

Community & Church News

Itteringham ● Little Barningham ● Wickmere

● Aldborough & Thurgarton ● Sustead

October 2022



The winner of the cover competition : WREN MCDONALD (Aged 3)

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	£15	£75



IN MEMORY OF HER MAJESTY QUEEN ELIZABETH II

1926 - 2022

I said to the man who stood at the Gate:,
“Give me a light that I may tread safely into the unknown.”
And he replied, “Go out into the darkness, and put your hand into the hand of God.
That shall be to you better than light, and safer than a known way.”
May that Almighty hand guide and uphold us all.

Words spoken by King George V.

Little Barningham

Welcome to Little Barningham's October village page.

It's sad to see villagers leave but it's great to see new residents come and join the community. Now, nearly a year ago Michael and Virginia moved into Beck Cottage and I asked them their thoughts about moving into Little Barningham.

'In Praise of Village Life!'

We moved to Little Barningham just over a year ago, leaving our home of 25 years and a much-loved village in the Peak District, where we had lived for nearly 40 years. A huge move, but one we had been dreaming of for some time, having long felt a pull to Norfolk - both of us having historical family ties here as well as the experience of many holidays in Itteringham.

We were very excited when Michael was offered a job as Diocesan Director of Ordinands in Norwich Diocese, and within a week we found and had our offer accepted on Beck Cottage. We now realise that this was little short of a miracle!

It quickly became clear that we had landed in a wonderful community and a place where we would feel almost immediately at home. The street outside our gate is a place of greetings and meetings, conversation and laughter, gifts and offers of help, neighbours becoming friends.

We appreciate the peace, but also enjoy the village happenings - the pop-up pub, the services in church, the art class, and community coffee and cakes. You know you have arrived in a good place when you can walk down the middle of the village street carrying a cake and no one turns a hair...

Thank you for making us so welcome.
Virginia & Michael Fox

St Andrew's Church, Little Barningham

There will be two services both Holy Communion, 9 & 23 October, 9.30am followed by coffee and biscuits.

The Community Sunday will take place on Sunday 2 October, 10am in the Village Hall - great coffee/tea and good cake. Come along and meet up with other members of our community.

Parish Council

The Parish Council met on Thursday 22 September do look at the website for the latest minutes. Some good news, the council co-opted a new councillor, Paul Scott, this position ensures that the council is up to full numbers.



To see the latest minutes do take a look at the website: <https://littlebarninghampc.wixsite.com/littlebpc>

Village Hall

The new Village Hall sign has arrived.

Mobile Library

The Mobile Library will be in the village on Thursday 27th October 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."

Public notice

I read this in the EDP and felt it was important to share:

Police are now urging people to be vigilant following similar reports from across the county. Officers have received a number of reports from elderly members of the public claiming to have been contacted by fraudsters pretending to be policemen. During phone calls, the victims were encouraged to withdraw large amounts of money from their bank accounts. These incidents occurred in Sheringham between 18 & 22 August and Roydon on 19 August. Fraudsters took £6,000 from the Sheringham victim. A bank or the police will never ask you to give them bank account details, withdraw money or purchase items. Officers are keen for this message to be shared with local communities, especially by the friends and family of elderly people to ensure they are aware of these scams. Such scams can be reported to Norfolk Police on 101 quoting Operation Radium.

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



This is a picture I took one evening after a wonderful day on the beach at Overstrand, looking back to Cromer.

Thank you to all those who entered the CCN front cover picture competition last month. Tony, who judged the pictures, was very impressed by the colours. He says "They are all lovely and detailed, but the winner is.....the one by **Wren**. I love its exuberance and colouring. It cheers me up each time I look at it." The three runners up are Amber, Imogen & Juliet. Well done everyone.



By Amber Bale (aged 9)

By Imogen Neal (aged 13)



By Juliet Bale (aged 9)

Wickmere & Wolterton



It is with great sadness that this issue needs to start with the sad news of the passing of our dear Queen! It still feels quite unreal. She was someone, as it has been said many times, that would always be there? She truly was a remarkable lady. At the time of writing, she has just made her final trip back from Scotland to Buckingham Palace, before the funeral procession taking her to Westminster Hall. Monday 19th September the whole world will pause and come together to say goodbye.

Thank you Ma'am and God Bless.



To lighten the mood slightly. Have to say a HUGE Thank you and Well Done to those who took part in the Churches Bike Ride on Saturday 10th September. Many thanks also, to Lesley and Willow, who not only manned our Church, but gave it a spruce up as well. It was lovely to see so many people taking part. Apparently, from the riders I met, they were rating the churches they had visited based on the snacks available and planning their routes for next year!! Wickmere was most definitely on their lists. Many thanks to Phillida and The Flash, who took on the mantle for Wickmere this year. Ali visited 22 churches - She reckons she's more yellow cardi than yellow jersey! Hope the rigormortis wasn't too bad?



As much as it goes against **ALL** my personal rules, for mentioning the festive season this early!! I have been asked to invite you to Wickmere's **Service of Light - Sunday 4th December at 5pm** - Please come along and enjoy this beautiful service to kick start Advent and Christmas celebrations.

Well, the weather forecaster, towards the end of August/start of September said that we would be losing half an hour of daylight each day now! This is definitely becoming apparent on my journeys home in the evenings - having been enjoying beautiful sunsets, is now darkness and the new interests that brings. The clouds of moths that swoop in, the owls that fly alongside or in front, and the eyes of the deer's that are pondering whether to leg it out in front of you or just stay put!! All good fun.



Good luck wishes for those who are either returning or making the first trip to University. Hoping you enjoy and embrace the experience. It has to be said, a BIG hug for the parents who are letting their offspring venture out. Don't worry, they'll be back before you know it.... and may be bringing their washing with them!!

SUSTEAD

As Summer now gives way to Autumn, there are memorable changes afoot in the world. The Swifts departed in August and are now being followed on the journey south to warmer climes by the Swallows and Martins. Notably fewer of all, this year, in Sustead. Fewer insects for them to feed on perhaps? A new Prime Minister has been installed. We are now having to say farewell to our Queen after 70 years of unwavering service to the nation. A sad time indeed. The Rev Tony has kindly put a book of condolence in the church for people to sign. The annual cycle ride in aid of the Norfolk Churches Trust came round again on Saturday the 10th. The weather was kind - sunny but with a bit of a breeze. Perfect cycling weather, I think. A few souls cycled for Sustead and one resident made a short journey on horseback, which was duly noted! A 'first' for the village! The church was manned all day so that riders could be welcomed and 'signed in' and offered refreshments. Perhaps fewer cyclists than in previous years but let's hope sponsors gave generously and funds raised. A feature of village life this summer was the sheep on the pasture below the church. We saw the lambs arrive and then several of us witnessed sheep escaping quite regularly in all directions. The shepherd was duly informed, the sheep collected only to outwit him again! A few to be found foraging on roadside verges; on the harvested pea field and once in someone's garden. Perhaps the shepherd should do something about his fences if sheep are to return next year?

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Nature Notes

Nature notes from The Mill, Around and About

At last the rain, at last the plants are recovering, the grass is greening, the birds are returning and at last fish have been seen jumping in the millpond at dusk. All are not lost after all. Hopefully the pike have moved elsewhere...

The five cygnets continue to thrive and remain close to their parent swans. They have taken to crossing the river and bypass stream and over the grass to the muddy duck pond to feed. A pair of egrets has returned to feed there as well. Three gadwalls have been seen on the river, a male with two females one of which we think is the offspring of the original pair seen earlier in the year. The kingfishers have been busy flying up and down the river and are occasionally seen on the perch by the mill pond. Answering calls between them suggest a fledgling is present. Garden birds have been feeding voraciously and we think are probably nurturing a last brood before Autumn fully sets in. A small wren is using a hole in the bird feeder as its new home.

Walks along The Cut gave sightings of many small frogs amongst the leaf litter and a brief vision of a large brown owl gliding between the trees. This may have been a short-eared owl (*Asio flammeus*) as our birding companion said she had spotted such a one above the field by The Cut when on a previous visit to us. It is more brown in colour than the much whiter barn owl (*Tyto alba*), an owl often seen hunting in fields around the mill. At night at the mill we regularly hear the shrieking or 'mewling' of the little owl (*Athene noctua*) and less frequently hear the 'tawit tawhooing' of the tawny owl. (*Stix aluco*) At Martham fen we saw marsh harriers (*Circus aeruginosus*). These birds belong to the same family as kites and buzzards which have become a common sight at Itteringham. Also seen were large mixed flocks of swallow and martins and geese a plenty.

How many of you noticed the erratum from last month? : the hummingbird moth should have read as the 'hummingbird hawk moth'. My apologies.

Do let me know if you have any nature news you would like to share.

Lis Downs

(elisabeth.freeman@talk21.com)

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CRAFT

Upcycled Fox

This fantastic fox is made from a cardboard toilet roll tube and two cupcake cases – simply add beads or googly eyes to bring him to life.



You will need

- newspaper
- orange paint
- paintbrushes
- toilet roll tube
- 2 white cupcake cases
- 3 black beads
- glue

1. Lay down newspaper to protect the work surface. Paint the toilet roll tube orange and leave to dry.
2. Open both cupcake cases out flat, fold both in half, then a quarter and then in half again. To make the face, open one of the cases back out so that it is in a quarter-fold with a crease down the middle. Glue the inside folded quarters flat together. To make the tail, glue the second case together so you have a thinner cone shape.
3. Paint the two folded cupcake cases orange, leaving the tips unpainted for the tail and nose. Leave to dry, then turn over and paint the undersides. Leave to dry.
4. Once the body is dry, create the ears by pressing the top front and the top back of the tube in towards the centre.
5. Glue two beads onto the face for eyes and another for the nose. Stick the fox's face to its body and glue the tail in place at the back, pointy side out.



Word search

All about rabbits



BIG FEET
BUCK
BUNNY
BURROW
CARROTS
COTTONTAIL
DOE
FOREST

FUR
GRASS
HERBIVORE
JUMP
KIT
LONG EARS
MAMMAL
MEADOW

PET
RABBIT
RODENT
SOFT
TUNNEL
WARREN



What do you do if your dog chews a dictionary? - **Take the words out of his mouth!**

How do you say bye-bye to a curly-haired dog? - **Poodle-oo.**

Itteringham

Church News

Church Services in October:

- Sunday 9 October, Morning Service with Harvest Hymns at 11.00 am.
- Sunday 23 October, Holy Communion, at 11.00 am.

Harvest Supper

The Harvest Supper will be at the Village Hall on Saturday 29 October, 7.00 pm for a 7.30 start. Tickets available from Matt and Helen Skinner (01263 584237). Many thanks to Matt and Helen for organising.

Norfolk Churches Trust Bike Ride

Steven Burbidge and Imogen Neal both took part in the Norfolk Churches Trust Bike Ride. Steven's account of his epic bike ride, an amazing achievement, can be found on the following pages, and Imogen visited 20 Churches. Well done both and thank you.



Village Hall News

The Village Hall AGM will take place on Wednesday 12 October at 7.30 pm.

A date for the diary – a **Wine Tasting** on Friday the 2 December at 7 pm in the Village Hall. Guy Wickham-Brown has kindly agreed to organise. More information in next month's CCN.

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 (01263 587325). Orders for fresh fish need to be with the Shop by 12 noon on Wednesdays (but please note C&A Seafoods will only deliver if the Shop places a minimum order). Artisan bread from Bread Source is available on Friday and at the weekend. A list of the breads and pastries we can order is available in the Shop.

Please do take a look in the Gallery – lots of new gifts for the Autumn and Winter seasons.

Plunkett Map – the Plunkett Foundation (which supports community businesses) have secured some funding to commission a map of community businesses in the East of England. They want to include the Shop and photos of the Shop. The map will include a directory of all community-owned businesses in the region and be distributed to all community businesses to encourage people to visit.

Redecorating the Shop – the Committee have agreed to the redecoration of the inside of the Shop in the next few weeks. That is the last part of our planned redecoration that started 18 months ago. To minimise disruption the Shop will be redecorated in sections, hopefully when closed but that may not always be possible. Apologies in advance for the disruption.

100 Club

September winners:

1st: Sandra Morris, 2nd: Alice Martineau, 3rd: Julian Hemming.

Film night which was due to be on the 14 October has had to be postponed because of illness. We will be rearranging the film night for the Spring. If you have purchased a ticket please hang onto it but if you would like a refund please speak to Penny in the Post Office.

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 dates for the visit by the **Mobile Library** (parked opposite the Rectory) are the 29th September and the 27th October 2022, 11.20 to 11.35 am.

Itteringham Book Club – “The Binding” by Bridget Collins had quite mixed views and generated a lot of discussion. This month we are reading “The Exhibitionist” by Charlotte Mendelson.

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

Sandra

ITTERINGHAM VILLAGE SHOP

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The poster features a film strip border at the top. At the top center is a small icon of a film camera. Below it, the text reads: 'ITTERINGHAM VILLAGE SHOP' in green, 'FILM NIGHT' in large red letters, 'FRIDAY 14th OCTOBER' in green, and 'at the Community Centre' in smaller green text. Below that, it says 'Proudly presents' and 'A genuine modern masterpiece' in green, followed by the title 'THE SHANTYMEN' in large red letters. At the bottom, it lists 'Food and drink', 'Doors open at 6-45', and 'Cert 15'. It also provides ticket information: 'Tickets from: The Village Shop, ourvillagestore.co.uk or on the door' and 'Plus special appearance by THE SHANTYMEN'. A large diagonal watermark reads 'POSTPONED DUE TO ILLNESS'. At the bottom right, there is a small illustration of a lobster.

Steven Burbidge's account of his cycle ride in aid of the Norfolk Churches Trust



When I was first asked if I'd do the churches trust cycle ride to raise some funds for the village church, my initial thought was 'Maybe I'll see if I can do 100 churches...'

Then I did a bit of research & discovered that the most that anybody has ever managed was 87 & I began to wonder if I was being over ambitious!

I spent hours doing the route planning, initially picking the towns where I would find multiple churches in close proximity, and then poring over the detail of the OS mapping to link up as many additional village churches & chapels as I could between each town cluster.

The basic route was thus: Itteringham - Fakenham - Walsingham - Wells - Holt - Sheringham/Cromer - Aylsham - Itteringham. This was taking in around 105 churches over 120 miles.

I subsequently kept tweaking the route & adding in more & more little revisions, so that in the end I was up to approximately 125 churches in 140 miles.

In a cruel twist of fate, 24 hours before the day of the ride, I went down with a sickness bug, so was unable to ride on the Saturday of the event. Happily, I recovered quickly, and 4 days later, I was able to do the ride on a beautifully sunny autumnal Wednesday.

With a 4.25am alarm call, I was up & on the road just after 5am, and though still dark, it soon got light & I was quickly into the swing of things.

Ordinarily, I'll easily ride for an hour or more without stopping, but this was totally different! The villages & churches just kept coming so quickly, it was difficult to get into any kind of rhythm, plus I got wet feet very early on due to heavy dew & long grass.

I was aware that it was critical not to waste time - just a 2 minute stop at each of 120 churches adds up to 4 hours stopped!

Having plotted the route in such detail, it was just a case of following the instructions on my bike computer, though I quickly realised that I was subconsciously noticing houses called 'The Old Rectory' or 'Chapel View' and roads such as Church Street as clues that the (sometimes hidden) church was nearby - and on a couple of occasions I found additional chapels that weren't on my plan!

The day proceeded well, in a non-stop flurry that went something like: ride - stop at church - take a quick selfie - write the time on my master sheet - set off again. Repeat, repeat, repeat.... I had a quick pit stop for coffee & cake in Stiffkey after 55 miles, approx 5.5 hours, and 53 churches, then again in Holt after another 25 miles & 19 more churches.

Knowing I was doing the sponsored ride, Danny of Cross Street Union in Holt not only gave me the coffee on the house, but refilled my water bottles & gave me another litre of water that I drank straight down with the coffee - it seems I hadn't been drinking enough in the first half, but that sorted me out! Thanks Danny, you're a life saver!

From Holt onwards, it was just a case of getting my head down & trying to tick off the miles, and the churches. I was suffering some pain in my right ankle & knee, having recently picked up a small strain. There wasn't much I could do about this, other than not push too hard. When I got to Cromer, I was up to around 100 in both miles and churches. This was probably the toughest section, I was getting a bit of cramp, my knee was really uncomfortable, I was generally feeling pretty weary - and yet I knew I still had nearly 40 miles still to go! Normally it's a 10 mile ride home from Cromer...

By this point I was running well behind my predicted time schedule, and all I could do was keep going & send multiple updates to home revising my ETA to later & later times.

Eventually, having ridden right through to darkness again, I rolled back into Itteringham at 19.45, some 2h45 later than planned, but having visited a total of 126 churches & chapels, in a total distance of 135.5 miles.

It's still not too late to donate to my fundraising, there's a sponsor form in the village shop.

I've certainly now got a much better appreciation of the breadth of church architecture there is within north Norfolk, and what a great job the Norfolk Churches Trust does in helping to look after the fabric of our towns & villages.

Thank you

ps. There is a full list of churches visited by Steven in Itteringham Village Shop

Aldborough and Thurgarton

www.aldboroughparishchurch.org.uk

Facebook: Aldborough Parish Church. Norfolk

Surgery News

Staff changes:

Kirsty Smith's role at the surgery is changing. Kirsty will become our Health and Well-being Coach. This is a new role for us and it will evolve over time.

Dr David Daley our registrar left us in August and we are grateful for the care he gave to our patients. We are pleased to welcome Dr Hassan Tahir in the registrar role who will be with us until the beginning of February 2023.

Suraj De one of our dispensers is retiring and will leave us on 31st October. We are in the process of recruiting a replacement who we anticipate will join us before Suraj leaves. We wish Suraj well.

Flu and Covid 19:

Patients who are eligible for vaccines will be contacted next week onwards. Clinics will be held at Aldborough Surgery at the end of September and during October. Patients will be invited for an appointment where they will receive both vaccines.

Open Surgery:

A gentle reminder that "open surgery is operating.

Patients that present between 8.30 and 10.00 will, subject to capacity, be seen on the day. We would normally be able to accommodate up to 18 unbooked patients.

Patients will be seen in a fair and orderly manner, with patients who have a pressing medical need taking priority.



In October 2021, **Greener Aldborough & Thurgarton** was launched as an informal group for those interested in looking after and improving this village's environment for both people and wildlife through talks, walks and activities.

It replaced the Aldborough Gardening Club and the Wildlife Group, both of which struggled to form committees. Following the pandemic we recognised the lack of appetite in the Village for monthly meetings in a small venue so our quest was to offer occasional talks in the CC (a bigger venue) with opportunities to enjoy the environment through volunteering and walks.

Greener Aldborough & Thurgarton continue to take responsibility, with the goodwill of its volunteers, for the Pond and surrounding Wildflower area, the Herb Garden at the Doctors Surgery and the Community Plot at Aldborough Allotments.

If you want to know more, please look at our Facebook page 'Greener Aldborough & Thurgarton' or email t.hooker@talktalk.net

PARISH COUNCIL MEETING

The date of the next Aldborough & Thurgarton meeting is **Monday 7th November, 7pm** at Aldborough Community Centre.

ALDBOROUGH COMMUNITY CENTRE (ACC)
(registered charity 268101)

Dates for your diary!

Panto 2023!

Rehearsals begin soon!

Oh, yes they do!

This year it is an old favourite 'Jack and the Beanstalk' – as always an original script, sing along songs and a cast of thirty!

Feb 1st-4th ,2023

Aldbrough Film Club at ACC

Join us on the following dates (full revised programme posted **inside** the Community Centre or email David at dpg.jazz@icloud.com)

BAR OPENS AT 7pm

Wednesday , October 19th 7.30

Wednesday , November 23rd 7.30

Weekly activities at ACC

Monday afternoon: Yoga **NEW!**
Tuesday lunch: Village Lunch
Tuesday evenings: Bridge Club
Wednesday mornings: Art Club
Wednesday evenings: Film Club (monthly)
Thursday evenings: Zumba
Social Night **NEW!**
Friday mornings: Extend Fitness
Friday evenings: Yoga

ACC News

The bar will be completely refurbished during October, making this an ideal and comfortable place for a small gathering, meetings and chilling. A hearing loop is to be installed – thank you Dr Mark Fleming and Aldborough Surgery as well as the Parish Council for contributions to the purchase of this- making the venue more accessible for those with hearing difficulties. A new day-time hatha yoga class run by Emma on Mondays 2pm-3pm starting Sept 26th. Repairs to the carpark surface – don't forget to use this carpark when attending events on the Green rather than parking round the Green.

ACC Bookings and hire:

Please use the **new 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 classes £10/hour)

£5 per hour Bar or upstairs snooker room.

Your 'go to' venue for classes, parties, birthday celebrations, wakes, fund-raising events.

SOCIAL NIGHT restarts **OCTOBER 6th**– (note new day Thursdays) 7.30-9.30 pm . Come along to an informal fun opportunity to play darts, table tennis, snooker, cards or just for a chat over a drink or two! Everyone over 16 welcome!

ALLOTMENTS

The allotments are located on the field near to the Surgery and we currently have one vacant plot – or two half plots. If anyone is interested in growing their own produce or flowers please contact Sue on 761310

E.....X.....T..... E..... N..... D

This weekly exercise class is really enjoyed by all who attend. Christine ensures our bodies are given a thorough, but gentle, workout to help keep us as supple as possible – all done to a lovely/lively range of inspiring music. Overheard comments include -- “look forward to it”, “feel so much better afterwards”, “each part of my body gets exercised”, “wouldn’t miss it”.

If you would like to join this friendly group then come to the Community Centre on Friday morning at 10am for an hour (£5)



ALDBOROUGH COMMUNITY CENTRE

EXERCISE IN DISGUISE – ZUMBA

Every Thursday evening at The Green, Aldborough, NR11 7AA

6.15pm to 7.15pm

Come along to Zumba and party your way to a new shape.
Transform your body the fun way. All levels of fitness welcome. £6.00 per class

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.

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.

Early Days in Captivity (cont'd)

I was put on a bed and the pain attacks got worse. There was a steady stream of patients to the toilets which were in an appalling condition. An orderly told me to count the number of times I went there. During the night I counted up to 47 and was then in such pain I asked the orderly to give me something - anything - to ease it. He gave me a small glass of something white which I believe had opium in it and I immediately fell asleep. In the morning I felt better. I had eaten nothing. The man in the bed opposite had died and I was transferred to it. This did nothing for my morale.

That morning I received a visitor - Sergeant S - who had brought into the hospital hidden in his shirt, a rice rissole! This was baked rice which actually had some meat in it. I ate it and in view of the state I was in, it should have killed me but from that moment I started recovering. Later when working on the railway, dysentery became epidemic and the treatment then was Epsom salts and nothing to eat for three days! In a few days I was discharged and returned to Changi Camp where I attended the funeral of Private C. I also learned that my C.O. had died of diphtheria.

JOURNEY TO THAILAND

The Japanese said we were to go 'up country' to Thailand to a healthier camp where conditions would be much better for us. We would even have a piano. This was about June 1942 and we had much to learn about the Japanese mind. The first party to go included many of my friends and although still weak from the dysentery, I asked to be included. I didn't want to be left behind.

At that time, we still looked like soldiers as our uniforms were still in fair condition. Early in the morning we collected our few possessions and climbed into lorries which took us to the railway station. There we found a goods train waiting for us. It consisted of closed-in metal trucks, each with a central door and about forty of us were herded into each. There was no room to move and inside it was hot. Some of us lay on the floor and others huddled down, trying to avoid getting army boots in the face! We travelled north in this fashion for five days with occasional night halts for food. In the tropical sun, the truck was like an oven, and we took it in turns to get near the door. Those with dysentery would climb out on to the buffers to relieve themselves.

We stopped at Kuala Lumpur one evening for food and for the engine to take on water, and logs for fuel. We could see the island of Penang looking beautiful in the distance across a shimmering sea. The contrast of squalor and beauty was incredible. Occasionally the train would stop for more logs and water and the guards would sometimes allow us to get out of the trucks while this was being done. There was nowhere to escape to. Through the central door we could glimpse the countryside through which we were passing. We saw an elephant shifting trees with its trunk and a snake gliding through the undergrowth. But the heat in the truck was unbearable. In the distant sky I saw a small black cloud drifting towards us and as it moved overhead it rained briefly - oh blessed relief!

On the fifth day the train stopped at the village of Ban Pong alongside a river. We got out dirty and tired. While the Japanese were getting organised I dipped my shaving brush into a puddle at the side of the track and had a shave! We also stripped off and went into the river to freshen up, to the great amusement of the local villagers who lined the bank.

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

Rosie!



Aaaaaahhhh

The ecstasy of having the woodburner back on!!!!

Church Services in October

Sunday, 2nd October



Wickmere 9:30am

with Harvest Hymns

Aldborough 11am

with Harvest Hymns

Sunday, 9th October



Little Barningham 9:30am

with Harvest Hymns

Itteringham 11am

with Harvest Hymns

Aldborough 11am

Sunday, 16th October



Sustead 10am

with Harvest Hymns

Sunday, 23rd October

Little Barningham 9:30am

Itteringham 11am

Sunday, 30th October
GROUP SERVICE 10 am WICKMERE
A Service for All Saints' Day

Sunday, 6th November

Wickmere
Aldborough

9:30am
11am

Further details from The Reverend Tony Lynn 01263-735524

