

FELTWELL PARISH MAGAZINE

YOUR CONNECTION TO YOUR COMMUNITY

July 2025



**FULL COLOUR
CAR SHOW REPORT INSIDE**

INSIDE THIS ISSUE



The NHS App
Old Bones & Creaking Gates
Bee-rillicant Business
MP Report—Healthcare for WN
Curios Parish Report
Feltwell Charities
**Plus, all our usual puzzles and
much more inside.**

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

FELTWELL ORGANISATIONS

List maintained by Paul Garland.

Alveva Quilters	Sharon Burbridge	01366727002
Feltwell Bowls	Martin Blackman	829821
The Royal British Legion (Hall 828480)	Ian Rayner	07766 348679
RBL Poppy Appeal Organiser	Mary Reynolds	828130
Feltwell Historical and Archaeological Society	Marion Lucas (Chairman)	828769
Feltwell Table Tennis Club	Steve Wellington	07436 905520
Beavers and Cubs	Claire Scarff	827555
Feltwell School PTA		@ the school
Feltwell Women's Institute	Claire Scarff	827555
Feltwell Playgroup	Merle Gallagher	07582 371984
Feltwell Scout Group	Claire Scarff	827555
Feltwell United Football Club	Neil Edwards (Secretary)	07391866914
Feltwell United Youth Football Club	Kate Collins	07888847452
Feltwell & Thetford District Mencap	Mrs T. Sismey	827292
Feltwell Brownies	Tracey Cock	
Feltwell Social Club		828093
Feltwell Primary School	Mrs J. Lillycrop	828334
Feltwell Golf Club	Joanne Bates	827644
Feltwell In Bloom	Rita Page	07785345614
Rector of St Mary's Parish Church	Revd. Joan Horan	828034
Curate of St Mary's	Juanita Hawthorne	01336 728545
Churchwarden of St Mary's	Christine Parker	827152
Friends of St Mary's	Stephen Parker	827152
Feltwell Men's Breakfast Club	Paul Garland	827029
Feltwell Methodists	Mike Wilkinson	07712 578721
Feltwell Museum	Graham Simons	828387
Parish Clerk, Jo Martin. Email: clerk@feltwellparishcouncil.gov.uk		828383
Parish Council website: https://feltwellparishcouncil.gov.uk		
Feltwell's History Website can be found at http://www.feltwell.net		

Deadline for the next issue is 14th July 2025

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

Email: garlandp@btinternet.com

Advertisers should contact our Advertising Manager: Susan Withers,

The Bungalow, Blackdyke Road, Feltwell (827758)

Email: s_withers@hotmail.co.uk

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.

BEE-RILLIANT BUSINESS: WHY FARMERS HIRE BEES – AND WHAT WE CAN LEARN FROM THEM

By Helen Goddard-Nickolls

When we think of bees, most of us picture them buzzing around our gardens, helping the flowers along, or perhaps think fondly of local honey from a neighbour's hive. But here's a nugget you might not have heard: some farmers actually hire bees – and depending on the type, they either pay VAT or don't. Yes, really. Even the bees are tangled up in the tax system!

Here's the buzz: if you hire honey bees, it's zero-rated for VAT. But if you hire bumble bees, you'll pay the standard rate. Sounds daft, doesn't it? But there's some surprisingly sound logic behind it.

Honey bees are classified as food producers – they give us honey (obviously), so anything to do with that falls under agriculture and is VAT-free. Bumble bees, however, aren't in the honey business. They're all about pollination, especially in tricky environments like greenhouses or polytunnels. Because they're providing a service rather than a product, HMRC slaps on the standard VAT.

So why hire them at all? Well, commercial farmers – especially those growing fruits and veg – often don't have the time, space, or expertise to keep their own bee colonies. And with wild pollinators under pressure, relying on nature alone just won't do. So, they bring in professionals – bee specialists who deliver hives by the vanload, placing them near flowering crops just when they're needed. It's a short-term lease, but it can mean the difference between a bumper harvest and a disappointing season.



Honey Bee

Feltwell Bowls Club

TREASURE HUNT & CREAM TEA



BOOK NOW
£5
PER PERSON
CHILDREN £2.50

SUNDAY
3RD AUGUST

Royal British Legion
2pm

BOOKING ESSENTIAL
Call: 07729 116671



Bumble bees are particularly prized because they're tough little workers. They'll buzz about cheerfully in cloudy, chilly conditions when honey bees are more likely to say, "No thanks, I'm staying in." They're brilliant for pollinating crops like tomatoes, peppers, and strawberries – especially under cover where natural pollination might not occur.

Now, you might be wondering – what on earth does this have to do with Pilates or wellbeing?

Well, quite a lot, actually. Think of the bees as nature's personal trainers. Each has a job, a specialism, and a season of purpose. They don't overdo it, they work to their strengths, and they're called in when needed. That's a bit like how I see fitness – especially for women in their 40s, 50s and beyond. It's not about doing everything all the time. It's about working smarter, knowing your purpose, and having a plan tailored to your unique strengths and your current season of life.

In my Life Fitness programmes – whether it's Pilates for mobility, Sculpt, Stretch & Flex for strength, or my tailored 60-day wellbeing coaching – I help women do just that: move with meaning, work with what they've got, and flourish in their own way. Much like our buzzing friends, we all do better when we're not winging it.

So next time you see a bee, give it a nod. Whether it's a VAT-free honey-maker or a hired pollination pro, it's doing an important job – and reminding us all to stick to what we're good at.



Bumble Bee

This magazine is printed by **Limetree Printing**,
1-2 Trafalgar Industrial Estate, Downham Market, PE38 9SW. .
Phone: 01366 383989

July At The Wellington



July 5th



July 11th
***Terri
Leavey***



July 13th

*3pm Sunday
Session With*



**lucy
west**

July 19th

*Betty
Swallox*



July 26th

*Welcome To
Messijoes*



Norfolk-Now, May 27 1999

Teenagers' 22-hour shipwreck ordeal in shark-infested seas

Two Norfolk teenagers 'stared death in the face' after being shipwrecked for 22 hours in the shark-infested waters of the Pacific Ocean.

Scott Prince and Louis Pymar, along with 12 other backpackers, swam for their lives in choppy seas off the coast of Fiji after their boat broke up.

As darkness fell they left a further 10 people desperately clinging to the upturned hull because there were not enough life-jackets to go round.

Scott and Louis's extraordinary 22-hour ordeal included:

- Clutching to the boat's upturned hull for eight hours in rough seas.
- Swimming for nearly four hours in freezing temperatures as they tried to get to safety.
- Scrambling onto a coral reef but having to wait another 10 hours before being rescued.

Last night Scott's mother Jackie said she started crying when she heard what her son had been through.

'You love your children all the time, but when something like this happens you realise how lucky you are that they are still here,' she added.

Speaking from her home in Feltwell, near Thetford, Mrs Prince explained that the youngsters - travelling round the world before going to university - had been on board for less than three hours



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Help with IT services

HELP



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

Covering Feltwell and the surrounding area

To discuss further please email me at:

david@help-with-it.services

PLUMBER

BASED IN FELTWELL

OVER 30 YEARS
EXPERIENCE

FREE ESTIMATES

NO CALL OUT CHARGES

07951 158460

GAS SAFE REGISTERED

when disaster struck.

The pair had boarded the 30-foot vessel at 8am and it was due to take them 50 miles from Fiji's Yasawa group of islands to its main one, Viti Levu.

'They were a long way from shore when the boat seemed to break up,' said Mrs Prince, who has two other sons.

'Everyone held onto the hull for about eight hours and then a group of about 12 of them decided they had to swim for it as they thought the boat was going to go down. I asked Scott how they managed to swim in the dark and he said they just followed the stars.'

Scott, 19, also told his mother that they gave themselves numbers and kept calling them out to make sure they were still all together.

After swimming for nearly four hours they managed to scramble on to a coral reef, but it was a further 10 hours before they were rescued by a passing cruise ship.

'It was when they got to the rock that they all started crying - I think it was partly relief,' added Mrs Prince. 'It was freezing in the water and Scott said he had gone numb.'

'It is terrifying when you think that they were swimming in water where there are sharks, but Scott said they tried not to think about it at the time.'

Mrs Prince said Scott telephoned her at 6am on Monday to tell her what had happened and as soon as she heard the news she wanted her son home, even though the pair were not due back in England until the end of June.

'It was just horrendous when I heard and I wanted to be on a plane out there as I felt so useless here,' added Mrs Prince.

'But Scott sounded calm and laid back on the phone - I think I was more upset than him and he kept telling me that he was fine.'

Mrs Prince said she was amazed at the way the two teenagers coped with the situation.

She added: 'I don't know how they thought of calling the numbers out - perhaps it was because they were youngsters or maybe it was

FELTWELL LODGE

RESIDENTIAL CARE HOME

Lodge Road, Feltwell, Norfolk IP26 4DR



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

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

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

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

01366 728282

Website: www.feltwelllodge.com

E-mail: feltwelllodge@hanleycarehomes.com

because they stared death in the face.'

Louis's mother Christine said the two boys knew each other from Methwold High School and had always planned to travel in their gap year.

'I just keep thinking about the camaraderie of all those people as they were swimming,' said Mrs Pymar, who lives in Mundford, near Thetford.

'Luckily Louis is a strong swimmer, but it makes you shudder when you think about what they have gone through.

'I just sobbed and completely dissolved when Louis rang me to say what had happened.'

Mrs Pymar added that her older daughter Emily had travelled round the world during her gap year, but had not had such an eventful trip as her 18-year-old son.

The teenagers will be greeted by their families when they fly into Heathrow on Friday.

Thetford and Watton Times 22nd February, 1980

Old custom revived at Feltwell

An old and traditional custom was revived at Feltwell on Saturday afternoon when members of the village playgroup organised a successful pancake race.

Contestants provided their own pans, but the pancakes were given as they arrived on the primary school playing field. There were races for all age groups.

Winners were: Three-five years—Dean Carter; six-eight years—Annette Lawrence; girls eight-12 years—Tracey Carter; boys 13-18 years—Tyrone Power; ladies—Mrs K. Carter; members—Mr P. Johnson; veterans—Mr P. Cooper

PRIZES

The winners each received a prize and all competitors were given

Feltwell Historical Society - programme 2025

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

July 18th - Social evening with buffet

Aug. 15th - Kevin Boardman - TBA

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

Oct. 17th - Stuart Samuels - Ghosts of Feltwell

Nov. 21st - Society Annual Dinner

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

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

FELTWEELBEINGS

On your own? New to the village?

Want to meet other people?

Then come and join us.

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

CHAT, Gentle Exercises, Play Table Tennis, Snooker, Board Games, Cards, Dominoes and loads more. We do Countdown, Bingo and more. We also have a Bring & Buy table.

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

Open to all over age 18 —whatever your ability.



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

Oh, and we do refreshments.



TOTALLY ACCESSIBLE PREMISES



Off you go! Some of the contestants in the Feltwell pancake races show their paces.



sweets.

After the racing, a jumble sale and refreshments were organised in the Little School and as a result of the afternoon's activities about £45 was raised. This will be added to the playgroup's funds for buying new equipment and for a summer outing for the children.

Thetford and Watton Times

21st March, 1980

Neighbours

At this week's meeting of Feltwell's Good Neighbours' Club at the Little School the hostess was Miss Helen Thompson, a teacher from the USAF base. Two of her pupils, B. Garding and Brett Pokalski, entertained members with a display of Red Indian dancing. Bingo was played with Mrs G. Johnson as caller.

Hear for Norfolk



Supporting people with hearing loss
and related conditions

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

We provide support through the following range of services:

Aural Care - removal of earwax using microsuction

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

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

Hearing Support - maintenance of NHS issued hearing aids

Otoscopy Clinics - screening of ears for the presence of earwax

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

Hearing Loss Awareness Training

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



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

Scan
me!



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

Charity number	Charity name
270226	EDMUND ATMERE (FELTWELL) CHARITY
1016584	FELTWELL WOMEN'S INSTITUTE
213968	FUEL ALLOTMENT
213969	REVD THOMAS RAWLINS'S CHARITY
289040	1ST FELTWELL SCOUT GROUP
1012608	FELTWELL, THETFORD AND DISTRICT MENCAP
1075097	SIR EDMUND DE MOUNDEFORD CHARITY
1028560	FELTWELL PLAYGROUP
1212749	SOLID ROCK CHRISTIAN CENTRE
207856	FUEL ALLOTMENT
290195	ALLOTMENT TO FORMER HIGHWAY SURVEYORS
1198440	THE GRANGEWELL CHARITABLE TRUST
268856	SOUTHERY, FELTWELL AND METHWOLD RELIEF IN NEED CHARITY

CHARITIES RELATED TO FELTWELL

The screen shot on the left is the result of a search for Feltwell on the Charity Commission's website - <https://www.gov.uk/government/organisations/charity-commission>. To use:-

Click on 'Find a charity'.

Then the 'Find a Charity' green box.

In the 'Search the Register of Charities' box enter Feltwell and click on the magnifying glass search icon.

Scroll down a little and you will find the list on the left with each charity's income for the last financial year.

Clicking on a charity name will give you access to more information about the charity.



QUIZ NIGHT

Saturday

5th July

7.30 pm

??



??



St. Mary's Church, Feltwell

£7.50 to Include Supper

**Please bring you own plates, cutlery, glasses, drinks
and nibbles.**

All proceeds to Church Funds

OLD BONES AND CREAKING GATES

This month Frederick James turns his hand to some poetry.

When folks like me are old and grey,
You'll often hear some people say
About the way we're looking great,
There's nowt lasts longer'n a creaking gate!"

*

T' Good Book says the years of men
Should only be three score and ten.
Now t'Government says it's seventy-nine,
Where they are going to draw the line!

*

But I am out to prove 'em wrong,
Before they play that old Swan Song!
I'm going to make 'em wait for me
To pop my clogs, just wait and see!

*

"How come 'e looks so fit and well?
How old is he? It's hard to tell.
I bet his bones ache, just like mine,
I reckon he's only sixty nine!"

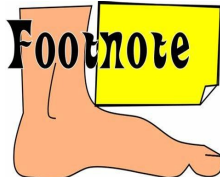
*

Old bones will ache, what e'er your years,
They'll cause you pain, and even tears,
They're creak at dawn, to wake the dead'
But age, my friend is in your head!

*

Just keep 'em moving, that's the trick,
And do not shun that walking stick.
That keeps you on an even keel,
Just see how good it'll make you feel!

Continued over



How to make your day more fun...

Explore your artistic side. Learn how to sketch,
paint, or take professional-quality photos.

A NIGHT AT THE MUSICALS



Tickets available (no booking fee) at:
<https://www.ticketsource.co.uk/the-thetford-singers>

**Thetford
Singers**

Tickets £10 or
£2 (16 and under)

Thursday 17th July 2025 7.30pm
The Carnegie, Cage Lane, Thetford,
IP24 2EA



Thetford Singers is a registered charity no.269142

*

So, knees bend, arms stretch, every day
Will help those bones in every way,
Cod liver oil and multivit,
Will also help to keep you fit!

*

Pay no heed to those who say
“He's past it now, she's had her day”
Now is the time for you to state
“You're proud to be a CREAKING GATE!”

*Thank
You!*

We wanted to say a big thank you to Ian Rayner for the wonderful event he organised on Saturday 3rd of May - Picnic In The Park.

Like Marvin Gaye, we heard it through the grapevine that Ian not only organised this amazing event for us all but also paid for it all himself through lack of any sponsorship. Ian probably doesn't want a fuss made about his kindness and hard work but we felt we had to say thank you mainly to him but also to all those that helped get the event set up to give the village a truly enjoyable and memorable afternoon to celebrate VE Day.

Feltwell Dispensary

NEW Opening Hours from 2nd Dec


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

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

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

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

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

 **01842 829738 or 01842 828481**

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

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

ALMSHOUSE RESIDENT VACANCIES

Sir Edmund de Moundeford Trust Almshouses, originally built in 1642, were refurbished by the trustees 1994 to create four one-bedroomed cottages on Oak Street, Feltwell.

We currently have available two ground floor one-bedroom cottages which are currently being modernised. Accommodation comprises of kitchen; bathroom; hallway; bedroom and living room with solar panels installed. Communal grounds, close to Feltwell village centre. Available from September 2025 onwards

There is no resident warden. Maintenance charge applies. Residents are responsible for their own council tax and utility bills. Each cottage is unfurnished.

Criteria:

Open to anyone in a condition of need, hardship or distress and with limited finances, who are resident in the parish of Feltwell. Applicants should be of 'good character' and be 'in need of assistance' – this is based on both financial and housing need.

Must be capable of independent living – able to look after yourself and your home. Sorry, no pets and no smoking within the property.

Application process includes references, checks and an interview at current address to validate information.

Contact:

To request an application form please contact:-

Marcus Hawkins, Clerk to the Trustees, The Estate Office,
15 Lynn Road, Downham Market, Norfolk, PE38 9NL
T: 01366 387180

Jim Maughan just needs to say **THANKYOU** to the Good Samaritans who came to his rescue on Friday 23rd of May. when he was grounded by a puncture on the Lodge Road. The hug doesn't seem enough, somehow. Thankyou so much.

**JEM PROPERTY
MAINTENANCE**



Handy Man & Property Maintenance

JOHN - 07798 672 552

jempropertymaintainer@gmail.com

SPARE A THOUGHT

Do you read books? You probably do or at least you probably have done, even if it was back before television stretched itself to 24 hours a day and streaming services began to nibble at its audience. And when you read the book, whatever it was, historical romance or thriller, science fiction or literary fiction (whatever that is) did you ever spare a thought about the lives of those characters in the background? Those that are already in the café drinking tea or coffee, black or with milk, sugar or not, talking quietly, adding to the general hum of the place but without written dialogue. What are they talking about? Is it idle chatter, gossip or conversing in deliberately quiet tones planning something audacious or just the details of a wedding or surprise party?

And what about those who are walking down the street on which our hero or heroine is also walking, usually hurriedly as they have to meet a deadline or get to a secret meeting or commit some dastardly crime. All those in this supporting crowd of characters must have lives, right, even if the author didn't feel the need to talk about them. Are they going to work? Or going home after a long day in the office or on the building site or doing whatever it is they do? Do you ever spare a thought for these undescribed characters? How they are dressed? Smart or scruffy. What they are wearing? M&S or F&F? Do you picture them in your mind's eye? Do you 'see' the café or the street? Do you hear the noise? Or do you just read the words, caught up in the rhythm of the text, the sentence structure. Do you skim read? If you do, are you doing the author a disservice? After all they bothered to commit all those words to paper. Might as well read a play script!

But it's not the same for film or TV, or is it? Here we see the supporting cast, we see them talking, gesticulating, doing something but we never hear them, we never get to know anything about them apart from seeing what they are doing and yet, be it books or film or TV, they are more than simply window-dressing. They are essential to the scene, to the feel of the piece. They make it alive and relatable. And that is important.

Edward Gee

Do you feel modern technology is leaving you behind?

Would you like to brush up your skills?

If so, why not drop into the sessions below?



Extra sessions added for 2025:

1st August, 5th September

3rd Oct. 7th Nov. 5th Dec

10-12pm at St Mary's church.

Refreshments provided.

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

Tech Skills for Life is here to help!

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

Community Tech Coaches can:

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

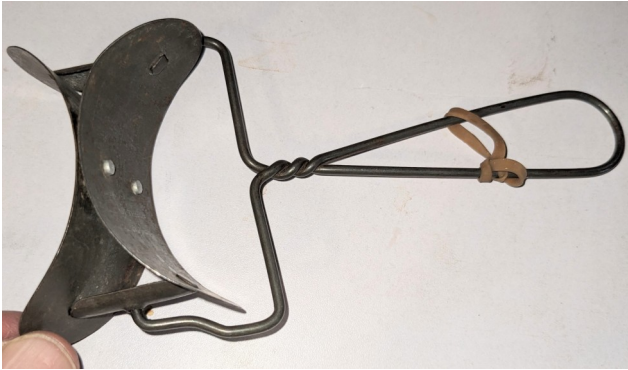
Get your tech skills sorted, make your life easier, and get in touch today.

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

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

CURIOS ARE BACK! No 2.

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



Answer to last month's Curio.

It's a **biscuit cutter**.

Imagine a sheet of raw biscuit pastry and this cutter resting on its edge. The first blade cuts a neat semi-circle and as the tool is pushed forward the other

side of the same blade completes the perfect circle while the second make another neat semi-circle... and so on. Of course, it didn't have to make biscuits. Mince pies need tops too...



This Month's Curio

A simple handle, a straight armature and two little parallel blades underneath.

Obviously for cutting something, but what?

Answer next month.



Supporting
sustainable uniform
at low cost for
Edmund de
Moundeford
students

Open Mondays 3-3.30
Other days and times
upon request



Follow us on
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updates on
Sale dates and
how to donate
items



Bring 20 uniform items
in good condition and
get a £5 voucher for
use in PLUS



LATEST CONSUMER ALERTS AND TRADING STANDARDS NEWS

Scam Alert - Emails claiming to be from 'M&S'

We are again warning residents about scam emails circulating claiming to be from M&S stating that 'you have been chosen to receive a Marks and Spencer Afternoon Tea Letterbox Hamper'. The emails, which are branded and designed to mimic genuine emails from the retailer, contains a link to 'answer a few quick questions about your experience' to claim the item.

Anyone following the link will be taken to a phishing website which will attempt to gather personal and financial information to claim the fictional offer.

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.

Scam Alert - Text messages claiming to be from DWP

We are again warning residents to be alert for text messages claiming to be from DWP.

One recent example, which is titled 'DWP - Energy Allowance Notice', states 'Your account shows that you are eligible to apply for an Energy Allowance for 2024-25 up to a maximum of £300'.

The message then claims that you need to 'complete the submission process' via a link in the message within a short time window, usually around 24 hours from when the message is received as 'late applications will not be accepted'.

These messages are **not genuine** and anyone following the link will be taken to a fake version of the official government website which will look to gather personal and financial information.

Scam Alert - Criminals targeting grieving families with online scams

Scammers are targeting recently bereaved families with bogus donation forms and fake online funeral streaming services.

Scammers are trawling publicly available online funeral notices and then, posing as bereaved family members, sending links to mourners with requests for payment to view video streams of funerals.

Fraudsters are also setting up fake donation pages encouraging potential victims to hand over personal information that can be used to commit authorised push payment (APP) fraud. Reports have been received of fake donation pages appearing on platforms including Facebook and JustGiving.

Remember that a funeral is a public event that you should never be charged to attend in person or online. Don't trust links for donations found online, always

Contacts

Associate Priest

Rev'd Juanita Hawthorne 01366 728545

revjuanita58@gmail.com

Churchwarden

Chris Parker 01842 827152

cmparker@talktalk.net

Benefice Administrator

Fiona Hearn 07811 782316

wisseygrimshoebenefice@gmail.com

TO ARRANGE, WEDDINGS, FUNERALS AND HOME COMMUNION

Please contact

Fiona Hearn 07811 782316

wisseygrimshoebenefice@gmail.com

TO ARRANGE BAPTISM

Please contact Tammy Wright

07717 507665

grimshoebaptism@gmail.com



Welcome to St Mary's Church Feltwell

Part of Grimshoe Benefice

including

St Mary's
Feltwell

St James'
Hockwold

St Andrew's
Northwold

St Mary's
Weeting



check with the official funeral director for information about donations.

Remember:

- You should never be charged to attend a funeral, whether in person or via livestream
- Only donate through official, verified sources - check with the named funeral director or celebrant if unsure
- Never share personal or banking information in response to unsolicited messages
- Be cautious of friend requests or messages from unfamiliar profiles, even if they appear to be mutual friends
- If you've shared bank details with something you suspect could be a scam, contact your bank immediately.

Scam Alert - Emails claiming 'your pet's microchip registration has expired'

We are continuing to warn residents about emails circulating which claims, 'your pet's microchip registration has expired'.

The email, which often includes information about you, your pet and your pet's microchip number, will state that you need to pay a fee for the registration to be updated or renewed.

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.

If you receive this or a similar email you are advised to contact the existing company that holds the registration for your pet's microchip to ascertain its current status. Information on all the current approved microchip databases is available on the [GOV.UK website](https://www.gov.uk).

If you do not know your current provider there is also a link to enable you to check your pet's microchip number to identify who it is registered with. If you do not know your pet's microchip number speak with your vet.

Scam Alert - Fake parcel delivery text messages

We are warning residents about text messages claiming to be from parcel delivery companies stating they are unable to deliver an item.

Recent examples have included messages claiming to be from 'EVRI Team' stating that 'the courier (ref:8805) is delivering your parcel but is temporarily unable to complete the delivery as the EVRI system does not recognise your address details'.

The message goes on to say that 'in order to re-deliver your parcel as soon as possible' you need to update your details via a link in the message or by replying 'Y' to the text message.

These messages are sent by criminals who have created websites which are



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NEED PROBATE?

NEED LASTING POWERS OF ATTORNEY?

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Brandon
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Email: brandon@turnerfunerals.co.uk

used to gather personal and financial information or take payments.

If you receive one of these messages **do not** click on any links or respond in any way.

If you think you have interacted with a scam message and provided scammers with your financial details contact your bank immediately on a number you know to be correct, such as the one on the back of your bank card

Scam Alert - Emails claiming to be from 'NatWest'

We are warning residents about emails circulating claiming to be from 'NatWest' stating 'we're changing the way we look' and that 'over the next few months some of our emails will showcase a sleek new design while others still appear as they do now' with the email going on to say 'No worries, both are from us'. The email also claims that 'you may also notice that we'll start addressing you by your first name and occasionally send you direct links that go straight to our app for added convenience'. The email then provides a link to 're-authenticate your account' to 'ensure a smooth transition'.

These emails are not from NatWest and are designed to mislead the recipient into thinking changes are about to be made to communication from NatWest. 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.

If you are concerned about the security of a bank account contact your bank directly using the Customer Service number printed on your card, on a recent statement or via information available on their genuine website or app. Never use details provided in a cold call.

Scam Alert - WhatsApp 'family member' scam messages

We continue to receive reports from Norfolk residents of WhatsApp messages where fraudsters attempt to impersonate family members to steal money. The message will often start "Hello Mum" or "Hello Dad" and will say that they are texting from a new mobile number as their phone was lost or damaged. They will then ask for money to purchase a new one or claim that they need money urgently to pay a bill.

The fraudsters will then provide bank details for the payment to be made to, with some coming back with further demands for money.

If you receive a suspicious message (even if you think you know who it is from), calling or requesting a voice note is the fastest and simplest way to check someone is who they say they are.

Continued on page 33



Would you like to join Methwold Theatre Club?

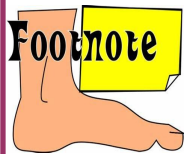
Have you ever thought about having a go at acting? Would you like to be part of our enthusiastic and friendly group? If so, come and join us. We meet most Tuesday evenings in Methwold.

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

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

A REQUEST FROM THE SURGERY

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



Patient was seen by Dr. ???? who felt we should sit on the abdomen and I agree.

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

SUBSCRIPTION INFORMATION

If casual readers would like all future issues of this magazine delivered **FREE** to your home in Feltwell please contact our Distribution Manager Ian Webb on 828167.

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

All subscriptions below 11 copies are pro rata.

HEALTHCARE INVESTMENT FOR WEST NORFOLK

From : terry.jermy.mp@parliament.uk

My number one priority when standing to be an MP was a determination to address the numerous health and social care challenges across West Norfolk. I am sure we all have either a personal or family story of navigating the NHS and social care system, and frustrations that come from that.

As a Member of Parliament, approximately a third of all the casework my team and I manage is health or social care related, and I am all too aware, both through my work as the MP, and from an individual perspective, how our public services are broken following years of neglect from the previous government.

For example, for too long buildings were left in urgent need of work, often causing frustrating and avoidable delays to appointments.

That is why I am thrilled with the recent announcement that the Queen Elizabeth Hospital (QEH) in King's Lynn will receive nearly £3million of government funding for much-needed repairs which will deliver vital maintenance improvements to help prevent cancelled appointments and operations.

As a result of this funding, patients will benefit from better services and facilities.

This recent announcement follows the news from earlier in the year, when the Government confirmed that £1.4bn of funding for the QEH would be made available for the longer-term replacement hospital.

In addition to the QEH, local GP, Bridge Street Surgery in Downham Market was recently announced as one of the recipients of government funding focused on modernising local practices.

The surgery, which I visited last month, will share in more than £100million to create additional space to see more patients, boost productivity and improve patient care. This funding represents the biggest investment in GP facilities in five years.

Underpinning much of our health and social care system is the vital contribution of carers. Taking place this month is Carers Week (June 9th – 15th), the annual campaign which aims to raise awareness around caring, recognise the contribution of carers and highlight the challenges they face.

Earlier in the month I met with Carers Voice, an independent charity supporting carers in Norfolk and Waveney to discuss the vital role carers play. We spoke about carers identity passports, young carers and the cross-border

**Services
elsewhere in the
Benefice**

**St James'
Hockwold**

Eucharist

July 13th 9.15 am

Eucharist

July 27th 9.15 am

Eucharist 9-30am

1st Tues in month

Morning Prayer

All Tues except 1st in
the month 9-30am

**St Andrew's
Northwold**

Eucharist

13th 11am

Service of the Word

July 27th 11am

**St Mary's
Weeting**

Eucharist

July 6th 11am

Eucharist

July 20th 11am

Services at St Mary's Feltwell

Eucharist

Sunday 6th July 9.15am

Service of the Word

Sunday 20th July 9.15am



Other happenings at

St Mary's Feltwell:

Food Pantry Open

Weds 9am—11.30am

Sat 12.00pm—1.00pm

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



Internet available and help to use it.

Community Information Point.

Borough Services.

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



discharge process, and also touched on the importance of highlighting the care many of us are responsible for with our loved ones.

Caring is complex, demanding and emotional work, and it is crucial to make everyone aware, both professional carers and those who undertake caring responsibilities in a personal capacity, that support is available.

I will be in Feltwell on Friday, July 11th. Please do send me an email if you would like to arrange a time to meet: terry.jermy.mp@parliament.uk

SCAMS *Continued from page 29*

- **Stop:** Take time before you respond. Make sure your WhatsApp two-step verification is switched on to protect your account, that you are happy with your privacy settings
 - **Think:** Does this request make sense? Are they asking for money? Remember that fraudsters prey on people's kindness, trust, and willingness to help
 - **Call:** Verify that it really is your friend or family member by calling them directly or asking them to share a voice note. Only when you are 100% sure the request is from someone you know and trust, should you consider it
- You can report spam messages or block a sender within WhatsApp. Press and hold on the message bubble, select 'Report' and then follow the instructions. Also remember to **never** share your account's activation code (that's the 6-digit code you receive via SMS).

Reporting scams

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

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

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

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

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

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

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

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Messenger

CLASSIC CAR AUCTION LOGISTICAL

This Logistical puzzle was designed by Chris at the Wellington.

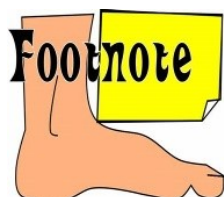
	MGB	Jensen Interceptor	Triumph Spitfire	Ford Capri	Black	White	Brown	Blue	£19,000	£21,000	£22,000	£23,000
Colin												
Maureen												
Fred												
Libby												
£19,000												
£21,000												
£22,000												
£23,000												
Black												
White												
Brown												
Blue												

Match the buyer to the car, the colour and the price paid.

CLUES

1. The £22,000 car was White.
2. The Jensen Interceptor was the most expensive, Fred spent £2000 less.
3. Colin bought the MGB.
4. The Jensen Interceptor wasn't Brown.
5. Maureen bought a Blue car for less than Ford Capri cost.

The answer to this month's puzzle can be found on page 77.



Answer me this:

Wouldn't it improve the village if we all cleared the weeds from the road gutters outside our houses?



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WORD SEARCH

Submitted by Mrs J. Clements.

This month our word search is on **SEASIDE RESORTS**

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

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

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

ABERSOCH BLACKPOOL BOGNOR REGIS BOURNEMOUTH
 BRIGHTON BUDE CROMER EXMOUTH
 GREAT YARMOUTH HERNE BAY ILFRACOMBE LOWESTOFT
 MARGATE NEWPORT NEWQUAY SHANKLIN SOUTHEAST
 SEA SOUTHPORT ST IVES ST MARY'S BAY TENBY
 TORQUAY WESTERN SUPER MARE WHITBY

The solution is on page 79



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Our speaker for July was Paul Garland who gave us the second part of his presentation entitled, "Anything can happen in the next half hour." *The report on part one can be found in the September 2024 issue.*

Paul began by reminding us that the subject of his presentation was the film and television producer, writer and director Gerry Anderson, famous for the development of Supermarionation in children's TV shows such as Stingray and Thunderbirds. Part two focused on Anderson's live action programmes the first being *UFO*, released in September 1970 and starring Ed Bishop, who was also the voice of Captain Blue in *Captain Scarlet and the Mysterons*.

During production of *UFO*, Anderson was approached by Harry Saltzman (at the time co-producer of the James Bond film series with Albert "Cubby" Broccoli), and invited to write and produce the next film in the series, which was to be *Moonraker*. Anderson wrote and delivered a treatment to Saltzman but ultimately nothing came of it. Anderson was offered £20,000 for the treatment, but refused, fearing that if he accepted he would not be at the helm when it was made. He eventually relinquished the treatment, and received £3,000 in compensation. *Moonraker* was eventually produced in 1979, but did not involve any of Anderson's material.

By the time *UFO* concluded, the relationship between Gerry and his wife and co-producer Sylvia had deteriorated. Although *UFO* had been produced under the banner of a new company, Group Three Productions (the three being both of the Andersons and Reg Hill), Anderson decided not to work with his wife on his next project *The Protectors*. It was one of Anderson's few non-original projects.

Lew Grade was heavily involved in the programme, and cast both the lead actors, Robert Vaughn and Nyree Dawn Porter. The production was difficult for Anderson, who clashed with Vaughn. There were also many logistical problems arising from the Europe-wide filming of the show, but it was very successful in both the UK and America and its theme song "Avenues and Alleyways" became a

hit record in the UK for singer Tony Christie. It was also the first live-action series produced by Anderson to survive to a second season.

Then, in 1975, came *Space 1999*, the most expensive television series ever made at that time and starring the American husband-and-wife actors Martin Landau and Barbara Bain, who had gained international fame in the TV series *Mission: Impossible*. They were cast at Grade's insistence and against Sylvia's objections.

The Andersons' marriage broke down during the first series of *Space: 1999*. Sylvia severed her ties with Group Three, and, to alleviate his financial plight, Anderson sold his share of the profits from the APF/Century 21 shows and their holiday home in Portugal.

By the late 1970s, Anderson's life and career were at a low point: he was in financial difficulty, found it hard to get work, and he experienced family difficulties.

In the early 1980s, Anderson formed a new partnership, Anderson Burr Pictures Ltd, with businessman Christopher Burr. Their first production was based on a concept devised by Anderson in the late 1970s for a Japanese cartoon series. *Terrahawks* marked Anderson's return to working with puppets, but rather than marionettes this series used a new system dubbed 'Supermacromation' which used highly sophisticated glove puppets—an approach inspired by Jim Henson and his colleagues. *Terrahawks* ran successfully from 1983 to 1986 in the UK. Anderson has claimed that he would rather forget the show.

Following *Terrahawks* and before the next big programme Anderson and Burr produced the cult stop-motion animated series *Dick Spanner*, which enjoyed success on Channel 4 in the late 1980s and early 1990s. It was the last project for Anderson Burr. Anderson then joined the Moving Picture Company as a commercials director.

The cult appeal of Thunderbirds and Anderson's other Supermarionation shows grew steadily over the years. In the early 1990s, ITC began releasing home video versions of the Supermarionation shows, and the profile of the shows was further enhanced by productions such as the Dire Straits music video for

their single "Calling Elvis". In 1991 Gerry asked journalist and author Simon Archer to write his biography, following an interview by the latter for a series of articles for Century 21 magazine. In September that year in the UK, BBC2 began repeating *Thunderbirds*, its success rivalling that of its original run a generation before. It became so popular that toy manufacturers Matchbox were unable to keep up with the demand for the Tracy Island playset, leading children's show *Blue Peter* to broadcast a segment showing children how to construct their own for a second time. The fan base for the Anderson shows was now worldwide and growing steadily, and Anderson became in demand for personal and media appearances. The renewed interest enabled Anderson to return to television production, and in 1994, *Space Precinct* appeared on television. Simon Archer was killed in a car crash in 1993 so Anderson's biography was never finished.

By December 1999, Anderson was working on plans for a sequel to Captain Scarlet. The *New Captain Scarlet* finally premiered in the UK in February 2005. This was followed by a CGI version of *Thunderbirds* with Rosamund Pike as Lady Penelope in 2013.

In July 2012 it was reported that Anderson had been diagnosed with Alzheimer's disease. Anderson died in his sleep on 26 December 2012, at the age of 83.

Gerry Anderson's legacy is being kept alive by his son Jamie Anderson who now runs Anderson Entertainment.

The Men's Breakfast Club usually meets on the 1st Saturday of the Month at The Wellington in Feltwell at 9am. It costs £8.00 per person to attend which includes a talk, tea or coffee and a full English breakfast which never fails to please.

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

Our next meeting will be replaced by a trip.

MISSED APPOINTMENTS @ THE SURGERY 2025

May 2025 saw **73** appointments missed, that's **10** more than in April. This represents a loss of medical care to the tune of **£2190** for the month.

So far this year **347** appointments have been missed representing a total of **£10,410** of medical care lost. These appointments could have gone to someone else in need.

If you cannot attend your appointment, please cancel it.

NEW Lead Times for Prescriptions NEW

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Ordered

Sat, Sun & Mon
Tuesday
Wednesday
Thursday
Friday

Ready for collection

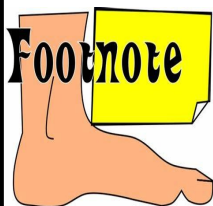
Following Tuesday
Following Wednesday
Following Thursday
Following Friday
Ready a week Monday

ART FOR PLEASURE

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

Contact Beryl Pountney, Secretary, for details on
01842 828750

The kettle is always on.



Q. What happens to your body as you age?

A. When you get old, so do your bowels and you get intercontinental.

A child's answer from an examination paper

THE NHS APP

The NHS App is a simple and secure way to receive messages from your trusted health care providers and offers significant benefits for patients. It provides convenient access to a range of healthcare services and information, and patients can use the app to manage their health, order prescriptions, book appointments, and access their health information, all from the convenience of their smartphone or computer.

You can view messages from hospitals and other providers about your care in the NHS App too. Simply turn on notifications for the NHS App to stay up to date.

The **NHS App** gives you a simple and secure way to access a range of NHS services. You can download the NHS App on your smartphone or tablet via the **Google play** or **App store**. You can also access the same services in a web browser by **logging in through the NHS website**.

You must be aged 13 or over to use the NHS App. You also need to be registered with a GP surgery in England or the Isle of Man.

What you can do with the NHS App

You need to prove who you are to get full access to the NHS App. With full access you can:

- order repeat prescriptions and nominate a pharmacy where you would like to collect them
- book and manage appointments
- view your GP health record to see information like your allergies and medicines (if your GP has given you access to your detailed medical record, you can also see information like test results)
- book and manage COVID-19 vaccinations
- register your organ donation decision
- choose how the NHS uses your data
- view your NHS number
- use NHS 111 online to answer questions and get instant advice

Do more with the NHS App!



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

And much more...

Need help?

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



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

or medical help near you

Before proving who you are, you can use the NHS App to:

- search trusted NHS information and advice on hundreds of conditions and treatments
- find NHS services near you

Other services

Depending on your GP surgery or hospital, you may be able to use the NHS App to:

- message your GP surgery or a health professional online
- contact your GP surgery using an online form and get a reply
- access health services on behalf of someone you care for
- view and manage your hospital and other healthcare appointments
- view useful links your doctor or health professional has shared with you
- view and manage care plans

Keeping your data secure

To access the NHS App, you will need to set up an NHS login and prove who you are. Your NHS App then securely connects to information from your GP surgery.

If your device supports fingerprint detection or facial recognition, you can use it to log in to your NHS App each time, instead of using a password and security code.

Only 52% of Feltwell Surgery patients use online services at the moment which is below the national average for where NHS Digital want them to be.

The hope is that if more patients begin to use the NHS App and start ordering their medication this way, the process of fulfilling repeat prescription will be a lot quicker and dispensing times will reduce from the current five days.

PLEASE CONSIDER DOWNLOADING THE APP TODAY.

The Atmere Charity

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

It also helps for severe chronic illness in younger people.

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

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

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

SUDOKU PUZZLE

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

Answer on page 76



The Food Pantry, Feltwell

WHO ARE WE?

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

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

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

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

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

OPENING TIMES:

Wednesday 9AM – 11:30PM

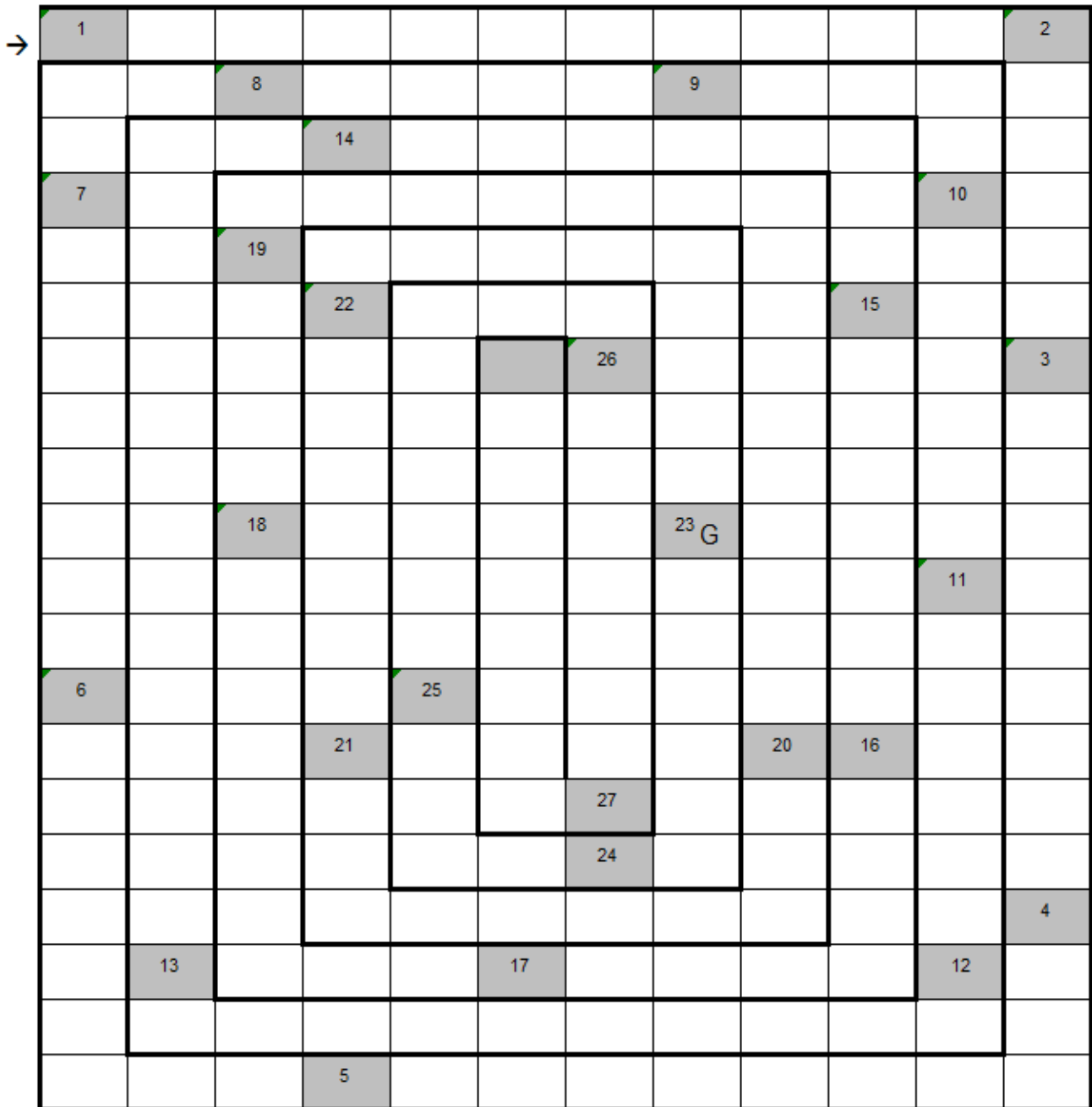
Saturday 12:00PM – 1:00PM

For more details visit our Facebook Page or call 07454 259280

WORD 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 On this earth (11)
- 2 A Brazilian ballroom dance for couples (7)
- 3 **MUSIC:** A pioneer of shock rock between the 1960's and 70's (5-6)
- 4 **BOTANICAL:** 'Madam Masson' is an outdoor evergreen shrub of what family? (12)

- 5 Lacking any distinctive features (11)
- 6 Without telling a lie (10)
- 7 A freshwater crayfish species that lives in many parts of Australia (5)
- 8 A custard like food with a tart flavour (6)
- 9 Mythical daughter of Thor & Sif (6)
- 10 **FILM:** Released in 2016 as part of the 'Star Wars' saga's and stars Felicity Jones and Diego Luna (5-3)
- 11 Vision (8)
- 12 **MEDICAL:** Also known in the past as 'Consumption' (12)
- 13 Basseterre is the capital of what Caribbean Island (5-5-3-5)
- 14 Rarity (10)
- 15 A similarity to something (9)
- 16 A popular main dish in Latin America (9)
- 17 **BOTANICAL:** This plant has a smooth textured surface that grows calmly all year around producing white flowers in April/May (4-2-6)
- 18 Car body section below the base of the door opening is sometimes called? (6)
- 19 **MUSIC:** This song was released in 1966 by the *Four Tops* (5-3-3-2-5)
- 20 **MEDICAL:** the branch of medicine which deals with the incidence, distribution, and possible control of diseases and other factors relating to health. (12)
- 21 **COMPUTERS:** Loosely, one septillion bytes is called? (9)
- 22 Perpetual (11)
- 23 A cold soup hailing from Spain. (8)
- 24 A spotted leopardlike cat (6)
- 25 This deity was worshipped in towns and villages around Mount Hermon by North Arabian tribes of pre-Islamic Arabia (10)
- 26 A system of sending messages using flags (9)
- 27 **FILM:** Released in 1955 this film is an American epic period drama

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

B.R LANDSCAPES

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FELTWELL METHODIST CHURCH, COMMUNITY HALL & GARDEN

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



Due to lack of response the Craft Group no longer meets.

Mondays (7-9pm) & Tuesdays (1.45-3.45) we have a laugh, get some vital exercise and enjoy sporty activities together, table tennis, pool, snooker, and whatever else we can drum up!

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

Gardening is recognised as a calming and relaxing activity. Come and help us grow more fruit and veg for the community.

Pull a weed (plant control),

or sow a seed,

just your time is all we need.

<<<Thursdays 6.00pm – 1st Feltwell Brownies>>>

We would like a sign for our “Community Garden”

Preferably made with wood, curved to fit the entrance arch, green would be nice, but we would like to see what you can do.

Who would like to give it a go?

Get in touch or.....just do it.

READING HELPERS WANTED

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

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

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

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

For more information about Coram Beanstalk please see:

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



01842
828481

FELTWELL SURGERY OPENING

8.00am - 6.30pm Mon-Fri only

Extended Hours for Appointments Only

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

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

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

01842
828481

TABLE TENNIS

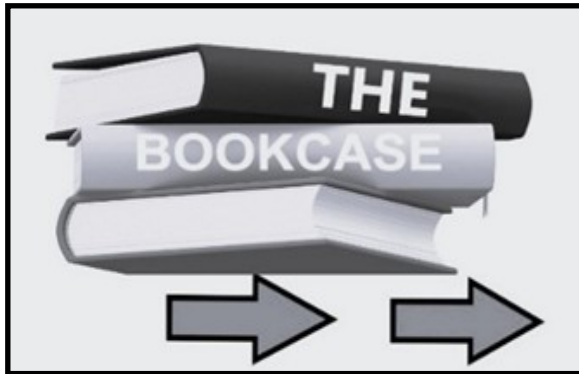
Feltwell Table Tennis club is now up and running every **Monday at 7.00pm and Tuesday from 1.45 at the Methodist Hall, Feltwell.**

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

Pool Table NOW available.

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

11.00am – Noon—Community Fellowship group



Authors include

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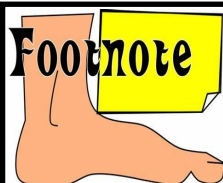


Please keep them coming. Pass on those you've read and take something new.

Give us a call or message us or one of our members. Find us by scanning this QR code on your Android or iPhone.

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

mikegw15@gmail.com Mike & Brigitte Wilkinson
07799216693



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www.markskinnerfunerals.org.uk



July is a good time of the year to sit back in the sunshine and admire all of the hard work you have put into your garden so far this year. It is a time when we have tasted the first home grown vegetables and fruit of the year and are looking forward to soon harvesting more. The flowers in the garden are blooming well. It just brings a smile to your face to know how much you have achieved and what you still have to look forward to.

Feltwell in Bloom have had two successful days selling plants to others during the Anglo American Car Show and the Village Fete. It was good to chat to so many people during these days. Also, during the village fete, the children's competition of designing a hanging basket was well attended. Well done to the winners. Thank you to those who have supported us by providing your spare plants to us. All of the money we raise help us to continue planting flowers and bulbs in the tubs around the village during the year. We will be judging the hanging basket competition at the end of this month and into August, so there is still time to enter – have a go because you could win garden vouchers: £10 for the 2nd and 3rd prizes, £20 worth of vouchers for the first prize. Entry forms are still available at the outlets previously mentioned or off our website.

We hope this Autumn to be able to put six more tubs around the village. If you would like to sponsor a tub, please feel free to get in touch with us. You will be advertising your business whilst helping to make the village more beautiful. We are also always looking for volunteers to help us water the tubs and look after them. Once again, please contact us if you are able to help us. Thank you for your support of our group.

Contact us on the following platforms:-

Facebook - *Feltwell in Bloom*

Email – *feltwellinbloom@yahoo.com*

Or phone Rita on 07785345614

J M Harris EST. 1996

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RSPB Lakenheath Fen

NEWS FROM RSPB LAKENHEATH FEN

As I write this we are mid-way through the breeding season for our birds and other wildlife. We are famed for our Bitterns and I am glad to report we had 16 booming males on our early morning surveys in April and May, and slightly later surveys are now underway on a weekly basis to try to work out how many nesting females we have, as well as trying to count Marsh harrier nests at the same time. Both these birds are undergoing a recovery in the UK from being very close to extinction here in the mid-1990's, so it is important we keep a close eye on their numbers.

Each year we have 2-3 pairs of nesting Common cranes on the reserve, and we hope soon to be able to report on their breeding progress. Because they nest on the ground and their chicks are flightless for the first 10-12 weeks of life, they are very vulnerable to disturbance and we do all we can to minimise intrusion into their territories until any young have fledged. For over a month now we have had Hobbies here- beautiful, elegant birds of prey who migrate here from Africa to breed. They feast on large insects like dragonflies, butterflies and beetles and nest in the poplar woods in small numbers. They are just beginning to think about nesting following their long journeys to get here.

Many of our smaller birds will have multiple broods within one Spring and Summer season, and as a result we have seen their young already- such as a family of Stonechats along the riverbank, and it is likely on a walk around at this time of year you may see young Reed and Sedge warblers who have recently fledged from their nests. Their parents will prepare to breed again, or even twice more, before the end of summer. Bearded tits are similar and can raised 2-3 broods of chicks per season. Some small birds like Blue and Great tits time their single breeding attempt to coincide with



giving
nature
a home

Events at RSPB Lakenheath Fen

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

Treasures of the Moth Trap 25 July, 29 August (10am to 11am)

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

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

Guided Pond Dipping 5 July, 2 August (11am-1pm)

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

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

Summer Walking Safari Saturday 19 July (2-7pm)

Our popular Summer Safari follows a route covering the full range of habitats at Lakenheath Fen. Follow our knowledgeable guides through reedbed, fen, wet grassland, riverbank and woodland on a trail to see as much wildlife as possible on this longer, 6.5 miles route.

RSPB members £20 (£10 for Under 18's); non-RSPB members £25 (£12.50 for Under 18's).

Fascinating Flora Guided Walk Sunday 27 July (10am-1pm)

A visit to Lakenheath Fen in Summer is a very colourful one with a wide variety of plants in flower. But, behind their pretty exterior lies a hidden world of folklore, poisons and medicinal properties. Join us to discover more about the secret world of our wildflowers.

RSPB member £12 (£6 Under 18's); non-RSPB member £15 (£7.50 Under 18s)

Summer Wildlife Walks Sundays 20 July, 17 August (10am-1pm)

Join our knowledgeable guides for a tour of the reserve taking in the best of our wildlife highlights. During the summer months there will be lots of migrant birds to see as well as plenty of dragonflies and butterflies. Come and celebrate the summer with us!

RSPB member £12 (£6 Under 18's); non-RSPB member £15 (£7.50 Under 18s)

the large emergence of small caterpillars on the first flush of leaves on the trees in Spring- so at the moment the reserve is full of young tits calling to their parents and learning to feed themselves! Blue tits can lay up to 16 eggs, and Great tits up to 12, to take full advantage of this glut of juicy caterpillars.

Whilst these birds are near enough 'done and dusted' with breeding, our delightful Cuckoos are just getting going- you can hear the males 'Cook-hoo' calls until the first half of July as they try to attract nearby females. Once mated, these males will soon depart for Africa- they are our earliest migrant bird to do so- and the females will be left to lay their eggs one-by-one in the nests of their chosen host species- often a Dunnock or a Reed warbler. After laying up to 20 eggs the females will hang around a bit longer to feed up before beginning their own migration, a few weeks behind the males.

As you can see- we are in the thick of the breeding season at the reserve and now is a great time to come for a walk - in a quiet moment at one of the viewpoints you may even spot some of the dragonflies dropping their own eggs into the water!



Great crested grebe family at Mere Hide.
Photo by Diane Ashton on 17 May.

Big Wild Sleepout 2025 Saturday 2 - Sunday 3 August (1pm-1pm)

Our ever-popular Big Wild Sleepout is back! Come and join us for the ultimate closer-to-nature experience- sleeping under the stars, a camp fire, wildlife walks and stargazing. Suitable for adults and families alike.

RSPB members £30 (£15 for Under 18's); non-RSPB members £35 (£17.50 for Under 18's).

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Last month, Bob Archer was a visitor to our meeting. He was 'spotted' and recruited and thus delivered his first talk on: Aviation at Mildenhall. Later in the year

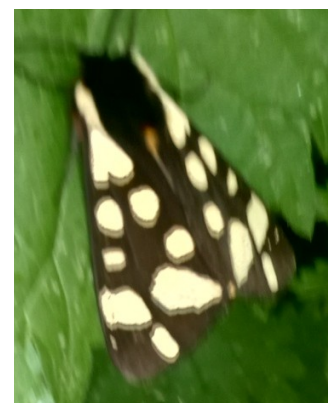


we expect the same eloquence in a talk on Russian aeroplanes.

He became a plane spotter when he was a teenager, 50 years ago, and, he presented us with evidence to prove it. Every noteworthy aeroplane since the 1930s, making its presence felt at Mildenhall, has been recorded in books he has published: available at the Mundford Bowls Club next month.

His pictures are showpieces but the means by which they were obtained, and the gossip supporting them, are stories in themselves.

A plane spotter usually films through the fence but, occasionally under it; sometimes from a digger bucket and sometimes by invitation; airmen like to show off as much as anyone else, probably more so. Bob recounted some snippets, perhaps anecdotal, with tales of Mad Mike and his rockets; SR71 Blackbird exhaust gasses burning a mile aft - pilot forgot to put the choke in?; nicknames and nose art still prevalent on many machines together with kill scores depicted now by missiles; visit by Donald Trump in the Boeing 747 with his personal backup blood supplies; skeleton landing survivors; stolen and downed aircraft still missing; a story of the demise of a Tiger Moth which was not an accident. Attached is a photograph of a Tiger Moth which recently landed in a Mundford garden - its ancestors got there before the Vulcan.



Bob finished his rendition and declared that he was prepared to continue his discourse as long as he could be home for breakfast.

Bob was thanked again and so too, were our hosts Val and Len for the nourishment they provided.

Nigel Tooth.

www.westnorfolkaviationsociety.org.uk

Guests welcome; that includes more prospective speakers.

MOBILE LIBRARY TIMETABLE—THURSDAYS

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

Upcoming Dates

10 July, 7 August
04 September
02 October

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

For all enquiries about this route please call
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SIR EDMUND DE MOUNDEFORD CHARITY

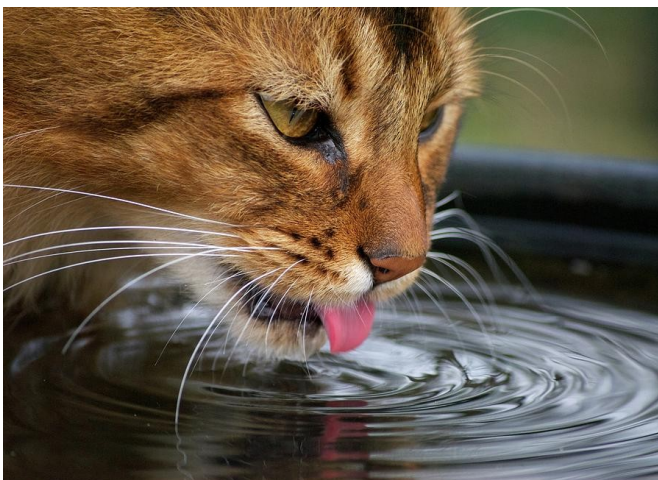
GRANTS AVAILABLE FOR POST 16 STUDY

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

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

Breckland Branch

Cats need fresh, clean and cool drinking water to keep them hydrated and healthy. Water is necessary for good circulation, digestion and bowel movements. Although cats don't drink large amounts, hydration is vital for their survival. It's important to remember that milk, cream or any other liquid is no substitute for water in a cat's diet. In fact, many cats are lactose intolerant, which means they have difficulty digesting dairy products. Drinking milk could make them unwell.



Cats drink water in a fascinating way. They extend the tip of their tongue to the water's surface, curling it backwards so only the top touches the liquid. Then, they retract their tongue at speeds of nearly 80cm per second, bringing water with it. The water molecules stick to the

tongue and each other forming a column that reaches their mouth. Cats catch the top of this column without getting their chin wet. They can only lap up a small amount of water each time, but as they can lap at an impressive rate of four laps per second, it is an efficient and neat way to quench their thirst.

The amount of water cats need to drink varies depending on their age and weight. Kittens up to 3 months old (weighing 1.4kg), need 70ml a day. Six-month-old kittens (weighing 2.7kg) need 135ml a day. Medium cat weighing 4kg need 200ml a day and large cats weighing 6kg 300ml a day.

Signs of dehydration include – lethargy, panting, refusal to eat, sunken eyes and dry or sticky gums. Excessive drinking (also known as polydipsia) can indicate health problems like diabetes, kidney disease or hyperthyroidism, leading to increased peeing. If your cat drinks more than usual, consult your vet to rule out serious conditions.

Continued over page

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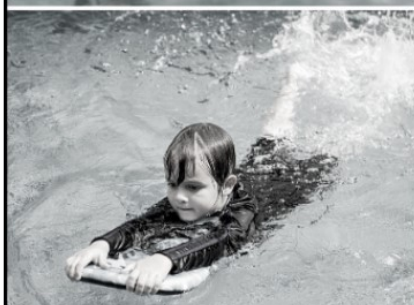
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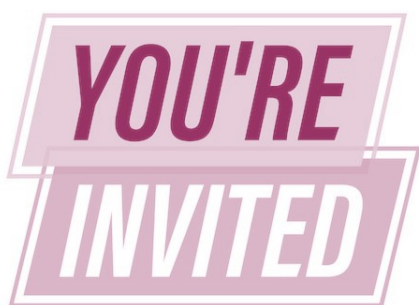


kbswimschool.com

Tips to encourage your cat to drink more are refilling their water bowl daily, place bowls throughout the house, try a different water bowl, try a water fountain, keep water and litter trays separate, separate the food bowl too. Switch to wet food and add some flavour such as tuna juice from tuna packed in water, (not oil), or add chicken broth which will make the water more enticing for your cat. Just make sure the flavouring doesn't include too much salt as this is unhealthy for your cat.

For help or advice or if you need assistance with the cost of neutering, please call us on 01842 81001.

Rita Thompson.



The **Historical Society** will be having
Afternoon Tea
at **St. Nicholas' Church** on **27th July** at
3.00pm.

There will be a sing-a-long with Mrs. Sybil
Cooper playing the organ.

The songs will be from WW2 as this is the 75th anniversary year.
We hope you can come and enjoy the delicious food that is always
served at this yearly event.

We look forward to seeing you there.

NEW

BADMINTON AT ST. MARY'S

NEW



Wednesday — 1pm to 8pm

Saturday — 9am to 8pm

If interested in playing please email:

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

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



FELTWELL FUEL ALLOTMENT CHARITY

If you can answer “YES” to the following two questions you may be eligible for a **Winter 2024 Fuel Payment** from three Feltwell charities.

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

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

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

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

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

Only one grant per household will be given.

ADVERTISING RATES

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

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

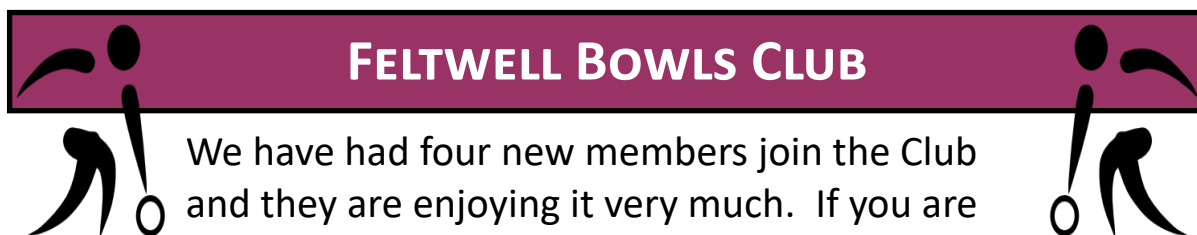
Quarter page—£60 per year or £6 per month

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

Our advertising year runs 1st Apr to 31st March

If you would like to place an advert in this magazine please contact our Advertising Manager: Susan Withers

Email: s_withers@hotmail.co.uk



We have had four new members join the Club and they are enjoying it very much. If you are considering it please coming along and give it a try, you are allowed tries. Please contact me on 01842 827511 or Martin, the Chairman, on 07771882428.

The league games made a start in May with 4 league games played, 1 cancelled and 2 Friendlies.

The results are as follows.

DATE	LEAGUE	OPPONENT	VENUE	RESULT	SCORE	POINTS
12-05-25	RS	Weeting	Away	Lost	67 - 25	0 - 8
15-05-25	DA	Mundford	Home	Lost	48 - 52	3 - 5
19-05-25	RS	Swaffham	Home	Lost	57 - 61	3 - 5
22-05-25	DA	Harling	Away	Lost	31 - 89	0 - 8
27-05-25	Ash	Northwold	Away	Cancelled due to weather		

Total results as follows:-

Rosie Smith	3 points	Shots for	3	Shots against	13
Dave Allen	3 points	Shots for	3	Shots against	13

The club competitions have been drawn, 24 members have entered each competition (Singles, Pairs and Triples) that's just under three quarters of the membership. Start to be made from 16th July.

We held a stall at the Fete on Saturday July 21st will report on it in the next issue.

The Quiz night was held on Saturday 28th July will report on it in the next issue,

The next event is a Treasurer Hunt and Cream Tea to be held on Sunday 3rd August in the large room in the RBL, starting at 2pm. (See advert) This is open to all so why not come along and join us and see what a friendly club we are.

Max

Walking on Air

07596157826

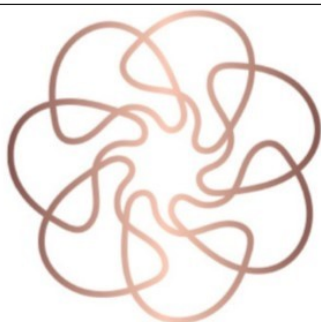
D.T.Byrne MCFHP MAFHP

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

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A Meeting of the Parish Council was held on Monday the 16th of June 2025 in the British Legion, Long Lane. Ten Councillors attended. Ms Vikki Quamina (Community Liaison Advisor at RAF Lakenheath), Mr Roger Atterwill (Constituency Caseworker for Terry Jermy MP) and three members of the public were also in attendance.

Mr Atterwill said he and Terry Jermy had attended a meeting with the Director of Housing DIO to discuss the empty housing on Trenchard Square. Of the 15 houses, 6 or 7 are in good enough condition for immediate occupancy but the rest need significant refurbishment work. Mr Jermy was keen to see the houses put back into use and there are ongoing discussions to benefit local people. Mr Storey appreciated Mr Jermy's involvement but said he should have engaged with the Parish Council on this matter and a Council representative should also have attended the meeting. He said the Council had been pursuing this matter for a number of years, had more local knowledge and would also have been able to provide a wealth of background information.

Mr Storey said more and more residents were complaining about noise and possible damage to their properties caused by the EOD demolitions and asked Ms Quamina to relay this matter to the RAF Commander. He could not understand why EOD activity could not take place at Stanta which was not in a residential area and had acres of land. Chair said the Council had put this matter to the previous MP and although it had been discussed at MOD level, it was quickly dismissed by USAF representatives. Ms Quamina said she would take this back to the RAF Commander.

The Voids Team at Freebridge advised a property on Old Methwold Road was empty as it required extensive work and had been passed to the Options Appraisal Team.

Highways are still unable to give a date for white-lining due to the sheer number of defects and reliance on weather

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conditions.

There were numerous cars parked on the build-out in front of Central Garage over the weekend, all of which obstructed vision for drivers exiting Short Beck and Long Lane. Norfolk Safety Team have suggested shaving off the build-outs on High Street and Long Lane but Mr Storey felt this would make very little difference. Clerk to email Jay Moorese, Area Manager for Highways and Mr Atterwill asked for Tom McCabe, Director of Highways and Mr Jermy to be copied in to escalate this matter.

Further costs are to be gathered for a new street light to be installed at Mulberry Close following a resident's concern that the area was very dark. The land here belongs to the Borough Council who would support the issue of a licence provided their legal and surveyor fees (amounting to £750 + VAT and £350 respectively) are covered.

New bus stop has been installed outside Manor Park Estate and at present this will only service Iceni Academy students.

A survey of the trees on the playing field will be carried out 17th June by S P Landscapes.

Mr Storey spoke of the Government's intention to replace existing county and district councils in England with fewer, unitary councils which will deliver all services in their area. He said the planning system as we know it will be affected as there are plans to reduce the current planning committee to only eight members, none of whom might live locally to an application. There will be no call-in system therefore less opportunity for local representations as well. A consultation is running from 28th May until 23rd July for councils to submit their views to central Government. Further information can be found on the NCC and Borough Council websites.

Recycling credit of £370.49 had been received from glass deposited in the bottle banks. **Residents are encouraged to**

Continued over page

deposit any glass waste into the bottle bank on the playing field as the Parish Council obtains recycling credits for every tonne collected.

Bulk tipping dog waste into a dog bin is not permitted and residents are reminded that bagged dog waste can be deposited in their domestic black wheelie bins and in village litter bins.

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

The next Parish Council meeting will take place at the British Legion on Monday 14th July 2025 at 7.30 pm. Everyone is welcome.

Having a party?

Don't have enough plates, dishes, glasses or cutlery?
Contact Sue Garland 827029 or Chris Parker 827152.

St Mary's Church can loan you all of the above
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DRESS/TROUSERS	£1
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LOGO'D JUMPER/CARDIGAN	£2.50

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8	5	6	4	1	7	9	3	2
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METHWOLD SPIRITUALIST CHURCH SPIRITUALIST SERVICES

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

11th July — OLIVE BYRNE & SHEILA JAMES.

**25th July — EVENING OF CLAIRVOYANCE
With CLAIRE QUADLING.**

AUGUST CLOSED.

5th September MELLINDA BASSETT.

19th September JOHN ENNIS.

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

Entrance donation £3. Evening of Clairvoyance £5 (towards costs)
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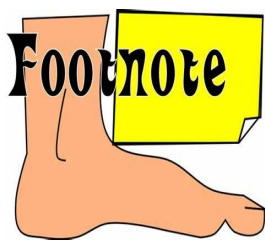
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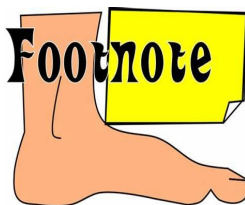
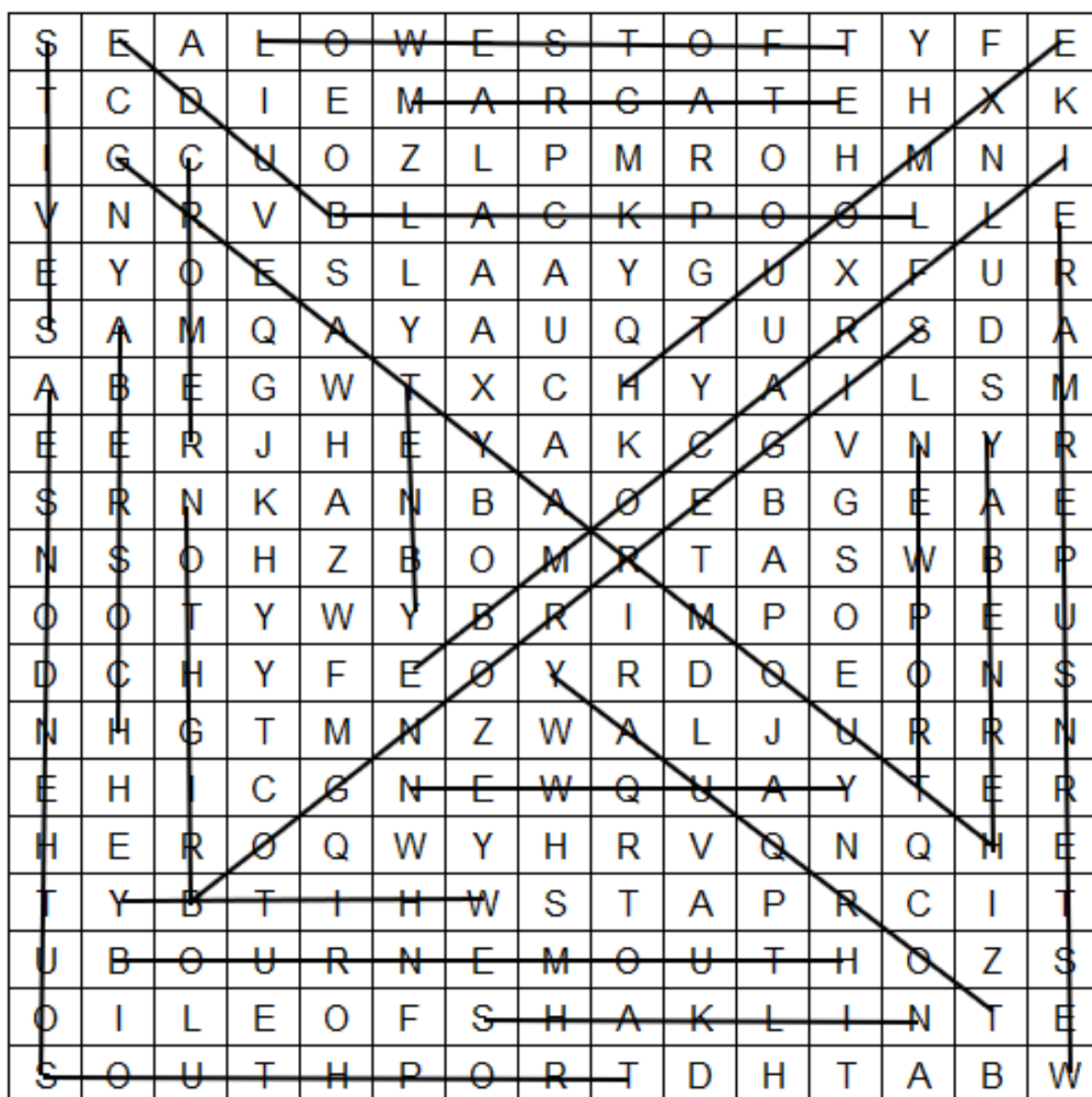
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Did you know? The Mona Lisa has her own mailbox in the Louvre for all the love letters she receives. The mailbox is located in a room next to the one housing the portrait, and is decorated with a reproduction of the enigmatic woman's face. There, visitors can deposit their letters, which are collected by the museum staff and stored in a special archive.

WORD SEARCH SOLUTION

NEXT MONTH'S WORD SEARCH WILL BE ON MAKES & MODELS OF CARS



Excerpts from various aviation engineers' fault report forms

Pilot: Aircraft handles funny.

Engineer: Aircraft warned to straighten up, fly right and be serious.



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.

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