

August 2026

FELTWELL PARISH MAGAZINE

YOUR CONNECTION TO YOUR COMMUNITY



**Feltwell's Bug Hotel
welcomes all invertebrates.**

*With thanks to Graham at Voight
Carpentry*



INSIDE THIS ISSUE

**Local Vineyard Wine Launch
In Colour—The middle 4 pages
History of Village Sign, Pt 2
Are You Holiday Ready
Notes From Feltwell Surgery
Hosepipe Ban Explained
And much more inside incl. our
usual puzzles & reports.**

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	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 Food Pantry		07454 259280
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	Lisa	07718 075569
Feltwell Walking Group	Michael - adamsmike71@yahoo.com	
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 August 2026

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: Jean Winter, 10, Clough Drive, Feltwell, Thetford IP26 4AS . (01842 827710)
Email: jean.winter@gmx.com

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.

VILLAGE FETE, THANK YOU TO ALL WHO HELPED

A great time was had by all at Feltwell's Grand Village Fete on Saturday 20th June. Everything was organised down to the last detail but we can never control the weather and this year it did not



disappoint as it was a wonderfully glorious day.

As always, we have an awful lot of people and companies to thank for their help and support without whom we would not be able to pull off such an event and these are below:-

Feltwell Growers, Feltwell Parish Council, Harrowden Turf, British Sugar, Niagri Engineering, The Porter Family/Grangewell Charitable Trust, Murfitts Industries, , Martin Storey and Edmund Lambert for sponsoring our event which allows us to go bigger and better every year.

Harrowden Turf for supplying the curtain lorry for use as a stage.

Steve Peckham for his help with the stage.

Freedom Recycling for donating a free skip to use on the day.

David, Brigitte, Matthew, Michael and Graham Waters for supplying the potato bins and donating all the haybales.

Judith and Jeremy Porter for allowing the floats to be decorated and stored in their barns again.

All of the parade participants without whom there would be no carnival parade. The floats were absolutely amazing again this year and it could be seen that a huge amount of time and effort had gone into their decoration making it extremely hard to choose a winner. Thank you to everyone who took part - Central Garage (Herbie goes Bananas), Cubs & Beavers (Pirates of the Caribbean), Feltwell Playgroup (Home Movie Night - Winners), Edmund de Moundeford

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Primary School PTA (Matilda), Feltwellbeings on their wonderful vintage buses (On The Buses), Feltwell United FC (Bend it like Beckham), Liberty Cheerleaders (Barbie Movie), Norfolk Bloodbikes, Stephen Parker (1957 Rover P4 Pick Up Truck), Vinnie Baker (Vintage tractor) and Mr & Mrs Woodward (Vintage 1933 Austin 7).

Float Marshalls (i.e. friends who we rope in every year) – Emma & Neil Edwards, Benjamin Wilson, Jamie Dempsey, Karen Edwards Massingham, Emily, Josh and Katy Holland, Sally Bonnett, Lindy Bristow, Carly Webb, Eva, Will & Matt Martin, Lizzie Nunn, Steve & Devon Whamond, Alice Gooch, Abbie & Mollie Fairburn, Erin Enefer-Harrison, Grace Morris, Ellie Kent, Louise Kennedy, Rhonda Peckham, Stevo Saunders, Jock Webb, Graham Waters and Terry & Tania Barnard.

All of the 40 stallholders who battled a hot day again.

Our Scarecrow Entries – we only had five entrants but they were ALL incredible! This year's winner was Superman who could be seen flying past 94 Lodge Road.

Everyone who donated raffle prizes as we had some wonderful prizes again particularly from local companies but also from local people who contributed when they knew we were struggling.

St Mary's Church for their hot drinks and delicious homemade cakes, **Feltwell Social Club** for their wonderful outside bar set-up and **Feltwell United FC** for the BBQ who always support us and do such a great job considering outside events are not their usual forte (huge congratulations to them for being promoted once again!). Thanks also to the **Bakeaway Box** and **Edwards Café** for providing delicious sweet treats.

Mister E (aka Gene Grimes) who again gave up his afternoon free of charge to entertain us .

Local line-dancer **Maria Tennant** for teaching us all the moves.

Every one of the beautiful **Liberty Cheerleaders** for their amazing displays.

The wonderful **Bounce (Thetford)** ladies for a very enthusiastic Bounce class.

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Covering Feltwell and the surrounding area

To discuss further please email me at:

david@help-with-it.services

PLUMBER

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GAS SAFE REGISTERED

Evening food vendors – Devilish Donuts, Drifters2 Fish & Chips, The Hungry Filly and Pigs In.

The evening entertainers – fantastic new band **The Incentives** who we are sure will go far, the lovely **Alisha** who can sing anything, and **Echo Rising**, simply amazing musicians who will be returning for our Picnic in the Park.



Dave, Lewis and all at Norfolk Sound Systems who ensure we have all the PA, sound and visual equipment we need.

Karl Rose, our Sound Engineer, who arrives at 7 am and doesn't finish until the event does and then spends over an hour packing away.

Derek Leader from Lakenheath Photography Club, who has supported us from the start, giving up his time freely to come and take photos of our special village day (photos are all courtesy of him)

Thank you also to those working behind the scenes, in particular **Neil Wilson, Matt Martin and Jason Sheldrick** who we rope in to do all sorts and work so hard to make sure the event is as successful as possible..

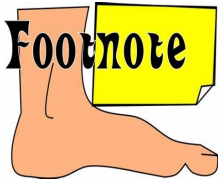
Lastly, a MASSIVE shout out to everyone who came and persevered this year's hot weather. It is always a pleasure to organise the fete because once again, our community did us proud by getting behind us and supporting our event. We had quite a few new stallholders this year who all commented on the wonderful community spirit we have in Feltwell and how you don't see many fetes like ours any more – and long may it last!

The final amount raised is around £3500 which is our best yet and will be donated to some of our village groups and to funding next year's event.

Hope to see you all at our next event - Picnic in the Park - on Sunday 9th August 2026!

Helen, Jo, Liz, Tonia, Tracey & Jay - Feltwell Community Group

Q. What is an Amphisbaena?



In mythology, the Amphisbaena is a serpent with a head at each end, capable of moving forwards and backwards with equal ease.
In biology, Amphisbaena, (worm lizards) are legless reptiles resembling earthworms. They are subterranean predators, feeding on soil-dwelling invertebrates.

Friends of Feltwell Playgroup



Support your local playgroup by joining our 100 Club for a chance to win a monthly cash prize. For more information

email: friendsoffeltwellplaygroup@gmail.com

Follow us on Facebook and Instagram to keep up to date with our upcoming events including Princesses, Pints & Plaits, Pottery Painting, and our Summer Activity Kits.

Thank you for continuing to support our village playgroup.

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 26-March 27—£5 (12 issues, 2 free).

All subscriptions below 11 copies are pro rata.

Holiday Ready? It's Not Just About Packing the Suitcase!

It's August, and that can only mean one thing... somewhere in Feltwell, someone is sitting on a suitcase while another family



member desperately tries to pull the zip closed!

Whether you're heading overseas, enjoying a staycation or simply entertaining grandchildren, holidays are wonderful—but let's be honest, they're

not always relaxing.

The excitement starts days before you leave. There are passports to find, chargers to remember, neighbours to brief, and that nagging feeling you've forgotten something important. (You probably have—but you'll only discover what it is when you're 200 miles from home.)

Then there's the journey. Airports seem to be designed by people who enjoy long-distance walking. You drag a suitcase halfway across Europe before you've even boarded the plane, stand in a queue that never appears to move, then finally squeeze into a seat where the person in front immediately reclines theirs.

By the time you arrive, you've already done enough steps to earn an ice cream.

Our bodies aren't designed to spend hours sitting still before suddenly expecting them to explore castles, beaches or city streets. So be kind to yourself. Drink plenty of water, especially in hot weather, wear comfortable shoes for travelling, and whenever you can, get up, stretch and have a gentle walk around.

If you're staying home with the grandchildren, congratulations—you've probably booked yourself into the most energetic holiday of

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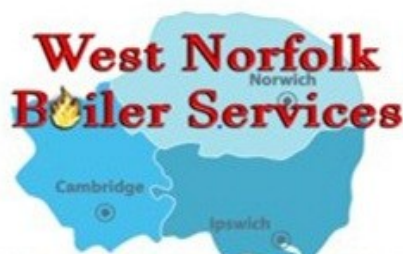
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all! Scientists still haven't discovered where children keep their spare batteries. They simply keep going... and going... while grandparents become experts at saying, "Why don't we all sit down for five minutes?"

This Month's Feltwell Fitness Test

Can you...

- ♦ Lift your suitcase into the car without making that little "oof" noise?
- ♦ Stand in an airport queue without leaning on your partner's shoulder?
- ♦ Walk around a new town and still have enough energy left to enjoy an ice cream?
- ♦ Get out of a sun lounger in one smooth movement... or does it involve rolling sideways while pretending you meant to do it?

If you've smiled at any of those, you're in very good company!

Remember, holidays aren't a race. You don't have to see everything on the first day. Slow down, enjoy the moment and come home with happy memories rather than aching knees.

After all, the best souvenir isn't a fridge magnet—it's arriving home feeling refreshed instead of needing another holiday to recover from the first one.

Whether your August takes you abroad, to the Norfolk coast or simply into your own garden, enjoy every moment, keep moving and don't forget—the walk to the ice cream van definitely counts as exercise... especially if it's uphill!

Helen



MenB Can cause serious illnesses like meningitis and septicaemia.

Please get your FREE MenB vaccine if you are eligible.

See elsewhere in this issue for qualifying criteria.

AN EVENING OF MEDIUMSHIP



Sue Hind

TUESDAY 29th SEPTEMBER 2026

7.30-9.30pm

Doors open for 7pm

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Hospital Referrals

From time to time, patients ask us to send letters to hospitals to speed up their referral. Unfortunately, we can only do this in specific situations:

- If your condition has **significantly worsened**, meaning it would now be

considered **urgent**. We cannot influence waiting times if your condition remains the same.

Hospitals manage their own waiting lists, so GP practices are unable to move patients up the list unless there is a clinical change.

If your symptoms do worsen, please contact us so we can review your situation.

Dispensary & Ordering Medication

Our dispensary team works hard to ensure your medication is ready safely and on time.

Please help us by:

- **Ordering your medication in advance**
- Allowing enough time for it to be processed before collection
- Making sure any medication reviews have been completed when requested by a clinician, or this will cause a delay to you being able to order your medication

We are seeing an increasing number of patients arriving at the dispensary without having ordered their medication and asking for it immediately. Unfortunately, this places a significant strain on the team and can lead to delays for all patients.

- Medications must be processed safely, so they are not always available straight away.

The easiest way to order:

Use the NHS App. It's quick and easy to use, lets you see what medication you have and when it is due and is available 24/7 without needing to contact the practice.

P.T.O.

Do you feel modern technology is leaving you behind?

Would you like to brush up your skills?

If so, why not drop into the sessions below?



Extra sessions added for 2026:

7th August

4th September

10-12pm at St Mary's church.

Refreshments provided.

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

Tech Skills for Life is here to help!

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

Community Tech Coaches can:

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

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

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

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

Medication Questions? Please submit these via our **website**.

Please note: Dispensing assistants are **not able to deal with medication queries**, as these require clinical review.

Sharps Bins (Needles) – Important Changes

There has been an update on how sharps bins (used for needles and injections) are handled.

What's changed?

- GP practices can **no longer accept sharps bins**
- It is now the **local council's responsibility** to collect clinical waste from your home

To ease the burden of sharps waste on District councils Norfolk County Council set up a scheme where non-cytotoxic sharps can be taken by patients to a number of specified pharmacies and the council then have a contract in place to collect those from pharmacies.

The participating pharmacies in Norfolk are listed here: [Sharps Waste Disposal Service | Norfolk Community Directory](#) and in Suffolk here: [Suffolk Domestic Sharps Service – Community Pharmacy Norfolk and Suffolk](#) (*I've just checked and the nearest to Feltwell are Boots and The Willows Pharmacy in Downham. Ed.*)

Your options:

- **Yellow-lidded bins (standard sharps)**
 - Can be taken to selected local pharmacies
 - OR arranged for collection from your home via the council
- **Purple-lidded bins (special/cytotoxic sharps)**
 - **Must be collected by your local council**
 - These cannot be taken to pharmacies

If you're unsure what to do, please contact your local council for help on: **0330 1099 220**

Tip: If you are prescribed a sharps bin, we will aim to provide the smallest size suitable for your needs.

JUST IMAGINE

Fred is in a more philosophical mood with this month's contribution.

Imagination - *The cognitive ability to form conscious mental images, ideas or concepts that are **not** currently present to the senses or experienced in reality. (Wikipedia)*

How many of us can remember saying those words in my title? Can we remember the circumstances when we thought, or even said, "I can just imagine----", in response to something that had happened, or something that someone had said or done. It usually means that your imagination has kicked in, and presented you with an alternative for, or consequence of, the occasion.

Imagination is a wonderful gift that we all possess, and serves us in many ways, both profound and insignificant. It can fill our minds with relief at the thought of a dire consequence being avoided, or regret that things could have worked out better. It can also prompt the comment, "I can imagine how you are feeling," to a bereaved at the worst time of their life. Well meant, but totally inappropriate, nonetheless. However, generally speaking, it is what your imagination shows you in your mind's eye, and you react accordingly.

But what actually is 'imagination'? What is it's function in our lives, and where is it? Obviously it lives somewhere deep inside our brain, but where? Here is where the wonder of the interwebnet and AI come in. They tell me that, contrary to what many might think, no single area of the brain is responsible. In fact, from what the interwebnet tells me, every part of the brain has something to say about how we see the world through our imagination.

Something happens, someone says something, and a committee of interested parties is convened to decide on further action. Then, after due consideration, a suitable reaction is formulated. One of surprise, maybe? or disbelief?, or even just plain disappointment? Whatever the reaction, every one will be due to our imagination, and what our brain sees as the consequence of, or the possible explanation for, the event under consideration.

This is where the world of make-believe emerges, and sometimes turns fact into fiction, depending on our personal reaction.

Imagination, more often than not, will see things that are not there, and fill in the picture with it's own interpretation of the situation, and respond accordingly, allowing us to see an alternative, good or bad.

And then we have the situation when our imagination is not in reaction mode, but more as our own, personal, entertainment system, sometimes working for the good, sometimes on the dark side. TV, the Interwebnet, Radio and the Press educate our brains constantly, giving our imagination the opportunity to stack up those building blocks that then get filed away, in the infinitesimal vaults of our brain, ready to be called upon when required, for as long as our memory lasts, or at least until old age begins to send those memories beyond the reach of our imagination. Meanwhile, the alliance between memory and imagination is able to access that huge store of facts and figures and experiences, and entertain us with sometimes good, sometimes not so good, images.

Our imagination is the tool we can all use to recall memories that could reach as far back as our childhood, or help us to create a memory from a recent event.

Our 'day-dreams' are often our imagination taking us briefly away from actuality, into a world of make-believe, showing us an alternative, or even a re-visit to a fond or treasured memory from another time.

The dreams we experience as we sleep, except on very rare occasions, have little, or no direct relationship with actual events in our lives, but more our imagination going rogue, when we are least prepared for what amounts to a raid on our hard drive, deep inside our brain. It is claimed that the human brain stores and remembers every single event in our lives from that very first breath, until our last, so our imagination will always have plenty of material to count on, when not on duty!

With the help of our imagination, we can spend our somnolent hours in the arms of a lover, or being a hero in a war, long ago, in a



St Mary's Feltwell

CONTACTS

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Benefice Administrator

Fiona Hearn

07811 782316

wisseygrimshoebenefice@gmail.com

St Mary's is part of **Grimshoe Benefice:**

St Andrew's Northwold, St James' Hockwold, & St Mary's Weeting

Grimshoe Benefice is joined with **Wissey Valley Benefice:**

Barton Bendish, Beechamwell, Boughton, Methwold,

West Dereham, Wereham, Whittington,

Wretton with Stoke Ferry

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foreign land. We can climb the highest mountains , explore the deepest oceans. The list is endless, when we experience those dreams or nightmares. We can be happy or sad, brave or terrified, as our imagination does it's worst. (or best!)

Every experience, good or bad, relies upon a stimulus to awaken our imagination, and we are constantly subjected to those stimuli, however we try to ignore them. For example, why do young ladies in the fashion industry go to such great lengths to 'only just' cover up what we really don't need to see? I feel I can speak for gentlemen everywhere that we are more than satisfied with the effort put in, on all fronts, by a true and faithful friend and colleague that keeps us entertained at all times.

Somehow, I can't imagine being without my imagination!

Frederick James

Are you under 25 starting university or residential further education? You can get vaccinated against MenB at a participating pharmacy. You will need **2 doses**, given at least **4 weeks apart** for the best protection.

J M Harris EST. 1996
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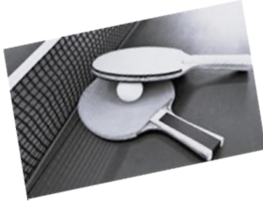
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MONDAY and TUESDAY CLUBS

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

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

Pool and Snooker NOW available.

THURSDAY CLUB

On your own? New to the village?

Want to meet other people?

Then come and join us.

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

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

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

Open to all over age 18 —whatever your ability.



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

Oh, and we do refreshments.

TOTALLY ACCESSIBLE PREMISES

LATEST CONSUMER ALERTS

Scam Alert - Emails claiming to be from 'BT'

We are warning residents who are BT customers about scam emails circulating claiming to be 'From BT' and titled 'July Bill'.

The email, which includes the BT Logo and a link to 'View Your Bill', states:

Hello

Your bill is ready to view online

Thank you.

These emails are not from BT and anyone following the link will be taken to a website which will attempt to gather personal, account and financial details.

Our advice is **always** to be wary of claims made in unexpected email approaches and **never** click on links or open attachments if approached in this way.

BT advise customers should access their bills online by using their My BT portal or the My BT app

Scam Alert - Fake antivirus software emails

We are warning residents about emails claiming to be about antivirus software.

Frequently we receive reports of these emails circulating with the majority claiming that your antivirus software has run out leaving your device open to malware and online attacks.

Recent examples, which have claimed to be from TotalAV, AVG, Norton and McAfee, include:

- Renewals offered with 80% or 90% discounts if you renew via an embedded QR code or link in the text within a short time period
- Notification of 'your completed renewal' with a price quoted of several hundred pounds. The email goes on to offer a phone number 'if you didn't authorise this payment'

If you receive these or similar emails **do not click on any links or call any numbers quoted.**

Anyone who does is likely to be taken to a website, or asked by the call handler, to reveal personal and financial information which could be used to commit further scams or persuaded to download malicious software.

If you do receive an email from a company you have an account with, contact them directly on a trusted number, on a genuine App or log into your online account to verify the information in the email.

Home Repairs or Improvements? Make sure you #CHECK

If the current good weather spell is making you think about having work done on or around your property our advice is always to only use reputable traders

**A warm welcome from
St Mary's to our Services across the
Benefice. Find us on  **St Mary's Feltwell**
For details of other services in the
Benefices please visit: achurchnearyou.com**



Sunday 2nd Aug	Service of the Word Service of the Word	Feltwell Weeting	9.15 am 11 am
Sunday 9th Aug	Service of the Word Service of the Word	Hockwold Northwold	9.15 am 11.am
Sunday 16th Aug	Eucharist Eucharist	Feltwell Weeting	9.15 am 11 am
Sunday 23rd Aug	Eucharist Eucharist	Hockwold Northwold	9.15 am 11 am
Sunday 30th Aug	Benefice Eucharist	Whittington	10am

Other happenings at St Mary's Feltwell:

Food Pantry Open

Tue 9-10am, Weds 9-11:30am & Sat 10-11am

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

Internet available and help to use it.

Community Information Point.

Borough Services.

Quiz Night—Aug 1st —7.30pm in The Aisle



you have chosen yourself.

When planning work remember to think CHECK when choosing a tradesman or business for the job:

Compare - Speak with multiple tradespeople to compare. Get at least three quotes. Find a Norfolk Trusted Trader or check with friends and family for recommendations. Norfolk Trusted Trader is the only trader scheme from Norfolk County Council with members who have been Trading Standards Approved, helping you to choose with confidence and supporting quality local businesses. Take your time, legitimate traders will not rush you in to making a decision

History - Ask for the traders' references, recommendations and reviews and make sure you check them out

Establish the details - What work will be carried out? When will it start? Who will be doing the work? How much will it cost? Remember that a quote is more binding than an estimate

Contract - Ensure everything is recorded and ask for a contract for the work

Keep all the paperwork - This may be needed should anything go wrong

Scam Alert - Emails claiming to be from 'Apple security'

We are warning residents about scam emails circulating claiming to be from 'Apple security' stating that 'Your system is heavily damaged by 44 viruses'.

The email goes on to say that 'we have detected that your iPhone has been infected with viruses. It will soon corrupt your sim card, data, photos and contacts if no action is taken'. The email then provides a link to 'remove viruses' via a free App.

These emails are not from Apple and anyone following the link will be taken to a website which will attempt to gather personal, Apple ID and financial details.

Our advice is always to be wary of claims made in unexpected email approaches and never click on links or open attachments if approached in this way.

Information Alert - 'Copycat' websites

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

Copycat websites are those which offer services from Government Departments or Local Government but are not the official site and charge an additional fee over the genuine cost, even where the official application fee is free, for their 'assistance'.

Continued over



Swaffham Area. Are You a Veteran?



The **Veterans Central** Swaffham drop-in centre is now well established (and popular) and we now have fixed dates for the rest of 2026.

4th Tuesday of the month. Join us for a FREE hot drinks, cakes and a spot of banter, or to ask questions about veterans support.

Venue: The Pedlars Suite The George Hotel, 1000 to 1200.

August 25th	Location: The George Hotel is located on the corner at the
September 22nd	Traffic lights of Swaffham and there is free parking and
October 27th	easy access. You are welcome to bring partners or carers.
November 24th	Please spread the word to any military colleagues in the
December 22nd	area.

Contact: ops@veteranscentral.co.uk Mobile: 0771 3860040

Many of these companies are legitimate and it's not against the law for a company to offer a service similar to an official body
People often get confused because the copycat sites can be unclear whether they're an official service or not.

When you are looking to apply for these types of service online always remember:

All official sites can be reached by searching on **www.gov.uk**. Use this link rather than using an online search engine

Make sure you know who you are dealing with, take time to read the information on the website to ensure that you're using the official service

If you do use a search engine don't just pick the first result on the page

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

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

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

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

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

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

DOES THIS COMMUNITY MAGAZINE HAVE A FUTURE 5?

The answer to this question is the same as in previous months, Yes, for this subscription year anyway.

We've got two more returning advertisers this month resulting in an additional £150 in the coffers which is always welcome. Jean, our Advertising Manager, is endeavouring to drum up additional advertising via the Feltwell Facebook page. Thanks, Jean, lets hope the result is worth the effort. No change to the number of copies at 340 as, unfortunately, the shops didn't sell out in June and four copies were left to be thrown away.

I have to admit that, following many conversations and positive emails (I've had nothing negative) I'm starting to lean toward increasing the cover price to £1, 12 issues a year for a tenner, two free effectively. The last time the cover price was increased was in 2012 when it went from 40p to 50p. Would you continue to buy the magazine at £1? Please let me know.

Last month we printed four pages in colour, kindly paid for by The Wellington, and that got me thinking. I've seen some village magazines that print the first two pages (cover and inside cover) and the last two pages in colour. I've always thought this to be a waste of the potential of colour pages. When we started putting photos in the magazine I was acutely aware that colour photos in B/W lose something. These two thoughts came together recently and so, this month, I'm doing an experiment. I'm putting two articles plus a significant advert on four more colour pages. In future months I'll be referencing colour photos in articles, not putting them in the article. I'll be interested in what you think. I know this will result in bigger losses per issue but I think we can absorb them for a couple of months. I'm very conscious that I need to do something extra for a cover price of £1. I'm sure some will disagree with me. Printing four colour pages puts the cost per copy to around 94p so at a price of £1 we will be roughly breaking even, assuming costs remain static between now and next year. I hope this all makes sense.

As always, thank you for your continued support. *Paul*

Feltwell Dispensary Opening Hours

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

Tuesday: 07:30-12:00, 14:00-19:00

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

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

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

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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.



The Food Pantry, Feltwell Your Social Supermarket

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 £3.00

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:

Tuesday 9AM—10AM

Wednesday 9AM – 11:30AM

Saturday 10:00AM – 11:00AM

**For more details visit our Facebook Page or
call 07454 259280**

MARKING TWO YEARS SINCE THE GENERAL ELECTION

From : terry.jermy.mp@parliament.uk

It is the honour of my life to serve as the Member of Parliament for South West Norfolk, the place I have always called home. South West Norfolk is where I was born, went to school and became a local town councillor at 22.

When I stood for election, I made clear my commitment to being a constituency-focused MP. For too long, South West Norfolk had been overlooked and undervalued, and the consequences of that were stark. The Queen Elizabeth Hospital was rated as the worst hospital in the country, held up by thousands of metal and wooden props. We had an appalling lack of Special Educational Needs and Disabilities (SEND) provision that meant children were being transported out of their communities to schools hours away – or worse, not in school at all. We had banks shutting up shop on our high streets, and vital infrastructure, from our flood defences to our roads were left to crumble.

4th July 2026 marked two years since my somewhat surprise General Election victory, and I have loved getting to work across the constituency since that day. Whilst I am aware there is so much more to do, this two-year milestone provides an opportunity to note progress.

Following the election, I recruited a dedicated constituency team – including a SEND Specialist Caseworker. My team has been busy working alongside me to support South West Norfolk residents and we have been delighted to assist so many people, with 16,153 individual cases opened since September 2024. Much of this work isn't shareable but can be life changing for the people involved.

We've also been hard at work lobbying for the funding needed to address our local challenges. Within months of winning the election, the Government confirmed £1.4 billion in funding to build a new

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



Messenger

Queen Elizabeth Hospital. The build is already underway with much progress made – there's a new helipad, a new bus stop and as I type this, work is happening on the new multi-storey car park. All of which are necessary before the main hospital build can begin.

To help with local SEND provision, I secured £20 million in Government funding for a new SEND school in Downham Market, and led the campaign, collecting 800 signatures from residents calling on Norfolk County Council to commit to this proposal.

We've seen record levels of investment for Norfolk County Council, which includes more than £26 million to improve our rural bus services, £3 million to help residents with heating oil support, and funding increases to fix our broken roads. We've also received more than £4 million for South West Norfolk's flood defences and internal drainage board networks.

Engagement with constituents has been a key focus with more than 100 surgeries delivered. Over the coming months, I will be undertaking my annual summer listening tour, where I am running advice surgeries in 31 of South West Norfolk's 72 villages.

Should you or someone you know wish to attend, please email me:

terry.jermy.mp@parliament.uk

In your email, please include your full name, address, and an overview of the matter you would like to discuss.

IN CASE YOU MISSED IT...

Norfolk County Council is pleased to confirm that all Norfolk recycling centres will once again be accepting electrical waste items and batteries from Monday 13 July.



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WHAT'S BEHIND THE HOSE PIPE BAN

Following the recent hose pipe ban, the first in 14 years, I thought it might be a good idea to explore the reasons why in a bit more depth. To this end, reproduced below is the East Anglia Water Summary for May 2026, the latest report available from the Environment Agency.

East Anglia rainfall for May 2026 ranged from 28% to 60% of the long term average (LTA) for the month. The soil moisture deficit (SMD) for East Anglia at the end of May 2026 was 99mm with the majority of sites having SMDs between 26mm and 50mm greater than the LTA for the time of year. River flows were below normal, notably low or exceptionally low for the majority of sites.

Groundwater levels have decreased across all sites but the majority of monitoring sites are still normal for this time of year. Public water supply reservoirs ended May 2026 with levels ranging from 87% to 92% of their full storage capacities. All reservoirs ended the month with levels below their normal operating curves for this time of year.

1. Rainfall

East Anglia received below normal rainfall in May 2026 with some areas experiencing notably low or exceptionally low rainfall. May 2026 rainfall totals across East Anglia ranged from 28% to 60% of the LTA for the month. The average rainfall across East Anglia for May 2026 was 19mm, which is 41% of the historic LTA and considered notably low for the time of year. The lowest rainfall totals were recorded in the Cam (13mm) and North Essex (12mm), with these catchments recording exceptionally low rainfall for the time of year. The cumulative rainfall totals over the past 3 months have been exceptionally low for all catchments. Over the past 6 and 12 months the cumulative rainfall totals have been normal in the majority of catchments with 2 catchment areas North Norfolk and **North West Norfolk and Wissey recording below normal cumulative rainfall in the last 6 and 12 months.** (*My emphasis, Ed.*)

2. Soil moisture deficit and recharge

The SMD for East Anglia has increased significantly during May 2026, rising from a notably high 66mm at the end of April to an

Walking on Air

07596157826

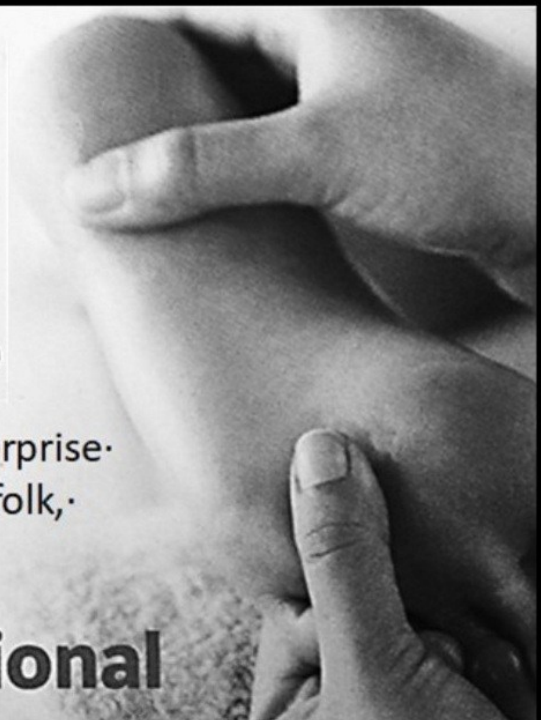
D.T.Byrne MCFHP MAFHP

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

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exceptionally high 99mm at the end of May. The majority of catchments have SMDs between 26mm and 50mm greater than the LTA for the time of year. North Norfolk and the Lower Bedford Ouse were the exception with SMDs between 6mm and 25mm greater than the LTA for the time of year. SMD has improved slightly since April 2026 in 2 catchments, North Norfolk and the Lower Bedford Ouse moving from SMDs of 26mm to 50mm above the LTA to 6mm to 25mm above the LTA.

3. River flows

Following below average rainfall across East Anglia, the May 2026 month mean flows at the majority of monitoring sites have decreased compared to April 2026. Only 2 flow sites, Heacham and Burn, have normal flows with the rest of the monitoring sites being below normal, notably low or exceptionally low. Flows range between 29% of the LTA at Waveney to 84% of the LTA at Heacham.

4. Groundwater levels

Groundwater levels have begun to fall in half the reporting sites, for which there is data available, for May 2026 compared to April 2026. Most sites are still normal for this time of year. Some sites are below normal with Hindolveston recording notably low groundwater levels for this time of year.

5. Reservoir stocks

All public water supply reservoirs for East Anglia have seen a decrease in storage for May 2026. At the end of the month, levels ranged from 87% to 92% of their full storage capacity. All reservoirs ended the month with levels below their respective normal operating curves for this time of year.

Author: Hydrology Team

All data are provisional and may be subject to revision. The views expressed in this document are not necessarily those of the Environment Agency. Its officers, servants or agents accept no liability for any loss or damage arising from the interpretation or use of the information, or reliance upon views contained in this report.



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LOCAL VINEYARD LAUNCHES FIRST WINE

As we look ahead to Grape Harvest 2026, it's hard not to reflect on what an incredible year it's already been for **Brecks Vineyard**. One of our biggest milestones was launching our very first wine, Brecks Vineyard Bacchus, made from grapes grown right here in Hockwold. Seeing it so warmly received - and

BRECKS
VINEYARD



then going on to win an Independent English Wine Award - has been a proud moment for our family farm and a fantastic start to our journey as English wine producers.

While the vines continue to flourish and the countdown to our second harvest begins, the vineyard has come to life with the opening of our courtyard and cellar door shop, along with a full calendar of relaxed summer events. Whether you're joining us for a Summer Sunday, a workshop, or simply popping in for a glass of wine, we look forward to welcoming you to the vineyard this summer and sharing the next

chapter of the Brecks Vineyard story with you.

The cellar door shop is open Monday 10-2, Thursday 2-7, Friday 10-2 and by appointment.

Contact us on 10842 828222 or info@brecksvineyard.com

(To find out more about the vineyard see brecksvineyard.com where you can watch a short video of the grapes being harvested. Also, the wine is available at The Wellington. Ed.)

The Wellington In August



1st

**IN THE
GROOVE**



8th

Rogue
Crows



10th

3pm
Sunday
Session

WITH
KATIE
VENABLES



15th

**KILL ME
KATE**



22nd

*Carol
Ann*



23rd **BLACKSOX**



HISTORY OF THE FELTWELL VILLAGE SIGN PART 2

The Replacement Village Sign

May 1994

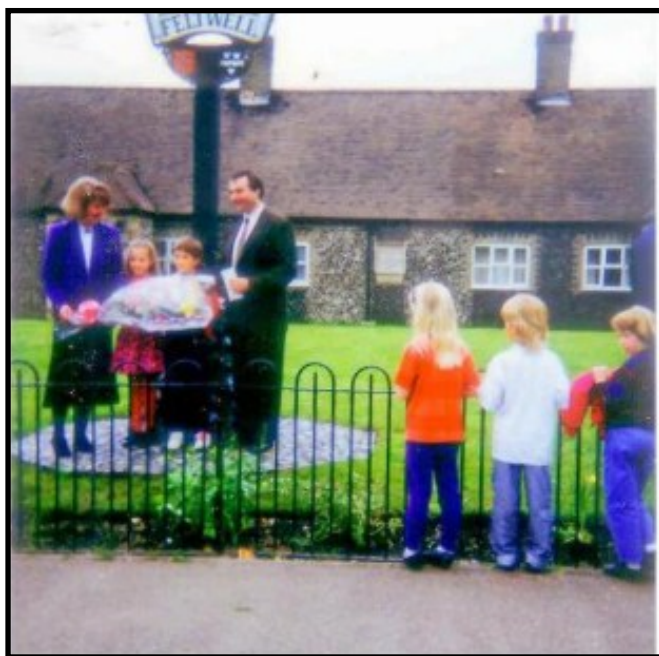
The original Sign which was carved from solid wood, lasted less than 25 years—a warning to all parish councillors who are guardians of Village Signs made from materials that are not as durable as some people might think. It must be remembered that Village Signs are usually out in all weathers, 365 days a year, year after year. And they probably get less maintenance than most people give to their front doors.

The present Sign is made from cast metal alloy and supported in a steel frame and the post is also made from steel. The decision to change to a more durable composition was unquestionably a sensible one by the parish council of the time and which has already saved the parish considerable expenditure and will continue to do so in future.

This replacement Sign is already 32 years old. Appropriately, it was unveiled by local boy and national weatherman Jim Bacon in 1994.

The principle advantage of a cast sign is that it is far more durable and permanent than a wooden one. The principle disadvantage is also that it is far more durable and permanent; so that if, subsequently, it is wished to make changes or alterations, it can be very difficult to do so.

In 2026 the paint had faded but not peeled. There was already a lot of green in it and I was about to add more. The Beck stream was





barely discernible, a fact made worse because of the Sign's height; people look up to it rather than horizontally across to it as no doubt the original artist had done and as a consequence the narrow stream looks even narrower when viewed from such an oblique angle.

A word on colour. Realism is not essential in Signwork and the bright blue of the stream makes it at least noticeable. Had it been painted in a more realistic muddy brown or steel grey it could have been mistaken for a tarmacadam track way...

I tried to enlarge the stream beyond what was depicted originally, especially at the western end where I have made it turn a corner behind the group of sheep—perhaps where the steam passed over the north-west corner of what is now St Mary's Churchyard and crossed diagonally over what is now St Mary's St.

I hope I have avoided making the western end of the steam look like a lagoon.



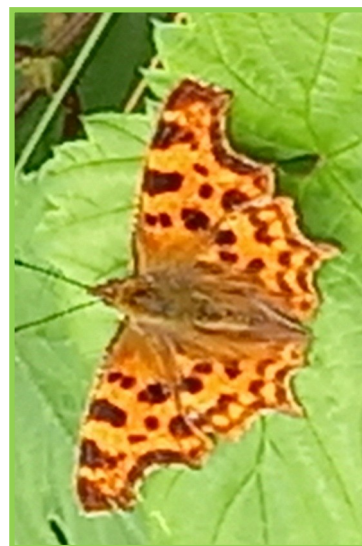
To be continued next month.



FELTWELL WALKING GROUP JULY WALK

Our first walk of the month was a last minute change from advertised. We were due to do a walk around Santon Downham but as only three of the group were able to make that date, 3rd July, Michael suggested we attempt a longer walk, from Thetford to Santon Downham along the Little Ouse path.

The walk began as we descended down the left side of the bridge in Bridge Street. We then proceeded past Abbey Farm, under the noisy A11 and into the quieter surroundings of the Ouse. The walk brought us the closest to nature of any walk so far. A private fishing lake on the right gave us some wonderful views of herons fishing and flying. The riverside vegetation was alive with damselflies and butterflies. We even saw two human beings paddle boarding, albeit sat down! The path



throughout is clearly marked and obvious even when somewhat overgrown with the tallest bracken I have ever seen. The river flows slowly and foot traffic was minimal: two ladies walking in the opposite direction and two overtook us (we're not the fastest of walkers). The trail took us behind the Thetford Power

Station, through an 'inland' beach', and alongside the Breckland Model Aero Club site, where we paused for a bite to eat and a time check. We had



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COMMUNITY GROUP

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Sunday 9th August 2026



12:00 noon - 4:00 pm



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Please note: **Assistance dogs only** permitted on the playing field.



hoped to reach Santon House but as this was a 'there and back' walk and we'd been walking for 1½ hrs we settled on reaching Little Lodge Leisure before turning around. We skirted the Two Mile Bottom Activity Centre, crossed the river on a boardwalk



A most beautiful encounter with nature.

and bridge and pushed our way through "Bracken Beacons" as Mick named the large stand of extremely tall and dense bracken before reaching the Lodge. A short stop to admire the horses grazing in the paddocks was followed by the start of our return journey. In total we did 8.5 miles in just under 4 hours and rewarded ourselves with a coffee upon reaching Thetford.

With regard to the high temperatures recorded in July and for the safety of our members all other walking dates up to the printing of the magazine have been cancelled.

If you'd like to know more about the FWG and maybe join us on a walk or two please contact Michael at adamsmike71@yahoo.com.

We do one walk a fortnight on a Friday morning weather permitting.



The **Historical Society** will be having
Afternoon Tea
at **St. Nicholas' Church** on **9th August** at
3.00pm.

We hope you can come and enjoy the scones and cakes that are always served at this yearly event.

We look forward to seeing you there.

HOLIDAY LOGISTICAL

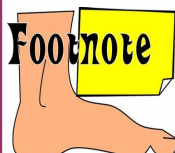
This Logistical puzzle was designed by Chris at the Wellington.
The solution is on p62.

	£2000	£2400	£2800	£3200	Spain	Italy	Portugal	France	The Princess	The Crown	The Jewel	The Diamond
Ford												
Thompson												
Smith												
Timpson												
The Princess												
The Crown												
The Jewel												
The Diamond												
Spain												
Italy												
Portugal												
France												

Match the family to their summer holiday destination, the hotel and the costs.

CLUES

1. The Jewel is £400 cheaper than the Spanish hotel and £400 more expensive than the Italian Hotel.
2. The Thompson family spent more than the Smith family and the family who stayed at The Diamond.
3. The Portuguese Hotel was the Crown, it was the most expensive.
4. The Diamond hotel was the cheapest, the Ford Family spent £800 more than that.



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.

BABY NAMES 2025

Each year the Office for National Statistics produces a report on the popularity of different baby names in England and Wales. You may have seen in the press that in 2025 the most popular girls name was Olivia, used 2,386 times, and for boys it was Muhammad. What you most likely weren't told is that there were 7616 girls names used by parents with Olivia being used only 2,386 times. Similarly for boys there were 6582 different names with Muhammad being given to 5,957 baby boys.

Looking further into the statistics we find that in the Kings Lynn and West Norfolk area the top girls names were Amelia and Elsie whereas for the boys it was Arthur. Amelia was the third most common girl name in England with 2,058 babies being given that name whereas Elsie came in tenth with 1,592 uses. Arthur was given to 3,035 baby boys making it the fifth most common boys name.

4,830 girls names were used less than ten times but more than twice. The exclusion of names used twice or once are omitted from the data in order to protect the confidentiality of individuals. The equivalent for boys is 4,144 names used less than ten times.

New entries into the top 100 girls names are Eliana, Anaya, Gracie, Alba and Marnie. Lara is number 100 with only 432 uses. For boys the new entries last year were Vincent, Stanley and Carter. Carter just scraped the 100 spot with 497 uses.

Of course, this data is intrinsically interesting on its own but lacks some context, namely, the number of live births recorded in England and Wales in 2025. There were 585,396 live births, a 1.6% decrease from 594,677 in 2024.

From their 2025 data on births so far analysed the ONS estimate a decrease in Total Fertility Rate (TFR) from 1.41 children per woman in 2024 to 1.39 for England and Wales in 2025. Final rates will be released late in 2026. In addition they also calculate that the mean age for becoming a parent has increases slightly to 31.1 years of age

Continued on page 45

WORD SEARCH

Submitted by Mrs J. Clements.

This month our word search features **WORDS STARTING OR ENDING WITH 'WAY'.**

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

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

ARCHWAY BYWAY COMPANIONWAY DOORWAY ENTRYWAY
 EVERYWAY EXPRESS WAY HIGHWAY JETWAY PARTWAY
 RAILWAY SKYWAY SLIPWAY SLIPWAY SLUICEWAY
 SUBWAY TOLLWAY TRACKWAY TRAMWAY WAY WAY BILL
 WAYFARERS WAYLAYS WAYLESS WAYPOINTS WAYSIDE
 WAYWARD WAYWARDLY

The solution is on page 70



Feltwell in Bloom

Making Our Village Beautiful



August 2025. We have had some very hot weather which has been very challenging especially with the hose pipe ban and no water in the water butt's but there are ways of saving water from the house.

Our dogs water bowls often need changing in the heat so that always get tipped over the pots outside, also when running your hot water before it gets hot it always runs cold for 50 seconds so I take full advantage of that drop. If you have any tips please share them with us on Facebook we would love to hear about them.

We have had two events this year which have been busy, and our last plant sale of the year is on Saturday 12th September at 9am held outside the Wellington Pub. We will also have Tea, Coffee and Cakes on sale too.

Our next meeting is on 18th August at 7pm at the Wellington Pub in Feltwell. All are welcome to come along and we will be drawing our August raffle that evening. It could be you.....

We are also always looking for volunteers to help us water the tubs and look after them. If you are able to help please contact us.

Contact us on the following platforms:-

Facebook - Feltwell in Bloom

Email – feltwellinbloom@yahoo.com

Or phone Lisa - 07718 075569

Thank you for your support of our group.

BABY NAMES 2025 CONTINUED

for mothers and 34.0 years of age for fathers in 2025 (from 31.0 and 33.9 in 2024, respectively); both groups have seen overall increases since 1975, when the mean was 26.4 years for mothers, and 29.5 for fathers.

26 December has remained the least frequent birth date since 2013

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FELTWELL METHODIST CHURCH, COMMUNITY HALL & GARDEN



DAILY SOCIAL GROUPS – WITH ADDED BENEFITS

Monday Meet-Up @ The Wellington

Tuesday Club @ The Community Hall, Bell Street – 1.30pm

Wednesday Coffee Morning @ St Mary's Church

Thursday Club @ The Community Hall, Bell Street – 10am

**Come and have a chat, Free Wi-Fi every day our doors are open—
Mon/Tues/Wed/Thurs.** Want help filling forms, benefit claims, housing forms, driving licence renewal, Blue Badge applications, powers of attorney, report a crime online etc. come into a quiet space, grab a cuppa and have help on hand. Look for our open sessions or **give us a call to arrange to meet.**

GET ACTIVE IN FELTWELL MONDAY & TUESDAY CLUB



Methodist Hall, Bell St, Feltham
Table Tennis, Pool, Darts, Snooker,
Skittles, etc

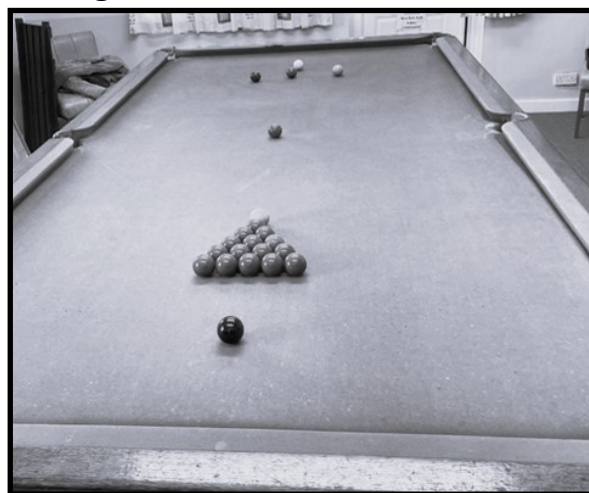
Monday: 7-9pm Tuesday 1.45-3.45pm

Or just come for Tea/Coffee and chat

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You can book the table to play
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Bring your own cue. Light refreshments will be available to buy,
crisps, chocolate, soft drinks hot/cold.

FREE HOLIDAY ACTIVITIES FOR STUDENTS

**Snooker by arrangement – must be accompanied by an adult
Table tennis Mondays and Tuesdays (as above) includes coaching**

Join us on Wednesdays for a cuppa while we pot or potter!!

Gardening is not just about growing plants; it's a multifaceted activity that offers numerous benefits for both physical and mental health. Here are some of the positive outcomes of gardening:

- **Physical Health:** Gardening is a form of moderate physical activity that builds strength, supports moderate weight, and reduces the risk of falls, especially in older adults. It also helps in making vitamin D, which is essential for bone strength and immune function.
- **Mental Health:** Gardening can improve mood, reduce stress, and provide a sense of accomplishment. It is a mindfulness practice that eases stress levels and boosts the production of endorphins, the brain's feel-good neurotransmitters.

We can help you enjoy these benefits at the Methodist Chapel as well as taking home anything we grow together. The flowers attract the insects, which pollinate the fruit and veg, which give us our vitamins, all without any artificial chemical fertiliser or sprays.

We have written to the Social Prescribers, via Feltwell Surgery to advise them we have this facility available.

SUNDAYS – 11.00am – Noon – Community Fellowship Group

How are our lives challenged?

What have we done?

How have we got through the last week/month?

How do we share God's Love with our community?

Songs, Prayers & Refreshments available.

Continued on page 53

DATES FOR YOUR DIARY

SUNDAY 6 SEPTEMBER—HARVEST THANKSGIVING

7 - NOVEMBER – CHRISTMAS (MEGA) CRAFT FAIR

12 - DECEMBER CHRISTMAS CREAM TEAS



Your Good Health

by Dr Ian Nisbet

IAN EMBRACES 21ST CENTURY TECHNOLOGY

I am writing this article early as I shall be going to Ibiza with Angus and his family well before the article's deadline. Last week, the last week of June, we had a most unpleasant heatwave with very high temperatures and a high humidity. Happily for me, I had some air conditioning fitted in my bedroom, upstairs study, the large kitchen dining area and the downstairs "snug" just after Easter. It is a Fujitsu system with silent outside compressors and silent interior distribution boxes, controlled by remotes. Needless to say, I spent most of the heatwave indoors! The house is now really tidy. One drawback is that the flow of air in my office messes up my printing. As the sheet of paper is emerging from the printer, the airflow blows it over the back of the printer and down

behind my desk. I'll work it out!

Last week, having seen advertisements for a home security system which monitors the property and, if there is a break-in, they send the police and a security man. If the company office looks at the indoor cameras and sees an intruder, they fire off a massive smoke generator which is situated centrally in the house and makes the place uninhabitable so the intruder has to clear off! One of my neighbours had this system fitted 7 years ago and another neighbour fitted one a month ago. They are very happy and the reviews I have read are excellent so I arranged for my house to be protected.

This is where we join the 21st century technology. We have the usual key pad to set and unset the alarm, with a night-time setting which allows me to



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wander about indoors. The way I don't sleep. This is essential. The keypad also has extra security in the form of a plastic disc which carries the code and is added security. The entire system works through my mobile 'phone which I have to keep with me at all times, fully charged. This is a sea change for me as I am accustomed to ringing my mobile 'phone several times a day to find out where in the house I have abandoned it. Not anymore! If someone rings the doorbell, it does not go "ding dong" or "tring aling aling" What it does is ring my mobile and the expectation is that I will talk to the person at the door whose picture is displayed on my mobile screen. If it is not convenient to actually go to the door, I can choose from several sentences to broadcast to the speaker by the front door "Can I help you?" "We'll be right there," "Not interested," "Leave the package outside," and "I'm busy." Alternatively, I can have a 2-way chat with the person at the door.

The system also tells me if there is someone at the front of the

house, or in my driveway, or at the back of the house, producing a video film of the person in question. I still have a lot to learn about the system. Secretly, I rather hope that the prominent notice displayed outside will deter intruders.

The flush of success reminded me that my several years old Chipolo (a round disc attached to my key ring which warns me if I have left the keys somewhere and tells me the location) had stopped working. Accordingly, I bought four Air Tags, one for my suitcase, one for my rucksack and one for my keyring (Yes, I know – there is one spare) and paired them up to my mobile before I realised that the Chipolo must have a battery inside it. A new battery inserted and my Chipolo sprang back to life! So, I now have 2 spare air tags. While I was doing all this, I was chatting to my ever-resourceful cleaner, Karen, and the conversation turned to my perceived early loss of memory and slight confusion sometimes. She thought for a while and then suggested that I should wear one of the spare airtags on a chain around my

SAVE THE DATE!

AUTUMN CRAFT FAIR

at PORTERS BARN —

— Sunday 18th October —

More details to follow...



SANTA'S SLEIGH

— 8th, 9th and 11th December —

More details to follow...



Details will also be on Facebook

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neck. It would be paired to my mobile 'phone and, providing I had my mobile with me, questions like "Where am I?" or, even worse, "Who am I?" could be answered quickly as long as I could work my mobile 'phone. We had a great laugh but, come to think of it,...!

A few months ago, I bought a new bit of kit for the car – Sat-Nav, Speed camera detector and much else. I am still waiting for a passing grandchild to set it up for me. Happily, Grandson Fraser is recovering very well from his recent second batch of

open-heart surgery so he will probably help me.

I was sent a brilliant heat-wave joke by our Minister. Roughly translated, it goes as follows: A good way to combat the heat and control your body temperature is to take a bag of frozen peas and hold it to your nether regions for 15 minutes. It works really well but there is always the risk that you will be thrown out of the supermarket! Well, enjoy the Summer and look after yourselves.

All good wishes from Ian Nisbet

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

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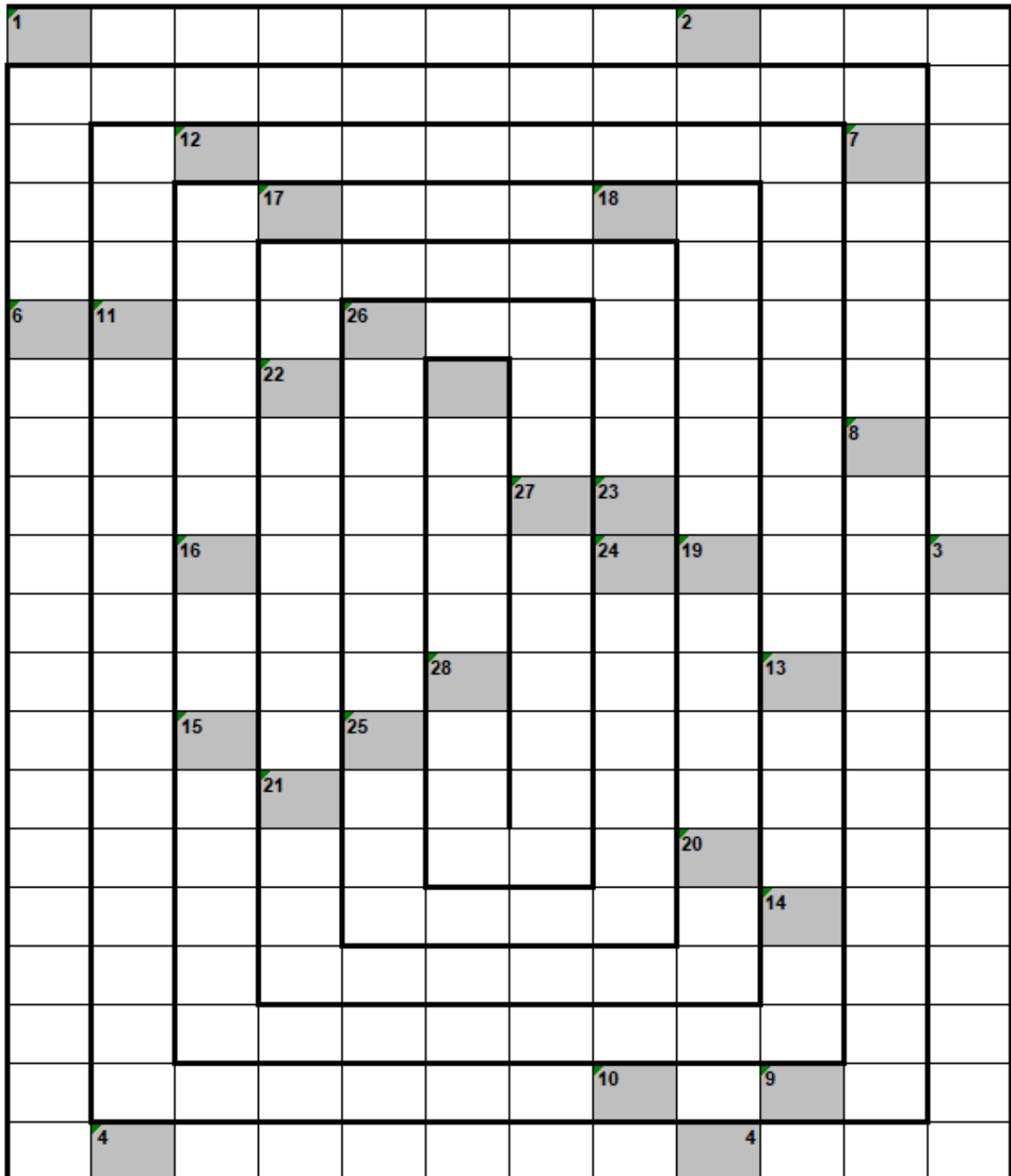
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WORD TRAIL

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 Imposter (9)
- 2 The first man to step on the Moon (4-9)
- 3 MEDICAL: What is the largest muscle in the human body (7-7)

- 4 Which Country elected the first world's Prime Minister (3-5)
- 5 This gentlemen discovered Penicillin (9-7)
- 6 What is the name of the world's largest coral reef system (5-7-4)
- 7 The name of the country that gifted the Statue of Liberty to the U.S.A. (6)
- 8 MUSIC: this song formed the the soundtrack for the film Rocky II (3-2-3-5)
- 9 Which colour appears at the top of a rainbow (3)
- 10 MEDICAL: What does DNA stand for (16-4)
- 11 Sand ridges (5)
- 12 FILM: A 1998 film starring Tom Hanks and Matt Damon (6-7-4)
- 13 Spiral stairway support (5)
- 14 Who painted the Mona Lisa (8-2-5)
- 15 Which country was formerly know as Persia (4)
- 16 What is the most abundant gas in Earth's atmsphere (8)
- 17 Not a soul (2-3)
- 18 FLORA: Its common name is Sea Holly but what is its botanical name (8)
- 19 This airborne creature has a life span of 24 hours. (6)
- 20 What type of star is the Sun (6-5)
- 21 As of 2023, which social network site has the most users (8)
- 22 A psychological disorder that causes an uncontrollable obsession with stealing (11)
- 23 What is the chemical symbol for Gold (2)
- 24 Never before seen or done (13)
- 25 Greek God, lover and God of wine (8)
- 26 The world's fourth largest lizard (4-7)
- 27 A successful way of curing an illness (6)

This month's Word Trail solution is on page 72.

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



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The speaker for our July meeting was Tim Young who told us all about his family farm, the challenges he faces, establishing a vineyard in Hockwold and producing English wine.



The farm is located along the Blackdyke Road and extends to both sides of the cut-off channel from where he extracts water for irrigation under licence. The farm was originally used back in the 1800s as a Hackney horse stable and granary. Tim's grandfather bought the farm in 1964 having moved, with his cows, from Kilmarnock to Essex in the 1930s. He was one of the 'Cow Men' who established dairy farming in Essex and Norfolk. The farm was bought at auction with money begged and borrowed from friends and family. Electricity was installed with a

grant from the Government.

Tim's father took over the farm in 1982 and obtained an abstraction licence which meant that higher value crops like onions could be grown. Plenty of water was available back then, not so much now, in fact, the Environment Agency has told them to stop irrigating. In the 1990s part of the airfield was bought. Tim took over the farm a few years ago and their major crop is onions which are grown as part of the G's Growers Co-operative for Sainsbury's. Last year they grew 1200 tonnes of onions. They grow both red and brown onion varieties. Part of the farm is in a SSSI (Site of Special Scientific Interest) which brings with it lots of issues. And some opportunities. They are part of the Breckland Farms Wildlife Network.

They also do 'Family and Community' activities such as the Pick Your Own Sunflower evenings in August.

Back in 2024 and particularly with the water situation Tim became nervous that 55% of the farm income was from growing onions and so he began to diversify the income streams in order to buffer any future bad

year in onions. The decision was taken to plant a vineyard and in 2025 7% of income came from there which, fortunately, offset the losses from the onions that year due to the very dry summer.

The decision to plant a vineyard came out of some DEFRA funded work Tim had done with Brown & Co, before he took on the farm, which looked at building resilience in farm businesses. Time examined diversification opportunities available to his own business. Converting existing farm buildings into B&Bs or a wedding venues were ruled out as existing buildings are attached to the farmhouse and would have required a major capital investment. So then he looked at the land and what other opportunities it might offer. The farm is located on the first area of chalk that comes out of the fens and grapes grow well on chalk. Two feasibility studies later both showed that the farm had everything needed to grow grapes: chalky soil with inactive calcium (chalk that

FELTWELL FUEL ALLOTMENT CHARITY

If you can answer “YES” to the following two questions you may be eligible for a **Winter 2026 Fuel Payment** from three Feltwell charities.

Are you at least 70 years of age or will be by the end of 2026?

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.

doesn't fizz in water), the right hill, the right slope, the perfect conditions.

The vines come from France but are grafted onto root stock from America for disease resistance. Tim had no intention of producing his own wine so contracted with various wineries to supply the grapes.

However, in 2025 20 tonnes had been forecast but because of the heat 44 tonnes were produced, 70 tonnes is expected by the end of 2026. Tim fulfilled his contracts but still had six tonnes of Bacchus grapes left which they had made into 5500 bottles of white wine—Brecks Vineyard wine is available at the Wellington and online.



The grapes are hand-harvested for champagne and machine harvested for other white wines.

The farm struggles in dry years to produce good yields so only grows relatively small amounts of wheat, rye, oil seed rape this year. On average they have about 620ml of rain/yr. In the last six years they've had the three wettest and are about to have the third driest year in a row so are having to cope with extremes of each. If they have 800ml/yr they will do well, if they have 400ml/yr the farm struggles, e.g. wheat yields decline significantly. They also have a high soil pH which means that the soil locks up nutrients such as potassium and phosphates making them unavailable to the crops. Another issue is that the soil on the old airfield land is quite sandy and only about a foot thick and lacking in organic matter so it doesn't hold moisture well.

Tim uses regenerative practices wherever possible including the spot fertilizing of sugar beet seed and spot herbicide placement to control weed growth, both GPS controlled machines.

Tim views the decline in Government investment in farming as a DECLINE

BADMINTON IS AVAILABLE AT ST. MARY'S



Wednesday — 1pm to 8pm

Saturday — 9am to 8pm



If interested in playing please email:

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

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

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 M. Hawkins, Agent for Sir Edmund De Moundeford Trust, 15 Lynn Road, Downham Market, Norfolk. PE38 9NL. **OR** by email to info@barryhawkins.co.uk, also send a copy to Mr Paul Garland, (Trustee) at garlandp@btinternet.com. Please use Subject: Education Grant. In your letter/email 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.

IN FOOD SECURITY. Successive governments argue that food can be brought in from abroad but what happens when 'abroad' has its own food production crisis? Increasing food production is not something that happens overnight, it takes at least a year and likely even longer if investment has been curtailed for many years previous.

Tim discussed the issue of irrigation and stated that the Environment Agency has a hierarchy of water use: 1. environment, 2. water for drinking, 3. water for industry and 4. water for food production. Tim believes this should be more of a discussion rather than a hard and fast priority order. For example, last year a fisheries officer had surveyed the cut-off channel from Mildenhall to Denver and had seen plenty of fish and weed and, therefore, there was an environmental risk to the farmers taking water from the cut. Tim's thoughts are that 1, fish can swim and 2, the weed shouldn't even be there as the cut is a flood-relief channel and if the weed builds up it will not work as intended. They've let it go too far and so now it has environment credentials!

Members thanked Tim for a very interesting and informative talk and some even bought a bottle of wine from Chris!

The Men's Breakfast Club usually meets on the 1st Saturday of the Month at The Wellington in Feltwell at 9am. It costs £8.50 per person to attend which includes a talk, tea or coffee and a full English breakfast which never fails to please.

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

Our next meeting will be on **Saturday 1st August**. Our speaker will be Fraser Reich who will tell us all about Density.

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MISSED APPOINTMENTS @ THE SURGERY 2026

June 2026 saw **77** appointments missed, that's the same as last month This represents a loss of medical care to the tune of **£2310** for the month and **1173** minutes of wasted time. For the year so far **105.4hrs** of face to face doctor and nurse time has been lost.

So far this year **410** appointments have been missed representing a total of **£12300** of medical care lost. These appointments could have gone to someone else in need.

If you cannot attend your appointment, please cancel it.

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West Norfolk Aviation Society

www.westnorfolkaviationsociety.org.uk



Our July 7th guest speaker was Keith Thomas who is an experienced helicopter pilot. He was talking about his experiences as a Search and Rescue (SAR) helicopter pilot back in the 70's. Helicopters were not as sophisticated as those of today and initially he was



flying the Westland Whirlwind HAR10, a single engined helicopter. He was very happy although it did have a particularly short winch cable which could make winching alongside larger drops tricky if the winch cable was shorter than the drop. Fortunately, they had an extension strop they could add to the winch cable to enable winching in those conditions. After the Whirlwind Keith moved onto the Wessex which with 2 engines was much more capable, better lifting ability, longer range, higher speed and thus safer. It was in this aircraft ironically that he had his only accident, having cause to ditch into Hong Kong Harbour, the whole crew surviving unharmed. The cause of the accident was the navigator who was also doubled as the winch operator. To do this he had to clamber from the cabin to the cockpit or vice versa and managed to knock the fuel supply switches to 'off' whilst maneuvering into position. Keith maintained that the bravest person in the helicopter was the winch man who dangled from the helicopter on the end of a piece of wire known colloquially as the 'dope on a rope'. Seriously though historically it has been the winch man who has most often lost his life in rescue operations when the cable either snags or snaps and I suspect they are amongst the highest decorated aircrew in peacetime operations.

Keith's talk was a fascinating look at SAR operations from a personal perspective and we look forward to welcoming him back in the future. Next month we have our own member Steve who will be giving a talk on non-conventional weapons from a non-military perspective, think Salisbury poisoning. All welcome on Tuesday 04 Aug @ 7.15pm. Further details on our website, non members entrance fee £2 per head includes a light buffet. Mark Burch www.westnorfolkaviationsociety.com

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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

06 August
03 September
01 October

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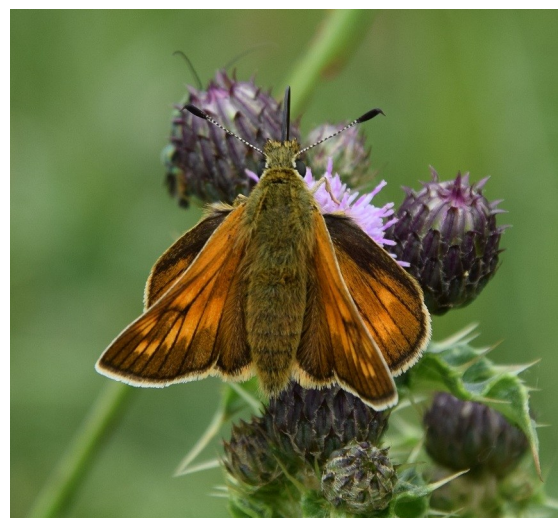


RSPB Lakenheath Fen

THE BUTTERFLIES OF LAKENHEATH FEN

Each year at Lakenheath Fen we see more than 20 species of butterfly and summer is the perfect time to see most of them. Different habitats offer you a different selection, for example, at the moment the riverbank has a few patches of creeping thistle which are attracting lots of Peacock, Red Admiral and Painted Ladies, all larger, very showy species that are also a common sight on butterfly-friendly plants in our gardens like Verbena or Buddleia. Numbers of Painted Ladies vary a lot each year but 2026 seems to be a good year as they are a common sight in any flowery habitat at the moment.

In the long, grassy areas, either on the riverbank or next to the paths, Meadow Brown, Ringlet and Gatekeeper are often seen, they will feed on grassland flowers like Ragwort and Knapweed but they lay their eggs on various species of grasses which is why you tend to find them in grassy habitats. These are medium-sized butterflies, but here you may also see some skippers all of which are small, fast fliers with generally orange wings that they hold in an erect position at rest, a bit like a jet fighter. Large and Small Skippers have been here for longer than the Essex Skipper, which has been spreading northwards and westwards in recent decades. The skippers are a bit moth-like compared to other butterflies!



A Large Skipper photographed by
David White.



giving
nature
a home

Events at RSPB Lakenheath Fen

Places for all events need to be booked online. Please visit <https://bit.ly/LakenheathFenEvents> or in person at the Visitor Centre ahead of the event.

Moth Mornings

28 August, 25 September (10am to 11am)

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

Under 18's £2.50 - £3 / Adults £5 - £6

Guided Pond Dipping

Saturdays - 1 August, 5 September (11am-1pm)

Why not borrow a pond-dipping kit to see what beautiful and strange creatures live below the water?

Under 18's £2.50 - £3 / Adults £5 - £6

Dusk Safari at Lakenheath Fen

On this new event, we will take our bat detectors out to see if we can hear a range of the beautiful bats that live here, along with some birds typical of dusk and night on the reserve. We'll also have a moth trap on the go!

Saturday 12 September (5:30-8pm)

Under 18's £6 - £7.50 / Adults £12 - £15

Amazing Autumn Guided Walk

Join us for a tour to see the best that autumn has to offer on the reserve - ducks in their dazzling new plumages, the first migrant birds back for the winter but also a few late butterflies and dragonflies too.

Saturday 10 October (9:30am-12:30pm)

Under 18's £6 - £7.50 / Adults £12 - £15

The short turf and dry, open nature of our Brandon Fen trail offers yet another set of butterflies for the visitor to enjoy. These are generally small butterflies that love to bask in the sun and whose caterpillars feed on low plants that need minimal competition and crowding from other plants. Common Blue, Brown Argus, Small Copper and Small Heath are good examples of this little gang and they look like little jewels decorating the path as you walk around!

If you come down to the reserve to see these beautiful butterflies, there are a few plants which are well worth keeping an eye on as the butterflies love to gather on them. There is a long avenue of bramble flowers that line both sides of the path as you leave the Visitor Centre to head to New Fen, these are butterfly magnets. You'll also see a wide range of bees, solitary (non-stinging) wasps, day-flying moths and beetles here too. Ragwort has open, daisy-like yellow flowers and butterflies with short tongues like Gatekeeper particularly like these. Out in the reedy areas, the broad white umbrella-like flowers of Hogweed and tall magenta spires of Purple Loosestrife are good plants to check too. Lining most of the hard path down through the reserve is Dove's-foot Cranes-bill, which is very low growing and has pale pink, star-shaped flowers that the smaller butterflies love.

We hope to see you soon on the reserve, whether it's for the butterflies, wetland birds or simply the sunshine and peace and quiet we can offer you this summer.

With best wishes,

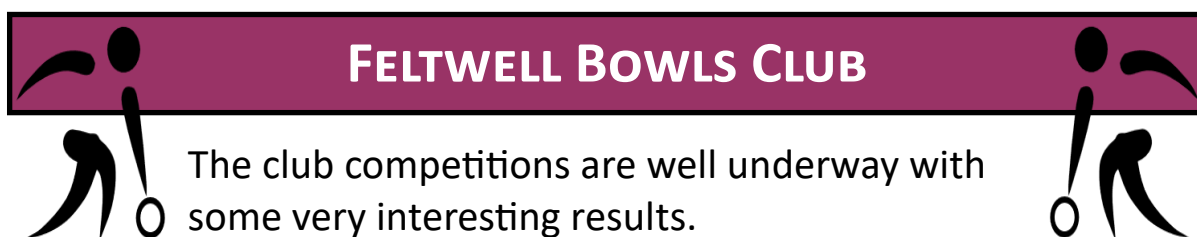
Heidi Jones

Visitor Experience Officer,
RSPB Lakenheath Fen

17 to 18-year-olds born between
1 Sept. 2007 and 31 August 2008
can book online for a MenB
vaccination if registered with a
GP in England



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



The club competitions are well underway with some very interesting results.

In the leagues we have 2 teams A and B in the Ashill league, we have played 14 games winning 4, losing 8 and drawing 2, as follows:-

RS—Rosie Smith, Ash—Ashill

Results up to the end of June

DATE	LEAGUE	TEAM	OPPONENT	VENUE	RESULT	POINTS
11/05	RS		Shouldham	Away	Loss	2 - 6
18/05	RS		Mundford	Home	Draw	4 - 4
26/05	Ash	A	Weeting A	Away	Draw	4 - 4
26/05	Ash	B	Connaught	Home	Loss	2 - 6
01/06	RS		West Row	Away	Loss	1 - 7
02/06	Ash	B	Wymondham	Away	Loss	0 - 8
08/06	RS		Hockwold	Home	Win	6 - 2
15/06	RS		Swaffham	Away	Loss	0 - 8
16 /06	Ash	A	Connaught	Home	Loss	2 - 6
16/06	Ash	B	Shipdham	Away	Loss	0 - 8
22/06	RS		Southery	Away	Loss	2 - 6
29/06	RS		Weeting	Home	Win	5 - 3
30/06	Ash	A	Hingham	Away	Win	6 - 2
30/06	Ash	B	Harling Rec	Home	Win	6 - 2

The results give RS 20 points, Ashill team A 12 points, Team B 8 points.

We have played 8 Friendlies.

The stall at the Fete was very well supported and successful on a very warm day, a lot of interest was shown in the Club and we made a nice sum for our new project.

I will list our forthcoming events in the next edition.

Max

Breckland Branch



We have recently come across several unneutered tom cats who have gone into one of our traps in very poor condition. They were not neutered and not microchipped which makes them a stray. But sadly, unneutered toms have a hard life. They struggle to find food and get into fights with other unneutered tom cats, often over females who are in season, and they risk contracting diseases.

Some of them are in such poor condition with fly strike or really bad eye infections as a result of contracting Feline Immunodeficiency Virus, (FIV) which is untreatable and has resulted in the poor cats being put to sleep to prevent further suffering.

We have several wonderful volunteers who look out for these tom cats, and set traps for them with the reward of food. The poorly cats are taken to the vet, but often the vets advised that as they were in such poor condition and suffering, the kindest thing is to put them to sleep. FIV is very infectious and there is no cure. Leaving them on the streets is not an option as they are likely to infect other cats they come into contact with. We only put cats to sleep who we know are infected with FIV. And the cost to us of putting a cat to sleep is £106. So not cheap and adds to our growing vet bills.

There is no excuse for not neutering cats, male or female. There is help out there if you need it. We offer vouchers for £50 for a male cat and £80 for a female cat, towards the cost, which you can take to any vet. It's the kindest thing you can do for your cat, to prevent unwanted litters of kittens, and male cats out hunting for a mate with the risk of contracting diseases. If you are in the postcode areas of IP24, IP26, IP27 and IP28, call us on the number below if you need help with the cost of neutering. If you are outside our area, google Cats Protection, find a branch and you will be directed to your nearest branch. Other charities also offer vouchers towards the cost of neutering.

Continued on page 71

WORD SEARCH SOLUTION

**NEXT MONTH'S WORD SEARCH WILL BE ON -
JOBS IN THE MEDIA**

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

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Phone: 01366 383989

There was also the case recently of a couple of our ladies who found a cat under a car in poor condition. It took them one and a half hours to coax the cat out from under the car. He was in a bad way and was taken to our vets. He had a broken eye socket, a broken jaw and several teeth missing. He was also unneutered and not microchipped so as far as we are concerned, he is a stray. Our ladies assumed he had been hit by a car, but the vet assured them they he had been kicked in the face. He is currently undergoing treatment, and the vets think the eye socket will heal on its own, but his eye will need to be removed at a later date. The vet also thinks the jaw will repair by itself too, although he did have to have a tooth removed. He has also now been neutered. We have named him Norman. The estimate for Norman's treatment is around £1,000. Fortunately, one of the vets who has been treating Norman, has taken a shine to him and adopted him. How lucky for Norman. So, the vet is on hand to look after him and Norman in the right place when it comes to removing his eye which we will pay for.



Norman

Consequently, our vet fees are very high and we struggle to raise the money to pay the bills. If you would like to contribute to our vet bills, you can do so by donating directly to our bank the details of which are Barclays Bank, Cats Protection Breckland, sort code 20-42-66 account number 40599034. Any contributions, no matter how small would be greatly appreciated. Thank you so much in advance.

Rita Thompson, Breckland Cats Protection 01842 810018.

WORD TRAIL SOLUTION

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

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: Jean Winter

Email: jean.winter@gmx.com

A meeting of the Parish Council was held on Monday the 13th of July 2026 in the British Legion, Long Lane. 8 Councillors attended, Sue Prigg - Norfolk County Councillor and 5 members of the public.

Cllr Prigg reported that the Norfolk Community Fund of over £400,000 was no longer available for community projects as it was being redirected to the fire service as they were under extra pressure rising from lithium batteries and weather-related fires. The Highways Local Members Fund amounting to £11K per Councillor is to be redirected straight into Highways projects in a bid to clear their backlog of works rather than fund new small projects. NCC have also submitted a judicial review of Local Government Reorganisation proposals to replace the current two-tier system of local government in Norfolk with a new structure of three unitary authorities.

Highways have advised the white lining order was only placed with the contractor at the beginning of July who has 74 days to complete it, this will include the 'SLOW' lining at the Lodge Road junction. They have postponed major works on Southery Road to March to allow time to complete testing and design as the original idea was not workable. They will continue to monitor the road, erecting further signage and carrying out repairs as necessary. This was not felt good enough as some areas of the road are in a dangerous state which will worsen considerably over the winter months, especially if beet lorries are travelling along it. Cllr Prigg will take this up with Highways. There is no movement on the Change of Priority at Long Lane/Short Beck scheme or Hill Street with St Mary's/The Beck junction. Give Way sign to be installed at the Old Methwold Road junction with Lodge Road. Clerk will report potholes on White Dyke junction and Black Dyke Road, sunken drain covers on Long Lane and deteriorating manhole covers on Oak Street.

SAM2 data collected:- The Beck (near primary school) SAM2 flashed 22,900 times between 12th April and 5th May, highest speed recorded was 55 mph at 11.40 pm on 22nd April and an overall average speed of 22.1 mph. New battery to be purchased at £101.50 + VAT as the existing is no longer charging.

Annual Playground Inspection was carried out by Wicksteed Leisure on 26th June with all issues graded Low or Very Low Risk.

New defibrillator to be purchased to replace the unit outside the Londis which is in poor condition. Repairs would cost £865 + VAT and it is also due a service. New defib will cost £795 + VAT plus cabinet and carry case.

The Parish Council will support Feltwell Utd Football Club, which has been part of the village for over 100 years, in their bid to improve the quality of their pitch at the playing field. They were promoted last season and if promoted again will play Senior level football which is a huge achievement and requires the pitch to be in much better condition than it is at present.

The Parish Council has recently funded the servicing of the church clock and will assist the Church in its project of having it repainted and regilded at a cost of £5100 + VAT. Cllr Prigg said the funding she had pledged from the Norfolk Community Fund was now not available but she had managed to raise an anonymous donation of £500. The Parish Council is already holding funds donated by the family of Mr Malcolm Cock from a collection at his funeral, as well as £500 raised from St Mary's Church events. Another anonymous donation has been pledged and there may be funding forthcoming from the Borough Council's Members Budget so the Parish Council agreed to make up any shortfall.

The Parish Council has objected to the order to restrict vehicular access over Church Lane in Hockwold on the

grounds that it has been used by the public for access for generations and is the only practical means of accessing a safe area near to the river, allowing families with children, elderly residents and those with limited mobility to enjoy this valued local amenity.

Grey's Funfair will be on the playing field week commencing 17th August and open that weekend.

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 10th August 2026 at 7.30 pm. Everyone is welcome.

Our Councillors are:

Mr Ian Rayner (Chair), Mr Edmund Lambert (Vice- Chair), Mrs Sue Arnold, Mr Paul Cole, Mrs Emma Edwards, Mr Jonathan Fenn, Mrs Bernadette McGeeney, Mrs Julie Peacock, Mrs Linda Peckham, Mr Martin Storey and Mrs Helen Wilson.

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 provides help for severe chronic illness in younger people.

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

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



FELTWELL MUSEUM

2026

NEW *OPENING DAYS THIS YEAR*

NOW THE...

FIRST SATURDAY *of each Month.*

March – October

11 - 3pm.

The Beck J/o. Oak Street IP26 4DP

FREE ENTRY

Dog friendly 😊

Enqs/ Pls. call Graham 01842-828387