, -----

**Exercise 1.** Start with the arms hanging by your sides. Then swing the arms forwards and upwards until they are vertical on each side of the head, pause, and then return to the starting point.

**Exercise 2.** Starting as in Ex.1., turning the hands outwards, swing the arms upwards, but this time bending the elbows until you can touch your shoulders with your fingers. Return to starting point.

**Exercise 3.** Start with the arms horizontal and the hands together, facing downwards, under your chin. Flex the arms backwards, separating the hands and pushing the shoulder blades together. Return to starting point.

**Exercise 4.** Start with the arms by your sides. Rotate the upper body side-ways as far as possible to the right and then to the left, keeping your head facing to the front. Return to starting point.

**Exercise 5.** Start with the arms by your sides. Bend sideways until you are able to touch the side of each knee, both right and left. Return to starting point.

**Exercise 6.** Repeat as exercise 5., but this time cross the arms over, to touch the front of the opposite knees. (Right hand to left knee, and left to right knee) Return to starting point.

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**Exercise 7.** Start with the arms by your sides. Arch your torso backwards as far as is comfortable, keeping the head horizontal, facing forwards, using the arms to maintain your balance. Return to starting point.

**Exercise 8.** Start with your hands on your hips, (In true theatrical fashion), then pull in the stomach muscles under your rib-cage. Return to starting point.

**Exercise 9.** Start with the hands as exercise 8. Then rock the pelvic floor back and forth, (Use your imagination here). Return to starting point.

**Exercise 10.** Start in standing position, and bend forwards to touch your toes and hold. Then commence to touch your toes, returning to the upright position each time. Return to starting point.

**Exercise 11.** Start in standing position. With your hands over each buttock, commence to flex each muscle, either singly or together. Return to starting point.

**Exercise 12.** Start with hands on your hips as in exercise 8. Keeping your body upright, commence to bend the knees, (as a constable would do-'hello-hello') Then return to Starting point.

**Exercise 13.** Start in standing position as before. Commence marching on the spot, raising the knees to the horizontal each time. Return to starting point.

**Exercise 14.** Start in standing position as before. Commence to stand on tip-toes, flexing the calf muscles as much as possible. Return to starting point.

**Exercise 15.** Start in standing position as before. Commence to shrug your shoulders as high as possible, level with your ears, and relax. Return to starting point.

That's all there is to it!

I suggest that you set a repeat level which is comfortable as a starting point that you can cope with. As it gets easier, this can be increased to suit you.

*Continued on page 9*



# The Wellington Feltwell

@



Co-ordinated by Paul Garland  
Email: [garlandp@btinternet.com](mailto:garlandp@btinternet.com) Tel.: 827029  
or talk to Chris at the pub on 828224

Mon-day	FREE screenings at 7pm
6 <sup>th</sup> April	<p><i>The Last King of Scotland</i></p> <p><b>F3 – Feltwell Film Fans – F3</b></p>
13 <sup>th</sup> April	To paraphrase Arnold Schwarzenegger in the 1982 film The Terminator, “We will be back,” once this lockdown is lifted.
20 <sup>th</sup> April	Our re-opening presentation, whenever that is, will be –
21 <sup>st</sup> April	<p><b>The Last King of Scotland</b></p> <p>Cert: 15 123mins 2006 Forest Whitaker, James McAvoy, Gillian Anderson</p> <p>Whitaker gives ‘one of the greatest performances of modern movie history’ as Ugandan dictator Idi Amin.</p>
4 <sup>th</sup> May	Based on the true events of the brutal dictator’s regime as seen by his personal physician during the 1970s this gripping and suspenseful stunner is filled with performances you will never forget.

FREE screenings occur on **Monday evenings** at **7pm** in the restaurant at the Wellington pub.

Please join us, it's **FREE** - Grab a drink and come on in.

## FANCY THAT!

“Do you know, I've never thought of it that way. Strange that. Now that you mention it, I've got to admit that I have wondered, sometimes.”

“Yes, well, I just thought I'd mention it in case you didn't know about it. It's quite common, you know. I have heard that even folks in high places do it on occasion.”

“Well. I never! You'd never imagine those sorts of people doing it! Maybe they do it in private, eh? I just can't imagine posh folks doing it in public, somehow!”

“Oh yes, you'd be surprised where they do it. Folks like you and me do it openly, so to speak, but posh folks are able to indulge, cos they can afford to go private, so to speak. Being rich does help, I suppose.”

“So, how did you find out about it? I wouldn't have had a clue if you hadn't told me. I suppose it's something you shouldn't talk about with strangers, like.”

“Oh, it was old 'Slasher' that put me in the picture a while ago. I had no idea till he put me wise. I'm glad he did, 'cos I'm a different man now that I do it! Things could have been a lot different for me if I'd had to go through life not knowing!”

“Do you think it will change my life too, now that you've told me? I do hope it will be good for me to be in the know, like you! We will still be friends, won't we? Maybe I will look at life differently, just like you do!”

“Yes, well don't expect things to change overnight, you know. It will take time to get used to doing it properly, now that you know about it. Give it time and you'll be OK. Maybe in time, you'll be confident enough to do it in public, and not hide away like those posh folks!”

“Does everybody do it? Or is it just us blokes?”

“I've never really given it much thought. I suppose it might be harder for them to do it like we do, but I guess it would be OK for

# J M Harris

EST. 1996

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women to give it a try. I've always thought of it as a man thing, but I guess women could be just as good at it as we are, with a bit of practice. Yeah, never given it a thought. You know, they could be better at it than us! Now there's a thought! By gum, imagine that!"

"Gosh! Does that mean that even the Queen might do it?"

"Don't know about that. I would imagine that her being royal and all, she would have someone to do it for her. She is the Queen, after all!"

"Yeah. I guess so. Tell me, how do you know when you can do it? I can't remember doing it. Maybe I have and not known it. I suppose you can do it without thinking?"

"Oh, you'll know when the time is right, believe me! When you've done it, you'll know about it, especially if you are with other folks at the time. They might even join in, you never know! There's nowt so queer as folks after all!"

"Oh, that's OK then. After all, I wouldn't want to go to the trouble of doing it, and nobody notice. I'll just sit here and give it some thought, Maybe----?

"Oops!- PARDON ME!"

Frederick James

---

### KNEES BEND, ARMS STRETCH!

*Continued from page 5*

Depending on the frequency of your repeats, a repeat level of say, twenty, will take approximately fifteen to twenty minutes. I have not allowed for the hysterics and giggling as you observe yourself in the mirror. This could, of course, add to your time, and also cause you to lose count! Once the wobbly bits begin to stop wobbling, you will consider it all to be worth it, I do assure you! I must point out that I cannot accept any responsibility for cracked mirrors, or lack of sensibility, as these exercises are only my suggestion, and are carried out entirely at your own risk, and rely upon a most robust sense of humour!

Good luck and happy wobbling!

Frederick James

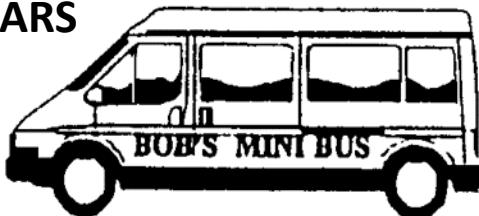
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## Latest Consumer Alerts and Trading Standards news

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

Scam Alert – Text messages claiming to be from PayPal stating 'Your account has been restricted due to a failed payment'

Scam Alert – Social Media messages offering free chocolate hampers

Scam Alert – Online scammers selling Pets during lockdown

Scam Alert – Telephone Cold Calls claiming 'wearing a Face Mask is now obligatory'

Scam Alert – Looking for work? Make sure you are Job Scam Aware

Scam Alert – Emails claiming to be from 'Netflix'

Scam Alert – Social Media messages claiming to be from 'Heineken' offering 'Free Beer'

Scam Alert – Telephone cold calls about 'your recent accident'

Scam Alert – Telephone cold callers claiming to be Police Officers

Scam Alert – Text messages claiming 'Someone who came in contact with you tested positive or has shown symptoms for COVID-19'. This is a scam because the App is only being tested on the Isle of Wight.

Rogue Trader Alert – Door to door fish sellers

Food Alert: Unilever recalls Wall's 'Mini Calippo' multi-packs because they may contain small pieces of metal

Food Alert: Morrisons recalls 'Market Street Living Herbs' because of possible contamination with Listeria monocytogenes

Safety Alert – Sylvania voluntarily recalls all twelve 'Sylvania Start Track Spot Integral fixtures', sold between March 2019 and February 2020

Safety Alert – Whirlpool issues recall for a further 21 models of Hotpoint and Indesit Washing Machines

Food Alert – Green Giant recalls one date code of their 'Green Giant Sweetcorn' in 198g cans (including multipacks) due to possible food

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## safety and quality issues

Information Alert – Competition and Markets Authority launches investigation into businesses failing to respect cancellation rights during the Coronavirus pandemic

### **Online, email and phishing scams**

Be on the look out for the following scams which are circulating:

Phishing email claiming to be from the 'Microsoft Team' claiming they have detected 'something unusual about a recent sign in'

Phishing email claiming to be from 'Adobe' stating you have sent files via 'Adobe Cloud'

### **More advice and updates**

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

### **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: on **0808 223 1133**

**(freephone)**



**A Muntjac mum and her fawn.**

Photographed by Richard Watts in his garden.

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Issue | 1<sup>st</sup> May 2020

 @RuralCrimeNfk

# Operation **Randall**

tackling rural crime  
Newsletter

## Introduction

May is finally here and the year is moving on at a rapid pace. Obviously at this time things are difficult for us all and we appreciate that the overwhelming majority of you are following the government guidelines to help stop the spread of the virus.

## Who is my local officer?

If you wish to contact your local police beat manager, or simply just find out who they are. The easiest way to do this is through the Norfolk Constabulary website <https://www.norfolk.police.uk/your-area>. All you then need to do is enter your postcode or select your town or village from the dropdown menu and hit “Search”. From this page you can contact your SNT (safer neighbourhood team) with any general enquiries. You can all find the officers that cover your area in the “Speak to the team” section.

Along with the local beat managers we also have a number of rural beat managers who focus their efforts towards rural/wildlife crime. PC720 Sue Matthews now covers the South Norfolk area based in Harleston and PC1145 Jon Chandler who covers the West of the County based in Downham Market.

## Rural Engagement

All face to face public meetings are still currently on hold. I look forward to seeing you all once things are back to normal. Please contact me if you have any ideas for future events.

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We held our latest Community Rural Advisory Group (CRAG) meeting via conference call on 30<sup>th</sup> April. We will continue to hold monthly meetings with our partner agencies to keep abreast of developments and the impact on our rural community.



### SUNFLOWER CAMPAIGN

Working together with the East of England Ambulance Service, Norfolk Fire and Rescue Service and other public service partners, Norfolk Police are hoping to spread some positivity and happiness through these difficult days of lockdown.

We are grateful to our local communities who have listened to the Government guidance to stay at home in order to help protect the NHS and save lives – and now we want to say thank you and show solidarity for the stay at home message in support of the emergency services and all key workers.

To compliment the NHS Rainbow campaign and to demonstrate how the blue light services and other agencies are working together to help protect and support the NHS, we are encouraging communities to display Sunflowers in their windows. These can be drawn, painted, knitted, or created in any other way.

Find out more on our website <https://www.norfolk.police.uk/news/latestnews/20-04-2020/sunflower-campaign-supportsfrontline-services>

### COVID-19 COLD CALLER WARNING

As communities come together to support one another during the coronavirus outbreak, police are urging people to be vigilant to scammers and bogus officials.

It comes after cold-callers targeted an elderly North Norfolk resident who was telephoned by someone claiming he was calling from 'Southern Electric'. The caller stated that they would visit the resident's home at midday and in exchange for a cash payment of £520 a credit of £5,000 would be put onto the resident's electricity bill 'as part of us helping people though the Coronavirus outbreak'. When the resident visited the bank to withdraw the money bank

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staff prevented the withdrawal.

Residents are urged to be vigilant and take the normal precautions when dealing with cold callers.

Chief Inspector Craig Miller said: “It’s great that communities across Norfolk are coming together to help one another during these unprecedented times. However, we sadly know from previous experience that criminals will take advantage of any opportunity for their own means and this situation is no different.

“Scams are likely to come in many different forms, from those pretending to be police officers or working for healthcare organisations calling on people to say they are testing for the virus to those fraudulently sell face masks, or offer to do shopping and taking money.

“We would urge resident, particularly those who are vulnerable, to only deal with people they trust and that if anyone has any doubts about those who are approaching them, and are concerned, we advise that they don’t engage and report suspicious behaviour to police.

“The majority of groups are well intentioned and will be working through charities, or through a local authority and should have proof that they are doing so.”

Alongside the work of the police the Norfolk County Council Trading Standards team are continuing to fight scammers and are urging people to sign up to scam alerts to find out about the latest scams hitting the county. To sign up visit: [www.norfolk.gov.uk/tsalerts](http://www.norfolk.gov.uk/tsalerts)

Cllr Margaret Dewsbury, Norfolk County Council Cabinet Member for Communities and Partnerships, said: “It’s shameful that unscrupulous fraudsters are trying to take advantage of the pandemic to make money. Particularly when so many people are volunteering to help support and protect their friends and neighbours. Something we can all do is complete the quick and simple Friends Against Scams training online. This allows everyone to better understand and spot scams, and recognise when people

## **EDMUND ATMERE (FELTWELL) CHARITY**

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

It also helps for severe chronic illness in younger people.

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

Applicants MUST be a Feltwell resident.

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are being scammed in our community. Visit [www.friendsagainstscams.org.uk/elearning/Norfolk](http://www.friendsagainstscams.org.uk/elearning/Norfolk) and make yourself scam aware.”

Advice: Vulnerable people will be most at risk so we ask that people protect themselves and relatives and neighbours who could become victims.

- Only accept help off people you know and trust. Never deal with unexpected cold callers
- Do not give your credit or debit card details – give cash and ask for a receipt
- Give them a shopping list in your budget
- You do not have to agree to anything you don't feel comfortable with
- Police, health workers and others would not call at your house to test for coronavirus or ask for money regarding investigations
- Check the person calling at your door has valid identification, especially if they are dressed in uniform
- Do not transfer any money across to someone who calls you over the phone, banks will not ask for your personal security details
- Do not trust anyone asking for money transfers or cash over the phone
- Do not make shopping purchases from a company or person you do not know and trust. Use a credit card to pay to protect yourselves.

If you feel in immediate danger call 999 or if you know someone is vulnerable and has been a victim of fraud, please contact Norfolk Police on

101 or Action Fraud at [www.actionfraud.police.uk](http://www.actionfraud.police.uk) or call 0300 123 2040.

You can report scams and suspicious telephone cold calls to Trading Standards via the Citizens Advice helpline on freephone 0808 223.



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## Derek Sim—Norfolk Fire and Rescue

In this month's issue I would like to look at fly tipping and the potential fire/chemical hazard this brings. If you have a particular area of land that seems to be targeted, maybe some increased visibility through cutting back hedges, and trimming trees opening up the view so fly tippers are no longer hidden may discourage some activity of course alongside the more traditional exercises of locking gates, preventing access in the first place.

If you have had to furlough staff during this current situation this means that you have less eyes and ears on the farm so increased risk of arson activity or fire safety risks going undetected, linking in with the fly tipping, things maybe simply just get missed. I would encourage you where possible to have that routine of checking, maybe with a checklist so that things don't get missed. A small amount of time spent checking now or sorting out some of those jobs that seem to get put off may pay dividends in the long run.

Key agricultural workers may not be the familiar faces that join each season due to COVID placing pressures on some to not travel, self-isolate or stay away from work due to illness, therefore reducing the working knowledge and environment of the farm/land and the known hazards and risks. These changes also affect the workplace norms and habits, attention is focussed on cleanliness, hygiene and with less resource to complete tasks.

I would encourage you that importance is placed on ensuring all workers understand the fire safety risks around them, how to prevent incidents occurring and what to do if emergency services are needed including the use of what 3 words on their telephones.

There is guidance available on our website for a variety of topics from staying safe in your home to business fire safety and legislation.

Until next time stay safe

Derek



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## **SCAMS (Trading Standards advice)**

I have received the following update from Trading Standards which I hope you find useful.

Trading Standards has received details of Coronavirus (COVID19) related community scams. They continue to issue alerts through their email service and social media channels of any scams or information they receive so this can be shared within communities.

To access recent Trading Standards Consumer and Business alerts and subscribe to our emails visit [www.norfolk.gov.uk/scams](http://www.norfolk.gov.uk/scams) To find us on Facebook visit [www.facebook.com/norfolktradingstandards](http://www.facebook.com/norfolktradingstandards)

To like us on Twitter visit [twitter.com/NorfolkCCTS](http://twitter.com/NorfolkCCTS)

You can report scams you receive to trading standard, via the Citizens Advice consumer helpline on freephone 0808 223 1133 or through their [online reporting form](#)

They are also recommending that everyone completes the quick and simple Friends Against Scams online training. This allows everyone to better understand and spot scams, and recognise when people are being scammed in our communities. You can find out more and access the training at [www.norfolk.gov.uk/friendsagainstscams](http://www.norfolk.gov.uk/friendsagainstscams) and become more scam aware.

Citizens Advice also provide an online scam help page to assist <https://www.citizensadvice.org.uk/consumer/scams/check-if-something-might-be-a-scam/>

**The Issue for 17th May follows over page.**



# FELTWELL LODGE RESIDENTIAL CARE HOME

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

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

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

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

**01366 728282**

*Website: [www.feltwelllodge.com](http://www.feltwelllodge.com)  
E-mail: [feltwelllodge@aol.com](mailto:feltwelllodge@aol.com)*



## Introduction

Welcome back. I hope I find you all well and coping as best you can with the current situation.

## COVID-19

As the Prime Minister announced the end of phase one of the country's response to the COVID crisis, Norfolk Constabulary's Chief Constable Simon Bailey reminded residents that "there are still risks within our communities" and that it's important we continue to apply social distancing, in his latest video message.

Mr Bailey also highlighted how the constabulary's response will continue to look the same as his officers prioritise engagement, education, and encouragement to ensure that people understand the virus is still here.

He also praised Norfolk as a county that had "responded brilliantly" and hoped that we would all carry on working together to respond "to the crisis in the way that we have".

## COVID-19 FAQ

Can I now meet my friends and family? Do I still have to stay at home? For guidance on what you can and can't do following the Government's recent announcement, please visit [www.gov.uk](https://www.gov.uk) for a coronavirus frequently asked questions section.

## Fly Tipping

As promised this month I thought I'd provide some details on fly-tipping. With the lockdown many of the local authorities made the decision to temporarily close many of their recycling centres and as a result I think we all expected to see an increase in fly-tipping.

Nationally the press was reporting an increase, and certainly there has been an increase in anecdotal reports, but Norfolk doesn't seem to have seen an increase in reported cases in Norfolk. Although the reports aren't showing a significant increase, this doesn't however mean that it isn't happening, and just going unreported. I would

always encourage you to report fly-tipping, or any criminal activity for that matter. The more information the police and the local authorities have, the easier it is for us to act upon.

So how do I report it?

Firstly, I would recommend photographing the waste where it is found and noting its exact location. The easiest way to do this is through the 3WordPhoto app, which will give you the exact What3Word location stamped onto the photo. Once you have done this, go to the following website [www.gov.uk/reportflytipping](http://www.gov.uk/reportflytipping) type in your postcode and you will be directed to your local council flytipping page.

A number of the recycling centres have now re-opened as of the 11<sup>th</sup> May. To check if your local re-cycling centre is open please follow the below link. <https://www.norfolk.gov.uk/rubbishrecycling-and-planning/rubbish-andrecycling/rubbish-and-recyclingcoronavirus-update>

## **Scams**

Officers are urging residents to be vigilant following a number of telephone scams in the North Norfolk area.

The victims received telephone calls from a caller who has claimed to be a police officer from a fraud investigation team. The caller has coerced the victims into withdrawing large sums of money from their bank accounts, which has then been collected by a courier.

Courier fraud happens when a fraudster contacts a victim by telephone claiming to be a police officer, bank or from a government department, among other agencies. A number of techniques will then be adopted in order to convince the victim to hand over their bank details or cash, which may then be passed on to a courier.

Residents are reminded that neither your bank nor the police will ever ask you to withdraw money or purchase items.

Further advice includes:

Your bank or the police will never ask for your PIN, bank card or

bank account details over the phone – never give these details to anybody.

Neither the police nor the banks will send a courier to collect money from you.

Always request Photo ID and if unsure call the police.

If you're asked to telephone a bank, then always do it on a different phone to the one you were contacted on.

Fraudsters will keep the line open and have been known to play ringtones, hold music and a recorded message down the phone so the victim believes they are making a call to a legitimate number. Ensure you can hear a dialling tone before calling police or use a friend or neighbour's telephone instead.

Never download any software suggested by caller.

Do not rush into complying to the scammers demands / requests.

Friends, family, carers and neighbours are asked to spread the word to ensure everyone is aware of this scam and what they should do.

If you have already given your bank details over the phone or handed your card details to a courier, call your bank straight away to cancel the card

Officers are urging members of the community to ensure they contact family and friends, particularly elderly relatives to ensure they are aware of these scams.

Police are keen to hear from anyone who may have received a similar type of telephone call or have any information about these incidents. Contact Norfolk Police on 101 quoting crime reference number 36/30104/20 or 36/29830/20.

Alternatively, Contact the independent charity Crimestoppers 100% anonymously on 0800 555 111.

In an emergency always call 999.

For further advice, head to the Action Fraud website:

[www.actionfraud.police.uk](http://www.actionfraud.police.uk) or call 0300 123 2040.

[james.wonnacott@norfolk.pnn.police.uk](mailto:james.wonnacott@norfolk.pnn.police.uk)



Methwold

Theatre

Club

Dear All,

We hope you are all keeping well and safe in the current climate. As like many groups, MTC has been unable to meet for their weekly meetings in person, but we have been meeting virtually on Zoom each week, which is great fun and will continue until some sort of normality is resumed.

Because of the current situation the Race night that was scheduled for June has been postponed and hopefully will be re-scheduled at the beginning of next year.

With regard to our November play, this will be dependant on when we will be able to resume in person rehearsals and what the rules will be regarding social distancing and gatherings. We will of course keep you informed.

Hope to see you all in the near future, meantime, stay safe in these unprecedented times.

Rose Gibson and all at MTC

### DRABBLE

*The story behind this drabble., so I'm told, is that Frederick James wrote the first two paragraphs and challenged Edward Gee to come up with a suitable ending. Did he succeed?*

The children were all so excited to be going on the trip, jostling to be the first to get aboard. Eventually, they were all settled in their seats and with a ring of the bell, the driver set off.

No-one expected things to work out the way they did, especially as it had been such a nice day. The shock was finding out who was to blame. Things would have to be different next year.

It's always the quiet one who pulls the emergency cord on the hair-pin bend. They say the screams could be heard back in the schoolyard.

# **CORONAVIRUS** **FELTWELL LOCAL ACTION GROUP**

*Incorporating*

*Feltwell Parish Council, St Mary's Church, Feltwell Social Club,  
Feltwellbeings and Befrienders groups, the Edmund de  
Moundeford Trust along with other organisations*

---

## **YOU ARE NOT ALONE!**

Dear Feltwell residents,

The Feltwell Local Action Group is here for you in this challenging and worrying time. We are here to assist village residents with accessing vital services within the village and beyond.

If you are unable to leave your home or are vulnerable in any way, we can help with:

- shopping
- collecting medications
- dog walking
- meals
- practical problems

If you need any help, please contact one of the following people who will be able to support you:

**Berni McGeeney 07758 808455**  
**Rev Joan Horan 01842 828034**  
**Mike Wilkinson 07712 578721**  
**Alicia Bradshaw 07808 834255**  
**Cllr Martin Storey 07850 866854**

***PLEASE KEEP THIS FLYER AS YOU MAY NEED  
THIS INFORMATION IN COMING MONTHS***

*Please turn over for further information*

**Good neighbours:**

**ONLY** if it is safe for you and them to do so, please check in on older or vulnerable neighbours and encourage them to call the numbers overleaf if necessary.

**Donations:**

Any donations i.e.: food, toiletries, household cleaning products, please drop off at St Mary's Rectory, 7 Oak Street, Feltwell (please leave under the glass roof between house and garage) where they will be organised and distributed as required. If we can help you (or someone in need that you know) in this way please contact **Alicia** on **07808 834255**.

**Village Shops:**

The One Stop and Londis are trying to keep well stocked and are more than willing to deliver to anyone who may need it. Phone **One Stop** on **01842 828148** or message via their Facebook page **One Stop Feltwell Post Office and Shop** or phone the **Londis** on **01842 827519**.

**Hot meals:**

Please call **Robert** at Feltwell Golf Club on **07376 182419** (there is a charge for these).

**Scams:**

**Please don't hand over cash to anyone coming randomly to the door volunteering to do your shopping. If a volunteer working with this group is assigned to help you in this way, security mechanisms will be in place to guard against fraud. DO NOT allow anyone in wearing protective clothing pretending to be 'official'.**

**Volunteers needed:** Please contact one of the coordinators listed if you are able to help with any of these tasks. We will compile a list of volunteers to call on when needed. Please tell us the days/times you could be available. Please phone **Joan** or **Berni** who will compile a volunteer list.

**Health Services:**

Telephone – 111

Website – [www.111.nhs.uk](http://www.111.nhs.uk)

If you have Coronavirus symptoms you are advised to use the 111 online checker – [www.111.nhs.uk/covid-19](http://www.111.nhs.uk/covid-19)  
The advice is that you should only contact 111 if you are worried about your health or you have had symptoms for more than seven days.

**Silver Line – A helpline for Older People – open 24 hours a day to offer support for loneliness and isolation.**

Telephone - 0800 4 70 80 90

Website - [www.thesilverline.org.uk](http://www.thesilverline.org.uk)

**Age UK Norfolk – offers a range of services to older people in later life.**

Telephone - 0300 500 1217

Website - [www.ageuk.org.uk/norfolk](http://www.ageuk.org.uk/norfolk)

**Mind – The Mental Health Charity**

Telephone - 0300 123 3393 – open 9 – 6 Monday to Friday

Website - [www.mind.org.uk](http://www.mind.org.uk)

**Statutory Services:**

If you are suspicious or concerned about someone's safety, ring Norfolk County Council's Adult and Children's Social Services on **0344 800 8020**.

<https://www.norfolk.gov.uk/care-support-and-health/protecting-someone-from-harm/help-an-adult-at-risk-of-harm/report-a-concern>

**Benefit & Money Advice:**

**Citizens Advice Brandon**

Telephone - **01842 818202**

Website – [www.suffolkwestcab.org.uk](http://www.suffolkwestcab.org.uk)

**For any further information:**

**Norfolk County Council**

Telephone - **0344 800 8020**

Website – [www.norfolk.gov.uk](http://www.norfolk.gov.uk)

## Feltwell's WW1 War Heroes No.19

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:

### Abbreviations used.

CWGC - Commonwealth War Graves Commission  
SDGW – Soldiers Died in the Great War  
IRC – International Red Cross  
MIC – Medal Index Card

### B. JOHNSON, 8TH NORFOLK REGT

On the Church Roll of Honour he is recorded as Bertie Johnson

Private JOHNSON, BERTIE

Service Number: 25237

Died: 25/04/1918

Aged: 28

Unit: 8th Bn. Norfolk Regiment

attd. 2nd/8th Bn. London Regiment (Post Office Rifles)

Son of Robert William and Hannah Johnson, of Feltwell, Norfolk.

Buried at CROUY BRITISH CEMETERY, CROUY-SUR-SOMME

SDGW records that Private 25237 Bertie Johnson Died of Wounds on the 25th April 1918 whilst serving in France & Flanders with the 8th Battalion, Norfolk Regiment. He was born Feltwell, Norfolk and enlisted at Norwich. No place of residence is shown.

The Medal Index Card for Private 25237 Bertie Johnson, Norfolk Regiment, is held at the National Archive under reference WO 372/11/5571

He qualified for the British War Medal and the Victory Medal. The relevant Medal Roll show he served initially with the 1st Battalion Norfolk Regiment.

The Government Probate Service holds a Soldiers Will for 25237 Bertie Johnson who died on the 25th April 1918.

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The Army Register of Soldiers Effects records that he Died of Wounds

on the 25th April 1918 at the 47th C.C.S.. The balance of his pay was sent to his sole legatee, his mother Hannah, in August 1918. She would also receive his War Gratuity, issued in December 1919.

### **Birth and Baptism**

The baptism of a Bertie Johnson, born 30th November 1889, took place at St Peter, Hockwold, Norfolk, on the 29th December 1889. His parents were Robert William, a Blacksmith, and Hannah. The family lived in the parish of Hockwold.

The birth of a Bertie Johnson was registered in the Thetford District in the January to March quarter, (Q1), of 1890. 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 record and the period the birth was registered in are not therefore incompatible.

*The most likely marriage of his parents was that of a Robert William Johnson to a Hannah Hart which was recorded in the Thetford District in the January to March quarter, (Q1) of 1887.*

### **1891 Census of England and Wales**

The 1-year old Bertie Johnson, born Hockwold, Norfolk, was recorded living at a dwelling on North Street, Hockwold cum Wilton, Norfolk. This was the household of his father Robert W., (aged 37, a Blacksmith, born Methwold) and Hannah, (aged 27, born Fulbourn, Cambridgeshire). As well as Bertie they also have a daughter Ellen, (aged 3, born Hockwold).

### **1901 Census of England and Wales**

The Johnson family were now recorded living at a dwelling on The Beck, Feltwell. As well as parents Robert 'Wm', (48, Blacksmith) and Hannah, (38), there are also children:-

Ellen, aged 13, born Hockwold

**Bertie, aged 11, born Hockwold**



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Emily, aged 8, born Hockwold

Walter, aged 6, born Feltwell

Hannah M, aged 4, born Feltwell

William, aged 2, born Feltwell

George H., aged 3 weeks, born Feltwell

### **1911 Census of England and Wales**

The Johnson family were now living on Bell Street, Feltwell. Parents Robert William, (58, Blacksmith) and Hannah, (47), have been married 24 years and have had 8 children, all then still alive. Still single and living with them are **Bertie, (21), a Farm Labourer**, Walter, (16. Farm Labourer), William, (12), George Henry, (10) and Agnes, (6, 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 Robert and Hannah.

#### **On the day**

CROUY BRITISH CEMETERY, CROUY-SUR-SOMME

#### Location Information

Crouy is a village about 16 kilometres north-west of Amiens on the west side of the River Somme, on the Amiens-Abbeville main road. The British Cemetery is a little south of the village on the west side of the road to Cavillon

#### History Information

The cemetery was used between April and August 1918 for burials from the 5th and 47th Casualty Clearing Stations, which had come to the village because of the German advance.

As part of the re-organisation of the British Army at the start of 1918, a number of Battalions were disbanded and the men released used to bring other Battalions closer to full strength. The 8th Battal-

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**Malts Lane, Hockwold**

ion of the Norfolk Regiment was one of those chosen and it ceased to exist on the 6th February 1918. Most sources will tell you that the men were posted to the 7th and 9th Battalions and mostly this is true.

However, there is on-line the memoirs of one soldier, who had been an NCO with the battalion but who subsequently had been an instructor at a sniping and scouting school teaching newly arrived American troops, and who had then been posted to the 8th Battalion London Regiment as a Company Sergeant Major as his old unit no longer existed. He fought with them during the March battles of the German Spring Offensive, where their casualties were replaced with two companies of men, apparently all ex-8th Norfolks.

It adds that on the 17th April, during a German bombardment which involved unprecedented amounts of gas shells, one round hit the cellar containing the 8th Londons' headquarters, causing ninety casualties, fifty of whom died.

To add to the mystery the 2nd/8th London Regiment had also been disbanded at the same time, with the unit being merged with the 1/8th.

The 1st/8th, (or 8th as they were now known), were also moved into the 58th Division. One of the actions they are associated with is the Second Battle of Villers-Bretonneux (also Actions of Villers-Bretonneux, after the First Battles of the Somme, 1918) which took place from 24 to 25 April 1918, during the German Spring Offensive to the east of Amiens. It is notable for the first substantial use of tanks by the Germans, who sent fifteen of their twenty A7Vs into the first tank-versus-tank battle in history.

There is little I could find online about the actual activities of the Division, let alone the 8th Battalion. However, another Flickr user, "Baz", does add this as part of the background to the Divisions involvement in the Second Battle of Amiens in August 1918.

*The 58th Division is also noteworthy for its involvement in both of the crucial defensive battles of Villers-Bretonneux, in March-April*



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1918. In the first action, two of its battalions (6th & 7th) were assigned to support the 18th Div. In the second battle its sector was around Cachy, just to the south of Villers-Bretonneux, where famously the first tank vs tank action occurred. The 58th Londoners suffered 3530 casualties in the second battle of Villers-Bretonneux, with the result its ranks were subsequently replenished with numerous inexperienced conscripts of the 1917 18 and 40 year old drafts.

---

### Easy Recipe Idea

#### **HOME MADE BREAD**

500g Strong white Flour or half white, half wholemeal.

tsp salt

1 tablespoon vegetable or olive oil

340ml luke warm water

1 sachet or 7g dried yeast

I use a Kenwood chef mixer with a dough hook attachment although it can be made by hand.

Place flour, salt, yeast and oil in the mixing bowl, make sure the salt and yeast are on opposite sides of the bowl or the salt will “kill” the yeast. Pour in water and mix until the dough becomes a smooth ball, about 6 minutes on high. A little more flour or water can be added if it needs it.

Leave in bowl, cover with cling film for about an hour in a warm place. Knock out some of the air, place on a baking sheet and cover with cling film until well risen (about 45 minutes), bake at 190 degrees for approximately 40 minutes until the loaf is golden.

Leave to cool a little before slicing.

---

As children we used to go to the harvest field trying to catch rabbits as they came out of the corn; the farmers would give us one to take home. Once a week a man came collecting rabbit skins for which we were paid a sixpence.

**YESTERDAY'S MEMORIES**

Mrs Mercy Edwards

## AGRICULTURAL LOGISTICAL

Match the crops to the size of field and the field location.

	Old Brandon Road	Lodge Road	Wilton Road	Southery Road	Old Methwold Road	Potatoes	Leeks	Wheat	Carrots	Sugar Beet
10 Acres										
17 Acres										
23 Acres										
31 Acres										
46 Acres										
Potatoes										
Leeks										
Wheat										
Carrots										
Sugar Beet										

Another Logistical puzzle from Chris Samuels at the Wellington

1. Sugar Beet was planted in a smaller field than the field on Wilton Road.
2. The field on Old Methwold Road is larger than the carrot field.
3. Wheat was planted on a field twice as large as the carrots.
4. The field on the Southery Road is either planted with leeks or is 31 Acres.
5. Sugar Beet was planted in the 10 acre field.
6. The field on Lodge Road is 17 acres.
7. Carrots were planted in a larger field than the leeks.
8. The Potatoes were planted on the Southery Road.



# Your Good Health

by Dr Ian Nisbet

Well, we are still here, not having left the house and garden for seven weeks. We are mightily blessed to have the garden and, for most of the time, stunning weather so life has been OK. At the beginning of the lock down which, for us, could last for months as we are categorised as old and frail, I said to Deannie that I would need several projects to keep me sane. On good days, I would work on the garden, much of which still required rescuing from the rock-hard clay which formed the potential flower beds. On cold days, I would sort out my study; having tipped everything into the room and the cupboards when we moved, life in the room had not moved on and a serious sort out was required. Talking of a serious sort out leads me to the third project - the garage! We have a large double garage and, before we moved, we racked it

all out with four 20ft rows of four tiers high racking and, when we moved, everything got stashed higgledy-piggledy into the garage, much to the amusement and derision of all our friends and relatives. Little has changed and I have been receiving a lot of "stick" from anyone who dares to express an opinion. Management has been extremely tolerant, probably because she is totally overwhelmed whenever she attempts to enter the garage and cannot get beyond the door. I have told her that all she needs to do is tie a rope to the door and the other to her waist, thus ensuring that she will always escape – this works well for me but she does not seem impressed by the idea! The fourth project concerns sorting out photos, many of which go back to the early 1930's (some into the 1800's) with the

intention of turning them into photobooks for the kids to keep. So, all in all, I shall be OK with lockdown until Christmas. Then, of course, all the colour slides from the 60's and 70's need sorting out, scanning and turning into books.

Since we have lived here, I have gone to Morrisons' supermarket in January and February. They sell the most amazing perennial plants which I take home and "bring on" ready to plant in the Spring. This year, I bought Armeria, Knautia, Erysimum, Linaria, Coreopsis, Campanula, Cymbalaria, Cistus, Lychnis, Hesperis and some Berberis and Viburnum. They were all really inexpensive and we are already enjoying a profusion of colour. Online sources have provided dry root plants such as Dahlia, Dicentra, Red Hot Poker and Echinacia and lots of climbers to cover all my new trellis work. I have spent day after day in the garden for the last seven weeks and it is amazing how friendly the birds have become. Of course, the robin sits on my spade or wheelbarrow but I now have pigeons, collared doves,

magpies and blackbirds all in amongst my feet. The blackbirds spend all day digging in my newly worked tilth of soil, digging a big hole in their search for worms and scattering the soil all over the patio. All this while I am working four feet away, planting all my new heathers, etc for them to dig up. The blackbirds – mother, father and, more recently, half a dozen offspring – all work diligently, chucking soil about and grinning at me. I am sure that, if they had two fingers, gestures would be made. The big birds fight for the birdbath. So far, the female pigeon is winning – she just sits in it for long periods of time and the others fly around, more and more irritable because they want a drink or a bath.

Happily, we have no Bluebells or (after an initial skirmish with some infested top soil) Bindweed. However, my beautiful new lawn has become infested with coarse grasses, mostly couch, and the current aim is to replace it in the autumn. Bluebells are easier to get rid of.

Unless anything dramatic happens, next month's article will deal with how much all the plants have grown. Also, I may be able to tell you what I have found in the garage during the clear out!

A bachelor uses the same pub every night. On most evenings, a beautiful girl would come in and drink alone. After a week, he made his move but, despite his best efforts, he could make no progress with her. She would not even accept a drink. Eventually, he asked her, "Why won't you come home with me?" The girl replied, "Well, this may seem odd in this day and age but I am saving myself and keeping pure until I meet the man I love." "Wow," said the bachelor "That must be rather difficult." "Oh, I don't mind too much," she replied, "But my husband is quite upset."

A man was walking along a beach in California when he discovered an old brass lamp. He rubbed it and an irascible genie appeared. "This is the fourth time this month and I am fed up granting wishes, so you can only

have one wish." The man replied, "Well, I have always wanted to go to Hawaii but I am scared of flying and I get very seasick. Could you build me a bridge so I can drive there?" The genie is not impressed. "The wishes you people come up with! This idea is ridiculous. How would the supports reach the bottom of the Pacific? How much concrete? How much steel? No, think of another wish!" "OK," says the man. "Here's another wish. I have been married and divorced four times. My wives always said that I am uncaring and insensitive. So, my wish is that I could understand women, know how they feel inside and what they are thinking when they give me the silent treatment, know what they are crying and what they really want when they say 'nothing'. Above all, I want to be able to make them truly happy".

The genie thinks for a while and then asks, "How many lanes should the bridge have, two or four?"

**Best wishes to you all.**

**Ian Nisbet**

## VE Day Celebrations in Feltwell



Thank you  
Jeanette, Sarah,  
John, Denise,  
Emma, Ian and  
Sue for sending  
in photographs.



Available online and in colour at the end  
if the month.



A socially  
distanced street  
party. One at a  
time to the table,  
please!



Neighbours, sitting at  
the ends of their drives  
enjoy the celebrations

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## Word Search

Submitted by Mrs J. Clements.

This month our usual word search is on **Composers**

Find the words from the list. They run vertically, horizontally, diagonally, backwards and forwards but always in a straight line.

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

BARTOK  
BIZET  
BORODIN  
BRITTAN  
CHOPIN  
COPLAND  
DEBUSSY  
DELIUS  
FAURE  
HANDEL

HOLST  
PROKOFIEV  
RACHMANINOFF  
RAVEL  
SCHUBERT  
STRAUSS  
STRAVINSKY

### Home Learning Tip

Find out more about these composers online  
Listen to some of their music  
Which ones were born in the UK?

## DOWN MEMORY LANE · Why General Practice?

Dr Ian Nisbet

I have wanted to be a GP since the age of four. In the 1940s, when my two uncles were single-handed dispensing GPs in Halifax and Stainland in Yorkshire, I was fascinated by the smell of Vitamin B in the dispensary, the consulting rooms in the house and the conversations over the meal table which demonstrated the two doctors' profound devotion to their patients. Their wives were the sole receptionists and only they would answer the telephone which was mounted on the wall at eye level. The box was mahogany and the fittings were all brass. There was a crank handle to contact the operator. The brass mouthpiece was permanently fixed to the box and the brass earpiece was removed from the box to take the call.

My aunts would put out my uncles' clothes every day, matching the shirts, suits, cufflinks and shoes to save the doctor being troubled by mundane matters. Assisted by the maid, the cleaner and the gardener (the chauffeur had

been dismissed when the NHS started in 1948 and the doctors' incomes, although lower, became regular. The remaining staff gradually disappeared over the next few years), the wives would run their enormous houses with military precision. The houses, which were quite similar, had long tiled corridors, ideal for pushing my Dinky lorries and buses around and I must have travelled miles on my knees; the aunts were horrified by how black my knees became!

The two GPs would take me out on their visits around the towns and the Yorkshire Moors. They had Rover cars which improved as new models became available, leading up to the Rover 90, 100 and 110, great luxury. I was always made most welcome by the patients, who plied me with lemonade and cakes, a great treat when many groceries were still on ration, and fired me up with enthusiasm to be a GP. Only later did I learn of the enormous stress the doctors were under, with a 24/7

commitment to their patients and many night visits of which I, as a child, was unaware. Many treatments were as yet uninvented, sulphonamides were quite new and Penicillin was in its infancy. The uncles would often have to watch patients die, with nothing except compassion to offer them. Crisis and Lysis were still very much in vogue. Uncle David used to have a couple of "coping strategies". In Winter, when he could cope no longer with the stress, he would drive to Scotch Corner on the A1 and sit there for an hour or two. In the Summer, he would drive to the seaside, hire a small motor boat and drive it out to sea until he ran out of petrol. Then, he would sit there and wait to be rescued! I could never understand the boat scenario at the time but I was often reminded of it after I had moved to Feltwell and frequently became overwhelmed by the day and night workload.

I only have one unhappy memory of those times. One of the aunts laid the table with thin, round cork mats to protect the surface. My enquiring mind

made me wonder whether or not the mat could be folded in two. Of course, I tried it and it broke. My father, who was of a Victorian disposition with regard to my upbringing, was singularly displeased and I remember the episode well.

The single-minded ambition to be a GP made all my school decisions about which subjects to take very easy. I went to Birkenhead School, something of an academic pressure cooker with seven day a week commitments, and went to The London Hospital to study Medicine, starting a couple of months before my 18<sup>th</sup> birthday. I qualified when I was just over 22 years old and started my "House jobs" at The London Hospital (Orthopaedics) followed by General Medicine and a senior house officer position in Obstetrics and Gynaecology at the old Redhill General Hospital.

The house jobs were extremely hard work. Basically, at Redhill, I was on call 24 hours a day, seven days a week with only half a day off each month, all for £78 per month. It was absolutely

exhausting and I felt nauseous with tiredness a lot of the time. I had my own room on the ward, with a bed in it. I remember being grateful if I managed to have more than an hour's uninterrupted sleep. The experience gained was phenomenal. Today's young hospital doctors, with their 48 hours per week in shifts, must have great problems gaining the sort of experience which has stood me in such good stead. Abiding memories from those days involve glass syringes. There were no disposable plastic syringes. The glass plunger was ground to make it rough, so that it would have friction with the barrel of the syringe. We would put some vaseline on it to make it watertight. Often, while pulling on the barrel to extract the blood from a vein, the whole thing would go loose, the plunger would fall out of the barrel and the floor would be covered in blood. Angry patient and embarrassed doctor.

I have previously written about boiling patients' urine as part of the testing procedure – warm it gently over the Bunsen burner, go too far and an air bubble will

form in the test tube, explode and blow the entire contents of the test tube over the bench.

I have vivid memories from my Gynaecology job. A middle-aged Canadian lady ended up on my ward. She had uterine fibroids and had been bleeding profusely before collapsing. She was admitted with a Haemoglobin of about 20% (it should be at least 85%) and was in imminent danger of death. Normally, we would transfuse her with blood, get her stable and perform an hysterectomy. The problem was – she was a Jehovah's Witness and refused point blank to have a transfusion. I told her she would almost certainly die without treatment and she said "OK, if that is God's will". I rang her husband in Canada and he said the same! Thoroughly rattled, I rang the Medical Protection Society who told me that I should leave her alone, having asked her to sign a disclaimer form. She signed and I waited for her to die. However, the bleeding stopped, her Haemoglobin started to rise and, against all the odds, she survived. We must draw our own conclusions.

I bought a house in Copthorne and started in general practice in Pound Hill, Crawley, when I was just over 24 years old.

## A Message from the Editors

We are acutely aware that during the lockdown some of our subscribers were unable to read the magazine as they don't have access to the internet. Plus, those of you who did manage to read a copy online or downloaded, didn't get a physical copy. In the light of this we have decided to give you all two free issues. Consequently our annual subscription renewal date will move from January to March 2021.

Paul and Susan

## Word Search Answer

*Submitted by Mrs J. Clements*

Next month's Word Search will be on **Insects**.



## Our Local Foodbank

If you would like to donate to your local Foodbank there is a drop off point at St Mary's Church, Feltwell.

Any food stuff which does not require refrigeration and is in date is ok. Thank you for all your donations, kindness and generosity. Ness Fry

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

## Sudoku Puzzle

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

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

## News from the Legion

I wish to say a big thank you to the people that came to the memorial garden to celebrate the 75<sup>th</sup> anniversary of VE day in particular to David for supplying the music; it was nice to see you all.

Like everybody we at the legion are in lock down with no more carpet bowls, crib, coffee mornings etc. So what I am looking at doing is being at the hall on a Thursday morning for a tea and a chat (social distancing will be observed) so if you are interested it will commence Thursday 4<sup>th</sup> June 10.00.

Stay well stay safe.

John

## A Message from the Editors

We have been asked, once the magazine returns to its usual printed format, if we will also offer it for free download via the village website, as we have done for the last two months. As the purpose of producing the magazine is to raise money for local groups we are concerned that doing this will result in a loss of income. We have, therefore, decided to trial uploading this and all subsequent issues towards the end of the month in which the magazine is dated.



# St Mary's Feltwell

# Your Parish Church

**The church building may be closed for the time being, but  
there are still people here for you.**

**Please contact us if you need support.**

**We wish you every blessing through this time and pray for  
you to Stay Safe and well.**

# CONTACTS

# Rector

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joanhoran123@btinternet.com

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# Chris Parker

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## **TO ARRANGE and DISCUSS WEDDINGS AND FUNERALS**

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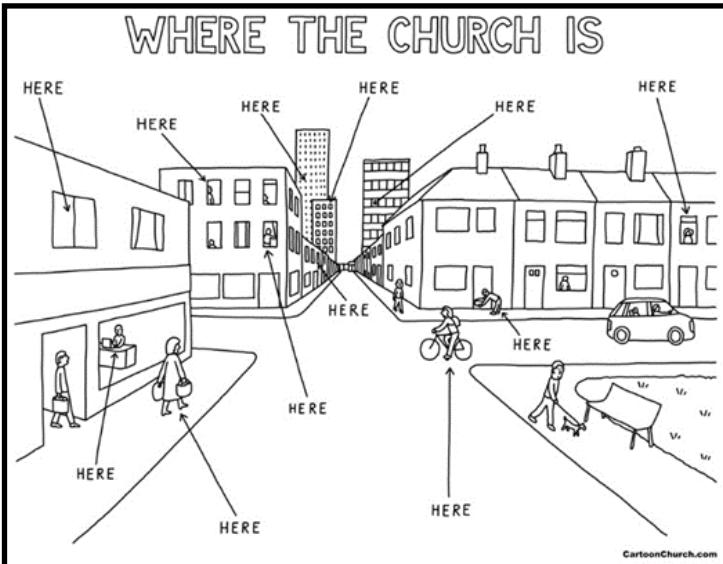
grimshoebeneficeoffice@gmail.com

# TO DISCUSS BAPTISM

**Please contact Tracey Rudge 07880 490187**

## FROM THE RECTOR

It is possible that 'places of worship' may open again in early July. The C of E hierarchy so far have given no guidance about how any of this might work in terms of social distancing. From this week one person – can be the priest or churchwarden or other designated person may enter the church building to attend to cleaning, maintenance or in the case of the priest to live stream services. Again – one person only – makes it a choice between maintenance of the building and worship.



I've been very heartened by the number of people joining in the Zoom Eucharists both on Sundays and Wednesdays. The latter congregation has increased significantly and on Sundays, people from across the Benefice are joining together in worship in increasing numbers. Both format and venue seem to be working well and we are able to enjoy some time for fellowship and 'catch up' at the end of the services which is so very welcome in these isolated times. A straw poll taken last week suggests that most people who are joining in are happy with the "Living Room Eucharist" format, which seems to be creating as much intimacy as is possible using an online format. I'll be guided by Benefice parishioners as to whether we continue with that 'at home' format for the time being or whether it would be preferred that I work out how to Zoom from St Mary's, Feltwell, which is the only church with suitable WiFi access. I'll have to check this out properly over the next week or so. Do please give me feedback about this.

**NOTHING else has changed.** Unfortunately, the June, July and August weddings that were booked have now been postponed and

those booked for later this year will be contingent on updated rules from the Government regarding social distancing.

It's very important that **everyone** understands that the Government advice regarding numbers of mourners at funerals remains the same until further notice. This means that **up to 10 close family/carers only** may attend a funeral in either a crematorium **or** at a graveside. Any more is regarded as putting people at risk of infection, be it indoors or outdoors. I sympathize with families who only want to give their loved ones a decent farewell but there is a wider public health issue at stake here which thankfully most people understand. We will have a number of memorial services when larger group gatherings are as safe as they can be, thus having the opportunity for more of us to celebrate those lives more fully than is possible under current restrictions.

I await further guidance from the C of E hierarchy as to what socially distanced Church services might look like once we're free to reopen.

I suspect it will be small steps for some time to come. I'm certainly giving it lots of prayer and thought at present and taking some soundings from other clergy and some of you to try and get some kind of planning process in place.

The Daily Hope Phone Line is aimed at people who don't have access to YouTube/Zoom or other on-line stuff: it's a Sunday morning service available down the telephone line.

Blessings

*Joan*



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## From the RHS

*As the staff at RSPB Lakenheath are currently furloughed it has not been possible for them to write their regular column. Alternatively I offer this advice from the Royal Horticultural Society on...*

### **How gardeners can help our declining bees and other pollinators**

Gardens are known to support good numbers and a wide range of pollinators, but worryingly bees and other pollinators are considered to be in decline. Gardeners can make a difference to help reverse this trend.

#### **What is the situation with pollinators?**

The RHS is extremely concerned about pollinator declines and encourages gardeners to continue to support these vital insects. There are many factors likely to have caused these declines, including the lack of flowering plants, loss of nesting sites and other habitats, as well as climate change, pests and diseases.

#### **How gardeners can help bees and other pollinators**

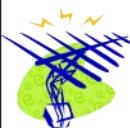
Due to the rich diversity of plants growing in Britain's gardens, these outside spaces, and the gardeners who tend them, are critical to support a wide range of pollinators. There can be more pollinators in our nation's gardens than in surrounding agricultural land. There is though always space for more pollinators in our gardens.

#### **Here's how you can do more to support pollinators in your garden, outside space or community:**

- 1 Nectar and pollen rich plants are crucial to support our pollinators; fill gardens and other ornamental plantings with a range of plants from the [RHS Plants for Pollinators lists](https://www.rhs.org.uk/science/conservation-biodiversity/wildlife/plants-for-pollinators). (<https://www.rhs.org.uk/science/conservation-biodiversity/wildlife/plants-for-pollinators>)
- 2 Allowing lawn 'weeds' to flower by mowing less often provides valuable extra resources from areas that are often free of

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flowering plants.

3 Provide water for pollinators. Bees and other pollinators sometimes need to drink; having a shallow margin of a pond or a shallow dish filled with stones or marbles filled with water will provide a safe source of water.

4 Avoid using pesticides wherever possible, never spray open flowers and always read and follow label instructions. Accepting the presence of some ‘pests’ can help a natural balance in the garden and provide larval food for pollinators, for example aphids are food for many species of hoverfly larvae. Preventing and reducing pests and disease outbreaks by good cultivation, cultivar selection, garden hygiene and using biological control should always be the first line of control. If pesticides are used consider using short-persistent organic products which can give effective results.

5 Provide nest sites for wild bees; either make your own or you can purchase nests for solitary bees. Some solitary bees nest in the ground, either in bare soil or short turf. They will find their own nest sites, so tolerate the small mounds of soil deposited by the female bees when they excavate their nest tunnels. Purpose-built bumblebee nest boxes often go unused. Instead bumblebees often prefer to nest in holes in the ground, for example under hedges with plants along the base. One species, the tree bumblebee often uses bird nest boxes.

### RHS Plants for Pollinators

One of the biggest problems for pollinators is a lack of flowering plants, especially those packed with pollen and nectar. If you care about our bees, hoverflies, butterflies and other pollinators and believe gardens play an important role in reversing their decline please check the [RHS Plants for Pollinator list](#) or download sections of the list for **Garden Plants** at—<https://www.rhs.org.uk/science/pdf/conservation-and-biodiversity/wildlife/plants-for-pollinators-garden-plants.pdf>, and **Wild Flowers** at —<https://www.rhs.org.uk/science/pdf/conservation-and-biodiversity/wildlife/plants-for-pollinators-wildflowers.pdf>.

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## What are well man clinics?

*As we haven't had a meeting for two months now there is nothing to report, so, I thought I would look at the NHS website and see what it has to offer in the way of advice relating to Men's Health. As this is another online issue I have kept the web links live should you choose to follow them.*

Well man clinics offer a range of health checks for men. Some NHS GP surgeries or hospitals offer well man clinics, but many are private.

You'll have to pay for tests at a private clinic, which can be expensive.

A well man clinic isn't a replacement for your GP. If you're ill or need medical advice, see your GP.

What health checks do well man clinics offer?

The range of tests and health checks may vary between clinics, but any of the following may be assessed:

- your lifestyle, including diet, exercise, alcohol and smoking
- medical history
- weight and height
- [blood pressure](#)
- cholesterol
- a urine test for [diabetes](#) or [kidney infection](#)
- hearing and vision
- lung function
- an [electrocardiogram \(ECG\)](#) to check for heart problems
- a chest [X-ray](#), if you're a heavy smoker
- advice on cancers that can affect men such as testicular or prostate cancer

## Feltwell's Unsung and Unknown Heroes - Abigail Rutland

Even the least curious visitor to Feltwell's website, attracted no doubt by the rather odd name of this Norfolk village, can hardly fail to find the names of its most famous sons and daughters. From Addison to Newcome, from Clough to Porter via Baker, Orange and Heading. All responsible, in some way, for making our village what it is today. All, in their own way, Feltwell's heroes.

But what about the other heroes, the lesser heroes whose deeds go unrecorded but that are, it can be argued, of equal significance to our past?

Regular readers will be aware of the heroics of Old Harry and his job as documented by this author in previous issues. Who can forget his remarkable throw to dismount a brigand from his horse on the Brandon road or his descendant's heroic role in the Great Fire of Feltwell? And yet they failed to enter the annals of this village. They, and many others, are amongst the unrecorded tales of Feltwell. Take, for example, the tale of Abigail Rutland, a true unsung hero of Feltwell.

---

It was in early August, 1923, when Abigail and her mother could be found on their way to Barley Porter's store on the High Street. It was a glorious day, not a cloud in the sky and a breeze just strong enough to rustle the leaves on the trees and yet gentle enough that Abigail's bonnet stayed firmly on her head, without the need for tied strings or a firm hand.

On this particular trip Abigail and her mother are going to buy some material so that Abigail can have a new dress for her upcoming twelfth birthday. Her mother is particularly good with the old sewing machine, that she had received as a wedding gift, and has made most of the dresses hanging in Abigail's wardrobe.

Imagine, if you will, the two of them, mother and daughter, holding hands as they slowly stroll along the High Street, chatting about inconsequential things, stopping occasionally to greet others and

exchange a few words, barely a care in the world. They've already passed the Newcome's large house sitting majestically opposite St Mary's church, the tied cottages of the farm labourers and are approaching Mr Neville's butcher shop with its display of joints and other cuts of meat, neatly arranged in the window, plucked pheasants and skinned rabbits hanging from hooks above. They observe Mrs Kidd emerging from the doorway. She has a hand in her basket rearranging her recently purchased items so as to achieve a better balance.

Abigail hopes desperately that her mother will not acknowledge Mrs Kidd. The last time the two ladies had met, they had ended up exchanging inconsequential gossip for a good ten minutes, an eternity to a young girl eager to choose the fabric for her upcoming birthday dress.

"Good morning, Mrs Kidd," says Abigail's mother, much to Abigail's disappointment.

"Well good morning to you, Mrs Rutland, and to you young Abigail," replies Mrs Pidd.

"Good morning, Mrs Pidd," says Abigail in a tone just close enough to being sincere that it doesn't get a reprimand from her mother.

And then, just as Abigail had feared, Mrs Pidd proceeds to tell them of her morning's shopping experience.

"I've just bought a lovely piece of Gammon from Mr Neville. Oh, he is such a nice man and that young Fred he's employed, well, I tell you, he did make me blush with his talk of cockerels and hens."

Abigail has, by now, stopped paying any attention whatsoever to Mrs Kidd's tale and is studying her surroundings. There is Mrs Fletcher removing her new baby from its pram before taking it indoors, its cries of hunger barely audible at this distance. She spots Mr Banham in the distance unloading turves from his cart and then, out of the corner of her eye, she notices young Sam Green riding towards them on his bicycle, with his mixed-up dog, Wolf, attached by a length of rope to his hand. Clearly Wolf is in charge of their direction

and speed of travel. Wolf, who looks nothing like a wolf, but who thinks he is one as he hasn't taken to training well since Sam got him a few months earlier, picks up the scent of Mrs Pidd's newly-purchased gammon joint and decides it smells good enough to eat.

He changes direction suddenly, which catches Sam off guard who, despite trying desperately to stay balanced, falls off his bicycle onto the dusty road. Wolf's lead slips from Sam's hand and the dog is running free.

Wolf, finding his "brake" has disappeared picks up speed, hurtling towards the women, his mind on only one thing, how good the gammon will taste.

Mrs Rutland, her back to the scene unfolding behind her, turns at the sound of Billy's bicycle hitting the road and gasps at the sight of Wolf charging towards the group. Mrs Pidd, her view no longer blocked by Mrs Rutland, spots the dog only yards away and lets out a cry in fear of what is to come.

Abigail, having witnessed the entire incident and having had time to process the likely outcome steps in front of a rooted-in-fear Mrs Pidd, takes a deep breath, looks the dog straight in eyes, raises her palm and shouts, "Wolf. Sit. Stay."

The force and pitch of her eleven-year-old voice cuts through the positive motivations of the animal and, much to everyone's obvious relief, Wolf stops, and sits, tongue dangling from his mouth and saliva dripping from his jaws.

The two women turn to Abigail with looks of astonishment, mixed with obvious relief, on their faces. Sam arrives and sheepishly threads the rope back through Wolf's collar, mutters an apology and before anyone has time to admonish him, quickly returns, with dog in tow, to where his bicycle lies in the road.

Mrs Rutland turns to her daughter, a smile spreading across her face and says, "That was amazing, Abigail, and so brave. As a reward you can choose whatever fabric you want for your birthday dress and don't worry about the price." Mrs Kidd joins in with the praise and

offers to contribute to the cost of the dress, an offer politely refused, of course, by Mrs Rutland and finishes by saying, "Thank you so much Abigail. You have quite literally saved my bacon."

And there you have it. The tale of Abigail Rutland, one of Feltwell's unknown and unsung heroes.

### **Postscript**

On the day of her birthday Abigail wore her new dress for the first time, together with a new bonnet that Mrs Kidd had kindly bought her by way of a thank you. Everyone remarked upon how lovely she looked, including an embarrassed, but obviously love-struck, Sam Green.

*Edward Gee*



**FELTWELL BOWLS CLUB**



Hope all is well and you are keeping safe in these trying times but light appears to be appearing in the distant future.

I reported in the last edition that there may be a chance of commencing bowling in June which has now become not possible.

But there appears good news from Bowls England who are putting together a set of recommendations which if approved may allow to make a start bowling in July. Of course it may make the game a bit longer if we need to maintain social distancing.

The committee need to meet and discuss Subs and fees in the light of a short season

Hope to have more and better information in the next edition.

Max

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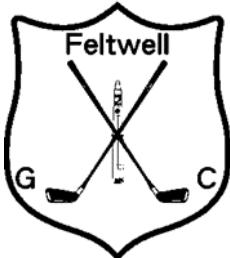
## SPOT THE DIFFERENCE No. 12

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 North further along Oak street.





## FELTWELL GOLF COURSE – 50 YEARS ANNIVERSARY – A COURSE TO BE PROUD OF

As of the 13<sup>th</sup> May, Feltwell Golf Club has been able to open its course again, albeit on a restricted basis but open nonetheless.

Not only is the course open to our members but we are able to offer some tee slots to visitors at £15 for 9 holes. We have had to introduce a booking system for Tee-Times for both members and visitors, but you can simply call Jo Bates on 07855 821116 before 3pm to book your slot. For the time being the 1<sup>st</sup> tee will be open between the hours of 9am and 3pm but as we get more volunteers for marshalling we will be able to extend these hours. If you haven't yet joined the club or need to pay your subs then you will need to contact the office before you can book. We are not able to accept cash under the current circumstances.

In order to make the game as safe as possible for all players and our staff you will only be able to play in 2's, observing social distancing at all times. Other changes to normal golf are that you should only use your own ball, don't touch the flags or pick up anyone else's club and as there are no rakes in the bunkers please simply smooth the surface with your club or foot and be sure to mark only your own cards. We are suggesting, at first, that only 9 Holes are played at any one time, giving as much playing time to as many members as possible, however playing 18 holes may be possible at the discretion of the marshal. The practise driving-range remains closed for the foreseeable future for safety reasons.

Lessons with Jo are also available but only on a 1:1 basis, so if you would like to improve your game or iron out some 'quirks' in your swing call Jo on 07855 821116 to find out more anytime until 3pm.

### Keyworkers

**As of Monday 18<sup>th</sup> May until further notice we are offering a special series of Tee Slots every Friday evening for all Keyworkers from 5pm until dusk. This is applicable for both members and**

green fee players, so please call us for more details and get yourself booked in.

### Robert's at Feltwell Golf Club

Though the Clubhouse remains closed, Robert is still offering his 'Home Delivery Service' of meals together with some canned or bottled drinks. We know this is a life line for some locals who cannot get out at all during this time, our thanks to Robert and Steve for rising to the challenge. Check on our or Robert's Facebook Page for the 'Menu of the Day' - to order your meal phone 07376 182419.

Hopefully this email finds you all safe and well and we look forward to seeing as many of you as possible now we are able to play golf again. Take care and stay safe.

Follow us on  and  Be sure to keep up to date with what's going on here at [Feltwell Golf Club](#).

**Remember you are never too young or too old to start playing golf.  
and we look forward to seeing you soon at FELTWELL GOLF CLUB**

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### DRABBLE

This Drabble comes from Edward Gee.

The seed was cast. Some fell on stony ground and withered. Some fell on sandy ground, sprouted but died due to lack of water. But the seed that fell on fertile ground sprouted. It grew a root to take in water. It put up a shoot which used sunlight and carbon dioxide to make food on which it grew taller. Eventually, it grew tall enough to see over its kin and it saw an ocean of golden-brown wheat.

Unfortunately, despite the many ears that they all had, they didn't hear the 20 ton combine that cut them all to shreds.

## Sudoku Solution

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

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

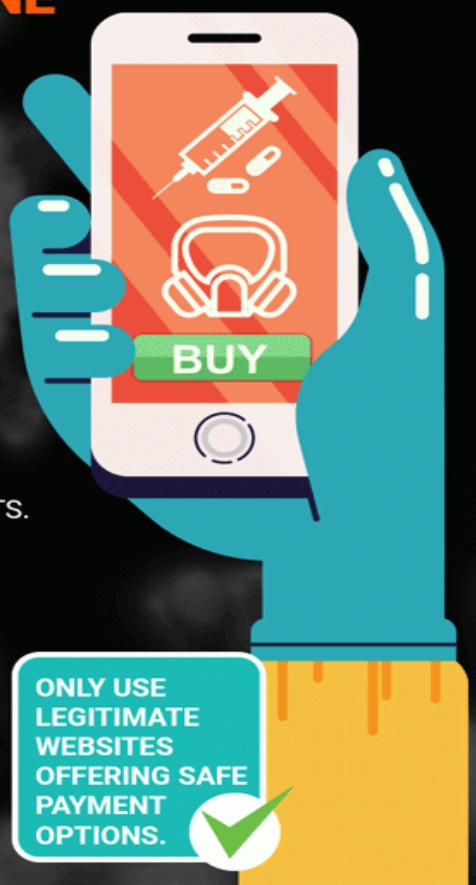
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## Hospital Happenings by Tony Bennett



*Monthly Ramblings about West Suffolk Hospital.*

### News:

The hospital is coping well with the number of Covid patients coming in, as of today, May 13th, there are 39

cases in WSH. A total of 52 patients have died including one of our ex consultants from cardiology. As of today, the day lockdown is eased, we have not heard of any changes to our working practice and so for the time being we are only doing cancer and clinically urgent scans in Nuclear Medicine and across the radiology and diagnostic areas.

One plea to the patients is please not to bring family and friends to the hospital, we would really prefer only the patient to come into the building although we appreciate that sometimes one comforter, carer, husband or wife can be of great support and certainly in nuclear medicine we will not bar one escort.

### **Case of the Month:** The mystery man.

One of our patients came in by ambulance very short of breath. The first fear was that he was experiencing a heart attack. He was referred for an angiogram and an echo cardiogram and all that was normal. Then the fear was that he may have Covid-19 so onto the Covid ward he went but he had no temperature. The next concern was his lungs but he couldn't have a CT lung scan as he was allergic to their contrast material and thus was sent to Nuclear Medicine for one of our perfusion lung scans. In the meantime, he had a test for Covid which thankfully came back negative so we went ahead with the scan. This was also negative but the poor chap was clearly very short of breath. He remains a mystery and I shall follow his progress with interest.



Back in early April a herd of a rare type of rabbit was spotted on the grass opposite Londis in Feltwell.

They looked very friendly and allowed this reporter to approach them to take a photograph. These cheerful animals seem part of the Leporidae family but as yet have not been formally identified. *John S*



## AGRICULTURAL LOGISTICAL—THE SOLUTION

	Old Brandon Road	Lodge Road	Wilton Road	Southery Road	Old Methwold Road	Potatoes	Leeks	Wheat	Carrots	Sugar Beet
10 Acres										
17 Acres										
23 Acres										
31 Acres										
46 Acres										
Potatoes										
Leeks										
Wheat										
Carrots										
Sugar Beet										

## DRABBLE

From between the rotting piles of rubbish and the split and stinking bags of garbage, the twitching whiskers of a rat emerged into the night. Steam drifted from boiler vents and rain drizzled from above, pooling in oily patches from which the rat drank. Its thirst satisfied it rummaged amongst the decaying remains of left-over meals spilling onto the dirty pavement, bits of greasy flesh and slimy vegetables sticking to its fur. Pickings were rich tonight. When a second rat climbed out from the putrescent pile it looked at its mate and thought how beautiful she looked in the moonlight. *Edward Gee*

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