

October 2023

# FELTWELL PARISH MAGAZINE

YOUR CONNECTION TO YOUR COMMUNITY



The Pumpkin issue! How many can you find inside?

Cover photograph by Ken Winter



## Inside this issue:

School Report by Doves Class

Our Village in Census 2021

Christmas Cards from Feltwell

New Series: Curios

Good Health, FiB, Bowls Club

Plus all our usual puzzles &  
lots more besides.

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.

Feltwell Bowls	Martin Blackman	829821
The Royal British Legion	John Linkin	828729
RBL Poppy Appeal Organiser	Mary Reynolds	828130
Feltwell Historical and Archaeological Society	Marion Lucas (Chairman)	828769
Feltwell Baby and Toddler Group	Lara Payne	07592 126767
Beavers and Cubs	Claire Scarff	827555
Feltwell School PTA	Lisa Strutt	@ the school
Feltwell Women's Institute	Claire Scarff	827555
Feltwell Playgroup	Samantha Newman	07582 371984
Feltwell Scout Group	Claire Scarff	827555
Feltwell Football Club	Sarah Ramsey (Secretary)	07825 506974
Feltwell Youth Football Club	Andy Kennedy	828914
Feltwell & Thetford District Mencap	Mrs T. Sismey	827292
Feltwell Brownies	Lisa Allbut-Kentish	07710 688857
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: <a href="mailto:feltwellparishclerk@gmail.com">feltwellparishclerk@gmail.com</a> .		828383

Parish Council website: <https://feltwellparishcouncil.norfolkparishes.gov.uk>  
Feltwell's History Website can be found at <http://www.feltwell.net>

## **Deadline for the next issue is 14<sup>th</sup> October 2023**

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](mailto:garlandp@btinternet.com)

Advertisers should contact our Advertising Manager: Susan Withers,  
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Distribution is by Ian Webb (828167) & Paul Garland

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



## FROM THE CLASSROOM

The academic year at Edmund De Moundeford Primary School has started superbly with many children keen to be sharing their summer adventures and proud to wearing their new school uniform. This year we have been able to welcome Mrs Freeman back as well as Mrs Sockett and Mr Stubbins who join as teaching assistants. Sadly, we will be saying goodbye to Mrs Allaway at the end of September, who has been a part of the school for a very long time, but we are sure she will enjoy her retirement.

Our classes have also been rebranded and there will be many opportunities throughout the year for different classes to share their learning and writing. This time it is Doves (Year 4 and 5) turn who wrote spine poems linking with their class name – we hope you like them.

Tiny, crimson red **eyes** staring at the delicious berries below.

A small, curved **beak** pecking at the scrumptious seeds.

Fluffy, white **wings** gracefully flapping in the sky.

Long, silky **tail** gliding through the wind.

Delicate, pink **feet** perching on the roof.

By RC, HA, SeC

Black, shiny **eyes** peering at the nutritious berries.

A grey, petite **beak** coos in the morning.

Snow white **wings** gliding in the wind.

A fluffy, silky **tail** bouncing in the clouds.

Small, cute **feet** standing on a crunchy branch.

By ES, JaS, MT

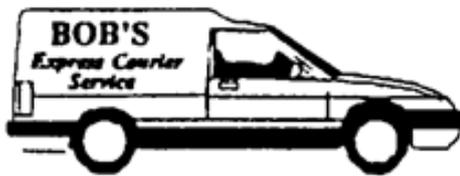
The next article will be written by Oystercatchers – keep your eyes peeled.

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# Feltwell in Bloom



## Making Our Village Beautiful

A big 'Thank You' to everyone who visited our plant sale, coffee and cake morning, on Saturday the 9<sup>th</sup> of September which we held outside of the Wellington. It was a lively morning with lots of chat about plants and gardens in general. Plant bargains were purchased by many and others just popped by for the odd slice or two of homemade cake and a drink. We raised enough money to buy another planter to place in the village next year, around £200. Thank you again, especially to those who contributed and to The Wellington for supporting us. If anyone still requires any perennials for this season, there are still a few left at 50p a plant. Give Rita a call on 07785345614 and I will be happy to arrange a viewing of those we have left over – be quick though!

It is the time to decide on the perennials you would like to put in your garden for a beautiful display next summer. It is also time to be collecting seeds from annuals so that you can grow your own next year. I have been busy collecting different marigolds and cosmos over the last few days. It is so easy. Pick the seed heads and lie them on a plate or a saucer to dry out, do not put them in a plastic container of any sort because they will rot. When dry, separate the seeds from the husks. If necessary, dry them further then, put them into a labelled and sealed envelope. Store them safely, ready to be sown next year either in a greenhouse, on a windowsill or straight into your garden when the frosts have finished. It is satisfying to grow your own seeds each year and cheaper than having to buy plants.

Feltwell in Bloom are also collecting seed heads from the flowers in their containers at the moment. As it gets more into the Autumn, sometimes the plants might begin to look a little more straggly, but rest assured that we are already looking and purchasing the bulbs and plants to replace these. The wilding area is looking bright and varied at the moment also. We will need to allow the flowers to set seeds here also before anything further can be done. Rest assured that we will be monitoring this area also. Thank you again for supporting our groups aims.

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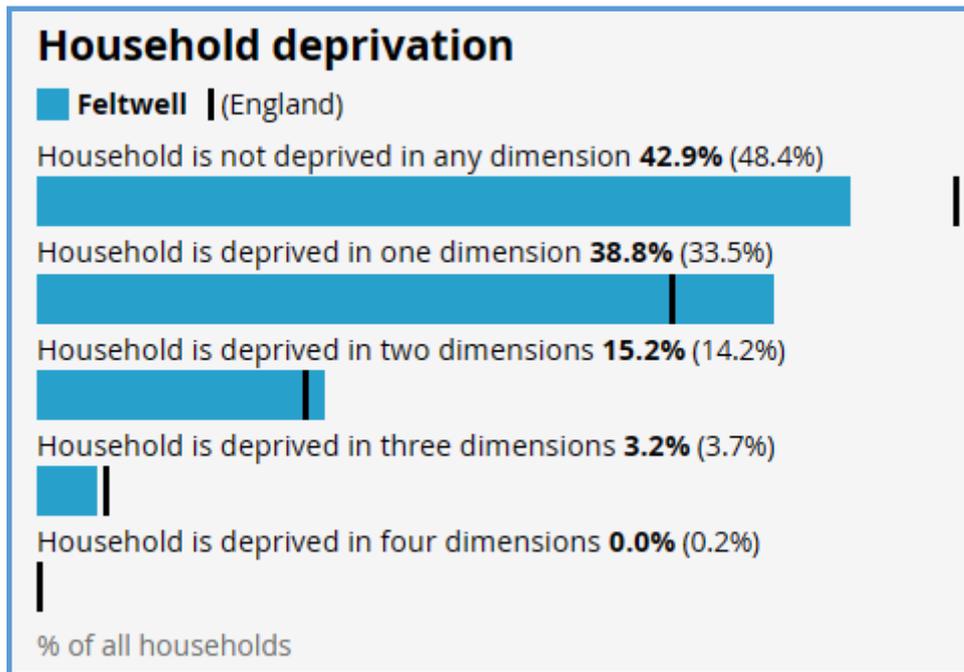
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## This is Our Village. Census 2021 Results for Feltwell 4

The census results and data that follow were made available in June 2022 but it is only now that I've had space in the magazine to include these analyses. Anyone can use this charting tool available at ([www.ons.gov.uk/visualisations](http://www.ons.gov.uk/visualisations)). The charts that follow are specific to Feltwell Parish. In all cases draw your own conclusions, or not. There will be more charts next month.



### Explanation of the chart above

The dimensions of deprivation used to classify households are indicators based on four selected household characteristics.

#### Education

A household is classified as deprived in the education dimension if no one has at least level 2 education and no one aged 16 to 18 years is a full-time student.

#### Employment

A household is classified as deprived in the employment dimension if any member, not a full-time student, is either unemployed or economically inactive due to long-term sickness or disability.

#### Health

A household is classified as deprived in the health dimension if any person in the household has general health that is bad or very bad or is identified as disabled.

People who have assessed their day-to-day activities as limited by long-

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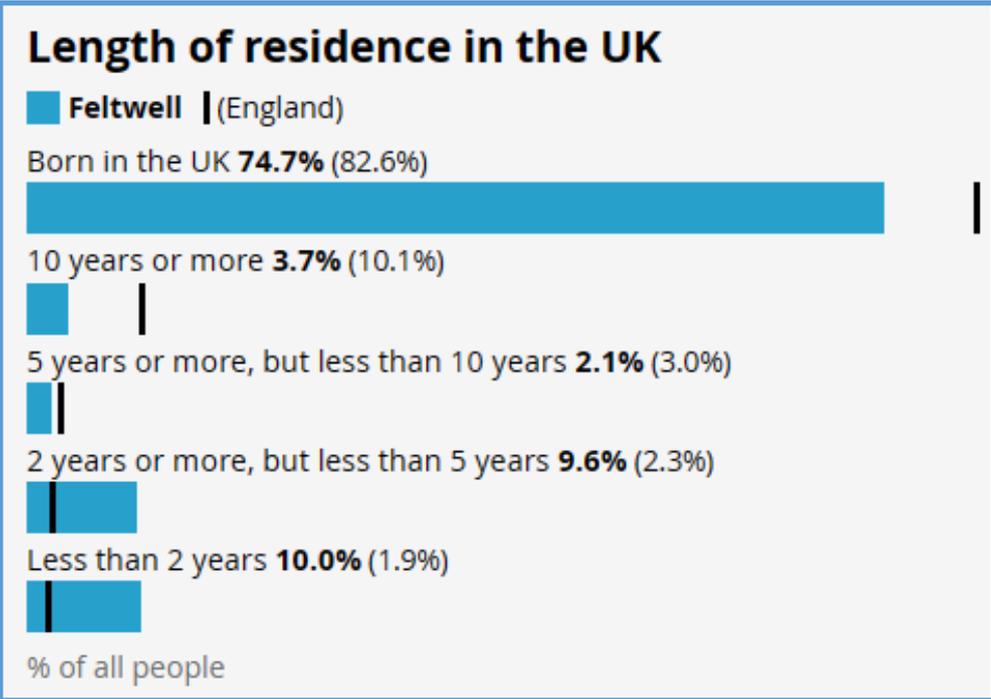


*Pinterest*

term physical or mental health conditions or illnesses are considered disabled. This definition of a disabled person meets the harmonised standard for measuring disability and is in line with the Equality Act 2010

**Housing**

A household is classified as deprived in the housing dimension if the household's accommodation is either overcrowded, in a shared dwelling, or has no central heating.





ST. MARY'S,  
FELTWELL  
**Festival of Light**  
Saturday 2<sup>nd</sup>  
& Sunday 3<sup>rd</sup>  
December  
4 pm - 7 pm

The theme of the exhibition is  
**"A Right Royal Occasion"**.

An invitation goes to all businesses,  
organisations, families and individuals to  
decorate a Christmas tree.

Let's make this a real community event.

For More Information please contact:

Chris Parker 01842 827152

[cmparker@talktalk.net](mailto:cmparker@talktalk.net)

The **Priority Services Register** is a free support service that makes sure extra help is available to people in vulnerable situations.

You are eligible if you:

- have reached your state pension age
- are disabled or have a long-term medical condition
- are recovering from an injury
- have a hearing or sight condition
- have a mental health condition
- are pregnant or have young children
- have extra communication needs (such as if you don't speak or read English well)
- need to use medical equipment that requires a power supply
- have poor or no sense of smell
- would struggle to answer the door or get help in an emergency.
- You might still be able to register for other reasons if your situation isn't listed. For example, if you need short-term support after a stay in hospital.

### **How to register**

Energy suppliers and Network operators will both keep a **Priority Services Register**. If you think you should be added to either you need to contact your energy supplier or network operator.

Give them your contact details and as much information as you can about your needs.

Your supplier can pass your details to your network operator to add you to their register too. It's a good idea to ask them to do this if you rely on your energy supply for medical reasons.

If you have a different supplier for your gas and electricity, you need to contact them both.

You'll need to register again with any new supplier if you switch supplier.



**NEED A WILL?**

**NEED PROBATE?**

**NEED LASTING POWERS OF ATTORNEY?**

**FUNERAL PLANS?**

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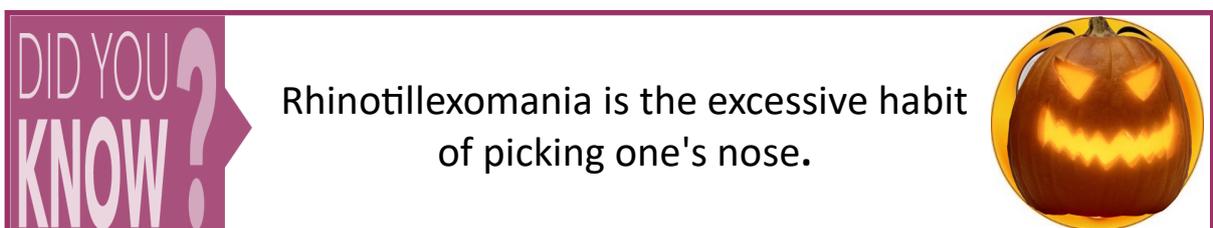
## Help you can get

- Wherever possible, advanced notice of scheduled power cuts. If you rely on your energy supply for medical reasons your network operator can tell you about planned power cuts. For example, when they plan engineering work.
- Priority support in an emergency.
- Priority support when calling your network operator.
- Identification and password scheme. This could include arranging a password or agreed on picture cards if callers need to visit or contact you. This way you can feel confident they are genuine.
- Nominee scheme. You can nominate someone to receive communications and bills from your supplier. For example, a family member, carer or someone you trust.
- Help with prepayment meter access. For example, moving a meter if you can't safely get to it to top up.
- Regular meter reading services. For example, if nobody can read your meter.
- Accessible information. For example, account info and bills in large print or braille.

Suppliers and Network operators could offer other support services. Ask them how they can help you.

## Similar support services

Free similar services to the **Priority Services Register** are available in the **water, telecoms and public transport** sectors. Ask your providers about them.



# HALLOWEEN MADNESS @ FELTWELL SOCIAL CLUB



Saturday 28th October 2023

## Pumpkin Carving 12 - 2pm



[A list will be up in the foyer from 1st October for you to add your child's name as pumpkins and tools provided, please bring your own tools if you have them]

Kids fancy dress disco  
2.30-4pm



Evening Fancy dress disco  
from 8pm

Prize for best dressed

## ACTIVITIES | MUSIC | FUN

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Open to members and non members

## FELTWELL VILLAGE TOUR—SECOND EDITION

I am delighted that the First Edition of the Feltwell Village Tour is all but sold out which means that £90 has been raised for the Food Pantry. I would like to thank the Wellington, the Fish Piper and Hill House B&B for agreeing to sell the guide. It was always my intention to cover the printing costs myself by way of donating to the Pantry whilst also producing something useful and interesting to those who visit the village and those who live here, you Feltwellians. Unfortunately, the cover price of £3 was insufficient to match the printing costs and therefore I have had to increase the cost of the second edition to £5. A big jump I know but, remember, that if this run of 30 copies sells out the Pantry will receive £150. There will only be future editions when the current edition sells out.

**FELTWELL**



Western end, school in the foreground. 1950s



View from the east. St Mary's centre. 1980s

**VILLAGE**



View from SW. St Mary's and Newcome Hall centre. 1960s

**TOUR**

**£5**

The full cost of this tour guide goes to support Feltwell Food Pantry

This second edition, limited print run of 30 copies was printed September 2023

This new edition, again a collectors edition(?), contains a small number of corrections as well as a few additional photographs and minor layout improvements.

Again, it will be on sale at the same locations as before. So, if you'd planned to donate a fiver to the Pantry at any time why not buy a copy of the Feltwell Village Tour and get something for your money?

*See over for Feltwell Christmas cards.*



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- Child centred learning
- Fun & progressive
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## CHRISTMAS CARDS FROM FELTWELL

Some weeks ago June Goodfellow approached me and said, "I bet you've never seen these?" And she was right. What she showed me were some Feltwell Christmas cards that Deannie Nisbet had produced from line drawings painted by Janet MacLean, Dr MacLean's wife. Some of you may remember them. The drawings, of various Feltwell buildings, are remarkable. Janet was clearly an accomplished artist.

I contacted Ian asking if he would be happy for me to reproduce and sell the cards as a fundraiser for the Food Pantry. He kindly agreed and gave me the originals from which to work. Along with cards there was also a tea towel and A4 prints available. Some of you may still be using the tea towel. I'm not able to offer printed tea towels but I can offer the cards and the A4 prints. All cards contain a historical description of the building featured. Over the page you will find pictures of the buildings available.

Pricing is as follows: everything printed on white. (After all, it snows at Christmas)

**A5 Cards:** £1, includes envelope and description printed inside the card and a greeting. The greeting reads: Greetings and best wishes for Christmas and the New Year.

**A4 print:** £1, with description on front or reverse.

I know there are lots of charity cards available but wouldn't it be nice to support a really local good cause? And there are cards with fancier covers but there are none so specific to Feltwell as these.



Order forms available at the Food Pantry and in St Mary's.

Samples available to view in St Mary's noticeboard.



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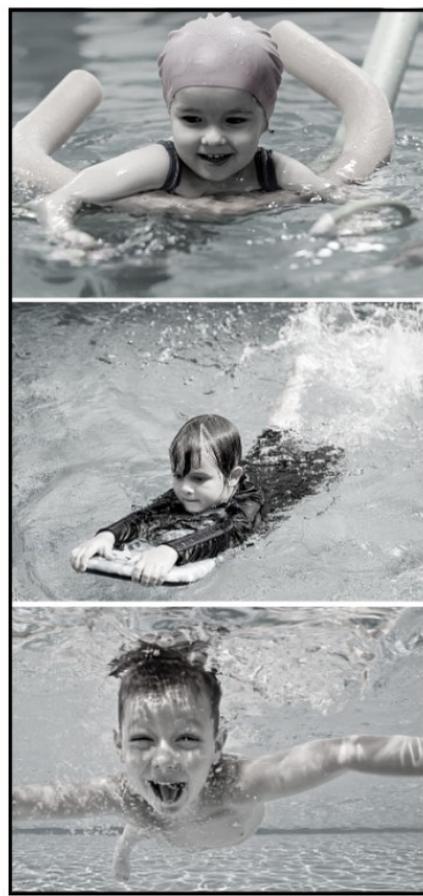
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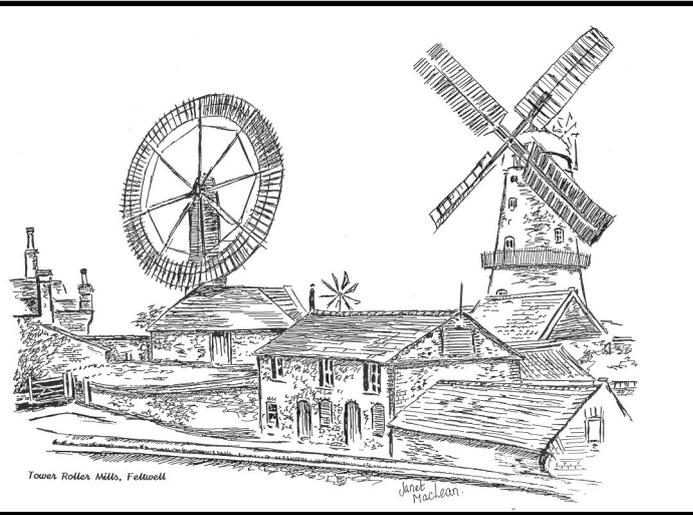
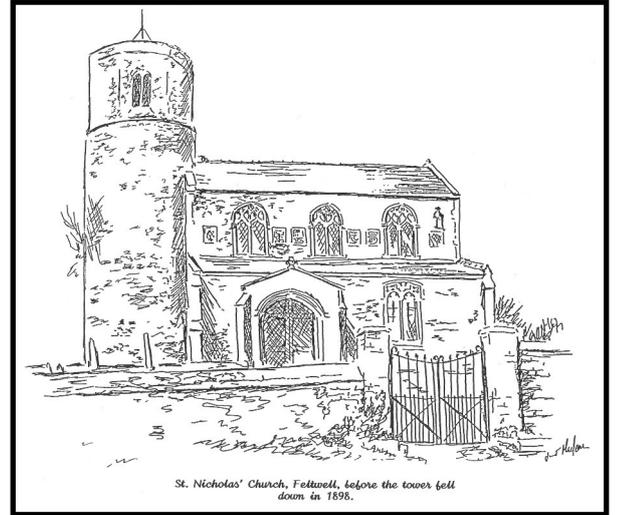
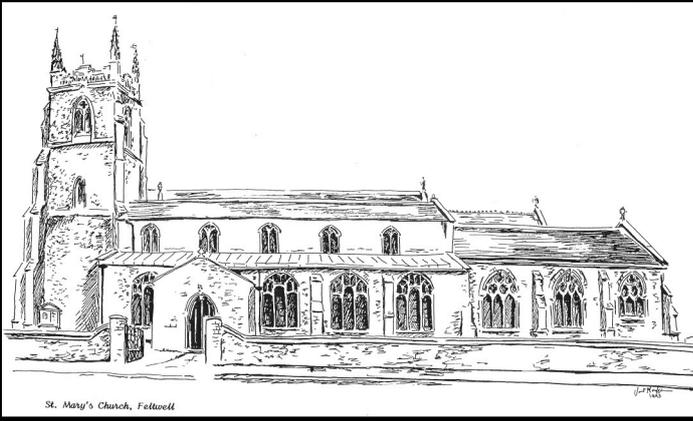
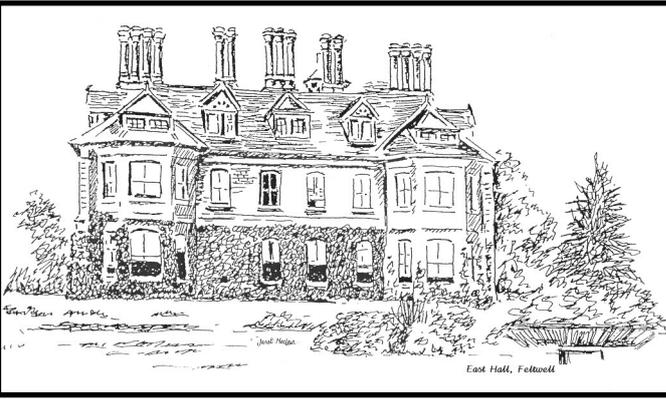


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Three examples of the cards—Almshouses, Methodist Church, Old Rectory. Other drawings—East Hall, South Hall, St Marys, St Nicholas, Tower Mill, all can be cards or A4 prints, with or without text. And don't forget the world famous December cover available in colour for £2.



# family hubs

Drop In at the Feltwell Food Pantry, St Mary's Church

Wednesday 18<sup>th</sup> October, 22<sup>nd</sup> November, 20<sup>th</sup> December

09:00am – 11:30am

Alison from The Family Hub will be available for a chat and to offer signposting for all your family support needs.

Our family hubs' approach supports parents and carers of children and young people from conception up to the age of 19–years-old (25 for young people with special educational needs and/or disabilities)

[Family hubs in Norfolk - Norfolk County Council](#)





# Your Good Health

by Dr Ian Nisbet

## WHAT DOES THE DOCTOR THINK THIS MONTH?

**October 2023**

As I write this article, children have returned to school and those workers who still “go to work” have done so. Q. Summer holidays are over and what happens? A. The sun blazes and we have a heatwave!

My adopted choir of 20 ladies is now “on side” and listening to what I have to say. On Remembrance Sunday, we will sing at my church (Hagley Free Church – “Free” meaning “No Church of England Bureaucracy” – it’s wonderful!) to sing “Band of Brothers” (Requiem for a soldier) and “Let there be peace on earth” a 1995 song by Jill Jackson who had been suicidal after a failed marriage and then discovered the life-saving joy of God’s peace. Then, on December 16<sup>th</sup>, we are giving a massive concert with lots of audience participation so there

is plenty of practice required.

**My passport** was due to expire February 2025. It was issued on 16<sup>th</sup> February 2014 so it was good for 11 years because I had renewed the old passport before its expiry date. However, under new regulations, for travel to the EU, your passport cannot be more than 10 years old, ie. 10 years from the ISSUE DATE

So, my passport would be 10 years old on 16<sup>th</sup> February, 2024, ie useless before Easter next year.

Having heard horror stories from people who had to wait weeks or months for their new passport, I decided to start the process a couple of weeks ago. Someone told me that the local Post Office would oblige, so I rocked up with my old passport and a credit card, took my turn in the queue to post parcels, etc., faced the girl and said I needed a new passport. She



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fished out a tablet (small computer), typed in my passport details, took me around the corner and photographed my face. She then submitted the photo to the passport office to determine whether or not they would be happy with the quality of the picture – Yes, they would. I paid with my credit card (no extras, just the normal rate), she told me that it would take up to a month, and I wandered off into the sunshine. The entire process took about 6 minutes.

To my great delight, a shiny, new dark blue passport was delivered through my door 6 days later.

WHAT SERVICE! I would commend the Post Office to any of you whose passport is about to hit 10 years from the issue date.

**WHERE IS DAD?** There is every possibility that, by the time you read this, I will have been micro-chipped by my son, Calum. As most of you will be aware, Deannie and I moved to Worcestershire to be near four of our children, Alyson, Calum,

Grant and Charlotte, and nine of our grandchildren. Thank Goodness we did move because the kids have been able to give me massive support since Management died. The other evening, I totally forgot about a 6pm meeting I had arranged with two of Calum's wife, Genevieve, friends to discuss timeshare points they had inherited. We arranged the meeting when I was at Calum's house in Belbroughton and I forgot to put it on my calendar when I got home. Systems have been altered to prevent a recurrence! It had been a very busy day, collecting medical equipment to be sent to Ukraine (NOT "The Ukraine" – look it up) and, when dear friends invited me to a light supper before the first Rugby match, I shot around there, forgetting my mobile 'phone and forgetting to set the house alarm.

At about 9pm, the friends' telephone trilled. It was Calum, desperately trying to find his Dad. I had been absent from home for the 6pm meeting, the car was still not on the drive at

## Sudoku Puzzle

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

Answer on page 75

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



## 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.

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.

We also offer second-hand clothing for a small donation.

### OPENING TIMES:

**Monday**

**9AM – 11:30AM**

**Wednesday**

**9AM – 1:00PM**

**Saturday**

**12:30PM – 2:30PM**

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

9pm, my mobile 'phone was indoors and the house alarm was not set. Obviously, my car and I were in a ditch somewhere. Fortunately, he rang my friends before ringing around all the other kids, trying to find me.

The kids can track my mobile 'phone and, usually, this gives them reassurance. However, it does depend upon my remembering to cart it around with me (Alyson bought me a lanyard to facilitate this).

At the "post event" meeting, procedures were altered and Calum is quite convinced that the only foolproof way forward would be to microchip me, so watch this space!

Some good news. The **apple tree** I planted 4 years ago has borne fruit. Beautiful, crunchy, sweet apples about 4 inches in diameter. About 40 in total.

Travelling by train the other day, I was irritated by a bloke

on his mobile 'phone, speaker on, conversing loudly. It reminded me of the following story :- Telephone conversation on a mobile 'phone "Hi, Darling, it's Peter. I'm on the mobile. Yes, I know I'm on the 6.30 and not the 4.30 but I had a long meeting. No, not with that floozie from the typing pool, but with the boss. No, darling, you are the only one in my life, yes, cross my heart". This was still going on ten minutes later when a completely exasperated young woman, sitting opposite and trying to sleep yelled out in a loud and distinct voice "Hey, Peter, turn off that bl\*\*dy phone and come back to bed!

**Deannie's zen saying for the month:** Generally speaking, you aren't learning whilst your lips are moving

Deannie was a good listener.

Best wishes to you all

Ian Nisbet



This is a polite request to the individual who may have forgotten, however unlikely, that they have left a barbecue down Piggy Lane to please go back and remove it as it is feeling homesick.

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## LATEST CONSUMER ALERTS AND TRADING STANDARDS NEWS

### **Scam Alert – ‘Payment declined’ scam emails**

We frequently receive reports from Norfolk residents about scam emails they have received.

A common approach used in many scam emails is that a payment has been declined on your account and to maintain your service the recipient needs to click on a link and ‘update your payment information’. The links provided in these emails will lead to phishing websites designed to look like genuine sites but will attempt to steal personal and financial information.

The scammers will choose large well known businesses for these emails to give them the greatest possibility of the recipient of the spammed email using the named service. Frequent examples are TV Licensing, mobile phone, broadband & landline service providers, online streaming services, and anti-virus software.

If you receive an email claiming that account information needs updating **never** click on any links in the text. If you wish to check on the status of an online account you hold contact the provider directly using the Customer Service number provided on a bill or statement, or via information available on their genuine website or app. **Never** use details provided in an unexpected email.

### **Scam Alert – Fake parcel delivery emails and text messages**

We are again warning residents about scam emails and text messages making claims about parcel deliveries. The messages will often state they are ‘shipping notices’, ‘package delivery notices’ ‘delivery status updates’ or ‘unable to deliver your parcel’.

This follows a recent report from a Norfolk resident who received a message claiming a delivery could not be made and that the recipient needed to click on a link to ‘arrange redelivery’. When the link was followed the site attempted to charge a £1.25 fee.

These scam messages are sent by criminals who have created fake websites to look similar to the genuine websites, with the same branding, layout and font choices that attempts to gain personal or financial information.

Suspicious or scam text messages can be reported by forwarding the message to 7726. If you think you have interacted with a scam message and provided scammers with your financial details you should contact your bank immediately.

### **Scam Alert – Fake competitions and promotions on Facebook**

We are advising residents to think twice before sharing competitions and

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promotions on Facebook after receiving reports of a number of fake Facebook pages claiming to be offering '100 Hot Wheels Cars for £10'. Examples have included pages claiming to be Smyths Toys and The Entertainer.

Before liking a page or sharing a post, especially ones claiming to be well known businesses, check if it has a blue tick. This means the page has been verified by Facebook. You can also look at the Page transparency to see when it was created.

Don't just look at the post. Look at the page history, and the other posts on the page. Does it look genuine?

If you come across a fake page on Facebook, report it by going to the page and selecting the three dots button, select "Report Page" and select "Scams and Fake Pages".

Fake promotions or competitions on Facebook typically urge users to either engage with a Facebook post (e.g. share and comment) to win a prize or click a link and fill in personal details to claim a prize.

Our recommendation is to never interact with these types of Facebook posts.

The Advertising Standards Authority (ASA) have an online service where consumers can report any fake adverts, they find on online platforms such as newspaper websites, paid-for search engines or social media. [The reporting form can be found on the ASA website.](#)

If you think you have interacted with a scam message and provided scammers with your financial details you should contact your bank immediately.

### **Scam Alert – Fake prize win emails**

We are warning residents about several fake emails circulating claiming you have won a Ninja Air Fryer.

The emails, which are often branded to appear as if they come from well-known companies with recent examples using Asda and Sainsburys, make a range of claims including that 'you have been chosen to participate in our loyalty programme for free' and contain a link to 'confirm now!'

Anyone following the link will be taken to a well-designed website carrying the same branding as the email which will attempt to gather personal and financial details as part of you claiming the non-existent prize.

### **Scam Alert – Contacts claiming to be from the Financial Conduct Authority**

We are highlighting a warning from the Financial Conduct Authority (FCA) about an increasing number of scam contacts claiming to be from them.

The contacts aim to get the recipient to hand over personal and financial information often claiming that they are due compensation, and the details

## Feltwell Dispensary Opening Hours

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

Tuesday: 07:30-12:00, 14:00-18:00

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

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

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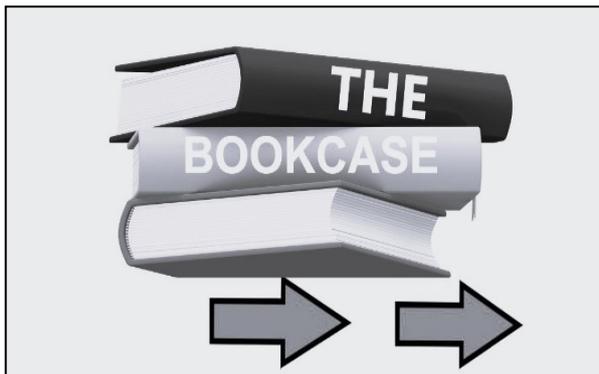
[www.feltwellsurgery.co.uk](http://www.feltwellsurgery.co.uk) or by using the NHS App. We have a dedicated telephone number in place for our housebound patients to order their medication, which is open Monday to Friday between **10.00-12.00** and **14.00-16.00**.

## Having a party?

Don't have enough plates, dishes, glasses or cutlery?  
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All we need in return is a donation to St Mary's Church Funds and an understanding that you will pay for any breakages.

## FELTWELL BOOK EXCHANGE



## “THE BOOKCASE”

*Located in the Methodist Chapel entrance hall is currently **full** to overflowing. So thank you to all those who donated books. Please don't deliver*

*any more books until we let you know that we have space for them. Otherwise, you won't be able to get to the books . . . . . For books!*

*Thank you.*

are required to arrange payment.

The FCA have stated they do not contact people in this way and if anyone does receive a contact claiming to be from the FCA asking for this type of information they should hang up or ignore the email.

The FCA also offer the following advice:

- If you're suspicious about a call, just hang up. You can check to make sure a call claiming to be from the FCA is genuine by contacting the FCA on **0800 111 6768**
- Check the sender's email address. If you're not sure the email is from the FCA, then you should ignore it and contact the FCA directly

You should check the spelling and grammar of an email. If it doesn't look right, ignore the email, and report it to the organisation being impersonated or [Action Fraud](#)

- Scammers can make an organisation's switchboard numbers appear in your caller ID. To protect yourself, don't give out any personal information following an incoming call and don't call back using the contact details the callers provide

### **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**

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 and Phishing attempts to Action Fraud, the National Fraud & Cyber Crime reporting centre:

**0300 123 2040** or by forwarding the message to [\*\*report@phishing.gov.uk\*\*](mailto:report@phishing.gov.uk).

This is a live link to the [Action Fraud website](#) in the online issue.

## **ART FOR PLEASURE**

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## OPTIMISM

*A few months ago, and for reasons I honestly cannot remember, I challenged our local author Frederick James to write three essays on Pessimism, Pragmatism and Optimism. This is the third, Pessimism appeared in August and Pragmatism in September.*

*“Always look on the bright side”*

Chambers has a clearer view as regards optimism than it seems to have in the case of pessimism. 'A state of hopefulness and confidence in what is to come in the immediate and future times.' As is oft assured across my home county, 'That'll do!'

Puts a more promising complexion on the whole matter of how we all react to the world around us and how it affects the way we see life in general. An acceptable state of affairs, you might say.

The optimist always appears to see a positive outcome for every situation, however difficult the 'journey' (hate having to use that word, but everyone is using it these days) may be. It must be nice to have that comforting optimism built-in, enabling one to face every new situation with that confidence loaded and locked to deal with whatever may befall. [I say loaded and locked, because that is how it should properly be. I was taught, in the military, that my weapon should be first loaded and then the safety-catch applied, hence 'loaded and locked', however unfamiliar that may seem] Anyway, I digress. Still sounds right the wrong way, though, doesn't it?

As is implied, to be an optimist is to have opposing views to those of the pessimist. A much more unsatisfactory state of affairs. Optimism is that confident state of mind when, whilst acknowledging the chances of failure, one is always hopeful that the horse that carries your wager is not going to let you down: That your premium bond will bear fruit in due course and that that pretty girl will eventually say yes.

Whereas the pessimist is convinced that evil will prevail and that their bad luck will never leave them, the optimist, although unable to be certain, will always hope for the best. What's that they say?

## CHRISTMAS SHOPPING LOGISTICAL

This Logistical puzzle was designed by Chris at the Wellington.

*The solution is on p64*

	Tiffany	Maddy	Gemma	Lauren	Mother	Brother	Sister	Father	John Lewis	Ebay	Amazon	Boots
Personal Care Set												
Christmas Jumper												
Book												
Gardening Tools												
John Lewis												
Ebay												
Amazon												
Boots												
Mother												
Brother												
Sister												
Father												

Match the shoppers to their purchases, shops and gift recipients

1. The Mother's present was purchased in John Lewis.
2. Tiffany and Gemma both did their shopping on the high street
3. The Christmas Jumper was purchased on eBay.
4. Maddy bought a book for her sister.
5. Gemma bought the Personal Care Set in Boots.
6. The eBay present was purchased for the brother.



Answer me this: What is the life expectancy of a residential soakaway? *Answer on p75*

*“Hope springs eternal!”* Hope is always foremost in the optimist's mind, enabling them to deal with the very worst that life can send their way, whilst preparing them for both eventualities. Hope is the optimist's way of always having something to look forward to, whatever the outcome. Hope provides the optimist with the comforting reassurance that everything will be ok.

Being hopeful and even optimistic does not and cannot guarantee that a wish will come true, but it will convince you that maybe, just maybe, it will. Without that thought, we have nothing to look forward to, whether it be that horse that is swift of foot, that golden lottery ticket, or the right answer from that pretty girl.

Whatever we hope for, or are optimistic about, nothing is more certain than night will follow day and day will follow night, the tides will ebb and flow and life will go on regardless. Our hopes and wishes cannot affect that, but we can comfort ourselves with the thought that tomorrow stands every chance of being a better one for somebody.

We are all unconsciously optimistic in the way we live our lives, but we cannot rely on that always being the case. Whatever we wish for, destiny will rule the day. Life will come to an inevitable conclusion which cannot be denied, but whereas many would be resigned to it's arrival, the optimist would be quietly hoping for and expecting 'just one more day?'

I am optimistic that my horse will come in, not so sure about the lottery, and I have to accept that the pretty girl is out of the question

Frederick James

I am sad to report that **Michael Murfitt** has passed away. He passed from heart disease in Bury hospital after a long term illness.

Michael was a carrot farmer from Southery and lived in Feltwell for fifty years. Upon retirement he aided the friends of the church to fundraise and also rang the bells. He was a private man that loved his motorcycle racing especially BSB. Many thanks and rest in peace Michael.

Stuart Fidoe



# RACE *Night*



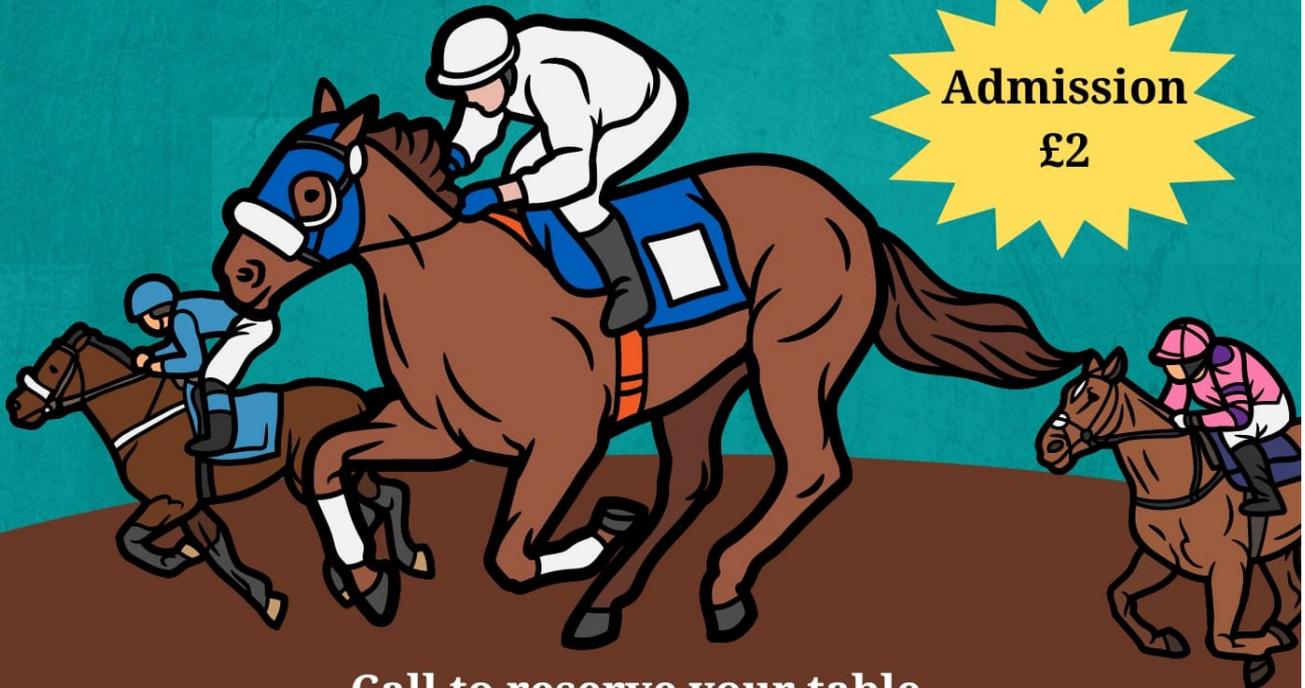
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Unfortunately, our speaker for the September meeting was deployed by the USAF too late to find a replacement.

Fortunately, this time, I was ready for it having learned from a previous experience when a speaker forgot to turn up despite having been reminded a few days previous.

I had spent a couple of weeks, on and off, preparing a presentation on RAF Feltwell. It was going to be a baker's dozen of items that I had gleaned from various sources over the years that the RAF section of the Feltwell website had been in existence. There was a couple of poems written by airmen, some other textual material but mainly I was planning on running some videos from the Pathe News website and the East Anglian Film Archive (EAFA) direct from their internet sites, about the Thor missile that was installed when 77 Squadron arrived on the 19th September 1958.

I had rehearsed the presentation, knew that it ran to just over 40 minutes and copied it all to a thumb drive.

Full of confidence I turned up at the Wellington early enough to get it set up on their laptop and projector system when it was discovered that all was not well. Hat's off to Chris who tried and tried to get the presentation running but in the end we had to give up. And so, it was back to flying by the seat of my pants. Again.

Thankfully, I had a printout of the presentation so, with the Feltwell website RAF pages open on one tab and the Pathe News and EAFA websites on two others, I went to work with a mouse. There's nothing like live action to focus one's concentration! It's not something I would recommend but the wi-fi at the pub worked a dream and, with the patience of the members to the fore I was able to give the presentation almost as planned.



"The guy was all over the road; I had to swerve a number of times before I hit him."

*Genuine statement from an insurance form.*

# ART EXHIBITION

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For those who don't know about the Pathe News website it is a goldmine of visual information covering every newsreel they ever made for showing at a cinema, back in the day. Just type in "[Thor Missile](#)" and/or "Feltwell" and you'll be able to view the videos that I showed to the members. There's also a newsreel about the RAF training three German war aces how to fly modern jets and of the [King and Queen visiting Methwold Airfield](#) in 1943. Fascinating stuff. Any talk, no matter how brief or fragmented, on the history of RAF Feltwell must include the story of James Ward, V.C. Back to the Pathe website and [their newsreel](#) about just this.

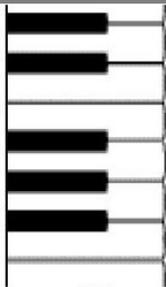
Of course, now, that I've done this presentation I have an empty space in my back pocket again. A space that requires filling just in case a future speaker doesn't turn up or pulls out at the last minute. Which is why I'm making this plea.

Finding 12 speakers a year is not an easy task, so, if any reader feels that they are willing and able to give a talk to the Breakfast Club on a subject of their choosing, be it their working life or a personal interest or an area of expertise, please contact me at the email address below. You will get a free breakfast as payment and my sincere thanks.

The Men's Breakfast Club usually meets on the 1<sup>st</sup> 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 has to be tasted to be believed just how good it is.

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 co-ordinator Paul Garland at [garlandp@btinternet.com](mailto:garlandp@btinternet.com).

Our next meeting will be on the **7th October** when our speaker will be Kevin Boardman. This will be Kevin's third visit to the Breakfast Club and the subject of his talk this time will be '**Emmett Till, Death in Mississippi...**'. Kevin is a retired history teacher, his talks are always informative and amusing and he does them to raise money for Prostate Cancer.



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## Stretching Like Animals: Nature's Fitness Gurus

Greetings, dear villagers! Today, we embark on a delightful journey into the realm of fitness, but with a twist that brings us closer to nature than ever before. In a world where gym memberships and high-tech workout routines often take centre stage, let us take a moment to turn our gaze towards the critters, creatures, and bovines (yes, even the cows) of our beloved countryside. As it turns out, there's a lot we can learn about the science and benefits of stretching from the animal kingdom.

Have you ever noticed how the rooster greets the morning sun with a graceful full-body stretch? Or how the nimble fox limbers up before a swift escape? Animals seem to instinctively understand the importance of stretching, and they've been doing it since long before Lululemon yoga pants were a thing.

Let's start with our furry friends. Cats, for instance, are notorious for their languid, luxurious stretches. They arch their backs, extend their paws, and even let out an audible purr of satisfaction. While they might not be doing it to achieve a six-pack or those perfectly toned biceps, they are onto something. Stretching increases blood flow to muscles, promoting flexibility and preventing injury. It's like a daily dose of feline yoga!

Now, move over to the farmyard, and you'll see cows demonstrating a different kind of stretch. Ever noticed how they reach forward with their necks to nibble on that delicious patch of grass just out of reach? It's not just a show of dexterity; it's a stretch for their neck muscles. Just like us, they're working on flexibility, though they might not be worried about their beach bodies. They're more concerned with comfortably munching their way through their day.

In the avian world, birds provide another stretchy spectacle. Watch a majestic eagle preparing for take-off or a delightful robin getting ready to sing its heart out at dawn. They spread their wings wide, giving their flight muscles a good warm-up before they're off on their daily adventures. These feathered friends understand the

# October @ The Wellington



## MUSIC NIGHTS



New Music  
with  
**Bruce Aldred**  
Oct 14th  
8:30pm

## Food Trucks This Month

**Rust Box  
Roasties**

**October  
14th 6pm**



**Lekky Thai  
Food Street  
Kitchen**

**October  
28th**

**Oktober  
Fest**

**Until Oct 1st**

importance of a proper stretch before getting down to business.

The benefits of stretching are not just limited to our domesticated buddies. Observe the wild creatures that roam our countryside – the deer, the squirrels, and even the elusive fox. When they wake up or prepare for a dash across the meadow, they indulge in a series of gentle stretches. It's their way of ensuring they're limber and ready for whatever nature throws at them.

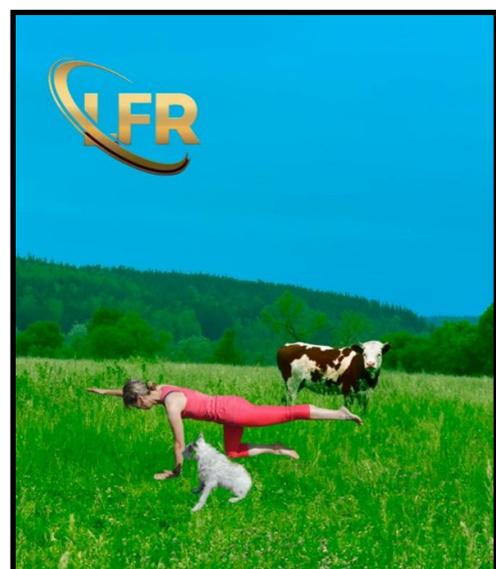
But what about us, the self-proclaimed pinnacle of evolution? It's a bit ironic how many of us fail to prioritise stretching in our daily lives. Instead, we often jump right into our daily routines, barely giving our muscles a chance to prepare for the day ahead. We're missing out on the inherent wisdom of the animal kingdom, where stretching is second nature.

The science in the fitness industry echoes what we see in nature all the time. Stretching not only improves flexibility but also helps prevent injuries and reduce muscle soreness. It can enhance our posture, relieve stress, and increase our overall sense of well-being. So, whether you're a yoga enthusiast, a Pilates aficionado, or simply someone looking to stay limber, don't forget to take a cue from the animal world and stretch it out!

In conclusion, the countryside offers us a unique perspective on the timeless art of stretching. Our animal neighbours have been practicing it for centuries, and it's high time we take their lead.

Embrace the wisdom of the wild, and let stretching become an integral part of your daily routine. Your body will thank you, and who knows, you might just find yourself strutting around the village with a newfound spring in your step – much like our rooster friend who greets the day with a majestic stretch.

So, let's salute the science of stretching, and remember, there's no shame in





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stretching it out like the animals do. After all, it's the natural way to fitness, and Mother Nature has been the best fitness guru all along. And so, with the guidance of Life Fitness Re-Engineering (LFR) and Helen's expertise as a fitness professional and movement coach, we can all take a step closer to living healthier, more vibrant lives.



Discharge status: Alive but without my permission.  
*Apparently from an actual entry on a patient's hospital record.*

## SIR EDMUND DE MOUNDEFORD CHARITY

### **GRANTS AVAILABLE FOR POST 16 STUDY**

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

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

# FELTWELL VILLAGE

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From March to October

11AM – 3PM

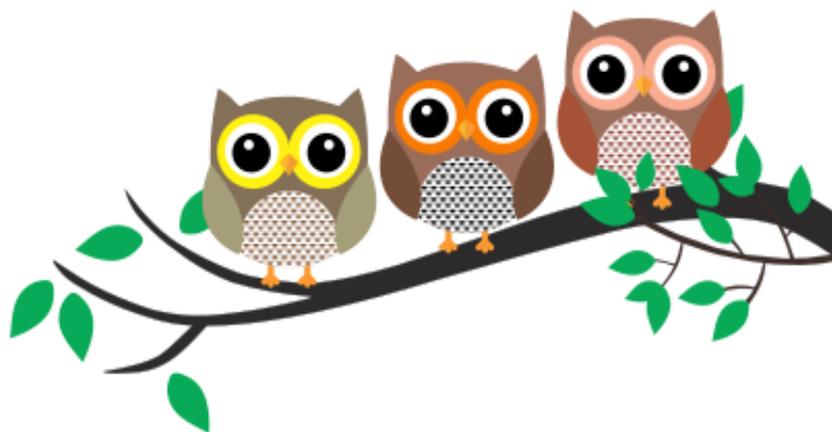
COME

SEE YOUR HISTORY

&

**TRY OUR NEW 2023**

**QUIZ ???**



Oak Street Feltwell IP26 4DP

Enquiries call Graham 01842 828387

FREE ENTRY! (Donations appreciated) 😊



## FELTWELL BOWLS CLUB



Well the outdoor season is now over and a start made on the indoor. We have had a very successful season and the green has bowled well with thanks to our Green keeper's Colin and Neil.

Below are the results of the league games up to the end of the season. We have played 4 league games, 3 in the Ashill, 1 in Dave Allen and 3 friendly's.

We finished 3 places from the top in the Ashill, Mid table in the Rosie Smith (RS), and bottom in the Dave Allen (DA) (I think this league is not so popular with the members)

DATE	LEAGUE	OPPOENT	VENUE	RESULT	SCORE	POINTS
10/08	D.A	Harling	Away	Loss	44 - 54	1 - 4
13/08	Friendly	Southery	Home	Win	62 - 60	
18/08	Friendly	Hockwold	Away	Win	57 - 56	
22/08	Ash	Harling Yellow	Away	Loss	44 - 59	2 - 6
29/08	Ash	Connaught Yew	Home	Win	44 - 42	6 - 2
07/09	Friendly	West Row	Away	Loss	89 - 107	

We held a BBQ on the 2<sup>nd</sup> September with the club finals being played. We started at 1 o'clock with the club Singles between Steve Gill and yours truly. Unfortunately it was not my day with Steve being a worthy winner 21 - 5.

Followed by the Club Pairs starting at 3 o'clock between John Mann and Jessica Warren V John Linkin and Margret Jose. This was a very close game with John and Jessica winning 25 - 19. This was played in memory of Barry Ryman.

Followed at 5 o'clock by presentation to all the winners, Singles cup and pairs shield was carried out by Barry's family.





**CHEQUERS**

*Felwell Felwell*

## **Chequers Pub & Restaurant**

The Chequers Pub & Restaurant with history running back to late 17<sup>th</sup> century is now under new management and open!

Restaurant opening days:

**Thursday, Friday, Saturday, and Sunday**

Wednesday – pub only

(Christmas Menu coming soon)

Please cut out and bring the below voucher to get your **10% discount** on food.

**We look forward to seeing you!**

Name	Email	Mobile Tel. No (optional)	Chequers Stamp.

[chequers@felwell-leisure.com](mailto:chequers@felwell-leisure.com)

07984529751 (text only)

Then followed by a delicious BBQ prepared by Grumpy old Bob.

Our Quiz night was held on Saturday 16th September. I will report on this in the next issue.

### Coming Events :-

Saturday 28th October—  
Race Night in the large room in the British Legion 7 for 7-30pm start.

Saturday 10th November—Coffee morning 10am.

We will be holding a Christmas party for Members on the 9<sup>th</sup> December.



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.**

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828481



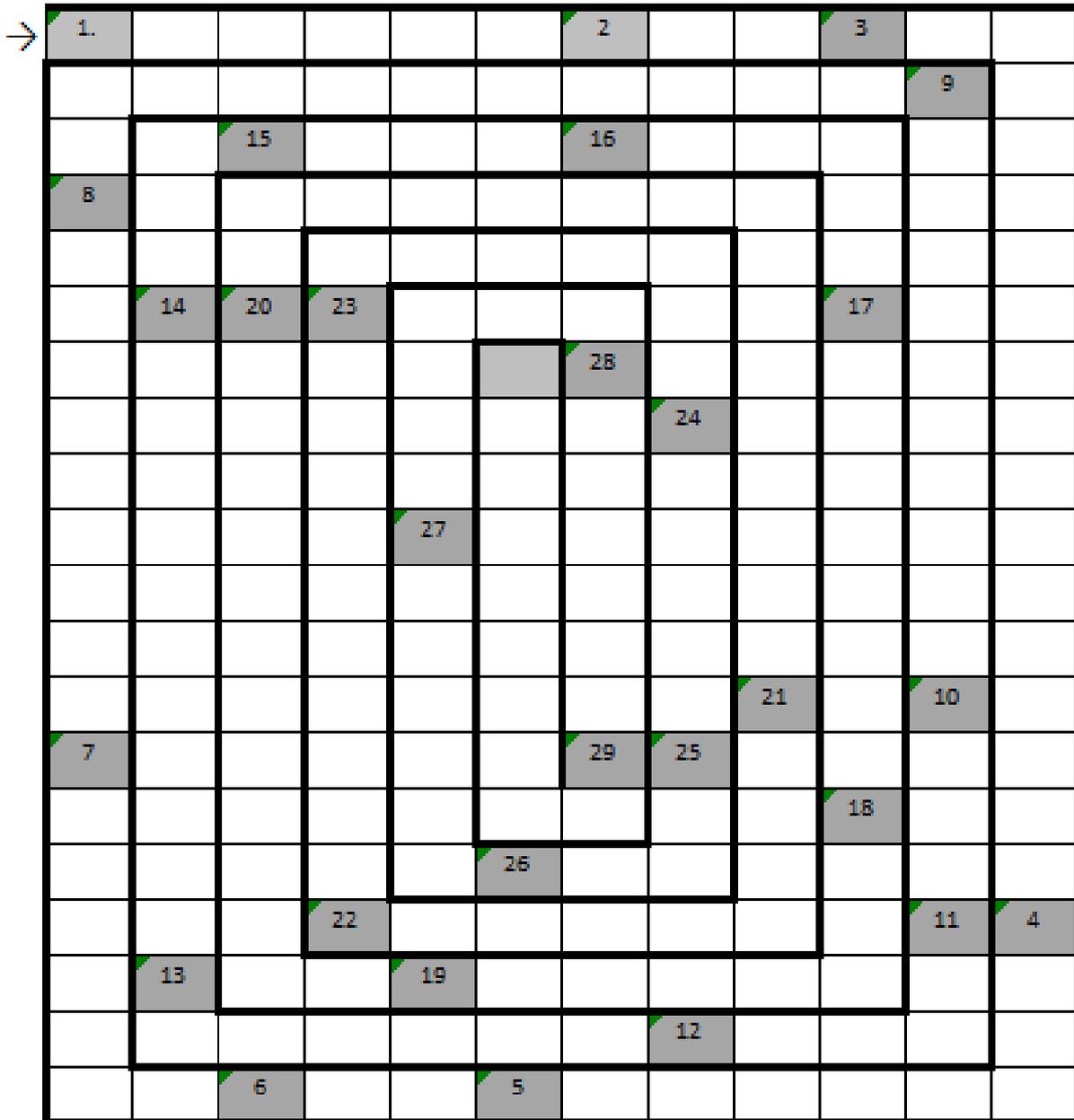
If you'd like to submit a **FOOTNOTE** of your own, be it a quip, a fact, an idiom, whatever you feel would be suitable, please send your **FOOTNOTE** to Paul at [garlandp@btinternet.com](mailto:garlandp@btinternet.com) or post it through my letterbox.

This magazine is printed by **Limetree Printing**,  
44A Paradise Road, Downham Market PE38 9JE.

Phone: 01366 383989

## WORD TRAIL NO. 33

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 MEDICAL: Disorder of health (7)
- 2 The capital of the South Pacific island of Fiji (4)
- 3 The full wording for the abbrev; A.O.N.B. (4-2-7-6)
- 4 Whist or bridge hand with no card above a 9 (10)

- 5 The horn on a Rhinoceros is made up of what (4)
- 6 The longest river in the world (5-4)
- 7 Born June 1857 this composer was appointed 'Master of the King's Music in 1924 (6-5)
- 8 FILM: The name of the first actor to play 'Dumbledore' in the Harry Potter films (7-6)
- 9 Confectionary bought at the seaside (6-2-4)
- 10 Tenth letter of the Greek Alphabet (5)
- 11 The eight month of the year (6)
- 12 A deeply sour, sweet and tangy spice from the tropical areas of Africa (8)
- 13 Uncertain as to where you are (13)
- 14 U.S.A. Deep South (5)
- 15 Epping's county (5)
- 16 MEDICAL: Sword-shaped process at the lower end of the Sternum (7)
- 17 This dinosaur was first found in 1877 by S.W. Williston (10)
- 18 Cartilaginous fish related to sharks (9)
- 19 MUSIC: released in 1967 by the Tremeloes, it was their only #1 hit (7-2-6)
- 20 The name of the tower block where Del Boy and Rodney lived in 'Only Fools & Horses (6-7-5)
- 21 FILM: 2013 film version of the book by Orson Scott-Card where a gifted child is sent to an advanced military academy in space (6-4)
- 22 Giving pleasure to, amusing (12)
- 23 The process in which babies grow inside their mother's body before they are born (9)
- 24 Zero's (7)
- 25 List, incline (5)
- 26 Stuck in the same type of roles (8)
- 27 Pet in a shell (8)
- 28 Sobriquets (8)
- 29 The act of watching a person or activity and making certain that everything is done correctly (11)

*This month's Word Trail solution can be found on page 74*

**J M Harris** EST. 1996  
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GARDEN**



**Tremendous Tuesdays**

**HobbyCraft 10am – noon**

Come and share your favourite hobbies, quilling, card-making, felt, chalk, modelling or whatever you come with or want to share. And enjoy some light refreshment and chat.



**Table-Tennis Club**

**now meets**

**Mondays at 7.00pm and  
Tuesdays at 1.45pm.**

Steve Wellington is the organiser. Any skill level or none. Just come along for an afternoon or evening 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. See advert in this mag.

**WWW.garden — Wednesdays We Weed**

**The Community Garden is always open for anyone to potter, prune, dead-head, trim, repair. All available hands welcome. Have you a skill to share? Or just come along for a coffee and a chat**



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**[www.markskinnerfunerals.org.uk](http://www.markskinnerfunerals.org.uk)**

\*\*\*\*\*

**ART EXHIBITON/SALE & CRAFT FAIR – 14 to 21 OCTOBER**

**Culminating with a Craft Fair on 21 October.**

Includes artwork by local artists. What is “ART”? it’s in the eye of the beholder.

To book a table or enter a piece of art please call or message Brigette or Mike or any of our members. **See the poster**

\*\*\*\*\*

**So to SUNDAYS** - our day to relax and reflect on our lives, where they’ve been and where they should be going.

**10.45am for 11 to 11.45 – Fellowship and Refreshments**

**Sunday Fellowship—Speakers for October**

8 Oct - Dudley Pickston    15 Oct - John Houghton

22 Oct - Pauline Driver

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](mailto:mikegw15@gmail.com) Mike & Brigette Wilkinson

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



<p><b><u>FELTWELL PARISH COUNCIL</u></b></p> <p><b>ALLOTMENT LAND</b></p> <p>Tenders are being invited for four vacant areas of land. Please see Parish Noticeboard for details.</p> <p><b>ALLOTMENT MANAGEMENT COMMITTEE</b></p>
---

<p><b><u>FELTWELL PARISH COUNCIL</u></b></p> <p><b>Vacancy for HANDYPERSON</b></p> <p><b>Zero Hours Contract.</b></p> <p>Please contact the Parish Clerk on 01842 828383 or email <a href="mailto:feltwellparishclerk@gmail.com">feltwellparishclerk@gmail.com</a> for further information.</p>
---

## 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 Feltrwell resident.

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

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## Please support our Christmas Appeal

Christmas is a difficult time for struggling families and to help out *The Food Pantry* is asking for your support. For our Christmas fundraising event (date to follow next month) we are in need of donations of Christmas decorations and any unwanted presents. Cash donations are always welcome.

Please help make Christmas an enjoyable occasion for all our families with children.

## FELT WELLBEINGS

**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.



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## CURIOS No. 1

*Now that the Spot the Difference series has finished, and I realise that this will disappoint some readers, please be assured that it will return in the future in a slightly different form. In the meantime, and from a suggestion by Robert Walden, comes this new series of Curios. I'll let Robert explain the idea:* In my village of Flitcham, Paul and Val Blackmur have raised many tens of thousands of pounds for the Tapping House Hospice at nearby Hillington. In fact Val was made an MBE in this year's honours list for her services - selling plants at her garden gate and Victorian Christmas markets etc.

Paul has many (many dozen!) old curios and objects he has collected over the decades - some he has not seen for many years, packed away in their boxes in his big shed. He often takes a selection of them to garden open days and lets folk try and guess what they were used for. He has had several exhibitions in our church - e.g. in combination with a flower festival.

As a first step, I wondered if some of them might work in the magazine - e.g. either a B&W or colour photo(s) of one object with the answer being supplied the next month, together with a new object to guess perhaps. I attach my first example but will follow up with 3 or 4 more. I'll leave them with you to mull over for a few days before sending you the solutions of each one! The solutions are often from old magazine advertisements and an interest in themselves.

*What an excellent idea, I thought, so, here is Curio No. 1. The answer will appear next month giving you time to do some research should you so wish.*

*First, a description:* This egg-shaped object has been beautifully turned and it unscrews at the centre to reveal two little "pawn" like objects inside, the tips of which lock into the little holes at each end when inside the 2 halves screwed together. The object was designed to be carried by a man. For what purpose? *Answers to my email address, credit given next month to the first reader with the correct answer. See over page for the photos.*

# 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](http://www.feltwelllodge.com)

E-mail: [feltwelllodge@hanleycarehomes.com](mailto:feltwelllodge@hanleycarehomes.com)

## NEWS FROM THE LEGION

It has been a little while since I put anything in the magazine the reason being there was very little to report. But since the last entry a few things have changed. The branch meetings have reverted back to the first Tuesday of the month starting at 19.30. The crib has also reverted back to a Monday evening starting at 19.30. The carpet bowls is still happening on a Thursday morning starting at 10.30 and with effect from Thursday 21<sup>st</sup> Sept the evening sessions will commence starting at 19.00.

The remembrance service will start at the war graves at St Nicholas at 10.00 then form up near the Chequers for a march down to the war memorial for the 11.00 o' clock service followed by the service in St Marys church. For those attending the service in Hockwold the service will start at the earlier time of 09.00.

The next meeting of the branch RBL will be Tue 3<sup>rd</sup> Oct 2023 starting at 19.30 and this will be the AGM when the new committee and officers will be sworn in.

John Linkin

## CURIOS No. 1



## METHWOLD CHURCH SPIRITUALIST SERVICES

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

**6th October GREG PETTITT**  
**20th October BARBARA PRICE**  
**17th Evening Evening Lynda Rose**  
**8th Dec Claire Quadling**  
**Closed January**

**The 21 Room, St. George's Hall Complex,  
16 High Street, Methwold, Norfolk IP26 4NT.**



### 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.

Come and have a coffee, great company and a bit of exercise from beginners up. £3 for two hours of fun.

### CHRISTMAS SHOPPING LOGISTICAL SOLUTION

Tiffany	Gardening Tools	John Lewis	Mother
Maddy	Book	Amazon	Sister
Gemma	Personal Care Set	Boots	Father
Lauren	Christmas Jumper	eBay	Brother

### SUBSCRIPTION INFORMATION

If you would like future issues of this magazine delivered

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

March-March -£5 (12 issues, 2 free).

All subscriptions below 11 copies are pro rata.

## THE CHANGING FACE OF SHOPPING IN FELTWELL 6—1959-1967

In a copy of the St Mary and St Nicholas Parish Magazine from 1967 (price 6d), provided by Diane Crane comes this page of adverts.

*I am open to any corrections of what follows.*

<p><b>H. W. Vincent</b> GENERAL STORES</p> <p>GOOD SELECTION FANCY GOODS</p> <p>●</p> <p>TIMEX and SMITH'S WATCHES in STOCK</p> <p>●</p> <p>BOOTS and SHOES</p> <p>LENDING LIBRARY</p>	<p><b>E. ELMER</b> Elmtree Dairy and Stores</p> <p>GROCERY &amp; CONFECTIONERY</p> <p>CIGARETTES &amp; TOBACCO</p> <p>Feltwell - Norfolk Telephone: FELTWELL 259</p>
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Phone 228

### Hugh Vincent's

General Store was located in Bell Street. Now a house

### Elmer's Dairy and Stores

was located in Lime Kiln Lane. I believe the site now has a house on it but I'm open to correction on this.

**A. Lister**—anyone know what the A. stood for? - owned the filling station on the corner of Lodge Road and Oak Street and The Beck, opposite the cross base in what

is Salisbury House, built by Sam Brown in the 1930s.



## WORD SEARCH

Submitted by Mrs J. Clements.

This month our word search is on **KINGS & QUEENS OF ENGLAND**.

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

*There is ONE extra name on the list that is not found within the grid.*

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

AETHELBALD  
 AETHELBERT  
 AETHELRED  
     THE FIRST  
 AEHELWULF  
 ALFRED THE  
     GREAT  
 ANNE  
 CANUTE THE  
     DANE  
 EADRED  
 EDGAR  
 EDMUND  
 EGBERT  
 ELIZABETH  
     THE FIRST  
 GEORGE THE  
     FIRST  
 HAROLD  
 HAROLD THE  
     FIRST  
 HARTHACA-  
     NUTE  
 HENRY THE  
     FIRST

JAMES THE FIRST AND SIXTH    JOHN    MARY THE FIRST  
 STEPHEN    VICTORIA    WILLIAM THE FIRST

*The solution  
 is on page  
 78*



# RSPB Lakenheath Fen

## AUTUMN AT RSPB LAKENHEATH FEN

At Lakenheath Fen we are currently sweltering in 30°C+ heat with the rest of East Anglia and it has been this way all week, however there are signs of change in the air that are impossible to ignore.



Image credit: Mark Brown

The evenings are creeping in, the first fungi are popping up along the trails (especially after rain) and the bird scene is changing too. Autumn is here!

However, it's not too late to enjoy butterflies and dragonflies on the reserve- Red admiral and Peacock butterflies are still a common sight, with a few Comma and Speckled wood enjoying overripe apples and blackberries in particular. Patrolling the air above the



## 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**

29 Sept, 27 Oct, 24 Nov (all 10am to 11am).

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

Adults: £3 non-RSPB members, £2 for RSPB members. Children (under 16's) go free!

### **Race for Wildlife 2023**

Sunday 15 October (11am – 2pm)

Choose from either a 5k or 10k route through the most scenic parts of the reserve. Expect a friendly and supportive atmosphere, and every finisher gets a medal! This event is the perfect way to combine healthy exercise with helping your local wildlife.

Price: Adults £15, Under 16's £7.50.

### **Raptors in the Reedbed guided walk**

Sun 10 Dec 2023 (2pm-5pm)    Sun 14 Jan 2024 (2:30pm-5:30pm)

Watch the reserve come to life as darkness falls, and birds of prey emerge to hunt or arrive to roost in the reedbeds.

Adults £12/ Children £6 (RSPB-members) Adults £15/ Children £7.50 (non-RSPB members)

### **Sundown at Lakenheath Fen (accessible)**

Sun 19 Nov 2023 (3:30pm-5pm)    Sun 21 Jan 2024 (4pm-5:30pm)

Join us on this new event to experience the reserve as dusk falls across the reedbed. This event is designed to be accessible to all, including those with reduced mobility. Hot drinks and biscuits included!

Adults £6/ Children £3 (RSPB-members) Adults £7.50/ Children £3.75 (non-RSPB members)

reedbeds and trails you'll still find Migrant and Southern hawkers, Common darters and the delicate Willow emerald damselflies (pictured).

These insects go hand-in-hand with the Hobbies that feed on them- and we still have a couple here to be spotted on warmer days. However, if we see the likes of Swallows, House martins or Sand martins it is now usually just for a brief visit as they continue on their leisurely southwards migration. On the Washland, viewed from the riverbank, waders such as Greenshank, Green sandpiper, Dunlin and Ruff are also stopping off on 'passage'. This is the term given to the habits of birds who are mid-migration but have stopped off somewhere for food, shelter, or a rest and open scrapes with muddy edges are popular places for wading birds.

The hefty Giant puffballs popping up along the footpaths are difficult to miss- they grow quickly and can sometimes end up the size of watermelons! They rarely stay pristine for long as deer and Brown hares in particular nibble them, especially at night- they are an important food source for our mammals. Glistening ink cap, Spiny puffball, Parasol mushrooms are other species commonly seen on the reserve. These fungi live the majority of their lives hidden from view, underground, breaking down organic matter such as dead leaves and old plant roots. When life is good, and they have plentiful nutrients and water available, they'll throw up fruiting bodies designed to disperse their spores in the air or via insects, in the form of mushrooms and toadstools.

Many of our summer birds are getting harder to find- Cuckoo and Nightingale are long gone, with Sedge warbler, Whitethroat and Chiffchaff getting harder to find by the day. However as much as we will miss their presence in the months to come, we look forward to the Siskin, Redwing and Fieldfare who will brighten up our colder days. One of the wonderful things about the natural world is that it offers us a connection to carry us through the long, dark, colder winter, with highlights to look for every month of the year.

With best wishes for the weeks ahead.

Heidi Jones (Visitor Experience Officer, RSPB Lakenheath Fen).



# St Mary's Church

## Feltwell

The floor of the North Aisle is being lowered and re-laid in October, therefore the church will not be open during the day. However, the FOOD PANTRY and the COFFEE MORNING will go ahead as normal.

### CONTACTS

#### Rector

Rev'd Joan Horan

01842 828034

[joanhoran123@btinternet.com](mailto:joanhoran123@btinternet.com)

The Rectory, Oak Street, Feltwell

#### Curate

Rev'd Juanita Hawthorne

01366 728545

[revjuanita58@gmail.com](mailto:revjuanita58@gmail.com)

#### Churchwarden and Benefice Administrator

Chris Parker

01842 827152

[grimshoebeneficeoffice@gmail.com](mailto:grimshoebeneficeoffice@gmail.com)

**TO ARRANGE, WEDDINGS, FUNERALS AND  
HOME COMMUNION**

Please contact Chris Parker 01842 827152

[grimshoebeneficeoffice@gmail.com](mailto:grimshoebeneficeoffice@gmail.com)

**TO ARRANGE BAPTISM**

Please contact Tammy Wright 07717 507665

[grimshoebaptism@gmail.com](mailto:grimshoebaptism@gmail.com)

## SPOT THE DIFFERENCE NO. 43. AN ANSWER.

In the very last *Spot the Difference No 43*, I asked if anyone knew where the old Feltwell sign from Lodge Road might have gone. In response I got this email from Robert Walden.

**Paul** - you asked if anyone knew where the "Feltwell" sign on Lodge Rd went. Actually I think there were at least 3 of them at the entrances to the village: the one on Lodge Rd pictured; another on Wilton Road near the Mill and one on the Southery Rd before the RAF camp. The following is based on a conversation with "Pip" Orange in the late 1980s.



On the day of their removal he discovered what was happening quite by accident. It is likely that even the parish council were not aware either: the authorities wanted to implement the new, clearer signage across the entire county and were possibly afraid that some communities might object. However, a relieved Pip Orange caught up with the installation team on the Lodge Rd in the nick of time and explained he wanted to keep one for the village's Historical Society's fledgling museum collection. I would guess this would have been in the mid 1960s or early 1970s. One of the men simply said "No you can't - they've all got to be scrapped!" and before Pip's very eyes, he smashed the sign with a club hammer. Presumably all the other signs were given the same treatment.

I never thought the signs especially attractive (I think they date from the 1950s) but in a country which may become more and more dependent on tourism, anything which creates a little bit of character and interest should not be discarded without some consideration. Perhaps new ones could be created quite cheaply in fibreglass or cast aluminium. Norfolk has many "Village" signs but they are not always sited at village entrances. The village of Weasenham (just off the Swaffham - Fakenham road) still has these Norfolk signs in place - looking just as they always did except for the word "PLEASE" being painted red. There may well be others.

A warm welcome from  
St Mary's to our Services.



Sun <u>1<sup>st</sup> Oct</u>	Eucharist	<b>9-15 am</b> 11am	Feltwell Weeting
Sun 8 <sup>th</sup> Oct	Eucharist	9.15am 11am	Hockwold Northwold
Sun 15 <sup>th</sup> Oct	Eucharist	<b>9-15 am</b> 11am	Feltwell Weeting
Sun <u>22<sup>nd</sup> Oct</u>	Eucharist	9.15am 11am	Hockwold Northwold
Sun 29 <sup>th</sup> Oct	Eucharist	<b>9-15 am</b> 11am	Feltwell Weeting

### Other Services

First Tuesday of the month Holy Communion at Hockwold at 9.15am. All other Tuesdays Morning Prayer.

Weds 4<sup>th</sup> and Weds 18<sup>th</sup> October Evening Prayer at Feltwell at 4pm

**Zoom Eucharist** - Email Chris Parker for details:

[grimshoebeneficeoffice@gmail.com](mailto:grimshoebeneficeoffice@gmail.com)



**Coffee, Cake and Chat**  
from 9am every Weds morning.

Internet available and help to use it.

## Breckland Branch



.At this moment in time, we are overrun with kittens. We have never known a year like it. And it's not just us, all charities are finding it hard to cope with the number of kittens coming into their care.

And then we heard of a 37-cat household where all the cats are young and unneutered.

Neutering is the key to this problem or the lack of it. If only more people would get their cats neutered there wouldn't be a problem. Help is out there – you only have to ask. Most charities offer vouchers towards the cost of neutering. We offer £50 towards the cost of neutering a male cat and £70 towards the cost of neutering a female cat. Kittens can be neutered from 4 months of age to avoid unwanted pregnancies.

Vets increasing their prices hasn't helped either, but they are all very short staffed and have to employ locums which cost a lot more money.

The other problem we have is that we are very short of fosterers, especially indoor fosterers who could look after kittens for us. All you need is a dedicated room which has a washable floor. Everything else is paid for by our charity, food, litter even trips to the vets, as we may mileage. So, it doesn't cost you anything, apart from your time. And it's a very rewarding thing to do, seeing kittens going off to new homes.

To add to the problem, less people are taking on cats or kittens due to the rise in the cost of living. Therefore, the cats and kittens in our care are taking much longer to home.



## WORD TRAIL NO. 33—SOLUTION

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



I am still having problems with smoke in my drawers  
*Extracts from letters written by council tenants*

It's a problem that we can't solve and it's hard to turn kittens away as they can't cope on their own outside, unlike adult cats that can hunt to feed themselves.

Our vet bills are huge, as many of the kittens need vet treatment – we have had a large number of kittens with cat flu and sore eyes, needing antibiotics and eye drops. If not treated kittens can lose an eye as they are so delicate if not treated immediately. Which costs us more money to have eyes removed. And we cannot mix litters as cat flu and weepy eyes are very contagious. So affected kittens have to be kept separately.

If you think you can help us, please get in touch on the number below and if you need help with the cost of neutering, please call us – we are here to help you.

Our help line is 01842 810018.

Rita Thompson.



The life expectancy of a residential soakaway is 100yrs if installed and maintained correctly.



There are 10 Pumpkins in this issue, including this one.

### SUDOKU SOLUTION

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

### A Message from the Editor

Readers are reminded that the magazine is released online on the village website towards the end of the month in which it is issued. The web address is :

[http://feltwell.net/magazines/mag\\_index.htm](http://feltwell.net/magazines/mag_index.htm)

All issues are in pdf format for easy viewing. What you may not realise is that many of the links in the online version are active and, of course, it is in colour. But please buy a printed copy as well.



# WORKSHOP CREATIONS & Household Services

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**workshop\_creations\_8**

**workshopcreationsbrandon@gmail.com**

A Meeting was held on Monday the 11<sup>th</sup> of SEPTEMBER 2023 in the British Legion, Long Lane. Ten Councillors attended and six members of the public

A new litter bin has been installed at the playing field and door frame for the electric meter cupboard to the changing rooms following vandalism to both items. A park bench has also been purchased, funded by Warren Energy's Community Fund, and installed near the gym equipment. Quarterly risk assessment was carried out 1<sup>st</sup> September. Mr Stuart Samuels has kindly repaired all faulty gate mechanisms at the playing field. Councillors will meet to discuss resigning two of the entrances to improve safety for children entering/exiting the field.

Electricity supply to the Changing Rooms renewed with British Gas on a 1-year term.

New WW2 Memorial bench has been installed near the WW1 bench opposite the War Memorial, funded by CIL monies.

'Paynes Lane' sign has been ordered to replace the one missing near the Social Club.

Bus shelters on High Street, Bell Street and Wilton Road have all been cleaned.

External auditors have completed their review of the Annual Governance & Accountability Return and 'Notice of conclusion of audit' and 'Sections 1, 2 and 3' are displayed on the noticeboard and website.

Mr Jonathan Fenn will serve as Borough Council representative on the Southery & District Internal Drainage Board.

A vacancy has arisen for the post of Handyperson following the forthcoming retirement of the current Handyman, Terry George, who has undertaken this position since June 2016. Applicants can contact Parish Clerk for further information.

Mr Storey said Norfolk County Council are in the final round of

## Word Search Solution

Next month's Word Search will feature  
**Names of Phobias**

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

upgrading streetlights to LED thus cutting CO<sub>2</sub> emissions by 200 tonnes/year. He said RAAC concrete had only been detected in one Norfolk school which was being dealt with and stated NCC had raised concerns regarding this issue in 2018/19 and again in June 2023. He then gave information on new bus services and more information can be found here <https://www.norfolk.gov.uk/roads-and-transport/public-transport/buses/bus-timetables-and-operators>.

The Parish Council kindly requests residents cut back any protruding greenery to within property boundaries to ensure pathways and roadways are not obstructed.

Residents are encouraged to deposit any glass waste into the bottle bank on the playing field as the Parish Council can obtain recycling credits for every tonne collected.

Don't forget to join Feltwell Parish Council's Facebook page for regular updates and subscribe to our website <https://feltwellparishcouncil.norfolkparishes.gov.uk> to be automatically notified of latest news including RAF Feltwell demolition activities.

The next Parish Council meeting will take place at the British Legion on Monday 9<sup>th</sup> October 2023 at 7.30 pm, all are welcome.

Your **Parish Councillors** are:

Mr Ian Rayner (Chair), Mr Edmund Lambert (Vice-Chair), Mrs Sue Arnold, Mrs Miranda Bane, Mr Paul Cole, Mrs Helen Wilson, Mrs Bernadette McGeeney, Mrs Linda Peckham, Mr Martin Storey (County Councillor), Mr Jonathan Fenn.

The Parish Council website can be found at:

<https://feltwellparishcouncil.norfolkparishes.gov.uk/>

The Parish Clerk, Jo Martin can be contacted by email at [feltwellparishclerk@gmail.com](mailto:feltwellparishclerk@gmail.com). Or by phone on 828383.



# *The Fish Piper*

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## **Opening Times**

**CLOSED - Sun, Mon & Tues**

**Wednesday, Thursday: 4:30pm - 8:00pm**

**Friday & Saturday:**

**11:30am - 1:15pm & 4:00pm - 8:00pm**

- ◆ ***Last Orders taken half hour before closing***

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