

FELTWELL PARISH MAGAZINE

YOUR CONNECTION TO YOUR COMMUNITY

October 2025

How to Take Care of
a Hedgehog!



INSIDE THIS ISSUE



Caring for Hedgehogs
October: The Month of Mist...
Guardian Flight at St Mary's
Our MP Talks Childcare & SEND
Memories of Fighting Fires
Ospreys
And much more inside incl. all
our usual puzzles

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

FELTWELL ORGANISATIONS

List maintained by Paul Garland.

Alveva Quilters	Sharon Burbridge	01366727002
Feltwell Bowls	Martin Blackman	829821
The Royal British Legion (Hall 828480)	Ian Rayner	07766 348679
RBL Poppy Appeal Organiser	Mary Reynolds	828130
Feltwell Historical and Archaeological Society	Marion Lucas (Chairman)	828769
Feltwell Table Tennis Club	Steve Wellington	07436 905520
Beavers and Cubs	Claire Scarff	827555
Feltwell School PTA		@ the school
Feltwell Women's Institute	Claire Scarff	827555
Feltwell Playgroup	Merle Gallagher	07582 371984
Feltwell Scout Group	Claire Scarff	827555
Feltwell United Football Club	Neil Edwards (Secretary)	07391866914
Feltwell United Youth Football Club	Kate Collins	07888847452
Feltwell & Thetford District Mencap	Mrs T. Sismey	827292
Feltwell Brownies	Tracey Cock	
Feltwell Social Club		828093
Feltwell Primary School	Mrs J. Lillycrop	828334
Feltwell Golf Club	Joanne Bates	827644
Feltwell In Bloom	Rita Page	07785345614
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: clerk@feltwellparishcouncil.gov.uk		828383
Parish Council website: https://feltwellparishcouncil.gov.uk		
Feltwell's History Website can be found at http://www.feltwell.net		

Deadline for the next issue is 14th October 2025

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

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

Advertisers please contact the Editor (See details above)

Distribution is by Ian Webb (828167) & Paul Garland

You can subscribe to this magazine for £5 a year, incl. two free issues and free delivery in Feltwell. Gift subscriptions are available, contact the editor.

HEDGEHOG FEEDING, WATERING, WATCHING & RESCUEING: AUTUMN / WINTER 2025.

At last we have had some decent rainfall and Hedgehogs have better access to their natural food.

Hedgehogs are nocturnal and your best chance of seeing one is at night. The mature well fed, dare I say it plump Hogs come out later at night about 1-3 a.m. to find food. The younger hogs come out earlier sometimes early dusk and eat for longer in the evenings and nights. Typical behaviour is a drink, some food, a sleep for a couple of hours and then a repeat performance.

Hedgehogs are natural insectivores their natural food, is a “buffet” consisting of beetles, caterpillars, earthworms, slugs and millipedes. Hedgehogs are also opportunistic omnivores and will eat birds eggs, small mammals and carrion when available.

If you wish to encourage Hedgehogs into your garden and help protect the village population there are several things you can do to give them help.

WATER

If we have another dry spell, water a small area of your garden every evening before dusk to keep the soil very wet. It is important to do this throughout the year as we are getting dry autumn and winter seasons. This ensures that the natural food comes to the surface and the Hedgehogs can eat their natural prey. It also has the added advantage of getting rid of slugs and snails that eat all the shoots for next years flowers and our winter vegetables. I thoroughly soak a different patch of soil every afternoon to give the Hedgehogs a good chance of getting some natural food. I put down shallow dishes of water around the garden, all year round. Hedgehogs then have a number of drinking stations to choose from. Dehydration is the biggest cause of death to baby Hogs.

FOOD

Pick a quiet spot in your garden and put down some dry cat biscuits. We find that wet cat food attracts flies but the dry cat food does not and it has more protein than dog food.

If the Hogs leave any food your cats or the Blackbirds will benefit



OCTOBER 25, 2025
AT 7:00 PM

ST MARY'S, FELTWELL
BENEFIT CONCERT IN SUPPORT
OF THE PASISH OF ST MARY'S

Love's
Golden Embrace
SONGS FROM THE
SCREEN & STAGE

Lindy Wilson- Soprano
Anne Reece- Piano

FREE ADMISSION
£10 SUGGESTED DONATION
REFRESHMENTS SERVED

For further information about soprano Lindy Wilson and pianist Anne Reece is over.

from it at daylight.

We also put out scraps of unsalted fat and meat at night to help boost protein levels and assist smaller Hedgehogs to gain body fat before hibernation. Hogs also eat boiled eggs, so we boil old eggs, chop them and put them out with the dry cat biscuits

Typically Hedgehogs need to weigh 600 to 650 grams if they are to survive hibernation as the weather gets cold; about the size of a family Christmas Pudding.

Hedgehogs will eat wild bird food but **do not feed meal-worms** to Hedgehogs, it strips them of calcium and kills them very quickly with many broken bones.

Loves Golden Embrace, Songs from the Screen and Stage. The performers...

Lindy Wilson- soprano

American Soprano, Lindy Wilson found her love of music at an early age. She grew up in a musical family and has enjoyed making music since she could talk. She holds a Bachelors degree in a vocal performance from BYU-Idaho and two masters degrees (Vocal Performance and Vocal Pedagogy) from University of Central Oklahoma. She has appeared as a soloist with a number of nonprofit organizations and professional companies including the Oklahoma City Opera, Painted Sky Opera, Texoma Christian Chorus, the Boise Philharmonic, Opera Breve, the BYU-Idaho combined choirs, and in various young artist programs and theatres around the US.

Lindy currently sings with the Ely Consort and is thrilled to begin her performance journey in the UK. While her true love is opera, Lindy enjoys performing religious music, show tunes, and singing anything with her husband and four children.

Anne Reece- piano

Anne grew up in Coventry, read music at Jesus College, Cambridge where she was awarded an Instrumental Exhibition at the piano whilst taking the LRAM diploma at the Royal Academy, and has since had a long and varied career in both music education and performing. Her teaching posts have included Head of Keyboard and Vocal Teaching at Redbridge Music Service in East London, Head of Instrumental Music at Surbiton High School and Assistant Director of Music at Gresham's School in Holt, North Norfolk

Anne worked in and around London for many years as a freelance pianist working with instrumentalists, singers, choirs and music theatre groups of all genres and styles. She moved to Norfolk in 2017, then to Feltwell in 2021. She is currently accompanist for the Bury Bach Choir and the Ely Consort and teaches piano both at The Leys School, Cambridge and at home in Feltwell.

Hear for Norfolk



Supporting people with hearing loss
and related conditions

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

We provide support through the following range of services:

Aural Care - removal of earwax using microsuction

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

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

Hearing Support - maintenance of NHS issued hearing aids

Otoscopy Clinics - screening of ears for the presence of earwax

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

Hearing Loss Awareness Training

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



Please call us on 01603 404440, email us at nda@hearfornorfolk.org.uk or visit our website at www.hearfornorfolk.org.uk for more information

Scan
me!



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

OCTOBER: THE MONTH OF MIST AND MUSHY LEAVES

There's a moment when October makes itself known, not with a fanfare, but with a cool breath on the morning air, a sudden crunch underfoot, and the realisation that the evenings have stolen half the daylight while you weren't looking. One week the trees are still clinging on to summer's green, the next they've thrown in the towel and turned every shade of gold, amber, and fiery red. It's beautiful, yes, but also nature's polite reminder that summer really has left the building.

October is also the season of great optimism with rakes. You gather the leaves into a neat, smug pile, turn your back for two minutes, and the wind has redistributed them evenly across the garden again. Nature, it seems, doesn't really care for tidy lawns. She's far more interested in completing her yearly cycle, tucking herself in for the long sleep of winter, while giving us humans one last burst of beauty before the grey sets in.

In centuries past, October was a time when people naturally slowed down. The fields were cleared, the stores were filled, and life shifted to a gentler pace. We, on the other hand, keep charging along as if the seasons were a quaint rumour. Emails still ping, the commute continues, and supermarkets tempt us with mince pies long before we've even carved a pumpkin. It's little wonder so many of us feel slightly out of sync at this time of year.

And yet, step outside, and October gives us all the cues we need. The air is sharper, encouraging brisk walks. The colours are richer, luring us outdoors even when the sofa beckons. Even the endless piles of leaves, if you squint hard enough, can be seen as nature's free gym membership, bending, lifting, stretching (and occasionally slipping). Movement doesn't need to look like a workout; it can be as simple as a walk through the village or sweeping the drive. The point is to keep going, even as the nights close in.

Because while nature is slowing, we don't have the luxury of



@



Are You able to access your bathroom facilities?

Are You having difficulties using your stairs?

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

WE CAN HELP

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

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

Our Services include:

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

For further information visit www.careandrepair-wn.org or call 01553 616200 or email: careandrepair@west-norfolk.gov.uk

hibernating—not unless someone can persuade the boss that “see you in April” is a reasonable work plan. What we can do, however, is take a leaf out of October’s book (quite literally) and find a balance. Allow the darker evenings to be a cue for rest and recovery, but don’t lose the momentum that keeps body and mind fit through winter. Think of it as your own version of harvesting: gathering the energy and strength now that you’ll be glad of when January rolls round.

So, this October, enjoy the mist, crunch the leaves, breathe in the bonfire smoke (preferably not directly), and remember that a little bit of movement goes a long way. You’ll feel better for it, fitter, brighter, and more in tune with the season. And if the rain turns your leaf pile to mush before you’ve finished, take it as proof that nature always has the last laugh.

Helen

Life fitness Re-engineering

*Thank
You!*

Eileen Waites and family would like to thank everybody who attended the crematorium at Kings Lynn for Sid’s cremation and afterwards at Feltwell Social Club. It was nice to see old friends again. Many thanks also for the cards and kind words of sympathy at this sad time.

Feltwell Historical Society - programme 2025

We meet at the Wellington, 7pm, 3rd Friday of the month

Oct. 17th - Stuart Samuels - Ghosts of Feltwell

Nov. 21st - Society Annual Dinner

Dec. - St. Nicholas Church - Carols by Candlelight TBA

This magazine is printed by **Limetree Printing**,
1-2 Trafalgar Industrial Estate, Downham Market, PE38 9SW. .

Phone: 01366 383989

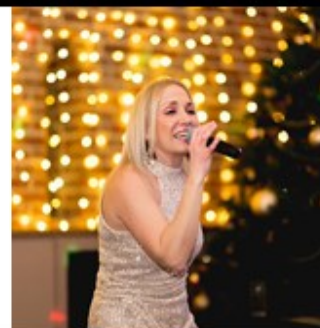
The Wellington In October



Alternative
4th Jukebox
& Askers Pizza



GEMMA
10th BOWLER
& Edwards Cafe



The Sound of
18th Pop Art &
Purple Pepper



David
25th Vincent
& Askers Pizza



HALLOWEEN DISCO
31st & Surfing
Sombbrero



FROM THE BOROUGH COUNCIL

This arrived, via the Parish Clerk, on August 29th.

I wanted to take this opportunity to make you aware of the **Warm Homes: Local Grant scheme** which is now open for applications to residents of King's Lynn & West Norfolk.

Letters have been landing at various properties across the borough over the last few days, so I wanted to ensure that all parish councils are provided with the necessary reassurance around the legitimacy of this grant.

The Borough Council of King's Lynn & West Norfolk has been working as part of the Norfolk Warm Homes consortium since 2022 to facilitate the implementation of domestic energy efficiency grants across the borough. These grants typically accommodate the replacement of central heating with air source heating, insulation measures and solar PV where appropriate.

Previous grants have included LAD & HUG, however these have now both been replaced by the Warm Homes: Local Grant (WH:LG) which is now open for applications.

Any interested or concerned residents are advised to contact myself through either Jacob.Medlock@West-Norfolk.gov.uk or on 01553 616227 for details. Alternatively, households that wish to make an application should visit the following link - [Norfolk Warm Homes](https://norfolkwarmhomes.org.uk/): <https://norfolkwarmhomes.org.uk/>

Please do not hesitate to get in touch if you have any queries regarding this correspondence.

Jacob Medlock, Housing Standards Officer (Energy Efficiency)



Excerpts from various aviation engineers' fault report forms

Pilot: Noise coming from under instrument panel.
Sounds like a midget pounding on something with a hammer.

Engineer: Took hammer away from midget.

Chimney Sweeping & CCTV Inspections

NEIL NEILL-GOURLAY



NNG CHIMNEY SWEEPS



07423 337535



nngchimneysweeps@outlook.com



Based in Feltwell, Norfolk

Facebook: NNG Chimney Sweeps

P. M. Digweed Ltd

Painting &
Decorating Services

Over 40 years experience



Phone Paul on

07932 074966 or

Email digweed64@gmail.com

John Skelly (Fish) Ltd



*Fresh Fish delivered
to your door every*

Thursday afternoon

Fresh, Smoked & Shellfish

Mob: 07759 916990

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



Help with IT services

HELP



- Has your PC crashed?
- Is your laptop slow?
- More storage needed?
- Wi-Fi coverage issues?
- Need a website setup?
- General IT help required?

Covering Feltwell and the surrounding area

To discuss further please email me at:

david@help-with-it.services

PLUMBER

BASED IN FELTWELL

OVER 30 YEARS
EXPERIENCE

FREE ESTIMATES

NO CALL OUT CHARGES

07951 158460

GAS SAFE REGISTERED

GUARDIAN FLIGHT HELP ST MARY'S CHURCH

It was a great relief that Saturday 13th September dawned bright and sunny for a group of 11 young airmen and women from US Air Force stationed at RAF Lakenheath. They were undertaking training at RAF Feltwell Airman's Leadership School (ALS) "Guardian Flight" and had arrived to volunteer their time for a project at the heart of our community – the clearing and tidying of St Marys Churchyard.

Stuart Samuels is part of the Honorary Commander programme at RAF Lakenheath and was approached by SSgt Ried McConnell to help the "Guardian Flight" undertake community projects by volunteering their time. As a resident of Feltwell Stuart is well aware that the burden of ongoing maintenance of the churchyard around St Mary's falls onto the shoulders of very few willing stalwarts, so he liaised with Steve Parker, to offer a chance for some younger and fitter muscle to come along and help tidy the churchyard in readiness for the autumn.

The group of 11 turned up full of enthusiasm and achieved a great deal in the hours undertaken, removing ivy from walls and headstones, strimming and mowing grass, edging the main path, pulling weeds, trimming trees and generally making the area look

Continued over page



much neater.

On behalf of the villagers, who all have the opportunity to enjoy St Mary's on a regular basis, Stuart would like to thank the "Guardian Flight" and RAF Feltwell's ALS for the generosity of their time and energy. In addition, thanks must also go to Hill Farm and the Lambert family for the use of their tractor and trailer to dispose of the green waste created during the morning.

It really was a case of many hands make light work and I think we will all agree that the churchyard looks very nice and tidy after their efforts.

A REQUEST FROM THE SURGERY

The surgery has received complaints from patients that dog walkers are using the surgery car park. They ask dog walkers to please park elsewhere as it causes great inconvenience to genuine patients when the car park is full.

FROM THE ALLOTMENT MANAGEMENT COMMITTEE

FELTWELL PARISH COUNCIL

ALLOTMENT LAND

Tenders are being invited for four vacant areas of land.

Please see Parish Noticeboard for details.

ALLOTMENT MANAGEMENT COMMITTEE

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

**JEM PROPERTY
MAINTENANCE**



Handy Man & Property Maintenance

JOHN - 07798 672 552

jempropertymaintainer@gmail.com

DON'T ASK ME

This month Frederick James muses on the modern age.

As time marches on, I become more and more aware of how little time I have left to influence the world, if influencing the world would, in fact, be my forte.

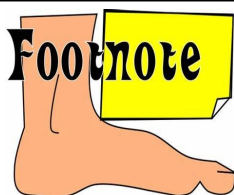
Considering my eight-point-seven-five decades, I fear that any influence I might have had, has been inexorably diluted to the point of being effectively ineffective.

I'm beginning to realise that any advice I might have for anyone, young or old, may very well fall on deaf ears, however well-intended. I have learned one thing however, as my years progress, and that is to wait until I'm asked, before I can claim that my way could just be the right way.

I have come late, very late, to the ever-changing, ever-advancing world of micro-chips, megabytes and the like, and I am at the mercy of the interwebnet and all that means to those who might somehow benefit from any advice I might want to give. Although I do take advantage of modern technology and all it provides, I can't help feeling a degree of resentment for the way it is steadily leaving me behind.

I use my desk-top and keyboard on a daily basis to enjoy my hobby writing, whilst my heart still remembers the clatter of my Olivetti, oh so, so long ago. Of course, the amazing convenience of auto spell-check, font selection and my ink-jet printer in the cupboard beside my desk is a far cry from how things were, just a couple of decades ago, which I do have to admit cannot be denied,

Then there are E-mail and Text! Despite being a grumpy



How to make your day more fun...

Sing in the shower. Belt out a song from your favourite musical if you want to feel better instantly.

Need help with transport?



Feel isolated?

Door to Door Transport?

We have the following options
available in your area:

Rural Dial-a-Bus

Villages to the nearest town,
perfect for a spot of shopping

Community Car Scheme

Transport by volunteers to
medical appointments

For more information Call 01553 770310

old latter-day curmudgeon, I find both to be an indispensable part of my life, that I could not live without. After being '*persuaded*' by those who know better, to acquire a smart phone, my Galaxy keeps me in touch, both by text and video, with my loved ones, and even those I don't feel quite so ardent about. Having finally acknowledged, and hopefully mastered, the intricacies of E-mail and PDF, I am now able to stay in contact with far-flung family and friends, with a click on the 'send' button on my desktop. Response to either can be, and often is, instantaneous. Almost like having a conversation, unlike having to wait for the services of HM Royal mail to keep you in touch. [It still doesn't replace that feeling of anticipation as you apply your paper-knife to that mysterious envelope]

Of course, despite my misgivings about this hi-tech, fast-moving world, I wouldn't be without my computer and mobile phone. On the odd, but thankfully rare occasion, when either one goes awol, my world stops, and I am lost! The old world of folks like me doesn't work any more, and I'm trying to accept that there really is no going back to how things were, and any advice I might have to give would not even be compatible with this modern age.

So, I'm just going to have to 'hold my council' (now there's a phrase from my world!) and hope no-one asks for my advice on anything, anything at all. I guess I'm just going to have to think of something useful to do with my time.

What about my opinion? I could always give my opinion, couldn't I? I've always had an 'unbiased' opinion about pretty-well everything, so that could my forte, for those who care to ask. But, with the interwebnet to turn to, is anyone going to ask me anything, anything at all?

(There's always a but, isn't there?)



The August Bank Holiday Raffle at the Wellington in aid of East Anglian Air Ambulance raised £431.20.

FELTWELL LODGE RESIDENTIAL CARE HOME

Lodge Road, Feltwell, Norfolk IP26 4DR



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

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

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

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

01366 728282

Website: www.feltwelllodge.com

E-mail: feltwelllodge@hanleycarehomes.com

CURIOS ARE BACK! No 5

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

Answer to last month's Curio.



A Game Carrier. The photo shows a double slat version. When the dogs had retrieved the fallen game, each bird (probably woodcock or partridge) would be pushed up head first through the round hole from underneath, with the flap open and then slid along the slat by its neck away from the hole. The flap prevented the last bird from sliding back and falling through if the holder tilted the rack.

For this month's Curio, turn the page.



P.L.U.S. – Pre-Loved Uniform Shed

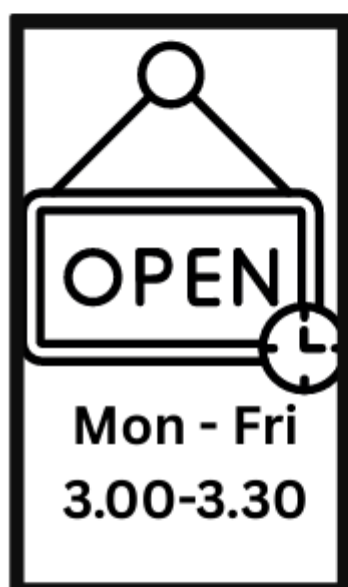
Give school uniforms a second life!

Shop sustainably with quality pre-loved and new items at low prices.

Reduce waste. Support your community. Save money.

Donations welcome!

Everyone's invited.



LOGOS

We can add your school logo to any new or preloved uniform item for just £5 per logo – ready in just 1 week!

PRICE LIST

NEW

£1.50/£1
£1
£1.50
£1.50
£2
£3

POLO SHIRT (LOGO'D/PLAIN)
P.E. KIT (PER ITEM)
SKIRT/SHORTS
DRESS/TROUSERS
JUMPER/CARDIGAN
LOGO'D JUMPER/CARDIGAN

USED

75p
75p
£1
£1
£1.50
£2.50

This Month's Curio.



This simple metal tube bent in the shape of a slightly dished letter 'S' has two spikes protruding from its centre. As shown in the photo a right-handed person would probably grab the top handle with it pinning towards him or her, whereas a left-handed person would grab it

from the other side so that the top handle pointed away from the operator. To do what?

Answer next month.



Feltwell Dispensary

NEW Opening Hours from 2nd Dec

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

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

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

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

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

 01842 829738 or 01842 828481

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

www.feltwellsurgery.co.uk or by using the NHS App. We have a dedicated telephone number in place for our housebound patients to order their medication, which is open Monday to Friday between **10.00-12.00** and **14.00-16.00**.



St Mary's Feltwell

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

CONTACTS

Associate Priest

Rev'd Juanita Hawthorn

01366 728545

revjuanita58@gmail.com

Churchwarden

Chris Parker

01842 827152

cmparker@talktalk.net

Benefice Administrator

Fiona Hearn

07811 782316

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

TO ARRANGE, WEDDINGS, FUNERALS AND HOME COMMUNION

Please contact:

Fiona Hearn 07811 782316

wisseygrimshoebenefice@gmail.com

TO ARRANGE BAPTISM

Please contact:

Tammy Wright 07717 507665

grimshoebaptism@gmail.com

LATEST CONSUMER ALERTS AND TRADING STANDARDS NEWS

Scam Alert - Be aware for Student Loan scams

We are highlighting a warning from The Student Loans Company (SLC) for new and returning students to be vigilant of scams, as the new 25/26 academic year gets underway.

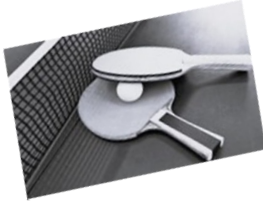
In September, SLC will pay approximately £2.2billion in maintenance payments to almost one million students as they start and return to university. However, at this time of year, students can be targeted by scammers, with text message (SMS) fraud currently the most popular form of scam.

SLC's top tips for identifying and stopping a scam:

- Check the quality of the communication - misspelling, poor punctuation and bad grammar are often tell-tale signs of phishing.
- Keep an eye out for any emails, phone calls or SMS messages you think are suspicious, especially around the time you're expecting a payment.
- Scam emails and text messages are often sent in bulk to many people at the same time and are unlikely to contain both your first and last name. These commonly start - 'Dear Student' - so be on guard if you see one like this.
- Messages that convey a sense of urgency are also unlikely to be genuine - for example 'failure to respond in 24 hours will result in your account being closed'.
- Think before you click. If you receive an email or SMS that contains a link that you're not sure of, then hover over it to check that it goes where it's supposed to. If you're still in any doubt don't risk it, always go direct to the source rather than clicking on a potentially dangerous link.
- Scammers can use a variety of methods to try and get you to pay money or share personal details, including the use of fraudulent phone calls, social posts and direct messaging on digital platforms. If you are suspicious of being contacted, always use official phone numbers, your online account and official communication channels to verify the contact you received is genuine.

Students should also be mindful of the information that they share about themselves on social media, and elsewhere online, to help guard against identity theft. Identity theft happens when fraudsters access information about a person's identity, such as their name, date of birth, customer reference number, course information or their current or previous addresses to impersonate them online and over the phone.

SLC has a range of methods to protect students, including sending a SMS to customers in England if a change has been made to their banks details and



MONDAY and TUESDAY CLUBS

Table Tennis is now up and running every
Monday at 7.00pm and Tuesday from 1.45
at the Methodist Hall, Feltwell.

Any skill level or none. Just come along for an afternoon of fun. It's a load o' laughs, which is good for the heart, and the physical exercise loosens those stiff joints. **All ages** welcome. Steve Wellington is the organiser. **£3 for two hours of fun.**

Pool and Snooker NOW available.

THURSDAY CLUB

On your own? New to the village?

Want to meet other people?

Then come and join us.

Thursday 10am -12.noon at Methodist Church Community Hall in Bell Street.

CHAT, Gentle Exercises, Play Table Tennis, Snooker, Board Games, Cards, Dominoes and loads more. We do Countdown, Bingo and more.

We are also a listening ear and can help with form filling and other information.

Open to all over age 18 —whatever your ability.



Come and see the warm welcome you will get in our
Warm Space.

Oh, and we do refreshments.

TOTALLY ACCESSIBLE PREMISES



will never contact you out of the blue requesting remote access to your device.

- Only install software or grant remote access to your computer if you're asked by someone you know and trust, such as a friend or family member, and never as a result of an unsolicited call, browser pop up, or text message.
- Your bank will **not** ask you to reply to an e-mail with personal information, or details about your account. If you contact them, use a phone number/email address that you know to be true, rather than one sent to you in an email - it may be false.

It is okay to reject, refuse or ignore requested. Only criminals will try to rush or panic you.

If you think you may have been a victim of a Remote Access Scam:

- Protect your money by contacting your bank immediately on a different device from the one the scammer contacted you on.

If you believe your laptop, PC, tablet or phone has been infected with a virus or some other type of malware, follow the [NCSC's guidance on recovering an infected device on their website](#).

Report it to Action Fraud on **0300 123 2040** or [via the Action Fraud website](#)

If you are concerned about the security of your computer or tablet or to fix problems or issues with it we would advise you to find a quality local business like a Trading Standards Approved Norfolk Trusted Trader, [you can search the Norfolk Trusted Trader Directory](#).

Scam Alert - Personal alarm users reminded to be aware for scam 'digital switchover' cold calls

We are again reminding residents who use personal alarm systems to be aware for telephone cold calls claiming that you need to make immediate payments or 'renew' personal or bank account details as part of 'digital switchover'.

This follows further recent warnings from Careline Community Service at the Borough Council of King's Lynn and West Norfolk after a service user received a telephone cold call demanding immediate payment of £29 to 'ensure their care alarm would continue to work after the digital switchover'.

Careline are telling their service users that they 'do not charge for digital alarm upgrades and any rental increase is paid by direct debit'.

Our advice to all users of personal alarm systems is always be very wary of any approach made in a telephone cold call and **never** give or confirm any personal or financial details, make payments or agree to someone visiting

Do more with the NHS App!

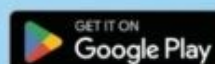


-  Order repeat prescriptions
-  Use NHS 111 online
-  Find NHS services
-  View your GP health record
-  Book appointments
-  Get reminders and messages

And much more...

Need help?

Get support in the app or visit nhs.uk/helpmeapp



Apple, the Apple logo, iPhone, and iPad are trademarks of Apple Inc., registered in the U.S. and other countries and regions. App Store is a service mark of Apple Inc.

Google Play and the Google Play logo are trademarks of Google LLC.



From hospital appointment letters to test results you'll be able to access it all in one place on My Health and Care Record, available within the NHS App.

your home if approached in this manner. If you receive this or similar call, **hang up**, wait five minutes and then contact your personal alarm provider using a number you know to be genuine to report the call.

Careline Community Service customers can report any suspicious telephone calls asking for payments for your Careline Alarm to them on 01553 616200.

Reporting scams

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

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

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

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

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

You can also report Frauds, Cyber Crime, Phishing attempts, suspicious emails to Action Fraud, the National Fraud & Cyber Crime (NCSC) by forwarding it to **report@phishing.gov.uk**.

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

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

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

SUBSCRIPTION INFORMATION

If casual readers would like all future issues of this magazine

delivered **FREE** to your home in Feltwell please contact our Distribution Manager Ian Webb on 828167.

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

All subscriptions below 11 copies are pro rata.

CHRISTMAS CRAFT FAIR

**SATURDAY
18 OCTOBER**

***10.00* AM**

OVER

20

STALLS

COMMUNITY HALL

Bell Street. FELTWELL IP26 4AL

CHILDCARE SUPPORT FOR FAMILIES

From : terry.jermy.mp@parliament.uk

Last month, across South West Norfolk, many parents were busily preparing their children for the new school year. For some it marked the very start of their education journey – the first day at nursery, pre-school or reception.

In every surgery I hold and in many of the conversations I have on the doorstep, the discussions touch upon childcare, both the cost and the urgent need for more spaces.

Delivering on a manifesto pledge to create thousands of new spaces through school based nurseries, I was thrilled with the recent opening of the first Labour Government funded school-based nursery in the constituency, at Swaffham Church of England Primary Academy.

I welcome the Government's innovative approach to solving the childcare crisis it inherited and the support being unlocked for families.

Childcare is a big issue, and one that is particularly gendered. In a report conducted last year by UN Women UK, it found that 25% of women are forced to leave the workplace because of childcare issues, compared to just 7% of men.

The rollout of school-based nurseries will make a real and tangible difference, as will the landmark expansion of the Free Childcare for Working Parents Scheme. In England, eligible working parents of children aged 9 months to 4 years old, can now access 30 hours of free childcare a week. This doubles the number of government-funded free childcare hours and will save families up to £7,500 a year on average.

For many parents across South West Norfolk, the new school year also marked the first time their child with special educational needs and disabilities (SEND) entered the education system. As one of the only MPs in the country who has hired a SEND Specialist Caseworker, I know first-hand of the difficulties facing families of children with SEND. That's why I was so pleased to welcome the

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



Sun 5 th October	Service of the Word Eucharist	9.15am 11am	Feltwell Weeting
Sun 12 th October	Eucharist Eucharist	9.15am 11am	Hockwold Northwold
Sun 19 th October	Eucharist Service of the Word	9.15am 11am	Feltwell Weeting
Sun 26 th October	Harvest Festival Eucharist	9.15am 11am	Hockwold Northwold

Other Services

Every Tuesday	Eucharist	9.30am	Hockwold
---------------	-----------	--------	----------

Other happenings at St Mary's Feltwell:

Food Pantry Open

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



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

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

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

Minister responsible for SEND to the constituency last month, to share with her what we have discovered through our work.

Throughout the autumn, I will be holding SEND roundtables with local families and schools in addition to conducting surveys. I will then directly report these conversations, insights and findings to the government as we look ahead to how we can provide a better system of support and assistance to children with SEND and their families.

Should you or someone you know need SEND support, or should you want to register your interest in taking part in one of the roundtables or surveys, please email me: terry.jermy.mp@parliament.uk

To find out what childcare government support you are eligible for, please visit the Gov.uk website for further information.



THE BOOKCASE

In the Methodist Chapel Entrance

Hundreds of books for your every moment.
OPEN 7 DAYS A WEEK,
dawn til dusk (usually)

including Children's Bookcase

WANTED.....MORE BOOKS FOR CHILDREN'S BOOKCASE – ALL AGES WELCOME.

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



PLEASE DO NOT LEAVE OLD MAGAZINES IN THE FOYER

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

FREEDOM RECYCLING

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

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

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



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

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

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

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

Prompt & Friendly Delivery

Other Services we offer include:

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

We make contacting us easy too!



01842 828888



reception@freedomrecycling.co.uk



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



Messenger

HALLOWEEN DISCO LOGISTICAL

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

	Emma	Ellen	Elsie	Emily	Bloody Mary	Witches Brew	Purple Punch	Vampire Kiss	Monster Mash	Thriller	Addams Family Theme	Ghost Town
Spider												
Witch												
Pumpkin												
Zombie												
Monster Mash												
Thriller												
Addams Family Theme												
Ghost Town												
Bloody Mary												
Witches Brew												
Purple Punch												
Vampire Kiss												

Match the Person to their Costume, their Halloween Cocktail and Favourite Spooky Song.

CLUES

- 1 The Spider Costume wearer loves Thriller, the Witch preferred Ghost Town.
- 2 The Vampire Kiss drinker loves the Addams Family Theme.
- 3 Emily and Ellen both used green face paint for their costumes.
- 4 Elsie Drank a Bloody Mary, the Witches Brew was enjoyed by the Witch.
- 5 Emma's Spider costume didn't show the stain from her spilt Purple Punch
- 6 Ellen made a great Zombie.



Answer me this:

How come every time I put a jacket or a pair of trousers in my washing machine they come out with a sleeve, or a leg inside out?



PR BOWERS & SON FUNERAL SERVICE

1921 - 2021

**CHAPEL OF REST 2 METHWOLD ROAD
NORTHWOLD THETFORD NORFOLK IP26 5LN**

**24 HOUR SERVICE,
PRIVATE CHAPEL OF REST**

**UPHOLDING TRADITIONAL FAMILY
VALUES OF DIGNITY & RESPECT
FOR YOUR LOVED ONE'S**

TEL 01366 727432

TEL 07796 780270

PRIVILEGED TO SERVE LOCAL FAMILIES FOR 3 GENERATIONS

**VISIT OUR WEBSITE FOR SERVICES OFFERED AND PRICE LIST
WWW.BOWERSFUNERALS.CO.UK**

WORD SEARCH

Submitted by Mrs J. Clements.

This month our word search is on **NAMES OF COUNTRIES**

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

There is ONE extra word in the list that is not found within the grid.

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

*The solution
is on page
79*

AUSTRALIA BOLIVIA CHAD CROATIA CYPRUS DENMARK
 EIRE FINLAND FRANCE GOA GREENLAND
 ICELAND KAZAKHSTAN MEXICO NIGER NORWAY
 OMAN PAPUA NEW GUINEA PERU POLAND SPAIN
 TAIWAN TURKIYE UKRAINE UNITED KINGDOM
 UNITED STATES OF AMERICA URUGUAY



Local Domestic Oil Boiler Servicing

Servicing Standard & Condenser Boilers

Annual Service with Tank Inspection &

Boiler Commissioning

Breakdowns, Maintenance & Repairs

Electrical Testing Specialists

Portable Appliance Testing

Fixed Appliance Testing

Full Reports, DRB Checked

WESTNORFOLKBOILERSERVICES.CO.UK

WWW.MAYESELECTRICAL.NET

**COVID-19: As an essential Business we are open
and operating with Covid-19 guidelines in place**

TEL: 01842 828129/MOBILE: 07791 204492

M J HAWES — Est 1988

Garden rubbish! You make it, we take it!

GARDEN CLEARANCE:

Soil, concrete, hardcore removal * Ponds emptied and filled

Sheds & greenhouses dismantled & removed * Fence lines cleared

Shrubs, trees, hedges grubbed up * Full garden reinstatement

Prompt, reliable service.

Fully insured and licensed to carry and process garden waste.

Waste transfer certificate issued with every removal, large or small.

Tel: 01842 878784

Mobile: 07951 206602

Email: [mjhg88@gmail.com](mailto:mjhgs88@gmail.com)



We are well and truly into Autumn. The leaves are falling from the trees and our thoughts are already turning to Halloween, Bonfire Night and then to Christmas. A little forward thinking of me, I know, but they are always hi-lights in the dark months, especially when you have children or grandchildren.

Summer is a memory now. Very hot days, when we had a heat wave and the gardens struggled to survive. Some plants did much better than others. My own begonias outshone themselves whilst the fuchsias had lots of leaf and few flowers. I know that I am already thinking about what to plant next year to begin to adapt to the changing seasons. In the same way that we will think about the planting for Feltwell in Bloom's tubs. I hope that you agree with me that all of the tubs were colourful this year and as individual as we could make them, thanks to our volunteers. We will start the winter planting this month. We also have some new tubs to place – see if you can spot them around the village later this month.

One last reminder of Summer was our hanging basket competition. Thank you to those who entered. We decided to look for good examples around the village as well, ones which were colourful and stood out. The following people received prizes to thank them for their efforts:

Faye Harrison, Richard Turner and Stephen Jones

The sale near the Wellington in September helped us to raise more funds to go towards the bulbs and plants we purchase for the tubs. If you are splitting perennials in your own garden and have some you do not want, please think about donating them to Feltwell in Bloom so that we can either use them in the tubs, or sell them to raise more funds next year. A very big thank you to all those who have donated plants etc to us during this year; your help is really appreciated

Contact us on the following platforms:-Facebook - Feltwell in Bloom
Email – eltwellinbloom@yahoo.com or ☎ Rita on 07785345614

MISSED APPOINTMENTS @ THE SURGERY 2025

August 2025 saw **58** appointments missed, that's 16 less than in July. This represents a loss of medical care to the tune of **£1740** for the month and **973** minutes of wasted time.

So far this year **547** appointments have been missed representing a total of **£16,410** of medical care lost. These appointments could have gone to someone else in need.

If you cannot attend your appointment, please cancel it.

Lead Times for Prescriptions

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

Ordered

Sat, Sun & Mon
Tuesday
Wednesday
Thursday
Friday

Ready for collection

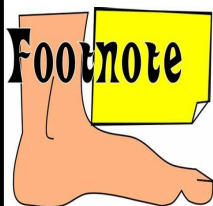
Following Tuesday
Following Wednesday
Following Thursday
Following Friday
Ready a week Monday

ART FOR PLEASURE

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

Contact Beryl Pountney, Secretary, for details on
01842 828750

The kettle is always on.



I summed up my ailments to be double pneumonia and a weak heart. I hauled myself to my feet and began to walk again to try and keep warm and to take my mind off my stomach.

Taken from a child's essay written in an examination.



Your Good Health

by Dr Ian Nisbet

Let's set the scene. Here I am, in my study, on September 1st, the first day of meteorological Autumn and only 115 days to Christmas, writing the article for the October magazines. We have enjoyed, some would say endured, an extremely hot Summer. The lawns are brown, the Alstroemeria, which had been set to take over the flower beds, flowered briefly and then failed. The roses have been disappointing, some dahlias died and others have been extremely successful and the biggest success has been my apple tree, planted 6 years ago, which has a profusion of fruit.

I have to admit to belonging to the "endured" category with respect to the hot Summer. I was very fed up about the effect upon the garden but the biggest problem was keeping cool indoors. I have many fans, including one enormous job

which can blow your head off, but fans recirculate air without cooling it. The first couple of weeks in August were grim. My lovely new house is heavily insulated; in Winter, it costs very little to keep warm but, In August, I was unable to get the indoor temperature below 80 degrees Fahrenheit. Those who wish to know what this is in Centigrade may wish to employ the equation I remember from my physics A Level days:

$F - 32 / 9 = C / 5$, So, $F - 32$ is $80 - 32 = 48$. 48 divided by 9 is 5.3. This then has to be multiplied by 5 to give the answer that the temperature in Centigrade is 26.66 recurring. Alternatively, you could have Googled it!

On 14th August, my cream tiles came into their own again (remember the hosepipe through the middle of the house a couple of months ago). I was packed up and ready to go

Do you feel modern technology is leaving you behind?

Would you like to brush up your skills?

If so, why not drop into the sessions below?



Extra sessions added for 2025:

3rd Oct.

7th Nov. 5th Dec

10-12pm at St Mary's church.

Refreshments provided.

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

Tech Skills for Life is here to help!

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

Community Tech Coaches can:

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

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

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

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

to Madeira (nice and cool and breezy) for 10 days with sons Calum and Grant and their families. Remember the question, "Why did God give us toes? So we could find furniture in the dark". Well, this proved true. We had a really early flight and had to leave for the airport at 2am. At 10pm, I turned off the light in my little sitting room, the snug, and was on my way to bed in the dark.

Suddenly, my right foot found the industrial fan which took a lump out of my foot.

Fortunately, I made it from the carpeted snug into the cream-tiled hall before the blood hit the floor. I turned on the hall light. What to do? The hall was beginning to resemble an abattoir and my elastoplasts and cleaning materials were a long way away at the far side of the kitchen. Nothing for it but to trail the haemorrhage all across the hall and the depth of the kitchen! The barber of Seville sprang to mind. So, my quick trip to bed for a couple of hours' sleep turned into a repair session for the foot and an almighty mop and polish job for all the tiles. Once again

thank goodness for my floor tiles which were still recovering from the hosepipe episode. This episode's amount of blood in a carpet would have been a big problem. Anyhow, I had one hour's sleep before driving to the airport and we were in our accommodation in Madeira in time for coffee at 11am.

The other significant event at present is that I am still waiting for a date to start my prostate radiotherapy. It should all have been sorted out by Christmas. My lovely choir is recommencing our weekly practices on Monday afternoons, Monday evening is Rotary, Tuesday is Senior Active exercise and balance session and, on Wednesday, I meet all my lovely friends in what used to be Slimming World until they got rid of us and we now "do our own thing" led by one of our really knowledgeable members, losing a lot more weight than previously. Thursdays and Fridays are my days off.

A man found a lamp, rubbed it and a genie popped out. Three wishes. "I want a million pounds." A suitcase appeared,



NEED A WILL?

NEED PROBATE?

NEED LASTING POWERS OF ATTORNEY?

FUNERAL PLANS?

Kerland Pitman Ltd are a family run company established in 1990 with offices in Braintree, Dagenham, Chadwell Heath and are now expanding into the Norfolk / Suffolk area.

We are experts in Estate Management and offer a home visit service at no extra cost.

Call us on: - **0208 598 8022**
0208 590 0776 to book an appointment
07710 825253

An independent and family company with a long established history, founded by David Turner in 1960 and now run by his daughter, Lydia.

Providing a transparent and tailor-made service to every family at a time when it matters most.



Thetford
15 Old Market Street | Thetford | IP24 2EQ
Telephone: 01842 761333
Email: thetford@turnerfunerals.co.uk



**24 HOUR
SERVICE**

www.turnerfunerals.co.uk



Brandon
2A Thetford Road | Brandon | IP27 OBS
Telephone: 01842 811245
Email: brandon@turnerfunerals.co.uk

asking them to confirm the change. If a customer hasn't changed their details but receives a message, they should log into their online account to review their information.

SLC will also never ask students to provide their personal or financial information via email or text message. If a student receives a suspicious message, they should report it to SLC's Economic Crime Unit immediately by emailing report@phishing.gov.uk and calling the dedicated hotline on **0300 100 0059**.

Neither SLC or Student Finance England (SFE) provide any services through WhatsApp and will **never** initiate contact with a student through social media channels to discuss their application or student finance entitlement. If a customer receives a communication from SFE that they are unsure of, they should log into their online account to verify if it's genuine.

Scam Alert - Computer Remote Access Scams

One of the most common scams reported to Action Fraud involves fraudsters connecting remotely to a victim's computer.

Remote Access scams will often begin with a browser pop-up saying that your computer is infected with a virus, or maybe a call claiming to be from a well-known tech company, computer software provider, telecoms or broadband suppliers.

The caller advises that there is a problem with the user's device or broadband equipment, often making claims about 'viruses', 'directory issues', 'criminals controlling your machine' and 'hackers accessing your router' and that they will be 'cutting off broadband access' or you will be 'unable to access the internet' if the recipient does not agree to immediate remedial work.

The caller will then attempt to gain remote access to the computer or tablet. This could give them the opportunity to plant malicious software and apps on your device or access personal information held, including account log-in information and bank details, which can be used to commit fraud.

Victims can also end up being asked to pay for the 'fixes' the scammer has made to their device.

If these cold callers fail at the first contact they are known to try calling again repeatedly. Also where they have been successful in charging a fee the scammers have targeted people again telling them the 'problem' has returned.

Action Fraud offer the following advice to protect yourself from Remote Access Scams:

- A tech company, telecommunications provider, bank or service provider

Did you know that 1 in 4 older people are dehydrated?

Our research found that 1 in 4 non-hospitalised people aged 65 years and older, are dehydrated from not drinking enough .

Dehydration is linked with kidney problems, diabetes, memory problems, UTI's, infections, pressure sores, dizziness, falls, confusion and headaches.

To prevent dehydration, you should **drink at least 2L or 3.5 pints** of non-alcoholic drinks a day:



stuffed with notes. “I want a Ferrari.” It appeared. “I want to be irresistible to women.” The genie turned him into a box of chocolates!

A young mother was trying without success to breast feed her baby on the top deck of a ‘bus. Three times, she told the baby that, if he didn’t drink his milk, she would give it all to the man sitting in the row behind. After another of her outbursts at the baby, the man tapped her on the shoulder, saying, “Please will you make up your mind – I should have got off 4 stops ago.”

A woman made a new friend and was invited to her fourth wedding. “What happened to your previous husbands?” “The first two died after eating

poisonous mushrooms. The third died of a broken neck.” “How did that happen?” “He wouldn’t eat his mushrooms” came the reply.

A priest and a shepherd entered a competition which involved writing a poem in 3 minutes. It must include the world Timbuktu. The priest wrote, “ I was a father all my life, I had no children, had no wife. I read the bible through and through on my way to Timbuktu.” The shepherd submitted, “When Tim and I to Brisbane went, we met three women, cheap to rent. They were three and we were two so I booked one and Tim booked two.

Guess who won.

All good wishes – Ian Nisbet



CHAIR YOGA WITH CLAIRE RICKARD

On Thursday 4th Sept. Claire came to introduce chair yoga to the Thursday Club, previously Feltwellbeings.

We sat in chairs and gently worked on stretching our bodies, breathing rhythmically to the movements. After 30 minutes I felt relaxed and comfortably warm.

Thank you Claire from all at the Thursday Club.

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

SUDOKU PUZZLE

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

Answer on page 76

Owing to illness this will be our last Sudoku puzzle unless someone would like to volunteer to take over. Please contact the editor.



The Food Pantry, Feltwell

WHO ARE WE?

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

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

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

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

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

OPENING TIMES:

Wednesday 9AM – 11:30PM

Saturday 12:00PM – 1:00PM

For more details visit our Facebook Page or call 07454 259280



The speaker for our September meeting was Stephen Smith who told us about "My Life of a Retained Fireman".

Stephen began by saying that he was based at Royal Tunbridge Wells Fire Station number 74.



As can be seen from the photograph it is a three bay fire station. One bay occupied by a fire engine or pump, number 741, maintained by a full-time crew. The second bay holds vehicle 742, a

water tender, manned by a retained crew and the third is for a specialised vehicle which, in this case, is a height vehicle number 745.



741 Water Tender Ladder

The 741 full-time crew were split and did 4 days on, 4 days off. It had a 13.5m ladder, a 10.5m ladder, a roof (hook) ladder and an extension ladder.



745 Height Vehicle

St. Mary's Festival of Light

25th Anniversary

**Saturday 29th and
Sunday 30th November**

Theme “25 Years of Television”



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

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

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

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

NEW

BADMINTON AT ST. MARY'S

NEW



Wednesday — 1pm to 8pm

Saturday — 9am to 8pm

If interested in playing please email:

Stmarysbton@gmail.com. Please include your mobile number so you can be added to group chat.

Full instructions on how the court is booked will be emailed to you.



Stephen was retained on the 742 which had everything the 741 had apart from the 13.5m ladder. 745, the specialist vehicle, had a "skylift" ladder. A 13.5m ladder needs 4 men to put it up, the 10.5m needs 3.

Stephen then played us a recording from 1986 of an emergency call starting with the shrill, urgent noise of his pager. From that point on he had 4 minutes to get to the fire station. It transpired that they'd been called to a fire at a scrap yard where cylinders of acetylene and oxygen had been stored and were exploding. We had heard the explosions on the recording and this had become an extremely dangerous major incident very quickly. The photo shows an exploded cylinder.



Following this he talked about The Great Storm of 1987 and took us through the day and night as follows:

The First call out - Early evening call to fire alarm sounding at a nursing home.

Back to station.

Second call out - To a dangerous structure which was in fact an elderly ladies birdbath table, banging against her patio doors. Unable to get through on the radio as every appliance in Kent was out. By this time the wind had really got up.

Back to station.

Third call out - To Tesco fire alarm sounding. Whilst driving there he witnessed a tower crane collapsing onto the road in the wind.

There were numerous other calls throughout the night. One he remembers hearing was from a fire station near Dover which sadly informed Control that they were unable to proceed to an incident as the fire station had collapsed onto his appliance! Then, in Maidstone, two appliances called to say they were trapped by fallen trees and please could as many chainsaws be sent as possible.

The Atmere Charity

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

It also helps for severe chronic illness in younger people.

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

The applicant **MUST** be a Feltwell resident.

CENTRAL GARAGE

MOT's • Servicing • Repairs

Air Conditioning Service

Petrol • Diesel

Exhausts • Tyres

Tracking • Kindling

44 HIGH STREET, FELTWELL.

Telephone 828354



G J Waters

Small Groundworks

Foundations, Concreting, Drainage, Paving,
Mini Digger, 3 ton Digger, Transit Tipper,

Aggregates Delivered -

Sand - Stone - Hardcore

Tel: (01842) 827237

Mobile: 07702 408869



All Aspects Of Carpentry & Building

Kitchens - Doors - upvc - Roofing - Fencing

Renovations - Extensions - New Builds & Lots More

NVQ Level 3 Qualified Carpenter

For A Professional Friendly and Reliable Service Call Dean

Mob: 07825700575 Tel: (01842)827645

Email: DM.Carpentry@yahoo.co.uk

There were numerous other calls during the night, and then early morning they were sent to a factory fire, asked for 4 pumps but only got 3 (eventually), as there was nothing else available.

Fires in Ashdown forest were another thing they had to deal with. They are 'horrible and difficult things to deal with,' Stephen told us. "You have to use Sussex Beaters (pictured) and you have to get close to the burning undergrowth so its very hot and dangerous work. You can feel your eyebrows singeing and your ears blistering."



Stephen told us about some further memorable incidents before telling us about the popular open days

they used to run. Mock rescues were performed from smoke filled towers, burning cars were extinguished, ladders erected and kitchen fires demonstrated.

It was a most informative talk.

The Men's Breakfast Club usually meets on the 1st Saturday of the Month at The



Wellington in Feltwell at 9am. It costs £8.00 per person to attend which includes a talk, tea

or coffee and a full English breakfast which never fails to please.

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

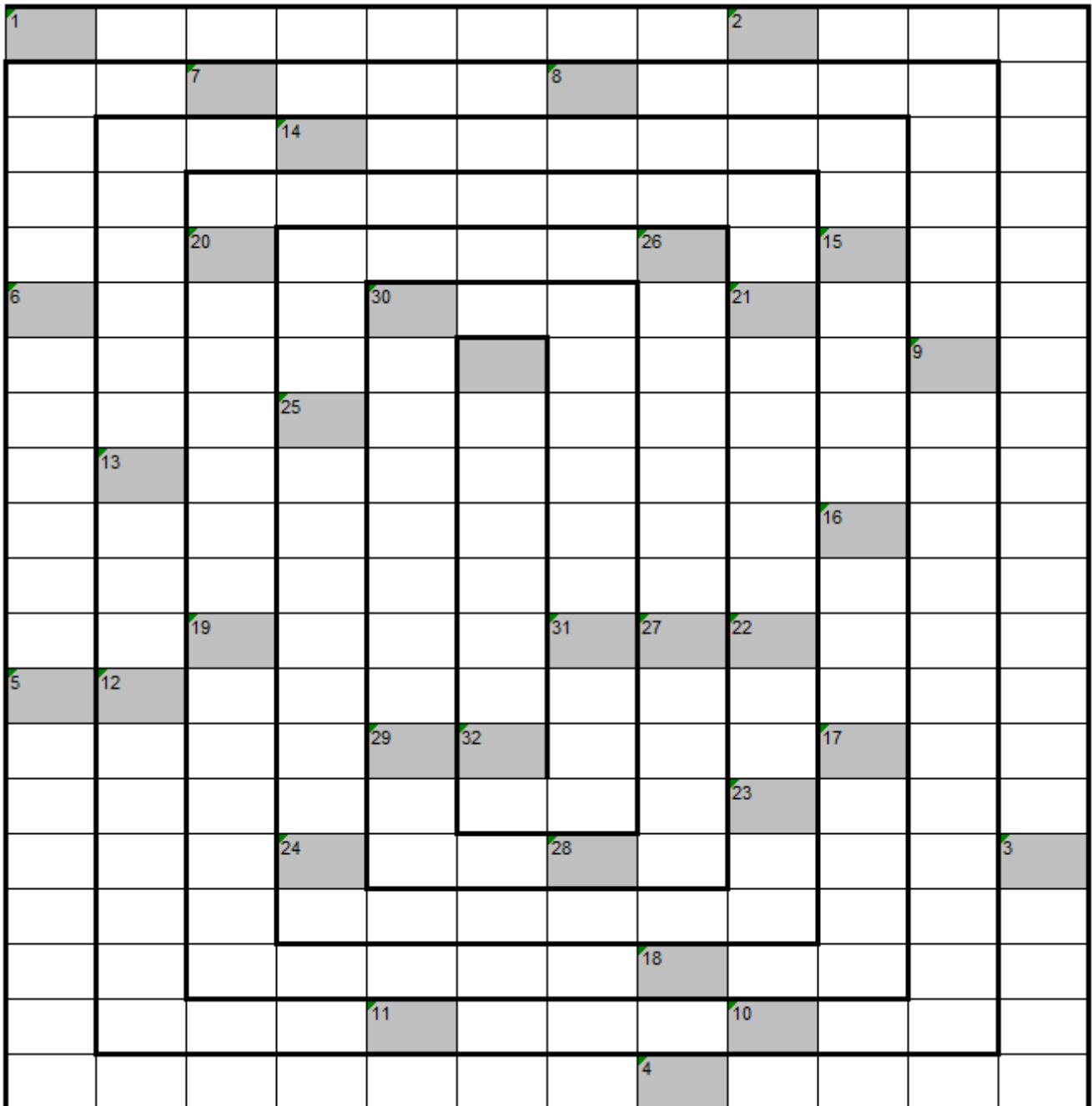
Our next meeting will be on Saturday 4th October. Our speaker will be the ever entertaining and informative Kevin Boardman who will tell us about the Wright Brothers in a talk entitled, *They taught us how to fly*.



WORD TRAIL

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

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



CLUES

- 1 Puzzling problem (9)
- 2 Child vaccination M.M.R. in full (5-7-7)
- 3 Town crier (9)
- 4 This Plantagenet King ruled from 1189-1199 (7-3-5)
- 5 Olive dip (8)

- 6 Spiny Anteater (7)
- 7 Sun dried brick (5)
- 8 FILM: 2013, a teen is recruited to lead the fight against an alien race and to save the world (6-4)
- 9 Trial and error (15)
- 10 Mythical Norse God of the wind, seafarers (5)
- 11 MEDICAL: Puffiness or swelling of an entire digit and an indication of Arthritis (10)
- 12 Impassive (5)
- 13 Imposter (9)
- 14 PLANTS: A European plant of the stonecrop family (9)
- 15 Candle fat (6)
- 16 Spiral shell (5)
- 17 Of a similar nature or character (7)
- 18 SONGS: A 1975 release by ABBA (7-5)
- 19 Botanical name for a Water Lily (8)
- 20 Having the right or power of self governing (10)
- 21 Aid (7)
- 22 Italian meat sauce (4)
- 23 Final terms (9)
- 24 The Titan goddess of memory and remembrance (9)
- 25 This constellation also known as 'Rivers End' is also known as (8)
- 26 Left high and dry (8)
- 27 A rich patterned fabric (6)
- 28 This country is bordered by Ethiopia, Somalia and two other countries (5)
- 29 Religious sceptics (9)
- 30 Cynical (9)
- 31 Place, setting (6)
- 32 Diplomatic representative (8)

This month's Word Trail solution is on page 78.

B.R LANDSCAPES

EST 1986



- Garden and site clearance
- Turf supplied and laid
- Hedge removal - planting
- Fencing supplied and erected
- Trees - shrubs pruned or removed
- Digger and dumper with operators
- Stump grinding - Sleeper beds
- Gravel driveways and paths

www.brlandscapeswestnorfolk.co.uk
MOB : 07774724366 / 01553849802

Pure Water Clean

PURE water window cleaning **Gutter vacuum & cleaning**

Soffit & fascia cleaning **Solar panel cleaning**

Conservatory roof cleaning **Conservatory Valet**

Fully insured, reliable, Feltwell resident

Please call Craig for a free no obligation quote

07743 595424



The Surgery recently sent me a list of all the feedback comments they had received for August from patients via the automated post-appointment 'Friends and Family' NHS request system. All comments are anonymous. What follows is a selection from both the positive and negative comment lists with the surgery's answers.

I have to say that there are far more positive comments than negative ones



All the staff at the surgery are wonderful - everyone is so kind, patient and friendly. I felt comfortable and safe through the whole procedure, Feltwell Surgery provides excellent care.



The doctor and staff were very pleasant and helpful and reassured me throughout my appointment. The doctor spent time explaining everything to me and I went away feeling that I was in safe hands.



The wait times for appointments is getting ridiculous, impossible to get an appointment within a fortnight now it's gone into months

Response It is generally now a 2 to 3 week wait for a routine appointment with your GP. Unfortunately, due to a lack of adequate resources, we are not able to improve on this.



My appointment was cancelled by surgery 2 hrs before appointment

Response Sadly, due to last minute sickness or similar, we have no choice but to cancel appointments at short notice on occasion.

PLEASE CONSIDER DOWNLOADING THE NHS APP.

FELTWELL BOWLS CLUB



QUIZ
Night

£3 PER PERSON (TEAM OF 6 MAX)

BRING OWN DRINK & NIBBLES

SATURDAY
1ST NOVEMBER

DOORS OPEN
AT : 7PM
starts 7.30pm

BRITISH LEGION HALL | LONG LANE | FELTWELL



ALL PROCEEDS FOR A NEW KIT
FOR THE BOWLS CLUB



Breckland Branch



It is important to note that exposing a cat to any amount of second-hand smoke is bad for their health. This is particularly so for regular smokers or for those who smoke in poorly ventilated areas near their cats. This is because, just like with humans, cigarette smoke can cause respiratory issues such as asthma and bronchitis due to the smoke irritating the airway. Prolonged exposure also increases the risk of lung cancer due to the harmful chemicals in the smoke, which can damage lung tissue over time.

It's not just the lungs that are affected; cats exposed to second-hand smoke may also suffer from eye infections and skin irritation, due to the chemicals in the smoke. It is also thought that smoke can cause allergic reactions, leading to symptoms like sneezing, itching and skin rashes.

Third-hand smoke, which refers to the residual chemicals that settle on surfaces, including a cat's fur, is also a health risk. When cats groom themselves, they ingest these toxic particles leading to various health problems, including digestive issues and an increased risk of developing tumours in the mouth and throat.

Although thought by some to be less harmful than cigarette smoking, vaping poses similar risks to cats. The vapour from e-cigarettes contains harmful chemicals like formaldehyde and propylene glycol, which can lead to respiratory problems and broader health issues including a weakened immune system and general poor health in cats. Like with cigarette smoke, the particles from vape aerosols can settle on surfaces and be ingested by cats during grooming. It is worth noting too that the vape devices themselves are risky to have around cats due to the toxic nicotine they contain. Should a device become broken, the leaked e-liquid and the nicotine it contains will contaminate surfaces and can be absorbed through the skin.

To protect your cat, it's best to avoid smoking or vaping indoors. If you do, try to do it in a well ventilated room, away from our cat and wash your hands thoroughly before handling your pet.

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

Rita Thompson.



Methwold Theatre Club



Give us a sign

by

Tony Domaille

Thursday 13th

Friday 14th

Saturday 15th

November

Performance begins 7.30pm.

21 Room, St George's Hall Complex,
Methwold IP26 4NT

Licensed Bar

Tickets 01366 727576

methwoldtheatre@gmail.com

www.facebook.com/MethwoldTheatreclub

West Norfolk Aviation Society

www.westnorfolkaviationsociety.org.uk



This month's speaker was Lucy Edwards who was the first women ordnance disposal officer in the Army; that's Bomb Disposal to you and me. She



provided an entertaining talk filled with lively anecdotes about her time in Her Majesty's service. Having arrived at the Royal Military Academy Sandhurst in January 1989 complete with ironing board; a must have apparently, having joined at such an illustrious establishment. She was awarded the position of bomb disposal technician partly as a result of one of her lectures describing how she would get all the relevant parts of a bomb through airport security and onto an

aeroplane. This was based, mainly, on her previous experiences as a security officer at Stansted Airport.

Lucy admits to being a hopeless shot due to a mismatched dominant eye/dominant hand anomaly which means she cannot aim and shoot a weapon accurately. She was advised that her best hope of hitting her target was to throw her weapon at the enemy! Notwithstanding that, she still won a marksmanship award as she managed a self-inflicted injury from a rubber bullet that ricocheted from a door frame, her unintended target on this occasion being herself. Her Commanding Officer commented that a shot to the head is rarely survived and always takes place at very close range but Lucy managed the unique double of both survival and hitting herself over a range of 30 ft and therefore must be an excellent shot!

As a final appetite wetter Lucy let us into the secret of surviving as a successful women officer in the Army. Namely, you have to know what to wear and when to leave a function. To this end, at the official dining-in nights, her secret weapon was knickers which.....but alas this author has run out of space! An excellent and interesting evening.

Mark Burch, Stand In Scribe. WNAS

I Can No Longer See You With My Eyes Or
Touch You with My Hands, But I Will Feel You
In My Heart Forever



AWARD
WINNING
BUSINESS

With Over
40 Years
Experience

MSM
MARK SKINNER
FUNERAL SERVICE



SAIF
INDEPENDENT
FUNERAL
DIRECTORS

**Our family and caring team will look after
your loved one, like we would our own**

"After recommendations, research showed impeccable reviews and very competitive prices. You were not only totally professional and so approachable, but treated my Dad like I felt you would your own family. Wouldn't go anywhere else!" G Kent

Memorials • Bereavement Support
Competitive Pricing and Funeral Plans
Available 24 hours A Day

London Road, Brandon, Suffolk, IP27 0EW, T: **01842 810534**
27 High Street, Lakenheath, Suffolk, IP27 9JS, T: **01842 862777**
30 Bury Road, Thetford, Norfolk, IP24 3DE, T: **01842 752197**

www.markskinnerfunerals.org.uk



RSPB Lakenheath Fen

EYES ON THE SKY IN AUTUMN

Autumn is a time of change in the natural world, as we move away from the long, warm days towards winter. As the seasons change, our wildlife (particularly birds) gets on the move in response- looking for better conditions to spend the next few months.

We are already seeing changes on the reserve- increased numbers of 'passage' waders like Ruff, Curlew and Greenshank passing through mid-migration to rest and refuel on the muddy edges of our pools and channels. We are also seeing fewer of our summer visitors, like Reed and Sedge warblers, and we haven't seen a Cuckoo for several weeks.

When we think of Autumn in our local area, we may not think about the Osprey- a bird that is staging a steady comeback in the UK and is becoming more and more common to see locally at this time of year. In the early 1900's, following decades of hunting and persecution by humans, Ospreys were declared extinct as a breeding bird in the UK, until an enterprising and bold pair attempted to nest again in 1955. This was at what was to become RSPB Loch Garten in the Scottish Highlands. These elegant birds of prey feed exclusively on fish but cannot spend the whole year with us- the cold and turbulent wintry weather we experience means fish are so much harder to catch, so they leave the UK and migrate to West Africa and southern Spain for our winter months.

From that single pair in 1955, a steady comeback has been underway, thanks to a great deal of support from conservationists. Thanks to their tireless effort, the UK population now stands at around 240 pairs. Although Scotland remains their stronghold, there are also several pairs in Wales, a handful at Rutland Water, two at Poole Harbour in Dorset and even a pair at Ranworth Broad in Norfolk! This last pair built their own nest (next to an artificial



giving
nature
a home

Events at RSPB Lakenheath Fen

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

Treasures of the Moth Trap - 31 October, 28 November (10am to 11am)

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

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

Autumn Open Day at RSPB Lakenheath Fen Sunday 12 October (9am to 5pm)

Come along to enjoy the reserve in all it's Autumn glory. To welcome newer visitors, we will be offering free entry to all for the day- so why not come and see what we are about? No need to book; just turn up.

Amazing Autumn Guided Walk — Sunday 12 October (9:30am-12:30pm)

On this seasonal walk we will be looking for the first signs of Autumn- dazzling ducks in their new plumages, waders passing through on migration and beautiful fungi popping up here and there! Suitable for all knowledge levels and ages.

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

Stargazing with Jonathan Shanklin — Wednesday 29 October (5pm-7:30pm)

We will be privileged to have Jonathan Shanklin, a renowned meteorologist with us for the evening, giving us a fascinating talk followed by a walk on the reserve to hopefully see some spectacles if the sky is clear.

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

Wild Wetland Winter Guided Walks — Sundays 23 Nov, 11 Jan (9:30am-12:30pm)

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

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

platform made especially for them!) and raised two chicks this year (2025) to fledging. The chicks' mother is a three-year-old bird from Rutland Water, where Ospreys were reintroduced as part of the Rutland Osprey Project, which began in 1996.

As I write this, the UK's Osprey population will be migrating to Africa for winter. For this year's chicks, until now their parents have provided all the fish they need, but now it is up to them to learn how to fish for themselves on their journey. As the UK Osprey population grows, it is getting more and more likely that we will see Ospreys- young and old- passing overhead or taking a break in their journey on our local waterways- so keep an eye out in the next few weeks. We have already had one recorded here this autumn (12 September) and we may see more yet!

With best wishes for a happy Autumn, Heidi Jones

Friends of Feltwell Playgroup

Helping little hands explore a big world

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

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

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

We warmly invite you to follow our page on Facebook — **Friends of Feltwell Playgroup** — where you can find out more about upcoming events, fundraising, and how to get involved.

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



J M Harris EST. 1996

LANDSCAPES CONSTRUCTION

Fencing, Patios, Paving
Driveways, Groundworks
Landscaping, Tree Surgery
Turfing, Artificial Grass
Property Maintenance & Repair

For Friendly Professional Service

CALL 01842 828114

www.jmharrislandscape.com

jmharrislandscape@outlook.com

Georgina Sims

07913 976786



Desktop, Laptop, iPad & Mobile Phone Setups
Hardware Installations
Virus Checks & Removal
Internet Connections
Internet Security

Training Sessions
Repairs & Upgrades
Program installations
Device Maintenance
Troubleshooting

Peckhams Plumbing

NO Call Out Fees
Fully Qualified
& Insured



John Peckham
Friendly, Local Plumbing
& Heating Engineer

- ✓ Full Heating Systems
- ✓ Heating System Updates
- ✓ Radiator Changes
- ✓ Oil Tank Changes
- ✓ Fully Fitted Bathrooms
- ✓ Leaks & Repairs
- ✓ Boiler Replacements
- ✓ Boiler Services

Tel: 07534 892411

FELTWELL METHODIST CHURCH, COMMUNITY HALL & GARDEN

Free Wi-Fi every day our doors are open. Want help filling forms, benefit claims, housing forms, driving licence renewal, powers of attorney, etc. come into a quiet space, grab a cuppa and have help on hand. Look for our open sessions or **give us a call to arrange to meet.**

Table Tennis Club on Mondays (7-9pm) & Tuesdays (1.45-3.45) has metamorphosed into Monday & Tuesday Clubs, when we have a laugh, get some vital exercise and enjoy sporty activities together, table tennis, pool, snooker, and whatever else we can drum up! We have a growing number of players who have learnt the skill over the last year from not being able to play to playing confidently. YOU could join them.

Join us on Wednesdays for a cuppa while we pot or potter!! Gardening is recognised as a calming and relaxing activity. Come and help us grow more fruit and veg for the community.

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

Sunday 19 October – Rev Paul Critchley will share Holy Communion

Sunday 26 October – Former US training officer – DG Monroe

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

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



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

mikegw15@gmail.com Mike & Brigitte Wilkinson
07799216693

Creative Ideas

BEAUTIFUL CURTAINS,
BLINDS & SOFT FURNISHINGS

Free Home consultation &

Measuring service

Fabrics - Tracks - Poles

Curtain Alterations considered

COMPLETE FITTING SERVICE

Call 01842 828643 / 07545 220477

find us on Facebook & Instagram

NEED A HANDYMAN?

PRICES FROM £25 PER HOUR

Qualified Electrician and Plumber



HARWOOD HANDYMAN

AND MAINTENANCE SERVICES

MARTIN HARWOOD

mharwoodhandyman@gmail.com

07521 006005

TRUSTY GARDEN CARE

Grass - Hedges - Trees - Landscaping

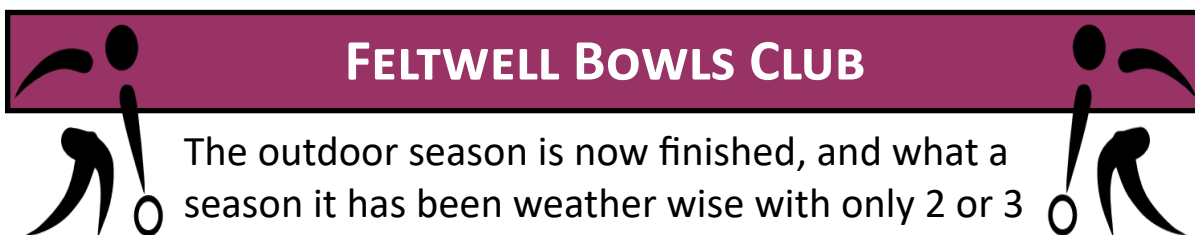
07979 225691

trustygardencare@gmail.com



@trustygardencare

Care & management of trees a speciality



The outdoor season is now finished, and what a season it has been weather wise with only 2 or 3 games called off and rearranged.

The indoor winter season commences 22nd September, we have two teams in the evening Pairs and one team in the morning Triples.

The finals were held over an evening and afternoon.

Wednesday evening 10th September we held the Club Triples, between David Wortley, Steve Sinclair, Brain Raffaelli v Neil Baker, Margaret Jose, Laura Warren. It was a miserable wet evening, David made a lead, Neil caught up over two ends and they finished level and had to play a knock out end with David winning

The Ladies Singles was held Thursday afternoon between Katherine Baker and Madeline Hubble. It was a close played match with Madeline Hubble becoming the winner.

Saturday afternoon 13th September Finals day, we played the Club Singles, the Club Pairs and Ladies v Men.

The club singles was between Chris Stone and David Wortley a nip and tuck game with David coming out winner on last end.

The Pairs was between Scott Warren and Brian Raffaelli v Lesley Mayes and Katherine Baker a close played game ending with a draw on the last end requiring a knock out end with Scott and Brain coming out winners.

The Ladies v Men was as follows:-

John Mann, Colin Holman, Martin Blackman v Katherine Baker, Danusza Kish, Margaret Jose.

Chris Stone, Scott Warren, Nick Blackbourn v Jo Blackman, Annette Storey, Madeline Hubble.

Neil Baker, Max Page, Steve Sinclair v Katherine Baker, Hazel Thorn, Lesley Mayes.

They were close fought matches with the Ladies winning 2 to 1 rinks.

MOBILE LIBRARY TIMETABLE—THURSDAYS

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

Upcoming Dates

02 October
30 October
27 November

Please note this information is subject to change or amendment both on a permanent and temporary basis.

For all enquiries about this route please call
01603 222303

SIR EDMUND DE MOUNDEFORD CHARITY

GRANTS AVAILABLE FOR POST 16 STUDY

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

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

The presentation of the trophies closed the day as follows:-

Club Singles	David Wortley
Ladies Singles	Madeline Hubble
Club Pairs	Scott Warren and Brain Raffaelli
Club Triples	David Wortley, Steve Sinclair and Brain Raffaelli
Ladies v Men	The Ladies



The league results I will report on in the next issue.

The coffee morning arranged for 27th September has been rearranged for 4th October, same time same place, see advert.

COMING EVENTS

Coffee morning Saturday 4th October 10 to 12am.

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

Coffee morning Saturday 13th December 10 to 12am.



Patient has left her white blood cells at another hospital.

With thanks to forum.facmedicine.com

Chris Mills

Antique Furniture Restorations

Repairs, Repolishing
Waxing and Woodworm Treatment

Antiques bought and sold.

Tel: 01842 827357

Mobile: 07790 707036

GOOD QUALITY
Second-hand Furniture,
Carpets, Bric-a-Brac, Toys
Bought & Sold

OPEN: Monday - Saturday 9:00 - 4:00

Some Thursday's CLOSED

Telephone Emmie: 01842 828406

53 High Street, Feltwell IP26 4AF

Pest & Vermin Control

Graham Smith & Sons

- ♦ Local family business
- ♦ NPTA badge carried
- ♦ Prompt, 24 hour reliable service, 7 days a week
- ♦ For mice, rats, wasps, ants, fleas, mites & squirrels

Tel/Fax 01842 879904 Mobile 07946 733188
Graham.smith09@hotmail.co.uk

Rothwell's
Carpet Cleaning

Carpet Cleaning

Stone Floors, Upholstery, Rugs

*Call Oliver or Max Campbell
for expert help today.*

01638 428 060

www.Rothwells.biz



SWIMMING LESSONS

Ages 4+ Beginners Improvers Advanced
FELTWELL

- Small classes - max 6 in a group
- Child centred learning
- Fun & progressive
- Experienced & highly qualified teachers



KB SWIM SCHOOL



kbswimschool.com

FELTWELL FUEL ALLOTMENT CHARITY

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

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

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

The Feltwell Fuel Allotment Charity does its best to maintain a list of qualifying recipients but relies heavily on local knowledge. The list is also used by the Trustees of the Atmere and De Moundeford charities who also give winter fuel donations. Last year the three charities issued a combined donation of £100.

If you meet the qualifying criteria and have **not** received a grant before, please write to: Feltwell Fuel Allotment Agent, 15 Lynn Road, Downham Market, Norfolk, PE38 9NL. Please provide your **name, address, date of birth and the date that you moved into the village.**

Please mark the envelope “**Feltwell Fuel Allotment List.**”

Only one grant per household will be given.

ADVERTISING RATES

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

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

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

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

Our advertising year runs 1st Apr to 31st March

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

In the interim email the editor at: garlandp@btinternet.com

Walking on Air

07596157826

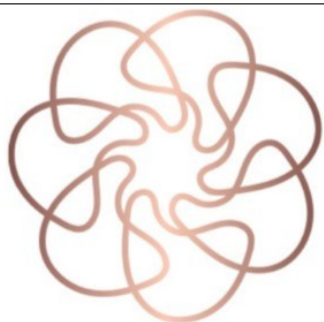
D.T.Byrne MCFHP MAFHP

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

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

Gift vouchers available



NE BOOKKEEPING & ACCOUNTING

Local Accountancy Practice Providing Services at an affordable rates for sole traders and businesses.

Our Services include
Bookkeeping
Self Assessment Tax returns
VAT Returns
CIS
Payroll Services
Year End accounts & Corporation Tax

Benefits of working with us

- ✓ Saving you time and money
- ✓ Remote working with cloud software
- ✓ Increased business performance
- ✓ Services tailored to you business needs

Why pay for employed staff when we can carry out the work for you. Let us take away the stress!

Find out more at www.ne-bookkeeping.co.uk

☎ 01366 691112 📱 07539937884

✉ enquiries@ne-bookkeeping.co.uk



A Meeting of the Parish Council was held on Monday the 8th of SEPTEMBER 2025 in the British Legion, Long Lane. Six Councillors and two members of the public attended.

494th Fighter Sqn has returned but 495th is still deployed in support of ongoing US operations. Apologies were sent for the disturbance caused during the Combat Readiness Exercise 25-28th August. Clerk received one official complaint which she had forwarded to the Community Liaison Officer. The Wing will be taking part in NATO Exercise COBRA Warrior 15-26th September, hosting aircraft from other NATO nations. The Chair and Mrs Wilson will attend the annual Civic Leaders Tour on 17th September.

Mr Storey said Local Government Reorganisation continues to be the main topic at NCC and BCKLWN, and both must submit their final proposal to the Government by 26/9/25. Norfolk residents' views are of the utmost importance and Mr Storey encouraged everyone to respond to the Government consultation and attend the briefing session being held at Lynnsport on 11/9/25 which the Clerk had advertised on Facebook. In other news, NCC had ranked 3rd amongst all UK county councils for climate action by Climate Emergency UK. He reminded everyone of funding avenues available via his Members Budget and Community Fund. All information can be found on the NCC and BCKLWN websites.

Terry Jermy MP will join the Network Safety Team during their visit to the village to look at improving safety at Hill Street junction with St Mary's/The Beck and change of priority at Short Beck/Long Lane/High Street. Parish Council representatives will also attend. Date to be confirmed.

Deteriorating and dangerous condition of Southery Road to be reported again to Highways. Overgrowth and weeds along Hill Street, Oak Street, Bell Street and St Mary's Street to be reported as well. Developers of the Long Lane site said their landscapers had been delayed but will completely remove all protruding greenery near Feltwell Chinese as soon as

SUTTON

ELECTRICAL SERVICES

DOMESTIC • INDUSTRIAL • COMMERCIAL

✦ NEW BUILDS

✦ FULL REWIRES

✦ EXTENSIONS

✦ HEATING SYSTEMS

✦ TESTING & INSPECTION

✦ PAT TESTING

✦ ADDITIONS & ALTERATIONS

Friendly & Reliable Service

01842 815174 Find us on

07734 902900



alan@suttonelectricalservices.net



VOIGHT CARPENTRY & HOME MAINTENANCE

- ◆ City & Guilds
- ◆ Institute of Carpenters
- ◆ Over 40 years of experience
- ◆ All general woodwork:-

Door Hanging - Cupboards -
Shelving - Wardrobes - Wall
Panelling - Decking -
Repairs & Maintenance -
Painting & Decorating

**Please call Graham
for a free quote**

07526058078

GRAHAM.VOIGHTCARPENTRY@GMAIL.COM

@VOIGHTCARPENTRY

To advertise in this space for just
£3.00 per month, please contact

Susan on

07957 716242

or email

s_withers@hotmail.co.uk

Suffolk Maids

The Housekeeper Register

Domestic Cleaning & Ironing Service – Est. 2006

We use our register of reliable local housekeepers to provide
cleaning and ironing services to homes regularly each week.

Personal Housekeeper

Fully Insured

All for less than £16 per hour.

Tel: 01284 811777

www.suffolkmaids.co.uk

Looking for work? Contact us today.

Taylors Solid Fuels LTD Family run since 1946

Regular fortnightly Solid Fuel
deliveries in your area.

Competitive prices and a full
range of products.

“Don’t Shiver We Deliver”

Quality top soils and aggregates.
Bulk bags and Tipper loads
from 1-20 tonnes

Tel: 01842890568

or visit

www.taylorssolidfuels.co.uk

possible.

Funding application to the National Lottery for a climbing wall and target trainer was successful and both will be installed on 5/11/25. Play equipment and all park benches to be deep cleaned. Existing wooden gate posts will be removed at the Falcon Road entrance to the playing field so that mobility scooters and wheelchair users can gain access.

Concrete lamp post survey has been undertaken by Frith Blake Consultants.

Clerk will continue to pursue Freebridge regarding the empty property on Old Methwold Road.

Mrs Wilson will coordinate another event involving BCKLWN 'Beat Your Bill's' Roadshow in conjunction with Age UK to be held at St Mary's Church.

External auditors have completed their review of the Annual Governance & Accountability Return with no issues; all information is displayed on the noticeboard and website.

Polite requests for residents:-

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

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

The next Parish Council meeting will take place at the British Legion on Monday 13th October 2025 at 7.30 pm. Everyone is welcome.

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

Having a party?

Don't have enough plates, dishes, glasses or cutlery?
Contact Sue Garland 827029 or Chris Parker 827152.
St Mary's Church can loan you all of the above
(at least 40 settings)

All we need in return is a donation to St Mary's Church Funds and an understanding that you will pay for any breakages.



The Pre-Loved Uniform
Shed at Feltwell
Primary School.

PRE-LOVED PRICES

POLO SHIRT (LOGO'D/PLAIN)	75p
P.E.KIT (PER ITEM)	75p
SKIRT/SHORTS	£1
DRESS/TROUSERS	£1
JUMPER/CARDIGAN	£1.50
LOGO'D JUMPER/CARDIGAN	£2.50

SUDOKU SOLUTION

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

METHWOLD SPIRITUALIST CHURCH SPIRITUALIST SERVICES

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

10th October An Evening of Clairvoyance

With SAM REED & LINDA BISHOP.

24th October JO BRUNO

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

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

HALLOWEEN DISCO LOGISTICAL SOLUTION

Emma	Spider	Purple Punch	Thriller
Ellen	Zombie	Vampire Kiss	Addams Family
Elsie	Pumpkin	Bloody Mary	Monster Mash
Emily	Witch	Witches Brew	Ghost Town

SUBSCRIPTION INFORMATION

If you would like future issues of this magazine

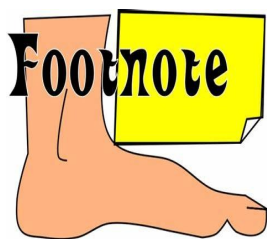
delivered **FREE** to your home in Feltwell please contact our
Distribution Manager Ian Webb on 828167.

March-March -£5 (12 issues, 2 free).

All subscriptions below 11 copies are pro rata.

WORD TRAIL SOLUTION

¹ C	O	N	U	N	D	R	U	² M	U	M	P
D	N	⁷ A	D	O	B	⁸ E	N	D	E	R	S
I	T	A	¹⁴ N	A	V	E	L	W	O	S	M
H	A	U	T	O	N	O	M	O	R	G	E
C	L	²⁰ A	D	A	N	U	²⁶ S	U	¹⁵ T	A	A
⁶ E	R	E	I	³⁰ S	C	E	T	²¹ S	A	M	S
D	A	A	R	C	Y	P	R	U	L	⁹ E	L
A	H	H	²⁵ E	I	R	T	A	C	L	X	E
N	¹³ C	P	N	T	A	I	N	C	O	P	S
E	I	M	Y	S	S	C	D	O	¹⁶ W	E	R
P	O	Y	S	O	S	A	E	U	H	R	U
A	T	¹⁹ N	O	N	I	³¹ L	²⁷ D	²² R	E	I	B
⁵ T	¹² S	E	M	G	M	O	A	A	L	M	E
S	I	E	E	²⁹ A	³² E	C	M	G	¹⁷ K	E	L
R	T	U	N	Y	L	A	A	²³ U	I	N	L
I	I	Q	²⁴ M	N	E	²⁸ K	S	L	N	T	³ A
F	L	G	U	T	A	M	I	T	D	A	N
E	Y	N	I	C	N	A	¹⁸ D	E	R	T	N
H	T	C	A	¹¹ D	R	O	J	¹⁰ N	O	I	O
T	D	R	A	H	C	I	⁴ R	E	C	N	U



Did you know?

The cake that appears, amongst other items, on the cover of the Rolling Stones album *Let it Bleed* was baked by the then-unknown cookery writer Delia Smith.



WORD SEARCH SOLUTION

NEXT MONTH'S WORD SEARCH WILL BE ON
ORGANS OF THE BODY

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

FELTWELL MUSEUM

MMXXV

Learn about **Feltwell's** First Rock Band!



See **Feltwell's** oldest resident...



Get a **FREE** flying disc **U.F.O.**



and as usual, if you want one you've gotta/make it



Free admission / Donations kindly accepted

The Beck J/O. Oak Street **IP26 4DP**

Enquires Pls. call Graham 01842-828387

Last Saturday each month - March to October 11-3pm.