



CHET CONTACT

Produced by the Chet Valley Churches

September 2022





Chet Valley Churches

All Saints, Chedgrave

**Come to the Quiz and Supper on
14th October 2022**

Starting at 7:00 pm, a supper of baked potatoes + fillings and delicious puddings from Spooncake will be interspersed with quiz rounds.

Suitable for all ages.

**£10.00 full price; concessions £8.00;
families £30.00**

***Come on your own or as a group—
each table of eight will play as a team.***

**Tickets from Rev Alison 528126
ball880am@btinternet.com**

Chet Valley Churches Information

Clergy

David Owen:	01508 522993	david.chetvalley@gmail.com
Martin Keenan:	01502 560178	martin.keenan@methodist.org.uk
Ros Hoffmann:	01508 548200	ros@hoffmann2011.plus.com
Alison Ball:	01508 528126	ball880am@btinternet.com
Jill Haylock:	01508 520248	jillhaylock@aol.com
Andrew Eburne:	01508 494770	frandreweburne@gmail.com



Church Office—closed at present.

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

Phone: 01508 520897, Email: website.chetvalleychurches@gmail.com

The e-mail account is being monitored regularly.



Weddings, Baptisms, Thanksgiving Service for the Gift of a Child

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

Church Websites

Chet Valley Churches	www.chetvalleychurches.org
The Diocese of Norwich	www.dioceseofnorwich.org
The Methodist Church	www.methodist.org.uk
The RC Diocese of East Anglia	www.rcdea.org.uk



Chet Contact

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Email submissions to c.magazineloddon@gmail.com.

Please include your name and telephone number.



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Disclaimer

Advertisements are included in good faith, but Chet Valley Churches do not necessarily endorse the products or services advertised. Similarly, the opinions expressed by contributors are not necessarily those of the Chet Valley Churches.

From the Editor

I may have felt 'smug' about the arrival of better weather in the June issue but I should have known better!! I hope you are all managing the heat and all it entails. I'm writing this as the forecast predicts temperatures rising again into the 30's and no rain in sight.

A friend reported seeing fireworks in Chedgrave last week and another had seen one of those balloons with a candle in it flying over late evening. Surely none of us should be setting off anything that might fall to earth and start a fire! Remember those horrible scenes around the country a couple of weeks ago where homes were destroyed by fire starting on dried vegetation.

Meanwhile, as summer holidays draw to a close, our many societies locally are getting back into the swing, so look through and see what is on. The Great Big Green Week at the end of September looks interesting and should have ideas for all.

Page 52 has exciting news about the newly relocated and upgraded Community Gym and page 54 a resident's idea for improved safety in one part of Loddon.

I hope you have all had time for some relaxation and enjoyment over the summer, personally I'm a winter person and prefer the cold but I'm not praying for snow after hoping for heat last time I was editing!

Roger



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Ministerial Musings

We continue to live through challenging times. In the aftermath of the pandemic, realising the devastation of climate change, and listening to news about war and trauma in the world it is no wonder that people of all ages are overwhelmed by these things. Everyone is also dealing with their own situation. There may be financial worries, family concerns, illness, problems at work, or stress of keeping a business afloat to name a few. Many suffer with mental health issues. Thankfully charities such as the Samaritans, MIND, and RABI are working to help people who are struggling. Those who work in farming and other rural businesses are often reluctant to seek support for depression, stress, or anxiety. YANA (You Are Not Alone) provides rural mental health support offering specific help for those involved with farming or other rural businesses in East Anglia. You might find that sharing your experience helps. If you can't talk to someone close to you, YANA can give you confidential help. Making that first phone call is a major step forward. If you think you might be suffering from depression, talk to someone you trust. If negative thoughts come easily to us we need to be aware of them and be able to counteract them with a more balanced view. We can give ourselves negative and positive messages and need to try to focus on positive messages when we face a challenge. There are some things we can do to help. Perhaps think of things that we are grateful for, even if they are small everyday things like a nice cup of tea, being thankful for those who grow and process the tea, for the cows producing the milk and those who work on dairy farms. When eating a juicy apple, being thankful for the apple harvest and those who transport them to the shops. If we can take a walk and look closely at nature around us, berries, flowers, birds, animals, running water, a beautiful sunrise or sunset, this can really lift our spirits.

Creation is amazing, thank God for all the beauty in the world and the good things we enjoy, giving thanks for his love for us and the promise of life through Jesus Christ. On reading the Psalms in the Bible we find guidance and wisdom for every situation. For times when we are anxious and afraid and for the times of thankfulness when we are happy.

Psalms 9 verses 9 and 10 remind us 'The Lord is a refuge for the oppressed, a place of safety in times of trouble. Those who know you, Lord, will trust you for you do not abandon anyone who comes to you'.

Jill Haylock



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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 or Common Worship, with an informal Holy Communion service once a month in Chedgrave.

Services of **Morning Worship** are held in Loddon and Hardley.

XPRESSIONS CAFÉ is on the first Sunday every month at All Saints, Chedgrave.

This is a relaxed and contemporary way of 'doing church'. Open between 10:00am and 12 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 shared lunch).

All Together Worship is designed to be as inclusive as possible: a mixture of formality and informality; traditional and modern; activity and stillness. In short, we will attempt to provide a service which will have points of connection for both children and adults—indeed people of all ages and all backgrounds.

Last Sunday Praise is held on the last Sunday of the month at St John's: a chance to sing old and new Christian songs and worship together.

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 an opportunity to enjoy a chat over refreshments after the service, Covid restriction permitting.

There are toilets and baby-changing facilities at All Saints, Chedgrave and St John's, Loddon.

Families are welcome at all of our services but are particularly catered for on the 1st and 3rd Sunday of the month 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 clergy or the Church Office and we will arrange for someone to bring communion to you.

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

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

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 David on 01508 522993.



XTRA! Join us in St John's Church for an exciting, informal service every **Thursday after school**. Refreshments, activities from 3:15pm. Service starts 3:45pm.

More from Rev David 01508 522993 or Rev Alison 01508 528126

Friends and Neighbours

If you've been widowed or have lost your life partner come and 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: 1st September - Lunch, followed by a speaker from the Fire Service talking about aspects of their work.

If you'd like to join the group, 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 noon**. Come and go as you choose. On average, there are about 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

Baptisms and Thanksgivings

There were no thanksgivings or baptisms this month in our churches, so lets pray for all children across the world

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.

Weddings

Alexander Christian Pike and Rebecca Clare Nunn

Saturday 9th July at All Saints, Chedgrave.

Christopher Grice and Lucy Anne Carter

Monday 25th July at Holy Trinity Loddon.

Daniel Tony Griffin and Chloe Louise Sharpe

Friday 5th August at Holy Trinity, Loddon.

Those whom God has joined together let no-one put asunder.

Funerals

Jack Sydney Alexander Barwick who died on 11th June 2022

Funeral: 4th July 2022 at All Saints, Chedgrave.

Sylvia Graver who died on 9th June 2022

Funeral: 1st July 2022 at Holy Trinity, Loddon.

Shirley Goate who died on 14th June 2022

Funeral: 20th July 2022 at All Saints, Chedgrave.

Roy Victor Watts who died on 4 July 2022

Funeral: 30th June 2022 at Colney Wood.

Charles Ernest Cubitt Coleman who died on 26th June 2022

Funeral: 29th July 2022 at Holy Trinity, Loddon.

Eileen Rosemary Joy Loines who died on 9th July 2022

Funeral: 1st August 2022 at Waveney Crematorium

Donald Samuel Kittle who died on 14th July 2022

Funeral: 3rd August at Holy Trinity, Loddon.

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.

I Thessalonians 4:14, 17b

To arrange a thanksgiving or baptism (christening), please contact Rev Alison on 01508 528126, or ball880am@btinternet.com.

To arrange a wedding, please contact Rev David on 01508 522993, or david.chetvalley@gmail.com.

To arrange a funeral, at any of the churches in our area or at the crematorium, please contact Rev David on 01508 522993, or david.chetvalley@gmail.com. He can also be contacted about interment of ashes.

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News From Your Local Councillors



Chet Valley Community Larder: In these difficult times I was very pleased to be asked to get involved with a new initiative to set up a community larder behind the Library. A joint venture including Loddon and Chedgrave parish councils and our churches it is supported by the Co-op and volunteers. It will be open to surrounding villages as well and be a central point where food can be left and collected. How it operates will be advertised locally and flyers distributed.

The Staithe Footbridge: Following a recent sewage spillage from the manholes either side of the river Chet, Anglian Water have agreed to replace the pipe that runs under the footbridge. They are confident that this will solve the problem, as the new plastic pipe will not clog up the way the old metal one does. Anglian Water will do this work at the same time that we refurbish the bridge, which will save costs. A survey is underway to see if the banks either side will need any reinforcing.

Policing: I was very pleased to be able to accompany the Loddon beat manager James King and neighbourhood sergeant Jason Ellis around the village. This is something we try to do regularly, so if you see us, please stop for a chat. We try to walk different areas and look at any reported problems. This time we went to St Georges Park, Kittens Lane and High Bungay Road. If you have anything you would like to report, I am happy to pass this on.

Please contact me at kay.masonbillig.cllr@norfolk.gov.uk if you have any issues or if I can help in any way.

Councillor Kay Mason-Billig

Please let me know if you might be interested in becoming one of the team of community wardens, who will have a very important role to play if an emergency does occur; with events like extreme weather conditions happening more often, I think this team will do very important work.

As mentioned last month, each District Councillor has a members' grant of £1000 for local causes – I've now allocated £600 of this, as well as an additional £300 grant, across our community; please let me know if part of this could help your group and, as always, if you, or someone over-60 that you know, would like some help and maybe just some friendship, please phone ChetChat. *We're sorting out our phonenumber at the moment, so please ring me directly if you, or someone you know, might need something.*



I'm delighted to confirm that my next surgery will be 2:00-3:00pm Saturday 8th October, please drop in if I can help with anything, or just to say hello!

Please ring me anytime on 07733 323581 if I can help you, as many people do.

Jeremy Rowe



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Chedgrave Parish Council

All enquiries please contact the Parish Clerk: Hayley Goldson.
Tel: 01508 528310 Email: chedgrave.pc@gmail.com
Website: <https://chedgrave-parish-council.norfolkparishes.gov.uk/>
Facebook: <https://www.facebook.com/Chedgrave-Parish-Council>



Council Vacancies: The recent Jubilee Fete is a great example of the type of project parish councils are involved with and support. Please consider joining your local council and help support projects like this or something else which you think the local community would benefit from. No experience is necessary and training and support are provided. Please contact the Clerk if you have any questions.

Dog Mess: This is a problem which doesn't seem to go away! PLEASE PLEASE pick up after your dog! Poo bags can be placed in dog bins and ordinary litter bins.

BAG IT AND BIN IT!

Reporting Highways Matters: Residents can quickly and easily report highways problems to our local highways authority, Norfolk County Council. Please use the "Report a Problem" page on their website (<https://www.norfolk.gov.uk/roads-and-transport/roads/report-a-problem>) to report issues such as potholes and overgrown paths and verges.

Footways in Chedgrave: A polite reminder that ponies and horses should not be ridden on footways in and around Chedgrave. This includes pavements and paths such as the Wherryman's Way and the footway along Langley Road. Thank you!

Brian Clarke Room: A well-equipped modern bright room, including access to free Wi-Fi and table tennis tables. Booking enquiries should be made to Georgina Buckle via brianclarkeroom@gmail.com or 07981 856270.

Next Meeting: All welcome

Highways issues such as potholes, footpaths or public rights of way, road safety, flooding and overgrown trees and verges should be reported to Norfolk County Council on 0344 800 8020 or online at www.norfolk.gov.uk. Criminal & illegal activities, public disorder & nuisance, anti-social behaviour, speeding, uncontrolled dogs, should all be reported to the Police on 999 or 101 (non-emergency) and can be reported online at www.norfolk.police.uk.

**PLEASE KEEP DOGS ON LEADS IN OUR PLAY AREAS
AND CLEAR UP AFTER YOUR DOG**

Unfortunately no update for September was available from Chedgrave P.C. before this month's deadline. I have included any useful generic information including contact details for the Council if there are particular questions/concerns.

Editor

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Would you like to be involved with this historic Wind Pump?

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Georgina Buckle

Email: brianclarkeroom@gmail.com

Tel: 07981 856270

Loddon Parish Council

All enquiries please contact the Parish Clerk: Emily Curtis.

Tel: 01508 522020 Email: clerk@loddonpc.org.uk.

Website: www.loddonpc.org.uk;

Facebook: www.facebook.com/LoddonPC

Platinum Jubilee Fete-The final amount raised was a fantastic £2,717, thank you to everyone who supported the event! Discussions are still ongoing as to how these funds will be spent in the community. We are delighted to announce that plans are underway for another event on the 10 June 2023 – please let us know if you would like to help with the organisation or volunteer on the day.

Litter Bins-Two new bins have been installed on George Lane. Roberts & Son Printers have produced stickers that we will attach to all bins in Loddon indicating that bagged dog foul can not only be disposed of in the dog foul bins, but also in standard bins. A new bin will also be installed in due course on footpath 14, near Cannell Road.

Staithe Toilets-The new doors with automatic locking were installed in early August. The shower was replaced in June, the macerator was replaced in July and the pipework for the urinals will be replaced shortly. We are very grateful to Top 2 Bottom Commercial Cleaning for their dedicated and reliable cleaning service.

Community Gym-The Community Gym has reopened in the Library Annexe Rear Hall on the 08 August 2022. Details of their sessions can be found on their website; www.loddoncommunitygym.com/home.html

Emergency Plan-Would you like to help your immediate neighbours in an emergency? An Emergency Plan is being formed for Loddon & Chedgrave and emergency volunteers are being sought to represent zones in Loddon. Please email: emergencyplan@loddonpc.org.uk for more information.

Loddon Tennis Club-The launch of the Tennis Club in June has been very successful, there are now 70 players regularly playing together. Pay and Play is also available for £5 per hour via; www.clubspark.lta.org.uk/LoddonTennisClub. Coach Paul Solomon is also delivering junior coaching, group coaching, and cardio tennis sessions; email; loddontennis@loddonpc.org.uk or phone 07368 684 806.

Community Larder-Plans are underway for a Community Larder in Loddon. If you want to be involved in this wonderful community scheme, please let us know.

Future Meetings of Loddon Parish Council: The next meeting of the Parish Council will be in the rear room Hollies (access via the back door) on Wednesday the 14 September 2022 at 7.00pm and parishioners are welcome to attend. The Minutes and agendas for the meetings are available on the LPC website.

Contact Loddon Parish Council: The office is open from 9:00am-12:00noon on Tuesday, Wednesdays and Thursdays. Should you wish to contact the Council, please email; info@loddonpc.org. If there is a genuine Council emergency, please call 01508 486128, at any other time, please use 01508 522020.

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Hales & Heckingham Parish Council

All enquiries please contact the Parish Clerk: Eleanor Bannister.

Tel: 07703 124544 Email: clerk@halesandheckingham-pc.gov.uk

Website: www.halesandheckingham-pc.gov.uk

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



Next Parish Council Meeting: Tuesday 6th September 2022, 7:30 pm in the Hales Assembly Hall, Briar Lane, Hales. Agendas are posted on the notice board in the bus shelter opposite Masala Garden and on our website three days before the meeting. Minutes are displayed in the same places.

Welcome to New Parish Councillors: Parish Councillors Craig Broadley-Naylor and Clair Woolner have attended their first Parish Council meeting

Defibrillator: Sited on Yarmouth Road wall of Masala Garden. If needed the machine gives spoken instructions. The defibrillator takes readings of the patient to make sure appropriate treatment is given so a shock is only used if it is necessary.

Permissive Field & Hales Green: Please observe the Countryside Code and use commonsense. If walking a dog don't let it run up to other dogs or people. This is only OK if the other owner gives permission. Please note if your dog is the aggressor you are responsible for any damages. Please pick up after your dog – their poo is a health hazard and dangerous as well as being unpleasant for others.

Village Spending for 2023: We want your ideas on how the budget should be split in 2023-2024. Our income of £10,000 this year is being used to pay for the villages' insurance, look after the playground, village maintenance and other administrative costs. Any idea you think good for the village is welcome.

Wildflowering: It is still hot and we hope for rain. If you can help with wild flower sowing and planting around the villages when the ground is damp and the weather cooler let the Clerk know. There are likely to be several planting sessions.

Composting Group: Our scheme began in 2015. We have accumulated 55.8 tonnes of garden waste, saving a large number of journeys to the Bergh Apton Refuse Site and reduced the number of journeys made by the Council to collect waste from Brown Bins. However, our numbers of volunteers and members are falling. It has reached the stage where the future of the scheme is now in doubt.

We need more people to want to leave their garden waste at our site. This is done by agreeing a drop off time with the scheme administrators so that waste can be weighed and placed into the storage bins. The administrators are happy to vary the drop off times to suit members and can often agree weekend slots by prior arrangement. Please consider joining our scheme. It is easier for you, it is ecologically better and the Parish Council receives payment based on the weight of waste collected. Contact the Clerk or Alan Mason for more details:

alan_mbc@btinternet.com or 07738 933316.

Meet the Councillors Drop in Dates: To be advertised on our website, Facebook and notice board.

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Langley with Hardley Parish Council

All enquiries please contact the Parish Clerk: Vacant
Tel: 01502 730166 Email: langleywithhardley.pc@gmail.com
Website: <https://langleywithhardleypc.norfolkparishes.gov.uk>
Facebook: To be developed



There was no news from the parish council this month.

Langley with Hardley Village Hall



On Friday 2nd September Cafe, 11-2 in aid of Macmillan Cancer Support. Homemade delights. All Welcome.

On Friday 28th October Halloween Party, 2-4. Party games, sweets, dance and fun. Fancy dress optional. All ages welcome. £2 entry fee.

For more fun we have a Quiz, Bingo and Disco dates coming soon.

The hall offers Tuesday evening Yoga classes. Thursday evening Dance classes. For more information or to book the hall for events call Tibby or Jane on 01508 520184.

Three Rivers Talking Newspaper

If you or someone you know has a visual impairment that makes reading the local newspaper difficult, why not subscribe to Three Rivers Talking Newspaper? Here's what you need to know:



- It's free
- It's based on the Beccles and Bungay Journal
- We produce a recording every week
- It's mailed out on a USB memory stick
- We provide the simple equipment needed to play the recording and show you how to use it
- We have a website www.3rtn.org.uk
- You can also listen to our recording on Alexa and other devices, or on our website
- Our contact details are Sally 01508 482557 or Helen 07789 994906

Three Rivers Talking Newspaper is part of the national network of Talking News for the blind and visually impaired. We are based in Bungay and most of our listeners are in the Beccles, Bungay, Halesworth and Loddon area. 3RTN is a charity and is run by a friendly team of volunteers. As well as the weekly local news, we send out a regular audio magazine Let's Talk, with interviews and articles.

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Notes from Sisland

As I am writing this in early August, I want to thank all those who have supported the Sunday teas at Sisland church. It has been lovely to catch-up with old friends, as well as welcome new visitors who have discovered our beautiful church. I think that we all appreciate the opportunity to sit, reflect and share with one another on each of these days. Although it is the main fundraiser for St Mary's it offers so much more to so many.



The incredibly dry and hot summer has meant that the churchyard was cut towards the end of July, unlike last year when I noted that it was not cut at the start of August as the seed had then not yet set in the conservation area. For so many there are challenges this year and we often reflect on how they affect us and our community. As we move from the summer months into the autumn, our attention turns to the change in seasons and hopefully some 'refreshing rain'.

Thanksgiving ceremonies and celebrations for a successful harvest are both worldwide and very ancient. We have given thanks for the harvest for hundreds of years. It reminds Christians of all the good things God gives them and especially provides a reminder to share with others who are not so fortunate. In the past a good harvest could directly ensure food through the winter months so no surprise that if 'safely gathered in' we celebrate.

Last year Sisland celebrated its harvest festival by holding its service in the churchyard and we were blessed with good weather. This year we hope to do the same and hold the service at 5pm on Sunday 18th September, to which everyone is welcome. It should contain all the traditional elements that you would expect but will allow us all to connect with the environment around us, so key to the farming season. We hope to see you there.

Rowena Bryce, Churchwarden, St Mary's, Sisland

Struggling with Money? Local Charitable Funds available:

There are two local charities to help local people in need: Loddon Town Estate Trust (for people living in Loddon); and Chedgrave Church Discretionary Fund (for people living in Chedgrave or who are regular members of the congregation at All Saints). These have received a boost from monies raised by the monthly quiz at The White Horse during 2021.

The charities are only any good if people use them! In the past, money has paid for things like cookers and carpets. It has also gone towards solicitor's bills and rent. Please do not feel ashamed or embarrassed to call on the funds if you need them.

You can access the Loddon fund by contacting Ann Lumley on 01508 528141 or email: annlumley150@btinternet.com. The Chedgrave fund can be accessed by contacting Rev Alison, Rev David or the church warden, Roger Outlaw—contact details on p3.

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Norfolk Home Library Service

Norfolk home library expands service and calls for new users and volunteers.

Calling all book lovers and digital masters! A popular home library service delivered by Royal Voluntary Service and the Norfolk Library and Information Service is looking to expand throughout Norfolk.

A new digital inclusion program is also being trialled, in which specially trained volunteers teach the service's clients how to access critical information digitally, and how to download books online. Expansion means the Home Library Service is looking to welcome new clients, volunteers, and Coordinators to the team.

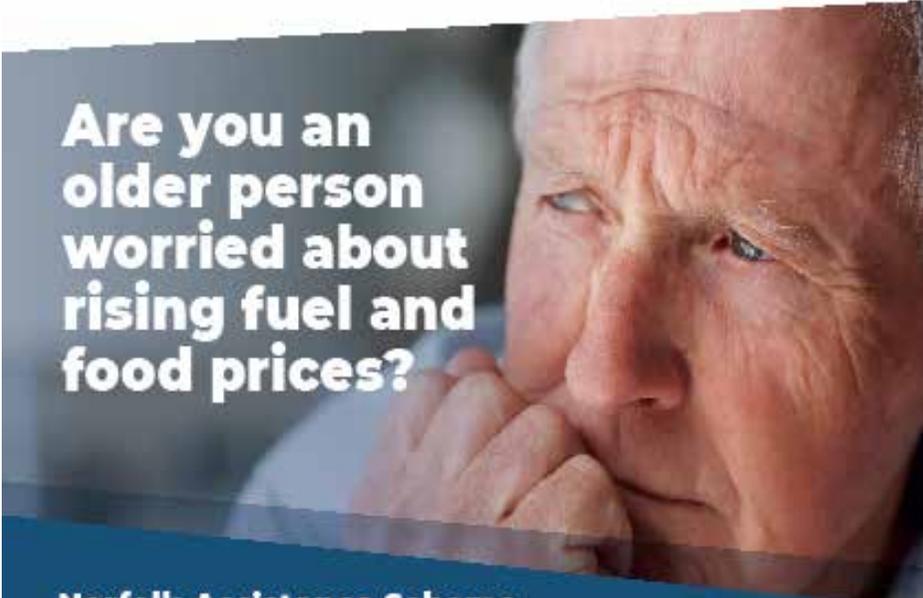
Volunteers work alongside their local library to select and deliver books and other media to those who may find it difficult to leave the house, have mobility issues, or caring responsibilities. The service also provides regular, friendly social contact to check if clients are safe and well, to discuss reading and listening preferences, and to report any concerns to appropriate services as needed.

Volunteer Coordinators liaise with local libraries, manage a network of local volunteers to arrange book deliveries, recruit new volunteers, and build relationships with local community groups to promote the service. As part of the new digital inclusion program, Digital Service Coordinators may offer their skills in workshops to train volunteers to use various devices, apps, and programs that the service's clients may find challenging.

Alicia Stillman, Service Manager for Royal Voluntary Service Norfolk Home Library Service says: "For people who find leaving their homes problematic, the Home Library Service is a vital link to the local library and welcome connection to a friendly face. The Covid-19 pandemic has shone a light on the significant number of vulnerable adults living in isolation. During the last two years, it has also become apparent that many socially isolated people were not able to access vital information due to digital illiteracy. Instruction on downloading eBooks, accessing GP and Council services, and setting up video conferencing can often be more easily explained in person, in an informal setting, one on one. Through the new digital inclusion program, with the help of our volunteers, we hope to bring clients back to the activities they love, prevent further isolation, and provide companionship and support."

To sign up to the Home Library Service, contact Norfolk Library and Information Service on 0344 800 8020 or visit: libraries@norfolk.gov.uk to join a round.

To sign up to become a volunteer or coordinator of the Norfolk Home Library Service please visit the Royal Voluntary Service at: www.royalvoluntaryservice.org/volunteer. For further information about the roles, please contact Royal Voluntary Service Norfolk Community Service Manager Alicia Stillman: email: norfolkhls@royalvoluntaryservice.org.uk or 01603 397998.



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The fastest way to apply is online: www.norfolk.gov.uk/NAS
If you do not have internet access, call **0333 996 8333**

If you are unsure whether this is for you
please contact **Your Norfolk Advice Line**
Tel: 0333 996 8333 or by email at helpline@ncan.co.uk

Royal British Legion—Loddon & District Branch
Change of Venue for our meetings. As of our Aug 15th meeting,
we will be at The Lecture Hall in George Lane, Loddon.



The third Monday of each month, 6.45 for 7pm start. Our meetings are followed by a cuppa and a chat.

You are not requested to be ex Forces, just a wish to help support the RBL in the quest in looking after current serving and Veterans, plus their beneficiaries.

Next meetings after Aug 15th, is Sept 19th, Oct 17th and Nov 21st.

On July 21st, we celebrated and thanked long serving Volunteers, who help with the Poppy Appeal every year. 16 certificates were handed over to the well deserving by Kay Mason Billig, Chair of Loddon Parish Council. A lovely afternoon and a time for everyone to catch up without the cold weather of November. On July 29th was Charlie Coleman's Funeral at Holy Trinity. A 98yr old Desert Rat Veteran, who has moved on to a Higher Service. Standards attended, including the Desert Rats. Our bugler Philip, played The Last Post on his final journey.

For information or Support, contact Colin or Christine Hartley on 01508 521136.

Thankyou!

Thanks to all who donated prizes for the Hales Fete held in June.

Also thanks to Pip and Natasha for their help.

We made £100 for disabled children in Ukraine.

Thanks again, Yvonne Walpole

Tuesday Market, Loddon



You will find our colourful plant and cut flower stall outside the Hollies, every Tuesday from 10:00-11:30am.

Inside will be a fine selection of baked goods, preserves, fresh eggs, raw milk and vegetables. Why not treat yourself to a coffee and cake, then browse our selection of local crafts including woodwork, jewellery, cards, paintings etc. We look forward to seeing you.

If you have any queries contact Sheila Ford 01508 520752

Church Services

4th September		
8:00am	BCP Holy Communion	St Mary, Sisland
9:00am	Informal Communion	All Saints, Chedgrave
10:00-12noon	XPRESSIONS CAFÉ	All Saints, Chedgrave
10:45am	Holy Communion	Holy Trinity, Loddon
11th September		
9:30am	BCP Holy Communion	All Saints, Chedgrave
10:45am	Morning Worship	Holy Trinity, Loddon
18th September		
10:45am	Holy Communion	Holy Trinity, Loddon
11:00am	All Together Worship,	All Saints, Chedgrave
5:00 pm	BCP Evening Prayer, Harvest	St Mary, Sisland
25th September		
9:30am	Holy Communion	All Saints, Chedgrave
10:30am	Harvest Service	St Margaret, Hardley
10:45am	Morning Worship	Holy Trinity, Loddon

Chedgrave Church Centre Hire

All Saints Church, Chedgrave has a lovely church centre attached to it which has been open for over 25 years. There are two rooms (one upstairs), a kitchen and a loo. There are wheeled tables which 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.

All Saints Community Garden—Pick Your Own

On Sunday 5th July, at our Jubilee XPRESSIONS CAFÉ, some of our youngsters planted up our new Jubilee raised bed in the community garden. It has a range of different herbs in it so if you need some fresh herbs for your cooking, please come and help yourselves to some leaves. We also have tomato and courgette plants. Once these are fruiting, you are invited to help yourselves to some fresh vegetables.

Other Services in Chet Valley Churches		
*Every Saturday 6:00pm	Roman Catholic Mass	
**Tuesdays 7:30-8:30pm	<p style="text-align: center;">Come and Pray</p> <p style="text-align: center;">If you would you like to spend some time in prayer with a small group of people you are welcome to come along to</p> <p style="text-align: center;">'Time for Prayer and Space for Reflection'</p> <p style="text-align: center;">3rd Tuesday Midweek Communion with Blessing</p>	
Thursdays during school term	<p style="text-align: center;">XTRA!</p> <p style="text-align: center;">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</p>	
Every day Morning Prayer 9:00am <i>All Welcome</i>	Monday	Holy Trinity, Loddon
	Tuesday	St Margaret, Hardley
	Wednesday	All Saints, Chedgrave
	Thursday	Holy Trinity, Loddon
	Friday	St Mary, Sisland
	Saturday	All Saints, Chedgrave

*Please contact office@east-angliadiocese.org.uk to confirm details of Catholic services.

**Please contact Rev Jill (jillhaylock@aol.com) about current arrangements for Tuesday Prayer and Reflection, or if you would like to receive this electronically.

THE GREAT BIG GREEN WEEK

A nationwide celebration of action on climate change,
taking place across the UK from 24 September to 2 October
As part of this nationwide celebration, Loddon WI is hosting

**‘The Great Big Green
Week Evening’ on
28th September
7.00 p.m. to 9.30 p.m.
St John’s Lecture Hall,
George Lane, Loddon.**

Speaker: **Ed Gillespie, a Director of Green Peace**

There will be a raffle with an Eco-friendly prize.

Admission free, but entry will be limited to 70, because of seating
restrictions.

Tickets will be available from Loddon WI
via our Facebook page and online.

The link for online booking is

<https://www.eventbrite.com/e/loddon-wi-invites-you-to-the-big-green-week-evening-tickets-398803230197?aff=ebdssbdestsearch>

If you do not have internet access, please ring 01508 528656

LODDON PARISH COUNCIL

Local Visitor Information



There are a variety of leaflets containing visitor information
inside the main Library door. If you would like to add your organisation or
club’s leaflet, please feel free to drop them in to the PC office at the Library.

Community Groups, News and Events

News from Local Branches of the Women's Institute



Loddon and District Women's Institute

When our committee met on July 12th, even **we** were surprised at the number of 'goodies' lined up for the summer and into September. On July 13th some of our members went to Hotters in Norwich, a chance to 'try and buy'(!) and to enjoy some delicious refreshments. July 14th was the monthly Knit and Natter at the Library and July 20th we 'danced around the world' with Pam Redwood. August 10th, a few of us joined Ditchingham WI to celebrate their birthday with a talk by Gary Powell entitled 'Death in Disguise', followed by afternoon tea, and at our summer afternoon meeting on August 17th we enjoyed being taken by Lynton Johnson on a tour of Thurton Church, also followed by afternoon tea. In September members are going to see Les Misérables at the Theatre Royal and we have our usual monthly meeting. In addition, we have plans for 'The Great Big Green Week', a nationwide celebration of action on climate change, taking place across the UK from the 24 September to 2 October, with a special event on September 28th (see notice elsewhere in the magazine). We meet on the third Wednesday of the month at 7.15 for 7.30 at St. Johns Chapel, George Lane. New members are always welcome. For more information we can be contacted via this page or by ringing 01508 528656.

Chedgrave & District Women's Institute

Our meetings start at 2:00pm on the fourth Tuesday of each month and are held at the All Saints Church Centre, Chedgrave. If you would like further information, please contact Audrey 528393 or Angela 521120.

Parkinson's

Would you like to meet other Parkinson 's sufferers?

We will normally meet on the first Monday of the month at the Chedgrave White Horse at 12.15pm. Partners are also welcome.

Further details from Michael Osborne on 01508 522034.

PARKINSON'S^{UK}
CHANGE ATTITUDES.
FIND A CURE.
JOIN US.

Choir for Carols

Hooray! The community choir is coming together once again this year to sing at the...

Carol Service in Chedgrave Church

Drawn from people of varying ages (~7-90+) we lead the traditional carols as usual and sing one or two items of our own.

“It is a lot of fun. We all enjoy the singing and getting to know others in the community.”

The carol service will be on

Sunday December 18th at 5:00pm

Of course, there will be some rehearsals; details in due course. Meanwhile... If you want to take part please contact Alison Ball:

e-mail: ball880am@btinternet.com or 01508 528126



Rev. Alison

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.

For more details, contact Terry on tezzahayden99@gmail.com



Jubilee Short Mat Bowls Club

If you have never tried short mat bowls why not give it a go? We are a very friendly, non-competitive club, that plays in groups of up to four people. New members and beginners are very welcome. We meet on **Tuesday** 1:30-3:30pm in the Jubilee Hall. Just bring flat indoor shoes (no heels), the right money—£3, and a sense of humour. We have spare bowls. More info? Call 01508 521958.



Short Tennis Club

Come and join our friendly non-competitive club on **Tuesdays** 11:30am-1:00pm at Jubilee Hall. All welcome. For more information call 01508 520589.



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 **Monday** nights at Langley School (NR14 6BJ), 7:00pm-8:30pm.



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



Hales and Loddon Cricket Club

Youth membership £45 per child (or £80 for two siblings) including training, club insurance coverage and match fees.

We are also running All Stars for 5-8 year-olds until Monday 25th July, 6:00-7:00pm. We've capped numbers for this at 16 this season and places are going fast. Booking and payment via the ECB website: <https://ecb.clubspark.uk/AllStars/Course/ebc1355f-5717-4c1a-867e-dda9c515f1b5>

Ashby St Mary Cricket Club

If you are new to the area, or have not played for a while, or perhaps fancy a change of club, you will be made most welcome. The Ashby teas are back this season. For more information, please contact Paul Clemence on 01508 218078.





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Loddon Community Gym



See page 52 for new details!

Loddon Tennis Club

A new tennis club has launched in Loddon, For more information, please see the website: www.clubspark.lta.org.uk/LoddonTennisClub or contact Paul via email: loddontennis@loddonpc.org.uk or phone Paul directly on 07368 684806.



Loddon Junior Badminton Club



Open to all children aged 10-16 regardless of ability. Club meets at Jubilee Hall on Wednesday evenings from 18.45 to 19.45. Cost is just £4 per session. Club sessions will start from Sept 7th

Club is run by a qualified badminton coach, with over 10 years experience of running Junior Club. Rackets and shuttles provided

For more information contact Paul on paulr2677@gmail.com or 07903 794613

Loddon Community Cinema



Our film for September is "The Phantom of The Open" starring Mark Rylance. It tells the true story of non golfer and eternal optimist, Maurice Flitcroft who bluffed his way into the 1976 British open and scored the worst round in history but went into folklore history himself.

Showing on Thursday September 1st at 7.30 pm. Doors open 7pm, St. John's Lecture Hall, George Lane, LoddonHall, George Lane, Loddon.

Adults£4, under 16 £2. On the door or in advance from Loddon DIY.



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Chet Staithe Probus Club

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Meetings are on the first and third **Tuesday** of the month at The White Horse, Chedgrave, 10:00am-12:00 noon with the option of staying for lunch.

Contact cliveboyd@btconnect.com or 01508 520547.



Chet Valley Probus Club

Chet Valley Probus Club is a group of retired business people who meet at the White Horse Chedgrave on the second and fourth **Tuesday** of each month commencing at 10:30am.

Our next meeting is on 13th September and our speaker is; Tony Diamond on "Persecution of the Mayflower Puritans before 1620"

We are a friendly welcoming group who enjoy interesting talks, good company, good food and just meeting others of a like mind. For further details and an application form please contact the Secretary, John McCormack: 5a Norton Road, Loddon, NR14 6JN; Tel: 01508 521899.

Chet Valley Photography Club (CVPC)

Our Annual General Meeting will take place on Monday 5th

September, 7pm start, at St John's Methodist Chapel, George

Lane, Loddon.



Details for our Monday 12th September meeting will be posted on our website when they are available. Please contact Jackie Franklin,

email secretary@chetvalleyphotography.org.uk or have a look at our website

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.

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Social Whist



We are back and meeting every 2nd and 4th **Friday** of each month.

We meet in the back room of The Hollies at around 7:30pm for a 7:45pm start. The evening is just what it says, 'Social Whist'—a chance to get together and to play 12 hands of whist with a cup of tea/coffee, a biscuit, and a chat, half way through. You don't need to have a partner, or even know how to play well. If you want a fun social evening, with a bit of thinking added in, this could be

Loddon WEA



The very interesting course on 'The Company of Preachers' finished at the end of March with a presentation to our speaker, Mary Fewster. We were all pleased to join together for this course after an extended break due to Covid.

The new committee made a presentation to Margaret and Colin Shearmur in recognition and thanks after years of service to WEA group in Loddon.

We are hoping to engage a speaker for a course beginning in September and details will be published nearer the date. The speaker for Spring is Nigel Herwin who will give a 10 course on Early East Anglia starting in January.

For further details, please contact Alison on 01508 521976.

Loddon & Chedgrave Ladies 8 O'clock Club



We are a friendly group of ladies who meet on the last **Wednesday** of each month. A yearly fee is charged and £3.00 for each meeting attended to cover refreshments and outlays.

Our next meeting will be held on Wednesday 28th September at 8.00pm when we will welcome Mr Graeme Simmonds with a talk entitled History Beneath Your Feet. We meet in the back room of The Hollies, Loddon High Street. New members always welcome.

Chet Valley Voices



We meet every Thursday at St John's Chapel, George Lane, Loddon. 7:00-8:30pm, doors open 6:45pm. Fees: £5 on the night. If you enjoy singing, why not come and join us? All welcome. For more information contact: chetvalleyvoices@gmail.com, or Sue: 01508 528069 suemartin303@btinternet.com.

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Loddon & District Cooperative Day Centre

The Day Centre is meeting again, so if you'd like to get out from your four walls to meet others to chat, play games and have a hot meal, please give Bev a ring on 07826 299290. We'd love to see you at the Brian Clarke rooms in Chedgrave.



Loddon Indoor Bowls Club

We meet in the Old Town Hall in The Swan pub car park, Loddon. It's a members' club with inter-club league matches every evening; roll ups on Monday, Wednesday, Thursday and Friday afternoons starting at 2:00pm and on Tuesday morning starting at 10:00am (restricted to the first 12 turning up).

New members are always needed. Subs just £12 per year. Rink fee £2 per session. Just turn up and give it a try. For further information, please contact Paul Clemence (chair): 01508 218078.

Loddon and District Horticultural Society

Our Annual Open Show is being held on Saturday 3rd September at the Jubilee Hall, George Lane, Loddon. Classes in the show are open to everybody and include cookery, flowers, plants, vegetables, fruit, flower arranging and for children. If you would like to enter something contact Tricia Loades, Show-Secretary on 01508-520273 or patricialoades@btinternet.com for a show schedule. The show opens at 1pm and there will be a plant tombola and light refreshments. Do come and take a look at the hard work of our members. You may even like to join our Society.



For more details contact Chairman Jean Cope on 01502 710024 or email jeancope52@gmail.com or Secretary Hazel Copland on 01508 520890 or email happyhaze50@gmail.com. Also follow us on our Facebook page.

Loddon & Chedgrave District Society

We are a friendly group of people who like walking, visiting interesting gardens, historic buildings, and the occasional social evening.

Membership fee is £6.00pa. Members will receive a programme. New members welcome.

For more information, contact the secretary June at junecs@btinternet.com Tel: 01508 528853 or membership secretary Hillary meredithp3@sky.com Tel: 01508 520457.

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Loddon Flower Club



Our next two flower arranging demonstrations are as follows.

Tues. 6 September, Wendy Munnion, Tempus Fugit (Time Flies).

Tues. 4 October - Crystal Dyball - Floral Cocktail.

A competition for members will be held at this meeting with the same title.

Meetings are held at St John's Church, George Lane, Loddon. Doors open at 6:30pm for a 7:00pm start. Visitors £6.

Flower Festival—Queen and Commonwealth—16th-17th July

The Flower Festival in July went very well despite the very hot weather on the Sunday. We raised some funds for our Club and The Church in Loddon. Thanks to all who made it a success and to those who visited.

We are available to arrange flowers for family occasions.

For more information contact Tricia Godfrey on 01508 480522 or tricia646@aol.com or Alex Pinder on 01508 493869 or nnark@aol.com or take a look at our website at www.loddonflowerclub.co.uk.

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). Our 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.



The next two lectures will be as follows:

Wednesday 7th September: Votes for Women! Art and the Suffragettes by Dr Caroline Shenton.

Wednesday 28th September: With a little help from their Friends: The Beatles and their Artists by Barry Venning. ***(This is instead of the usual October meeting due to a mix up with dates. There will be no October meeting).***

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://theartsociety.org/waveney-valley>

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- **Bounce and Rhyme** Monday, 10:15-10:45am.
- **Colouring Club** Monday, 3:30-4:30pm. Come and colour yourself calm with our ever-changing array of colouring sheets. Suitable for all ages.
- **Board Games** Thursday, 3:30-4:30pm. Suitable for all ages.
- **Beginner's Backgammon Club** Thursday, 12:00noon-2:00pm. Learn to play backgammon and play against our volunteer.
- **Knit, Crochet, & Natter** 2nd Thursday of the month, 2:30-3:30pm. Pop in to learn a new skill or to chat to friends whilst you knit.
- **Just a Cuppa** Friday 10:30am-12:30pm. Pop into the library for a free tea or coffee, chat to others in the library or our staff.
- **Loddon Loves Book Group** 2nd and last Fridays of the month, 5:45-6:45pm. Come and discuss the chosen book for the month. Advance booking essential. Please use the details below to book.
- **LEGO Club** Saturday 2:30-3:30pm. Suitable for children aged 5+.

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Loddon and District Local History Group

On Friday 11th June at 11.00 am on a beautiful summer's morning, 22 of us gathered in the car park of **Raveningham Hall**. We were quickly gathered up by Sonja, PA to Sir Nicholas Bacon who gave us our refreshment permits and led us to the back door of the Hall. Here Sir Nicholas greeted us and gave us a potted history of the house and family. He then took us into the ground floor rooms, with some lovely decoration and family portraits as well as old masters.

Although the family have lived at Raveningham since 1735 the line goes back to another Nicholas Bacon, a Lawyer, in the time of Elizabeth I, the son of a Suffolk yeoman. We then went off to the café opened especially for us.

We were then free to wander around the beautiful gardens and lake (a millennium project). There were sculptures at the end of walks, and wonderful views over the park and wildlife meadow. My favourite was The Stumpery, a shady dell with tree ferns and upturned stumps (which Sir Nicholas told us he had manoeuvred into place with the help of his son and a JCB). The Gardens are open Wednesday - Friday and Sundays during the summer.

Many thanks to Carol for making the arrangements and arranging the weather.

On Wednesday 20th July Phyllida Scrivens returned to Loddon to talk about her latest book, ***The Great Thorpe Railway disaster of 1874***. At the time the greatest loss of life (27) in a British railway accident. She described the scene in Norwich Railway Station which led to the accident, and then the accident and its aftermath. Phyllida who lives in Thorpe had felt for many years that the story of the accident and especially its victims and heroes should be told.

During Covid Lockdown she had researched the stories of many of those people and her lively and clear presentation left us all wanting to know more. We, of course, bought a copy of the book to add to our library.

Our September 21st meeting brings Steve Silk to Loddon to speak about his books about the area.

On October 19th Jonathan Hooton will be introducing us to **Kemp's Men**. Look out for the posters.

Meetings are open to all and are held in the Lecture Hall at St John's Methodist Church George Lane, £3.00 admission includes tea and biscuits...

Elvie Herd

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Read Any Good Books Lately?

Tim all alone by Edward Ardizzone

My husband recently reminded me of the fantastic classic picture books by Edward Ardizzone. The illustrations alone are breathtakingly beautiful and this story is a great journey that Tim undertakes with many characters helping him. Perfect for children (and adults) who want something a little more adventurous!

The City of Tears by Kate Mosse

I read the Carcassonne series by Kate Mosse many years ago and really enjoyed it but I haven't read many of her books since. This book is from the series called the Burning Chambers and is set in a time of great unrest in Europe in the 1500s, due to differing factions of religion being at war. Mosse, as usual, paints very relatable characters and their day to day lives while still giving you the broader historical picture. It's fast paced and moves around France fairly rapidly and then on to Amsterdam. It's a very readable novel of revenge, persecution and loss and if you like a series then this might be for you.

The Great Godden by Meg Rosoff

This coming of age novel set in the summer by the sea was a easy but compelling read. I haven't read Meg Rosoff for many years but I was reminded by how much I love her writing - it's very evocative. It made me remember what it was like to be a teenager in the long summer holidays and be constantly at the beach. Although the havoc caused by just one, very beautiful, individual and the destruction they create was less reminiscent!

Morning: How to make time by Allan Jenkins

Don't we all crave some extra time to ourselves? Maybe to get things done, or to just be. I read this in the hope that I might find the answer! Allan Jenkins gets up at 5am in the winter and 4am in the summer. He finds it the best time to walk, create, garden and a whole host of things. I'm not sure I'll be rising quite as early but it's definitely very persuasive.

On the to be read pile!

The Wild Isles: An Anthology of the Best of British and Irish Nature

Writing edited by Patrick Barkham I purchased this to take on my summer holiday because I like to have something that is good to dip in and out of and this fitted the bill. I also love nature writing and this is a wonderfully varied assortment. It features nature writers from as early as Gilbert White in 1789 to more recent authors such as Helen Macdonald, with themes ranging from birds, woods, coastline and even childhood. It's quite a tome but I think I'll be going back to this for years.

Ruth Redford

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Nature Notes

The beginning of August and the hot dry weather we've been "enjoying" through July have caused some trees to make it look more like Autumn. Hopefully leaves are turning orange/brown trying to conserve water and not because they are dying.

Highlights for the past two months have been a family of Shelduck along Cross Stone Street; I always enjoy seeing the black and white "humbug" ducklings as the parents lead them to water. Both parents are similar in plumage unlike other ducks where the males are colourful and the females have a more camouflaged plumage. To avoid detection the Shelduck's make their nests in old rabbit burrows. On another occasion driving along Cross Stone Street, a flash of orange and electric blue as a Kingfisher flew across the road in front of me and proceeded to fly over the corn field towards Langley School. Earlier the same week there was a Hobby, a small migrant bird of prey, flying over the same field hawking for dragonflies.

I did take a friend up to Trimmingham to see the Bee-eaters, and it was fascinating to watch these colourful birds sitting on the electricity wires making the occasional sortie to catch an insect. Now that four young have fledged there are up to eleven of them. It has become an additional attraction for North Norfolk, when we visited the carpark was virtually full. On another occasion I took the same friend to see Honey Buzzards at Swanton Novers Wood. There is a rapture watchpoint operated by Natural England. Honey Buzzards used to breed there regularly but have been missing for the past thirteen years so to have two pairs of this summer migrant was really special. We weren't disappointed as two of them flew right over our heads. We also saw Goshawks there as well, making it an enjoyable trip.

Working in a field in Seething, I became aware of something behind me. Turning around, I was confronted with a Red Kite as it managed to just fly over my head. It had been trying to pick up a young dead rabbit, which was close to where I was, and must have suddenly noticed my presence and took evasive action. While on the subject of Red Kite, while dog walking along the Yare from Langley Dyke early in August, I was entertained by a family group of four Red Kite's along with a number of Marsh Harriers, Buzzards, Kestrels and single Peregrine and Sparrowhawk. Back to Seething and it was amusing to watch a male pheasant standing on the top of an ash pile give his call, flap his wings and disappear in a cloud of ash dust. When seeing puffs of what looked like smoke rising above our garden fence, on investigation I found three pheasants enjoying a dust bath in another pile of ash.

Richard and Rachel Hull



The Library Annexe,
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NR14 6EX Tel: 07534 946143
www.loddoncommunitygym.com

NEWS FLASH – WE HAVE MOVED! In August the Gym moved into its new permanent home in the Library Annexe, Church Plain Loddon. We have sole use of the Hall and so we can leave the equipment in place and extend our opening times. **From Monday 5 September the Gym will open at some part of every day Monday to Friday as follows: Monday 1.45 – 5.30; Tuesday 4.45-7.05; Wednesday 9.00-11.00; Thursday 6.00-8.00; Friday 10.15-12.35.** These sessions will be extended if there is demand.

Please note that there is two hours free parking in the Church Plain Carpark.

New members are welcome and if you want to see what the new Gym has to offer please call in whenever the Gym is open to have a look round and speak to Louise, the Gym Instructor. With the new venue and extended opening hours we are adding a new benefit to members. From Monday 5 September there will be two ways to pay for your sessions, the current £5 per session or a monthly fee of £30 allowing you to book as many sessions as you like. In addition the annual membership remains at £20. As we are a relatively compact Gym you will still need to book via www.picktime.com/easternriverscommunitygym so that the Gym does not become overcrowded. Alternatively you can book a first session by ringing Louise on the number above.

With this new beginning we have simplified our logo and removed the ‘eastern rivers’ which over time has created some confusion but please bear with us as we update all our promotion and advertising.

September heralds the start of the new school year and the beginning of autumn. Is this the moment for you to get a little fitter, maybe lose a pound or two, increase your flexibility, balance and coordination, reduce your blood pressure in a safe and friendly atmosphere? Come and give it a go!

Gardening Notes

From the Allotment—Andrew Milner

The year started well with no late damaging frosts, but the hot weather and drought has taken its toll. My allotment with its dry sandy soil and minimal shade looks decidedly brown. Little is growing outside of the polytunnel, and somethings have died. I harvested my early soft fruit crops successfully, but the strawberries now look almost dead and the summer raspberries already need the old canes removing and the new ones tying in. The autumn raspberries follow usually provide a better crop for me, but they are barely producing. Other bush soft fruits now need pruning to maintain their goblet shapes for good air circulation.

The heat stopped the onions and potatoes growing but fortunately they were big enough to get a reasonable harvest. After experimenting over the years, I think I can now recommend two good first early varieties for sandy soil: Maris Bard which is a waxy salad variety, and Foremost which is larger and floury, the later are deliciously creamy baked as soon as they are out of the ground.

Experiments this year included gherkins (planned), these have been too successful, and from just three plants I have more than enough to keep me in pickled gherkins for years; and kohlrabi (unplanned I just saw a pack of 8 reduced in price). This weird looking brassica was a revelation, easy to grow, a mild flavour, excellent in coleslaw and stir fry. Don't leave them in the ground too long as they go woody.

From the Garden—Shirley Cross

Well 2022 will certainly be memorable and not just for the Platinum Jubilee. I hope soon we will have had a few rain showers and your gardens will be recovering. I concentrated on watering flower beds nearest the house, mulch helped. The pond was full until the heatwave, so I've delayed any planting until we get rain. Deer have nibbled a few plants, these will be moved to beds at the front of the house, their favourites so far are Ceanothus, Sambucas Niger, Hydrangea and Campanula Glomerata. Dahlias are doing well, so far they have received no attention from the deer, I may add a few more next year, the choice of varieties is vast and they've certainly enjoyed the sun. Now it's time to plant spring bulbs. I will plant daffodils, snowdrops and alliums as these are not eaten by the deer, they do eat bluebells but only the leaves. My planned visit to Wenhaston Grange didn't happen due to Covid, but I did manage a trip to RHS Bridgewater. The gardens are vast, the planting is very impressive and there are plenty of seats to enjoy the views. The tomatoes are doing well and the cucumber has lots of flowers and small green fruit, the chillies are disappointing, I used saved seed so maybe not reliable. I may try Marzano plum tomatoes next year as the flavour is one the best plum tomatoes.

End Piece

Can we make at least one of our roads safer for residents?

Driving out of Loddon, past Wards the Butchers along High Bungay Road towards the A146, you pass a road sign permitting you to accelerate from 20 to 30 mph.

Within 30 yards of this sign, hidden on the left by the slight bend in the road, is a junction allowing access into Davy Court. Many of the residents here are elderly, some with disabilities. Probably many won't have private transport and will either be walking into the village or, if going further afield, going to the bus stops, situated either side of the road where the 30mph sign stands. There is no pavement to assist them as they come out onto High Bungay Road, they are standing in the road and, as previously mentioned, the slight bend in the road hides them from view at first.

Many of us are familiar with this situation and, no doubt, allow for it when passing the junction, but for those who either don't know or don't think, they can be 'legally' accelerating just as someone steps out from Davy Place.

Is it not beyond the efforts of our locally elected officials to look into this with a view to at least asking for the 30mph sign to be moved beyond the Davy Road junction towards the south to reduce the risk to foot travellers there? Maybe they haven't noticed it themselves, quite understandably, so this could be a chance to make a step towards greater safety. Local councillors have warned us against speeding in the past, so they are clearly keeping an eye on local problems.

Perhaps even to move it the full length of High Bungay Road may be the answer. The east side of the road has no pavement along its full length, narrow pavement in part on the west side and there are a variety of residential and road accesses onto it along its length, not least the exit from Low Bungay Road which, due to the sharp angle and banked garden at the junction, has visibility restricted for vehicles exiting.

Anon.

Hopefully, in time, all of our roads in the community can be reduced to 20mph because one often can't drive any faster anyway and actually, who needs to for the literally few seconds saved between one side of the village and the other?

The Welsh Government is already planning to do this in all built up areas and it looks like a good idea to me - **Editor**



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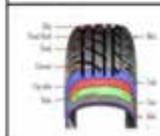
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