

Community & Church News

- Itteringham ● Little Barningham ● Wickmere
- Aldborough & Thurgarton ● Sustead

March 2023



Sunset over Little Barningham (Caroline Allen)

Printed by Aylsham & District Team Ministry

Available to all households in the parishes of
Little Barningham, Itteringham, Sustead, Wickmere & Aldborough & Thurgarton

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Is there a local group or facilities that you think we should list here?

Let us know and we'll include them

For more information check out the Team Website

Please email admin@aylshamparishchurch.org.uk if you are interested in advertising

Advert size 1/8 page min	1 Issue	10 Issues
	£15	£75

Itteringham

Church Services in Itteringham are now on the third and fourth Sunday in the month.

March services:

- Sunday 19th March, Holy Communion at 11.00 am.

Sunday 26th March, Holy Communion, at 11.00 am.

Advance notice of Easter Sunday (9th April) Group Service at Itteringham Church. Easter Egg Hunt/ Quiz and lots of chocolate to be had.

Tea/coffee and cakes/biscuits available after church services.

Quiz night – Friday 10 March - A reminder about quiz night on Friday 10 March at the Village Hall. Wide range of questions, everyone welcome, all ages. Doors open 6.45 pm, light supper of jacket potatoes with a choice of filling from 7.00 pm, and quiz to start at 7.45 pm. Bring your own drink. Cost - £5.00 per person, pay at the door. Tea/coffee, optional cakes/sweets will be available to buy. Teams of 2 to 6 persons. If you have not booked already, can you please let me know if you are planning to come (587059 or leave your name on the list which I have left in the Shop).

Itteringham May Fayre – a Coronation Celebration - Itteringham May Fayre, a Coronation Celebration, at Itteringham Village Hall, on Monday 1 May, starting at 11.00 am and finishing at 4.00 pm. If anyone would like to book a pitch, please let me know and I will send you the booking form. (£15 per pitch space (3m x 3m) or £25 for a double pitch). Attractions will include a children's entertainer, circus trick ponies, Morris Dancers, games, the Home Guard, vintage and craft stalls, a cake stall, tombola, car boots and a fun dog show. We are hoping for lots of donations for the Tombola – bottles/unwanted gifts and the like – please drop any items to JB Postle in Aylsham or the Village Shop. We would love to hear from you if you would like to volunteer to help - making cakes, on the gate, selling raffle tickets and in the hall. Many thanks for the support. Monies raised are for the community – the Church, Village Hall and the Village Shop.

Village Hall - If anyone wishes to host a Village Hall event for the Village please do get in touch with Helen or Mel.

Itteringham Village King's Coronation Street Party – 7th May - Another date for the diary. Mel and Vonnie are kindly putting together a street party in celebration of the King's Coronation. Would you like to join the celebration? They are hoping to close a road in Itteringham. It will be a *bring and share buffet*. If you are interested, please email Vonnie at vonniedaykin@gmail.com. This will give Mel and Vonnie an idea of numbers. Look out for more details in next month's Parish News. Thanks to Mel and Vonnie for organising.

Tree planting - The National Trust are creating a new wood "The Jubilee Wood". It will be between Bunkers Wood and the Marl-pit planation. Planting will take place between 28th February and 4th March. If you would like to volunteer to plant trees, please let Vonnie know so she can pass your details to the Trust – vonniedaykin@gmail.com.

Village Shop and café

Shop opening hours - from 9.00 am until 5.00 pm Monday to Saturday, and 9.00 am to 4.00 pm on Sundays. **The Post Office** is open Monday and Thursday from 9.00 am to 1.00 pm.

Orders - do please call in or ring the Shop if you wish to place an order for bread, fresh vegetables, milk, fish, meat or other items such as newspapers (01263 587325). And please do take a look at the new café menu and the wonderful range of gifts and cards in the Gallery.

Cake – Tuesday 14 February all day - the Shop's Valentine's Day cake event proved very popular. The cakes were delicious. Many thanks to all who came along.

Mother's Day – Sunday 19 March - Another reminder - the Shop will be doing cream teas on the Sunday. Look out for more details in the Shop and please do come if you can.

FILM NIGHT – Friday 31st March - Another reminder -film night - **BAIT “a genuine modern masterpiece”** - will take place on Friday 31st March at the Village Hall, doors open at 6.45pm, tickets £10 may be purchased from the Shop or on the night. Plus a special appearance by Sheringham Shantymen. Food and drink will be available. We do hope you can come and support the Shop. We hope to organise other film nights through the year.

Open Gardens – Sunday 18 June - if you can help – making cakes, selling garden tickets and raffle tickets and in the hall please do let me know. Thank you.

Post Office reminder: Royal Mail has extended the period that you can use non-barcoded stamps to 31st July 2023.

100 Club January winners: 1st: Chris Taverner, 2nd: Sandra Morris, 3rd: Charles Skinner.

Wildflowers at Wolterton Road, Itteringham - NNDC are rewilding more owned public spaces, with a return to wildflowers, “creating pockets of increased biodiversity and carbon sequestration across the district”. The idea is to bring back pollinators such as bees, to the small pockets of land. Original pilot sites for the trial pollinator project included the NNDC offices in Cromer. New locations have been added including Wolterton Road, Itteringham. The link to the NNDC website is as follows:

<https://www.north-norfolk.gov.uk/news/2022/june/council-to-rewild-more-publicspaces/>

Itteringham Village Orchard News

We are excited to announce that we are planting a village orchard on a small parcel of land on Wolterton Road, together with NNDC who will be sowing wildflowers. The orchard will be set out with local variety apple, pear, plum, gage and cherry trees from the East of England Apple and Orchards Project. We aim to provide a community space where volunteers can take part in traditional orchard activities such as planting, pruning and harvesting.

We hope to start soon and get the first few trees in before Spring arrives. We will then start fundraising to buy and plant more trees next winter.

If you are interested in finding out more about what we are doing and how to get involved please visit our new Facebook page “Itteringham Village Orchard”. We will be posting regular updates and news of future orchard events.

Tom Goodliffe (587386) itteringhamorchard@gmail.com

Parish Notice Board - please do look out for the latest Parish News including the date of the next Parish Council meeting. Parish Council meetings are open meetings, and villagers are welcome to attend.

The next date for the visits by the **mobile library** is the 16 March - Itteringham - parked opposite the Rectory - 11.20 to 11.35 am and Mannington 11.40 to 11.55 am.

Finally, many thanks to Cllr Steffan Aquarone for getting the village salt bins replenished.

Please let Rob or me have any Itteringham news you would like to include in the Itteringham update.

Best wishes

Sandra



Little Barningham

Welcome to Little Barningham's March village page.

As ever time marches on and we are once again in the period of Lent, with Easter just around the corner and Spring officially beginning on the 20th March.

There have been some wonderful sunsets over the past few weeks with the cover picture being taken up at the crossroads.

Toad Patrol

Don't forget to be in touch with Richard if you would like to get involved with the Toad Patrol, his details are: 01263 577430 or richalove@icloud.com

A bucket with a little water in, a torch and reflective vest are all that are required. Signs will be in place to warn traffic of patrollers for safety.

Acts of kindness

I had a telephone call from the driver of a Sainsbury delivery van saying what a very friendly village we are. He had a flat tyre in the village and while he was waiting for the repair truck, he was given cups of tea and a very warm welcome.



Jumble Sale

Spring is a time of clearing out and having a 'Spring Clean', if you have anything that you think would be useful for someone else, please hold on to it a little longer as there will be a "**Jumble Sale**" on **Saturday 11 March, 10am -12pm** to raise funds for the Village Hall. Do let friends and family know.

If you have any donations, please drop them off to the back of the Church or to Bethany Cottage.



St Andrew's Church, Little Barningham

There will be a Holy Communion Service on 12 & 26 March, 9.30am at Little Barningham Church followed by coffee and biscuits.

A massive thank you to everyone who came to the service on 12 February, you generously gave £250 to be sent to help the people in Turkey and Syria after the earthquakes.

Community Sunday will take place on Sunday 5 March, 10am in the Village Hall - great coffee/tea and good cake.

Come along and meet up with new and old members of our community.

To celebrate the Coronation of King Charles III there will be a Community Bring & Share lunch in the Village Hall on Sunday 7 May. Do come and join bringing a plate of savouries and sweet food to share.



Village Hall

Do let the Friends of the Little Barningham Village Hall group know if you would like to use the hall or if you have any ideas of clubs or activities you would be interested in.

Contact Heather on lbvh.friends@gmail.com

Parish Council

Do look on the website for the latest agenda's and minutes.

<https://littlebarninghampc.wixsite.com/littlebpc>

There will be one vacancy on the Parish Council this April, as all councillors have to be re-elected this year.

Would you consider to be part of the Parish Council? If you are interested and would like more information do speak to one of your councillors or to myself (Clerk to the Parish Council).

Current Parish Councillors are: Steven Harding- Lister, Fiona French, Harry Betts, Chris Allen, Ruth Swinbourne, Paul Thurtell and Paul Scott.

Mobile Library

The Mobile Library will be in the village on Thursday 16 March at 12.05pm, located by the entrance of Ferndale Farm in The Street. There is a great possibility that we will lose this great resource, please do support it.

Facebook page

Just search Facebook for Little Barningham Community, do check it out. Do post anything that you think the residents of the village would be interested in.

Book Exchange

The Book Exchange continues.

Do take a look.

“Take a book and leave a book.”

I'm always looking for something to include in the magazine so if you have anything you would like to share please contact me, details at the front of the magazine.

Do share the magazine with others and if you would prefer to receive it via email please contact me and I will put you onto the mailing list.

Caroline



Jumble Sale

Saturday 11 March 2023

10am - 12pm

Little Barningham Village Hall

(If you have any donations please drop them into the back of Little Barningham church or Bethany Cottage)

All monies raised will go towards the support of the Village Hall

Wickmere & Wolterton

Well, at the time of writing (Feb 15th) the thick mist is lifting and the sun is shining!! It's amazing how quickly the day changes. For those who are still up at 'silly o'clock' in the morning it has been rather nippy of late, but the bonus has been listening to the dawn chorus starting up, and seeing the last of the stars fading as daylight creeps in.

The surrounding fields are changing. The farms are very busy ploughing and seeding, mainly seagulls this year? The last of the sugar beet has been lifted and moved, all without too much mud!! The last of the shoots have been done. It now means you have to navigate those kamikaze pheasants and partridges that seem quite brave when they see a car/truck coming towards them..... Slowly and surely the year is moving forward, Spring is most definitely on the way, daylight is growing longer day by day. **British Summer Time comes in on 26th March.** Thankfully this year, it's not on Mothers' Day as it was last year!! Personally, I still think there may be a weather sting in the tail, so be careful if you're tempted to get plants out early.

On the 5th Feb, a lovely service. 10 attendees!! YES 10!! and that wasn't including Tony.... Many thanks to those who filled both sides of the choir stalls - we were bathed in early February sunshine. Thanks to Lesley for putting the heating on too. The organ was fired up and played wonderfully by Nick - Thank you also to Claire for her lovely singing voice, which encouraged the rest of us to have a go! After the service it was lovely to meet the 4 legged friends who were very well behaved, who knows they might even be part of the congregation next time? 😊

A lively and enjoyable PCC meeting on 6th Feb - Thank you to Phillida for your hospitality - Lesley reported progress on the bell was moving SLOWLY!! Hopefully paperwork/agreement and work can be completed so we can join the rest of the country in ringing it to celebrate the Coronation in May?? Fingers tightly crossed..

On trips back and forth, it seems the pair of Egyptian geese have returned this year. They were missing last year. They seem quite settled and hopefully they may be able to raise a few chicks again this year, as long as Mr Buzzard doesn't spot them! Will keep an eye on them..

There seems to be hopeful signs that the fattening sheds at Squallham have been unused for quite some time. Hopefully this means that once they have been moved from the site - The Triangle, road surface, markings and signage, ONCE AGAIN, can be put back to a useable state - it must be like Groundhog Day for the Highways Dept?!

Many thanks to the Parish Council for raising the issue of the soggy salt bins! These have now been cleared and re-filled ready for any more crispy weather??

Sadly, it's now a year on and Alan's house STILL remains empty!!!! Absolutely disgusting. The argument still remains, that there are MANY families desperately needing homes??

There is a Parish Council Meeting on 8th March - 7pm at the Village Hall - All Welcome.

For those of you who are interested in steam trains? The A1 Tornado will be visiting the Nth Norfolk Rly from May 27th - June 4th It will be running to and from Sheringham, well worth a look.

There are days when life seems to weigh you down - you know how it feels when your brain won't switch off! All the lists to work on, the bills to pay, the endless problems we put ourselves under.. It can feel like you're drowning - Mother Nature has a canny knack of making things better, if you stop and look - this happened the other day. After visiting our Son, I was about to drive back home when the skies became filled with noise and 100's of geese who had just taken off from a nearby field. It was an amazing sight, and one that made you stop and watch as they flew on and on..... The only dodgy bit was driving home, having to miss all the 'twitchers' who kept jumping out from the hedgerows clad in camo gear and hauling HUGE telescopes/cameras, totally oblivious of traffic! Stress relief and stress in equal measures.

Palm Sunday Service - Wickmere - 2nd April - 9.30am



Helen

Wickmere with Wolterton Parish Council

The Annual Parish Meeting will be held on **Wednesday 8th March in the Village Hall starting at 7.00pm**. This is not a Council meeting, it is a meeting where the Council reports to its electorate, the residents, on what it has done in the preceding year. Although an [agenda](#) is published any matter can be raised without prior notice.

Have you got any suggestions to enhance life for residents and visitors? What about activities to celebrate the Coronation of King Charles III ?

Come along and have your say on issues important to you regarding the running and future of your village or ask for an item to be added to the agenda by contacting the chair or the clerk.

Local groups including the Village Hall Committee and the Parochial Church Council have been invited to attend.

The next **Parish Council Meeting** will follow the Annual Parish Meeting on 8th March starting at 7.30. The agenda and minutes of the previous meeting will be found on [the website](#).

Wickmere with Wolterton PC needs more councillors. The current Council do a great job but they need your support. Find out what is involved from one of them or the Clerk. It is not onerous, there are just six evening meetings a year lasting no more than 2 hours. Applications are open to anyone over 18 years, no experience is necessary, and training will be available.

Parish Council Elections will be held on 4th May with nominations for Councillors to be delivered to the District Council by 4th April. There will be more information on our website and the Clerk and current councillors are happy to help!

Ros Calvert

Clerk to Wickmere Parish Council (Locum)

07732677571

visit our website at: Wickmerepc.wixsite.com/wickmerepc

Charity Christmas Cards

Thanks to everyone who supported the Charity Christmas card shop in St Peter Mancroft church. At our AGM on February 9th a magnificent sum of £47052.44 distributed to the 28 charities involved. Very substantial sums to our larger charities with over £4.000 raised by Save the Children and £3,000 plus by RNLI, Big C, Guides Dogs, Norwich Cathedral Friends and OXFAM but welcome smaller sums to smaller charities too. Last year's total was £44,290.57.

The shop gives all proceeds raised to the charities as everyone is a volunteer and any expenses are covered by a hamper raffle.

I am sure no one wants to think about Christmas yet but our committee has to do so and are already planning our opening for October 17th !!!!

Laurel Walpole

From Tony

Ukraine. Syria. Turkey. These are three countries that have had masses of damage done to them. Each has featured in newspapers and on television news, and we've had a glimpse of what it is like to live in them. And at this moment, in each one, conditions are awful. Truly dreadful.

Many years ago, I won the fourth form Geography prize at William Hulme's Grammar school, Manchester. Boasting? Yes! But what I couldn't do then, and most certainly can't do now, is point out what these countries look like on a map. Can you?

Here are the outlines of Ukraine, Syria, Turkey. Have a go! No prizes: sorry.



Though these lands are far away, though the people and their way of life are indeed different and foreign, some things have struck me tremendously over the last few weeks. These people are just like us. They wear hats and shoes; they cook and gossip; they huddle and they cry. Just as we do. It was Saint Paul, never my favourite saint, who wrote that "There is neither Jew nor Greek, there is neither slave nor free, there is no male and female, for you are all one in Christ Jesus" (Galatians, chapter 3, verse 28). Had he known of them, he would surely have included Ukrainians, Turks and Syrians as being one in Christ Jesus.

And another thing: it has been humbling and wonderful to see what has been done to help the people in those countries. Huge sums of money have been donated in this country to those suffering the effects of the earthquake. Support of all kinds has also been offered to them. To Ukrainians, specifically, have been offered homes and armaments, bullets and logistics. Extraordinary. Why? My answer is that "they" are just like us (that's Saint Paul's take), and "they" are our neighbours (that's Jesus' take). And who wouldn't support a neighbour in distress?

Thanks you for supporting Ukrainians, Turks, Syrians, and so many others. May God support you.

PS If you can, please support the Lent Appeal for



WHEELS FOR REBEKAH.



Answers: left Syria; middle Turkey; right, Ukraine.



WHEELS FOR REBEKAH



Rebekah is just 18 years old.
Rebekah suffers from Dravet Syndrome.
Rebekah needs 24-hour care.

Rebekah is growing too big for her current wheelchair.
Rebekah lives at home in Aylsham.

Now that she is 18 years old, Rebekah does not qualify for child disability allowances, but does receive some government funding. She suffers from Dravet Syndrome, which is a catastrophic form of epilepsy, with prolonged seizures that are often triggered by hot temperatures or fever. So Rebekah needs care at all times of all days.

A new wheelchair, which Rebekah needs, can cost up to and beyond £699. As a group of churches, it would probably be difficult for us to buy one. However, perhaps we can pay for the wheels. Say **£250**.

Each Lent and Advent, you have been tremendously generous in supporting a number of charities. Please can you now help to buy some wheels for Rebekah?

There will be a collecting tin in each church during Sunday services. Otherwise you can donate by cheque, payable to your parish church, and give to your parish treasurer, churchwarden, or me. Please write Rebekah on the back

It is hoped that Rebekah's Mum will join us in both Little Barningham (9:30am) and Itteringham (11am) churches on Sunday, 26th February). Join us then to find out more.

LENT APPEAL 2023



THANK YOU, The Reverend Tony Lynn

Church Services in March 2023

Sunday, 5th March Wickmere 9:30am
Aldborough 11am

Sunday, 12th March Little Barningham 9:30am
Aldborough 11am

Sunday, 19th March **MOTHERING SUNDAY**
There may be changes to services on Mothering Sunday.
Please check notice boards which will detail what is
happening. Otherwise:

Sustead 9:30am
Itteringham 11am

Sunday, 26th March Little Barningham 9:30am
Itteringham 11am

Church Services in April 2023

Sunday, 2nd April **PALM SUNDAY**
Please note there may be changes on Palm Sunday.
This board will detail what is happening. Otherwise:

Wickmere 9:30am
Aldborough 11am

Sunday, 9th April **EASTER SUNDAY**
Itteringham 10am

Further details from The Reverend Tony Lynn 01263-735524



Aylsham WI

“ Ok “ so you think! the WI is all jam and Jerusa-
lem! Well it’s not!

It’s a great way to make new friends ,learn new
skills.

We have Great speakers, demonstrations .
Outings from Dining out , theatre shows ,trips to
the cinema, garden visits.

But most of all ,it’s being part of the warm and
friendly group of ladies

Your first meeting is “Free” so try before you
join !

Our meetings are held on the first Thursday of
the month 7.30pm at Aylsham town hall.

For further details

vonniedaykin@gmail.com



Travel Companions

Would you like to feel more confident getting out and about?



Our Travel Companions can help you

Through FREE sessions delivered safely from your home and beyond, we can help you feel more confident and comfortable making trips around your local area.

You'll be paired up with your own Travelling Companion who can accompany you on any type of journey - whether it's by foot, public transport, taxi or even bike - and will help you build the confidence you need to travel independently. Simply give us a call or email us, and we'll connect you with your local Travelling Companion.

Contact Us

T 0300 500 1217
E travellingcompanionship@ageuknorfolk.org.uk




Registered Charity No: 1077097

Cromer Green Spaces

making room for nature in our seaside town

A Wildlife Gardeners' Question Time



with **Kate Bradbury**
Author and BBC broadcaster


Friday 24th March

Cromer Community Hall

Doors open at 6:00pm

£10 – including wine and light bites

Tickets available from **Constance & Thyme**
3 Garden Street, Cromer NR27 9HN
Tel: 01263 478383



Children's pages

Mothers Day's painted rock craft with fingerprint art.

A fun craft to make for your Mum, Grandma, Aunt or special friend for Mother's Day.

You can use fingerprint flowers and hearts for your designs or any ideas that you may have.



You will need:

- Flat rocks
- Acrylic paints
- 'Sharpie' pens
- Varnish - especially if you want to put the stones outside.

When picking out your rocks, make sure they are big enough to include the fingerprint art and any words you want to add.



First give the stone a good wash.

Once your rocks are dry choose your paint colours. Maybe choose your mum's favourite colours.

Then let your imagination go wild.

To finish the rocks off, they will need to be sealed especially if they are going to be placed outside in a garden, you will need to use a weatherproof sealer.





Mother's Day

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

- | | | | | | |
|-----------|------------|--------------|----------|--------|-----------|
| smile | cuddles | warm | wise | tender | telephone |
| share | protective | perfume | nurture | mother | kisses |
| mom | maternal | love | laughter | gifts | |
| joy | jewelry | hugs | guidance | candy | |
| flowers | devoted | comfort | charming | | |
| breakfast | beautiful | appreciation | | | |

Story of the Sustead Seasonal Scrape – a Case Study in the Value of Habitat Management

It not uncommon to hear our volunteers occasionally question why we are managing the habitat at some of our sites in a particular way. “Why don’t we just leave it to go wild - surely that would be better for wildlife?” is not an unfamiliar observation.

In this occasional series of articles, members of the Habitat Management Sub-group highlight particular aspects of our habitat management work, the reasons behind it and the resulting benefits for wildlife. Each article will be illustrated by photos from our archive.

In this first case study **Trevor Williams, our Chair**, traces the creation and development of the seasonal scrape on the Surveyor’s Allotment at Sustead, and identifies the resulting benefits and a few of the species which have now been noted.

Our story begins in the summer of 2017 when our collaboration with Norfolk Rivers Trust resulted in a seasonal scrape being created on the Surveyor’s Allotment.

Originally a straight channel had been dug, connecting a pipe under the road directly to the Gur Beck, so any agri-chemicals from the field drains and road run-off flowed directly into the stream and contributed to the accumulated pollution of the Upper Bure. In addition to the chemicals, fine sand which washed off the surrounding fields was creating a detrimental build-up of sediment.

These increased levels of harmful chemicals and sediment were being carried downstream, through the Gur and Scarrow Becks, to the Bure, and were contributing to the well-documented choking up of The Broads.

When we took over the site there was also a history of flooding on the road between the village and the Common. The ditch next to the road, which collects run-off from drains running through the surrounding fields, had become silted up and the pipe under the road was partially blocked.



The silted-up drainage ditch before Felbeck Trust volunteers got involved

Any improvement in this situation could clearly help alleviate flooding, reduce the volume of chemicals and sediment entering the river system and create a summer feeding and breeding habitat for insects, birds and animals. A win-win!



The original channel with little if any bio-filtration

On 8th August 2017, volunteers and supporters gathered as Dom our digger man made a shallow pool across the line of the existing channel.



Construction begins by blocking the original channel



The work progresses - overseen by our friends from Norfolk Rivers Trust

By creating a bund and re-profiling the area we hoped the original meandering outflow could be reutilised. By lunchtime the scrape was dug and Dom was just finishing off when the heavens opened. A monsoon-like cloud-burst filled the scrape in just two hours!



The heavens open and in less than two hours the new scrape is full

Over the next couple of days the new system began to settle down and we installed a sluice to help regulate the flow into the new meandering exit channel.



Installing the sluice to help regulate the flow through the system



The finished scrape with sluice to slow the flow and encourage biological filtration

The immediate outcome was better than we'd dared hope for: no road flooding, a seasonal pool to trap the run-off and help bio-filtration of the chemicals – and a new wetland habitat to attract insects and animals.

I took my camera along a few days after the construction and recorded our first damselfly - it was almost as if it could *smell* the water!



A Blue-tailed Damselfly was quick to arrive

Since then, the scrape – which fills in the winter and gradually dries out over the summer – has provided a new environment for a range of wetland flora, several species of damselfly and dragonfly, and birds which drink and feed there.



Migrant Hawker - now a frequent visitor

It's also a good spot for foraging bats and moths on summer evenings. The latest recorded visitors were four Snipe during the recent cold weather.

On-going habitat management work requires the scrape to be emptied of the trapped silt. We've done this twice now since its creation, ensuring that the pipe under the road is regularly rodded and vegetation is kept in check.

The issue of agri-chemicals and sediment in the Upper Bure catchment is now being more proactively and collectively tackled through the National Trust and their Riverlands project, and Felbeck Trust is actively engaged in water quality testing on Gur Beck to help record the positive impact on nature which our seasonal scrape and other initiatives are having.

Looking back, it's hard to remember what this area of the Sustead reserve once looked like. Our seasonal scrape now looks so much part of the landscape, and the enriched biodiversity it has created is proof of the value of active habitat management.

Contacts

See our website: <https://www.felbecktrust.org.uk>



Follow us on Twitter: [@Felbeck Trust](#)



Follow us on Facebook



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Email us: enquiry@felbecktrust.org.uk

Felbeck Trust is an environmental charity that is helping to restore and improve the Norfolk countryside for the benefit of wildlife and the people who live near the sites we look after. Started in 2017, the charity now takes care of 4 sites in Sustead, three in East and West Beckham and one in each of Felmingham, Hindolveston, Wood Norton, Brinton and Bale (Gunthorpe). The Sustead sites straddle the road leading from the small green at the centre of Sustead towards the Aylmerton Field Study Centre, and comprise two small pieces of land to the east of the road – Sustead Common and the Surveyor's Allotment - divided by the stream, Gur Beck; a five-acre wood, Spurrell's Wood, to the west of the road; and the Roadside Nature Reserves, the verges on either side of the road. There is a scrape-cum-pond on the Surveyor's Allotment, dug out in 2017 – and the article below describes how, when and why this was built.

If you are interested in finding out more about the Trust, have a look at www.felbecktrust.org.uk. And if you are interested in helping the Trust at its fortnightly, morning work parties (usually on Thursdays), contact me, Peter Maingay, at petmai6@hotmail.com. They are very friendly events, with refreshments provided, and you can choose the type of work to suit your energy and ability!

Aldborough and Thurgarton

ALDBOROUGH COMMUNITY CENTRE (ACC) (Registered charity 268101)

Film Nights at ACC

Many of you enjoyed *Driving Miss Daisy* in January. Lots of brilliant films planned for 2023! Every third Wednesday of the month at 7.30 pm (bar opens 7pm). **Join us!**

March 15th April 19th May 19th June 21st

Details of films on posters at ACC or email David at dpg.jazz@icloud.com

ACC Refurbishment

Hearing loop is in and gave many the opportunity to enjoy panto once again.

Continuing our refurbishments.... -New skylights installed in the foyer. New fence in the carpark. Car park potholes being filled, new bike rack.

And still more to come....

Exercise at ACC

Stay local,-save time and fuel!

Monday afternoons: Hatha Yoga 2-3pm

Thursday evenings: Zumba 6.15-7.15pm

Friday mornings: Extend Fitness 10-11am

Friday evenings: Yoga 6-7pm

Please check website for timing and details

Finding out what's going on... can be difficult but...

North Norfolk Health and Wellbeing Partnership are supporting a new initiative connecting communities. Our **Community Connector** (for Aldborough) is **Coralie Martin**. She has an amazing amount of knowledge of what is going on and will be at ACC **every first Tuesday of the month 10am-noon** to share it with you.

Recreation, hobbies, support groups, wellbeing and assistance from NNDC. She will be there to answer your questions and connect you to what you are seeking.

Coming soon! New Pilates class

Pilates focuses on posture, balance, flexibility and breathing, with emphasis on core strength. All of which are increasingly important as we age.

Sally Thornton gained her instructor qualification with Proprius Therapies and Training in Tacolnестon, where exercises have been adapted to a remedial approach, making it suitable for all ages and abilities.

Councillor for Erpingham Ward, **John Toye** will be at the ACC every **first Tuesday of the month 10am-noon** to answer your questions about community matters. He's looking forward to this regular opportunity to listen to you all.

ACC Bookings and hire:

Please use the website booking system www.aldboroughcommunitycentre.com and click on 'BOOK NOW'

Or email: julie@floribunda-workshop.co.uk

£13/hour for full facilities (Well-being rate £10/hour)

£5 per hour Bar or upstairs snooker room.

Full AV equipment, wifi and very well stocked bar

The Mumford's recent trip to Hospice Ethiopia

We have just returned from nearly 3 weeks in Ethiopia. We have visited every year since we started supporting Hospice Ethiopia 11 years ago (except from in 2021 due to the coronavirus pandemic). We spent time with the staff of Hospice Ethiopia visiting their patients and reviewing how the money we transferred to them last year (£55,682) was spent as well as consulting on their budget plan for 2023. These discussions are really important for Hospice Ethiopia UK to understand the successes and challenges that the hospice faces.

We enjoyed a 2 day visit to Jimma University Medical Center (south western Ethiopia) where a new palliative care (care for people with life-limiting illnesses) department has been established following training given by Hospice Ethiopia 10 months ago. We were impressed by the team who are already providing comprehensive inpatient, outpatient, and home care. For those patients living outside Jimma they provide a telephone follow up service. We were privileged to have a meeting with Dr Fetiya (who is clinical director of this 800 bed hospital serving a catchment of 15 million population) where we discussed the ongoing problems with obtaining oral morphine for controlling pain. At present Tramadol is the strongest pain killer available, this means many of their patients do not have their pain adequately controlled.

The second week of our visit we travelled to Debarq in north western Ethiopia to help deliver a 5 day palliative care course. This is the first time such training has been delivered in a very rural area. Many of the villages can only be accessed on foot or on a mule which presents additional challenges. Some of the 19 delegates had not heard of palliative care but by the end of the week they could see the huge need for this type of care when less than 1% of patients receive curative treatment for cancer. Hospice Ethiopia will provide mentorship to help with the implantation of palliative care in the hospital and health centres.

It was inspiring to see the impact that Hospice Ethiopia is now having on the expanding provision of palliative care in Ethiopia. With an estimated population of 120 million, there is still a long way to go but it is highly rewarding to know that Hospice Ethiopia UK is making a difference for those who suffer so much as they approach the end of their life. We are grateful to all our donors that enable us to continue to support Hospice Ethiopia. The trustees do not claim any expenses for their visits to Ethiopia, so every penny donated goes to where it's desperately needed.

For further information please visit www.hospiceethiopia.org.uk

Sue & Jamie Mumford

The photo shows Nurse Filagot on the right from Hospice Ethiopia, and her patient on the left who was caring for her grandchild, whose mother works in Dubai.



'Jack' - Another Aldborough pantomime success.

Oh my what a wonderful evening with so much audience participation.

Laughter from start to finish with comments from the departing audience ... *'what a wonderful evening' 'a fantastic evening of giggles'*.

The Aldborough Players pantomime has been going since 1992, the last time Jack and the Beanstalk was put on was 30 years ago. And each year it is written by a local person.

The Players are fortunate in having brilliant musicians, set artists and prop and costume creators.

As expected it was a wonderful evening, the band, sound, lighting, backstage and welcoming team were fantastic, not forgetting the folks behind the bar!

I think that the strength of the Players is that a new generation join each year.

Jack had such a marvellous cast perhaps I should not single anyone out but on listening to the departing audience's comments, I will just say 'the goose played by Elaine Witham'



Jack played by Rudi Burton



and a wonderful duo as Delilah the cow.

Every night was a sell out so keep a look out for next years panto usually at the beginning of February don't miss it!! You'll be sorry if you do.

YOGA

Alice Martineau

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Wednesdays

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Thank you for supporting all our local, high street family businesses.

11-11a West Street, Cromer. Tel: 01263 515741
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Gardening

After a couple of dry(ish) and still weeks, the wind is back. These conditions mean your outdoor pots may need to be watered, not something we really think of doing during the winter months. Don't drown them though!

It's still early for sowing quite a few seeds, however, with the days getting longer and a bit warmer, it really is sometimes hard to resist cracking open the seed packets.

Something you might like to try now is growing micro greens/leaves. It's really easy to do, and there's no need to go out and buy special seed as you can use up leftover seed, and in some instances produce from your food cupboard. Marrow Fat peas (that you buy in the grocery shop), are supposed to produce very tasty shoots!

There are many seeds you can try: Broccoli, Pea, Beetroot, Mustard, Rocket, Celery, Coriander, Alfalfa and of course Cress, which most of us grew in an eggshell, as a child.

Fill a seed tray (or reused fruit container) with about a centimetre of compost or a layer of paper towel. Dampen the surface with a mister, sprinkle the seed over and gently pat them down to ensure good surface contact.

You sow the seed a lot closer together than if you were growing full size plants. If using fine seed there's no need to cover with compost, just give them another mist. Peas you may want to cover, but it's not essential.

Within 3-5 days you'll see sprouting, and depending on the seed, you'll make your first harvest in 1-3 weeks by snipping off the leaves with scissors. You can get up to three harvests from a single sowing.

Other Jobs for March

Chit potatoes ready for planting over Easter (a family tradition). Cut back any herbaceous stems left to stand over winter and put in stakes to support this year's new growth.



Rachel

backgardenflowers@gmail.com

07721 763552



MANNINGTON
ESTATE

WILDLIFE TASTER DAY

MARCH 18TH

10 - 4PM

Come along at any of the activity times, book beforehand and pay on the day - £5

TIME		ACTIVITY
10.15	10.45	NATUREWALK
11.00	11.30	BONES & PELLETS
11.45	12.15	WILDLIFE PHOTOGRAPHY
13.15	13.45	NATURE WALK
14.00	14.30	BONES & PELLETS
14.45	15.15	GREENER GARDENS
15.30	16.00	TREE I.D

I am delighted to be back at Mannington after a gap of over 25 years and looking forward to sharing the experience I have gained in lecturing and in practical wildlife and conservation management.

The Mannington estate is a very special place and we look forward to giving you an insight into some of our new activities.

Jerry Kinsley

Seasonal refreshments in tearooms

To book contact us: admin@walpoleestate.co.uk or 01263 584175

WHAT TO SEE ON YOUR WALK

Hazel catkins:

Now flowering, look and see if you can spot the small red female flowers. Hazels are monoecious, meaning they produce male and female flowers.



Buff-tailed Bumblebee:

Bumblebees will be buzzing about in their fuzzy coats, able to withstand colder conditions. Look out for the large queens which are searching for a nest to start her colony.



Great Spotted Woodpecker:

Listen out for the drumming sound of a great spotted. A good spot to hear one is on the meadow where one male has claimed his territory.

Nuthatches:

Often there are nuthatches on the bird feeders at the hide (at the end of the boardwalk). As well as other birds such as great, blue, coal and marsh tits.

Meadow management:

If you have walked around the boardwalk you would have likely noticed parts of the meadow have been cut or burnt. This is part of the annual management of the meadow to help maintain the plant diversity. Parts of the meadow will also be cut in the summer, as an alternative to cattle grazing.

Bird Song:

Robins, dunnocks, song thrush and great tits are now singing and calling out for mates and establishing their territories.



THE FALL OF SINGAPORE AND THE THAI/BURMA RAILWAY

The continuing story of the time Fred Hoskins spent as a prisoner of war of the Japanese, written in 1992 and told in his own words.

A Japanese sergeant carrying a curved black stick instead of the usual sword and accompanied by guards and the interpreter, walked along the line. "Why you no go work?" he demanded followed by a slash of the stick. We felt that this could be the end as we looked at the threatening rifles opposite. "Can I go to the latrines, Staff?" a voice said urgently behind me. Stay where you are". The Japanese stood in front of me and repeated his question. "Where are our officers?" I asked. "You have no officers!" and passed along the line.

Eventually, it was agreed that if we went to work, the beatings would cease, but for the officers, they had to be punished. They were to stand to attention facing the tropical sun for one month! We went to work with a feeling of helplessness as they stood in front of a hut for the rest of the day, it so happened that one of the officers had been out of the camp collecting rice supplies from Ban Pong. On his return he demanded to be allowed to join his brother officers. This was refused as he had not actually taken part in the strike. The Japanese Camp Commandeer sent him away with the words "Tomorrow, tomorrow.." Just after midnight the British Officer again demanded to see the Japanese Commanding Officer and this time, the officers were released from their punishment. Within a few days the beatings recommenced.

A WAY OF LIVING – THE DAILY ROUND

The days wore on, each hot, dusty and full of incident. We confidently told each other that another six months would see our release. Clothes and boots rotted from constant use. A shirt hung up at night would be soaking wet in the morning from the dampness attracted by the salt of sweat. We learned to shake our clothes before putting them on as scorpions were sometimes found in them. One night I heard a scuffling and, in the morning, found a litter of pink baby rats in one of my boots. I drowned them in the latrine. The latter consisted of holes in the ground, partially covered by bamboo matting and bamboo pole to lean against. They were a seething mass of maggots.

Dysentery was now an epidemic and everyone had malaria, particularly now that the quinine tablets initially issued, had come to an end. There were warnings of cholera and blackwater fever being in some camps further up country. I made a bamboo cage for the head of my bed and draped a cotton cloth over it. Then at night-time I wrapped myself in my blanket which was now getting very thin, and put my head in the cage. It worked reasonably well unless a mosquito got in with me! The Japanese issued some very large green mosquito nets under which a number of men could sleep but they were not very satisfactory as often the end got left open and mosquitoes got in. One hut was set aside as a 'hospital' although there was little medicine or equipment.

We had now changed huts and Sergeant Major S was in charge of ours which housed probably 400 men. Each evening I would be given details of working parties for the following day and by the light of a little tin containing coconut oil and a piece of cloth as a wick, I would work out perhaps, 30 men for Hashimoto, 20 men for Ishi Tai and so on. On the details I had to state how many sergeant majors, sergeants, corporals and privates would be in the party. The Japanese had decided that sick men should not be paid and should receive a smaller food ration, although obviously their need was greater. Some form of welfare became necessary.

More again from Fred in the next issue....

Aldborough Community Centre

Welcome to
your
warm
Hub



Open to all every Tuesday from 10 am – 4pm

Coffee, tea, cakes and biscuits

Village Lunch from 12.30 (except 3rd Tuesday of month)

Afternoon activities including; film shows, talks, demonstrations, carpet bowls, board games, cribbage bingo, table tennis, darts-
different every week.

Organised by



VILLAGE CARE

The Warm Hub, although thoroughly enjoyed by those who attended, did have a lower take-up response than expected. As well as being an opportunity to socialise, the afternoon sessions proved popular with carpet bowls*, a pianist, singing and computer skills. Before these sessions come to an end there will be a talk by Kirsty from the Surgery and a demonstration on the use of the defibrillator by David Draper - do look out for posters for other events.

* it is possible that this activity may become a regular event.



Aldborough Village FAYRE



To all Stallholders and Artisans...
...if you are interested in displaying
your wares at our Village Fayre
on Sunday the 25th of June 2023
from 11am onwards

Please Contact: Valerie King
val_kingjj@hotmail.com

Aldborough Community Centre AGM

March 28th, 2023, 7pm

Chair's Report, Treasurer's Report and
Election of the ACC committee
Come and hear about our achievements
last year and join in discussion of plans
for the space upstairs.

The Community Centre serves **all** the
community, please come and tell us
about the future you foresee.

Bar Open

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or email ourvillagestore@gmail.com

If you enjoy reading this *Community and Church News* please pass it on or you can request additional copies via your village contact.

If you have any articles or photos you would like including then please do get in contact with your village contact shown inside the front cover.

Please also be aware that there are costs associated with printing hardcopies so if you are able to receive a copy via email then that will reduce costs.

Please contact your village rep if you would like to make a donation towards the production costs of the magazine.

Thank you.