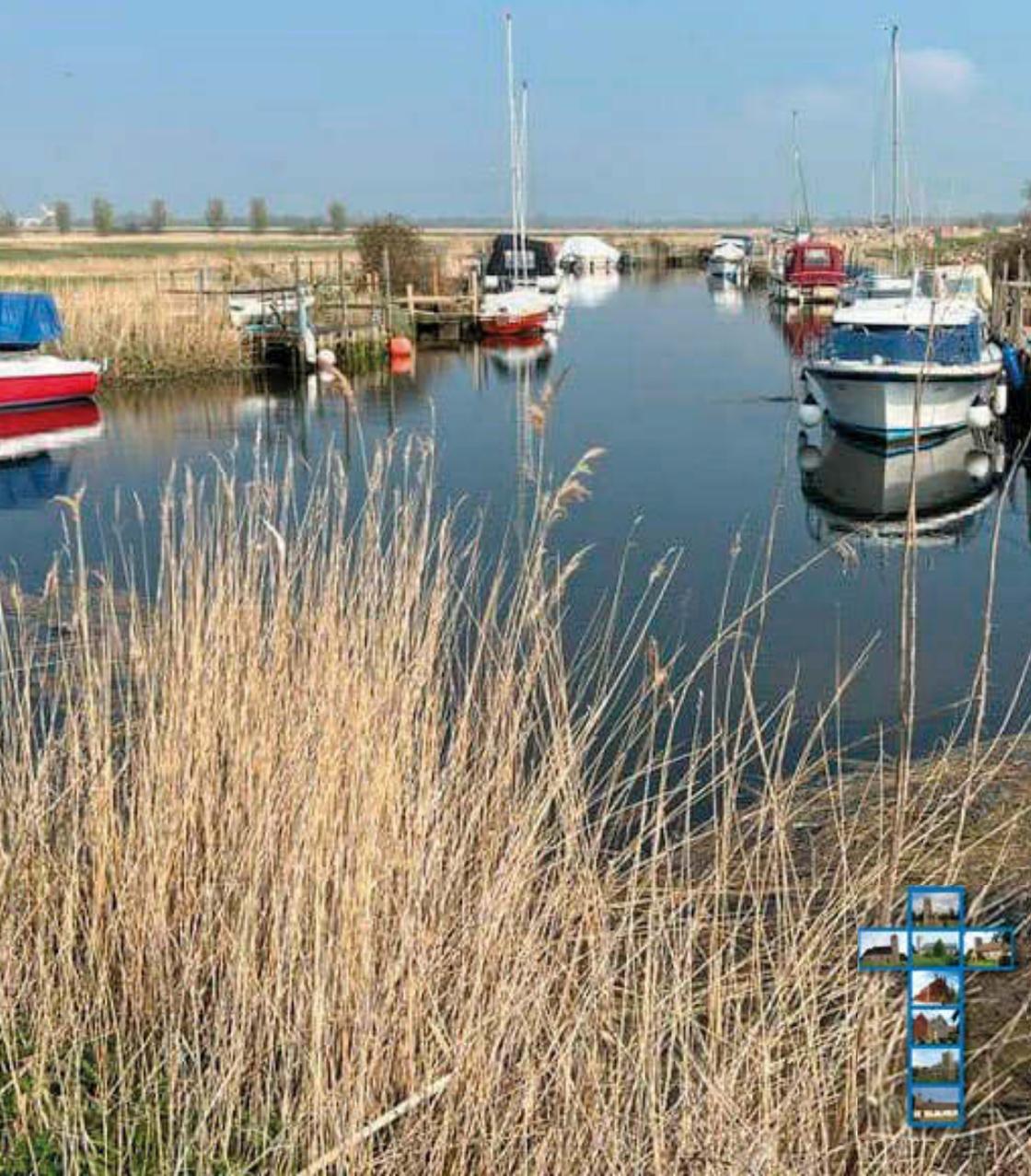




# CHET CONTACT

Produced by the Chet Valley Churches

May 2024





**Chet Valley Churches  
All Saints, Chedgrave**



# **Spring Eco-Fair and Plant Sale**

**Saturday 11<sup>th</sup> May  
All Saints Chedgrave  
10:00-12:00**

**Plants, Cakes & Preserves,  
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other wildlife activities in the churchyard.**

**Loddon Junior School Eco-Council  
will be joining us for the morning.**

**All Welcome**

# Chet Valley Churches Information

## Clergy

David Owen:	01508 522993	<a href="mailto:david.chetvalley@gmail.com">david.chetvalley@gmail.com</a>
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## Church Office—closed at present.

St John's Chapel, George Lane, Loddon NR14 6NB

Phone: 01508 520897, Email: [website.chetvalleychurches@gmail.com](mailto:website.chetvalleychurches@gmail.com)

The e-mail account is being monitored regularly.



## Weddings, Funerals and the Interment of Ashes

To arrange any of the above please contact Rev David on 01508 522993.

## Church Websites

Chet Valley Churches [www.chetvalleychurches.org](http://www.chetvalleychurches.org)  
The Diocese of Norwich [www.dioceseofnorwich.org](http://www.dioceseofnorwich.org)



## Chet Contact

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Please include your name and telephone number.



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## Disclaimer

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## From the Editor

It was a bit of a surprise, when I got back from a trip to London the other day, to discover that in the few days away my garden had turned from predominantly yellow (Mahonia, Cyclamen, Primrose, Kerria, Daffodil) to predominantly blue (Grape Hyacinth, Forget-me-not, Bluebell). Looking forward to other flowers bursting from their buds in due course.

If you enjoy bluebells, this month why not make a trip to Sisland Carr where the bluebells carpet the woodland, or go to the Bluebell Sundays at Langley Church? You won't be disappointed. Staying on the flower theme, perhaps you've moved house and are wanting to plant up your new garden or maybe just looking for some fresh planting. If that's you, then on Saturday 11<sup>th</sup> May there are two opportunities to grab some good quality plants at either or both of the plant sales that day (see below). You're sure to find a bargain. Many of the plants have been divided from local gardens, so they should grow in your garden too!

I associate May with the start school exams and I'd like to wish our local students well if they are just about to go off on study leave. Hoping that they have just the questions that they'd like to answer in their papers and do as well as they can. Happy revising!

**Alison**



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## Ministerial Musings

Easter was nearly a month ago; hot cross buns and Easter eggs long since finished! I am now looking forward to the next few Christian festivals which all fall in May this year. Three of them in all

The first is Ascension. That's when we celebrate the return of the risen Jesus to his Father in heaven. Ascension Day is a different day each year, but always falls on a Thursday because it comes 40 days after Easter. Jesus had told his disciples that it was good for him to go away because only then would he be able to send them another helper, the Holy Spirit. I wonder what it was like for Jesus's friends to see Jesus disappear. I suspect that the they had only just got used to the idea that Jesus had died and come back to a new life. Imagine seeing him go again. What an emotional upheaval.

That brings us to our second festival, Pentecost. This happens 50 days after Easter (there's a clue in the name), so always falls on a Sunday. At Pentecost, everyone was back in Jerusalem again for another festival—the Festival of Weeks, one of the Jewish harvest festivals and the time when they celebrate the giving of the ten commandments. Jesus's disciples, his mother and others, were all in a locked room together praying. They were afraid. Then it happened. The Holy Spirit came in fire and wind and something extraordinary started. The disciples changed from being fearful to being exuberant, all able to speak out in different languages so that everyone in the city could understand them as they spoke about Jesus. That was the beginning of the early church, as lots believed. Whilst Jesus was one person in one place at one time, the Holy Spirit is through all time and everywhere, within the people who believe in God helping them in all that they do.

The third festival is Trinity Sunday when we celebrate God the Father, God the Son and God the Holy Spirit; one God yet three parts, or persons. They are all interconnected taking part in a divine dance. The Trinity is not easy to understand! St Patrick tried to explain using a Shamrock. It is one leaf but has three lobes all joined at the stem. If any of the lobes are missing, then it's not a whole leaf. Others like to think of the Trinity as a Mars Bar—chocolate, caramel and nougat. You have to have all three of them to be a Mars Bar: chocolate on its own is nice but not a Mars Bar, chocolate + caramel is a Caramel Bar... Physicists like to explain using the triple point of water: when pressure and temperature are just right, water can co-exist as gas, liquid and solid (steam, water, ice) simultaneously—amazing!

This month there are some colouring pages with God the Son, God the Holy Spirit and Trinity, represented as a Celtic knot, why not ponder the mystery of God as you colour them in mindfully, and then come and celebrate with us!

**Rev Alison**



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# Across the Chet Valley Churches

## Worship in the Chet Valley

**You are welcome to join us at any of our services**



**Holy Communion** is celebrated every Sunday at one or other of the Chet Valley Churches: either Book of Common Prayer (BCP) or Common Worship, with an informal Holy Communion service once a month in Chedgrave.

**Morning Worship** is held regularly in Loddon and Hardley.

**Evening Prayer** (BCP) is on the third Sunday of the month in Sisland.

**XPRESSIONS CAFÉ** is on the first Sunday of the month at All Saints Chedgrave. This is a relaxed and contemporary way of 'doing church'. Open between 10:00am and 12:00 noon you can come and go as you please for coffee, cake, discussion, crafts, games, stories, reflection and much more.

**All Together Worship** is on the third Sunday every month at All Saints, Chedgrave, starting at 11:00am. January, March, June and September are followed by a shared lunch. The service is designed to be as inclusive as possible: a mixture of formality and informality; traditional and modern; activity and stillness. We hope it will have points of contact with people of all ages and all backgrounds.

**Last Sunday Praise** is held on the last Sunday of the month in Loddon: a chance to worship together including hymns and songs, old and new.

**XTRA!** is an exciting, informal service every Thursday after school in St John's Church. Refreshments from 3:15pm, service starts at about 3:45pm. Open to all; particularly suited to children and young people.

*In Loddon and Chedgrave there is the chance to enjoy a chat over refreshments after services. There are toilets and baby-changing facilities at St John's, Loddon and All Saints, Chedgrave.*

*Families are welcome at all of our services, but are particularly catered for on the 1<sup>st</sup> and 3<sup>rd</sup> Sundays in Chedgrave.*

**Home Communion:** If you would like home communion, because you are unable for any reason to get to a Sunday service, please contact the Rector or one of the clergy.

***Times and details of the services can be found in the centre pages of the magazine.***



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# Thanksgivings & Baptisms



You are welcome to talk to us about thanksgiving and baptism (christening) for your children. Thanksgiving Services give an opportunity to come to the church and give thanks to God for the gift of a new child. Baptisms (Christenings) are an opportunity to acknowledge and celebrate the new life we have in Jesus and to welcome a child into God's family, the Church.

Baptisms and Thanksgivings are both held within Sunday morning worship in our churches.

Please contact Rev Alison on 01508 528126 [ball880am@btinternet.com](mailto:ball880am@btinternet.com)

## Noah's Ark

A drop-in group for babies, toddlers and their parents and carers at St John's, George Lane, Loddon.



**Wednesdays 9:15am-12:00noon.**

All are welcome. For further details please call Rev Alison on 01508 528126 or e-mail: [ball880am@btinternet.com](mailto:ball880am@btinternet.com)

## Small Groups

Some of us like to meet during the week in small groups where we can enjoy each others' company, study the Bible together and pray for one another and for others.



Those who attend find their small group a real help and support.

To join or just to know more, please contact Rev Alison on 01508 528126.

## XTRA!

Join us in St John's Church, Loddon for an exciting, informal service every **Thursday after school**. Refreshments from 3:15pm. Service starts 3:45pm. More from Rev Alison 01508 528126.

## Friends and Neighbours

If you've been widowed or have lost your life partner join us at St John's Lecture Hall on the **first Thursday of the month**. Make new friends, enjoy tea or lunch together.

**Next Meeting:**

2<sup>nd</sup> May: Salad lunch at 12:30pm followed by a talk given by Lynton Johnson on Royal Commemorative China

If you'd like to join the group, please ring Rev Jill on 01508 520248.

## Monday Mardles

If you like a relaxed and informal chat with others or are looking to meet some new friends, join us at a Monday Mardles for refreshments and to swap books at Chedgrave Church Rooms. Mardles are held every **Monday**



**10:00am-12:00 noon.** Come and go as you choose. On average, there are about 8-12 people who come to Mardles, and there's room for more! You will be made very welcome.

(*'Mardle'—in Norfolk it means a good old natter!*)

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## From the Parish Registers

### Thanksgivings

**Leo Pentecost**

**Alex Grimwood**

on 18<sup>th</sup> February 2024 at All Saints, Chedgrave

*Heavenly Father, we praise you for all children.*

*Surround them with your blessing that they may know your love,  
be protected from evil, and know your goodness all their days.*

### Funerals

**Shirley Booth** who died on 11<sup>th</sup> March 2024

Funeral: 5<sup>th</sup> April 2024 at Holy Trinity, Loddon

**John Richard Baxter** who died on 13<sup>th</sup> March 2024

Funeral: 19<sup>th</sup> April 2024 at All Saints, Chedgrave

*Since we believe that Jesus died and rose again, even so, through Jesus, God will bring  
with him those who have died. So we will be with the Lord for ever.*

1 Thessalonians 4:14, 17b

To arrange a thanksgiving or baptism (christening), contact Rev Alison on 01508 528126, or ball880am@btinternet.com. To arrange a wedding, contact Rev David on 01508 522993, or david.chetvalley@gmail.com. To arrange a funeral, at our churches or at the crematorium, contact Rev David on 01508 522993, or david.chetvalley@gmail.com. Rev David can also be contacted about interment of ashes.

### Thank You

A big thank you to Loddon Town Council and Chedgrave Parish Council for their grants to help with our running costs.

Thank you to also to those who have sent donations. We really do appreciate your support for the work of Chet Contact Magazine.

If you would like to donate towards production costs, you can as follows:

Account Name: Chet Contact Magazine

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Alternatively you can send, or hand deliver, a cheque to the Church Office in George Lane addressed to the Chet Contact Treasurer. It will get to him!

### Thank You

I would like to thank all those who gave donations at the service for Len in January. A total of £155 was raised for Cancer Research.

**Kath Ricketts**

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## News From Your Local Councillors



### Roads:

You will no doubt have heard that we are having various issues with highways.

There have been several accidents at the Loddon roundabout recently, but having spoken to the Police, it seems there was no one reason for these. The new signage that will replace that which was destroyed, should already be in place by now and it has been moved slightly, to make it more visible. The SLOW signs on the roads will be repainted as well. So hopefully this should help prevent any more incidents.

I can confirm that the speed limit on Hellington bends is being lowered to 50 mph. The legal notices have now been posted. We are also looking at other measures in Thurton to help make the road safer for pedestrians. I will get a survey done on this in the coming months.

I have also been working with my district colleague, Jeremy, and with residents towards getting the improvements on George Lane that we were promised progressed, and also the finishing that is needed in St Georges Park to the roads and open spaces.

Sadly, we have received news that the Norwich Western Link may be in jeopardy because Natural England have changed their guidance on protecting bats in England and Wales. We need this final piece of infrastructure that will enable us to complete the outer ring road around Norwich. We will continue to work with NE to try to find a solution both to protect the bats and to deliver the road.

If you have any issues or I can help in any way, please contact me at [kay.masonbillig.cllr@norfolk.gov.uk](mailto:kay.masonbillig.cllr@norfolk.gov.uk)

**Councillor Kay Mason-Billig**

May is almost upon us: *“A tapestry woven from green and bloom, dispelling the last of winter’s gloom.”* It’s time for mayflowers, the sweet smell of blossom and the busy buzz of bees.

Following the residents’ meeting, my main focus continues to be the understandable concerns of our friends and neighbours in St George’s Park. I’m working in partnership with my fellow councillor, Kay, to see these concerns addressed and won’t stop until those residents, who have made such a huge commitment to our community, are content.

On the subject of local housing, the South Norfolk Scrutiny Committee that I Chair has been asking questions of the Clarion Housing Association, in particular focusing on their customer service. A decent place to live should be a guarantee for everybody.

Finally, our superb ChetChat group volunteers distributed almost 90 gift bags containing Easter eggs and daffodils again this year; special thanks to the Chedgrave Bowls Club, who are supporting our work this year.



My next surgery is 2:00-3:00pm on 25<sup>th</sup> May at Loddon Library. Please come down if there’s anything I can support you with, or, as ever, give me a ring on 07733 323581.

**Councillor Jeremy Rowe**

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## Chedgrave Parish Council



All enquiries please contact the Parish Clerk: Hayley Goldson.  
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Website: <https://chedgraveparishcouncil.gov.uk/>  
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Brian Clarke Room bookings (Georgina Buckle):  
Phone: 07981 856270 Email: [brianclarkeroom@chedgraveparishcouncil.gov.uk](mailto:brianclarkeroom@chedgraveparishcouncil.gov.uk)

### **Chedgrave Parish Council held its meeting on 4<sup>th</sup> April 2024.**

**Easter Egg Hunt!** The Easter Egg Hunt on 1<sup>st</sup> April was a great success! 45 local children attended and searched for eggs and took part in the raffle. The weather was reasonably kind and the refreshment stall raised a total of £71.20 which the parish council will reserve for new play equipment in The Pits. Many thanks to all who helped out with the organisation, provision of refreshments, loan of equipment, setting up and tidying away. **Thank you!**

**Pits Play Area:** The repairs have finally been completed and a section of the trim trail removed on safety grounds. The council will be considering replacement equipment in due course.

**Wherryman's Way:** The council is awaiting the outcome of the planning decision relating to rebuilding the bridges along the route. Further updates to follow.

**St Felix Park Development:** Phil Varney continues to work on this issue and is currently focussing on the Construction Traffic Management Plan which will determine how construction traffic accesses the site. Further updates to follow.

**Litter:** There has been an increase in littering around the teen shelter at Grebe Drive. Please can parents remind their teens to use the bins provided!

**Chedgrave Common Charity:** The parish council is Sole Trustee of Chedgrave Common Charity (Charity Number 255453) and the Trusteeship has now been established to run the charity and manage Chedgrave Common. Phil Varney was elected Chair of the Charity at the AGM held on 4<sup>th</sup> April. Any queries regarding the charity can be sent to the Secretary via [clerk@chedgraveparishcouncil.gov.uk](mailto:clerk@chedgraveparishcouncil.gov.uk).

**Grants Awarded:** The parish council has recently awarded a number of grants to local organisations including Loddon & Chedgrave Community First Responders, Jubilee Hall Management Committee and Chedgrave Church. To apply for a grant please complete the form on the parish council website.

**May and June Meeting Changes:** The Annual Parish Council Meeting on 2<sup>nd</sup> May will take place in Chedgrave Church Centre and the agenda for the meeting on 6<sup>th</sup> June will close on 24<sup>th</sup> May due to staff holiday. Thank you.

**Next Meeting:** Annual Parish Council Meeting: Thursday 2<sup>nd</sup> May at 7:00pm followed by the usual parish council meeting in **Chedgrave Church Centre**. All welcome!



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## Loddon Town Council (LTC)

All enquiries please contact the Parish Clerk: Emily Curtis  
Tel: 01508 522020 Email: [clerk@loddontowncouncil.gov.uk](mailto:clerk@loddontowncouncil.gov.uk)  
Website: [www.loddontowncouncil.gov.uk](http://www.loddontowncouncil.gov.uk)  
Facebook: [www.facebook.com/loddontc](http://www.facebook.com/loddontc)



**The Big Litter Pick:** Sunday 26<sup>th</sup> May; 10:00am-12:00noon. Please come and join us for the annual litter picking event in Loddon. We will meet on Church Plain at 10:00am for registration, equipment and group photo. Hope to see you there!

**Get Involved!** We currently have two councillor vacancies. This is your opportunity to get elected, get involved and become a town councillor. The council is involved in many different local projects, such as the community larder, Christmas lights, events, local facilities and open spaces. Please contact us if you would like to know more about this role.

**Chet Valley Summer Fete—6<sup>th</sup> July:** Planning is now in full swing for the Chet Valley Summer Fete. If you would like to have a stall or volunteer to help, please email [events@loddontowncouncil.gov.uk](mailto:events@loddontowncouncil.gov.uk) (community groups, charities and businesses all welcome).

**Freedom of Loddon:** Do you know someone who lives in Loddon who has made a notable contribution to the community? The town council welcomes your nominations for the Freedom of Loddon Award. If you know someone who you think should receive this award, please email your nomination to [admin@loddontowncouncil.gov.uk](mailto:admin@loddontowncouncil.gov.uk) by 31<sup>st</sup> May.

**Local Support:** The contact telephone number for South Norfolk Council's Help Hub is 01508 533933. They also now have a handyman service available. We also regularly update our website with local support information (see above).

**Allotments:** If you live in Chedgrave or Loddon and wish to be added to the Allotment waiting list, please contact us.

**Small Grants:** Loddon Town Council have recently awarded several small grants to local organisations. If you would like to apply for a local group/organisation (generally up to £100), please see our website for more information and an application form.

**Chet Valley Community Larder:** The larder is in the lobby by the Loddon Library and is open to everyone. Open : Monday to Friday 8:00am-7:00pm; Saturday 8:00am-4:00pm; Sunday 10:00am-4:00pm. All donations gratefully received.

Meeting dates, contact information and updates can all be found on the council website, or call 01508 522020.



Claire Bullard

INDEPENDANT SCENTSY  
CONSULTANT

Phone - 07717535080

Email - cl.bullard@hotmail.co.uk

Website - clairebullard.scentsy.co.uk

Facebook = Claire Bullard - Scentsy Consultant



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## Hales & Heckingham Parish Council

For enquiries contact: [clerk@halesandheckingham-pc.gov.uk](mailto:clerk@halesandheckingham-pc.gov.uk)

Website: [www.halesandheckingham-pc.gov.uk](http://www.halesandheckingham-pc.gov.uk)

FB [www.facebook.com/Hales & Heckingham Parish Council](https://www.facebook.com/Hales%20&%20Heckingham%20Parish%20Council)



**Next Parish Council Meeting:** The next Parish Council meeting will be held on 14<sup>th</sup> May, starting at 7:30pm at the Hales Assembly Hall, Briar Lane, Hales. Agendas will be posted on the notice board in the brick bus shelter opposite Masala Garden and on our website three days before the meeting. Minutes will be displayed in the same places.

**Dog Walkers and Rural Crime Update:** In a recent email circular PC (475) James King has highlighted the need to keep dogs on leads near livestock to avoid legal trouble and harm to animals. Obey signs, especially near nesting birds. Separately, as Rural Crime Beat Manager for South Norfolk since October 2023, PC King emphasizes communication and reporting for rural crime prevention. Theft reports are vital for investigations. Please contact him for advice or sightings on: 07989 197403 or [james.king@norfolk.police.uk](mailto:james.king@norfolk.police.uk). Thank you.

**Community Hero:** We would like to hear from you if you feel someone deserves to be thanked and acknowledged for their help and support as well as positively contributing to village life. Please let our clerk know by email.

**Speed Watch:** We are seeking willing volunteers to join our speed watch team. The group play a vital role in ensuring our village's safety, and we would welcome your involvement. In the meantime, if you do see speeding lorries, where possible, please capture their name and license plate. We can then contact the operators directly. Thank you.

**Come and Join Us:** We are urgently seeking more parish councillors. We have vacancies to fill to ensure we can continue to provide a voice for residents' concerns, ideas, and initiatives that help promote village life. Please contact our clerk if you can offer your services. The work is not onerous, training is provided, and we meet regularly once a month.

**Do You Need Help?** South Norfolk & Broadland's Help Hub can assist with a wide range of problems and can be reached on Tel: 01508 533933 or via email at [helphub@southnorfolkandbroadland.gov.uk](mailto:helphub@southnorfolkandbroadland.gov.uk). Opening hours are Monday to Friday between 8:15am until 10:00pm (excluding bank holidays).

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## All Saints Spring Eco-Fair and Plant Sale

If you are a gardener and have spare seedlings or have been lifting and dividing plants which you would like to pass on, we would happily take them for the plant stall. If you need pots to put things in, we have lots of spare ones of various sizes. Plants can be left in the church porch up to a week before the fair takes place. Thanks in advance.

# **BLUEBELL SUNDAY**

**Enjoy the Arrival of Spring  
by Viewing the Magnificent Display of Bluebells  
in the Woodlands and Churchyard  
Surrounding Langley Church.**



## **St. Michael's Church, Langley**

**Entrance from The Avenues, Langley, NR14 6BL**

(Ample free parking in the field adjacent to the Church)

**Sunday 5<sup>th</sup> & 12<sup>th</sup> May**

**2:00–4:30pm**

Light Refreshments Available

Organised by The Friends of Langley Church.

Proceeds for restoration of the church.

## Langley with Hardley Parish Council

Parish Clerk: Emma Webster Tel: 07516 361239

Email: [langleywithhardley.pc@gmail.com](mailto:langleywithhardley.pc@gmail.com)

Website: <https://langleywithhardley.pc.norfolkparishes.gov.uk>

Find us on Facebook



### Worried About Speeding Vehicles in Langley and Hardley?

The Parish Council is hoping to set up a Community Speed Watch Scheme to reduce speeding within our parish. We require a minimum of six volunteers who would be required to contribute one hour per week and would be given training by the Norfolk Constabulary Speed Watch Team. If you are interested, please contact the clerk.

**Dog-Fouling Signage:** Dog-fouling signage has been placed on the public footpath sign posts at two locations suggested by parishioners for where new dog waste bins are to be positioned.

**Vacancy for Parish Clerk:** Would you enjoy clerking for Langley with Hardley Parish Council? The position will become available from the end of May. If interested please get in touch with the present clerk, Emma Webster, for more details.

**Annual Parish Council Meeting:** The next Parish Council meeting will take place on Tuesday 21<sup>st</sup> May in Langley with Hardley Village Hall at 7:30pm. This will be the Annual Parish Council Meeting and begin with the election of the Chair and Vice Chair. It will be preceded by the Annual Parish Meeting at 7:00pm where community groups and the Parish Council have the opportunity to inform residents of their activities for the previous and forthcoming year.

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## Langley with Hardley Village Hall

**Friday 3<sup>rd</sup> May—Café:** 11:00am-1:00pm. All very welcome.

**Saturday 18<sup>th</sup> May—Klever Kelvins Kwizz.** Tickets must be pre-booked on 01508 520184. Tickets cost £4 per person. Nibbles are included. Teams of up to 6 people but if you want to join a team or be a smaller team you can. Prize for the winning team. Great fun evening.

**Friday 7<sup>th</sup> June—D-Day Café:** 11:00am-1:00pm. From 1:00-2:00pm Graham and Audrey will entertain us. We will enjoy cakes while we sing along to 1940s music. Come dressed in 1940s clothes if you would like to. All the committee will be in 1940s dress. We will have photos of Langley with Hardley in 1940 displayed.

**Saturday 22<sup>nd</sup> June—Bingo:** Doors open at 6:00pm for a 6:30pm start. Great evening of fun with great prizes.

If you need to book the hall, call 01508 520184. Tibby or Jane.





# International Welcome

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## Notes from Sisland

The weather over the Easter weekend, as I write this, was definitely changeable, some beautiful early glimpses of the sun and warmth but this has been exchanged for something much wetter and breezier in the week ahead. Thank you to all who supported the second-hand book sale at St Mary's on Easter Saturday and in the couple of following weeks. We were delighted with the number of donations as well as those who both provided help and visits on the day.

In 2024, Pentecost Sunday will fall on 19<sup>th</sup> May, the third Sunday in the month as Easter was quite early this year. It is celebrated 50 days after Easter and brings the Easter season to a close. Pentecost is when Christians recall how God's Holy Spirit was given to the disciples after Jesus' ascension to heaven. Pentecost is also referred to as Whit Sunday (or Whitsun). Whit Monday was officially recognised as a Bank Holiday in 1871 but lost this status in 1972 when the fixed Spring Bank Holiday was created. There will be a service at St Marys at 5:00pm on Sunday 19<sup>th</sup> May, to which all are welcome.



May, in Sisland, is the ideal opportunity to visit Sisland Carr, a small wood of mixed trees and managed by The Woodland Trust. There are a couple of paths which circulate around the trees and make for a very pleasant stroll. The wood contains a conifer plantation as well as some stunning mature beech and oak. At this time of year, the area is known for its fabulous display of bluebells and in previous years these have been highlighted by some of the national newspapers for the amazing display: a true carpet of vivid colour. There is road access up to Sisland Carr and a small car park, but the access road is quite variable, so care is required.

As we all plan for the year ahead, longer days and warmer temperatures, the return of August Sunday teas, the church is always open as a place for reflection and contemplation.

**Rowena Bryce Churchwarden, St Mary's, Sisland**

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## All Saints Spring Eco-Fair and Plant Sale

We would be delighted if people would like to donate home-made cakes, preserves and other edible goodies for our stall. These can be brought on the day or delivered to 11 Langley Road in the afternoon of the day before (Friday 10<sup>th</sup> May). Thanks in advance.

We still have space for Vegan or Vegetarian Food Stalls, £10 per stall. If you are interested in having a stall, please contact Rev Alison (01508 528126 or email [ball880am@btinternet.com](mailto:ball880am@btinternet.com)).

## Chet Valley Voices



Chet Valley Voices is a community choir of varying ages from 15-80+. We enjoy singing a variety of music from classical to modern and are a happy friendly bunch. Come along, make new friends and get to know others in the community. Singing is good for your mental health and well-being, so you will leave rehearsals feeling uplifted. Why not come to a free taster session?

Rehearsals: Thursday 7:00-8:30pm (doors open 6:45pm) in St Johns Chapel, George Lane, Loddon. £5 on the night, £3 for under 18s. New members always welcome, especially men.

More information from: Sue 01508 528069; suemartin303@btinternet.com or chetvalleyvoices@gmail.com. Follow us on Facebook, Instagram or Twitter: @ChetValleyVoices. www.chetvalleyvoices.co.uk.

## Breathing/Vocal Technique Sessions

Do you enjoy singing but feel that your breath control could be better? Are you a non-singer but feel that you could do with help to improve your breathing? Would you like tips on vocal technique?

Tanya Chelovskaya is a trained vocal coach leading sessions at Chedgrave Church Centre on Wednesdays from 11:00-12:00noon. The cost is £8, which includes refreshments. If interested, please contact Tanya at t.chelovskaya@gmail.com or WhatsApp on 07737 765098.

*"I come away from Tanya's sessions, uplifted and with the knowledge that I can own my voice, and possibly even have the confidence to sing. Breathing, vocal and gentle physical exercises combine and lead to a wonderful sense of well-being."*

**Bridget M Ward**



## The Loddon Band

We are a friendly and dynamic brass band in the historic town of Loddon. We are currently seeking the following players to come and join us: Cornet, Tenor Horn, Euphonium, Eb Bass. We welcome all brass players and percussionists.



Rehearsals are at The Hollies, High Street, Loddon on Thursday evenings, 7:45-9:45pm. Our rehearsals are fun and enjoyable so why not pop along to see what we are about. For more information, contact Louis (Secretary) email loddon.band@gmail.com or phone 07463 770068 .

## Loddon Flower Club

Friday 3<sup>rd</sup> May is National Flower Arranging Day and members of our club will be leaving small arrangements around Loddon and Chedgrave for whoever finds them to enjoy. Keep a lookout and if you find one take it home and enjoy, as a gift from us. The card attached is for a free evening at one of our meetings.



If you find one, why not come to our next meeting, which is on Tuesday 7<sup>th</sup> May when Barbara Collins will be demonstrating for us, the topic: Spring into Summer. There will also be a competition for club members with the same topic. If you can't make it, come and see us whenever you can.

Our June meeting is on Tuesday 4<sup>th</sup>, usual time and place. Stephanie Laing will be demonstrating for us with the topic: Influenced By.

All of our meetings are held in St John's Lecture Hall, in George Lane, Loddon and the doors are open from 6:30pm for a 7:00pm start. Tea, coffee and biscuits are served during the interval and there is a raffle at the end of the evening for the arrangements made by our demonstrator. We are available to arrange flowers for family occasions, either in church or your preferred venue. We look forward to seeing you very soon.

Take a look at our website, [www.loddonflowerclub.co.uk](http://www.loddonflowerclub.co.uk), to see what we do, for more information contact Tricia on 01508 480522 / [tricia646@aol.com](mailto:tricia646@aol.com) or Jenny on 01508 520254 / [jf53rf50@gmail.com](mailto:jf53rf50@gmail.com).

Don't forget to keep an eye out for the free flowers on the 3<sup>rd</sup> May!!

## Loddon Bell Ringers

Another busy month has seen our members ringing quarter peals at Bressingham, Redgrave, Ashill, St. Peter Mancroft in Norwich, Diss and here at Loddon. We have attended practice nights held at Great Yarmouth Minster, St. Edmundsbury Cathedral in Bury St. Edmunds and St. Michael's church in Beccles.



A local outing was arranged by one of our members where bells were rung at Lowestoft, Pakefield, Beccles and again here at Holy Trinity. As we don't ring the bells during Holy Week, we had a social get together instead, which was enjoyed by everyone.

We rung in a peal of seven methods on the six bells at Hockwold cum Wilton, near Thetford, which took 2 hours 35 minutes to complete. A peal of Yorkshire Surprise Major was rung here at Holy Trinity on Easter Sunday afternoon. The 5088 changes took us 2 hours 52 minutes to ring.

**Steve Rabong**

## Church Services

### 5<sup>th</sup> May—Rogation Sunday

8:00am	BCP Holy Communion	St Mary, Sisland
9:00am	Informal Holy Communion	All Saints, Chedgrave
10:00-12 noon	<b>XPRESSIONS CAFÉ</b>	All Saints, Chedgrave
10:45am	Holy Communion	St John, Loddon

### 9<sup>th</sup> May—Ascension Day (Thursday)

3:45pm	<b>XTRA!</b> Holy Communion	St John, Loddon
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### 12<sup>th</sup> May

9.30am	BCP Holy Communion	All Saints, Chedgrave
10:45am	Morning Worship	St John, Loddon

### 19<sup>th</sup> May—Pentecost

10:30am	Holy Communion	St Margaret, Hardley
10.45am	Holy Communion	St John, Loddon
11:00am	All Together Worship with	All Saints, Chedgrave
5:00pm	BCP Evening Prayer	St Mary, Sisland

### 26<sup>th</sup> May—Trinity Sunday

9:30am	Holy Communion	All Saints, Chedgrave
10:30am	Morning Worship	St Margaret, Hardley
10:45am	Morning Worship	Holy Trinity, Loddon

### Chedgrave Church Centre Hire

All Saints Church, Chedgrave has a lovely church centre open for over 25 years. There are two rooms (one upstairs), a kitchen and a loo. Our wheeled tables are easy to move and put up. It is warm even in the winter! It is available to book with a suggested donation of £8 per hour. If you are looking for a venue for a meeting, a party, or an activity do contact Anne Jackson who is responsible for hall bookings on 01508 502278.

## Other Services in Chet Valley Churches

Every day <b>Morning Prayer</b> 9:00am <i>All Welcome</i>	Monday	St John, Loddon*
	Tuesday	St Margaret, Hardley
	Wednesday	All Saints, Chedgrave
	Thursday	St John, Loddon*
	Friday	St Mary, Sisland
	Saturday	All Saints, Chedgrave
<b>Thursday</b> during school term	<b>XTRA!</b> Join us at St John's for an exciting, informal service. Refreshments from 3:15pm. Service starts 3:45pm. More from Rev David 01508 522993 or Rev Alison 01508 528126	
<b>Prayer at Home</b>	<b>'Time for Prayer and Space for Reflection'</b> 'If you would like to receive the weekly prayer and reflection sent out by email, please contact Rev Jill (jillhaylock@aol.com) <i>All are welcome</i>	

\*From 27<sup>th</sup> May, Morning Prayer in Loddon will be in Holy Trinity.

### The Catholic Parish of Our Lady of the Annunciation

21 Uppgate, Poringland, NR14 7SH



**Mass Times:**

Sunday 9:00am; Tuesday 6:00pm; Wednesday—Saturday 10:00am;  
 Saturday 6:00pm (Vigil Mass)

Please check newsletter online for latest information.

Priest in charge: Father Andrew Eburne (Tel: 01508 494770)

e-mail: frandreweburne@gmail.com

www.ourladyporingland.wordpress.com

# *Messengers* **Holiday Club 2024**

I wonder what your children are doing in the first week of the school holidays. Why not book them in to holiday club? We are open to children who have been in full time primary education (Year R through to Year 6) in this school year.

From Monday 29<sup>th</sup> July to Friday 2<sup>nd</sup> August every morning at All Saints, Chedgrave, we will be having fun: sharing stories and songs, eating things, making things, doing a bit of cooking, playing games... at *Messengers*

It costs £3 per child per day (£15 for the week); families of two children or more cost just £5 per day (£25 total for the week).

N.B. There will only be 30 spaces available so do apply promptly when booking forms appear so you don't miss out.

## **Teddy Bears Picnic—Free**



**Friday 7<sup>th</sup> June from 12:30-3:00pm**

**Loddon Playing Field**



(On the grass behind The JubHub and Jubilee Hall)

For families with 0-5-year-olds (approx.) and parents to be.

Meet families in the local community whilst relaxing and enjoying games in the park.

You will be able to chat to people from:

Family Hubs, Loddon Library, Early Childhood and Family Service,  
Parent Champions, Cambridge Community Services NHS,  
Local Parent & Toddler Groups.

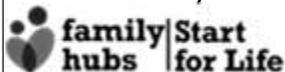
Free cake and drinks and a gift to take away.

Bring your own picnic (optional).

Remember sunhat, sunglasses, suncream & Teddy Bears!

Please enter your interest with dietary requirements by email to Daisy:

[daisypalmer@norfolk.gov.uk](mailto:daisypalmer@norfolk.gov.uk)



## Sport

### Footballers Wanted!

A friendly, relaxed group of guys of all ages and abilities who meet at Hobart Astro Turf every **Thursday** from 8:00-9:00pm for a non-competitive kick about to keep fit and socialise. £3:00 per session. First session free. More information from Terry: [tezzahayden99@gmail.com](mailto:tezzahayden99@gmail.com)



### Jubilee Short Mat Bowls Club

We are currently taking a break for the summer as many of us are now playing outdoor bowls, but we will be back on Tuesday 3<sup>rd</sup> September at 1:30pm. Watch this space for more details nearer the time.



### Loddon Ladies Hockey Club

Feel like you want to get involved in a new sport, or perhaps you used to play when you were at school and fancy giving it another go?

We welcome new members of all ages (13+) and abilities. Come and get fit, have fun and meet friendly women from in and around the local area. We train on **Tuesday** nights at Langley School (NR14 6BJ), 7:00pm-8:30pm.

For more info: [www.loddonhockey.com](http://www.loddonhockey.com) or email [hello@loddonhockey.com](mailto:hello@loddonhockey.com)



### Loddon Tennis Club

The launch of the Tennis Club was very successful and there are now over one hundred people regularly playing together in Loddon.

Pay and Play is available for £5 per hour via [loddontennis@loddontowncouncil.gov.uk](mailto:loddontennis@loddontowncouncil.gov.uk)

Coach Paul Solomon is also delivering junior coaching, group coaching, and cardio tennis sessions; email: [loddontennis@loddonpc.org.uk](mailto:loddontennis@loddonpc.org.uk) or phone 07368 684806.



### Hobart Badminton Club

Players wanted! Come and join our friendly club of all ages from 16+. Playing experience desirable. We meet at Hobart sports hall, **Tuesday** evenings from 7:30-9:30pm. Cost £5:00, first session free!

For more information contact Terry on: [tezzahayden99@gmail.com](mailto:tezzahayden99@gmail.com)



### Loddon Junior Badminton Club

Held at Jubilee Hall, sessions are just £3.50.

Wednesday evenings: 6:45-7:45pm, children aged 8-14 years

Thursday evenings: 7:30-8:30pm, children aged 15-18 years

Open to all children regardless of ability.

Sessions run by qualified coach. Rackets and shuttles provided.

For more info, contact Paul on [paulr2677@gmail.com](mailto:paulr2677@gmail.com) or 07903 794613



## Royal British Legion—Loddon & District Branch



We meet every 3<sup>rd</sup> Monday of the month at The Lecture Hall, on George Lane, in Loddon and always welcome new members. Our meetings begin at 7:00pm and we end with a lovely warm cup of tea or coffee.

If more information or if you require help require, contact Colin Hartley (Chairman): 01508 521136.

## Tuesday Market



Spring is here and our gardeners are very busy preparing for the new season. We will have some early plants, vegetables and flowers for you very soon.

Our cooks make delicious sweet and savoury dishes, plus we have preserves, fresh eggs and beautiful local crafts.

If you haven't already visited our friendly market come and join us for tea or coffee. You'll find a warm and friendly welcome.

You'll find us every Tuesday at the Hollies next to the Post Office 10:00-11:30am, We hope to see you soon.

Contact Sheila Ford 01508 520752 for orders or enquiries.



## Loddon Open Gardens 2024

22<sup>nd</sup> & 23<sup>rd</sup> June – 11:00am–5:00pm

Loddon has many beautiful gardens of all different shapes, sizes, and styles.

We welcome you to come and take a tour around a selection of them.

Refreshments, and a wonderful variety of beverages, light lunch options and other delights will be available at Holy Trinity Church.

There will also be book and plant stalls, a photography exhibition and a kid's competition.

For all information & to buy tickets for the event, please visit our website:  
[www.loddonopengardens.co.uk](http://www.loddonopengardens.co.uk)

*Tickets £5 pp / Family Tickets £15 - advanced sales on the website  
or buy tickets on the day from the gazebo in Holy Trinity Churchyard.*



Fundraising for the Church in Loddon



## Loddon Community Gym

The Library Annexe, Church Plain, Loddon, NR14 6EX

Tel: 07534 946143 [www.loddoncommunitygym.com](http://www.loddoncommunitygym.com)

The gym is open on some part of every day Monday to Friday:

Monday 1:45–5:25pm; Tuesday 4:45–7:05pm; Wednesday 9:00–11:20am;

Thursday 6:00pm–8:20pm; Friday 10:15am–12:35pm.

Your Community Gym in Loddon Library Annexe is well-equipped, affordable, friendly and not-for-profit. The Gym was 10 years old in April and has, from day one, offered the opportunity for our members to achieve and maintain a level of fitness to help improve their wellbeing and quality of life. There is a friendly and relaxed atmosphere and a genuine feeling of a social environment, and definitely no pressure. Our chair-based exercise classes are proving very successful and we continue to hold them every Wednesday morning.

We are open on each weekday and full details of our hours and costs can be found at [www.loddoncommunitygym.com](http://www.loddoncommunitygym.com). For more information why not drop by to see us or call our qualified trainer, Louise, on 07534 946143.

To book sessions go to [www.picktime.com/easternriverscommunitygym](http://www.picktime.com/easternriverscommunitygym).

## Loddon Swan Bowls Club

The outdoor bowls green season has commenced. The club is situated behind The Loddon Swan. The club plays in several evening leagues plus a Thursday afternoon league. Roll ups are available for everyone on Monday, Wednesday and Friday afternoons; also on a Wednesday morning.

If you are a seasoned bowler or a beginner you are very welcome please just turn up. Alternatively give club chairman, Paul Clemence, a call on 01508 218078.

## Social Whist

We meet every 2<sup>nd</sup> and 4<sup>th</sup> Friday of the month at 7:30pm for a 7:45pm start in the back room of The Hollies, Loddon. It is £6 for the evening including a chance to chat, play some whist, enjoy tea/coffee with a biscuit, all in great company. No partner needed or to have played before, just an enjoyable evening out. If you need a lift, please call me (Jane) on 01508 528875. Looking forward to seeing our regular players and meeting any new ones.



## **Loddon & District Day Centre**

The Day Centre meets at Saxon House, on Tuesday and Fridays from 10:00am-2:00pm. We chat, enjoy games, talks and light exercises, together with refreshments and a home made two course lunch. Why don't you come and join us? Please contact Bev on 07826 299290 for more information. We'd love to see you!

## **Chet Valley Art Society**

Are there any local artists out there who would like to join the recently-formed Chet Valley Art Society? For further details, please phone Vee on 07557 40211.

## **Hardship Funds Available in the Chet Valley**

If you are struggling to make ends meet at the moment, did you know there are funds available to help?

There are local charities to help people in need in Chedgrave, Hardley, Langley and Loddon. They only any good if people use them! In the past money has paid for white goods, carpets, solicitor's bills, rent, food... To access the funds:

**Loddon Town Estate Trust:** Contact Julie Ponsford on 07976 902487.

**Chedgrave Church Discretionary Fund:** Contact Rev David, Rev Alison or churchwarden, Roger Outlaw (phone numbers on p3), or treasurer Richard Ball on 01508 528126.

**Hardley and Langley Discretionary Fund:** Contact Rev David or churchwarden (details in Hardley church porch).



*Loddon & District*  
**HORTICULTURAL SOCIETY**



## **Annual Plant Sale and Coffee Morning**

Hanging Baskets, Home-grown Bedding Plants, Vegetable Plants, Perennials, Herbs, Horticultural Sundries and more.

Tea / Coffee, Cakes, Buns & Biscuits.

All at Bargain Prices!

**Saturday 11<sup>th</sup> May 9:30am-12:30pm**

**At The Hollies, Loddon**

## Chet Staithe Probus Club

We are a club for retired gentlemen, and friendship. The atmosphere is relaxed, jovial, with little formality. Dress code is casual. We have a good mardle, and a different speaker every meeting on varied subjects. Afterwards, members either go home, adjourn to the bar, or stay for a pleasant lunch. Your choice. We meet at The White Horse every first and third **Tuesday** of every month, start time 10:00am.

Upcoming meetings:

7<sup>th</sup> May: History of Edwin—Simon Gooch

21<sup>st</sup> May: Glaven Ports in North Norfolk—Jonathan Hooton

Come to a couple of meetings and try us out; no pressure to join.  
Clive Boyd, Secretary, 01508 520547 [cliveboyd@btconnect.com](mailto:cliveboyd@btconnect.com)



## Chet Valley Probus Club

Chet Valley Probus Club welcomes people who are retired, semi-retired or approaching retirement and who have had some measure of responsibility in their working life. We are friendly and excellent company, enjoy fascinating talks on a variety of subjects, good food and meeting others of like mind. Why not come along and give us a try with no obligation? We meet at Chedgrave White Horse and meetings start at 10:30am and lunch is optional.

Upcoming Meetings:

7<sup>th</sup> May: Chairman's Lunch

14<sup>th</sup> May: Mary Queen of Scots—Tony Diamond

28<sup>th</sup> May: DNA Cases and the Work of a Police Doctor—Hugh Jones  
[probusonline.org/chet-valley](http://probusonline.org/chet-valley) Hon. Sec. John McCormack 01508 521899.

## Loddon Community Cinema

Our next presentation is "Wonka", rated PG and 116 minutes long.



Wonka, (Timothée Chalamet) comes to pre-war Paris as a young man after a life on the ocean wave, determined to make his fortune with the chocolate recipes invented by his mum (Sally Hawkins). His new ideas make him enemies, notably Bleacher (Tom Davis) and Mrs Scrubbit (Olivia Colman), but he wins out with the help of new friends. Hugh Grant is the original Oompa-Loompa.

Showing on Thursday 2<sup>nd</sup> May, at St. John's Lecture Hall, George Lane, Loddon. Doors open 7:00pm, film starts 7:30pm. Tickets £4 adults and £2 child available on the door or in advance from Loddon DIY.

email; [loddoncommunitycinema@yahoo.co.uk](mailto:loddoncommunitycinema@yahoo.co.uk)



## Community Groups, News and Events

### Loddon and District Women's Institute



On April 4<sup>th</sup>, twelve of our members went to see Calendar Girls at The Theatre Royal, and by the time you are reading this our members will have enjoyed our 94<sup>th</sup> birthday celebration meal at The Old Feathers restaurant. Also in April we had the first session of a quilting course, and so another busy month has gone by.

In addition to our published meetings, each month some of us keep in touch with a book club and also an Open House meeting in a member's house, when we enjoy tea/coffee and cake and each other's company. There's always something going on, so if you think you might like to join us we can be contacted via our Facebook page or by email to [loddonwi@gmail.com](mailto:loddonwi@gmail.com).

#### May Meetings:

Thursday 9<sup>th</sup>—Knit, Natter & Crochet at Loddon Library, 2:30pm-4:00pm. This is a community event and all are welcome.

Wednesday 15<sup>th</sup>—Monthly Meeting at St Johns Lecture Hall, George Lane, 7:15pm for 7:30pm.

Speaker's subject—Wasps: Malicious or Misunderstood?

We are always happy to welcome new members. If you are interested, why not come as a visitor and see for yourself? We can be contacted via our Facebook page or by email: [loddonwi@gmail.com](mailto:loddonwi@gmail.com).

### Loddon & Chedgrave Ladies 8 O'clock Club



We are a friendly group of ladies who meet on the last **Wednesday** of each month in the back room of The Hollies, Loddon High Street. An annual fee of £10. is charged plus £3 for each meeting attended. New members always welcome.

**Next Meeting:** Annual Dinner to be held on Wednesday 29<sup>th</sup> May at The Gillingham Swan Motel, 7:00 for 7:30pm. Please make sure your menu choices are returned by the beginning of May plus £5 deposit. Any queries please contact June 01508 528853 or Hillary 01508 520457.

### WEA



After a period of reorganization at the WEA, we hope that they will be able to offer more courses for us to choose from for the Autumn Term. Look out for details in forthcoming editions of Chet Contact.

For more information please telephone Sharon on 01508 520386 or Alison on 01508 521976.



## Loddon and District Horticultural Society



For our meeting on 8<sup>th</sup> May we have Kristopher Harper-Allison coming along to speak to us about Fuchsia Care and Maintenance. The meeting is held at the Jubilee Hall Clubroom, George Lane, Loddon and starts at 7:30pm. Refreshments are available and a raffle held.

Then on the Saturday 11<sup>th</sup> May we are holding our Annual Plant Sale at The Hollies, High Street, Loddon from 9:30am to 12:30pm. Details on p32. We hope you will come along.

Our meetings usually take place on the second Wednesday of the month. Membership is £10 per year. For more information, contact Jean Cope (Chairman) on 01502 710024 or [jeancope52@gmail.com](mailto:jeancope52@gmail.com) or Hazel Copland (Secretary) on 01508 520890 or [happyhaze50@gmail.com](mailto:happyhaze50@gmail.com). You can follow us on our Facebook page.

## Chet Valley Photography Club (CVPC)



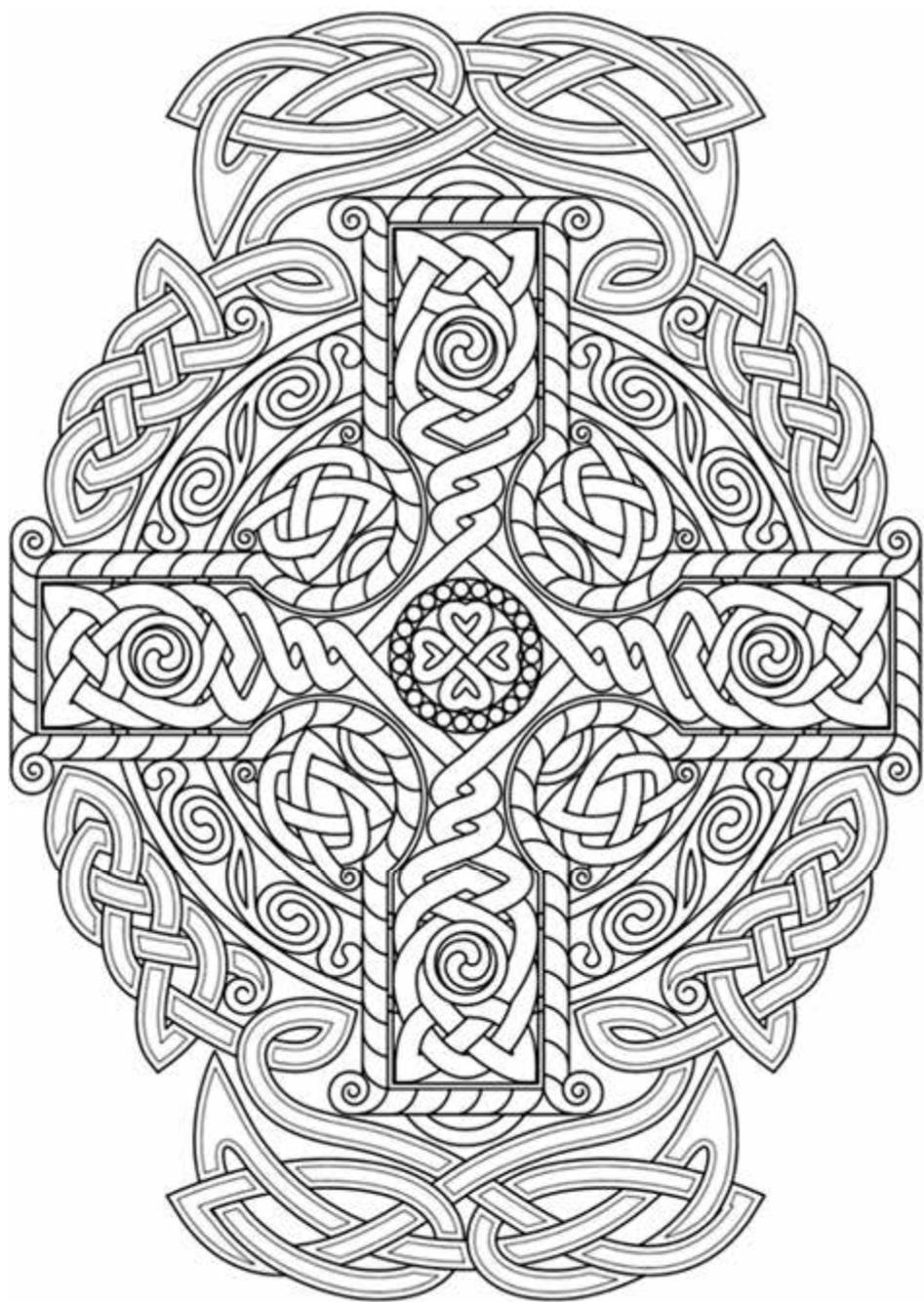
Our monthly club meeting in May is on Monday 13<sup>th</sup> in St John's Methodist Chapel, George Lane, Loddon. Doors open 6:45pm for 7:00pm start. We have Justin Garner visiting us in-person to tell us all about *The Lighting Behind The Image*. Justin is a very keen bird-watcher and will be spending some time in Norfolk for his hobby so kindly agreed to visit us whilst he is here. For more information about this talk have a look here: <https://justingarner.co.uk/talks/>.

We have an open Facebook page (search Chet Valley Photography Club) which details some of the things we have done over the past few months. Expensive equipment is not required—many images taken today are done using a mobile phone. Please have a look at our website: [www.chetvalleyphotography.org.uk](http://www.chetvalleyphotography.org.uk) for more information if you are interested in joining the club. The club is open to everyone regardless of their photography knowledge or experience.

## Loddon & Chedgrave District Society

We are a friendly group who like walking, visiting interesting gardens, historic buildings, and the occasional social evening. New members welcome. £6 membership fees due please. More information from June on 01508 528853 or [junecs@btinternet.com](mailto:junecs@btinternet.com). For membership contact Hillary on 01508 520457 or [meredithhp3@sky.com](mailto:meredithhp3@sky.com).

Our Annual General Meeting will be held on Wednesday 1<sup>st</sup> May at 7:30pm in All Saints Church Centre, Chedgrave. We will welcome our speaker Vicky Eyles from South Norfolk Wildlife Trust. Wine and cheese will be served after conclusion of business.





## Could You Put Something Back Into Our Community as a School Governor?

We are always on the look out for people with life and business experience to join the Governing team at Loddon Primary Federation. Our collective role is to help our Headteacher and team of staff to run our Infant/Nursery and Junior schools. We are not part of an academy, and so we have control of our own budget, and responsibility for premises and employment of staff. A governor is summed up as being a 'critical friend' to the school leadership. At present our governing team has a fair quota of teachers and parents, or people with close ties to our pupils. Ideally we are hoping to interest someone who is essentially independent, but with a real interest in giving the young people in our community the best possible start in life. It is an entirely voluntary role with a minimum commitment of two meetings a half term, out of school hours.

We'd be happy to offer a chat over coffee and cake to discuss the potential commitment and try to answer your questions.

To express interest, please contact Linda, (Clerk) on [clerktogovs@lpfed.org](mailto:clerktogovs@lpfed.org) or call Heather (Chair of Governors) on 07885 273164 or 01508 520528.

---

### Waveney Valley Arts Society

We are a friendly group who meet at the Fisher Theatre in Bungay on the first Wednesday of every month (excluding July and August). Events provide a welcoming place to hear expert lecturers share their specialist knowledge. The theatre is open from 10:00am and our lectures start at 11:00am.



**Next meeting:** Wednesday 1<sup>st</sup> May—Wassily Kandinsky and the Birth of Abstraction by Natalia Murray.

Guests are welcome to join us for an individual lecture but there will be a charge of £10. If you wish to become a member of our society, the contact details are on the website: <https://theartssociety.org/Waveney-valley>.

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## No Mow May

Plantlife's #NoMowMay is back this year. They say:

*Join our No Mow May movement.*

*Don't mow this May and let it grow!*

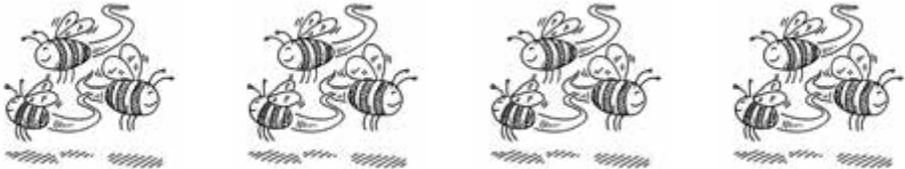
Provide a feast for pollinators, tackle pollution, reduce urban heat extremes, and lock away atmospheric carbon below ground.



We've lost approximately 97% of flower-rich meadows since the 1930's and with them gone are vital food needed by pollinators, like bees and butterflies. But your lawn can help! A healthy lawn with some long grass and wildflowers benefits wildlife, tackles pollution and can even lock away carbon below ground. With over 20 million gardens in the UK, even the smallest grassy patches add up to a significant proportion of our land which, if managed properly, can deliver enormous gains for nature, communities and the climate.

That's why Plantlife calls for people to get involved with #NoMowMay every year, and let wild plants get a head start on the summer.

Best of all, to reap these benefits all you have to do is not mow your lawn in May and beyond!



## Parkinson's UK Charity Shop, Chedgrave

Thursday 21<sup>st</sup> March our shop on 2A Langley Road opened for the last time. Friday was a very busy day packing and Saturday 23<sup>rd</sup> was spent moving furniture to our new premises. Thank you to everyone that has helped with packing and transporting furniture and boxes. Many thanks to Britannia Cook Removals for the Van, Panel Graphics who are sorting our signs and Simon Peck, The White Horse, for having our lunch all ready and waiting for us. The support of friends and customers has been overwhelming. The new shop is coming together already after only 2 days. We still have a way to go.

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Prospect House, 2 Little Money Road, Loddon Industrial Estate.

We have lots of new stock going out. Look forward to seeing you all there.

**Jenny**

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## Loddon and District Local History Group

In March the packed hall was treated to a fascinating talk by Ian Hinton about 'Changes from the medieval to the post-medieval house using examples from south and central Norfolk'.

The period 1550-1640 saw a significant change in house building, often referred to as the 'great rebuilding'. There was a desire among the wealthy for greater privacy as well as better and more comfortable living conditions. Medieval open hall houses were replaced by two storey houses with a chimney in the middle, glass windows and a service room added on to each end of the house for activities like brewing beer. Instead of an open hall in the middle a door was placed in the lobby which meant guests now had to be invited in.

Dating houses is difficult but building types and style help with this as well as any date plaques plus any surviving documents. Dendrochronology is now proving useful too. The building materials used also provide clues as houses were originally timber framed because bricks were expensive and of poor quality until the sixteenth century. Timber houses, though, are more at risk of a fire breaking out particularly from a wooden chimney so some houses had an external chimney stack (Krons Manor, Hempnall).

Ian went on to discuss and give examples of the scarf joints used on timber ceilings and how unglazed glass was gradually introduced for windows to supplement or replace shutters. Crown posts supporting roof rafters were replaced by Queen posts between 1500 and 1550, after which every fifth rafter was larger than the rest. Examples of some of the houses he has studied were used to illustrate these themes: Talcolneston Hall, Manor Farm in Pulham, and the Chequers in Hempnall. We were shown an example of a protection mark he noticed which was to ward off evil and had been created by a deep burn from a candle. Many questions followed this interesting talk.

Errata apologies—Loddon Pantomime January: John Harris wrote three of the scripts, including 'Sleeping Beauty'. Derek and Maureen wrote and produced 'Aladdin' and 'Sleeping Beauty', after which Joan took over as script writer. Eddie Best offered encouragement but did not write a script. Maureen and Anthony recounted some amusing anecdotes.

Next meeting: Wednesday 15<sup>th</sup> May: Georgette Vale will talk to us as 'Queen Victoria'.

All meetings are held in St John's Lecture Hall, George Lane, Loddon starting at 1:30pm. Admission £3 (includes light refreshments). All welcome.

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## Read Any Good Books Lately?

### **Demon Copperhead, by Barbara Kingsolver**

I'm not sure when I last enjoyed a book this much! It's an epic tale of a character from the 'redneck' part of America. Born to an alcohol and drug-dependent heartbroken teenage-mother, Demon is dealt a rough card from birth. Shunted from one harsh foster home to another and then taken in by a football coach, he finally feels on the up until he busts his knee on the football pitch and is given opiates to help with the pain. Becoming an addict at 16, he bunks up with his girlfriend and they live from day to day. With an extraordinary array of characters and a blistering account of the dopesick/opioid crisis in the States this novel takes you from the depths of despair to the heights of hope and then back again. Using Charles Dickens' iconic David Copperfield as a basis for the plot in a very rough sense it's a stonker of a book.

### **Yellowface, by Rebecca F. Kuang**

This is the story of publishing and literary sensation Athena Liu and her 'friend' June Hayward. When Athena dies June steals her manuscript and rewrites it and passes it off as her own. What follows is a spiral into deceit and self-doubt and ultimately June's downfall, although she's never able to admit, even to herself that she might have been in the wrong. The focus on social media and the impact of becoming too entwined and obsessed with it is cleverly done but I found it hard to like any of the characters and never felt that invested in them.

### **Prophet Song, by Paul Lynch**

I glanced at this and thought it looked quite interesting and then once I started reading it, I became completely hooked and couldn't stop reading it! Winner of last year's Booker prize it's set in Ireland and is the story of a family who become torn apart by the onslaught of a government turning towards tyranny. It's a very clever portrayal of how quickly society could collapse given the chance. The choices made by the main character Eilish and her family as they become more enmeshed in their situation are understandable, although I did read it feeling like screaming 'run away'!

### **I'm Going to Buy...**

### **Lobster, by Holly McNish**

The latest poetry collection by this inimitable poet. I caught a clip of her reading her poem about long-distance friendships on Woman's Hour and instantly cried and sent it to at least four friends. It's about finding your friends scattered around the country and how close relationships get condensed into half-read WhatsApp messages—essentially modern life!

**Ruth Redford**



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## Nature Notes

It's the 5<sup>th</sup> of April, warm enough to sit outside in a sheltered spot and enjoy the Spring warmth, listening to the afternoon bird song. Rachel has recently downloaded the free app Merlin birdsong, (other birdsong apps are available) and it is fascinating what it picks up and identifies. It's not 100% accurate but is pretty good. I must work hard to hear a lot of the high-pitched birdsong, even with my hearing aids in, but the app in general enables me to know what is around and I can then pick up the sound. So far it has thrown up a couple of anomalies, I don't believe it was accurate with a singing black redstart the other morning, or the grey wagtail this afternoon. Although both could be possible, as we have had a grey wagtail around our pond on a couple of occasions, and last autumn I saw a black redstart at Hardley Staithe.

The other morning, I discovered a house mouse in our shed and somehow managed to trap it in a plastic container. Initially it tried to escape but very quickly decided to give itself a wash and brush up. I released it in a nettle bed behind our home but wondered how long it would take to return to our shed. A little later looking out over the marshes, I watched a pair of muntjac deer feeding. Having taken the dogs for a short walk I looked again for the muntjacs only to find them to be replaced by a Chinese water deer with its lovely "teddy bear" ears. Adding to a mammalian morning, driving into Chedgrave, a small mammal ran across the road and straight through a puddle to reach safety. Too small for a stoat but too large for voles or mice, it could have been a weasel, but its movement didn't seem right. So, it remains a mystery, but I enjoyed watching it especially as it ploughed its way through the puddle.

Summer migrants are beginning to arrive. Chiffchaffs have been vocal for some weeks now and they have now been joined by blackcaps, I have heard the latter but have yet to see one. I did manage to see some whimbrel during the latter half of March between Hardley Staithe and Hardley Mill. They are similar to curlew, which were also about, but they were kind to me as they gave their fluty call enabling me to definitely identify them.

Our regular garden birds all seem to be investing their time in singing, mating and nest building. Our local song thrushes who were very vocal every morning until recently have taken to singing now at dusk. With the clocks going forward last weekend hearing the dawn chorus doesn't mean having to get up at silly o'clock, though windy mornings tend to dampen their singing.

It is also encouraging to see everything bursting into life. Hedges and trees are beginning to display green tinges and their leaves burst out of their winter restrictions. Flowers are also brightening up the landscape.

By the time I write the June edition, I hope I will have caught up with a lot more of our summer migrants. So get out and see what you can see, hear and enjoy.

**Richard and Rachel Hull**

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## Gardening Notes

### Growing Fruit and Veg from scratch: Part 3

This third part is about herbs, which can be grown inside on a windowsill or in even the tiniest garden. Fresh herbs are superior in flavour to dried and more versatile so you can add them to salads or salad dressing, use them for their scent and make tea. Moroccan mint is supposedly the best for tea, and I do grow it, but I have drunk tea simply made by picking a variety of herbs and pouring boiling water on.

If you are a cook, you will know which herbs you frequently use, and these are the ones you should grow on your windowsill or close to the kitchen door. Otherwise, it is better to have them spread through the garden as they make good companion plants e.g. thyme, lavender and rosemary planted close by food crops will mask their scent.

Most native herbs are hardy perennials, (though you also probably want to grow things like basil), and don't require rich soil but do need good drainage and some sun. I see lots of bee-friendly marjoram growing wild and indeed some plants like mint need to be controlled by planting them in a pot or in an old bucket with the bottom removed and sunk in the soil to prevent the roots spreading.

If you have the space or are a budding herbalist, then the classic herb wheel is for you. If you want to try this then look online for advice. Ignore the commercial offerings which are more style than substance.

**Andrew Milner**

### From Another Garden

The year has passed the Equinox, we've lost an hour and the greening has begun. The sap is rising and the garden is literally bursting out all over.

Parent birds are busy feeding their fledgelings, I've been keeping the various different bird feeders topped up to help them out.

The daffodils are over. I visited Cornwall in the early 90's and was amazed that daffodils bloomed in February. Thirty years ago they didn't appear until March and April here in Norfolk.

Weeds, wild flowers, call them what you will are doing well too. Instead of seeing them as pests I have been drinking Dandelion root tea and eating the leaves in salads, a great detox for the system. There are also copious 'Lesser flowered Garlic' bulbs that have completely taken over a flower bed; an invasive plant from Asia we are stuck with. However as all parts of the plant are edible we've been eating it in soups and salads etc.

Our garden is getting a makeover. There is currently a huge stack of paving bricks waiting to become a path and hardstanding for the car. I'm excited to be getting rid of the current mud patches that we have at the moment!

In the new greenhouse I have pricked out thousands of seedlings. Several different tomatoes, cucumbers, squash, various beans, herbs, celery, marigolds and godetias. They are doing well apart from the ones that have succumbed to the sneaky little slugs I'm forever on the hunt for.

**Hazel Copland**



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