

FELTWELL PARISH MAGAZINE

YOUR CONNECTION TO YOUR COMMUNITY

April 2025



INSIDE THIS ISSUE

Pre-Loved Uniform Shop Open
Story of the Bank of England
Latest Scams Food Waste
Boosting Your Energy
Saying Goodbye to a Hero?
Parish Council Report
Plus, all our usual puzzles and
much more inside.



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 April 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: Susan Withers, The Bungalow, Blackdyke Road, Feltwell (827758)

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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.

BOOSTING YOUR ENERGY: THE FELTWELL WAY

We all know the feeling, you wake up after what you thought was a decent night's sleep, but instead of bouncing out of bed, you're shuffling to the kettle like a zombie in search of caffeine. If this sounds familiar, fear not! The good people of Feltwell (yes, you lot!) can fight fatigue and boost energy levels without resorting to dodgy internet hacks involving buttered coffee or fasting until you hallucinate.

Here's how to get your bounce back, village style!

1. Hydrate Like a Pro (or at Least Like Someone Who Knows Where Their Water Bottle Is)

Did you know that your brain is made up of around 75% water? That means when you're dehydrated, your brain starts functioning about as well as your phone on 2% battery....slow, unreliable, and prone to shutting down unexpectedly. Start your day with a glass of water (yes, even before tea or coffee, controversial, I know). If you struggle to remember, set an alarm or stick a note on the kettle: "Drink water, you dehydrated gremlin!"

2. Smart Carbs, Not Sugar Highs

We all love a good biscuit, but if your energy levels swing more than the church bell on a Sunday morning, it's time to rethink your carb choices. Ditch the rollercoaster of sugar highs and crashes by opting for wholegrains, beans, and lentils. Basically, the stuff your nan used to cook before we all got obsessed with convenience food.

3. Sugar Cravings: Trick or Treat?

Are you really hungry, or is your body just having a bit of a tantrum because you stayed up too late scrolling through social media? Before reaching for that second slice of cake, check in with yourself; are you tired? Stressed? Bored? Dehydrated? (See point 1!). If you do want something sweet, swap the biscuit tin for a handful of nuts and some dried fruit. Or, at the very least, pretend to be shocked when you open the tin and it's full of sewing supplies.

The Wellington In April



Food Trucks

Music

4th	JJeB Goat Curry 6pm	80'S NIGHT with DJ Jay 8:30pm
11th	Edwards Cafe Mexican Night 6pm	Christian Smith 8:30pm
13th	Sunday Sessions Are Back!!	<i>Diana's Hot Desserts</i> 3pm
18th	Purple Pepper 6pm	GRACE BURTON 8:30pm
19th	JJeB Goat Curry 6pm	mister e Motown & More 8:30pm
20th	Easter Sunday Evening	Back Pages 8:30pm
26th	Lekky's Thai Street Food 6:30pm	Ellie Foulger 8:30pm

4. Fibre: The Unsung Hero

If your diet mainly consists of beige food, it's time to embrace some colour. Vegetables, wholegrains, beans, and lentils are packed with fibre, keeping your digestion happy and energy levels steady. Plus, eating more fibre means you can feel smug about being 'gut healthy', a phrase that makes you sound like you really know your stuff.

5. Protein: Not Just for Gym Buffs & Bunnies

Protein isn't just for those people at the gym who seem to live in Lycra. Including lean protein at each meal, think eggs, chicken, fish, tofu, keeps you feeling fuller for longer and stops the dreaded mid-afternoon energy slump. No more desperate trips to the corner shop for an emergency chocolate bar (we've all been there).

6. Move More (Yes, Even When You Don't Feel Like It!)

Ironically, the less we move, the more tired we feel. A quick walk around the village, a few stretches while waiting for the kettle to boil, or even a quick dance to the radio (Feltwell's got some movers, I'm sure!) can boost circulation and energy. Try it, your future self will thank you.

7. Learn to Say No (Even to Nice Things)

Being busy is not a badge of honour if it leaves you feeling like an overworked hamster on a wheel. Protect your energy by setting boundaries. That means it's okay to say no to things that drain you, whether that's extra work, social events you don't fancy, or yet another request to chair the village committee (we see you, serial volunteers!).

8. Sleep: The Ultimate Energy Booster

If you're getting less than seven hours of sleep a night, don't be surprised if you feel like a zombie by lunchtime. Aim to get to bed a little earlier, just 30 minutes more sleep can make a real difference. And no, scrolling through your phone in bed doesn't count as 'winding down', your brain needs real rest, not another deep dive into local Facebook drama.

9. Calm Down, Literally

Find ways to de-stress that don't involve eating an entire packet of biscuits in one sitting. Gentle exercise, deep breathing, or even sitting quietly with a cup of tea can do wonders for your nervous system. If all else fails, a bit of light gossip over the garden fence works wonders too.

10. B Vitamins: Your Secret Weapon

Feeling constantly drained? Your body might be running low on B vitamins. These little gems help regulate mood and energy, but stress and alcohol can zap your levels faster than a bargain disappearing at the village fête. Get yours from leafy greens, wholegrains, eggs, and dairy; or, if needed, a good quality B complex supplement.

So, there you have it, your very own Feltwell-approved guide to fighting fatigue and feeling fabulous! Now, if you'll excuse me, I need to go and hydrate before I forget. Cheers to more energy and fewer yawns!

Until next month, yours in fitness and health

Helen

Life Fitness Re-engineering

ALVEVA QUILTERS

Do you enjoy stitching.

Patchwork, quilting, cross stitch, embroidery and much more.

Come and join us for tea and coffee, spend time together with others who enjoy being creative with a needle.

At The Royal British Legion Hall in Feltwell.

We meet on the last Tuesday of the month excluding December.

Our next meeting will be on **Tuesday 29th April, 2-4pm**

For more information email sharonburbridge@btinternet.com



FROM THE CLASSROOM

Hérons Class have had a very busy Spring term so far!

In the first half of the Spring Term, in English, we learnt how to write a non-chronological report. Our class reading book is Jack and the Giant Peach, which is great fun!

In Maths we learnt about Money: adding money together and getting change.

'We got to go on money games on the computer like 'Toy Shop' and 'Piggy Bank'.

Hérons, also did a lot of arithmetic and learning their times tables:

'I liked adding and taking away using the column method'

In History, we learnt about the Ancient Egyptians.

'I loved the role play of mummifying a Pharaoh.'

The French Café was very popular, where we learnt about French food and how to ask for some food and how to say please and thank you in French.

'I liked the French Café because we got to know the French names (of food) and we got to try the French foods.'

'I liked the French café because you got to try new foods.'

"I enjoyed the French café food and we had a sheet and we needed to write the name (in French) and what it tastes like and looks like.'

In RE, we have learnt about 6 different miracles:

'In RE we have been learning about miracles and writing what we like about the miracles. We drew our own super power!'

And in CARE lessons:

'I really enjoyed Care when we got into groups and drew a fabulous posters of being a team player. My group had very good ideas and it was the best.'

In PE, last Half Term, we performed Dance and enjoyed learning new dance moves.

'I enjoyed dancing'

'I liked PE and learning a new dance routines'

We had some Fun Days like 'Number Day', where we had to wear a T shirt with a number on it and we did some extra maths . Also, we came in our pyjamas on Pyjamarama Day (to help children with cancer).

This Half Term, Herons are equally as busy! As part of our Geography topic on Rivers, later this month, we will be going on a school trip to Lopham Fen. We are so looking forward to it!

This week we are combining Maths with RE: as it is Shrove Tuesday on the 4th March, Herons will be working out Fractions using pancakes!

Thank you for all of your support! Also Thank you to the volunteers who listen to Herons read and the parents who will be coming on our trip with us.

FELTWELL COMMUNITY GROUP

Grand Village Fete & Carnival Parade

Saturday 21st June 2025

WE NEED YOU!!!

Please email us on

feltwellcommunitygroup@gmail.com or get in touch via our Facebook page if you'd like a stall or wish to enter your float into the parade (theme is The Wild West and best dressed float wins £100)!!



Exciting News: P.L.U.S Second-Hand Uniform Shed Rebranding at Edmund De Moundeford School

We are delighted to announce the rebranding of our Second-Hand Uniform Shed, now known as **P.L.U.S (Pre-Loved Uniform Shop)** , at Edmund De Moundeford

School! This well-loved resource has long provided affordable, good-quality uniform options for families while promoting sustainability within our school community, and we are excited to give it a fresh new identity. There is still some work to be done, but we are thrilled to invite parents and guardians to our grand reopening, set to take place on **Tuesday, 23rd April, at 3:15 PM**. This will be a wonderful opportunity to see the updated P.L.U.S, learn more about how it will operate, and celebrate the generosity of those who made this transformation possible.

A heartfelt thank you goes to **The Edmund De Moundeford Trust, B&B Betts, The Wellington, S Rodwell Decorators, and Taylor Graphics Installation** for their incredible support. Their generosity and hard work have been instrumental in making this rebrand a reality, and we truly appreciate their contributions.

We encourage parents and guardians to continue supporting P.L.U.S. Whether you are looking for uniform items or would like to donate good-quality school clothing, your involvement helps ensure this remains a valuable resource for our school community.

Please keep an eye on our social media pages for updates on upcoming sales and details about our voucher scheme, which aims to support families in need.

We look forward to seeing you at the grand reopening and thank everyone who has supported this project. Your kindness and dedication make a real difference.

Continued over

*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
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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

For more information or to donate uniform items, please contact Rachel Samuels, email plusfeltwell@gmail.com or Search for P.L.U.S at Edmund De Moundeford Primary School on Facebook.



HAZARDOUS WASTE DAYS

Hazardous Waste days are planned for:-

4th/5th April at King's Lynn Recycling Centre

25th/26th April at Thetford.

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.

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THE FINAL STRAW!

This month Frederick James says a fond farewell to his hero.

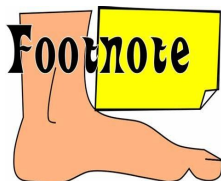
I've been attributing my current melancholy mood to the never-ending winter, with it's cold and dismal days, illness in the family, war in Europe and Middle-East with the constant blow-by-blow media commentaries with every news-cast, but the real reason for my misery has finally dawned on me.

The recent fiasco in the White House made me well-aware that the World as we have known it is in it's death throws. Life is on the edge, and despite the fact that asteroid 2024YR4 is no longer a threat, we have more to worry about much closer, here on Mother Earth.

There has always been war to settle disputes, excuse land-grabs, and demonstrate differences of opinion, but it was recent events in the Oval Office that made me realise that the world has a problem that maybe we don't have a solution to.

The United States and Amazon have finally got together to drive that final nail into the coffin of British pride in what this Nation stands for! Until only a few days ago, there was always something we could rely upon to boost our spirits when times were bad, but things are different now, and I cannot believe that they will ever be the same again! Our times of triumph over whatever or whoever threatened us was always cause for that flush of pride as victory was achieved, despite the odds. Whatever we were faced with, there was always something to stir our pride, or make us laugh in times of stress.

From as far back as 1929, some 45 film studios, including such as Elstree, Pinewood, MGM and Warner Bros provided us with those moments away from the trials and tribulations that have faced us. Pinewood gave us Douglas Bader and his Spitfire at 'Angels One Five', and Elstree made us laugh with the antics of Sid James and



How to make your day more fun...

Eat something new

Pick a recipe you've been too lazy to make

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 session added:
April 4th
10-1pm 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

Barbara Windsor in the many 'Carry On' films across the years. But now it has all changed! Luckily, we have the film archives to refer to, in our 'hour of need', but with Daniel Craig's Bond finally succumbing in No time to Die, and the sale of the franchise, Amazon and Barbara Broccoli have, at a stroke, shattered my world of Spectre, Smersh and Co. fighting it out with Bond for world domination and justice.

Now, against all better judgement, 007 Bond, James Bond, is emigrating to the United States on a life-time visa, and will, no doubt, give up his British citizenship, and become an American hero for the world to follow. He will most likely become a member of the Secret Service, under an assumed name and 007 will be consigned to the annals of history for ever.

I have been a fan of Ian Fleming's super-hero since reading Dr No in 1962, but somehow, the idea of an American-speaking Bond doesn't do it for me.

So, it's with a heavy heart that I must say a fond farewell to my hero. No more those cryptic closing words from 007 as the credits began to roll or when you turned that final page, always leaving me wanting more. It's the end of an era, and I'm glad that I've managed to live long enough to see it. I would have hated to have died thinking there could have been more.

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**.

Coffee Morning

12th APRIL 2025

10 am - 12 noon

**Join us for a coffee and a
delicious cake or savoury!**

**The Royal British Legion
Long Lane, Feltwell, IP26 4BJ**

ALL WELCOME



LATEST CONSUMER ALERTS AND TRADING STANDARDS NEWS

Scam Alert - Fake parcel delivery messages

We are again warning residents about messages claiming to relate to a parcel delivery which state they are unable to deliver the item or that you have missed the delivery.

Recent examples have included text messages which claims to be a 'Royal Mail Parcel Notification' and states 'Dear Customer. We regret to inform you that your Royal Mail parcel cannot be delivered due to missing or damaged address information'.

The message goes on to provide a link to 'ensure prompt delivery' by updating your details.

Anyone clicking on these links will be taken to fake website made to look like the genuine ones, with the same branding, layout, and font choices. These sites have been built by criminals and are used to gather personal and financial information or take the required 'payments'.

If you receive a suspicious parcel delivery message do not click on any links.

Suspicious or scam text messages can be reported by forwarding the message to 7726. More information on this free reporting service and how to forward messages from your device is available on the Ofcom website.

Suspicious or scam emails can be reported by forwarding the message to report@phishing.gov.uk.

Scam Alert - Employment scams

We are warning residents about scam adverts and messages claiming to be offering employment opportunities.

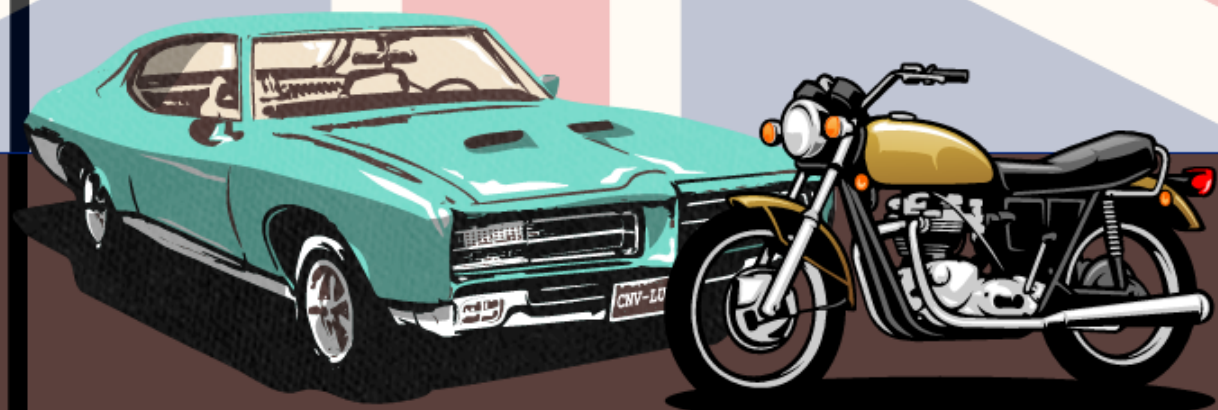
Adverts will often be placed on social media and messages are often sent by text or on WhatsApp.

If contact is made the scammer will start by asking for personal information 'to confirm identity', may ask for a CV to be sent or will send a questionnaire to complete.

FELTWELL VILLAGE

ANGLO-AMERICAN CAR & BIKE SHOW

17 MAY 2025



**REGISTER YOUR
CAR TODAY AT**

WWW.FELTWELLCARSHOW.UK



SCAN ME

Providing too much personal information can put you at risk of further scams or identity theft, you should be very wary if asked to provide the following:

- Your full date of birth
- Full address
- Passport number
- Driving licence number
- National Insurance number
- Bank account details

Other employment scams may ask for fees to be paid upfront to cover administration, background checks or travel.

Any online scam adverts spotted can be reported to the Advertising Standards Authority (ASA) by filling out a simple form on the [ASA website](#). Based on reports to them, the ASA works with advertising networks and online publishers to remove scams as quickly as possible.

Scam Alert - Be aware for holiday scams when booking online

We are highlighting an alert from Action Fraud after they reported they received over 6,000 reports of holiday scams in 2024 with the most reports during July which had 647.

From the reports, victims lost a combined total of £11m with the average loss per victim being £1,844.

Action Fraud also say that over half of the reports mentioned social media platforms and others suggested fraudulent branding from travel protection agencies, like ATOL, ABTA, or ABTOT was used to appear legitimate.

Action Fraud are providing the following advice on how to spot signs and protect yourself from Holiday Scams:

- **Check the travel company is legitimate.** About to book a holiday? Do some research first to check that the company is legitimate, especially if you haven't used them before. Use consumer websites, or reviews from people (or organisations) that you trust

Contacts

Rector

Rev'd Joan Horan 01842 828034

revjhoran@gmail.com

The Rectory, Oak Street, Feltwell

Associate Priest

Rev'd Juanita Hawthorne 01366 728545

revjuanita58@gmail.com

Churchwarden and Benefice Administrator

Chris Parker 01842 827152

grimshoebeneficeoffice@gmail.com

TO ARRANGE, WEDDINGS, FUNERALS AND HOME COMMUNION

Please contact Chris Parker 01842 827152

grimshoebeneficeoffice@gmail.com

TO ARRANGE BAPTISM

Please contact Tammy Wright 07717 507665

grimshoebaptism@gmail.com



Welcome to St Mary's Church Feltwell

Part of
**Grimshoe
Benefice**

including

St Mary's
Feltwell

St James'
Hockwold

St Andrew's
Northwold

St Mary's
Weeting



Look for the logos. Look for the [ABTA](#), [ABTOT](#) or [ATOL](#) logos on the company's website. If you're unsure, you can use the links below to verify membership:

ABTA - abta.com

ABTOT - abtot.com/abtot-members-directory/

ATOL - atol.org

- **Use a credit card to pay.** Use a credit card for payments (if you have one). Many of these protect online purchases as part of the Consumer Credit Act
- **Only provide required details at checkout.** When making your payment, only fill in the mandatory details (often marked with an asterisk) such as your address. Unless you think you'll become a regular customer, don't create an account for the store.
- **Keep your accounts secure.** Create a strong and unique password for your email. If 2-step verification is available, always enable it.

Watch out for suspicious links. Whether it's in an email or social media post, be wary of promotions for unbelievably good holiday offers.

If you've lost money or provided financial information as a result of any potential scam, notify your bank immediately and report it to Action Fraud via their website (<https://www.actionfraud.police.uk/>) or by calling **0300 123 2040**

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



Would you like to join Methwold Theatre Club?

Have you ever thought about having a go at acting? Would you like to be part of our enthusiastic and friendly group? If so, come and join us. We meet most Tuesday evenings in Methwold.

We are currently planning our activities and performances for the year. These include a Murder Mystery evening in March, and a play in November. You don't have to have to be Judi Dench or Colin Firth, but just want to have some fun! We can find parts for all ages [18+] and abilities. If you don't want to tread the boards there are always backstage jobs to be done.

To find out more about us, find us on Facebook and send us a message or email methwoldtheatre@gmail.com

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.



The patient was to have a bowel resection. However, he took a job as a stock broker instead.

Apparently from an actual entry on a patient's hospital record.

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.

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.

To forward a text message follow these steps:

iPhone or iPad:

1. Take a note of the number that sent you the message
2. Press and hold on the message bubble
3. Tap More
4. Select the message or messages you want to forward
5. Tap the arrow on the bottom right of your screen
6. Input 7726 and send

Android:

- Take a note of the number that sent you the message
- Enter the conversation then press and hold on the message bubble
- Tap on the three vertical dots on the top right of your screen
- Tap Forward and Input 7726 and send

WAR GRAVE WEEK 5TH - 11TH MAY

FREE presentation to take place Wednesday 7th May at 11:00 am, St Nicholas Churchyard, Feltwell.

Presentation will include the role and history of the Commonwealth War Graves Commission along with some local interest stories.

The presentation will last for approximately 1 hour.

Please meet at the gate to the churchyard.

For more information contact: Elaine Brown on 07837059068

**Services
elsewhere in the
Benefice**

**St James'
Hockwold
Eucharist**

April 6th 9.15

April 20th

Easter Day 10 am

1st Tues month

9-30am

Morning Prayer

All Tues except 1st.
9-30am

**St Andrew's
Northwold**

April 6th 11am

Eucharist

April 18th 5pm

Burial of the Cross
and Compline

April 19th 9p
Easter Vigil

**St Mary's
Weeting
Eucharist**

April 15th 8pm

Tenebrae

April 20th 11am

Service of the Word

Services at St Mary's Feltwell

Sunday 13th April 10am -

Palm Sunday Benefice Eucharist

Thursday 17th April 7pm -

Eucharist and Watch

Fri 18th April 10.30am -

Stations of the Cross

Sunday 27th April 11am -

Benefice Eucharist followed by lunch

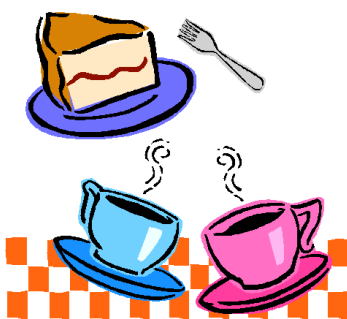
1st and 3rd Weds Evening Prayer 4pm

2nd and 4th Weds Online Eucharist 10am

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TAKE HOMES FROM THE FOOD WASTE ACTION WEEK WHICH BEGAN 17 MARCH

- ♦ Food waste costs the average family of four £1,000 every year. Collecting food waste in caddies is the most environmentally friendly thing you can do with food waste other than reducing the amount of it in the first place.
- ♦ Using your kitchen caddy and putting your large grey food Waste caddy out for collection with your waste or recycling collection each week reduces CO₂, can create electricity to power our homes and creates nutrient rich biofertilizer used by farmers to grow crops.
- ♦ The borough council recycles 1800 tonnes of food waste in West Norfolk but pre-covid they were recycling over 3000 tonnes each year. Please don't put your food waste in the refuse bin.
- ♦ **If you've lost or misplaced your kitchen caddy or large grey outdoor food waste caddy please ask for a free replacement at [west-norfolk.gov.uk/yourbins](https://www.west-norfolk.gov.uk/yourbins).**
- ♦ Buying loose fruit and veg has the potential to significantly cut the amount of food ending up in the bin – now is the time for retailers and shoppers to make that a reality. Increasing loose fruit and veg offerings in store will not only reduce hard to recycle plastics, it will also enable shoppers to buy closer to their needs, slashing waste and stopping tens of thousands of tonnes of CO₂ emissions. *For more on this issue see check out <https://www.lovefoodhatewaste.com/>*
- ♦ You can line your kitchen food waste caddies with old plastic carrier bags, bread bags, fruit and veg bags and other freezer/sandwich bags, or use these to put food waste in. This will keep your caddy and outside bin clean and hygienic - and also provide an additional use for single-use plastic bags. Alternatively, caddies can be lined with newspaper.

For more help on reducing food waster visit: [west-norfolk.gov.uk/info/20004/bins_and_recycling/664/reducing_food_waste](https://www.west-norfolk.gov.uk/info/20004/bins_and_recycling/664/reducing_food_waste)



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The article reproduced below was kindly lent to me by Mr Jason Cock. Being a predominantly agricultural village I think it deserves to see the light of day again, particularly as it references Feltwell farmers directly. It comes from The Journal, Saturday, June 24, 1939.

THE CRAFT OF THE PLOUGHMAN

MORE ABOUT OLD AND NEW METHODS OF TILLING THE SOIL – *By G. C. Green*

This would be the 1890s

IN the middle of the nineties, I took a business situation at Lewes, in Sussex. To this really beautiful country I also took my agricultural interest, but I found a vast change in the process. Here the Norfolk and Suffolk style of ploughing were unknown. These hill farmers had a method entirely their own.

The light Norfolk wheel ploughs, and Bentalls foot ploughs would not be able to stand up to one hour's work as it is done in that glorious and hilly country. The ploughs used there were massive wooden implements, drawn by three and very often four active, powerful horses. A ploughboy would walk by their side carrying a long whip. These whips played a very important part in the ploughboy's office, though, like the Suffolk horseman's whip, with holly-wood handle about 30 inches long, with leather lash and

cord, they were very seldom used to chastise, but far more often to give direction.

THE DIEFFERENCE

The difference between the Sussex carter and the Suffolk horseman is that the former relies almost entirely on the whip to direct his team, while the latter largely directs them vocally, with now and then a direction and slight correction with his whip. To watch a Sussex plough team, with ploughman and ploughboy approach the end of the furrow was to witness intelligence and skill displayed by all. There was intelligence in the team, for the leading horses kept their usual pace, but the rear horse well knew that in the last few yards before turning, the entire duty of bringing the plough through devolved upon him, and he would exert his entire strength

to do it while the others were making the detour for the next journey

There was skill shown by the ploughman in the handling and manipulating of this primitive looking and heavy plough, and skill in the ploughboy's action as he turned those four horses in the right direction with nothing but the whip he lightly laid upon their necks. No cord was attached to any of the team, but the rear one.

A noteworthy feature of the Sussex ploughing was that the entire field was turned one way. There were no furrows drawn to set the field out to plough to; top laying, gathering, and splitting were terms unknown. These ploughs made with wooden beams, were each fitted with two strong, heavy iron breasts, slips and shares, and these were adjustable and quickly manipulated by heavy levers as the ploughman turned his plough at each end. Thus, one way the furrow was turned over to the right, and on the return journey was turned to his left.

DEEP CULTIVATION

A field was commenced to be

ploughed at one edge or boundary, and it was ploughed to that first furrow, no matter how hedge or boundary deviated until the opposite boundary was reached and the whole field was thus ploughed, every furrow turned one way, and in the whole field there was no dividing furrow, no stretches or rigs. These hillside farmers, believed in deep cultivation. The furrows would be more than 12 ins. wide and 10 to 12 ins. deep, and here both skill and wisdom were plainly to be seen. I wonder if the modern tractor has superseded this old-time system.

Coming to live in Norfolk, in 1904, my interest in agriculture and its modes and methods had not one whit abated, and here I found fresh ones. My business took me over a wide area, and, driving on the country roads, with little traffic upon them, I could at that time note the farming operations in vogue in this noted agricultural county. I was first made acquainted with the famous Norfolk wheel ploughs. The black-faced ewes looked to me as big as donkeys after the quiet, contented little Southdown ewes, but the Norfolk

ploughs appeared as playthings compared with those hill-side ploughs.

I was particularly interested in the **Feltwell** district. There were at that time - and I am only writing of that time - some of the best agriculturists to be found, including Messrs. Ernest and Herbert Cock, Horace King, Joseph Porter. Lemon Payne, and Francis and William Spencer, and the whole area was remarkably well cultivated. From Methwold Hythe to Feltwell on either side one saw evidences of high-grade farming, and the road from Methwold to Feltwell brought one through the Grange Farm, then farmed by Mr. Thomas Porter. I was always keenly alert as to what could be seen here. On the right-hand side there are some fields which from the roadside hedge to the hedge at the top of the field, must measure nearly half a mile. I would even give as their distance anything between 800 and 1,000 yards.

I have seen furrows drawn from the one hedge to the other which, to the unaided eye, looked as straight as one could lay a cord.

In reading of the furrow-drawing competitions, and of the congratulatory comments made at the prize-giving, these fields and those furrows away come to my mind. Am I under a delusion when I think I have seen it stated that the furrows drawn in these competitions are less than 100 yards?

The ploughing that followed the drawing of those furrows quite equalled the ability first shown. The entire field when completed bore the impress of real expert, skilled ploughmen, masters of their work. The ploughs used were Cookes, with long breasts and slips.

The drilling of the corn came under the same high order of merit, perfectly straight, and it was impossible to detect where one drag finished and the next commenced. All the rows of corn coming up were of the same distance apart. Truly workmanship of a high order, and a pleasure to look upon. The whole farm carried the hall-mark of practical, experienced supervision.

To be finished next month.

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ZOO OUTING LOGISTICAL

This Logistical puzzle was designed by Chris at the Wellington.
The solution is on p74.

	Colchester	Banham	Linton	Africa Alive	Monkeys	Owls	Big Cats	Lemurs	4 Hours	4.5 Hours	5 Hours	5.5 Hours
Alice												
Wilfred												
Jane												
Levi												
4 Hours												
4.5 Hours												
5 Hours												
5.5 Hours												
Monkeys												
Owls												
Big Cats												
Lemurs												

Match the visitor to the zoo they visited, their favourite animal and the time they spent there.

- 1: Wilfred spent less time at the zoo than the person who went to Africa Alive.
- 2: The person who likes Lemurs spent 5.5 Hours at the zoo.
- 3: Neither the Owl lover or the Big Cat lover went to Banham.
- 4: Levi went to see Monkeys at Linton Zoo.
- 5: The Owl lover spent more time at the Zoo than Alice.



Excerpts from various aviation engineers' fault report forms

Pilot: Friction locks cause throttle levers to stick.

Engineer: That's what friction locks are for..



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Our speaker for the February meeting was David Cordner who spoke about the formation of the Bank of England. This was David's second presentation to the club. As a financial advisor and with an interest in history this was a perfect topic for him to speak about.

David began by showing a photograph of the Rev Ian Paisley and asking what is the connection between him, the Orange Order and the Bank of England? By the time you get to the end of this report I hope you will know the answer.

The Bank of England was formed in 1694 but to understand the reasons behind its establishment we have to go back to 1603 and the reign of James I.

When James came to the throne the treasury had a surplus of £90,000, when he left there was a debt of around £1 million pounds owing to his profligacy! In 1625, when Charles I came to the throne, he inherited the debt but was in constant argument with parliament over the issue. He dissolved parliament twice, 1625 and 1629 which forced him to raise revenue through non-parliamentary means which made him unpopular and led to civil war. In 1645 his royalists, the Cavaliers, were finally defeated and Charles fled, was captured by the Scots and handed back to the English parliament, imprisoned on the Isle of Wight, charged with treason, being a tyrant and murderer. He was beheaded on 16th January 1649. He was succeeded by his eldest son, Charles II who became king of Scotland, not of England as Cromwell had taken over and formed a republican government. Cromwell became Lord Protector of England in 1653-1658. He was succeeded by his son Richard, a weak ruler, and a 'power vacuum' arose. General George Monks and his army marched down from Scotland and Richard was defeated in battle. Monks then invited Charles II to return from Europe where he had fled after being beaten by Cromwell. Throughout his reign Charles II accumulated huge debts through wars with the Dutch, an exuberant lifestyle and various mistresses. Records show that he accumulated debts of £1.2 million, a similar amount to the cause of the banking



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crisis of 2017.

David then showed a photo of a tally stick. These sticks were used to record who owed a debt to whom and for how much. The width of the notch related to the size of the debt. The stick was then cut in half and each party kept a piece, this was proof against cheating. The person who was owed the money could use their half of the stick to purchase goods. In this way the sticks became a form of currency with the debt being passed from hand to hand

The tax collectors used a similar but complex system. They collected taxes, handed the money to the Exchequer and received a parchment note in exchange. The value on the note was then recorded on a tally stick, they received their half, which was then matched by a *Tallymen* at a large table covered by a chequered tablecloth in another room in the Exchequer building, and all this to avoid forgery etc. The chequered tablecloth is retained in the title Chancellor of the Exchequer.

The goldsmiths, in the absence of banks in medieval times, where the places that noble (rich) people would lend or give their money to in exchange for a certificate saying that they held that wealth in gold. The certificates, like currency and tally sticks, could be used to buy goods, houses etc. *It was as good as the paper it was written on.*

The goldsmiths decided that with all the money sitting in their coffers they would start lending it to people and start charging interest on it. Charles II, unable to raise taxes, started borrowing money from the goldsmiths and his debt was recorded on tally sticks like everyone else. 15-20% interest was typically charged by the goldsmiths. Over time the size of his debt increased as the interest accumulated and there came a time when he didn't have the money to pay his debts. This led to people demanding their money back from the goldsmiths but they didn't have it as they'd lent it to the king, who couldn't pay. Charles discovered an old law that stated it was illegal to charge more than 6% interest and, therefore, this made all his loans null and void, this became known as the Great Stop of 1672. Most of the goldsmiths went out of business and those that survived decided never to lend money to the monarchy



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david@help-with-it.services

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ever again.

Fast forward to 1685. Charles had died, his brother James became king but being a Catholic he was quickly deposed. His eldest daughter Mary, who had married William of Orange from Holland became queen of England, Scotland and Ireland. William was a Protestant, also known as King Billy. James went to France where Louis XIV gave him men, money and munitions. He went to Ireland, marched his way north having many battles on the way, finally laying siege to Londonderry where the apprentice boys closed the gates on him. William of Orange set sail from England, with an army, freed the city and proceeded to chase James southwards. On 12th July 1690 James was finally defeated. This victory is celebrated each year to this day.

1693. William and Mary were at constant war with the French, costing a lot of money so they needed to raise money quickly, but nobody would lend to them. William Patterson, a Scottish merchant, suggested that members of the public could lend £1.2 million to the government (£200 million in today's terms), so that they were never short of finances. The company was called the Governor and Company of the Bank of England. People invested in it by buying stock. The Government paid 8% interest on its loans. The £1.2 million was raised in just eleven days with 1268 members of the public investing and receiving stock certificates: a large piece of parchment edged in gold from where the term *gilt-edged securities* comes, now known as *Gilts* for short. The mechanism of raising money by gilts is still used today.

In 1834 all, by now worthless, tally sticks were burnt in the ovens of the Palace of Westminster. The ovens overheated and the palace was burnt to the ground.

Up until 1998 it was the job of the Bank of England to raise capital by issuing gilts. Large financial institutions and other countries lend money to the government in vast amounts in exchange for gilts. In 1998 Gordon Brown gave the power to set interest rates to the Bank of England, removing it from parliamentarians. At the same time the issuing of gilts was given to the treasury.

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.

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The national debt at the end of 2023-24 stood at £2.7 trillion, 96% of GDP! (£40,000 per person equivalent)

In December 2024 the government borrowed £17.8 billion in one month as the amount coming in in tax receipts does not match the amount going out in welfare, on the NHS, education, in wages, etc.

Comparing the UK debt with other countries—USA £33 trillion (34% of the entire world debt!), Japan 255% of GDP, after WW2 the UK debt was 250% of GDP.

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.

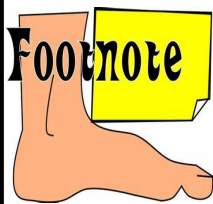
Our next meeting will be on the **5th April** when our speaker will be Vivienne Clifford-Jackson and Caz Thompson from Cruse Bereavement Support.

ART FOR PLEASURE

Every Thursday 10.30 am – 12.30pm. £3 per session at Weeting Village Hall.

Contact Beryl Pountney, Secretary, for details on 01842 828750

The kettle is always on.



Q. What causes the tides in the oceans?

A. The tides are a fight between the Earth and the Moon. All water tends to flow towards the moon, because there is no water on the moon.

A child's answer from an examination paper

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

SUDOKU PUZZLE

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

Answer on page 78



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

WORD SEARCH

Submitted by Mrs J. Clements.

This month our word search is on **Vegetables**.

Find the words from the list opposite. 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.

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

ASPARAGUS AUBERGINE BOK CHOY BROCCOLI BRUSSEL SPROUTS
 CARROT CAYENNE PEPPER CELERIAC CORIANDER CUCUMBER ENDIVE
 FENNEL GARLIC JALAPENO KALE KOHLRABI OKRA ONION
 PARSNIP PEAS SHALLOT SPINACH SQUASHES SUGAR SNAP PEA
 SWEDE SWEET POTATO TOMATO TURNIP
 WASABI YAM

The solution is on page 78

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MMXXV

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Your Good Health

by Dr Ian Nisbet

Well, folks, I am happy to announce the birth of my first Great Grandchild, Max (8lb 8oz) born to granddaughter Katie three weeks ago. I drove down to Exmouth last week to join some other members of my family who had rented a house for a few days, enabling us all to fight over the baby from time to time. It is now 11 years since we had a new baby in the family and seeing Katie and Danny deal with their beautiful child reminded me of the times when our children were little and my overwhelming emotion was "How can something a foot long cause so much disruption?" There were so many little clothes to wash, towelling and muslin nappies in buckets full of Napisan and so little sleep. However, eventually, everything settles down and, before you know it, they want to borrow the car! Then, they have children and the cycle starts again. Deannie

adored all our 18 grandchildren and she would have been jumping for joy about Max. When a child was born, she would always start to knit. I would always suggest a pattern for a 15 year old child as it would take her that long to finish it! Oh, how I miss my dear Management / Head Office.

COFFEE POISONING: I'll bet that not one of you has ever heard of coffee poisoning. Certainly, I had not heard about until it hit me with a thump on the way to Exmouth. I had arranged to meet some family members at Mollie's Diner near Bristol. I discovered their "bottomless" coffee and I must have drunk 5 cups. Son-in-law David thinks it was 7. It was very strong; my reason for drinking so much - I had not managed to sleep before I set off at 06.30 so I was worried about staying awake for the remainder of the journey. In the event, there was



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About Me - My name is Angie and my business is called Angie Angel as I was given this name at a very young age by my mum due to always caring and looking after my triplet brother and sister, then later in life nursing loved ones at the end of life.

I started by nursing career in 1998 at the West Suffolk Hospital where I continue to work as a bank nurse with the Early Interventions team providing specialist care to patients at home to prevent hospital admissions. This involves managing the many end of life symptoms while providing emotional advice and support for patient and their loved ones.

As well as my current position I have experience in Acute Surgery, Intensive Care, the Macmillan Ward and the Vaccination Team.

I am dedicated to getting end of care life care right as I believe everyone deserves this and with the right support, home is the best place for this to happen, surrounded by loved ones.

“Striving for Excellence, One Patient at a Time”

I offer day and overnight care in blocks of 4 to 12 hour shifts to allow you time to rest and recharge your batteries, to give you the strength to face another day. I can also help with advanced care plans, advanced decision to refuse treatment, speak with GP's to complete respect forms plus other support services.

Angie Russell, Registered Nurse, regulated by the Nursing, Midwifery Council and Insured with the Royal College of Nursing.
07762 240090 / beale199@btinternet.com

no need to worry as the strong coffee stripped off my gastric lining, giving me intense indigestion. Another effect was on the lower gastro-intestinal system, necessitating frequent desperate stops at garages with a WC. I felt very rough for a couple of days, so I opened the worldwide cobweb and found very enlightening articles.

Apparently, caffeine is the most widely consumed psychoactive substance in the world.

According to the American Food & Drug Administration, overdose can occur when over 400mg is consumed in a day. Children under 12 should avoid caffeine, teenagers should limit their intake to 100mg a day. In pregnancy, even small doses such as 50mg a day can result in smaller birth sizes. Beware of high energy drinks, A can of Red Bull contains 80mg caffeine. The list of side effects of caffeine is enormous, starting with palpitations and nausea and ending with renal dialysis and death.

One medium Costa Coffee cappuccino contains three shots of espresso, a total of 325mg of

caffeine (A Starbucks equivalent contains only 66mg caffeine, Greggs and Pret a Manger contain 197 and 180mg respectively). However, Which Magazine discovered that a single espresso from Pret a Manger contained a massive 180mg and their filter coffee 271mg. So, there are some inconsistencies but the overall message is that, in such establishments, it is easy to overdose on caffeine. I must have drunk well over 1,000 to 1,500 mg caffeine.

The European Union has banned the use of caffeine as a pesticide (?) and they say that “caffeine is harmful to humans if swallowed”, causing adverse effects on the heart such as palpitations and also effects on hydration, body temperature, anxiety and sleep problems. Oh, and they have banned the use of caffeine for killing snails and slugs around cabbage and potato patches.

It's time for a few jokes. Note: To be a member of MENSA, you need an IQ over 132.

Twelve members of a local MENSA group used to meet for

NORTHWOLD VILLAGE YARD SALE

Monday 5 May 2025
9 am – 1 pm

Why not come along to bag a bargain

**Light refreshments, maps and
raffle
available in the Village Hall**



Organised by the Northwold WI

For more information contact:

Brenda 01366 728565

lunch once a month. One day, they noticed that the pepper pot contained salt and the salt pot contained pepper. Problem: How could they swap the contents of the two bottles without spilling any and using the implements to hand? They debated the matter for 30 minutes and finally came up with a brilliant solution involving a napkin, a straw and an empty saucer. The waitress appeared and the group explained the problem and were prepared to dazzle her with their plan when she apologised, leaned over the table, unscrewed the two tops and switched them. It is often the case that brilliant minds will complicate every simple solution. My articles are non-political but you can probably guess where I would like "to go" next.

The minister visited the elderly lady church organist and noticed a bowl of water on the organ. In it floated a condom. He could not resist asking for an explanation. "I was walking in the park when I found a little package; It said on it that I should place it on the organ and

keep it wet; it would stop the spread of disease. Well, I followed the instructions and I haven't had 'flu all winter:"

Etiquette: When I was little, maiden aunts and the like needed to be asked four times whether they would like another cup of tea, a piece of pie, etc. They would normally agree after the fourth time of asking. One of these aunts was going through the process when I piped up "Go on, Auntie Maud, it will put hairs on your chest. This is what my father always said to me to encourage me to eat. Great embarrassment for the parents! I was reminded about this when I read about a dinner party where a little girl was staring at a florid faced uncle. The uncle asked why she was staring, she said "Well, I was just waiting to see you drink like a fish"

An archaeologist is the best husband a woman can have. The older she gets, the more he is interested

GOOD WISHES TO YOU ALL
Ian Nisbet

READING HELPERS WANTED

Coram Beanstalk, a national charity with over 50 years' experience of helping children to grow a love of reading have recently been working with the village school.

They are looking for a few people who they can train to become **READING HELPERS** and support the school. They provide all the training via Zoom as well as a DBS check.

If you would be interested in becoming a **reading helper** please contact Kerry Ward at Coram Beanstalk, email:

Kerry.Ward@corambeanstalk.org.uk expressing your interest.

For more information about Coram Beanstalk please see:

<https://www.beanstalkcharity.org.uk/>



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

TABLE TENNIS

Feltwell Table Tennis club 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 Table NOW available.

MY MOTHER TAUGHT ME 2

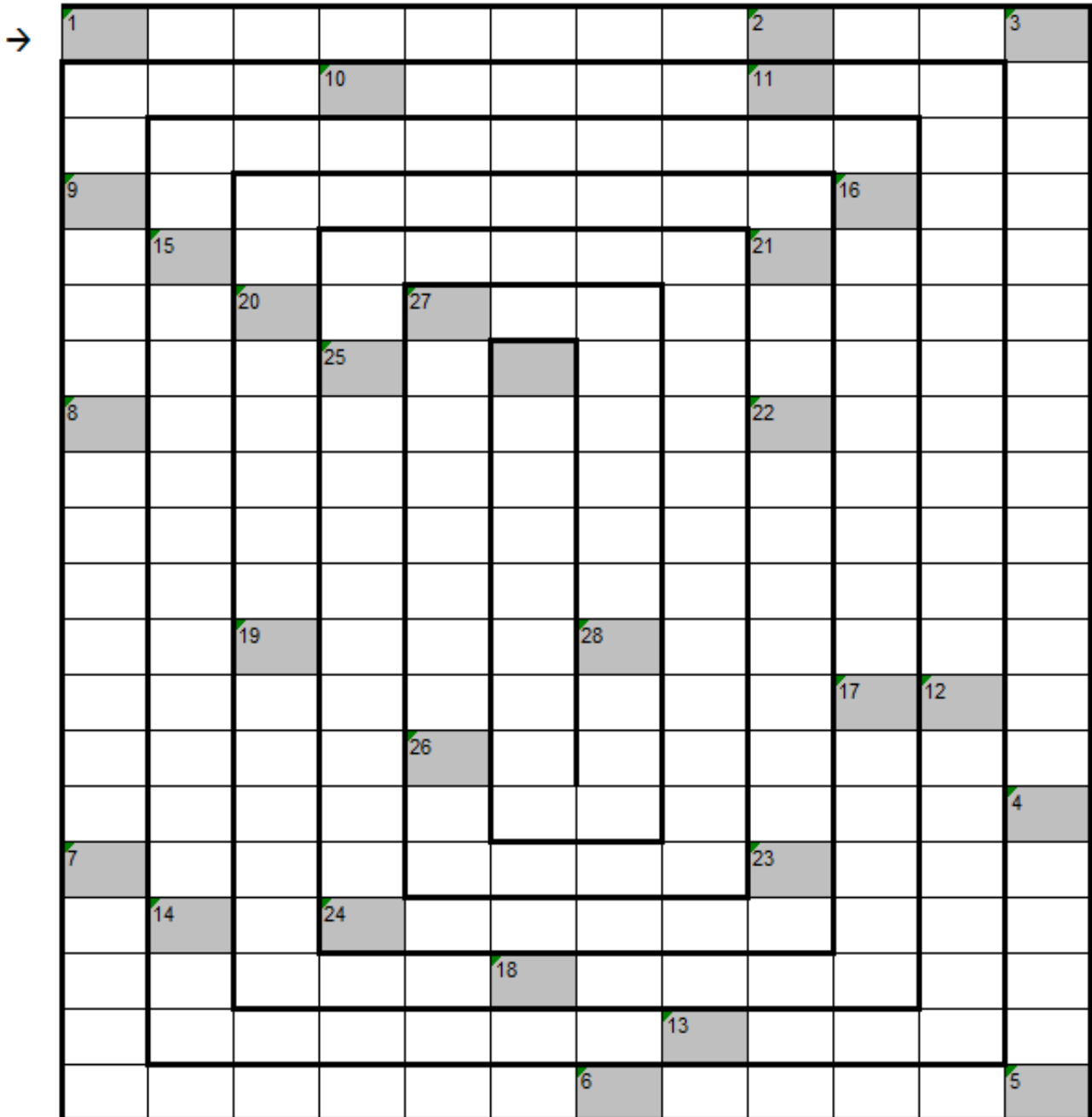
Most of us over 60 were home schooled

- 1 My father taught me the CIRCLE OF LIFE.
I brought you into this world, and I can take you out.
- 2 My mother taught me about BEHAVIOR MODIFICATION.
Stop acting like your father!
- 3 My mother taught me about ENVY.
There are millions of less fortunate children in this world who don't have wonderful parents like you do.
- 4 My mother taught me about ANTICIPATION.
Just wait until we get home.
- 5 My mother taught me about RECEIVING.
You are going to get it from your father when you get home!
- 6 My mother taught me MEDICAL SCIENCE.
If you don't stop crossing your eyes, they are going to get stuck that way.
- 7 My mother taught me ESP.
Put your sweater on; don't you think I know when you are cold?
- 8 My father taught me HUMOR.
When that lawn mower cuts off your toes, don't come running to me.
- 9 My mother taught me HOW TO BECOME AN ADULT.
If you don't eat your vegetables, you'll never grow up.
- 10 My mother taught me GENETICS.
You're just like your father.
- 11 My mother taught me about my ROOTS.
Shut that door behind you. Do you think you were born in a field?
- 12 My mother taught me WISDOM.
When you get to be my age, you'll understand.
- 13 My father taught me about JUSTICE.
One day you'll have kids, and I hope they turn out just like you!

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 The name given to a pleasant smell that accompanies rain after a long periods of dryness (9)
- 2 From what grain is the Japanese spirit Sake made (4)
- 3 This person was the Head of State of Japan during WW2. (7-8)
- 4 The most popular girls name in the UK in 2021 (6)

- 5 The company named after one of the longest rivers in the world (6)
- 6 In which European country would you find the Rijksmuseum (11)
- 7 MUSIC: the real name of rapper P Diddy (4-5)
- 8 MUSIC: Gordon Summer is the real name of what famous British musician? (5)
- 9 MEDICAL: The name given to the entire set of genetic instructions found in a cell (6)
- 10 The number of time zones in Russia (6)
- 11 HISTORY: A series of wars fought between France and (principally) Great Britain, Prussia, Russia and Austria either alone or in alliance. (10-4)
- 12 BOTANICAL: Commonly know as the 'Bird of Paradise', what is its botanical name? (10)
- 13 What post-transitional metal is represented on the Periodic Table with 'Al' (9)
- 14 Which volcano destroyed the ancient city of Pompeii (5-8)
- 15 The Girl With The Dragon Tattoo' is a novel by which author (5-7)
- 16 This Asian Bayberry, a native to China, is also known as? 6-4)
- 17 Who wrote the book 'Chitty-Chitty-Bang-Bang: The Magical Car'? (3-7)
- 18 MEDICAL: Periodontitis, the inflammation of the gums is also known as? (10)
- 19 MEDICAL: Arachnophobia is the fear of what? (7)
- 20 An image of data displayed on the screen of a computer or mobile device (10)
- 21 Favourite children's ancient ferocious animal (1-3)
- 22 A percussion instrument of wooden bars struck with 2 hammers (9)
- 23 MYTHOLOGY: Mortal Princess and daughter of Agamemnon and Clytemnestra (7)
- 24 FILM: Harrison Ford film of 1997 Director: Wolfgang Peterson (3-5-3)
- 25 The capitol of the 'Island Tristan da Cunha', a British overseas Territory of Saint Helena, Ascension and Tristan da Cunha (9-2-3-5-4)
- 26 To walk confidently while moving your hips from side to side in a way that attracts attention (9)
- 27 BOTANICAL: Native to South Africa, a perennial flowering plant admired for their tall spikes of colourful, funnel-shaped flowers. (9)
- 28 Having or showing much worldly knowledge or cultural refinement (13)

This month's Word Trail solution is on page 76.

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

17 April 2025

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?

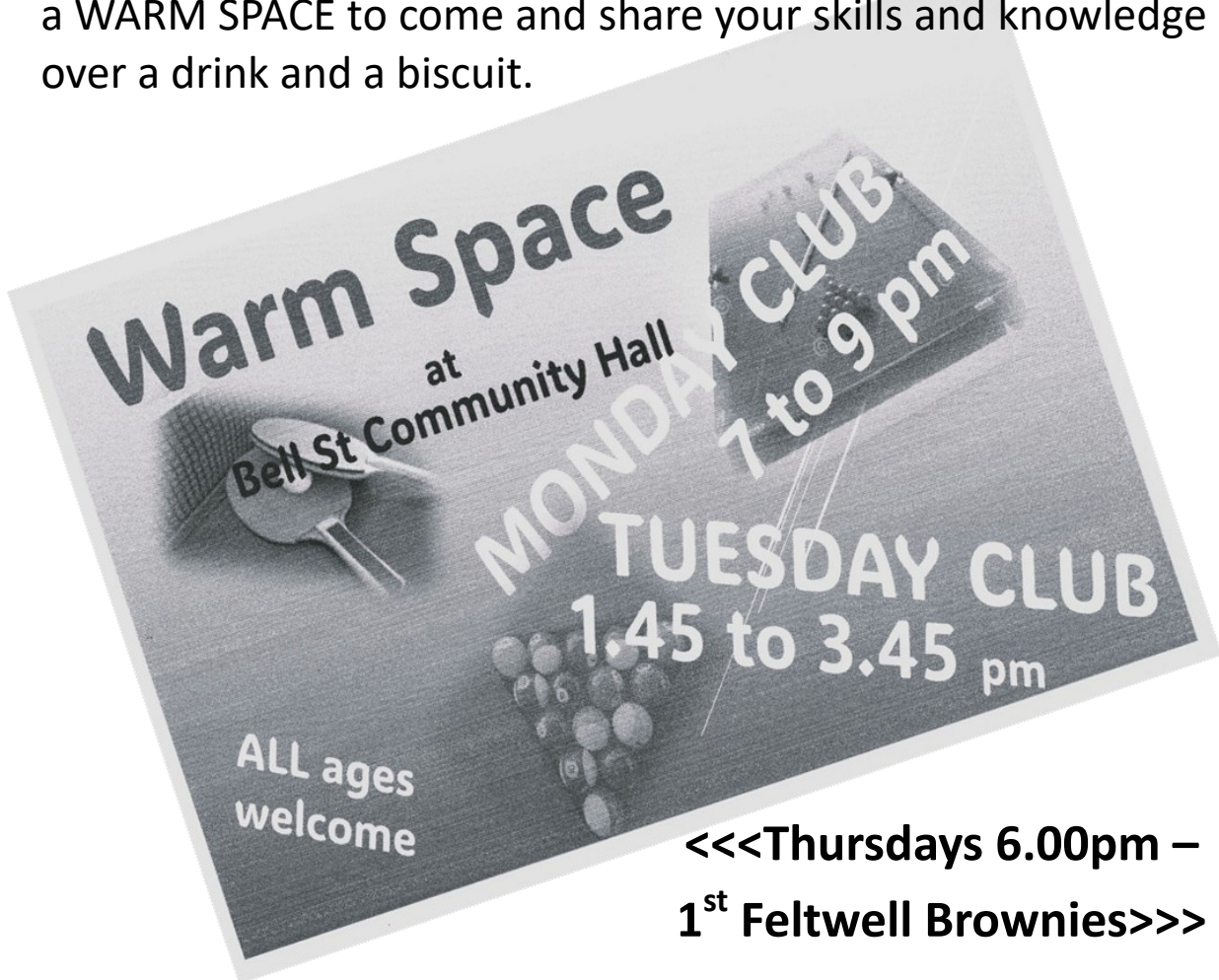
If you can answer "YES" to all of the above then apply in writing to Mr B. Hawkins, Agent for Sir Edmund De Moundeford Trust, 15 Lynn Road, Downham Market, Norfolk. PE38 9NL. In your letter you **MUST** include the date you moved into the village, details of the course you are studying, where you are 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.

FELTWELL METHODIST CHURCH, COMMUNITY HALL & GARDEN

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



NEW Craft Group meets Tuesdays at 9.30 til 11.30. Providing a WARM SPACE to come and share your skills and knowledge over a drink and a biscuit.



GARDENING is recognised as a calming and relaxing activity. Join us on Fridays:- for a cuppa while we pot or potter!!

Pull a weed, or sow a seed, just your time is all we need.

J M Harris EST. 1996

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SUNDAYS – our day to relax and reflect on our lives, where they've been and where they should be going.

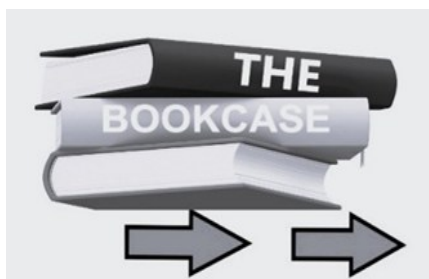
11.00am – Noon—Fellowship and Refreshments

SUNDAY Speakers for April

6—Mrs Moore 13—Monroe 20 & 27—Local Arrangement

TABLE SALE 26 APRIL –  to book a table

With “Wi-Fi” in our hall you can use the internet for work, for making benefit enquiries, searching for help on a particular subject and all this while enjoying some social time with all our visitors on any of the days we are open. And it's FREE to use Wi-Fi.



PLEASE, when you use The Bookcase, replace the books on the shelves....in order so that other visitors can find what they're looking for. Thank you.

What you may not know. We regularly sort the books which are not being borrowed or which are past their best. We pass lots of books to our friend at Hilgay who arranges for them to be collected for the charity “World Books” and are sent to developing countries around the world.

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



Walking on Air

07596157826

D.T.Byrne MCFHP MAFHP

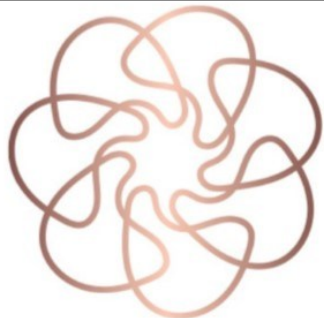
Walking on Air, Unit 4, Harvey Adams Enterprise Centre, Wimbledon Avenue, Brandon, Suffolk, IP27 0NZ

▪

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As we continue into Spring we are having some unusual weather for this time of the year. The warm days in March were very welcome, after such a grey and dull winter. It was a pleasure to stand in the greenhouse and begin to plant seeds for the annuals we are growing this year. It is always a piece of guess work as to when to start sowing for the year because we know that the English weather can be very fickle and that there is no saying that we won't yet get snow and more frosts. However, whilst the sun is out, I am quite happy to be out in the fresh air. When the seeds begin to grow they bring hope for the summer to come.

There are several activities happening in the village this year. Please come and say 'Hello' at the Anglo American Car Show on May 17th. We will be selling plants on the stall. During the summer this year, we would like to organise a hanging basket competition within the village. As we walk around the village, there are several who already display their hanging baskets for all to see. This year, Feltwell in Bloom would like to offer an acknowledgement of appreciation for the effort made. There will be prizes for the best baskets. Think about this as you put your baskets together this year. I will provide more information in the magazine next month. If you have never made hanging baskets before, please have a go and add to the beauty of the village.

Remember, that if you would like to join our group, please feel free to come and join us at our meeting this month which will be on Tuesday 15th April. We meet at the Wellington at 7pm. Come and have a tea or coffee with us, you would be very welcome.

Contact us on the following platforms:-

Facebook - Feltwell in Bloom

Email – feltwellinbloom@yahoo.com

Or phone Rita on 07785345614

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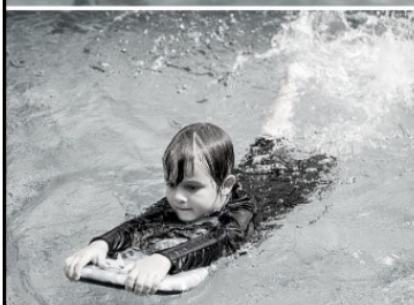
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RSPB Lakenheath Fen

WILDLIFE SURVEYS AT RSPB LAKENHEATH FEN

Now that Spring is here, much of our wildlife becomes active again- small birds are singing, butterflies are beginning to emerge and birds of prey are courting and nest-building. This provides the reserve team with a great opportunity to survey what we have living here to (hopefully) get a good idea of the numbers of different species using the reserve.

Already underway are Breeding Bird Survey-style counts of small birds. The reserve is divided up into areas and the staff team each have their own 'patch' which they visit at least three times in the Spring to count the numbers of small birds such as Great spotted woodpecker, Wren or Reed warbler. Our administrator Suzanne will survey Brandon Fen, whilst I do Trial Wood, and our Site Manager Dave will do land on Cowles Drove. We take a map with us and mark what we see- which helps us on return visits to get an idea of territories, and thereby numbers.

Later in March we will begin our early morning Bittern and Marsh harrier surveys- these are done as a co-ordinated team, with several of our volunteers involved too. We start at 5am because this is when male Bitterns do the most booming- giving off their incredibly loud, deep bellows which



Photograph by Tushar Bala



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 25 April, 30 May (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 for Under 18's); non-RSPB members £6 (£3 for Under 18's).

Guided Pond Dipping 5 April, 3 May (11am-1pm)

Why not borrow a pond-dipping kit to see what beautiful and strange creatures live below the water? Come along to learn about the underwater world with our knowledgeable volunteer to guide you.

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

Bittern Walks Saturday 26 April, Sunday 18 May (9:30am-12:30pm)

This brand-new event aims to get you up close to Bitterns, at the time of year and time of day that offers us the best chance. We should hear plenty of booming as well.

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

Hobby Walks Saturday 10 May, Sunday 25 May (1-4pm)

In peak season we have dozens of Hobbies on the reserve at once- and by the early afternoon they should all be busy hunting for food. On these walks we hope to get you good views of these spectacular birds of prey.

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

Lakenheath Fen Open Day

Sunday 13 April (9am-5pm)

Join us to celebrate our 30th Anniversary year in style - we'll be offering free entry to all on the day, whether you are an RSPB member or not.

There'll be a range of activities on offer for people of all ages.

Entry for all is free; individual activities are chargeable.

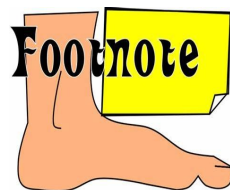
travel a very long way across the reedbeds. Males and females are also most active at this time so we can get the best idea of where territories and- later- nests will be. We will also record displaying male Marsh harriers, and where we see both sexes delivering nesting material or food. In 2024 we had a record 17 booming male Bitterns, followed by at least 7 nests. Because female Bitterns do all of the nest-building, incubating and raising of chicks, these two figures can be wildly different. We also know we had a minimum of 15 Marsh harrier fledglings from at least 12 nests.

In a few months' time we will be able to report on how these two wetland specialists have fared in 2025.

It's not just the birds that get counted though, as three of our volunteers very kindly commit themselves to weekly surveys between April and September of our butterflies. They walk the same route each week and at the end of the season we send in their data to Butterfly Conservation. We also have our daily sightings list in the Visitor Centre- and anything goes on here, from tiny ladybirds right up to the huge Great white egrets that can be found on the nearby Hockwold Washes. Another of our volunteers submits this data electronically to Merlin, the RSPB's recording scheme, so it gets counted officially.

As well as our own records we love to record what our visitors have spotted, and their sightings are vital for getting a picture of what is happening on the reserve with our wildlife. So, next time you come to see us- we would love to know what you saw on your visit- whether it is common or rare, all wildlife is important and every record counts.

With best wishes for the first weeks of Spring,
Heidi Jones (Visitor Experience Officer, RSPB Lakenheath Fen).



From an essay written as an answer to an exam. question.

Both his legs were cut off, and both his hands, and most of his brains were hanging through the side of his head; and he was lying on his bed—crying.

FELTWELL LODGE

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

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

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

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

01366 728282

Website: www.feltwelllodge.com

E-mail: feltwelllodge@hanleycarehomes.com

West Norfolk Aviation Society February & March 2025 Reports

www.westnorfolkaviationsociety.org.uk

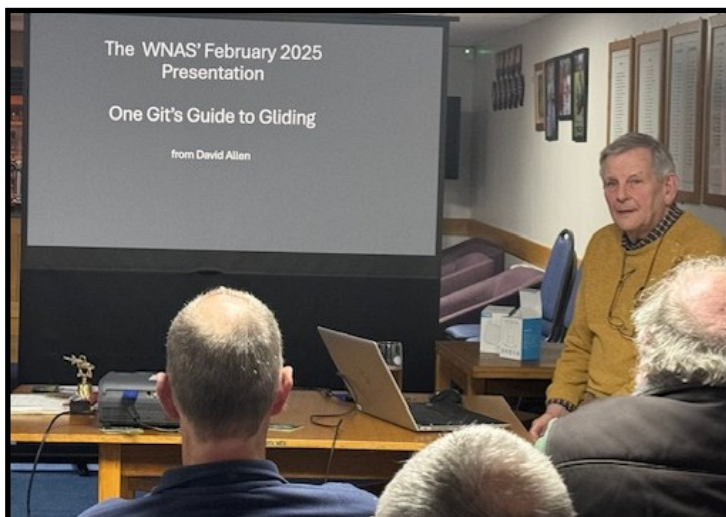


04 FEB 2025

One Gits Guide to Gliding

Our own member David Allen was the speaker this month with a catchily entitled talk, consisting of his reminiscences of the purest form of flying: gliding.

David was born into an aviation family and spent much of his youth



involved with, and later working on, aircraft and airlines way back when Pontius was a Pilate and not a pilot. Nonetheless, after he had settled into something more respectable he still had that urge to fly. His first move was the micro light; a very small two-seater with an engine. Eventually, after going solo he realised that the only way to continue, without licensing restrictions, was instead, to join a shared ownership group involving considerably lower costs. Then, after another change of heart, he changed direction again and joined the Fenland Gliding Club at RAF Marham.

There are generally 2 ways of launching a glider from a standard flat aerodrome. The first and most common is by winch. This is connected by a very long wire to the glider. At the launch end the winch driver accelerates the glider to around 1200 ft. in a very short time. This is high enough to provide 5-7 minutes of flight training or, if you're lucky and find a thermal, the sky is the limit.

The second method is by aero-tow: the glider is towed behind a light aircraft. This is more expensive but you can reach around 3000ft.

TABLE SALE



Saturday

20.00



POSTPONED

Community Hall

Bell Street, Feltwell

The Methodist Church 

This gives a much longer flight and a better chance of finding a thermal.

There were a few mishaps. On one occasion he breached security by dismantling a boundary fence which had to be rebuilt after retrieving the glider. The instructor admitted liability. This brought down the wrath of the Station Commander and lead to a full security briefing for all personnel.

David also had a gliding detachment to Sutton Bank near Thirsk in Yorkshire where the airfield is on a plateau about 1000 ft above the surrounding countryside. This provides very nicely for scenic flying and, hill soaring a distinct possibility. He was most impressed at the slick operation at Sutton Bank and also, that the club house has a panoramic view of the whole airfield.

Unfortunately Fenland Gliding Club came to an end when RAF Marham began to modernise in anticipation of the arrival of the F35 Lightning 2.

Finally if you like the sound of our group then why not come to the

Continued on page 67

MISSED APPOINTMENTS @ THE SURGERY 2025

February 2025 kept up the same level of DNAs as Jan did, **72**. Unfortunately, this is **17** more than Feb 2024 and represents a loss of medical care to the tune of **£2160** for the month.

In the whole of 2024 **866** appointments were missed representing a total of **£25,980** of medical care lost. These appointments could have gone to someone else in need.

If you cannot attend your appointment, please cancel it.



If you'd like to submit a **FOOTNOTE** of your own, be it a quip, a fact, an idiom, whatever you feel would be suitable, please send your **FOOTNOTE** to Paul at garlandp@btinternet.com or post it through my letterbox.

FELTWELL FUEL ALLOTMENT CHARITY

If you can answer “YES” to the following two questions you may be eligible for a **Winter 2024 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: Susan Withers

Email: s_withers@hotmail.co.uk

West Norfolk Aviation Society meetings on the first Tuesday of every month at Mundford Bowls Club between 1900-2130 where you will be guaranteed a warm welcomed with free tea, coffee and buffet. Be sure to check the website (Google 'West Norfolk Aviation Society') to see what exciting topics await and, to ensure we will actually be there and not on an away day.

Mark Burch, Stand In Scribe 11 February 2025



March 2025.

Military Bases in the Arctic since WW2 - Part Three

We welcomed, again, the return of John Blakeley for Part 3 of his fascinating talk on military bases in the Arctic. As a quick recap Part One consisted of how the Arctic bases originated which was basically during World War 2(WW2). Part 2 followed the Cold War and brought the story up to date. Part 3 were a couple of modern films about what is happening now. The first, made in France, followed a floating Nuclear Power Plant and its positioning in a remote part of the Arctic where a specially



John, in contemplation

selected family were 'allowed' to give their impressions of the blessings of the power plant; in short an abundance of clean energy on their doorstep compared to a limited and old coal fired power station which preceded the Floating Power Plant. This allowed the family to have unlimited electricity. Working and living conditions are so extreme that there are numerous incentives to qualified personnel, including cheap housing and electricity. However even this family were a little concerned with having a nuclear power plant, which was deemed by the politicians as 'unsinkable' on their doorstep, or more accurately in their harbour. Anyone remember

Feltwell Historical Society - programme 2025

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

Apr. 18th - Kevin Boardman - Growing up in Norfolk in the 50's

May 16th - Sarah Doig - The A-Z of Curious Norfolk

June 20th - Kate Roma - herLocal Com. Officer, CCT & Church repairs

July 18th - Social evening with buffet

Aug. 15th - Kevin Boardman - TBA

Sep. 19th - Liz Lesley-Smith - Oxburgh Hall

Oct. 17th - Stuart Samuels - Ghosts of Feltwell

Nov. 21st - Society Annual Dinner

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

There will also be an Afternoon Tea Event at St. Nicholas Church in June.

FELTWELLBEINGS

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 also have a Bring & Buy table.

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

how it ended the last time 'unsinkable' was a proud boast and of course Russia doesn't exactly have an unblemished history regarding nuclear accidents. Interesting though, and to be fair, the French journo's were given good, although heavily, chaperoned access.

The second film followed a NATO combined operations force making a foray into the Arctic wilderness for troop training against some home grown Norwegian Troops pretending to be Russian aggressors. The object was to prove the viability of a Quick Reaction force including French (Non NATO) troops and to prove and improve operations in deeply inhospitable terrain and climatic conditions. Overall it was an impressive demonstration of ability but of course those troops who grew up and trained full time had a big advantage. It certainly demonstrated what needed to be done to operate successfully; a very interesting film.

That concluded the evening but, of course, if you like the sound of our group why not come to the West Norfolk Aviation Society meetings on the first Tuesday of every month at Mundford Bowls Club between 1900-2130 where you will be guaranteed a warm welcome with tea, biscuits and light snacks provided. Be sure to check the website (Google West Norfolk Aviation Society) to see what exciting topics await and to ensure we will actually be there and not on an away day.

Mark Burch, Stand In Scribe

NEW	BADMINTON AT ST. MARY'S	NEW
	Wednesday — 1pm to 8pm Saturday — 9am to 8pm If interested in playing please email: Stmarysbtton@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.	



**Edmund de Moundeford
Primary School**

COULD YOU BE OUR NEW GOVERNOR?

We have been a **Good** school for the last 3 inspections, and we want to keep it that way! We are looking for a member of the community, who probably does not have any ties to the school. Can you help? Please phone for a chat on 01842 828334.

Minimum requirement: Attend 5 meetings per year - 2 hours each, complete training and communicate with the school and other governors via a portal.

Other opportunities: Join irregular committees, do learning walks with staff, attend finance meetings, become responsible for a specific area e.g. safeguarding, and more!





FELTWELL BOWLS CLUB

April is now here and we are about two weeks from the start of the new season. The Green keeper has set a date we can start bowling. The Green will be opening on Wednesday 23rd April at 5-30 pm and thereafter roll ups will be on a Monday and Wednesday.

Now is a good time if you are thinking of giving the game a try. We offer 3 free tries before joining. For any further information contact me on 01842 827511 or the Chairman on 07771882428.

The green having been cut and fertilised is looking great and hopefully will bowl well.

There are several repairs required around the green and a working party is being organised to carry out the work.

We have entered 3 leagues: the Ashill, Rosie Smith and Dave Allen. The Ashill I gave details of in the March edition.

Rosie Smith will be Hockwold, Mundford, Shouldham, Swaffham and Weeting and the Dave Allen will be Harling, Mundford A, Mundford B, Shouldham and Swaffham

Internal club competitions will be Singles Ladies and Men, Pairs, Triples, Ladies v Men. Plus several friendlies.

Our next Project is to raise funds to purchase new Club shirts, details to follow.

The Musical Bingo held on Saturday 15th March I will report on later.

The next event is the Coffee morning on Saturday 12th April 10 to 12 with our usual Quiz by John our Quiz collaborator see Advert.

We will be having a stall at the village fete.

Coming Events

1. **Horse Racing**, Saturday 17th May, 7 to 10pm in the large room in the RBL.
2. **Quiz Night**, Saturday 14th June ,7 to 10pm in the large room in the RBL
3. **Treasure Hunt and Afternoon Tea**, Saturday, 20th July in the large room in the RBL.

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Breckland Branch



Vet visits are an essential part of maintaining your cat's health but many people report that taking their cat to the vet can be a daunting experience.

In fact according to the Cats Report 2024, 26% of owners find it so stressful that they do not visit the vets as often as they'd prefer. A cat's dislike for the vet is understandable, especially if we view the experience from their point of view. Cats are creatures of habit and can become easily stressed when faced with unfamiliar environments and experiences and a trip to the vet is a heady combination of both.

It's worth remembering that cats are sensitive to their owner's emotions. If you are anxious about a vet visit your cat can pick up on this and start to become vigilant and stressed, sensing that something is about to happen. Try your best to act normally. Set yourselves up for a more positive experience by preparing for the trip beforehand as much as possible.

Remove the fear of the carrier by leaving it out in your home with the door open, so your cat can explore it at their own pace. Place treats, toys or bedding inside to make it a comfortable place rather than a signal of an impending vet visit. On the day of the visit, covering the carrier with a towel can help your cat feel more secure by blocking out unfamiliar sights and reducing stimuli.

This can create a dark quiet environment that feels safe for your cat.

To avoid your cat vomiting or toileting inside their cat carrier, limit the amount of food they eat for a couple of hours before the journey. If they do have accidents, placing a blanket or towel inside the carrier will help soak up any mess. Take some spares with you so you can swap them over for the journey home. During the journey speak to your cat in a soothing voice and avoid sudden movements that might startle them.

Make the waiting room a little less stressful by choosing a vet clinic with separate waiting areas for cats and dogs. The presence of barking dogs can increase your cat's anxiety. Alternatively call reception to let them know you'll be waiting outside or in the car

METHWOLD SPIRITUALIST CHURCH SPIRITUALIST SERVICES

Friday Meetings 2023, Doors open 7pm for 7.30 start.

11th April TERRI LAKE

25th April POPPY BOWLING

16th May T.B.A.

**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

ZOO OUTING LOGISTICAL SOLUTION

Alice	Africa Alive	4.5 hours	Big Cats
Wilfred	Colchester	5 hours	Owls
Jane	Banham	5.5 hours	Lemurs
Levi	Linton	4 hours	Monkeys



Answer me this:

Why do roads get closed on a Friday but work
doesn't start until Monday?

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.

until the vet is ready to see your cat. Once inside the consulting room don't be in a rush to take your cat from the carrier. Wait until you have explained the reason for your visit and have answered any questions they may have. Once your vet is ready to examine your cat, open the carrier and allow the cat to come out in their own time. Top opening carriers are ideal as you will be able to gently lift your cat out if necessary or the vet may even be able to examine them while they stay in the bottom of the carrier.

By understanding the reasons behind your cat's stress and implementing these strategies, you can help make vet visits a more positive experience for both you and your cat.

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

Rita Thompson.

MAGAZINE FINANCIALS

Income

Sales = £1,941.60 Advertising = £3,417.50

TOTAL INCOME = £5,359.10

Expenditure

Cost of Printing = £4236.96

PROFIT = £1,122.14

(This is £330.64 less than in 2023 due to falling sales, from 405 in January 2022 to 347 today, and increased printing costs. The cover price has **not** been increased.)

As stated on the front cover all proceeds from the sale of this magazine are shared between village organisations and St Mary's Church.

Money given to other organisations this year:

Royal British Legion Parade = £100.00

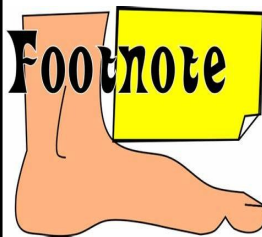
Year 6 Prom hire of barn = £100.00

Feltwell Youth Football Club = £100.00

Feltwell in Bloom tub = £250.00

WORD TRAIL SOLUTION

¹ P	E	T	R	I	C	H	O	² R	I	C	³ E
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“My fiancée and I requested twin-beds when we booked, but instead we were placed in a room with a king bed. We now hold you responsible and want to be reimbursed for the fact that I became pregnant. This would not have happened if you had put us in the room that we booked.”

Actual complaint received by Thomas Cook

NEWS FROM THE PARISH COUNCIL

A Parish Council Meeting was held on Monday 10th March 2025 in the British Legion, Long Lane. Nine Councillors attended and Vikki Quamina, Community Liaisons Officer at RAF Lakenheath and 3 members of the public also attended.

Ms Quamina said drone usage guidelines near military bases and new Flight Restricted Zones issued last month were temporary measures and the MoD is seeking approval to extend them for a further 90 days after they expire 15/3/25. The hedge along Long Lane will be cut this month and overhanging tree from 7 Portal Close will be felled 28/4/25.

Gym equipment at the playing field will be serviced 17/3/25. Wicksteed will carry out the annual operational inspection to coincide with the quarterly inspections carried out by Online Playgrounds. An application has been submitted to the National Lottery Community Fund for a Climbing Wall and Target Trainer following a successful Facebook survey.

Grey's Funfair will be on the playing field for a weekend in June, date to be confirmed.

Structural assessment of concrete street light columns to be undertaken this month. New higher-wattage LED lantern to be installed on a recently replaced column in Mulberry Close following damage by a vehicle.

Latest data collected from the SAM2's over two weekends is as follows; 21,138 vehicles drove past the SAM2 on Lodge Road, average speed was 27 mph and highest recorded was 60 mph. 11,297 vehicles drove past the SAM2 on Long Lane, average speed was 28 mph and highest 55mph at 11.50 pm. SAM2's are now placed at The Beck and Paynes Lane.

Clerk is seeking advice from the Solicitor regarding several options being considered for the overflow car park following notification from Feltwell Surgery that they will not be renewing their lease when it expires in October 2025.

Mr Storey reported that as Norfolk had been accepted onto the Government's Devolution Priority Programme, NCC are working with the Government towards an election for the

WORD SEARCH SOLUTION

B	A	C	S	U	G	A	R	A	P	S	Q	C
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S	A	F	C	B	O	L	K	M	S	N	O	E
G	C	S	H	A	L	L	O	T	H	A	N	K

**NEXT MONTH'S WORD SEARCH WILL
BE ON WORDS STARTING WITH "E"**

SUDOKU SOLUTION

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

Mayor of the Strategic Authority in May 2026. NCC elections planned for May 2025 will be postponed until May 2026. Final proposals must be submitted to Government on or before 21/3/25 and full proposal by 26/9/25. A public consultation is out now and Mr Storey urged everyone to have their say. On other matters, he said NCC agreed their budget on 18/2/25 and have a gross expenditure of £2.2bn. Further information on this and other topics can be found on both the Borough Council and NCC websites.

Clerk has contacted Highways again regarding the condition of Southery Road and is pursuing the replacement of the malfunctioning 30mph sign along Lodge Road.

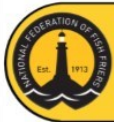
A new bus stop on Long Lane (outside Manor Park Estate) should be in operation in 3 to 4 months' time.

Residents are politely asked to:-

- ♦ **refrain from parking on the pavement in front of Central Garage as vehicles are severely obstructing vision for drivers at the Long Lane/Short Beck junction.**
- ♦ **refrain from parking on pavements on St John's Way. Two emergency vehicles have recently had to reverse out of the cul-de-sac. Parking is also causing problems for the bin lorry which is also having to reverse. Residents are also reminded that parking of an untaxed vehicle on a highway is illegal.**
- ♦ **deposit any glass waste into the bottle bank on the playing field as the Parish Council obtains recycling credits for every tonne collected.**
- ♦ **trim back greenery to your boundary, particularly if it is obstructing pedestrians on neighbouring footpaths.**

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 14th April 2025 at 7.30 pm. Everyone is welcome.



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