

FELTWELL PARISH MAGAZINE

YOUR CONNECTION TO YOUR COMMUNITY

October 2024



**THE GHOSTLY
ISSUE!**

INSIDE THIS ISSUE:

**Ghostly Goings-On at a
Feltwell Farm**

Zones of Regulation

The Great Stretch Experience

Fraud Types Explained

No Show, No Good

Sylvan's Letters Home

Double Dr. Nisbet

**Plus, all our usual puzzles
and much more inside.**



How many ghosts can you find 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.

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 Football Club	Neil Edwards (Secretary)	
Feltwell Youth Football Club	Andy Kennedy	828914
Feltwell & Thetford District Mencap	Mrs T. Sismey	827292
Feltwell Brownies	Tracey Cock	
Feltwell Social Club		828093
Feltwell Primary School	Mrs J. Lillycrop	828334
Feltwell Golf Club	Joanne Bates	827644
Feltwell In Bloom	Rita Page	07785345614
Rector of St Mary's Parish Church	Revd. Joan Horan	828034
Curate of St Mary's	Juanita Hawthorne	01336 728545
Churchwarden of St Mary's	Christine Parker	827152
Friends of St Mary's	Stephen Parker	827152
Feltwell Men's Breakfast Club	Paul Garland	827029
Feltwell Methodists	Mike Wilkinson	07712 578721
Feltwell Museum	Graham Simons	828387
Parish Clerk, Jo Martin. Email: clerk@feltwellparishcouncil.gov.uk		828383
Parish Council website: https://feltwellparishcouncil.gov.uk		
Feltwell's History Website can be found at http://www.feltwell.net		

Deadline for the next issue is 14th October 2024

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.

UNEXPLAINED ENCOUNTERS AT A FELTWELL FARM

Some weeks ago, I sat down with Feltwellian Ken Lawrence who wanted to tell me about some of the strange experiences he had had whilst growing up at Muriels Farm. What follows is a collection of the spooky encounters he experienced.

“When I was six years old, living at Muriels Farm, we had no electricity, only oil lights to see our way in the dark. I had a night light sitting on my chest of drawers and mother would put it out when she went to bed and I was asleep. One night I saw something standing in my doorway, a grey shape about 5ft tall. It didn’t do anything, thankfully, because I wasn’t very brave but I told mother I didn’t want a night light anymore. This happened only the once.

“One time we had a couple come and stay with us. Back then (1960s) you didn’t sleep together if you weren’t married so I had to leave my bedroom. The girl got my bed and the boy had the spare room. I had to sleep in the front room.”

“One night whilst they were staying there was a rumpus but I didn’t really wake up. I enquired the following morning and the girl, of about 18, who was sleeping in my bedroom said she’d heard a man talking, she didn’t know what he was saying but she had screamed out in fright. My dad said it wasn’t a man she’d heard but it was the ducks in the field nearby. She said, “It weren’t no ducks, I know what I heard.” Anyway, they swapped over bedrooms. In the big bedroom at the farm, you always felt like someone was looking over your shoulder constantly.”

“Almost 20 years ago some other people were staying at the farm. A young girl, less than 10, went to bed one night. She shrieked out not long after. “What’s up,” she was asked and she said, “There’s a man talking in my bedroom.” She had no knowledge of the previous experiences of the other people.” Ken was told about this and asked if anything could be done. In response Ken contacted the lady who had slept in his room in the 60’s and asked her exactly what had happened and her story was identical to what the girl said, he then contacted a spiritualist called Eileen from Northwold. She said she would come over and investigate which she did. The house had had

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Touch You with My Hands, But I Will Feel You
In My Heart Forever*



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some alterations but despite this they were able to locate the area of the bedroom. After a short while Eileen said, "There is something here that shouldn't be," and she talked to it. After a few minutes she said, "There had been a tragedy here, not necessarily in the house but in the vicinity from before the house was built. The man who had appeared to Ken and the two girls is looking for his granddaughter. I told him he was upsetting people and he said he was sorry, he didn't want to but he wanted his granddaughter. I saw the granddaughter and she looked Victorian with long locks." Apparently, the old man had a limp arm but had it happened when the tragedy occurred?

Ken's father always used to talk about a big fire there had been up there but well before his time. Is there a connection? Is this the tragedy? Eileen said she'd sent the little girl and her grandad to where they should be and there shouldn't be any more trouble.

However, three months later the same little girl said she'd seen a man sitting up top of the stairs. Ken had a look, spoke to Eileen who said it was unlikely to be the old man and was most probably someone who had an interest there in the past and was just passing through. "Touch wood, he caused no further problems."

Ken recalled that he had also spoken to Eileen about the bedroom that had always felt uncomfortable. She said, "Go up there, talk to it and tell it he shouldn't be there, but if it wanted to be, it could. Afterall it wasn't bothering anyone." "I must say I felt a bit of a twit sitting up talking like that to an empty room." When Ken went down the stairs, he had a feeling of two hands on his shoulders pushing him down the stairs, this stopped when he walked into the new area where the house had an extension. It was as though something wanted him out of the old part of the house.

A young girl (now a retired Methodist minister) used to visit with her family when Ken was a boy and the last time she visited Ken asked her, "Did you ever go up to the spare bedroom?" She replied, "I didn't, I didn't like it. There was a horrible feeling." She must have felt the same as what Ken felt, like something was watching her.

"The old man and the little girl are what was haunting the place. I'm pretty sure they've gone," Ken stated.

PART 2

“We were growing a lot of potatoes on the old airfield, 25 years ago. We’d had a wet week and were behind on the harvesting. I was working the chopper and my son was on the harvester. We agreed to keep the chopper going all night with me on until 2am. Around midnight, Jean came on the CB radio asking if I was still coming home about 2ish. We had a bit of a chat and I said I was.”

“Sometime between 1.15am and 1.45am I turned the tractor around on the end and saw a man standing about half way down the potato field, I wondered what anyone would be doing there that time of night. As I drew closer, he disappeared. Now, why would anybody be there at that time of night? I turned around at the other end of the field and he was there again, caught in the headlights. This happened about three times. He was there, definitely, standing in the potatoes. I didn’t tell anyone ‘cos they wouldn’t have worked nights if I had! My son arrived and took over at 2am as arranged. At 6am the next morning the tractor was standing in the yard. What’s the matter? I asked. A bearing had exploded about 3am in a big blue flash. Is there a connection between seeing that bloke and the bearing exploding?”

“We used to have chickens back in the early days. We would put them out on the stubble after harvest in the morning but had to go out before dark to put them away from the foxes. One Sunday night, mum and dad decided to walk around on the airfield track after putting the chickens to bed about 9pm. They spotted somebody walking up the track towards them. Who was it? At this time of night. They got to within thirty yards but still mum or dad didn’t recognise them and then the figure just melted into the night.”

“We used to keep our combine and bailer in a big shed, the Marsden, and early Spring we would start doing repairs on it. There was always a feeling of being watched. My son, when he was a young boy, would only stay out for about a quarter hour and then he would say that he wanted to go back up the farm as didn’t like the feeling.”

“Many people said they didn’t like being in the farmyard at night, they always felt uneasy. One driver wouldn’t go round there without

any lights on but I never felt anything in the yard, only in the house.”
“When you put all this together, it fits to the man I saw in the potato field. That’s very strange.”

Part 3

When mother passed on father, one night, asked me if I’d heard the creaking noises like someone’s walking across the landing. Yes, I had. I told him it was the pipes but I didn’t believe that. It was just like someone was walking from the big bedroom along the landing.

The house was built in 1938, and altered about 15 years ago. There is no record of anything on that piece of land before then. The family had 82 acres to start with but the RAF took some which they never returned.

After WW1 2 or 3 people were given a parcel of land from which to make a living. On that size plot it was hopeless. In 1938 all the bits of land were amalgamated and the house and sheds and stables were built.

“We don’t know where the farm got its name but father got the idea that the land once belonged to a reverend Muriel.” As far as Ken knows there was never one of that name at Feltwell.

The question remains: was the man in the potatoes someone who had died tragically in WW2 or one of those who had struggled to make a living after the war and, maybe, died in a tragic accident.

Will we ever know?

**IT’S THE METHODIST CHAPEL’S 90th ANNIVERSARY
APRIL 2025**

**IF YOU ATTENDED THE METHODIST SUNDAY SCHOOL
WE’D LIKE TO HEAR FROM YOU**

**IF YOU HAVE ANY MEMORABILIA OR INFORMATION
ABOUT THE CHAPEL’S PAST, PLEASE GET IN TOUCH**

I know summer is not quite over but ---!



ST. MARY'S Festival of Light 2024

Sat. 30th Nov. & Sun 1st Dec.

The theme for decoration of the trees is
"FILMS"

Local businesses, organisations, families
and friends are all invited and
encouraged to decorate a tree.

Put the date in your diaries and get your
thinking caps on, let's make the weekend
bigger and better than ever.

For more information, please contact me
- Chris Parker, Churchwarden
cmparker@talktalk.net or 01842 827152



FROM THE CLASSROOM

Another academic year is upon us and this will be my fourth September working at Edmund De Moundeford Primary School. The years have flown by and I've got many fond memories of the wonderful achievements we've had over that time, and this year I am sure will be no different. Last year was incredibly successful with the erection of a fantastic new outdoor classroom, winning the village carnival and supporting the village food bank to name a few.

Like all schools we are continuing to strive to find new ways to support and improve the provision we have, ensuring that children leave Edmund De Moundeford Primary School as well rounded and respectful individuals ready for their next educational chapter. So, this year we have started to trial implementation of the Zones of Regulation approach. This has been successful in many schools, to help children learn to regulate their emotions: happy children tend to be happy and successful learners.

With this approach children will be able to begin to recognise in themselves how they are feeling and the approaches that can be used so they can quickly return to the 'green' (ready to learn) zone. Staff are very excited to be bringing in this new approach to help our young people and more information can be found about zones of regulation on the internet. Each and every school alters things to suit individuals, cohorts, and classes to support children and their learning, and more information is directly available from the school.

Keep your eyes on our website for more information on class events, the curriculum and our new reading challenges.

www.edmunddemoundeford.co.uk

The PTA continue to work hard with two events planned for this half term and they are already planning other events for the year to raise funds for the school and the children.

I look forward to seeing what this year will bring. There will be many successes this term at Edmund De Moundeford Primary School which we look forward to sharing with you.

Mrs M Ablitt (Deputy Head and Wagtails class teacher).

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No SHOW, No GOOD!

This month Fred has got riled up with the number of No Shows at the Surgery and has something to say about it.

When is this village going to do something about the 'no-shows' that are becoming an overwhelming embarrassment to the village, the doctors and staff of our wonderful surgery, and inevitably, to the NHS in Norfolk.

In addition to wasting the valuable time of the doctors and staff, the appointments cost the Health Service, whether or not a patient is seen.

We all claim to be grateful for the service that the NHS provides to our sick when they need it, but don't hesitate to complain in no uncertain terms when an ambulance is late picking up our needy loved ones.

Of course, our A & E departments are over-worked by those who only need a sticking plaster, (metaphorically speaking), stopping the staff from treating more serious patients, as the name suggests. ACCIDENT AND EMERGENCY, but we can do our bit here, when we first feel the need of our own doctors and their staff.

There are only so many hours in a day, even in a doctor's surgery, and we need to help them make the best of those hours, when we can.

If whatever it was that needed the doctor's time and energy has gone away, ring the receptionist and cancel that appointment. If you've solved your problem with a sticking plaster, ring the receptionist and tell her so. If you forgot to put the appointment on your calendar and then forgot about it, ring the receptionist and tell her so. If the appointment has passed and the doctor ends up twiddling their thumbs, (metaphorically speaking), for that lost ten minutes, they won't get mad at you. They'll be disappointed, but they won't get mad at you. We all forget things at times, especially



VINEYARD OPENDAY

Join us on Sunday 6th October from 10.30am, for an informal tour through the vineyard for local residents.

See our progress to date and hear from Tim Young about the highs and lows of starting a vineyard in Norfolk and what the future holds for Brecks Vineyard.

Sadly no wine available yet, but Tea, Coffee and sweet treats will be available to purchase.

Walking tours starting at 11 and 1 o'clock.

Please email **info@brecksvineyard.com** to register your interest.

Grange Farm, Burdock Lane, Hockwold, IP26 4JN
@brecksvineyard

as we get older, so don't be afraid to tell them you forgot.

Now you will have to forgive me if I mention my main gripe about how we waste our doctors' time.

Firstly, no names, no pack drill assured. My gripe is with the minority who don't forget by accident. My gripe is with the minority who imagine they are ill, make an appointment, get over it and do no more about it. The time of their appointment comes and goes with the doctor or clinician twiddling their thumbs, (again, speaking metaphorically) and becoming concerned about a patient who asked for their services. Are they too ill to attend? Should we have got them in sooner? Should the receptionist have reminded them of their appointment?

Or are they no longer ill(?), and can't be bothered to tell the surgery?

Is this you? Are you the one who can't be bothered? Think on. If the next time you are feeling unwell, and the surgery can't fit you in, it's quite possibly because someone hasn't cancelled an unneeded consultation, and the doctor is sat twiddling their thumbs (again, metaphorically...) not knowing that there is a gap in their diary when they could have seen you so much sooner.

We should be thankful that we have a surgery and a dispensary on our doorstep ready to help us stay healthy, and help us when we're under the weather, so let's do our bit to help them where we can.

A quick phone-call or text and a few moments of your time is all it would take.

Forgive me, but someone had to say it

Frederick James

From the Surgery website

It is the patient's responsibility to inform the Surgery if they are unable to keep an appointment. You can now [cancel your appointments online](#). Failure to cancel any unwanted appointments may lead to you being removed from the Practice list.

We are experiencing a high volume of missed appointments (*and*) are trying hard to reduce this by the following means:

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 2024?

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 our agent: Mr Barry L Hawkins, 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.



“I was sure the old fellow would not make it to the other side of the road when I struck him.”

Genuine statement from an insurance form.

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

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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

Operating a text appointment reminder service – please keep us updated with your mobile number.

- Putting the date and time of your next appointment on your repeat medication slip.

You can now cancel any unwanted appointments online.

- Did Not Arrive policy – If after two consecutive missed appointments or three in a year, you will receive a warning letter, if you then miss a further appointment you will receive a 2nd warning letter. If any further missed appointments occur, unfortunately you will be deducted from our Practice register.

Please help us to help you. We want you to be able to have an appointment of your choice, with a GP/nurse of your choice. By not cancelling your unwanted appointments, you are preventing someone else from having them.

TOMBOLA PRIZES REQUESTED

Traditionally, at St Mary's Festival of Light, Jackie and Barrie Reeve run a children's Tombola, and that will be the case again this year.

The children's Tombola will, for the first time, be joined by an adult focused Tombola curtesy of Angela and Michael Adams.

Both of these require suitable prizes and if you are willing to donate, for the adult Tombola, bottles of wine, chocolates, beers, etc the organisers would be extremely grateful. Also, toys and other items suitable for children would be gratefully received.

Items for both Tombolas can be handed in at any Wednesday Coffee Morning at St Mary's Church or left in the porch at 6A Newcombe Drive, Feltwell. (Newcombe Drive is directly opposite the side door of the church)

Many thanks,

Angela, Michael, Barry and Jackie.

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THE GREAT STRETCH ESCAPE: SURVIVING THE PERILS OF SITTING TOO LONG

Have you ever embarked on an epic journey, only to find yourself feeling like a creaky scarecrow at the end? Fear not, for I bring tales of triumph over the tyranny of tight muscles and achy joints! Join me as we delve into the comical yet oh-so-relatable world of deep stretching and the ageing adventurer.

Picture this: you're preparing for a daring expedition, perhaps a voyage to lands afar or a noble quest to conquer the towering mountain of laundry in your humble abode. But alas! As you sit and ponder your grand adventure, you unwittingly fall prey to the villainous clutches of the dreaded chair. Hours pass like minutes, and before you know it, you're as stiff as a board and twice as uncomfortable.

But fear not, brave souls, for there is hope on the horizon! Enter our intrepid hero, armed with the ancient arts of Pilates and the mystical power of static stretches. With a swish of their Pilates mat and a flourish of their latex band, they lead us on a quest to reclaim our flexibility and banish the aches and pains of sedentary living.

As we journey together, we encounter obstacles aplenty. From the treacherous depths of airport security queues to the perilous peaks of precarious pantry shelves, every twist and turn brings new challenges to test our resolve. But with each stretch and flex, we grow stronger, more resilient, and perhaps a little more flexible in our thinking too.

Who knew that reaching for the last biscuit on the top shelf could be such an epic adventure? Or that the humble shoulder bridge could be our ticket to freedom from the tyranny of tight trousers? As we laugh in the face of discomfort and embrace the joy of movement, we discover that the greatest treasure of all is the ability to live life to the fullest, one stretch at a time.

So, my fellow villagers, let us rise up from our chairs of doom and embark on our own great stretch escape. Together, we shall defy the odds, conquer the stiffness, and emerge victorious on the other side, ready to face whatever challenges come our way. For in the end, the greatest adventure of all is the journey to a happier, healthier, and perhaps slightly more bendy existence.

Helen Goddard-Nickolls, Life Fitness re-engineering



St Mary's Feltwell

The Aisle is open for everyone to use.
For information and bookings contact
grimshoebeneficeoffice@gmail.com



Harvest Festival 20th Oct 6pm

CONTACTS

Rector

Rev'd Joan Horan

01842 828034

revjhoran@gmail.com

The Rectory, Oak Street, Feltwell

Curate

Rev'd Juanita Hawthorne

01366 728545

revjuanita58@gmail.com

Churchwarden

Chris Parker

01842 827152

grimshoebeneficeoffice@gmail.com

Benefice Administrator

Chris Parker

01842 827152

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TO ARRANGE, WEDDINGS, FUNERALS AND HOME COMMUNION

Please contact Chris Parker 01842 827152

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TO ARRANGE BAPTISM

Please contact Tammy Wright 07717 507665

grimshoebaptism@gmail.com

LATEST CONSUMER ALERTS AND TRADING STANDARDS NEWS

Scam Alert - Emails claiming to be from PayPal

We are warning residents about fake PayPal emails circulating which claim payment for a high value item has been made on your account.

The email then offers a contact number to 'call us immediately' to block this transaction if it 'was not you'.

This email is not genuine and is designed to panic the recipient into contacting the number provided on which attempts will be made by scammers to gather personal, financial and account details.

PayPal provide useful information on common email scams and advice on how to avoid them. [Visit common email scams on the Paypal website.](#)

Scam Alert - Text messages claiming you have received a parking fine

We are warning residents about a number of text messages circulating which claim to be notification of a 'Parking Penalty Charge Notice'.

The message, which claims the fine has been issued by 'a local council' states you have 14 days to pay, or the fine will increase by 50% with payment to be made via a link included in the message.

These messages are not genuine and anyone following the link will be taken to a fake but very convincing copy of the official government website, complete with accurate logos, branding and font. The page asks for personal and payment information including your name, email, phone number and home address to pay the fine.

If you receive this or any other suspicious text messages you can report them by forwarding the message free of charge to **7726**

To forward a text message follow these steps:

iPhone or iPad:

1. Take a note of the number that sent you the message
2. Press and hold on the message bubble

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



Sun 6 th Oct	Eucharist	9.15am 11am	Feltwell Weeting
Sun 13 th Oct	Harvest Festival Eucharist	9.15am 11am	Hockwold Northwold
Sun 20 th Oct 	Harvest Festival Eucharist	6pm 11am	Feltwell Weeting
Sun 27 th Oct	Eucharist	9.15am 11am	Hockwold Northwold

Other Services

First Tuesday of the month Holy Communion at Hockwold at 9.30am. All other Tuesdays Morning Prayer.

Zoom Eucharist 2nd and 4th Wednesdays at 10am

For Zoom log in contact grimshoebeneficeoffice@gmail.com

Evening Prayer 1st and 3rd Wednesdays at Feltwell at 4pm

Coffee, Cake and Chat



from 9am every Weds morning.
We have a loo and baby change facility.



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

Family Support and other *Borough Services* also
available.

3. Tap More
4. Select the message or messages you want to forward
5. Tap the arrow on the bottom right of your screen
6. Input 7726 and send

Android:

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

If you are unable to forward a suspicious message you can also take a screenshot or screen recording of the text message and send it to the National Cyber Security Centre at **report@phishing.gov.uk**

Scam Alert - Emails offering 'People's Keto Gummies'

We are highlighting a warning from Action Fraud after they received reports of scam emails circulating promoting fat burning gummies.

The emails claim that 'People's Keto Gummies will support burning fat for energy instead of carbohydrates' with a link in the message titled 'release fat stores'.

Anyone following the link will be taken to a phishing website designed to steal personal and financial information.

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.

You can report any suspicious email received by forwarding it to report@phishing.gov.uk

You can also report scams received to us via our partners the Citizens Advice consumer helpline on freephone **0808 223 1133**

Scam Alert - Fake parcel delivery text messages

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



NEED A WILL?

NEED PROBATE?

NEED LASTING POWERS OF ATTORNEY?

FUNERAL PLANS?

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Email: brandon@turnerfunerals.co.uk

Recent examples have included messages claiming to be from EVRI stating they are 'unable to deliver your package' as 'the delivery address is not clear'.

The message goes on to say that the recipient needs to 'confirm their address' within 12 hours via a link in the message to enable redelivery.

These messages are sent by criminals who have created fake websites to look like the genuine ones, with the same branding, layout, and font choices. These are used to gather personal and financial information or take payments.

If you receive one of these messages **do not click on any links.**

Scam Alert - Investment Scams

We are reminding residents to continue to be alert for contacts offering investment opportunities.

Investment scams can often be difficult to spot as scammers will design them to look like genuine investments. Initial contacts will often be by email or telephone cold call and will claim to be from well-known financial organisations like high street or investments banks.

Common investment scams include savings bonds, fake shares, cryptocurrencies, gemstones, and fine wines.

Scammers also frequently make posts or place paid for adverts often linking to fake news articles which claim that the celebrity or well-known 'media expert' named is promoting online investments after making large amounts of money from doing so themselves.

These post and adverts are placed attempting to lure people into making contact so they can be encouraged to invest in these investment scams.

In reality, the celebrities used in these investment scams have nothing to do with the fraudsters and their image and status are being used without their permission or endorsement. Any money handed over is likely to end up in the hands of cyber criminals with little or no possibility of you ever recovering it.

Protect yourself

- Be very sceptical about emails, cold calls or online adverts from companies offering shares and other investments - especially if they're offering higher returns or are 'guaranteed' or 'risk-free'
- Never be rushed into making a decision, if the contactor is trying to pressurize you end the conversation
- Get independent financial advice before making any investment
- Never sign up to anything immediately or if you're told to keep the deal confidential

Make sure the firm is on the Financial Conduct Authority (FCA) register of authorised firms, you can [check the financial services register by visiting the FCA website](#)

Which? Have put together useful [guidance on how to spot an investment scam which can be found on the Which? website](#).

The Financial Conduct Authority website also provides further details on how to [protect yourself from scams](#).

Scam Alert - Parking payment scams

We are highlighting a warning about fake QR codes on parking payment machines after reports of incidents across the UK.

Quishing, also known as QR code phishing, involves tricking someone into scanning a phony QR code with their phone or device.

The QR code then takes the user to a fraudulent website that might download malware or ask for sensitive information. It's the latest trend used by scammers to get your personal information and money.

QR codes are often found on things like parking machines, charging points, emails, even restaurant menus. Once scanned, scam codes will take you to a bogus website where you innocently input your details thinking you're paying for a service or visiting the genuine site, when in fact, you're sharing all your personal details with the scammers.

How to prevent Quishing attacks

- If the QR code is on a poster in a public area, always check whether it appears to have been stuck over the original. If the sign or notice is laminated and the QR code is under the lamination or part of the original print, chances are it's more likely to be genuine
- If in doubt, download the app from the official Google or Apple store or search the website on your phone's internet browser, rather than scanning a QR code to take you there. It may take longer, but it's more secure

- Check the preview of the QR code's URL to see if it appears legitimate. Make sure the website uses HTTPS rather than HTTP, doesn't have obvious misspellings and has a trusted domain

Trust your instincts. If something doesn't seem right, don't share your details.

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



Messenger

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

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

I recently received this scam email pretending to be from PayPal. It even had a service@paypal.com senders address!

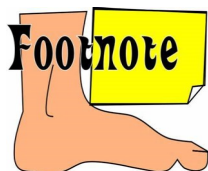
Here's your invoice

If this Charge is not for your Subs-cription Quickly inform us at (844) 660-4912 sent you an invoice for \$199.99 USD

What gave it away was this:

No reference to my name whatsoever, the dreadful punctuation and capitalisation and the nonsense of the sentence. I forwarded it to report@phishing.gov.uk and got an automated reply which, amongst other things, contained this interesting snippet:

As of July 2024, the number of reports received stands at more than **33,687,208**, with the removal of more than **188,550** scams across **345,407** URLs



Pilot: Test flight OK, except auto-land very rough.

Engineer: Auto-land not installed on this aircraft.

Excerpts from various aviation engineers' fault report forms.



Feltwell Community Magazine is happy to sponsor a Feltwell In Bloom flower tub.



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

SUDOKU PUZZLE

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

Answer on page 78



The Food Pantry, Feltwell

WHO ARE WE?

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

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

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

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

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

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

OPENING TIMES:

Wednesday 9AM – 11:30PM

Saturday 12:30PM – 2:00PM

For more details visit our Facebook Page or call 07454 259280

OCTOBER ACTIVITY LOGISTICAL

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

	Jonathan	Bridget	Christina	Abraham	Pumpkin Carving	Baking	Making a Costume	Playing Conkers	30 Minutes	45 Minutes	1 Hour	1 ¼ Hours
At Home												
At A Friend's House												
At Grandma's House												
At Cousin's House												
30 Mins												
45 Mins												
1 Hour												
1 ¼ Hours												
Pumpkin Carving												
Baking												
Making a Costume												
Playing Conkers												

Match the person to their activity, time spent and their location.

1. The person Playing Conkers was at their Friend's House
2. Abraham spent 15 minutes less time than the person who Made a Halloween Costume.
3. Baking took the longest time. Pumpkin Carving took 30 minutes less.
4. Bridget took less time than Johnathan and Abraham.
5. Christina was at her Grandma's house for an hour.
6. The person who Carved the Pumpkin stayed At Home.

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Feltwellians Around The World



In Memory of Flight Sergeant Sylvan Ellwood Weaver

Born August 5, 1915. Killed in action April 4, 1943. Part 8

Serial #: R77581



Son of a Mennonite family, Sylvan Weaver, born August 5th, 1915, grew up on a farm in the Fleet district. He joined the Air Force in Calgary in November of 1940 and after completing his training in Canada as a Wireless Operator and Air Gunner he was sent to England on November 6th, 1942. He was posted to the #487 New Zealand Squadron in December. While stationed in England he wrote several Letters home.

Dear Folks.

England 19 -2-43

Received your letter of Jan. 17 yesterday. Sorry to hear mother isn't feeling well. I am fine but still have a bit of a cold. I'll have one as long as I'm in this country. You want me to tell you where I am and what I'm doing. Well, I really can't. We are in a New Zealand Squadron and on operations. That's about all I can tell you. There is nothing exciting happening here and especially around our station. I go to a show every night, either down in the village or on the camp. When we aren't flying,



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which is pretty often, we sometimes do a bit of skeet shooting. The weather is bad today so we are having a stand down which is O.K. because all week we have been flying pretty regularly. We have finished that parcel I received. The cake was really good and the cookies were even better than that. The coffee lasted about 2 days. Just about every Canadian in the camp was in my room making coffee. Over here it's mostly chicory and is really terrible. So far I haven't received any cigarettes. It takes quite a while for them to come. Keep sending 300 per week.

Well. I can't think of anything to write about so will close.

Love and Kisses, Sylvan

Dear Folks,

England 28-2-43

Well. I received another letter from you the day before yesterday so had better get busy and answer it. We had a pretty busy two weeks except for one day off. Sunday is the same as any other day in the week here. We have a church service at 9:15 Sunday morning but I have never gone as I am either in bed or over at the hanger at that time of the morning. This must be a pretty cold winter over there! The weather here isn't bad but it is too damp. The air is always damp and if you don't have a fire on, the room and your clothes are all wet in the mornings. The mails must not be getting over to Canada very well from this side. My Pilot's folks don't get half of the letters he writes and he sends 3 or 4 times as many as I do. I don't get the Castor paper. There is a new regulation isn't there about sending the paper over? Our observer, Staff O'Connor. had a quart of chicken sent over. We heated it in our mess tins over the fireplace. It was really lovely. Hope my box gets here soon. We still get plenty to eat but it is the same thing day after day. I've been longing for some sauerkraut; if you could send some over. I'd really enjoy it. Don't worry about me not taking care of myself. The village here is as dead as Castor; you couldn't go wrong if you tried. Well, will close. Hope this gets to you O.K. All the best.

Love and Kisses. Sylvan

P.S. Had another letter from Eddie Dorval. He hasn't received any mail from home for over 6 weeks. If his folks haven't had any from him. tell them he's O.K. and having a good time at Gibraltar. By the way. I don't believe we will be going to the East. The planes we would be in are terrible so we will stay here if possible.

Sylvan

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GAS SAFE REGISTERED



Our speaker for September was Robert Enderby. This was Robert's third visit and he choose, this time, to talk about fraud.

Fraud is the most commonly experienced crime in the UK, affecting UK society economically and socially. It

accounts for over 40% of crime in England and Wales. According to the Office of National Statistics, it was the most common crime type between April 2022-March 2023, with an estimated 3.5 million incidents of fraud experienced by adults aged 16 and over.

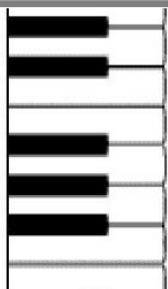
Four fifths of reported fraud are cyber-enabled according to the National Fraud Intelligence Bureau. The most common types of fraud in the UK are payment diversion fraud, investment fraud, romance fraud, courier fraud as well as cheque, plastic card and online bank account fraud. Further information on the different fraud types can be found at <https://stopthinkfraud.campaign.gov.uk/> Nobody is immune from fraud. The criminals behind it target people online and in their homes, often emotionally manipulating their victims before they steal money or personal data. By staying vigilant and always taking a moment to stop, think and check whenever we're approached, we can help to protect ourselves and each other from fraud.

The sums of money stolen by criminals are vast and the impact on those affected is significant. In 2023 almost £1.2 billion was lost to fraud. (UK Finance Annual Fraud Report 2024)

Fraud offences and victim losses are likely to be much higher because statistics from the Crime Survey for England and Wales had revealed that fewer than one in seven offences are reported to the police. (Guardian article 19/02/2024)

Robert then went on to outline the different types of fraud as defined in the Fraud Act 2006 - The Offences.

Section 1 creates a general offence of fraud and introduces three ways of committing it set out in Sections 2, 3 and 4.



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- In each case: the defendant's conduct must be dishonest;
- his/her intention must be to make a gain; or cause a loss or the risk of a loss to another.
- No gain or loss needs actually to have been made.
- The maximum sentence is 10 years' imprisonment.

1. Fraud by false representation (Section 2)

The defendant:

- made a false representation
- dishonestly
- knowing that the representation was or might be untrue or misleading
- with intent to make a gain for himself or another, to cause loss to another or to expose another to risk of loss.

The offence is entirely focused on the conduct of the defendant.

- using a stolen credit card in person or using someone else's credit card details online
- selling, or attempting to sell, an item which you do not own
- stating that a car, or other item, is in good working order when you know there is a significant issue with it
- collecting State benefits that you are not entitled to
- exaggerating your income on a mortgage form

2. Fraud by failing to disclose information (Section 3)

The defendant:

- failed to disclose information to another person
- when he was under a legal duty to disclose that information
- dishonestly intending, by that failure, to make a gain or cause a loss.
- Failing to provide relevant information about your personal circumstances or history when obtaining your insurance cover.

For example, not disclosing an underlying health condition when obtaining medical insurance or failing to inform the insurer about a

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18th

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JAM Acoustic Duo



previous car accident when obtaining car insurance. You make an insurance claim because you believe that you have lost your wedding ring. You subsequently find the ring, but you do not inform your insurer and take the payout anyway.

3. Fraud by abuse of position (Section 4)

The defendant:

- occupies a position in which he was expected to safeguard, or not to act against, the financial interests of another person
- abused that position
- dishonestly
- intending by that abuse to make a gain/cause a loss
- The abuse may consist of an omission rather than an act.

Examples include:

- A family member who has power of attorney for a mentally incapacitated relative using their position to take money from the person's bank account.
- An employee who deliberately abuses their position to give discounts or contracts to friends, family or other favoured associates.
- A charity trustee who steals charity funds.

More information from Robert's talk on fraud, how to avoid it and where to get help and advice will be included in future months as and when I can squeeze it in.

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

Our next meeting will be on the **5th October** when our speaker will be, hopefully, someone from the Library Service talking about Free Books for Men and the Library services etc.



Your Good Health

by Dr Ian Nisbet

Unfortunately, there was a transmission failure so the articles for the Feltwell and Methwold magazines failed to arrive by the deadline for printing. As a result, both the editors have agreed to publish a double length article in October, so here we go!

It is now the first week in September. All my lovely neighbours and most of my family are away on holiday and the garden seems to be sinking into its autumnal phase rather earlier than usual. Those of you who have read these articles for the past 40 years or so will see the initial sentence and will realise that I have spent the last fortnight wondering what on earth to write about and I still have no clue! Obviously, I have to avoid politics, profoundly depressing, and world news, even more depressing. Fortunately, my friend Jayne de Pol keeps sending me humour over the worldwide cobweb so all is not lost.

The big event in my recent life has been the purchase of a new *YouStride* “fall alarm watch”. You have permission to yawn. For about 2 years, I have had such a sensor which is purchased from and supervised by the local borough council. There is a communication station in my kitchen and, if a fall is detected (or I press the screen to alert the operators), the operator talks to the kitchen “Are you all right, Dr Nisbet?” If there is no reply, they then ring my mobile and, if there is no reply, they start ringing around the neighbours and then move on to Calum, Grant or Alyson. The alarm watch works when I am in the house, the garage and the garden but I can only hear the operators when I am in the kitchen. The whole system depends upon me **having my mobile ‘phone with me at all times. PROBLEM – MEMORY ALERT!**

Over the past couple of years,

the family have tried to help. Alyson bought me a mobile 'phone lanyard and Calum tried to get me micro-chipped. Also, he can track my 'phone to know where I am. Not helpful if the 'phone is indoors and my car is not in the yard. "He must be in a ditch somewhere"

Last week was very hot so I decided to start sorting out the double garage which is racked out and full of tools and assorted "stuff". I was getting on quite well until, after about four hours, grandson Fraser drove into the yard with his sister, Isla, in the passenger seat. "Oh, what a lovely surprise" thought I – time for coffee and biscuits. GRANDPA! YOU ARE NOT WEARING YOUR PHONE! It was in the bedroom. Apparently, during some major manoeuvre in the garage, I had activated the alarm. The operator could not get a reply on my mobile, 'phoned around all the neighbours, who were away, and then rang Calum at work. He rang home and alerted the grandchildren who jumped into the car and flew around to my house six miles away, not certain of what they

were going to find when they arrived.

This was all very embarrassing so I looked in my Rotary magazine and bought a *Your Stride – Age without limits* – alarm watch. The is a very different kettle of fish. It looks like a posh watch, with a shiny black face. It tells me the time, the date, the number of steps, my heart rate and blood pressure. Most importantly, if I get in a muddle, I can press the face of the watch and speak through the watch to the nice people in the control centre. This will work from anywhere in the UK, even if I am half way up a mountain. Apparently, it works through the mobile 'phone network. When contacted, the operators will talk to me, then ring through my list of contacts or, if I am away from home, they will send help to my location. Only problem – you can't wear it in the shower so I have kept my original kitchen based alarm to use indoors.

If you want to know more, Google *yourstride.com* and you will see an exciting video and other details. If you decide to

buy one, mention my name and they will give you £20 off and send me £20 for a charity of my choice.

So, if you meet a bloke coming the other way, wearing a square white plastic watch, a shiny black watch and a 30 year old Timex on the other arm (I love the fact that I only have to look at it to see the time and it lights up at night) and attached by a lanyard to a mobile 'phone, it could be me!

Next month, I think I shall deal with memory problems. Here's a joke to get us on our way.

I got out from the supermarket and looked for the key of my car. It was not in my pockets.

I went back inside and searched among tomatoes, potatoes and all the shelves attentively but found nothing. Suddenly I realised that it could be left inside the car and the car could be stolen. I ran rapidly to the car park and THE CAR HAD DISAPPEARED!

I called the police and gave them my position, the description of the car, the license plate, etc., etc., and I confessed that I left the key

inside.. Then I made the most difficult call.....to my wife. "I left the key in the car and it's been stolen!" There was a long silence before she reminded me, "I drove you and dropped you at the supermarket before going to the hairdresser!" Not without embarrassment but happy, I said: "So, are you coming to pick me up?" "I am sorry to say that I can't! I am in custody at the police station and I have to convince them that I didn't steal the car!"

My new car has many buttons – There is one that says "Rear wiper" I am afraid to push that one!

It's better to grow old with a sense of humour than to grow old with no sense at all.

There's a fine line between a numerator and a denominator. Only a fraction of people will find this funny.

The Flat Earth Society has members all around the globe.

My teacher told me not to worry about spelling because, in the future, there will be autocorrect. For that, I am eternally grapefruit.

Don't tell secrets in the garden.
The potatoes have eyes, The
corn has ears and the
beanstalk.

Two little boys talking at a
wedding. "How many wives can
a man have?" "Sixteen – four
better, four worse, four richer,
four poorer."

Learn from your parents'
mistakes – use birth control.

And now for the October article:

How is your memory? I shall be
80 next year and it might be
possible that my memory is not
all it was. I was fine until I had 6
major anaesthetics associated
with my hip problems in 2016
and 2017. I have always
believed that big anaesthetics
knock off the brain slightly
(most anaesthetists disagree
but I have found some who do
agree) and, associated with two
nasty bouts of sepsis, I have
always put down my possible
memory problems to that time
when I was in Critical Care and
"Extremely frail" for many
weeks.

The current problems are minor
– Why did I come into this
room? What day is it? Losing
the thread halfway through a

sentence. Remembering names
– I have never been much good
at that – show me a patient and
I will give you their full medical
history and that of their family
but the name will be a problem.
I can still find my way around
the length and breadth of the
UK in my wonderful Alhambra
and I am still capable of cooking
complicated meals. I can
remember all my medical
knowledge but I am not so
sharp at learning new medical
stuff. All in all, I think I am OK
and all I need to do now is live
seven years to maximise the
taper relief on the money I have
given the children. Of course,
the big question is, "Could this
be dementia kicking off?"

There must be some of my dear
readers who have similar
worries and the initial advice
would be to Google the subject.
However, the results can be
confusing so here is my
"nutshell" version to get you
started. As we grow older, we
may discover that we don't
remember information as well
as we used to, we misplace
things or forget to pay a bill.
This is normal but, if the
memory problems become
more serious, we may have

Chris Mills

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trouble driving, using the 'phone, or finding the way home. The following are signs that would make it wise to chat to your GP – Asking the same questions over and over again, telling the same story repeatedly, getting lost in places you used to know well, trouble following recipes or directions, confusion about time, people and places, neglecting your personal hygiene, eating poorly or behaving unsafely. This is Mild Cognitive Impairment of old age and some, but not all, sufferers will go on to develop Alzheimer's.

Modifiable Risk Factors which predispose to Dementia are predictable! Lack of physical activity, cigarette smoking, excess alcohol, obesity, high blood pressure and cholesterol, Diabetes, social isolation, untreated hearing loss, drinking more than 3 cups of coffee a day (based on a study of 8,451 patients, this is subject to debate). Tea, on the other hand, seems to slow cognitive decline.

Google will tell you all about what happens as Dementia progresses, often leading to death by aspiration pneumonia.

All this is mightily depressing and is outside the scope of this article. Time for a few jokes, I think:

I have a new SatNav in my car. Not only does it tell me how to get to my destination, it tells me why I wanted to go there.

Some call it multi-tasking. I call it doing something else while I try to remember what I was doing in the first place.

What do we learn from cows, buffalos and elephants? It's impossible to lose weight by eating grass and salads and walking a lot.

It's weird being the same age as old people.

And one Deannie bought for my desk. "Just when I got my head together, my body fell apart."

Two Airforce officers boarded a quick shuttle flight. One sat in the window seat, the other sat in the middle seat. Just before take-off, a soldier got on and took the aisle seat next to the two officers. The soldier kicked off his shoes, wiggled his toes and was settling in when the officer in the window seat said, "I think I'll get up and get a coke." "No problem," said the soldier, "I'll get it for you."

While he was gone, an officer picked up one of the soldier's shoes and spat in it.

When the soldier returned with the coke, the officer in the middle seat said, "That looks good, I think I'll have one too." Again, the Soldier obligingly went to fetch it and while he was gone, the other officer picked up the soldier's other shoe and spat in it. The soldier returned and they all sat back and enjoyed the rest of the short flight. As the plane was landing, the Soldier slipped his feet into his shoes and knew immediately what had happened. "How long must this go on?" the soldier asked. "This fighting between our services? This hatred and animosity? This spitting in shoes and peeing in cokes?"

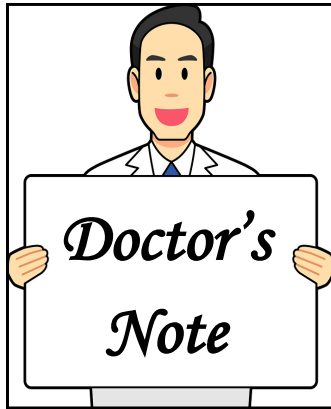
A Ukrainian joke: Putin was traveling incognito in the Ukrainian countryside and stopped to talk with a local farmer. "How big is your land?" asked Putin. The farmer responded proudly, "From here to that big oak tree in the near distance is one side of my land. Same square distance all around." The farmer then

asked Putin, "How big is your land?" Putin responded he "could get in his car all day and not reach the end of his land". The farmer replied, "I once had a car like that."

I was chatting to a friend the other day. He had just celebrated his 50th wedding anniversary when he said to his wife, "50 years ago, after we got married, we had a cheap house, a wreck of a car, we slept on a sofa bed and watched TV on a small black and white set. However, I got to sleep with a 23 year old every night. Now I have a £500,000 home, a posh car, a nice big bed and a large screen TV but I am sleeping with a 73 year old woman. You are not keeping your side of the bargain."

His wife told him to go out and find a 23 year old woman and she would make sure that he would, once again, be living in a cheap house, driving a junk car, sleeping on a sofa bed and watching a small black and white television. Older women really are adept at solving old men's problems.

Best wishes to you all Ian



The Mounting Cost of Missed Appointments at the Surgery.

A sizeable drop in NO-SHOWS in August which is the biggest monthly drop since we started following these figures. Maybe the message is getting through, we will have to wait for future figures to be sure. They fell in August by 20, from 61 to 41. This brings the total number of missed appointments for the year so far to **531**.



This means that 531 other patients could have been seen by a doctor in the first 8 months of 2024 if only people had cancelled their appointments rather than simply not turning up.

"Please, if you cannot attend your appointment, cancel it."

Each missed GP appointment costs an average of £30, therefore, the cost of all of the missed appointments so far this year is £15,930, money that has to be spent to pay the bills and the staff but for which no direct healthcare benefit is received by anyone. The additional 41 missed appointments in August represent a loss of £1,230 worth of lost healthcare for the month. *See over.*

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

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

☎ 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**.

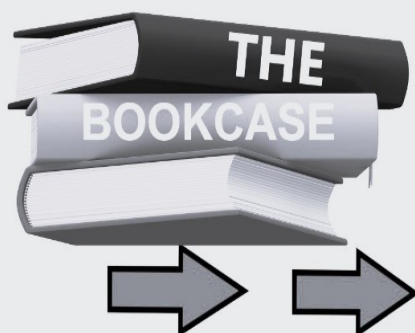
Having a party?

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

St Mary's Church can loan you all of the above
(at least 40 settings)

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

FELTWELL BOOK EXCHANGE



"THE BOOKCASE"

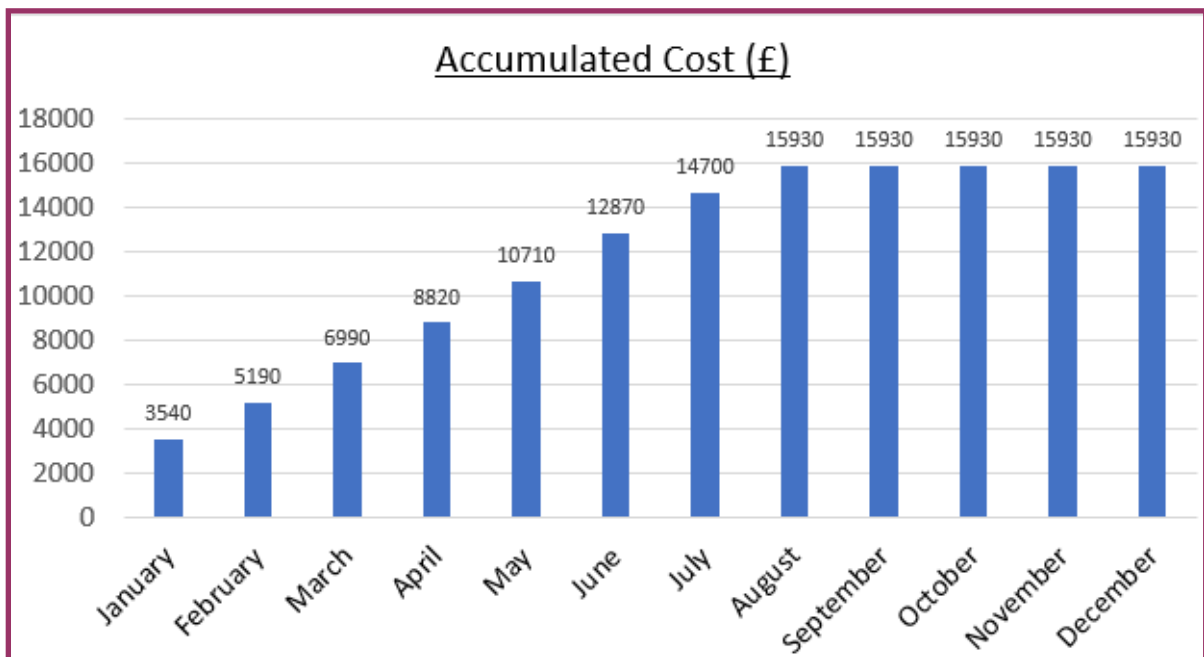
*Located in the Methodist
Chapel entrance hall is*

NOW OPEN

Just one plea.....

PLEASE, when you use The

Bookcase, replace the books in the order in which they appear on the shelves.....in alphabetical order of the author. Thank you.



I wonder if the number of missed appointments would go down if people got a bill each time they failed to turn up without cancelling?

Let me know what you think by emailing me at garlandp@btinternet.com.

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.

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

DID YOU KNOW?

The phrase “hot potato” has a fascinating origin and history. It was first introduced in the English language around the early 19th century, originally derived from the phrase, “drop something like a hot potato.” This expression metaphorically describes the swift and immediate abandonment of something deemed undesirable or contentious, much like dropping a hot potato due to its heat. Over time, this phrase evolved into the standalone idiom “hot potato.”

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.



We are now truly into the Autumn. It is a shame to see the daylight hours shortening so quickly with the mornings and evenings becoming so chilly. However, Feltwell in Bloom members are keeping busy. We are now thinking of filling the tubs with an assortment of bulbs, especially the new tubs which have been put in place during this year, as well as spring flowering plants. We will be clearing the wilding areas after they have had time to fully set seed for next year. Also, if you find us digging near to the entrances to the village, do not worry; we are trying to plant more daffodils as a welcome to the village during Spring.

Whilst doing our normal activities, we were very sad to have two of our tubs stolen in late August. We have rescued all of the perennials and bulbs and we will use them when we replace the tubs. It was really warming to read all of the notes from people who were also upset to have this happen. Thank you for sharing your feelings with us. Thank you also to those who have donated to replacing the tubs and planting, we are very grateful. We have ordered the new tubs and hope to have them planted up again before Christmas. Also, we will have the tub for Munson's Place by then, hopefully.

Unfortunately we were over enthusiastic when putting the new tubs on Wilton Road and forgot to save one for you. Sorry.

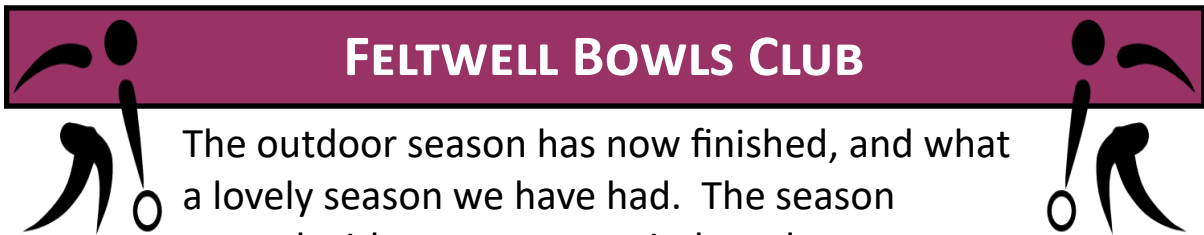
Finally, thank you for supporting all of our sales this year. Our final sale outside of the Wellington in September, was successful. Several enjoyed the cakes sold that day also. All of the money we raised will go towards plants for the tubs in the future. Thank you for continuing to support us.

Contact us on the following platforms:-

Facebook - *#Feltwell in Bloom*

Email – *feltwellinbloom@yahoo.com*

Or phone Rita on 07785345614



FELTWELL BOWLS CLUB

The outdoor season has now finished, and what a lovely season we have had. The season started with some wet periods and some matches were postponed, but it cleared and all, league games caught up and played.

We had a demonstration on 14th August of the mower we propose to purchase, it's a multi purpose electric model, see the photo. We finished with our finals day on Saturday 7th September.



Commencing with the Singles final at 1pm



between Stephen Gill and John Mann it was a close game of nip and tuck with John managing to break away on the last 3/4 ends ending up with John winning 21 - 15.

The Doubles final commenced at 3pm between Stephen Gill and Bob Ling against Steve Sinclair and Annette Storey this again was a very tight game with Stephen Gill and Bob Ling winning 21 - 15.

There was a free Sausage and

Burger BBQ for all members.

Our celebrity was unable to make it so yours truly was honoured to be selected to present the awards.

We won our local competition between ourselves and Hockwold for the second year.



In the leagues we finished top of league 3 in the Ashill. Mid table in the Rosie Smith League and unfortunately bottom of the Dave Allen and Downham and District leagues

LEAGUE RESULTS

We have played 10 league games consisting of 1 Rosie Smith (R.S), 1 Ashill (Ash), 2 Dave Allen (D.A) and 6 Downham and District (D&D)

DATE	LEAGUE	OPPONENT	VENUE	RESULT	SCORE	POINTS
01/09	D&D	Kings Lynn	Home	Loss	55 - 88	2 - 8
06/09	R.S	Swaffham	Away	Loss	35 - 63	2 - 6
07/09	D.A	Northwold	Home	Win	63 - 32	8 - 0
08/09	D&D	Upwell	Away	Loss	43 - 103	0 - 10
12/09	D&D	Downham M.A	Home	Loss	52 - 60	0 - 10
15/09	D&D	Kings Lynn	Away	Loss	62 - 82	2 - 8
16/09	Ash	Weeting	Away	Win	47 - 40	6 - 2
19/09	D.A	Mundford B	Away	Loss	29 - 64	0 - 8
20/09	D&D	Upwell	Home	Loss	56 - 73	0 - 10
22/09	D&D	Downham M.A	Away	Loss	32 - 81	0 - 10

COMING EVENTS

Quiz night Saturday 5th October 7 to 10pm (See advert)

Race night Saturday 23rd November 7 to 10pm
(To be Pig racing with bacon rolls at half time.)

Max

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.



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.

J M Harris EST. 1996 **LANDSCAPES CONSTRUCTION**

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Tel: 07534 892411

FELTWELL FOLK 10

This column will feature *Feltwell Folk* from the past, sometimes in sports teams, sometimes in working situations and even singly.



Oak Hotel patrons going on a day trip, around 1930, to Skegness.

Only a few names are known. More would be nice. Can anyone identify the make of bus?

From right, standing in front of the bus.

No. 2 - Ash Godbold, No. 3 - Vic Ellingford, No. 5 - Ted Anderson,
No. 8 - Harry Williams (Proprietor of the Oak Hotel)

From right, looking through the bus window.

No 2 (highest head) - Reggie Wallis.

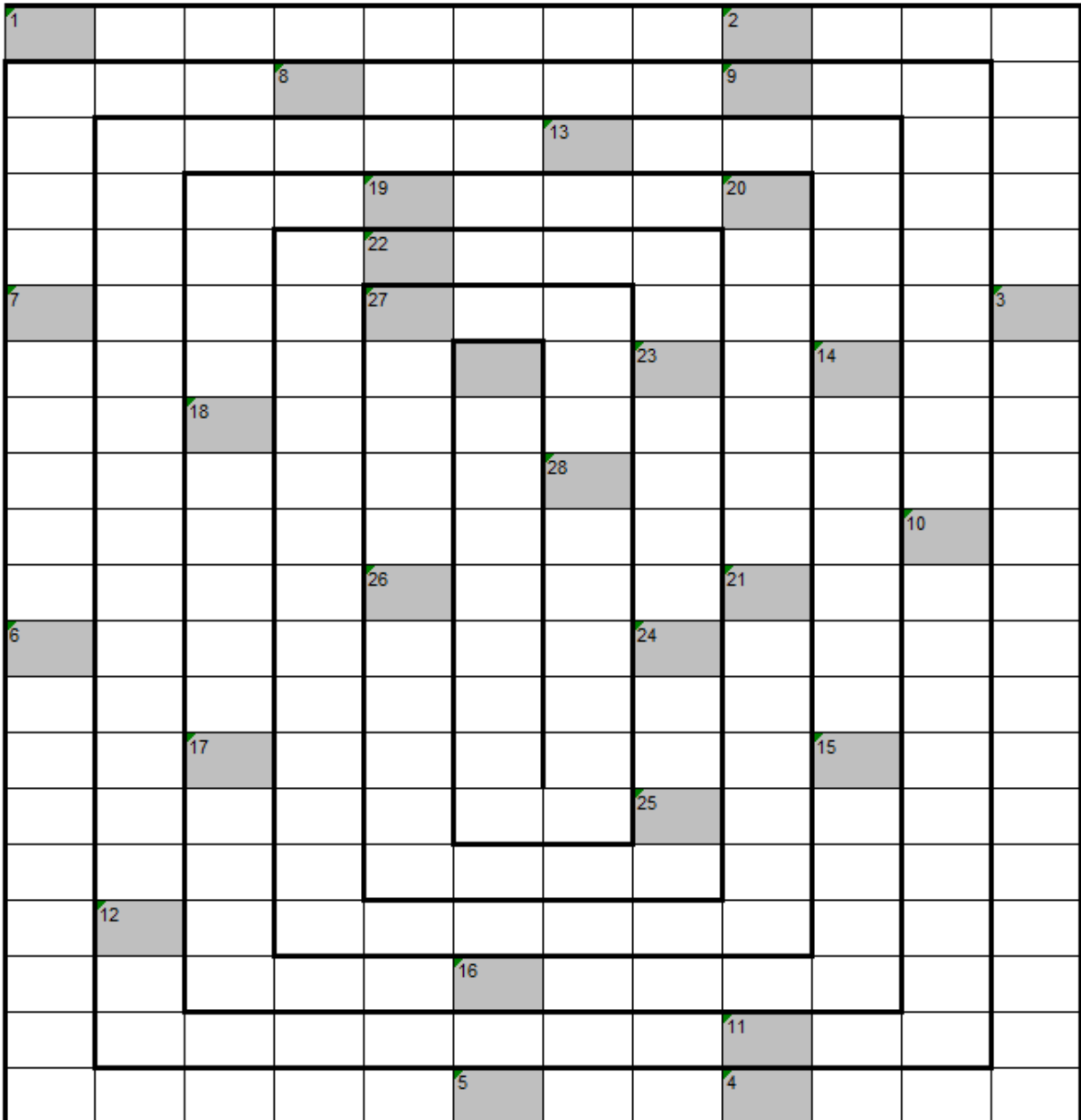
Photo from Eric Lawrence

Names from Len Barnes in Sydney, Australia. Len was born in High/Cock Street, Feltwell, 1920.

WORD TRAIL NO. 45

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 Extremely inexpensive (4-5)
- 2 A pleasant smell that accompanies the first rain after a long period of dry weather (9)
- 3 MEDICAL: A form of Herpes Zoster affecting the facial nerve associated with facial paralysis (6-4-8)

- 4 Repetition of sound (4)
- 5 MUSIC: 1980 song by Willie Nelson about a performing artist on tour (2-3-4-5)
- 6 A large kettledrum played with sticks from Ethiopia (7)
- 7 Pigs are used to sniff out which delicacy in some parts of France (8)
- 8 FILM: The name of the courtesan played by Nicole Kidman in Moulin Rouge (6)
- 9 Optical projector giving images of both opaque and transparent objects (11)
- 10 Science of churches especially of church building and decoration (12)
- 11 A whist or bridge hand with no card above nine (10)
- 12 FLORA & FAUNA: this plant is also known as the Rose Mallow (8-4-8)
- 13 Knifing (8)
- 14 To bring into being; give rise to (8)
- 15 Containing or derived from error; mistaken (9)
- 16 Elicit, invoke (6-2)
- 17 Income after retirement (7)
- 18 Harmful, unwholesome (7)
- 19 Biblical Queen's land (5)
- 20 Camera opening (8)
- 21 MUSIC: A 2014 song by Morrissey (5-2-3-9-6)
- 22 Sinew (6)
- 23 This Indian Tribe is named after a Spanish word meaning 'farm fields in the valley' (6)
- 24 Avowal (4)
- 25 MYHTOLOGY: The God of Fire (10)
- 26 Mark of disgrace (6)
- 27 Fit for tilling (6)
- 28 Interstellar (16)

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

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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Taken from The Thetford and
Watton Times 2/7/1982

YESTERDAY'S MEMORIES



Norfolk Super Darts League Two champions Feltwell—

(from left to right) back row: Trevor Norton, Barry Jones, Arthur Tea, Ray Hart, Stuart Cooper, Colin Ambrose, Ray Whitta, Barry Greatback, Barry Vine.

Front row: Paul Stoker, Martin Stoker, Rod Edwards, Paul Gostling, Steve Tea and Pete Dopson.

**FELTWELL
METHODIST CHURCH,
COMMUNITY HALL &
GARDEN**



**God's Community
Garden
& Picnic Area
OPEN 24/7**

Enjoy a wander through our wild garden, Meadow Snake Path, and lawn, then picnic at our tables around the garden. (*Open the table*

broolly if you need, but please fold it away after use to protect from summer breezes.) It is a developing area, and you will see changes frequently around the garden. See how many animals you can find in different shapes and sizes and in different materials. We have goldfinches on our thistledown, eating the seeds, bees in the poppies, foxgloves and hollyhocks, collecting nectar, different butterflies and moths amongst the nettles and brambles and blackbirds nesting in the shrubbery and picking the blackberries.

IT'S THE METHODIST CHAPEL'S 90th ANNIVERSARY (on its present site) in APRIL 2025

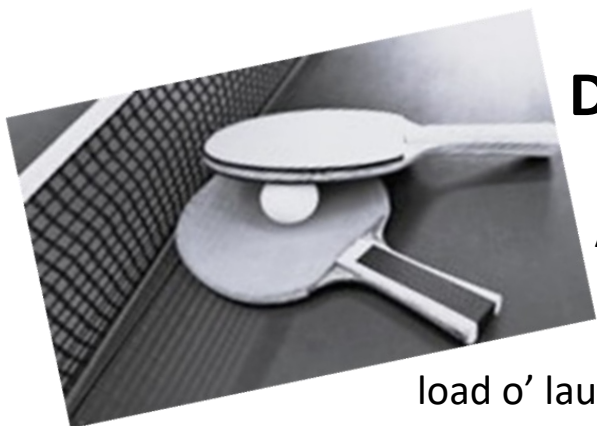
IF YOU ATTENDED THE METHODIST SUNDAY SCHOOL OR CHAPEL OR HAVE ANY OTHER INFO ABOUT METHODISM IN FELTWELL.....

WE'D LIKE TO HEAR FROM YOU

Table-Tennis Mondays 7.00pm (during spring & summer)

AND

Day Club - Tuesdays at 1.45pm NOW with pool



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. Refreshments available.

Steve Wellington is the organiser.

Thursdays 6:00pm— 1st Feltwell Brownies

Friday is now Forage day. Yes, foraging for weeds, dead
heading, planting new plants and foraging for a space to plant our
community vegetables, runner beans etc. We are making changes
and developing new borders. Come and help us make those
changes. YOU are welcome to join us. You might even get a cuppa!

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

11am – Fellowship and Refreshments

Sunday Fellowship—Speakers for October

6 October	Fellowship
13 October	Cumbers
20 October	Rev Blacklock
27 October	Fellowship



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

FELTWELL VILLAGE MUSEUM

2024

Hi all, 😊 we're back open again 😊 MMXXIV

Every Last SATURDAY of the month, March - October

11AM - 3PM

See...

Feltwell's Wellington bomber crash remains & the story of its sole survivor.

Look...

Our Village Millenium photo books, see your house in the year 2000?

Read...

Paul Garlands 'Then & Now' books, all you need to know of who lived here before us!

& Kids, if you can make it... you can keep it...

a FREE Flying Bird!

Oak street Feltwell IP26 4DP

Enquiries call Graham

01842-828387

FREE ENTRY

😊 donations appreciated 😊

***EVENTS IN FELTWELL METHODIST
CHURCH, COMMUNITY HALL***

<><><><><>

TABLE SALE

Saturday 12 October – 10.00am

Hot Dogs & Bacon Butties

Cakes for sale

Contact us to book a table

<><><><><>

Christmas CRAFT FAIR

SATURDAY 23 NOVEMBER

Book a table now to sell your crafts

<><><><><>

Saturday 14 December –

Christmas Cream Teas AND

The Tunnel of Light

FELTWELL PARISH COUNCIL

ALLOTMENT LAND

Tenders are being invited for four vacant areas of land.

Please see Parish Noticeboard for details.

ALLOTMENT MANAGEMENT COMMITTEE



TABLE SALE

Saturday

12 October

10.00

To Book a table Call 07712578721

Or Fb message Mike Wilkinson

Community Hall
Bell Street, Feltwell

The **Methodist** Church 



RSPB Lakenheath Fen

OCTOBER ON THE BIRD RESERVE

Whilst Summer in astronomical terms may have now finished weeks ago, at the end of August, on the reserve and in the wider countryside the transition into autumn and towards winter is much more gradual and gentle- thankfully for us! In October, on fair weather days there will still be dragonflies to see- these will mostly be the smaller Common Darters- where the male is bright red and the female a sandy-brown. There will also be a few of the very elegant Willow Emerald Damselflies too- as their name suggests they are a beautiful metallic green and look impossibly slender, with fully transparent wings. They have a weak, fluttering flight and are easy to miss as they float past you. But they rest often and are quite confiding, especially if you approach slowly- so you can often get a really good look at them.

We'll still have a few butterflies too, especially larger species like Small Tortoiseshell, Red Admiral and Peacock. As well as Comma butterflies, these will keep breeding so long as the weather is mild enough, so keep an eye on sunny nettle patches for their spiky caterpillars, and on late-flowering plants such as Asters, Buddleia and Sedum in gardens and parks. On the reserve they will be enjoying Buddleia and the fluffy pink heads of Hemp Agrimony. Comma caterpillars feed on either hops or nettles and are fantastic bird-dropping mimics- which means they often go unnoticed!

Autumn can be the best time to look for some spectacular species of moth too- like Hummingbird or Broad-Bordered Bee Hawkmoth, both of which fly by day and are big fans of Buddleia, Salvias, Delphiniums and Lavender. And if you grow any Tobacco Plant (Nicotiana) at home, it's well worth a look on a warm, calm night for the huge and beautiful Convolvulus Hawkmoth, which migrates here from Africa, sometimes as late as November. They have a very long



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

Fridays 25 Oct, 29 Nov (10am to 11am).

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

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

Race for Wildlife 2024

Sunday 20 Oct (11am – 2pm)

Join us as dozens of other runners come together to raise money to support wildlife. Choose from 5k or 10 k routes through RSPB Lakenheath Fen reserve. All profits from ticket sales supports conservation work by the RSPB. Adults £15 (Under 18's £7.50)

Amazing Autumn Guided Walks

Wednesday 2 October, Sunday 27 2024 (9:30am – 12:30pm)

Join us to celebrate the arrival of Autumn- we'll be looking for seasonal wildlife on a friendly tour with a couple of our knowledgeable volunteers.

Adults: £18 non-RSPB members, £15 for RSPB members. Under 18 non-RSPB members £9, Under 18's RSPB members £7.50.

Accessible Reserve Guided Tour

Friday 18 October 2024 (10am – 1pm)

To celebrate several improvements to Lakenheath Fen's accessibility in recent years, we will be hosting a tour aimed at helping the less physically-able visitor to enjoy the reserve. We will remain on firm and level footpaths during this event to enjoy the sights and sounds of Autumn nature.

Adults: £18 non-RSPB members, £15 for RSPB members. Under 18 non-RSPB members £9, Under 18's RSPB members £7.50.



The photo shows a Comma butterfly feeding on Hemp Agrimony
Photo by Gerry Studd

tongue ideal for sipping nectar- whilst hovering- from Nicotiana's long tubular flowers and are quite a sight.

It also won't be too late to spot some summer-visiting birds, either. Unlike the Cuckoos and Swifts which leave the UK pretty soon after breeding, Hobbies and warblers like Whitethroat and Chiffchaff can often still be seen in the autumn. They are all likely to stick around for as long as the weather holds- because they rely on an abundance of flying insects- larger ones like dragonflies for the Hobbies and smaller ones for the warblers, as well as spiders. Talking of spiders- our special colour form of the Marbled Orb Weaver is looking at its best now- the females grow steadily throughout the warmer months but in late summer and in autumn their abdomens really swell with developing eggs. The more usual yellow colour-form is pretty striking but the rarer 'marmoreus' is quite common here, and in other fenland sites like Wicken Fen so a visit at this time of year to see it is usually rewarded.

The wildlife and natural spectacles of summer are not quite over yet - even if it is October. So hold fire from grabbing the hat and gloves and why not pop down to see us and enjoy getting close to nature? Whether it is birds, butterflies, dragonflies, spiders or even just the fresh air, space and peace you like, we hope you can find it here at Lakenheath Fen this autumn. *Heidi Jones, Visitor Experience Officer*

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

Breckland Branch



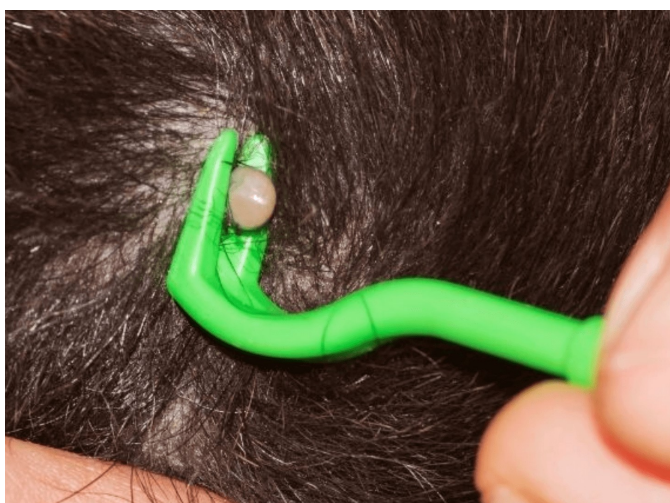
Ticks love the autumn weather! However, unlike fleas – which largely cause skin irritations in cats and their owners, ticks can also carry a range of serious infectious diseases. Ticks can be found in long grasses and wooded areas, especially where there is wildlife such as deer and hedgehogs. Here they wait for an animal or a human to brush past them so that they can jump on and feed. They attach using mouthparts and will feed on blood from their host for several days before dropping off. Ticks can cause problems in two ways.

Local tissue reactions: firstly they can sometimes cause redness and swelling at the attachment site. Disease transmission: ticks can spread diseases which pose serious health risks to both pets and humans. The major ones are:

Lyme disease, also called borreliosis, is spread by ticks; affected pets (and also humans) can develop swollen joints and stiffness. They can also develop a fever, anorexia and lethargy. In some cases the disease causes life-threatening kidney disease.

Babesiosis (caused by *Babesia Canis*) is an emerging tick-borne disease, destroying red blood cells and causing acute signs of anaemia in affected dogs. Ehrlichiosis also attacks red blood cells and can be fatal.

Current evidence suggests that tick-borne diseases take many hours after tick attachment to be transmitted. Using a product that rapidly kills or repels ticks will help to reduce the risk of these diseases. No tick product is 100% effective however, so cats should be checked for ticks regularly and any found, removed with a special tick remover. Never



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
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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.

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or email

s_withers@hotmail.co.uk

pull a tick out, as the body will detach and the head will stay in the skin and cause a nasty reaction. Your vet can advise you on keeping your cat safe from tick-borne diseases.

Parasites are still a big issue! Ticks and harvest mites both enjoy the cooler moist conditions of autumn and while fleas are in decline outside, they are quite happy to live in our centrally heated homes! Keep up with your regular protection and do check with your vet that it covers all the right beasts!

Firework night is fast approaching which can mean nights of worrying for our pets. Loud bangs and flashes cause anxiety, and, even in some seemingly relaxed pets, yawning, panting, restlessness and hiding may all be signs your pet is suffering from anxiety.

Preparation is the key! Coping with fireworks takes planning and preparation before and during the event. Many pets will benefit from calming supplements such as plug-in diffusers. In severe cases, anxiety relieving sedative medicines can be used to reduce a pet's fear and response and help them to be calm and settled. On the night, keep cats inside to help prevent them getting injured or lost. Closing the curtains and playing calming music or keeping the television switched on may also be helpful.

For advice or help with the cost of neutering, please call us on 01842 810018.

DO HEADLINE WRITERS READ WHAT THEY WRITE?



The answer to this question is, not always, as witnessed by this headline.

Thanks to Colin Clement who sent it, along with several others.

More next month if space allows.



Parent & Carers Drop In

It's always better to try and get help as early as possible before issues become bigger problems.

Come along and meet Ali your Early Help Community Worker who will be ready to answer your questions and share information about a wide range of activities, groups and organisations that can help you with family and parenting issues.

Feltwell Food Pantry

St Mary's Church, Bell Street, Feltwell, Thetford, IP26 4AA

Wednesday 16th October from 09:00am – 11:00am

You can find out more about our family hubs approach online, just click on the QR code



West Norfolk Aviation Society

September 2024 Report

www.westnorfolkaviationsociety.org.uk



Temporarily devoid of an official speaker-seeker the WNAS was once again resigned to play the DIY card. Three societies joined forces in the production of a melodrama of memorabilia and mystery. The Mundford Bowls Club provided the venue. The hospitality and banquet were provided by resident stewards, Val and Len and, the show was produced and directed by the WNAS. This was entitled 'The Mountain comes to Mohammed.' The Narborough Museum complex provided the cast and the props. The leading roles were played by Bill and Chris; it was Bill who brought the contents from his own museum to the Bowls Club stage. Chris, also a member and chairman of the WNAS, provided the narrative. Chris, ex-armourer at RAF Marham and native of Narborough, is gifted with an enthusiasm and humour which brings out the best in any society; so much so that we now have six new members from Narborough all giving good reviews about the hospitality they receive at our club. There was an eclectic collection of artifacts on display, mainly connected with wartime activities and we were allowed to play with exhibits from both world wars: a 303 Lee Enfield rifle, a Russian Sten gun, hand grenades and fuses, detonators, bayonets, 150mm artillery shells and, of course, a trench coat, gas mask and ration book; nobody was hurt. When compiling copy for an aeronautical society it is customary to mention the word aeroplane - well, there you have it. If the readers of this epistle are feeling deprived of a picture to accompany this report then they should visit the Narborough Museums and secure a much better one than we can provide. Anyone is eligible to join our club for £10 a year or have a free trial for £1 per raffle ticket.

Nigel Tooth.

www.westnorfolkaviationsociety.org.uk

METHWOLD SPIRITUALIST CHURCH SPIRITUALIST SERVICES

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

11th October SAM REID.

**25th October An Evening of Clairvoyance
with CLARE QUADLING.**

8th November LYNDA ROSE

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

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

OCTOBER ACTIVITY LOGISTICAL SOLUTION

Jonathan	Cousin's House	Baking	1 ¹ / ₄ hours
Bridget	Friend's House	Playing Conkers	30 minutes
Christina	Grandma's House	Costume Making	1 hour
Abraham	Home	Pumpkin Carving	45 minutes



Answer me this: Why don't our readers send
Answer Me This questions?

SUBSCRIPTION INFORMATION

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

March-March -£5 (12 issues, 2 free).

All subscriptions below 11 copies are pro rata.

WORD SEARCH

Submitted by Mrs J. Clements.

This month our word search is on **CHILDHOOD ILLNESSES**. 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.

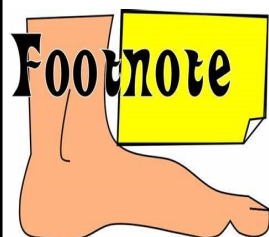
D	A	C	O	M	M	O	N	C	O	L	D	B	A	B	S
I	S	C	A	R	L	E	T	F	E	V	E	R	R	A	N
A	S	T	H	M	A	H	C	A	G	E	F	O	C	O	O
R	K	B	K	D	G	M	R	P	L	S	N	N	A	H	I
R	I	E	I	U	O	A	S	B	A	C	M	T	S	A	T
H	N	N	O	F	C	J	B	C	H	I	U	F	I	K	C
O	R	C	T	H	L	R	Y	I	A	W	E	B	L	B	E
E	A	Q	E	W	N	V	O	A	R	V	S	D	H	R	F
A	S	B	T	C	B	L	L	U	E	M	O	G	X	I	N
A	H	V	A	Z	I	L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

Asthma	Bronchiolitis	Chickenpox	Common Cold
Cough	Croup	Diarrhoea and vomiting	Earache
Fever	Kawasaki disease	Measles	Meningitis
Mumps	Roseola	Rubella	Scarlet fever
Skin rashes	Sore throat	Urinary tract infections	
Whooping cough			

The solution is on page 78

WORD TRAIL No. 45 SOLUTION

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



"It took us nine hours to fly from Jamaica to England.
It took the Americans only three hours to get home.
This seems unfair."

Actual complaint received by Thomas Cook

A Parish Council Meeting was held on Monday the 9th of SEPTEMBER 2024 in the British Legion, Long Lane. Six Councillors attended and two members of the public.

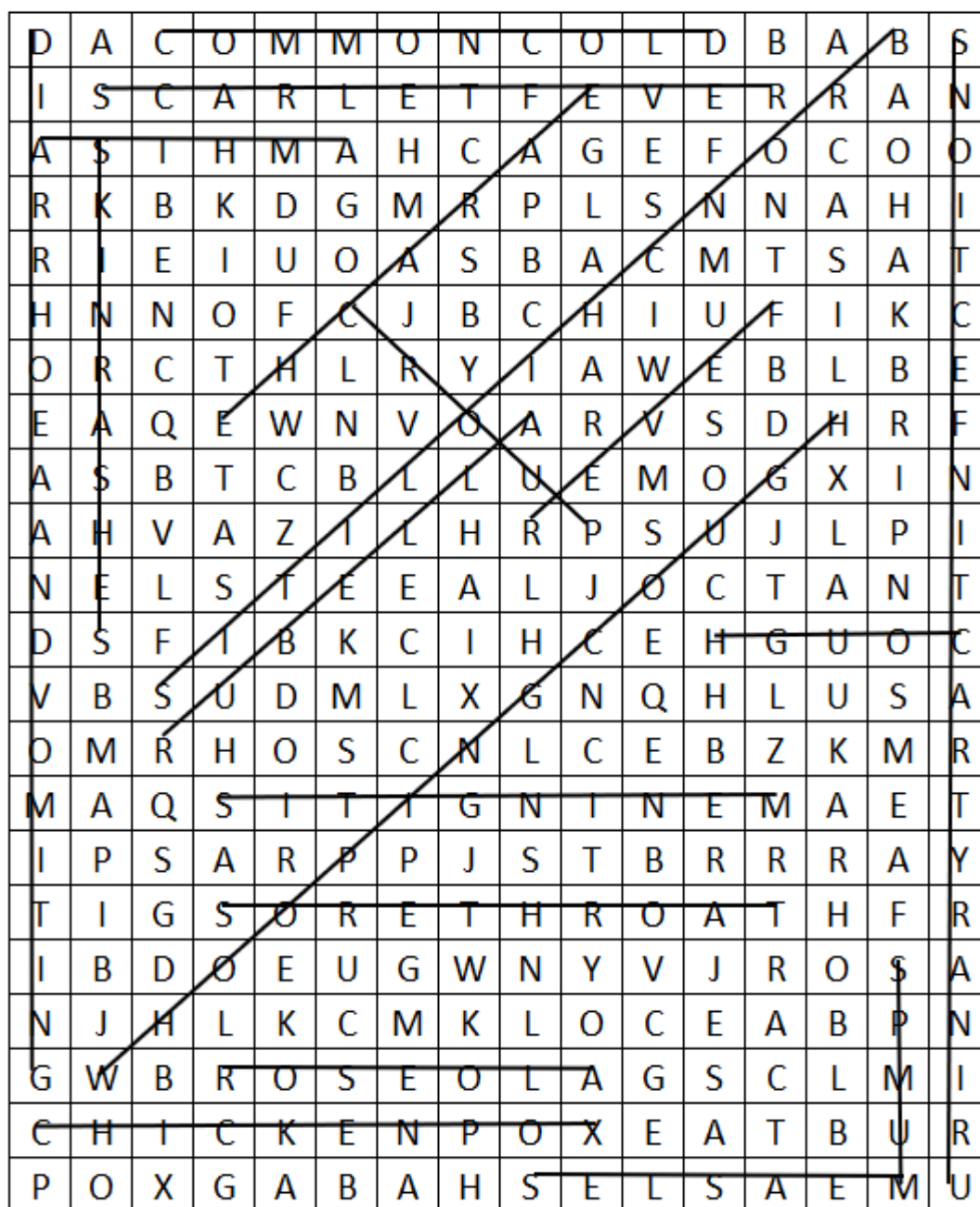
Squadron Leader Eaton's report stated peace camps outside the main gate at RAF Lakenheath are to be held the last Saturday of each month commencing 31/8/24 with a larger event planned for April 2025. He also gave notification of an exercise to be carried out by the Medical Group on 7-11/10/24 which will show increased military activity at RAF Feltwell with possible explosive detonations and aircraft arrivals/departures. Clerk to obtain further details of this exercise as the runway had been presented to the Council as a 'dummy' runway for maintenance purposes only and Mrs Arnold will consult the planning application.

Mr Storey said discussion of the Devolution Deal with new MPs had been deferred to Nov/Dec. The 5-year £1m tree project had seen 500,000 trees planted in 2½ years so was on schedule. As at end June, 6653 props were holding up the QEH and the Prime Minister had confirmed a new hospital was still a priority for King's Lynn and Bury St Edmunds. New Business Awards results on website. Bus services have improved over the last 12-18 months and Government is looking to hand powers over to local authorities with the Dept of Transport allocating £49.5m for this purpose. Borough Council and Norfolk County Council news can be found on their websites.

Highways cannot determine what has happened with the roundels order so have reissued it. Clerk has reported missing Vincent Close sign and both flashing '30mph' signs that are malfunctioning along Lodge Road and Wilton Road.

Greenery around the perimeter of the playing field to be cut back. Resurfacing of areas under the zip wire, Viper swing, multiplay slide and junior swings to be carried out w/c 16th September. This work will be part-funded by the remaining lockdown grants and CIL monies.

WORD SEARCH SOLUTION



Next month's Word Search will feature **DIFFERENT WAYS TO SAY MERRY CHRISTMAS**

Including the one below there are 6 ghosts hidden somewhere inside this issue.



SUDOKU SOLUTION

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

Several people have been seen walking their dogs on the playing field. Dogs are **NOT PERMITTED** on the playing field although may be walked in car park area.

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

CTS Security will install the integrated fire alarm system in the Changing Rooms and CTE Electrical will undertake the electrical work identified in the fire risk assessment. This work will be funded by CIL monies.

Clerk to write to several properties around the village whose greenery overhangs pavements and roads. **Residents are politely requested to trim back greenery to their boundaries, particularly if it is obstructing pedestrians on neighbouring footpaths.** Clerk has asked Hemingford Construction to completely remove the greenery that is obstructing the dog bin and rubbish bin on Long Lane.

Residents are asked to refrain from parking on the pavement at the front of Central Garage as their vehicles are severely obstructing vision for drivers at the Long Lane/Short Beck junction.

Your **Parish Councillors** are:

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

The Parish Council website can be found at:

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

The Parish Clerk, Jo Martin can be contacted by email at clerk@feltwellparishcouncil.gov.uk. Or by phone on 828383.



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